

Alaska Airlines

AUGUST 2014

Horizon EDITION



Amazing
Oregon



“Every time Spencer’s heart beats,
we thank Seattle Children’s.”

When Spencer faced a serious heart ailment, his family sought the best care possible. Their search led them to Seattle Children’s and nationally renowned cardiovascular surgeon Dr. Jonathan Chen. He and his colleagues at Seattle Children’s Heart Center perform more than 500 operations a year and can treat any heart defect, from mild to critical. As the only pediatric heart center in the region, Seattle Children’s provides the expertise and compassion that have given thousands of children a new lease on life. Learn more at seattlechildrens.org/heart.



Seattle Children’s[®]
HOSPITAL • RESEARCH • FOUNDATION

Heart Center

Hope. Care. Cure.[™]

THAT BEACH

WHERE WE SAW THE SEA TURTLE
THE SIZE OF A CAR.

APPLY IN JUNE - JULY - AUGUST

**SUMMER
BONUS MILE
BONANZA**

EARN 2,500 EXTRA BONUS MILES

For a limited time, apply with your flight attendant to receive your EXTRA 2,500 bonus miles.



EXPLORE MORE, TOGETHER.™

APPLY TODAY!

Ask your flight attendant
for an application

or visit myalaskacard.com.

Alaska Airlines

Four card designs to
choose from — all with
the same great benefits.



Alaska Airlines Traditional Visa Signature Card



Alaska Airlines Northern Lights Visa Signature Card



University of Washington Association
Alaska Airlines Husky Visa Signature Card



Washington State Association
Alaska Airlines Cougar Visa Signature Card

TRAVEL IS BETTER WITH A FRIEND.

GET A YEARLY COACH COMPANION FARE ONLY
WITH THE ALASKA AIRLINES VISA SIGNATURE® CARD.

UP TO
27,500
BONUS MILES!

- **Coach Companion Fare every year** from \$118 (\$99, plus taxes and fees from \$19)[†] There are no blackout dates
- **25,000 Bonus Miles** upon Visa Signature or Visa Business approval[‡]
- **Earn 2,500 EXTRA Bonus Miles** upon approval by applying between June 1, 2014 & August 31, 2014^{**}
- **3 miles per \$1** on Alaska Airlines purchases including tickets, vacation packages, cargo and in-flight purchases
- **1 mile for every \$1** spent on all other purchases
- **Use your miles** on Alaska Airlines or any of our 14 airline partners

The benefits above apply to Visa Signature® accounts only and different benefits apply to Platinum Plus® and Preferred accounts. Card type is determined by assigned credit line.

For information about the rates, fees, other costs and benefits associated with the use of this credit card, refer to the disclosures accompanying the application.

* Bonus Miles offer is 25,000 miles for approved Visa Signature accounts, 5,000 miles for approved Platinum Plus® accounts or 3,000 miles for approved Preferred accounts. Bonus Miles will be credited to your Alaska Airlines Mileage Plan™ account 1–2 weeks after approval. Visa Business card points are awarded after first purchase. This one-time promotion is limited to new customers opening an account in response to this offer and is valid for a limited time only. 25,000 Bonus Miles valid for a round-trip Coach Saver award ticket in the continental U.S., Alaska or Canada on Alaska Airlines when booked at alaskaair.com. The value of this reward may constitute taxable income to you. You may be issued an Internal Revenue Service Form 1099 (or other appropriate form) that reflects the value of such reward. Cardholder is responsible for any applicable taxes and fees from \$5.00 per award ticket.

** Additional Bonus Miles offer is 2,500 miles for any approved application submitted June 1, 2014 through August 31, 2014. The potential miles earn for this time frame is 27,500 miles for approved Visa Signature accounts, 7,500 miles for approved Platinum Plus accounts, or 5,500 miles for approved Preferred accounts.

† Cardholders that qualify for the Visa Signature card will receive an annual coach Companion Fare from \$118 (\$99 base fare plus taxes and fees from \$19 depending on your Alaska Airlines flight itinerary).

This credit card program is issued and administered by FIA Card Services, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association, and are used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of FIA Card Services, N.A. Bank of America and the Bank of America logo are registered trademarks of Bank of America Corporation. ©2014 Bank of America Corporation AREFWW4V-08262013



INTRODUCING TWO NOT-SO-SECRET INGREDIENTS.

EXECUTIVE CHEF BOB ROGERS AND
EXECUTIVE SOUS CHEF MIKE THORNTON

Award-winning restaurants demand award-winning chefs. And these two are always looking for new ways to create a unique dining experience for our guests. Their flair for culinary innovation shines through in the many amazing creations on the menus at Masselow's and EPIC. So if you need a reason to join us for dinner, now you have two.

NORTHERN **QUEST**
RESORT & CASINO

NORTHERNQUEST.COM 877.871.6772 SPOKANE, WA
KALISPEL TRIBE OF INDIANS


Kalispel
HOSPITALITY


Forbes
TRAVEL GUIDE


Four Diamond
Award

Volume 25, No. 8

Publisher **Mimi K. Kirsch**

Editor-in-chief **Paul Frichtl**

Editor **Michele Andrus Dill**

Associate Editors **Jeff Bond, Ben Raker**

Contributing Editor **Eric Lucas**

Editorial Interns **Carly Andersen, Jordan Ilarde, Stacie Larsen, Grace Marvin, LaVendrick Smith, Nick Thomas**

Contributors **Scott Driscoll, Jim Gullo, Gary Hayes, Jade Helm, Jessica J. Hill, Susan Goracke, Tina Lassen, Karalynn Ott, Alex Pulaski**

Coordinator for Horizon Air **Susan Peterson**

Art Director **Nancy O'Connell**

Production Director **Paul Frichtl**

Advertising Production Manager **Theresa Santucci**

Design & Production Specialist **Whitney L. Little**

CEO **Edward B. Kirsch**

Accounting Manager **Holly L. Genest**

Advertising Data Wrangler **Liz Borovik**

Office Coordinator **Kimberly Knapman**

SALES OFFICES

2701 First Avenue, Suite 250, Seattle, WA 98121;
206-441-5871; email sales@paradigmcg.com;
fax 206-448-6939

Advertising Director: **Kenneth J. Krass, ext. 11**

Western Washington/Eastern Washington/
Florida/Canada: **Becca Conversano, ext. 21**

Western Washington/Illinois/Kansas/Missouri:
Stephany Angelacos, ext. 13

Oregon/Idaho/Montana/Colorado/Utah/Michigan:
Clay M. Schurman, ext. 33

California/Arizona/Nevada/Texas:
Yael Kallin, ext. 27

Alaska: **Duane Epton, 3705 Arctic Blvd., #452,
Anchorage, AK 99503; 907-561-2450,
fax 907-344-7262**

East Coast/Mexico: **Kenneth J. Krass, ext. 11**

Hawaii: **Debbie Anderson, 3555 Harding Ave., Suite 2C,
Honolulu, HI 96816; 808-739-2200, fax 808-739-2201**



www.alaskaairlinesmagazine.com/horizonedition

Alaska Airlines | Horizon Edition (ISSN 1050-2440), the monthly inflight magazine of Horizon Air, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2014 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Subscriptions: \$45 in the U.S.; \$50 elsewhere. Single-copy price: \$5. Photocopy of individual articles: \$3.50. Publisher assumes no responsibility for return of unsolicited manuscripts or art. Printed in the U.S.A. Postmaster: Send address changes to Alaska Airlines | Horizon Edition, 2701 First Avenue, Suite 250, Seattle, WA 98121-1123.



Getting into the act, page 80.

FEATURES

12 TASTING THE NORTHWEST
Enjoying the region's quintessential foods.

24 ACTIVE WEEKENDS
Resort getaways combine fitness and fun.

34 DESTINATION: OREGON
Things to see and do, including top attractions, wine and food tours, outdoor recreation, cultural events and festivals.

80 TEENAGE DRAMA
It's a good thing.



Places to play, page 24.

DEPARTMENTS

5 UP FRONT
A message from Chief Executive Officer Brad Tilden.

7 THE REGION

- Fly-fishing fun.
- All that jazz.
- Balloon classic.
- New water trail.
- News & notes.

86 CROSSWORD

89 WELCOME ABOARD
Flight information, Mileage Plan frequent-flier program, vacation packages, route maps and more.

96 AIR TIME
Reaching new heights.



Foods provide a sense of place, page 12.

Cover: Haystack Rock at scenic Cannon Beach, Oregon, is a popular recreational site. Photo by Robert Landau / Alamy.

EXPLORE
MORE



SPEND
LESS



LOW FARES TO HAWAI'I

Explore Hawai'i on Alaska Airlines. Have fun on Maui. Chill out on Kaua'i. Go big on Hawai'i Island. Or get the best of the city and shore on O'ahu. All for an incredibly low fare. Go to alaskaair.com.
Explore More. Spend Less.™

Alaska Airlines®



Brad Tilden,
Chief Executive Officer

Ben's Wish



Gary Beck

You may have seen our employees wearing "I am Alaska" pins around the airports lately. These pins signify everything that makes us special as an airline, and it's our commitment to you that each of us is personally responsible for the

experience you have with us. Gary Beck, Alaska Airlines' vice president of flight operations, explains how one pilot took this to heart. —Brad Tilden

It takes a lot to become a captain at Alaska Airlines. Our captains have been with the company an average of 21 years and have an average flight time of just over 17,000 hours. Add to that the technical skills and extensive training required, and you start to get a better picture of who is in the left seat of the aircraft that you are on today.

Yet, due to the nature of their job "up front," you don't often see the personal side of our captains at Alaska Airlines. We believe that this side is just as important as the experience and technical sides. With that in mind, I would like to introduce Captain Chris Cice.

Captain Cice is a man of faith who likes helping others. He's also a veteran pilot at Alaska Airlines, having been here for 18 years. While on a layover recently, he saw a newspaper story about a 9-year-old boy from Dallas named Ben Pierce. Born prematurely, at a weight of just over a pound, Ben has suffered numerous setbacks in his young life, chief among them the gradual loss of his eyesight due to scar tissue from surgery. So, as *USA Today* recounted, "While most 9-year-old boys are learning to play video games and baseball, Ben is learning to become blind."

With his doctors coaching him to create as many visual experiences as he could before his world dimmed further, Ben put together a "visual wish list" of all the things he'd like to see.

Among them was the Statue of Liberty, the northern lights and a moose.

Learning that Ben wanted to see the northern lights set Cice on a mission. He contacted Ray Prentice, our director of customer advocacy, and obtained approval to provide tickets for Ben and his family to travel to Fairbanks, Alaska—the best location for viewing the northern lights. And then Cice hopped a flight to Dallas on his day off to present the trip to Ben.

While Ben's mom, Heidi Thaden-Pierce, knew about the surprise, no one else in the family did. Under the ploy that they were

going to the airport to watch planes take off and land, Ben, his parents and his five siblings assembled at Dallas/Fort Worth International Airport. There, Cice presented the trip to Ben and his family, telling them, "The best part is, you all get to go!" Ben's siblings cheered. Ben, who is normally chatty, stood speechless with his mouth open. Once Ben regained his composure, he said he was "really, really happy."

After distributing some presents he'd bought for Ben and his siblings, Cice flew back to Seattle. But not before getting a big bear hug from Ben.

The Pierce family is looking forward to taking their trip to Alaska this fall.

When asked what he likes about his job, Cice says that he is "proud to work for a company that reaches out to its communities, supporting good causes, without asking for anything in return."

That is what our "I am Alaska" theme is all about—incredibly caring employees exhibiting the Alaska Airlines spirit, and asking for nothing in return. Just like Captain Cice did for Ben.

Thanks for making us your airline of choice. —Gary Beck



Ben borrowing Captain Cice's hat.

Dick Hannah



Yes, we got ours at Dick Hannah Subaru.

Dog tested. Dog approved.®



Don't take our word for it.
Ask Nicole...

“After visiting the Subaru dealership in the town where I live and having a very disappointing experience, I decided to drive almost 4 hours to visit Dick Hannah for their superior reputation. It was a pleasure working with them and I would do it again in a heartbeat.”

Dick Hannah Subaru—the #1 online-rated Subaru dealer in the Northwest.

[2] Source

Featured Lease Special

[1] Lease details

All-new
2015 Subaru Legacy 2.5i

\$229 per month



Model FAB-01 [1] \$229 per month for 36 months with \$1,999 due at lease signing. \$0 security deposit. Tax, title and registration fees extra. Mileage charge of 15 cents per mile for mileage over 12,000 miles per year. Other leases available on other models. Special lease rates extended to well-qualified buyers and are subject to credit approval. Total monthly payments \$8,244. A documentary service fee in an amount up to \$150 may be added to capitalized cost. Must take delivery from dealer stock by August 31, 2014. [2] #1 online-rated sourced from total number of aggregated Google, DealerRater and Yelp reviews. Reviews sourced May 2014.

2	5		4	3	
9		2		4	
	8	9			6
	2	1		9	6
			3		
3		8		1	5
	4			5	1
		5		2	4
		7	6		2
					9



Confidence in Motion



Believe in nice.

HannahSubaru.com/alaska | 877-240-1866

BOZEMAN, MT

Fly-fishing fun

Cast for trout in one of Montana's famous blue-ribbon rivers during the Museum of the Rockies' TwoFly catch-and-release event, September 12-13.

Local professional guides, each paired with two participants, will help competitors with their choice of boat, bank or wade fishing on the Yellow-



stone, Madison, Gallatin or Jefferson River. Fly-fishers can register in pairs to ensure a spot on the same team. Entrants must have a valid Montana fishing license and their own fishing gear. Rentals will be available from Bozeman fly-fishing shops and outfitters.

Because of state regulations prohibiting prizes for biggest or most fish caught on trout rivers during major events, awards will instead be given for photos taken by teams, in categories such as Top Cast, Top Guide and "Two" Much Fun.

Event proceeds will support Museum of the Rockies, whose collection includes impressive dinosaur specimens. Contact: 406-994-2251; museumoftherockies.org. —Jordan Ilarde

MONTEREY, CA

All that jazz

More than 500 musicians will perform at acclaimed festival

Some of the biggest names in jazz—including Grammy-winning pianist Herbie Hancock (shown below), and The Roots, the house band of *The Tonight Show Starring Jimmy Fallon*—will headline the Monterey Jazz Festival next month.

More than 500 artists will perform at the Monterey County Fairgrounds, September 19-21. Other featured musicians at the festival will include jazz pianist and composer Billy Childs, who will perform a series titled "Map to the Treasure: Reimagining Laura Nyro," based on his recordings of the music of singer-songwriter Laura Nyro, who performed at the 1967 Monterey International Pop Festival early in her career. Childs will be joined on stage by special guests such as Grammy-winner Shawn Colvin (shown strumming a guitar, below).

The Garden Stage Presented by Alaska Airlines will showcase musicians such as Sarah McKenzie, a graduate of Boston's prestigious Berklee College of Music, on September 19. A pianist, vocalist and composer, McKenzie won the Australian Recording Industry Association's Music Award for Best Jazz Album in 2012. She'll perform with her quintet.

The festival will also include a special "Tribute to Mulgrew Miller and James Williams" concert series, with performances by different artists each day. The September 20 tribute will feature Lisa Fischer, an acclaimed vocalist who was featured in the film *Twenty Feet from Stardom*, which won Best Documentary at the 2014 Academy Awards.



In addition, an original composition, *Three Streams of Expression*, by Aaron Diehl, the Jazz Journalists Association's 2013 Up-and-Coming Artist of the Year, will debut at the festival, which commissioned the piece. *Three Streams* will be performed by the Aaron Diehl Quartet.

Jazz festival offerings will also include film screenings, panel discussions, and the September 21 family day, with an Instrument Petting Zoo, Percussion Playshop and family-friendly performances.

Contact: 888-248-6499; montereyjazzfestival.org. —Grace Marvin

Did you know? Settings from around the Monterey Peninsula have provided the backdrop for more than 200 films, according to seemonterey.com, including *Basic Instinct*, *Lassie Come Home* and *Star Trek IV: The Voyage Home*. *Star Trek IV* was directed by and co-starred Leonard Nimoy, shown at left directing a scene at the Monterey Bay Aquarium.

ABOVE LEFT: PHOTO FROM A PRIOR TWOFLY EVENT, COURTESY MUSEUM OF THE ROCKIES; RIGHT, TOP TO BOTTOM: POSTER © MONTEREY JAZZ FESTIVAL; HERBIE HANCOCK PHOTO © MICHAEL WILSON; FILMING PHOTO COURTESY MONTEREY BAY AQUARIUM; SHAWN COLVIN PHOTO © DOUGLAS KIRKLAND; SHAWN COLVIN PHOTO © DOUGLAS KIRKLAND

I Thought I Was on Top of the World

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

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

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

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

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

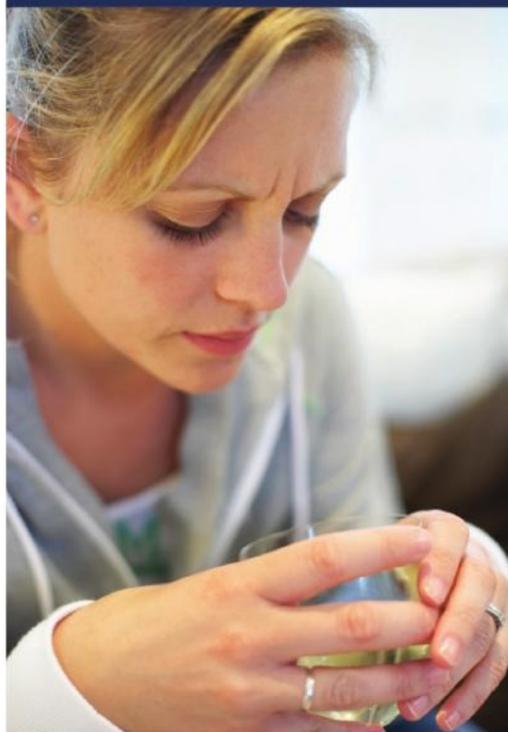
First, they developed a powerful "Counter Conditioning" methodology that "trains" the patient to hate the sight, smell, taste and thought of using the addictive substance.

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

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

Call: 1-855-999-1116
online at: SchickShadel.com

SCHICK SHADEL
HOSPITAL



Give Us Ten Days and We'll Give You a New Life.

Drugs and alcohol will kill you. If addiction is controlling your life or the life of a loved one, it's time for an immediate change. Just 10 short days at Schick Shadel Hospital can get you back on track and free of cravings. With the #1 success rate in the nation for alcoholism,* Schick Shadel's treatment is provided by physicians, nurses and counselors in an atmosphere of compassion and understanding.

Research-validated counter-conditioning is the cornerstone of our medical model, because it reduces the physical cravings for substances through re-training the memory and associations with the sight, smell and taste of drugs or alcohol. This counter-conditioning is provided in tandem with minimal sedation interviews which are designed to get at the individualized substance use triggers for each patient.

Schick Shadel also provides education, one-on-one counseling and group therapy along with post discharge sober support which creates a solid foundation for people to begin a new, balanced life. 65,000 former patients can't be wrong — Our treatment simply works! Patients are able to leave here poised for a life of hope, happiness and most importantly, sobriety.

Whether it's alcohol, methamphetamines, marijuana, cocaine, opioids or heroin, we can help. 10 short days at Schick Shadel Hospital is a transformational experience that is nothing short of miraculous.

SCHICK SHADEL
HOSPITAL

Schick Shadel Hospital – Washington
12101 Ambaum Blvd. SW, Seattle, WA 98146

1-855-999-1116
SchickShadel.com

*Based on results of a verified, independent survey of former patients (success being measured as total abstinence for one year and assessed by self-evaluation), as against published success rates from verified, comparable studies of other medical institutions.

Information About Our Advertisers

Visit www.alaskaairlinesmagazine.com/horizedition/ads or mail in the facing response card* to request free information on products and services offered by our advertisers, and we'll enter you in a drawing to win a free Alaska Airlines ticket!

ACCOMMODATIONS

- 1 Black Butte Ranch:** We've got the essentials to make this season perfect. www.blackbutteranch.com.
- 2 Heathman Hotel Portland:** Portland's premier downtown hotel—where service is still an art. Ask about our new "bed menu." www.heathmanhotels.com.
- 3 Hilton Garden Inn Sonoma County Airport:** Located in Sonoma Wine Country—business or pleasure, stay at HGI tonight. www.sonomacountyairport.hgi.com.
- 4 Holiday Inn/Holiday Inn Express of Washington & Oregon:** 40 Smart choices in Washington and Oregon. Stay Smart. www.greatnwhotels.com.
- 5 Hotel deLuxe:** Embodies charm of an era with contemporary amenities. www.hoteldeluxeportland.com.
- 6 Hotel Lucia:** Pillow menus with luxury linens on a pillow-top mattress. Several other generous amenities in the heart of Portland. www.hotellucia.com.
- 7 Hotel Max Seattle:** If seeing is believing ... Hotel Max—you gotta see this! (866) 833-6299. www.hotelmaxseattle.com.
- 8 Hotel Murano:** Celebrating glass art and luxury. www.hotelmuranotacoma.com.
- 9 Inn@Northrup Station:** Northwest Portland's fabulous all-suites hotel. Come sleep with us! www.northrupstation.com.
- 10 Marcus Whitman Hotel & Conference Center:** Walla Walla Wine Country's only luxury hotel. (866) 826-9422. www.marcuswhitmanhotel.com.
- 11 Pineapple Hospitality:** Pineapple Hospitality operates six, one-of-a-kind-properties, each with its own vibrant personality. Seattle, Portland and now San Francisco! www.staypineapple.com.
- 12 Red Lion Hotels & Inns:** Join the Red Lion R&R Club and earn 1,000 Mileage Plan Miles at participating hotels. Mention AKDOUBLE at check-in. www.redlion.com.
- 13 Sentinel Hotel:** Portland's most storied hotel is about to add its most exciting chapter yet. www.sentinelhotel.com.
- 14 Shore Lodge:** A McCall, ID, vacation destination since 1948. (800) 657-6464. www.shorelodgemccall.com.
- 15 Snowcreek Resort:** Mammoth's premier all-season resort offering vacation rentals and new home sales. www.snowcreekresort.com.
- 16 Sunriver Resort:** An unforgettable Northwest resort destination for adventure, dining and relaxation. www.sunriver-resort.com.

CASINOS

- 17 Clearwater Casino Resort:** Casino, golf and luxury waterfront resort including spa, live entertainment and four restaurants. (866) 609-8700. www.clearwatercasino.com.
- 18 Graton Resort & Casino:** www.gratonresortcasino.com.
- 19 Muckleshoot Casino:** More than 3,100 machines and 100 tables. Located close to Sea-Tac International Airport. www.muckleshootcasino.com.
- 20 Northern Quest Resort and Casino:** Your quest for fortune and fun starts here. Near Spokane, WA. www.northernquest.com.
- 21 Tulalip Casino:** Gaming, entertainment, dining, shopping. www.tulalipcasino.com.

RESTAURANTS

- 22 Anthony's Homeport Restaurants:** The freshest Northwest seafood—waterfront view restaurants throughout Washington and Bend, OR. www.anthonys.com.
- 23 Doug Fir Lounge:** Pure Portland. Restaurant and bar. www.dougfirlounge.com.
- 24 Seres Restaurant & Xiao Chi Bar:** Sustainable, modern Chinese cuisine. Pearl District, Portland. www.seresrestaurant.com.

TRANSPORTATION

- 25 Dave Smith Motors:** Hassle-free buying. World's largest Dodge truck dealer. Low prices—high customer satisfaction. (800) 635-8000. www.davesmith.com.
- 26 Dick Hannah Subaru:** We ship Subaru vehicles across the U.S., including to Hawaii and Alaska! (877) 240-1929. www.dickhannahsubaru.com.

27 Port of Seattle—Sea-Tac International Airport: Shop, dine and relax. Learn more about our new Pacific Marketplace. www.portseattle.org.

BUSINESS SERVICES

- 28 Avista:** Finding ways to be more energy-efficient. (800) 936-6629. avistautilities.com/bizrates.
- 29 Doyon Limited:** Family of companies: oil and gas services; government contracting; tourism; lands and natural resources. www.doyon.com.
- 30 KnechtionRepair:** Time is money. Why replace? Repair in-place. www.knechtionrepair.com.
- 31 Wave Broadband:** Connect smarter. Advanced fiber network connectivity. www.wavebroadband.com/business.

FINANCIAL SERVICES

- 32 Alaska Airlines Visa Signature Card:** Earn 25,000 Bonus Miles upon approval. (888) 924-7343. www.myalaskacard.com.
- 33 AmericanWest Bank:** Talent, at the highest levels. Nothing compares to a proven track record. www.awbank.net.
- 34 BECU:** Offering better rates and lower fees to all Washington residents. www.becu.org.
- 35 Laird Norton Wealth Management:** Private wealth management and investment management. lairdnortonwm.com.
- 36 Propel Insurance:** Innovative insurance solutions that help clients grow their businesses. www.propelinsurance.com.

REAL ESTATE

- 37 Cascade Sotheby's:** Find a perfect Bend, OR, property. www.cascadesothebysrealty.com.
- 38 Suncadia Real Estate:** Call today to get started on your second home just 80 miles east of Seattle. www.discoversuncadia.com.
- 39 Tetherow:** The ultimate expression of the active Central Oregon lifestyle. www.tetherow.com.

EDUCATION

- 40 NetCE.com-CME Resource:** Learn. Click. Done. Online continuing education for healthcare professionals. Nationally accredited. Evidence-based practice recommendations. www.NetCE.com.
- 41 Washington State University:** Advance your career and education with an online MBA or Executive MBA program. topmba.wsu.edu.
- 42 Washington State University:** There's a reason why they hire Cougs. Recently listed among the top 25 "recruiter picks" in the country! www.wsu.edu.

HEALTH & BEAUTY

- 43 Advanced Cosmetic & Laser Dentistry:** Award-winning, world-class care. Call today. www.acl.com.
- 44 Schick Shadel Hospital:** The world leader in addiction treatment. (800) CRAVING. www.schickshadel.com.
- 45 Seattle Children's Hospital:** Ranked among the nation's top centers of cancer research. Hope. Care. Cure. Visit seattlechildrens.org/cancer.
- 46 The Spa at Pro Sports Club:** Advanced medical, aesthetic and traditional spa therapies. www.proclub.com.
- 47 Swedish Radiosurgery Center:** Offering Cyber Knife and Gamma Knife nonsurgical treatment options for many conditions. swedish.org/radiosurgery.

GOLF

- 48 Coeur d'Alene Resort:** Golf you deserve. Stay and play the famous floating 14th green this summer. www.cdaresort.com.
- 49 Pronghorn Resort:** Experience Pronghorn. An Auberge resort. www.pronghornclub.com.

TRAVEL IDEAS

- 50 Ashland Chamber of Commerce:** 8th Annual Ashland Culinary Festival, November 7 to 9, 2014. www.ashlandchamber.com.
- 51 Healdsburg Chamber of Commerce:** Sonoma County Wine Country at its best, visit Healdsburg. www.healdsburg.com.
- 52 MasterPark:** No. 1-rated Sea-Tac valet parking facility. Three lots and a six-floor valet garage. www.masterparking.com.

53 Oregon Wine Country: Come, explore and savor the Willamette Valley—Oregon Wine Country. www.oregonwinecountry.org.

54 Pullman Chamber of Commerce: Picture yourself here ... explore the Palouse. Visit, work, live in Pullman, WA. www.pullmanchamber.com.

55 Tri-Cities Visitor & Convention Bureau: Celebrate year-round in the heart of Washington Wine Country. www.visittri-cities.com.

56 Wenatchee Valley Convention and Visitors Bureau: Located in the heart of Washington state on the sunny side of the Cascade mountains. www.wenatcheevalley.org.

THINGS TO SEE AND DO

- 57 Chihuly Garden and Glass:** Immerse yourself in a comprehensive collection of Dale Chihuly's work. www.chihulygardenandglass.com.
- 58 Space Needle:** Seattle landmark, family-friendly tourist attraction, observation deck, and restaurant with Puget Sound and city views. www.spaceneedle.com.

WINE & WINERIES

- 59 3 Horse Ranch Vineyards:** "Outstanding" —*Wine Press Northwest* magazine. Eagle, ID. www.3horseranchvineyards.com.
- 60 Maryhill Winery:** Washington's premier destination winery. Gold-medal wines. www.maryhillwinery.com.
- 61 Northstar Winery:** Experience world-class merlot. Walla Walla, WA. www.northstarmerlot.com.
- 62 Oregon Wine Board:** Oregon wines fly free on Alaska Airlines. www.oregonwinesflyfree.org.
- 63 Ponzi Vineyards:** Taste experience. Open daily. Willamette Valley, OR. ponziwines.com.
- 64 Wine Road Northern Sonoma County:** 150 wineries, open year-round an hour north of the Golden Gate Bridge. www.wineroad.com.

GOOD IDEAS

65 Aquacide: Marble-sized pellets easily kill lake weeds all season long. www.killlakeweeds.com.

SHOPPING

66 Ben Bridge Jewelers: Your personal jeweler since 1912. www.benbridge.com.

* If the advertiser information card is missing, and you would still like to enter the drawing, please specify by number which advertiser you want information from and write to: Alaska Airlines Magazine, 2701 First Avenue, Suite 250, Seattle, WA 98121, Attention: Advertiser Information. No purchase is necessary, and entrants need not be present to win. Entrants must be 21 years old or older and residents of the United States to win. Winner will be chosen once a year in a random drawing among completed entries. Entries for the drawing in 2014 must be received by December 15, 2014. Winner will be notified by mail. Drawing is held once a year at Alaska Airlines Magazine offices on or about December 31. Entrants may submit multiple entries. Odds of winning are based on the number of entries received. Each year one winner will receive one round-trip ticket to any Alaska Airlines destination in the continental United States. Blackout dates may apply to travel dates. Winner of the drawing in 2014 must complete travel by December 31, 2015. Prize does not include transfers, incidentals, tax, insurance, and any additional trip expenses. Prizes are nontransferable and may not be cashed in or sold. For the name of this year's winner, send a stamped, self-addressed envelope to "Advertiser Information" Ticket Drawing, c/o Holly Genest, Paradigm Communications Group, 2701 First Avenue, Suite 250, Seattle, WA 98121.

EXPLORE A TROPICAL PARADISE



Sterling silver charms from \$25

INTRODUCING PANDORA'S NEW SUMMER 2014 COLLECTION.

Ben Bridge

www.benbridge.com

Washington • Oregon • California • Hawaii
Alaska • Colorado • Arizona • New Mexico
Texas • Nevada • Vancouver, B.C.

PANDORA[®]
UNFORGETTABLE MOMENTS

© 2014 Pandora Jewelry, LLC • All rights reserved • PANDORA.NET

BOISE, ID

Balloon classic

Up to 50 colorful hot-air balloons will fill the sky each morning during the 23rd Spirit of Boise Balloon Classic, August 27–31, as launches take place at Ann Morrison Park, along the scenic Boise River. Spectators can watch from lawn chairs and picnic blankets as pilots lift off from the park’s “balloon port” at around 7 A.M., just after dawn, each day. The Balloon Classic will also include a Nite Glow, on August 29, with live music and food vendors, starting at 6:30 P.M. At about 8:15 P.M.,



pilots will inflate their balloons, which will glow lanternlike in the night sky.

After taking off on the morning of August 30, pilots will compete for the Governor’s Cup by completing a navigational task, whose requirements will be disclosed during that morning’s pilot briefing. Past challenges have included target-specific tasks such as landing within a designated area about three miles from the park.

If weather permits, the festival will culminate the morning of August 31 with the Great Launch, a mass liftoff, within about a two-minute window, of all the balloons. Contact: 208-344-6363; spiritofboise.com. —Carly Andersen

Balloons expected to participate in the festival include a Coca-Cola balloon; a fish-shaped balloon; a balloon called *A Wizard’s Dawn Treader*; and *Liberty Bell*, a unique bell-shaped balloon.

TRI-CITIES, WA

New water trail

Nature enthusiasts can now enjoy the new Tapteal Water Trail, the Tri-Cities area’s first designated river-paddling route. Paddlers might spot deer and osprey along the scenic trail, which curves along the foliage-lined lower Yakima River.



Recreationists can kayak, canoe or paddleboard along the 30-mile route, which has numerous access/takeout points, and stretches from Benton City east to Bateman Island, near the Yakima River’s confluence with the Columbia River. Columbia Kayak Adventures in Richland offers kayak rentals.

The Tapteal Water Trail is the culmination of three years of work by the Richland-based Tapteal Greenway nonprofit, which works to protect wildlife and promote recreation on the publicly owned lands surrounding the water trail.

Contact: tapteal.org; and 509-735-8486, visittri-cities.com.

—Grace Marvin



news & notes

- The new Glacier Skywalk features a glass-floor observation platform nearly 920 feet above spectacular Sunwapta Valley in Jasper National Park, Alberta, Canada (glacierskywalk.ca).
- The Big Sky Reining Classic, Aug. 20–24 in Kalispell, MT, will showcase professional and amateur equestrians from throughout the Northwest (mtrha.com).



- ▲ Thousands of hand-crafted blown-glass pumpkins will be on display at nine free-admission “pumpkin patches” throughout the Puget Sound area, Aug. 30–Oct. 25 (northwestglasspumpkins.com).

- Book-It Repertory Theatre in Seattle is celebrating its 25th season, Sept. 17, 2014–July 3, 2015, with two past favorites and three world-premiere adaptations of books, including *Little Bee* (book-it.org).
- This year’s Mammoth Kamikaze Bike Games, Sept. 18–21 at Mammoth Mountain, CA, will feature 10 different categories, ranging from downhill to cyclocross to kids’ races (kamikazebikegames.com).

BALLOONS AT LAST YEAR’S BALLOON CLASSIC. COURTESY LIGHTER THAN AIR AMERICA, INC. PHOTO BY TREVOR ATKINSON; GLASS PUMPKINS: DANA KEHR; TAPTEAL LOGO AND TAPTEAL WATER TRAIL PHOTO; COURTESY TAPTEAL GREENWAY

Did you know? Rainier cherries typically grow larger than their dark sweet cherry counterparts, according to Stemilt Growers.



Did you know? You can sample many Oregon foods, including hazelnuts, at Feast Portland, September 18-21 (feastportland.com), sponsored in part by Alaska Airlines. Also enjoy complimentary Northwest craft microbrews onboard most Alaska Airlines flights operated by regional partners.

Did you know? The Boise State Broncos football team once used Idaho potatoes as a strength-training tool: They ran up and down Bronco Stadium bleachers while carrying 100-pound sacks of Idaho potatoes, according to the Idaho Potato Commission.



Tasting the Northwest



Enjoying the region's quintessential foods *By Karalynn Ott*

SUNRISE-COLORED RAINIER CHERRIES. RICH, MOIST SALMON. GOLDEN CHANTERELLES. These have become a few of my favorite things since I moved to Seattle from the Midwest a dozen years ago. They are quintessential Northwest foods, giving visitors and residents alike a sense of, and appreciation for, the region's bounty. ■ My Northwest food education started on a trip to Oregon a couple of decades ago, with my husband, Sean. Even in our 20s, we knew that certain foods give you a delicious indication of place. So we wanted to taste some of the famous hazelnuts grown in the Willamette Valley, which extends from the Columbia River bordering Portland to the Calapooya Mountains south of Eugene. Around 99 percent of the hazelnuts produced commercially in the United States are grown in Oregon, and most of those hazelnuts come from the Willamette Valley, thriving in the area's moderate climate and rich volcanic soil. ■ We drove along a rural back road until we spotted a little roadside stand, where we exchanged a few bills for a small paper bag of the naturally sweet nuts, which had already been shelled. We happily munched,

Did you know? A family of four could live 10 years off the bread produced by one acre of wheat, according to the Montana Wheat & Barley Committee.



h o t e l
ROSE
P O R T L A N D



866.866.7977
staypineapple.com



knowing we were *really experiencing Oregon now*. ■ Since moving to the Northwest, we've actively sought out foods that provide a sense of the region, both its past and present—foods that say: *You are here*. We've discovered that these iconic foods are readily available at farmers markets, farm stands, shops and festivals, and at restaurants focused on using fresh, local ingredients. Below are just a few of the many foods that offer a taste of the Northwest, along with a few of the many locations where they are available. For seafood such as salmon, crab and trout, you might even be able to catch your own supper; consult fish and wildlife agencies and guide services for information. The seasons shown below are for fresh produce, fish and other items, which may also be available year-round when refrigerated, frozen, smoked, roasted, canned or otherwise processed.



Washington

(experiencewa.com)

Rainier Cherries

Season: Late June to late July/early August.

Location suggestion: Razezy Orchard sells organic Rainiers at Seattle's Pike Place Market, while u-pick farms in Central Washington and even as far east as Spokane grow Rainiers.

Chukar Cherries has chocolate-covered dried Rainiers available year-round at the company's Pike Place Market, Leavenworth and Prosser locations.

Interesting: These sweet, delicate cherries were developed in 1952 as a cross between the Bing and the Van at Washington State University's agricultural research station in Prosser, and the fruit was named for Washington's iconic volcano. The mother tree that produced the first Rainiers is still standing in Prosser.

Apples

Season: August to November.

Location suggestion: Pybus Public Market in Wenatchee, and roadside stands in major growing regions such as the Yakima Valley, the Wenatchee Valley and the Columbia Basin have numerous varieties of Washington apples.

Interesting: Commercial apple orchards were established in the state by 1889, and the apple was designated the state fruit in 1989. Washington is the national leader in



For recipes such as Washington Apple, Carrot and Ginger Smoothie, go to stemilt.com and bestapples.com.

apple production, providing more than half the fresh apples eaten in America, according to bestapples.com. Washington growers produce nine major varieties, plus many other options. A new variety, the red, sweet-tangy, super-juicy Cosmic Crisp, developed by Washington State University, is expected to be available to consumers in 2019.

Walla Walla Sweet Onions

Season: Mid-June to late August.

Local suggestion: Walla Walla stores and markets carry onions fresh from the fields, and the Walla Walla Sweet Onion Festival is held each June (sweetonions.org).

Interesting: In the early 1900s, a French soldier found a sweet onion seed in Corsica and brought it with him to the Walla Walla area, giving the vegetable its start in the region. The Walla Walla sweet onion is the state vegetable. Its sweetness is due to low sulfur content—half that of a standard yellow onion—and it is wonderful sliced and grilled.



Pacific Salmon

Season: Varies by area, year and species. Main species: Chinook, chum, coho, pink, sockeye.

Location suggestion: Look for fresh Pacific salmon at Pike Place Market fish stalls and at the Wild Salmon Seafood Market at Fishermen's Terminal near Seattle's Ballard neighborhood.

Interesting: The first salmon were present in the Pacific Northwest 6 million years ago, according to the Washington State Recreation and Conservation Office. Native Americans began relying on salmon for food and culture about 10,000 years ago, and the Lewis and Clark Expedition recorded abundant salmon in the Columbia River during the expedition's journey to the ocean. Pacific salmon are found along much of the west coast.



Dungeness Crab

Season: Varies by year and by region.

Location suggestion: You can find Dungeness crab at Pike Place Market and at the annual Dungeness Crab & Seafood Festival in Port Angeles, on the Olympic Peninsula,



Own *your* piece of the sun.

Just 80 miles east of Seattle, Suncadia is a four season mountain destination with great vacation home opportunities.



SUNCADIATM
RESORT · COMMUNITY · LEGACY

SUNCADIA REAL ESTATE SALES COMPANY

Call today to experience Suncadia

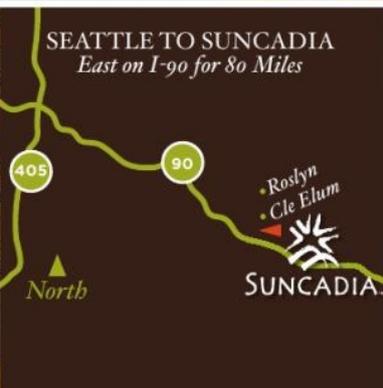
DiscoverSuncadia.com

1.866.710.4361



*THERE HAS NEVER BEEN A BETTER TIME
TO BUY A SECOND HOME IN THE SUN.*

CUSTOM HOMES | HOMESITES | CONDOMINIUMS



October 10–12 this year (crabfestival.org).

Interesting: Dungeness crab was named for a tiny fishing village on the Olympic Peninsula, where this sweet-flavored crab was first commercially harvested in the 1800s. The area is believed to have been named New Dungeness in the late 1700s by British explorer George Vancouver. Dungeness crab is found along much of the west coast.



Oregon (traveloregon.com)

Hazelnuts

Season: Late September through October.

Location suggestion: Look for growers at farmers markets, such as Freddy Guys Hazelnuts at the Portland Farmers Market.

Roasted and chocolate-covered hazelnuts are typically available at the Mount Angel Hazelnut Fest in the Willamette Valley, December 5–6 this year (hazelnutfest.com).

Interesting: In 1858, a retired Hudson's Bay Company employee planted the first cultured hazelnut tree in Oregon, according to oregonhazelnuts.org. Today, Oregon is the world's third-largest producer of hazelnuts, after Turkey and Italy. The hazelnut, also known as the filbert, became Oregon's state nut in 1989.

Pears

Season: Year-round, depending on variety.



Location suggestion: Along the 35-mile Hood River County Fruit Loop, visitors can enjoy varieties such as Comice, Anjou, Bosc and Bartlett at farm stands or u-pick farms. In Southern Oregon, Harry & David is famous for its Royal Riviera pears, a Comice variety known for its size and sweetness. Harry & David offers tours at its flagship Medford store.

Interesting: Pears, the official state fruit since 2005, are Oregon's No. 1 tree-fruit crop, based on revenues, acres and amount of fruit grown, according to usaapears.org. Pear trees brought west to Oregon and Washington by pioneers in the 1800s thrived thanks to the Pacific Northwest's rich volcanic soil, abundant water, warm days and cool nights.



Wild Mushrooms

Season: Often September to November, but varies by species.

For recipes such as Grecian Pasta with Oregon Hazelnuts, go to oregonhazelnuts.org.

Location suggestion: At the Pacific Northwest Wild Mushroom Cook-off, October 11 this year in the coastal town of Lincoln City, you can take a mycologist-led mushroom tour and taste mushroom dishes prepared by Oregon chefs (oregon-coast.org/wild-mushroom-cook-off). The Oregon Truffle Festival, January 15–18 in Portland and January 23–25 in Eugene next year, includes tastings, pairings, truffle-foraging tours, meals, presentations, cooking classes and a truffle marketplace (oregontrufflefestival.com).

Interesting: Numerous wild mushroom varieties, from morels to oyster mushrooms, are commercially harvested in Oregon. The Pacific golden chanterelle is the state mushroom, with more than 500,000 pounds harvested annually in Oregon. The state is also famous for its white truffles and black truffles. It has a world-renowned, six-decade legacy of truffle research, and the greatest concentration of truffle scientists and specialists in the world, according to oregontruffles.org. (If harvesting your own mushrooms, be sure to ensure proper identification of safe-to-eat varieties.)

Dairy Products

Season: Year-round.

Location suggestion: Rogue Creamery in Central Point

(Medford area) has a tasting room and specializes in blue cheeses such as Oregon Blue and Smokey Blue (which is cold-smoked over Oregon hazelnut shells). The creamery is also the site of the Oregon Cheese Festival, which features cheeses from artisan producers across the state. Another great dairy-products producer is Tillamook—a farmer-owned co-op operating since 1909 on the northern Oregon coast—which sells cheese, ice cream, yogurt, sour cream and butter, and also offers Cheese Factory tours.

Interesting: Milk is the state beverage of Oregon, which is consistently ranked among the top five states for milk quality. Oregon dairy cows divide their time between pastures and spacious stall-free barns, according to Dairy Farmers of Oregon. The average Oregon cow produces about 7 gallons of milk a day. Southern Oregon's Umpqua Dairy notes that cows have an acute sense of smell—they can detect something up to six miles away.



Craft Beer

Season: Year-round.

Location suggestion: Sample craft beers at events such as the Portland International Beer Festival in August, Feast Portland in September, Fresh Hops Festival in October, Holiday Ale



Festival in December and Oregon Brewers Festival during Oregon Craft Beer Month in July (travelportland.com/article/beer-festivals-in-portland).

Interesting: Portland has more craft breweries—56 at last count in early July—than any other city in the world, according to oregoncraftbeer.org. State-wide, there are 173 brewing companies operating 214 brewing facilities, in 70 cities, including notable brewers such as BridgePort Brewing Company, Widmer Brothers Brewing, McMenemy's, Full Sail Brewing Co., Deschutes Brewery and Ninkasi Brewing Company.



Idaho

(visitidaho.org)

Potatoes

Season: Mid-August to mid-October.

Location suggestion:

Potatoes will be among the featured foods at the Sun Valley Harvest Festival, September 18–21 this year ([For recipes such as Summer Blueberry Idaho Potato Salad, go to \[idahopotato.com\]\(http://idahopotato.com\).](http://sunvalleyhar-</p>
</div>
<div data-bbox=)

Western Canada

(hellobc.com and travelalberta.com)

BRITISH COLUMBIA is one of the world's top high-bush blueberry-growing regions,



with the sweet, firm berries primarily grown in the Fraser Valley between Richmond and Abbotsford.

Kelowna and the Okanagan Valley grow 75 percent of Canada's apricots, 40 percent of its cherries, and

20 percent of its apples, pears, peaches and plums, according to The Canadian Encyclopedia. And

wild B.C. spot prawns are famous



around the globe for their sweet flavor and firm texture.

Pacific salmon is B.C.'s official fish.

Alberta is Canada's largest

Saskatoon berry region, and its

largest cattle-producing province, as

well as offering game meat such as elk and bison.

The bull trout is the official fish of Alberta.



Also of Interest

* Washington, Oregon, Idaho and British Columbia all have thriving wine industries recognized for quality wines that reflect unique local terroirs. For more information, go to washingtonwine.org, oregonwine.org, wine.idaho.gov and winebc.com. California (visitcalifornia.com) is the country's top wine-producing state and also produces nearly half of U.S.-grown fruits, nuts and vegetables, including most of the country's almonds, artichokes, dates, figs, raisin grapes, olives, pistachios and walnuts.

* Eastern Washington's Palouse region was the U.S. entry point for the lentil in 1916, and the Palouse considers itself the Lentil Capital of the Country.

* Steelhead trout is the state fish of Washington. The Chinook salmon is Oregon's state fish. The cutthroat trout is Idaho's state fish. The black-spotted cutthroat trout is Montana's state fish.

* Idaho is home to one of the largest Basque populations outside of Europe. Sample Basque foods at sites such as the Basque Block in downtown Boise.



FOODIES FALL FURLOUGH



September and October may be McCall's best-kept secret. Picturesque days and crisp nights make for the perfect respite. Shore Lodge's Foodies Fall Furlough adds a gourmet twist to your autumn getaway.



Enjoy a meticulously crafted, four-course meal for two. You'll savor inventive and sumptuous flavors while overlooking magnificent Payette Lake and all its grandeur. When the day is through, hole up in one of Shore Lodge's luxuriously appointed guest rooms and continue your furlough under cover of the night.

Located in spectacular McCall, Idaho, just 100 miles north of Boise, Shore Lodge is THE DESTINATION FOR UNRIVALED CULINARY ESCAPES.



PACKAGES START AT **\$341*** PER NIGHT

CALL **800.657.6464** FOR RESERVATIONS

OR BOOK ONLINE AT SHORELODGE.COM

Shore Lodge

MCCALL, IDAHO

501 West Lake Street, McCall Idaho 83638
www.shorelodge.com

*Pricing based on Double Occupancy, King Suite accommodations.
Package price does not include tax or resort fee. Rate subject to change without notice and restrictions apply.

"Outstanding"

Wine Press Northwest Magazine
Spring 2014



"Outstanding wines have superior characteristics and should be highly sought after."



HORSE RANCH
VINEYARDS™
EAGLE, IDAHO

TASTING ROOM OPEN WEDNESDAY-SUNDAY
5900 PEARL RD, EAGLE, ID
208-863-6561
3horseranchvineyards.com

vestfestival.com), and are the star of Spud Day, September 20 this year, in Shelley, about 150 miles from Sun Valley; Spud Day events will include a free baked-potato lunch (ci.shelley.id.us).

Interesting: Idaho's state food is the most popular vegetable in the United States, and every year since 1957, Idaho has produced more spuds than any other state—more than 13 billion pounds annually. About 60 percent of Idaho's potato crop is processed into french fries, tater tots and other fried products, or dehydrated into flakes and various other forms, according to idahofb.org. The famous Russet Burbank variety was developed by American horticulturist Luther Burbank in 1872 and began to appear throughout Idaho in the early 1900s.

Huckleberries

Season: July through August.

Location suggestion: These small wild berries are feted at events such as the Huckleberry Festival in Donnelly, about 90 miles north of Boise, August 8–10 this year (donnellychamber.com/huckleberry-festival.html) and the Huckleberry Festival in Wallace, about 50 miles east of Coeur d'Alene, August 15–16 this year (wallace-id.com/heritage.html). For a special treat, try a sweet yet tart fresh-huckleberry milkshake, available at many locations throughout the state.

Interesting: While wild huckleberries grow in many parts of the Northwest, they are Idaho's state fruit, with more than one species native to the Gem State. A plant can take 15 years to reach maturity. Black bears and grizzly bears also particularly like huckleberries.

Rainbow Trout

Season: Year-round, varies by river.

Location suggestion: Cold, clear, clean waters not only support native wild rainbow trout, but also contribute to the quality of hatchery trout from the Buhl area—known as the Trout Capital of the World—about 125 miles



southeast of Boise. The Buhl area produces the majority of rainbow trout consumed in the United States, so odds are that you'll enjoy Idaho trout whenever you order trout at a restaurant.

Interesting: Clear Springs Foods, near Buhl, processes more than 20 million pounds of freshwater rainbow trout a year, making it one of the world's largest producers.

Montana

(visitmt.com)

Beef

Season: Year-round.

Location suggestion: Mannix Brothers Grass Finished Beef sells its beef, raised on a 100 percent grass diet, at the Clark Fork Market in Missoula and at Littlebird's Marketplace in Seeley Lake, northeast of Missoula. The Helena Farmers' Market also often has Montana meat purveyors.

Interesting: The Montana Department of Agriculture proudly proclaims Montana "a state where cattle outnumber people." The human population is just over a million; beef cattle total 2.6 million, ranging from Angus to Wagyu. Montana also has a notable bison-ranching industry.

Chokecherries

Season: August to September.

Location suggestion: Small, "puckery" chokecherries are used in products such as jams, jellies, syrups and wines, which are available at farmers markets in various parts of the state. Artisan producers include Becky's Berries and Larchwood Farms. The annual Chokecherry Festival will take place September 6 this year in Lewistown (lewistownchokecherry.com).

Interesting: Chokecherries were a staple (cooked or dried) of Native American tribes living on plains and prairies, according to the USDA, and even the Lewis and Clark Expedition made use of them. In June 1805, while traveling toward the Great Falls of the Missouri River



For recipes such as Montana Beef Pot Roast with Cider-Maple Gravy and Mashed Butternut Squash, go to montanabeefcouncil.org.



SHARE >

THE SPIRIT

At BECU, we believe in getting involved and enriching the communities where our members live. So this summer, you'll find us volunteering at and sponsoring a number of local events including ZooTunes, Seattle Pride, the Washington State Fair, and National Rebuilding Day. It's just our way of saying thanks, over and over and over again.

For more information or to come join us, visit the BECU Facebook page or go to news.becu.org to view a calendar of upcoming events.



All Washington State Residents Are Eligible To Join.

Federally insured by the NCUA. Must establish and maintain membership with \$5 minimum member share savings balance.

pick the vineyard
#pickwenatchee



We live a life of abundant choices. Underneath sunny skies we take to the rivers, the trails and the parks to paddle, kayak, climb, hike and bike. We enjoy the fruits of our labor in creating fresh meals, award-winning wines and handcrafted brews.

We invite you to choose this place; to visit, to explore and to stay.

What will you pick today?

WWW.WENATCHEE.ORG
1-800-572-7753

in what is now Montana, Meriwether Lewis noted in his journal that he cured abdominal cramps and fever with choke-cherry-twig tea. Montana is also known for cultivated sweet cherries, such as Lapins, Sweethearts and Lamberts, grown in the Flathead Valley south of Kalispell and available mid-July to mid-August at farmers markets in the Flathead Valley (agr.mt.gov/agr/Programs/FarmersMarkets) and at u-pick farms in the area (montanacherries.com). The Flathead Cherry Festival takes place each July (flatheadcherryfestival.com).

Wheat

Season: Harvested late July to late September.

Location suggestion: Cream of the West, celebrating its 100th anniversary this year, offers quality items, ranging from cereal to snacks to organic seven-grain flakes, online and at stores throughout the West. Wheat Montana sustainably grows and mills wheat for products ranging from bread to pancakes, available online and at stores throughout the country.

Interesting: Montana is No. 3 in the country for overall wheat production (after Kansas and North Dakota). It's second in the country (after Texas) in land in farms. Traditional top wheat-producing counties in Montana are Chouteau and Hill, located in the "Golden Triangle," encompassing Shelby, Havre and Great Falls. This seven-county area produces about 55 percent of Montana's wheat crop each year, according to wbc.agr.mt.gov/wbc/Consumer. Montana and Alberta growing regions are part of the North American Wheat Belt. ■



Karalynn Ott lives in the Seattle area.

Alaska Airlines (800-ALASKAAIR, alaskaair.com) offers extensive service to and from Seattle and other destinations where visitors can enjoy quintessential local foods. From some cities, you can even check a case of wine at no charge; see alaskaair.com/wine. (If you're traveling from the U.S. to Canada or vice versa, be sure to consult current regulations for transporting foods across the border.)

Fight Aging NOW



Redefine Aging

Look 10 years younger and feel 20 years younger with renewed passion, physical power, and confidence.



Get started today!
Call 425.861.6290

Dr. Upton, the Medical Director of the Anti-Aging Center at PRO Sports Club, has been practicing medicine for over 17 years. He became inspired by anti-aging through this extensive experience with preventative medicine.



AGED TO PERFECTION

I never thought I'd feel excited about turning 70. Like many people, I had some reservations about aging and how I'd be able to maintain my vigor as I got older. Having been a cardiovascular surgeon and seeing many of my patients and colleagues go through the aging process, it wasn't something I looked forward to.

However, at age 75, I can honestly say that I've never felt better. What's my secret? It was learning how to age successfully, with all the right tools and support.

We plan almost every major event in our lives. However, few of us actually plan on how to age well. We assume that aging is something that just happens over time and there's little we can do about it. It begins with the little aches and pains, worsening eyesight, losing interest in sex, or not being able to eat or drink as much as we'd like. And we assume this is normal and there's little, if anything, one can do about it.

I've got news for you. There is something you can do, no matter what your age. Have you considered how your lifestyle habits of eating, exercising, sleeping, and managing stress can affect your aging process? How about the impact of nutritional supplementation and hormone replacement? It is possible to age well and to plan a different outcome as you get older.

I believe that it's possible to continue to experience a high quality of life as you age, if you do the right things.

At 75, I feel healthy, vibrant, strong, alive, and happy. I have a sharp mind and am full of energy. I look forward to each and every day. Having followed an anti-aging regimen for the past 20 years, I'm living proof that it works.

For the past 20 years, I've measured the levels of my hormones and other age-related chemistry. As they began to decline, I supplemented with bioidentical hormones to keep the levels at what you'd find in a 30-40 year old man. I've also taken care of my skin by staying out of the sun and using SkinMedica skin care products and getting regular IPL treatments. Everyone in my family is bald. So I decided, 30 years ago, to fight that with Propecia and Rogaine, and it works.

My secret can be yours too. I've always believed in providing a high quality of life to as many people as possible. That's why I founded PRO Sports Club and that's why I made the decision to open the Anti-Aging Center. I now look forward to every birthday. I hope you do, too.

proclub.com

425.861.6290

4455 148th Avenue NE, Bellevue, WA

ACTIVE WEEKENDS



Semiahmoo Resort offers
spectacular ocean and
mountain views.



A great blue heron, neck tucked into an S, wingbeats slow and deep, gracefully descends in an azure sky and glides to a landing on the sandy tide flats of Drayton Harbor.

“That’s No. 4,” my husband, Michael, calls over his shoulder to me as we pedal a black tandem bike on a paved path along Semiahmoo Spit in Blaine, Washington, near the Canadian border. To get some exercise while enjoying the sea view from the long band of land between the harbor and Semiahmoo Bay, we rented the bike from Paddle and Pedal Adventures at Semiahmoo Resort, Golf, & Spa on the eastern end of the spit.

“Heron are impressive in the air and on the beach,” I note, as we brake to watch the quartet of steel-blue, 4-foot-tall, stilt-legged birds catch herring, smelt and Dungeness crab with flash-quick thrusts of sharp yellow beaks.

“OK, now let’s get our heart rates up,” suggests Michael, and we pump hard and fast for a minute or two until we spot the bald eagle sitting nonchalantly on a snag about 100 feet ahead. “Wow—fantastic!” I tug the bottom of Michael’s T-shirt. “Let’s stop and see if he’ll stay put.”

The eagle regally ignores us as we admire his hooked bill, huge talons and ivory-hued head. The 25-foot-tall snag, standing by itself on the open spit, provides a rare opportunity for a close-up look at the raptor.

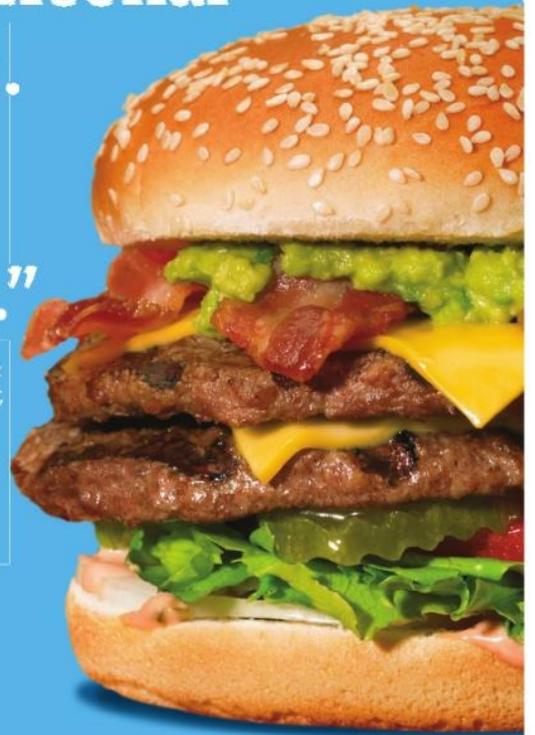
The approximately mile-long Semiahmoo

“We recommend AmericanWest to our franchisees because we believe they need a personal banking relationship.

Not an automated banking relationship.”

– Ken Clark, *President & Chief Operating Officer,*
Farmer Boys Food, Inc

FarmerBoys



Learn what we can do for you at awbank.net

 **AmericanWest Bank**

We're banking on the businesses.

Visit us at an AmericanWest Bank near you.

Member FDIC. Equal Housing Lender. 



Semiahmoo Resort is next to Semiahmoo County Park, which has many acres of scenic tidelands. The Alaska Packers Association Museum in the park tells the story of early 20th century salmon fishing and canning in the Blaine, Washington, area, with exhibits such as a real 28-foot fishing boat and film footage of tall ships under sail.

Spit Trail, which starts at the resort, also takes us past yellow, orange and magenta wildflowers; piles of driftwood; and people flying kites on the beach before the route connects with other paths and streets as part of the Coast Millennium Trail.

Our ride is one of the adventures we're enjoying during an active weekend designed to reinvigorate us after mega sitting-at-the-

computer time at home and work the past couple of months. We chose Semiahmoo Resort, about 30 miles north of Bellingham, for this weekend getaway because of its beautiful setting on the water, and because it is better than ever since it reopened last year after being purchased and upgraded by a Seattle-based ownership group that includes businessman Jerry Anches and Wright Hotels Inc., both also part of the group that owns Seattle's acclaimed Cedarbrook Lodge.

In addition to our bicycle ride, the weekend includes golfing, taking a TRX (Total Body Resistance Exercise) fitness class, zooming down the pipes at Birch Bay Waterslides and culminating our stay with a couple's massage to work out any kinks from all these activities. We're planning a return trip to play tennis and FootGolf, kayak the harbor, maneuver stand-up paddleboards, sightsee on the historic *Plover* ferry and fish with Outer Island Excursions.

This trip, the fun began as soon as we checked in to Semiahmoo the evening before. We danced on a beachside pathway while a live band played during the resort's Friday Night BBQ and Beach Party. Then we joined other guests roasting marshmallows over a firepit to make complimentary s'mores during the roseate sunset.

In the Swing

ONE OF OUR GOALS FOR THE WEEKEND was improving our golf games, so we arranged a nine-hole playing lesson with Semiahmoo's director of golf, Brett Eaton. Lessons are also available from the resort's other PGA professional staff and from PGA pro Jeff Coston, director of instruction at the resort.

Semiahmoo has two award-winning courses—Semiahmoo Golf & Country Club, designed by Arnold Palmer, and Loomis Trail Golf Club, designed by Graham Cooke—which are open for public play on alternating days, year-round. That means that if you're at Semiahmoo for a weekend, you can play both courses if you want.

We're on the 7,005-yard, Audubon Cooperative Sanctuary Program-certified Semiahmoo course, which offers challenges in the way of undulating terrain, bunkers, ponds and moderately fast greens, but has wide fairways, which means we won't lose a lot of balls. This year, the course also added family tees (4,401 yards), making a round even more fun for multigenerational groups and beginners.

Michael mostly drives from the blue tees and I choose the ladies' reds as Brett reminds me, "Tee it high if you want it to fly." With his expert tutelage, I improve my grip, stance and swing for more air power. Michael improves his consistency, in part by relaxing his grip. "Don't try to kill the ball," Brett advises.

Top: Semiahmoo Resort sits on a scenic spit between Drayton Harbor and Semiahmoo Bay.
Below: Hole No. 12 at the resort's award-winning Semiahmoo Golf & Country Club has a lovely pond and a view of Mount Baker.



He is also unfailingly optimistic. Whenever I totally blow it, he says, "Lots of better shots to come."

One of our favorite holes on the gorgeous course, whose fairways are bordered by cedars and firs, is the 417-yard No. 4, with a stunning view of snow-capped Mount Baker. It's also the most challenging par-4 on the course. A slight dogleg right leads to an elevated green, and bunkers come into play right and left. "They protect for those trying to take a little yardage off the hole," Brett comments.

He points to a tall Douglas fir on the right side of the fairway. "Try to hit it just left of that big tree, and the contour of the slope will bring it to the middle of the fairway."

Michael and I both succeed in hitting the ball left of said tree, and avoiding bunkers, but it takes me three shots, versus my happy spouse's two, to reach the green. "Pure luck," he kindly says.

"It's a tiered green," Brett points out, "so make sure you get it to the upper tier, because if you come up a club or half club short, the ball will roll back 30 to 40 feet."

Sadly, I do hit short of the upper tier, and my ball trickles back to me. I end up three-putting for a double bogey. However, Michael also three-putts, so I thank him for keeping me company on the green.

Semiahmoo Resort's renovation includes sustainability features such as Net Effect carpet made possible by the Net-Works project, which pays fishermen in small Philippine villages to clean up beaches and waters by removing discarded fishing nets, whose nylon is then repurposed in carpet.

As we walk the course (carts are also available), Brett tells us a little more about the new FootGolf option, which is offered Friday and Saturday nights after 6 P.M., through the end of September. Players have individual soccer balls, which they aim toward 21-inch-circumference holes, located in the outer parts of the fairways and first cut of rough, and covered with green lids when not in use. (Golfers receive free relief/drop from the FootGolf lid.) Par is 36. Total yardage is 1,053 on the Semiahmoo course and 1,124 on the Loomis course.

"Lots of kids play soccer," Brett says. "We want to get them to come to the golf course and see how fun and beautiful it is. This is fun for all ages and skill levels."

After biking and golfing, we swim laps in the heated outdoor pool; relax in the sauna and steam-room (separate facilities for men and women); then freshen up to take seats by a picture window, overlooking the sea, at the new, bright and airy Pierside Kitchen restaurant.

The fresh, seasonally inspired cuisine is fabulous. We savor heirloom beets, grilled octopus, wood-fired Alaska halibut, beef from Double R Ranch in Central Washington, chocolate royale, and a rhubarb tart with housemade ginger ice cream.



SNOWCREEK RESORT

The Next Generation of Mammoth
www.SnowcreekResort.com

Real Estate Sales (877) 766-9275 Vacation Rentals (800) 544-6007

Luxurious townhomes, golf course, health club & spa.
Daily flights to Mammoth/Yosemite Airport

NOW SELLING CREEKHOUSE
www.CreekHouseAtSnowcreek.com





Birch Bay Waterslides attractions include a Ramp Slide and a curving River Ride (foreground), and runs such as Corkscrew, Snake, Hairpin Twister, The Black Hole and The Drop.

Pulling and Sliding

WE BEGIN THE NEXT DAY with an energy-boosting breakfast—a fruit smoothie and farmstead yogurt with handcrafted granola and fresh berries for Michael, and OJ paired with an organic-egg sandwich with bacon, Gruyère and pesto aioli for me—before meeting fitness instructor Lisa Press for an hour class at the resort’s fitness center. She intro-

duces us to TRX, a system featuring straps (hanging down from the ceiling in this case) that use your body weight to provide resistance. Exercises can be adapted to each person’s fitness and stamina. We pull on the straps with our hands and feet, in different positions, to stretch and strengthen various muscles, including those used for golf. We end up liking TRX a lot.

Our next adventure is Birch Bay Waterslides, about six miles south of the resort. The attendant at the top of The Black Hole has interesting instructions. “You have to sing as you go down,” he informs me.

“I heard it was so you don’t scream,” I retort. He grins and lines my inner tube up with the opening to the dark tunnel. “Here you go.”

As I zip around curve after curve, I belt out my own words to the melody for *Row, Row, Row Your Boat*: “Zoom, zoom, zoom your tube, speedily down the hole. How I’ll land, I’m not sure, but, oh, how fast I go.”

The landing turns out to be a big, speed-slowing splashdown. I hear Michael singing *Younger Than Springtime* in the tube as he flies down after me. Maybe he feels youthful because he just conquered The Drop, a straight, 60-foot-long, open chute on which speeds up to 40 mph can be achieved. He



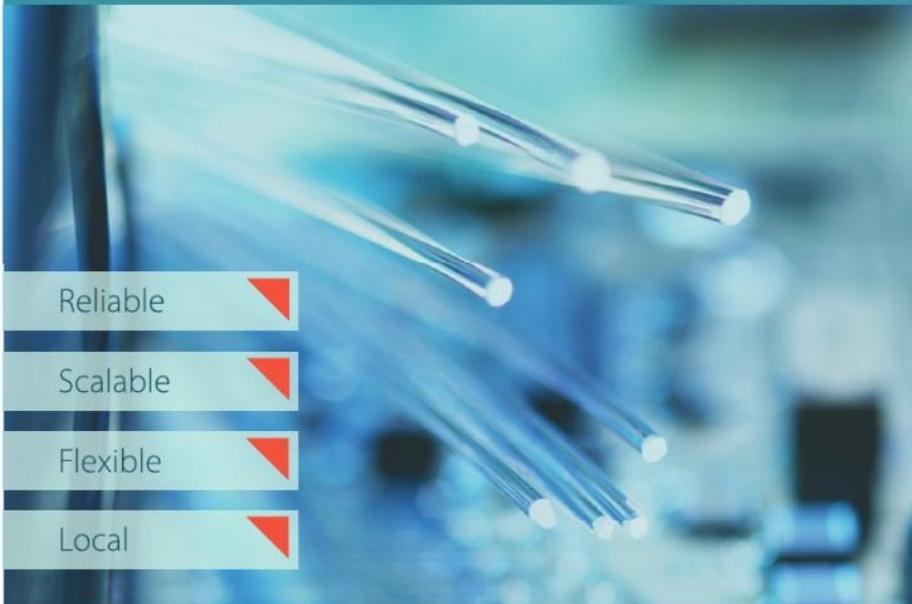
IGNITE YOUR INSPIRATION

As you walk through the Galleries, Garden and Glasshouse, Chihuly Garden and Glass immerses you in Dale Chihuly’s work in a whole new way.

CHIHULY
GARDEN AND GLASS

LOCATED AT THE BASE OF THE
SPACE NEEDLE, SEATTLE CENTER
CHIHULYGARDENANDGLASS.COM

Get first-class service from SEA to SFO
with advanced fiber network connectivity.



Reliable

Scalable

Flexible

Local

Who knew fiber could take you so far?

We did. In fact, we've invested in a fiber network that stretches from the Canadian border all the way down to San Francisco, with the simple goal to provide our customers with the fastest and most reliable connectivity in the area.

From Business Class to Enterprise, we'll connect you.

Wave offers comprehensive solutions for the most complex network needs to off-the-shelf business-class internet and phone service that can scale up as your business expands. Not sure what you need? We can help.



Connect to Wave's
advanced fiber network.

1-844-232-5715

WAVE[®]
BUSINESS SOLUTIONS

wavebroadband.com/business

SEATTLE | PORTLAND | SACRAMENTO | SAN FRANCISCO

described it to me as "a rush—that's for sure."

I'm too chicken to try The Drop, and once is enough for Michael, but we ride the park's other seven slides several times; soak in the hot tub; and are entertained by kids playing in the regular swimming pool and in the kiddie pool, which has three baby slides of its own.

When we return to Semiahmoo Resort, massage therapists Tamara and Meghan greet us in the spa's Relaxation Room and explain that our "Sea-renity" couple's massage session can be tailored to our preferences. I opt for the long, soothing strokes of a Swedish massage, with stretching to help computer-scrunched shoulders. Michael requests deep tissue, but it must not be too tough on him, because at one point I realize he's nodded off.

We feel relaxed yet rejuvenated as we leave the resort, and it seems like a fitting benediction to our stay when we see approximately 70 great blue herons wading along the southern shore of Drayton Harbor. We've read online that herons represent good luck. We've certainly felt fortunate this weekend as we've exercised while playing in such a scenic part of the state.

Semiahmoo (semiahmoo.com) is one of the many resorts perfect for enjoying an active weekend. Here are just a few more ideas.

The Coeur d'Alene Resort

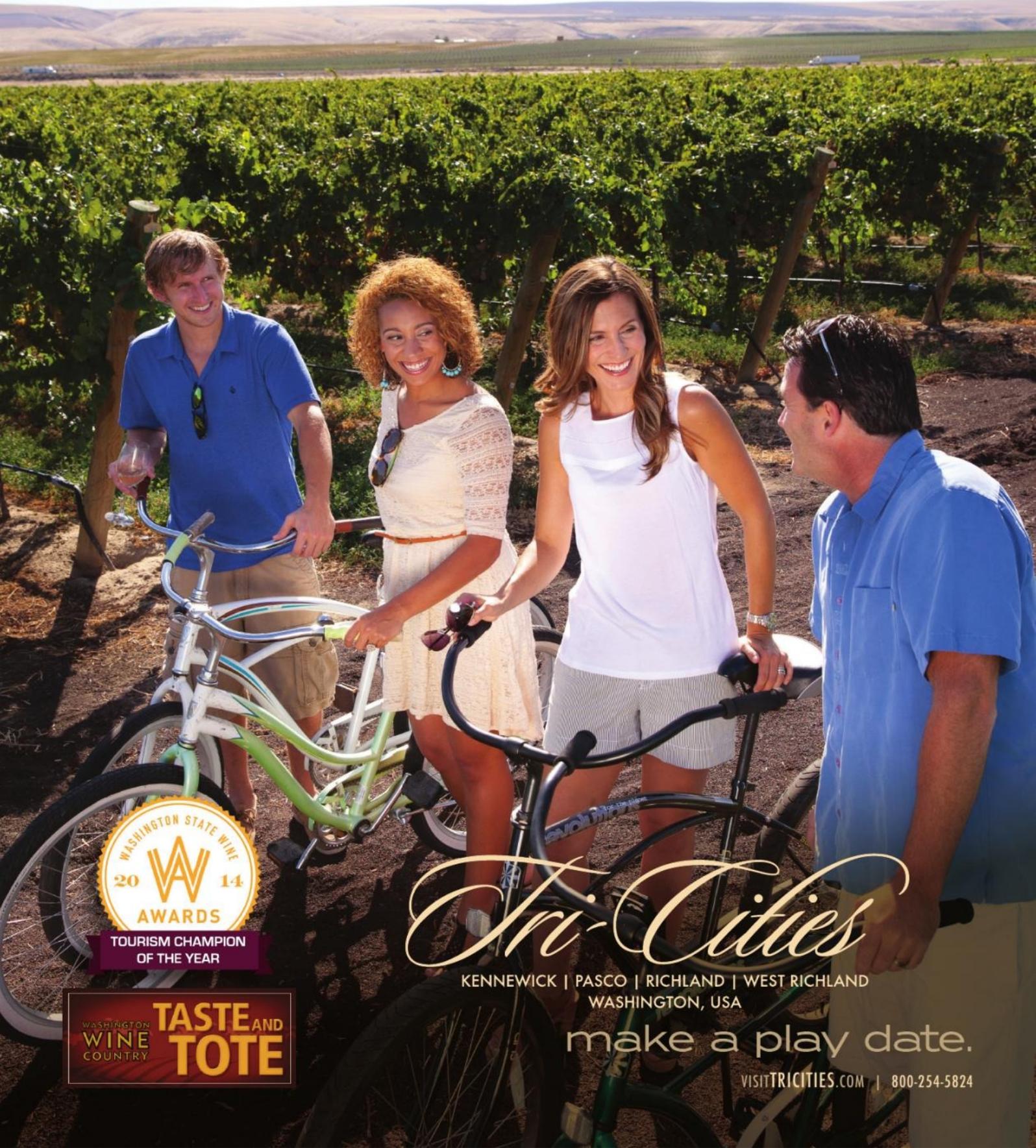
(cdaresort.com), Coeur d'Alene, Idaho: Amenities at the lakefront resort include a world-famous golf course with a floating green, an acclaimed spa, two pools, a fitness center



PHOTO BY JOEL RINER, CDARESORT.COM

(with personal trainers and summer classes), tennis courts and watercraft rentals. The ROW Adventure Center at the resort offers guided fishing, paddleboarding, kayaking, rafting, hiking and biking. There's also an abundance of area recreation, such as hiking, horseback riding, parasailing and

A **WINE-FULL** weekend
with friends...



TOURISM CHAMPION
OF THE YEAR



Tri-Cities

KENNEWICK | PASCO | RICHLAND | WEST RICHLAND
WASHINGTON, USA

make a play date.

VISITTRICITIES.COM | 800-254-5824

eenie, meanie, miney...whoa!



Introducing the newly remodeled Lake Tahoe Resort Hotel

Smack dab in the middle of all that is Lake Tahoe.
All suite resort with free breakfast in the morning and
My Tahoe Happy Hour cocktails in the evening.



LAKE TAHOE RESORT HOTEL

TahoeResortHotel.com 800 988 9850

the Silverwood Theme Park and Boulder Beach Water Park. Winter fun includes downhill and cross-country skiing, snowboarding, tubing, snowshoeing, snowmobiling, snowcat adventures and sleigh rides.

The Fairmont Chateau Whistler

(fairmont.com/whistler), Whistler, British Columbia: Lauded for its Robert Trent Jones Jr.-designed golf course, the resort also has two pools, a fitness center, per-



MIKE CRANE / TOURISM WHISTLER

sonal trainers, tennis courts, complimentary bike use and a spa. In the Whistler area, you can go hiking, biking, horseback riding, fishing, canoeing, kayaking, paddleboarding, rafting, paragliding, parasailing, and guided black bear-viewing. You can also enjoy all-season ziplining, climbing, bungee jumping and biathlon-related experiences. Downhill skiing and snowboarding are available in summer as well as winter. Snow season-specific activities include cross-country skiing, dogsledding, tubing, snowshoeing, snowmobiling, ice-skating, snowcat adventures, sleigh rides and zipping down the skeleton and bobsleigh courses built for the 2010 Olympics.

Peppermill Resort Spa Casino

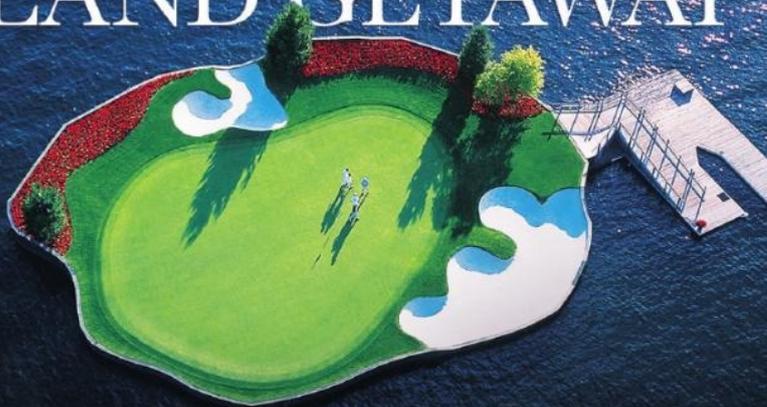
(peppermillreno.com), Reno, Nevada: The highly rated resort has two pools, a fitness center, a spacious spa and scooter rentals. It's also a good urban base for exploring the



SHUTTERSTOCK.COM

Continued on page 88.

BOOK AN ISLAND GETAWAY



The
Coeur d'Alene
Golf & Spa Resort

BOOK A GOLF GETAWAY
PACKAGE AT THE COEUR D'ALENE
GOLF AND SPA RESORT
(877) 361-0797
CDARESORT.COM



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

Dr. Thomas Kang

Dr. Brian McKay

Advanced
Cosmetic
& Laser
Dentistry

1-877-346-0600

Transformations happen every day at Advanced Cosmetic & Laser Dentistry in Seattle. People from all over are talking about the breakthrough methods that promise the smile of your life.

There is a difference when it comes to the dentist you choose. Experience counts, not just in what you have done but who does the work. In Seattle, at Advanced Cosmetic & Laser Dentistry we have the fussiest patients from all over the world plus we feature unique, luxury surroundings and an attentive and professional staff. Designed on purpose to meet the needs of our out-of-town guests. Convenient overnight accommodations arranged for you at Hotel Sorrento or another of our fine hotels.

Our total focus is on you. We only treat one patient at a time. You are pampered from the very start with a limo ride to the office. Whether you need **Teeth By Tonight** Dental Implants or a **Smile Makeover** using cosmetic techniques imagine how you'll feel when you finally get the most beautiful smile you've ever desired.

Word is spreading about the quality of care and the efficiency of these dentists. If you've been told it could take months to complete your care, relax. We can usually accomplish everything

with just a few visits. We reduce your time in the dental chair to only what is absolutely necessary. We use advanced sedation techniques so you don't feel a thing. Folks love it.

Concerned about cost? Be assured with our **NEVER PAY AGAIN** policy. If any restoration we place in your mouth breaks or is damaged we'll replace it for free.

Our world-class dentists are trained and experienced in making the impossible happen everyday. You can relax and feel comfortable. Sit back, enjoy the limo ride and we'll take care of the rest.

6 REASONS TO HAVE US BE YOUR DENTIST

- Experience Counts – We've Successfully Completed Thousands Of Cases
- Teeth By Tonight Dental Implants - Replace Missing Teeth
- Advanced Sedation Options – Complete Your Treatment In One Visit
- No Hidden Fees – Everything Included
- Never Pay Again Policy
- Saturday Appointments Available



Chris K.



Laura B.



www.acld.com - there is a difference!

THE OREGON EXPERIENCE

Peer into the blue expanse of one of the deepest lakes in the world. Feel the spray of a 600-foot-tall waterfall in a rain forest. Visit a historic lodge on a snow-capped peak. And trek through the largest expanse of sand dunes in North America. If you can do all of this in one state, you are in Oregon. Come along as we explore some of the many sights and activities that make this state such a special place to visit.

Oregon is filled with natural wonders, cultural treasures and some of the world's most scenic roadways, which offer seemingly endless "wow" moments for travelers. On the following pages, we explore the state's scenic sights (page 35), wine industry (page 43), culinary scene (page 53), outdoor recreation (page 58), arts and culture (page 65) and some of its many festivals (page 75).



Nine places showcasing the state's natural beauty | BY GARY HAYES

Mount Hood

One of the true gems of the Pacific Northwest, iconic Mount Hood rises 11,240 feet to tower over Northwestern Oregon and nearby Portland. One of the best ways to experience the grandeur of Oregon's highest peak is to travel the 62 miles from Portland to visit Timberline Lodge. This year-round mountain retreat is

located at the 6,000-foot level, drawing visitors to the nearby alpine scenery, many hikes and the historic lodge itself. During summer, visitors hike among the high-alpine meadows and skiers ride the Palmer Chairlift to the 8,540-foot level of the mountain to enjoy one of the nation's longest ski seasons.



Kayakers paddle on Oregon's Timothy Lake with majestic Mount Hood in the background.



PRONGHORN
bend, oregon



LIVE WHERE LUXURY IS
SECOND NATURE



***A rare real estate opportunity nestled in Bend's
1,000-year-old juniper forest.***

Endless activities. Resort-style living. Auberge amenities. This is just the beginning of what living at Pronghorn is all about. Whether it's authentic dining or a rejuvenating spa day, a round of golf or a day kayaking the Deschutes, these homes and home sites are specifically designed to provide owners the best of what Bend has to offer.

The Auberge Residences provide fractional and whole ownership opportunities with exclusive exchange privileges.

To find out more about Pronghorn and these exclusive offerings, please contact us at **855.785.4271** or visit **pronghorn.aubergeresorts.com**.



The Lodge at Pronghorn: Coming Soon.

Auberge Resorts Collection

Cascade | Sotheby's
INTERNATIONAL REALTY



The Oregon Dunes

Stretching along about 40 miles of coastal lands, the Oregon Dunes National Recreation Area is one of North America's largest expanses of coastal dunes, with some sandy spots reaching 500 feet in elevation and extending more than two miles inland. This fascinating desertlike landscape is not without water. In fact, the dunes contain various lakes, rivers, inlets and forests. There are many ways to experience the dunes, including day-use viewing areas and hiking trails. You can also rent ATVs or

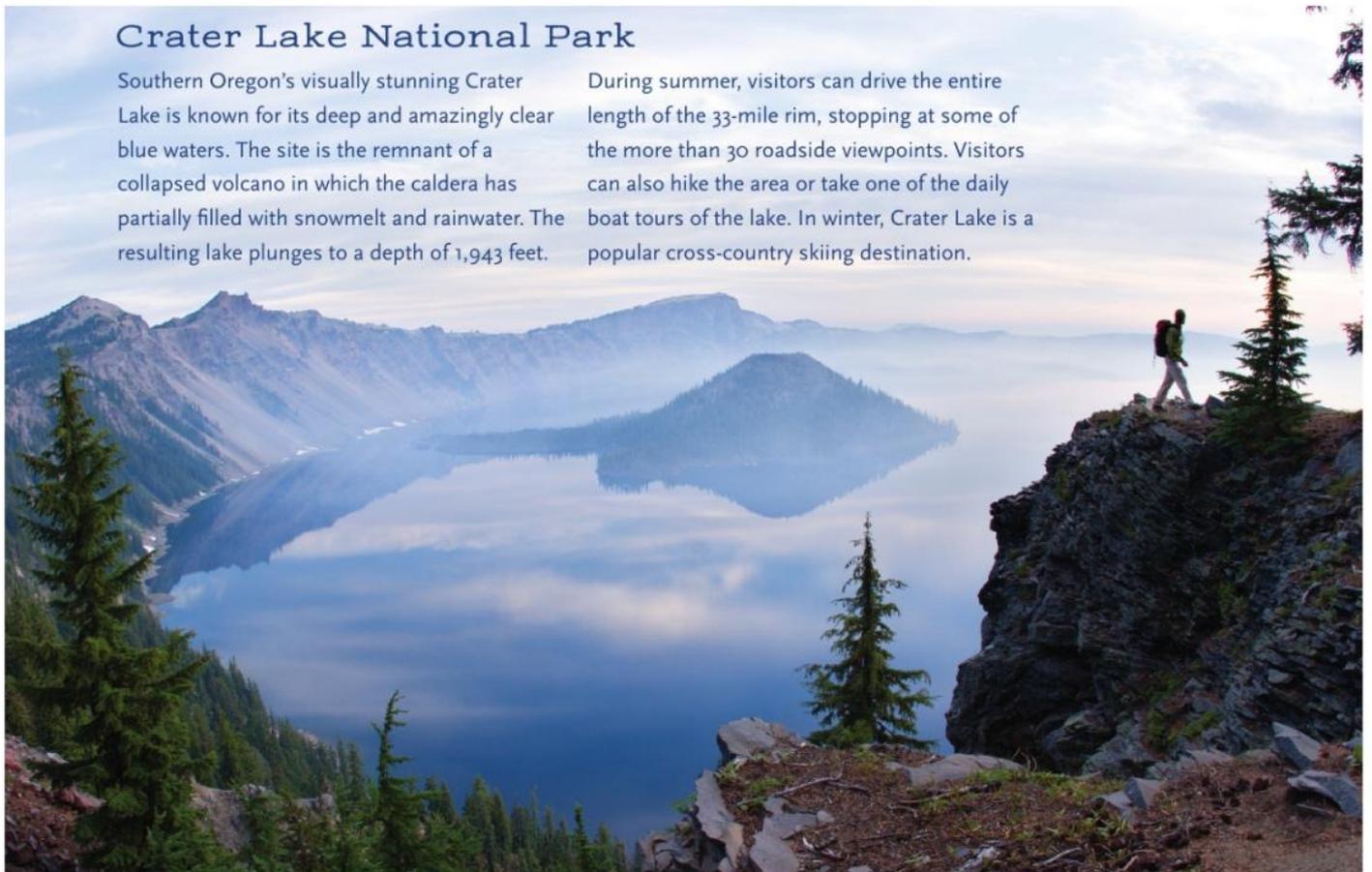


take an adrenaline-pumping dune buggy tour. For casual viewing of the dunes, visit the Oregon Dunes Day Use overlook, with its half mile of paved pathway and picnic locations. This also serves as a trailhead for the three-mile Oregon Dunes Loop Trail through dunes to the ocean and back. Jessie M. Honeyman Memorial State Park also offers a day-use area and access to dunes and lakes.

Crater Lake National Park

Southern Oregon's visually stunning Crater Lake is known for its deep and amazingly clear blue waters. The site is the remnant of a collapsed volcano in which the caldera has partially filled with snowmelt and rainwater. The resulting lake plunges to a depth of 1,943 feet.

During summer, visitors can drive the entire length of the 33-mile rim, stopping at some of the more than 30 roadside viewpoints. Visitors can also hike the area or take one of the daily boat tours of the lake. In winter, Crater Lake is a popular cross-country skiing destination.



CLOCKWISE FROM TOP: HEATH KORVOLA / AURORA PHOTOS; CHRISTOPHER KIMMEL / AURORA PHOTOS; JUSTIN BAILIE / AURORA PHOTOS



TETHEROW LODGES

BRAND NEW IN 2014!

TETHEROW.COM

1.877.298.2582

STAY

GOLF

DINE

PLAY

Tetherow's new 50 room boutique hotel puts breathtaking beauty, award winning golf, diverse dining and unlimited recreation right outside your door. Yet you're just minutes from all the culture and entertainment Bend has to offer.



TETHEROW
BEND OREGON



Columbia River Gorge

A picture-perfect waterfall plunges from the lush forested landscape into a moss-covered grotto of ancient volcanic rock formations. It's a scene that's often repeated along Oregon's stunning Columbia River Gorge National Scenic Area. Carved by millions of years of scouring floods, wind and precipitation that have combined to expose the region's geologic past, the gorge includes sheer walls of columnar basalt, rocky spires and dramatic promontories. At the heart of this area, visitors can travel a spectacular 17-mile portion of the Historic

Columbia River Highway, offering motorists a scenic drive that includes the awe-inspiring view at the Vista House at Crown Point, an observatory that was completed in 1918. This scenic area, which is also known as a world-class center for windsurfing and kiteboarding, begins less than 25 miles from Portland's downtown, making the gorge a perfect day trip or a place to lace up those hiking boots and explore this natural wonderland.



Painted Hills & John Day Fossil Beds National Monument

Forty million years of history are revealed in the graphic artistry of nature at the Painted Hills, a portion of the John Day Fossil Beds National Monument. The Impressionist scene of the rolling hills that appears painted in bands of red, black and brown (created by the exposure of different rock formations) changes with the light throughout the day and from season to season. The national monument includes various hikes, such as the quarter-mile-loop Painted Cove Trail, which includes a boardwalk through a fragile section of the landscape. There is also a main visitor center and the Thomas Condon Paleontology Center, which is home to the monument's main collection of fossils.





Take the hassle out of airport parking.

We know that air travel can be a trying experience. MasterPark's 4 Valet Parking locations and MPark Self-Parking, provide SeaTac Airport's premier parking service. 24-hour shuttles, provide the shortest time from your vehicle to airline departure gates. Avoid the high cost of airport terminal parking, MasterPark is the fast, easy, safe and reliable choice. Please visit masterparking.com

SUMMER SIZZLER!

Valid at all MasterPark Valet Parking Locations. Must present coupon to receive discounted rate. Offer not valid in conjunction with any other offer.

- **LOT A** 18220 International Blvd.
- **LOT B** 2907 South 170th St.
- **LOT C** 16025 International Blvd.
- **Garage** 16826 International Blvd.

* 20% Off With **Saturday Night Stay**, 10% Off Without Saturday Night Stay. Code #2141

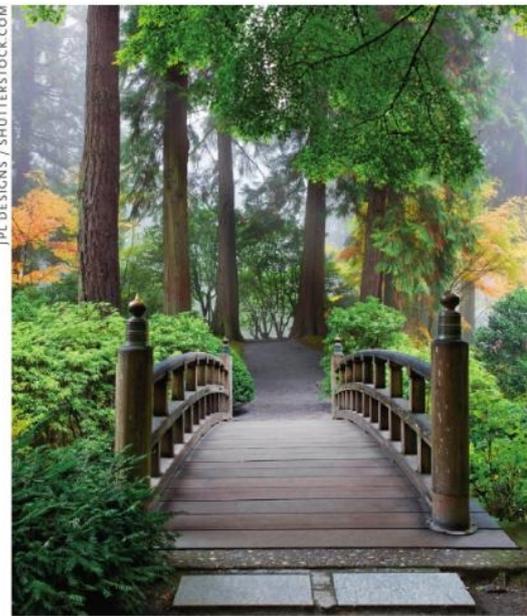
20%*
OFF
Valid thru
October
31, 2014



Try MasterPark's New **MPark** Self Park Location. \$9.99 per day for long term and discount parking. For more information visit mparkseatac.com



JPL DESIGNS / SHUTTERSTOCK.COM



Portland's Washington Park

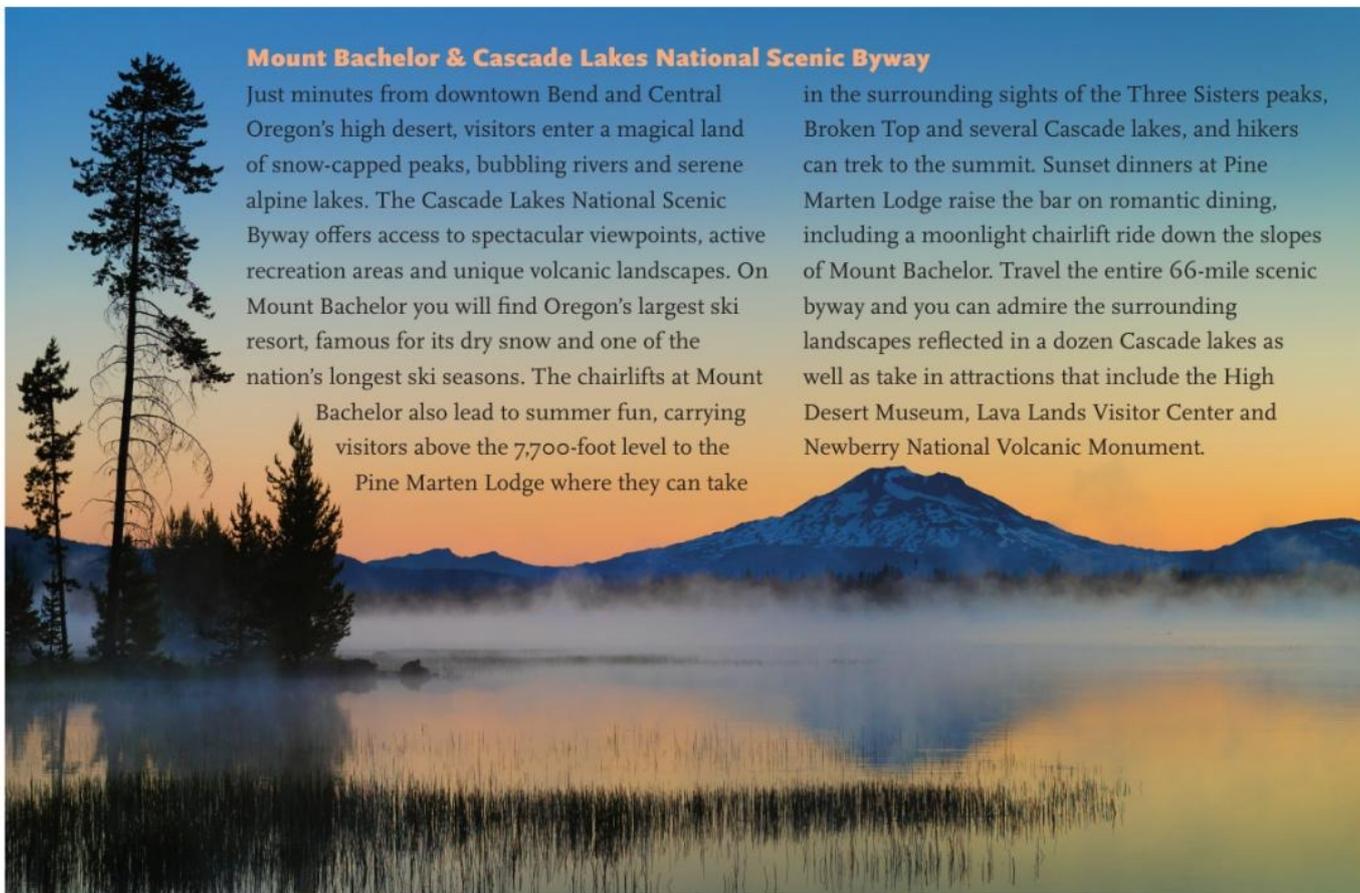
In a city known for being green, Portland's Washington Park is the ultimate urban oasis: a vast community treasure of trails, trees, renowned gardens, wild forests and cultural attractions sprawling across 410 acres. Washington Park crowns the West Hills of Portland, offering expansive views of the City of Roses and Mount Hood, more than 15 miles of walking and hiking trails, and attractions such as the Oregon Zoo and the World Forestry Center. The park's 187-acre Hoyt Arboretum can be explored along 12 miles of trails that wend among more than 1,400 species of trees and shrubs that have come from all over the world. The nearby Portland Japanese Garden, where five tranquil and distinct gardens spread over 5.5 acres, has been called one of the most authentic of its kind outside of Japan.

There is also the 4.5-acre International Rose Test Garden, which was established in 1888 and showcases more than 7,000 rose plants that include approximately 550 varieties. To appreciate Portland's nickname, the City of Roses, visit during the peak blooming season, from May through July.

Mount Bachelor & Cascade Lakes National Scenic Byway

Just minutes from downtown Bend and Central Oregon's high desert, visitors enter a magical land of snow-capped peaks, bubbling rivers and serene alpine lakes. The Cascade Lakes National Scenic Byway offers access to spectacular viewpoints, active recreation areas and unique volcanic landscapes. On Mount Bachelor you will find Oregon's largest ski resort, famous for its dry snow and one of the nation's longest ski seasons. The chairlifts at Mount Bachelor also lead to summer fun, carrying visitors above the 7,700-foot level to the Pine Marten Lodge where they can take

in the surrounding sights of the Three Sisters peaks, Broken Top and several Cascade lakes, and hikers can trek to the summit. Sunset dinners at Pine Marten Lodge raise the bar on romantic dining, including a moonlight chairlift ride down the slopes of Mount Bachelor. Travel the entire 66-mile scenic byway and you can admire the surrounding landscapes reflected in a dozen Cascade lakes as well as take in attractions that include the High Desert Museum, Lava Lands Visitor Center and Newberry National Volcanic Monument.



CAPE ARAGO HIGHWAY

Few stretches of the Oregon Coast can match the wow factor to be found on Southern Oregon's Cape Arago Highway—a 10-mile stretch of winding and scenic roadway that leads from Coos Bay to Cape Arago, passing through a remarkable collection of state parks that offer easy-to-reach viewpoints along this fascinating section of sandstone coastline. A 2.4-mile hiking trail also weaves through the three parks. Sunset Bay State Park features a protected cove, offering accessible tide



pools. At Shore Acres State Park, paved trails traverse the edge of the sculpted sandstone cliffs overlooking intriguing reefs

and rock formations. Be sure to stop at the Simpson Reef Overlook, one of the best places on the Oregon Coast to observe seals and sea lions.

HAYSTACK ROCK

While there are more than 1,800 sea stacks and small islands along Oregon's coastline, none are more famous or more photographed than Haystack Rock on Cannon Beach. The massive rock monolith rises 235 feet from its sandy base. Visit at low tide to see many fascinating creatures in exposed tide pools. The rock



has also earned state protection as a Marine Garden and federal protection as a National Wildlife Refuge. From midspring to midsummer, bring your binoculars and scan the grassy flanks of the rock for nesting seabirds. For a scenic perspective on Haystack Rock, visit nearby Ecola State Park where you can see panoramic views of the rock and miles of Oregon coastline. ■

Gary Hayes is a travel writer specializing in Oregon.

Alaska Airlines flies daily to Portland, Medford, Eugene and Redmond/Bend. For more information or to book tickets to these locations, visit alaskaair.com or call 800-ALASKAAIR.

**OREGON
WINES**
FLY  FREE

Alaska Airlines



SAVOR THE RIDE. we know the way.

A WINE AND OUTDOOR EXPERIENCE. THROUGH OUR FIELDS AND VINES.

OREGONWINECOUNTRY.ORG | 866.548.5018

OREGON. WE LOVE DREAMERS.

CHECK A CASE OF OREGON WINE FOR FREE ON YOUR FLIGHT HOME! VISIT OREGONWINESFLYFREE.ORG FOR DETAILS.

TERRIFIC TERROIR

Enjoying Oregon's Wine Country | By JADE HELM



A couple enjoy glasses of wine while strolling through Ponzi Vineyards, located near Portland.

JOHN VALLS

BEYOND MARVELOUS

RATED  BY AAA



FOUR-DIAMOND LUXURY

Indulge in the luxury & entertainment of Tulalip. Unrivaled amenities, impeccable service and the most excitement in Washington State await your arrival.



JUST 30 MINUTES NORTH OF SEATTLE

RESERVATIONS: 866.716.7162 | TULALIPRESORTCASINO.COM



THE MOST FUN I have had in a vineyard was while riding a horse named Rave. About 40 miles southwest of Portland I found the joys of the “sip, saddle and ride” experience offered by Equestrian Wine Tours.

When I signed up for the excursion, I thought it was for the unique experience of horseback riding between the vineyard rows of the gorgeous Dundee Hills American Viticultural Area (AVA). While the landscape is fabulous, little did I know I would also enjoy the comedic talents of world-class equestrian Jake Price. An owner of a farm in the area for almost 40 years, Price tells the history of the vineyards from the perspective of a friend and neighbor. When we weren't laughing from the joy of riding in the vineyard, Price was keeping everyone in stitches with stories and one-liners that hit the right humorous blend for our group.

The equestrian tour is just one of a number of ways that visitors can enjoy Oregon's varied wine country. From large estates to family farms, vast



Above: Wits' End Vineyard at Roco Winery offers a picturesque view of the Willamette Valley. Left: Guests enjoy spa treatments at The Allison Inn. Lower left: A bottle of 2012 Pinot Noir from Portland's Clay Pigeon Winery. Below: David Adelsheim (center), the co-founder and president of Adelsheim Vineyard, stands with his vineyard manager, Chad Vargas (left), and winemaker, Dave Paige (right).



CLOCKWISE FROM TOP: JOHN VALLS; KENT DEREK STUDIO; JAY BODLEY; ANDREA JOHNSON PHOTOGRAPHY

There are approximately
545 WINERIES
and **905**
vineyards in
the state of *Oregon.*

17 AMERICAN VITICULTURAL AREAS (AVAS). TWO ARE SHARED WITH WASHINGTON—THE WALLA WALLA VALLEY AND COLUMBIA VALLEY; AND ONE WITH IDAHO—THE SNAKE RIVER VALLEY.

Honeywood Winery is Oregon's oldest continuously operating winery and holds bonded winery number

26

25,448: THE NUMBER OF ACRES IN THE STATE PLANTED WITH VINIFERA GRAPES.

The Willamette Valley has about **2/3** of the state's wineries and vineyards, and is home to more than 350 wineries.

2.3 MILLION cases of OREGON WINE were sold in **2012.**



CALAMITY HILL VINEYARD IS AMONG THE STATE'S SMALLEST LICENSED WINERIES, WITH 150 CASES FROM 1.75 ACRES OF GRAPES. IT ALSO SELLS ESTATE-GROWN OLIVE OIL.

vineyard views to city vibes, the state's numerous wine regions are home to more than 540 wineries and 17 AVAs, with more than 350 wineries in the Willamette Valley AVA alone. This region runs from Portland in the north to Eugene in the south.

My equestrian tour began at the Wine Country Farm, a lovely winery and bed and breakfast. My group mounted the gentle horses—half of which were rescue animals—and we were ready for adventure. Determined not to become fodder for future tour groups, I held on tight while Rave trotted quickly down a vineyard row. I needn't have worried. Rave knew the way by heart, slowing down at the appropriate times and even grabbing a grapevine snack along the way.

Our first stop was the elegant White Rose Estate, where the Pinot Noirs are as meticulously made as the landscape is beautiful. We also enjoy stellar wines at the family-run Winter's Hill Vineyard, where tasting their 2006 Reserve Pinot Noir amid the oak barrels was a treat. There is a reason the tasting room at nearby Vista Hills Vineyard & Winery is named "Treehouse." It is the perfect place to relax on the deck or by the fireplace and soak in the views. Traveling by horse turned out to be much quicker than by car and a lot more fun. The shared experience allowed the tour with strangers to become an exploration with friends.

RELAXING AMONG THE VINEYARDS

When in need of a rejuvenating experience in wine country, I visit The Allison Inn and Spa in Newberg, located about 25 miles southwest of Portland.

This award-winning inn offers unique spa treatments such as the Grape Seed Cure. Imagine a crushed grape-seed scrub and an organic honey and wine wrap, followed by a moisturizing massage with pure shea butter. My therapist waved her hands and lavender filled the air while tiny droplets of aromatic mist landed gently on my skin.

The Allison staff can arrange visits to most of the nearly 200 regional wineries that are within a short distance of the inn. After a scenic drive through the Chehalem Mountains and Dundee Hills, I visit Privé Vineyard for a Burgundy style tasting in the barrel room with owner/winemaker Tina Hammond. The scent of lavender and the intimate tasting experience are designed to "transport people to France,"



Hammond says. She wants guests to feel they have "stepped off the beaten path and stumbled onto a special experience."

My next stop is at the famed Adelsheim Vineyard. One of the state's pioneering wineries, Adelsheim is known for its renowned Pinot Noirs, including the many excellent vintages of its Elizabeth's Reserve. The winery offers a number of tasting options, including private tours of the vineyard, the winery and the barrel caves. Special tastings are also available in the tasting room, in the caves or on the terrace. My tour of this area ends at Roco Winery, owned by longtime winemaker Rollin Soles, who enjoys sharing stories about Oregon's wine industry.

THE KING OF WINES

One of Oregon's great wine experiences is visiting King Estate, located about 22 miles southwest of Eugene. As I drive through the huge iron gates of the winery, I admire the setting, which includes a



LEFT TO RIGHT, KENT DEREK STUDIO; ANDREA JOHNSON PHOTOGRAPHY

Above left: A worker harvests Pinot Noir grapes in the Willamette Valley. Above: Jeff Kandarian, the director of winemaking for King Estate, pours wine during the annual International Pinot Noir Celebration in McMinnville, Oregon.

Oregon Wines Fly Free

A partnership between Alaska Airlines, the Oregon Wine Board and Travel Oregon is allowing Mileage Plan members to check their first case of wine for free by showing their membership number when departing from airports in Eugene, Medford, Portland and Redmond. The program also includes those members departing from

Walla Walla Regional Airport. In addition, Mileage Plan members can waive tasting fees at any of Oregon's 300 participating tasting rooms, and many in Walla Walla, by showing their Mileage Plan membership and an inbound boarding pass (either paper or digital). To become a Mileage Plan member for free, visit alaskaair.com. To learn more about the Oregon program, visit oregonwinesflyfree.org.



Low Rates. High Adventure.

Become a member and get the Lowest Rate Period.



RED LION®
HOTELS



Our members get the very best rates.
Sign up for free and start saving today.

redlion.com/lowestrate

redlion.com

 [/redlionhotels](https://www.facebook.com/redlionhotels)

 [@redlionhotels](https://twitter.com/redlionhotels)

Terms & Conditions: Subject to availability. Standard house cancellation policies apply, one day minimum advanced booking required. Must be a member to take advantage of this rate. Offer is only valid for stays at participating hotels. Red Lion Hotels Corporation reserves the right to amend, revise, supplement, suspend or discontinue this promotional offer at any time in its sole discretion and without prior notice.
Copyright © 2014 Red Lion Hotels Corporation

Stay Northwest. Stay at Holiday Inn Hotels and Stay YOU™.

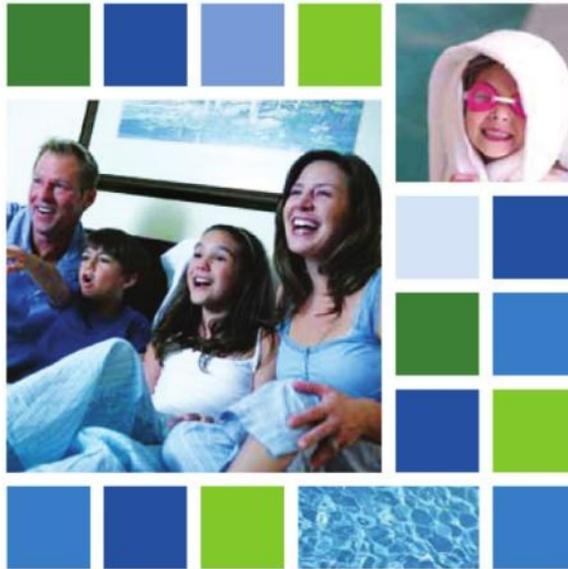
WASHINGTON

- **BELLINGHAM**
(360) 671-4800
- **BOTHELL**
(425) 483-8100
- **EVERETT**
(425) 609-4000
- **LACEY**
(360) 491-7985
- **LYNNWOOD**
(425) 672-1234
- **PASCO-TRICITIES**
(509) 543-7000
- **PUYALLUP-TACOMA**
(253) 848-4900
- ▲ **SEATTLE**
(206) 728-8123
- **SEATTLE CITY CENTER**
(206) 441-7222
- **SEATTLE SHORELINE**
(206) 365-7777
- **SEATTLE-SEATAC INTL AIRPORT**
(206) 824-3200
- **SEQUIM**
(360) 681-8756
- ▲ **SPOKANE**
(206) 828-1170
- **TACOMA**
(253) 272-2434
- **VANCOUVER**
(360) 253-0500
- **VANCOUVER-SALMON CREEK**
(360) 576-1040
- **WALLA WALLA**
(509) 525-6200

OREGON

- **ALBANY**
(541) 928-8820
- **ASTORIA**
(503) 325-6222
- **GLADSTONE**
(503) 722-7777
- **KLAMATH FALLS RUNNING Y**
(541) 850-5500
- **MEDFORD**
(541) 732-1400
- **ONTARIO**
(541) 889-7100
- **PENDLETON**
(541) 966-6520
- **PORTLAND SOUTH LAKE OSWEGO**
(503) 620-2980
- **PORTLAND HILLSBORO**
(503) 844-9696
- **REDMOND EAGLE CREST**
(541) 923-2453
- **SEASIDE**
(503) 717-8000

- ▲ Holiday Inn® Location
- Holiday Inn Express® Location
- Holiday Inn Resort® Location



Save at these Holiday Inn® and Holiday Inn Express® hotels.

You can always find a fun and affordable stay wherever you're headed in Oregon or Washington. At Holiday Inn, you'll find restaurants where Kids Always Eat Free*, while Holiday Inn Express features the Free Hot Express Start® breakfast bar. Plus, you'll always enjoy free high-speed Internet and IHG® Rewards Club** at all of our hotels. Book the Visitors Guide rate and put some money back in your pocket to spend on souvenirs, attractions and the things that matter most on your vacation.

Visit WWW.GREATNWHOTELS.COM or call 1-800-HOLIDAY (1-800-465-4329) and ask for the Visitors Guide Rate.

Like us on facebook at greatnwhotels.

bank of fog floating above forested hill-sides and sheep peacefully grazing in nearby pastures. I enter the picturesque 1,033-acre estate and join a tour of the winery. I marvel at the fermentation wings and enjoy hearing the history of King Estate while visiting the Old Tasting Room. The winery is a certified organic property that runs a raptor program, which reduces the number of rodents and birds that eat grapes. A wide array of fruits and vegetables are grown on the estate, and bread and charcuterie products are also produced on-site.

WINE TASTING IN THE CITY OF ROSES

For those who are visiting Portland, the city's more than 20 urban wineries and tasting rooms allow you to sample varietals from all corners of the state. Enjoy everything from the refined cool-climate wines of the Willamette Valley to the bold and intense reds of the Columbia Gorge, the Columbia Valley and Southern Oregon. A good place to start is by visiting the Southeast Wine Collective. This casual neighborhood location is home to 10 Portland wineries. Tasting flights feature wines from collective members and other local winemakers that are paired with housemade charcuterie, rich cheeses and fresh salads.

For more food-and-wine combinations, visit Cyril's at Clay Pigeon Winery, also in southeast Portland. Cheese expert Sasha Davies and winemaker Michael Claypool make a team that go together like, well, wine and cheese. It is hard to turn down the gourmet grilled cheese sandwiches of the day.

THE GORGE AND SOUTHERN OREGON

Other wine areas to visit include the Columbia River Gorge, where the Maryhill Winery in Washington and a collection of wineries in Oregon's Hood River area offer many summer activities.

Southern Oregon's wine country is known for its variety of grapes, quality of wines and live music events during the summer months. A popular example is



IHG® Rewards Club



Alaska Airlines
MILEAGE PLAN

*Kids Eat Free is available for kids 12 and under, see website for full details.
**For complete IHG Rewards Club terms & conditions visit ihgrewardsclub.com or call 800-315-2605.
©2010 InterContinental® Hotel Group. All rights reserved. Most hotels are independently owned and/or operated.

Pyrenees Vineyard & Cellars. A welcoming place to sip handcrafted wines, the winery's deck overlooks the Umpqua River. On Sunday afternoons in the summer, Pyrenees hosts Music on the Deck, with live musical performances.

An array of adventures awaits you at Oregon's many wineries, which are known for their variety, inviting atmosphere and warmth—attributes that define Oregon's wine country.

For more wine information and trip ideas visit columbiagorgewine.com, oregonwine.org, oregonwinecountry.org, pdxurbanwineries.com, sorwa.org and willamettewines.com. ■

Jade Helm writes for tastingpour.com and lives in the Willamette Valley.

Alaska Airlines offers daily service to Portland, Eugene, Redmond/Bend and Medford. For information or to book a ticket, visit alaskaair.com or call 800-ALASKAAIR.

Beyond the Vine

A sampling of activities at wineries throughout Oregon.

Southern Oregon

Red Lily Vineyards: In Jacksonville, hosts Music on the Beach concerts along the Applegate River.

South Stage Cellars: Also located in Jacksonville, offers live music and food on Wednesdays and Fridays.



Belle Fiore: The Ashland winery presents live music on Friday evenings.

(For information, visit sorwa.org)

Willamette Valley

Tyee Wine Cellars: Located near Corvallis, offers hikes through the grounds of a 120-year-old farm.

Sokol Blosser: Trek through some of Oregon's oldest vineyards in this Dayton area winery.

Kathken Vineyards: The Salem winery



presents its 11th season of summer music.

St. Josef's Winery: Located about 25 miles south of Portland, the winery is hosting the Summer Chef Series & Music on the Pond.

Ponzi Vineyards: The Ponzi Historic Estate in Beaverton displays sculptures by Portland artist Ray Grimm.

Trisaetum Winery: The Newberg winery features paintings and photography.

Saffron Fields Vineyard: The Yamhill-Carlton facility offers a tasting room that is surrounded by a Japanese garden.



(For information, visit willamettewines.com)

Columbia River Gorge

The Gorge White House: Located south of Hood River, this winery allows visitors to taste wine and also pick fruit, vegetables and flowers at a working farm.



Phelps Creek Vineyards: Try the cheese and wine pairings at the Hood River facility. (For information, visit columbiagorgewine.com) —J.H.



Oregon Wines Fly Free ... and So Could You!

- **Check a case for free!** Stock up on your favorite Oregon wines and check a case for free on Alaska Airlines†
- **Enter to WIN!** Two round trip tickets to Oregon could be yours – enter to win* at www.orwinesff.org/asmag or scan the code below
- **Enjoy complimentary tastings!** Show your Alaska Airlines boarding pass and taste wine for free at 300 participating Oregon wineries†



Alaska Airlines



www.oregonwinesflyfree.org

†Tasting fees waived at participating wineries with proof of Alaska Airlines Mileage Plan membership and your Alaska Airlines in-bound boarding pass. Free checked case applies to Alaska Airlines domestic departures from Eugene, Medford, Portland, Redmond and Walla Walla, WA. For full program details including participating wineries, visit www.oregonwinesflyfree.org.

*Must be 21 years or older to enter sweepstakes. Enter between 8/1/14 and 11/30/14. For official rules and entry form, visit www.orwinesff.org/asmag.



A golden opportunity.

Much of what Jim Mills touches turns to liquid gold. Jim owns and operates Caldera Brewing Company, a 28,000-square-foot brewery and restaurant in Ashland, Oregon. He became a brewer at age 19, and today, 25 years later, his hand-crafted beers are distributed to a dozen U.S. states and as far away as Puerto Rico, England and Japan.

Dedicated to uncompromising quality, Jim imports premium malted barleys from England and Germany. And he uses only fresh, whole-flower hops, which give a cleaner taste than pelletized hops. Naturally carbonated, many Caldera beers are also plate-and-frame filtered for a bright, clear product unmatched by other Northwest breweries. Caldera beers have won numerous national and international awards, including gold and platinum.

Jim insists on doing things right. It's why he worked closely with Avista to install energy-efficient upgrades at his original brewery, and why he was eager to speak with Avista again when he moved and expanded his brewery last year.

Incorporated in 1996, Caldera Brewing Company got its start just down the street from the new location. The original brewery produced its first batch of premium beer on Independence Day in 1997 and sold its first keg a little over a month later.

Pictured above:
Jim Mills (front), Owner
Caldera Brewing Company
Kerry Shroy (back), Manager
Oregon Demand Side Management
Avista Utilities

"Basically I self-distributed for the first five years, starting out hauling kegs around town in the back of my Subaru," said Jim.

Today, Jim produces 27 different beers with names like Old Growth Imperial Stout, Hopportunity Knocks IPA and Mogli—a platinum award-winning brew named after a beloved dog that died years back. In 2005, Caldera became the first microbrewery on the west coast to begin putting craft beers in cans. (Cans eliminate light and oxidation that could degrade taste.) Caldera currently cans five different beers, including Pale Ale, IPA, Ashland Amber, Lawnmower Lager and a new Pilot Rock Porter.

Brewing beer requires a lot of hot water. And Jim's newly expanded facility requires a whole lot more, which is why he decided to collaborate with Avista on energy solutions.

"At the old location, we were basically doing 5,000 barrels a year and completely maxed out," Jim recounted. "This building will do 60,000 barrels a year and we're on pace to do about 11,000 this year."



The heat exchanger gives a master brewer more precise control when cooling down wort.

Avista helped Jim's growing business with \$21,000 in incentives on energy-saving equipment. The monies let Jim purchase what's loosely called a "hot liquor tank," a 1250-gallon storage tank that uses natural gas to heat water for brewing, and a new heat exchanger, which works hand in hand with the hot liquor tank by

The new brewing equipment helped Jim save 30% on heating water for production—one of his biggest costs.

recapturing heat from processing to make more hot water.

The heat exchanger gives a master brewer more precise control when cooling down "wort," a liquid extracted in the mashing process where grain starches are broken down into sugars.

"When we transfer from our boiling kettle to our fermenters, we have to 'force cool' the wort or it will kill the yeast," explained Jim.

This heated wort and cool water are pumped through the heat exchanger in side-by-side channels so that heat from the wort is transferred to the water. This hot water can then be stored in the hot liquor tank and be heated further for another batch.

The new brewing equipment helped Jim save 30% on heating water for production—one of his biggest costs. He also plans to renegotiate lower sewer costs with the city because he no longer pours as much water down the drain. Through incentives, Avista saved Jim enough money to purchase an additional fermentation tank and further increase his production capacity—something Jim sees as a plus for his 61 employees.

"The more tanks, the more business; the more jobs, the more hours for my guys," he said.

Brewing beer involves live yeasts, so to keep batches pure, equipment must be continually cleaned. It's why Avista also offered Jim a rebate on a new 98%-efficient natural gas water heater.

Avista supplied a rebate on a new high-efficiency natural gas convection fan oven for Jim's brewery restaurant, too. Jim now can bake 10 racks of



The new convection oven not only uses less energy, it bakes 10 racks of bread and other foods all at once, which speeds up service to customers.

bread and other foods all at once, which greatly speeds up service to customers compared to using a standard two-rack oven.

Jim's new restaurant has already become as huge a success as his brewery. Because like his award-winning beers, Jim has a good head on him.

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

(For more, visit avistautilities.com/bizrebates)

ADVERTISEMENT



OUT OF MORE THAN 1,400 WINERIES, AMERICA'S LARGEST & MOST PRESTIGIOUS INTERNATIONAL WINE COMPETITION AWARDED MARYHILL WINERY...

WINERY OF THE YEAR

97 PTS, DOUBLE GOLD

BEST MOURVEDRE

2011 MOURVÈDRE, *SUGARLOAF VINEYARDS**

95 PTS, DOUBLE GOLD

BEST GRENACHE

2011 *PROPRIETOR'S RESERVE* GRENACHE

95 PTS, DOUBLE GOLD

2011 SYRAH

92 PTS, GOLD

2011 MARVELL, *HATTRUP FARMS**

92 PTS, GOLD

2011 CABERNET SAUVIGNON

90 PTS, GOLD

2011 CABERNET SAUVIGNON, *CLIFTON HILLS**

90 PTS, GOLD

2013 PINOT GRIS

*DESIGNATES A WINE CLUB ONLY WINE

1.877.627.9445 | OPEN DAILY 10-6
9774 HWY 14, GOLDENDALE, WA 98620

MARYHILLWINERY.COM

[f](#) [t](#) [i](#) @MaryhillWinery

Maryhill
WINERY & AMPHITHEATER



EXQUISITE CUISINE

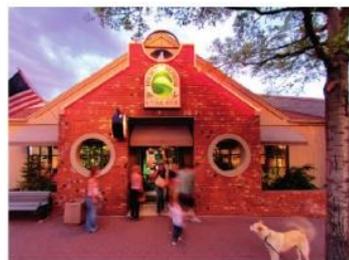
Exploring Oregon's thriving culinary scene | **By JIM GULLO**

OREGON IS a nationally recognized foodie destination, where the locavore scene is in full bloom. Here, visitors will find farmers growing organic produce in the fertile Willamette Valley and the orchards of Hood River. Brewers craft beers using Oregon-grown hops and vintners create world-class Pinot Noirs from the grapes of local vineyards. This state also boasts a variety of chef/restaurant owners at award-winning establishments that dazzle patrons with their culinary style.

According to the NPD Group, an internationally recognized market research firm, the greater metropolitan area of Portland has the 15th most eating establishments per capita in the nation, with more than 7,200 registered restaurants, or about 22.5 for every 10,000 residents. Food festivals are popular throughout Oregon, including Feast Port-

land. The event is sponsored in part by Alaska Airlines and draws culinary stars to the banks of the Willamette River each September, increasing the city's gastronomic reputation.

A closer look at Oregon's restaurant scene reveals that the state's food-centric culture continues outside of its biggest city. On the same NPD



Top: Portland's Ned Ludd Restaurant. Above left: A pork shoulder steak with goat butter from Le Pigeon in Portland. Above right: Bend's Deschutes Brewery Public House. Right: the Newport Marina on the Oregon Coast.



Winner
Takes All,
Wildlife Takes
Ball

By the Myers

*Somewhere between the river and the green, it went from
a summer vacation to a story we'd share for years.*

Sunriver-Resort.com



the start of unforgettable.


SUNRIVER[®]
RESORT
A DESTINATION[®] RESORT

Group annual list, the Medford–Klamath Falls area in Southern Oregon ranked ninth and the resort town of Bend actually finished third, with 431 restaurants to service the seasonal population of 166,000. Even the small town of Lostine in Eastern Oregon’s Willowa Valley is on the culinary map thanks to food writer Lynne Curry, author of *Pure Beef*, a guidebook to artisan meat, who has reopened the Lostine Tavern and is offering as much local fare as she can find. Many more great eating opportunities abound throughout the state. So, let’s eat!

PARTAKING IN PORTLAND

The simple, artful chef-owned restaurant in a cozy space is one of the great aspects of the Portland restaurant scene. Gabriel Rucker’s **Le Pigeon** is a perfect example. Rucker was named the Best Chef: Northwest in 2013 by the James Beard Foundation. I’m looking forward to getting back soon to dive into his Oysters “Ruckerfeller,” or a glazed pigeon with eggplant, fig and yogurt. The flavors are sharp and distinct, the saucing is exquisite. Save room for a dessert of foie gras profiteroles.

A few blocks away, chef/owner Adam Berger has rebranded his Tabla Mediterranean Bistro, now calling it **Tabla Pasta e Vino** to emphasize the silky, handmade pastas that highlight the lunch and dinner menus. The giant ravioli—filled with chard, ricotta and a poached egg—is the stuff of dreams.

While Portland is home to many renowned

LOCAL BOY MAKES GOOD



Since 1990, one of the most prestigious awards a chef could receive has been a James Beard Award. Covering just about every aspect of the food-and-beverage industry, the annual awards are given by the New York–based James Beard Foundation. However, these awards are even more special for Oregonians, since Beard was a native son, born in Portland in 1903. He went on to become a leading cookbook author, cooking teacher and general authority on American cuisine. Today, the foundation that bears his name continues Beard’s work of being an advocate, educator and inspiration for quality American cuisine. —J.G.

restaurants, a leading member of Oregon’s food scene is about 40 miles due south in the town of McMinnville. **Nick’s Italian Cafe** has been quietly defining the family-owned, fine-dining restaurant experience since 1977, with a menu that is both ambitious and comfortable. Founder Nick Peirano has turned the restaurant reins over to daughter Carmen Peirano and son-in-law Eric Ferguson, who met while cooking in San Francisco. They, in turn, have helped reinvigorate the already wonderful restaurant with new decor and new menus that continue to explore fine Italian farmhouse cuisine.

Below, from left: Cathy Whims, chef and co-owner of Nostrana Restaurant; a Mongolian beef entree from Seres Restaurant & Xiao Chi Bar; brewmaster Jesse Shue at the Golden Valley Restaurant & Brewery; a huckleberry baby cake dessert from Marché; and a char-grilled hangar steak from Smithfields Restaurant and Bar.



More restaurants of note:

Beast, **Ned Ludd** and **Nostrana** are excellent Portland restaurants that vie for James Beard awards nearly every year. Chef-owned, these three restaurants are all at the forefront of Portland’s current fine-dining scene. For Asian fare, **Seres Restaurant & Xiao Chi Bar** in the Pearl

District has introduced a new Xiao Chi menu of small-plate Chinese dishes.

When in McMinnville, **Thistle** is another small dining gem that prides itself on its local sourcing, and co-owner Emily Howard’s wine knowledge is superb. There is also the big,

family-friendly **Golden Valley Restaurant & Brewery** for steak, prime rib and thick burgers. Golden Valley brews its own beer, and owner Peter Kircher raises the cattle on his nearby farm for the beef used at the restaurant.

In Eugene, **Marché** is an elegant venue that

offers world-class service and Pacific Northwest fare. Ashland residents are partial to **Smithfields Restaurant and Bar**, whose “meat-centric” menu goes great with Southern Oregon wines such as Quady North’s delicious, velvety 4-2, A Syrah. —J.G.

THE HEATHMAN HOTEL
PORTLAND, OREGON

TEA ... FOR TWO

An icon of Portland, the Tea Court has been restored to its original splendor. Sip tea by the marble fireplace, surrounded by artwork from the Vanderbilt Estate.

RESERVATIONS:
800.551.0011 • HeathmanPortland.com
1001 SW Broadway, Portland, OR 97205

Another Northwest Masterpiece
The Heathman Hotel • Kirkland, WA

Preferred
Historic Hotels of America
Alaska Airlines MILEAGE PLAN

A Nick's meal might begin with house-made charcuterie from Fino in Fondo, Eric and Carmen's side business. For a main course, try a hand-tossed crispy pizza, topped with Gorgonzola and pear, or housemade pork sausage and zucchini.

Multicourse Sunday dinners offer tempting choices such as freshly made pastas or fresh fish. Locals consider Nick's to be a rare treasure—the call of its meatballs is like a siren song on Friday nights—but it's hardly a well-kept secret. Nick's received an America's Classics award earlier this year from the James Beard Foundation.

BEND AREA DINING

In the Cascade Range resort town of Bend, where craft brewing is all the rage, I advise traveling to the **Deschutes Brewery Public House** just in time for happy hour. Over a few exquisitely crafted beers, order a meal from the pub's menu, which includes such delights as pork tacos and an elk burger topped with Gruyere cheese and roasted shallots.

If you're interested in a quieter environment, the nearby **Zydeco Kitchen & Cocktails** serves a seasonal menu that includes Cajun-influenced fare such as wild boar tenderloin with chipotle butter. A wine list offers a fine balance of Oregon and European vintages. There is also **Anthony's at the Old Mill District**, which is known for its quality seafood and excellent location.

WINE COUNTRY OFFERINGS

For those touring the wine country located southwest of Eugene, the cha-teaulike **King Estate** is home to one of the area's best restaurants.

Dining here has the quality of discovering that hidden gem of a restaurant in Burgundy or the Loire Valley. Chef Ben Nadolny creates seasonal dishes, many featuring local ingredients, and, of course, the wines are exquisite. I tried the Pinot Noir–Braised Lamb Shank with the house Pinot Noir for a perfect pairing. The roasted chicken served on a brown-butter sauce is also swoon-worthy,

Seres
RESTAURANT & XIAO CHI BAR

**Sustainable, Modern,
Chinese Cuisine**

PEARL DISTRICT, PORTLAND
SINCE 2002

Bring in your in-bound Alaska Airlines
boarding pass for a complimentary
cocktail or appetizer.

971-222-7327
SERESRESTAURANT.COM
1105 NW LOVEJOY ST, PORTLAND, OR



PURE PORTLAND.

Serving
Breakfast
Lunch
Dinner
Late Night
Shows in the Lounge
dougfirlounge.com

Doug Fir
RESTAURANT • BAR
LOUNGE

especially when paired with the house Acrobat Pinot Gris. Capping the experience are expansive views of rolling vineyards from the restaurant's patio.

COASTAL CUISINE

Food lovers will also enjoy the Oregon Coast, where towns such as Newport are known for their seafood. A must-visit is the iconic **Local Ocean Seafoods**, a restaurant located near the downtown bay-front market that offers views of the fishing fleet and Yaquina Bay Bridge, and serves crab, halibut and salmon that are literally right-off-the-boat fresh. The meals here tend to be prepared simply, with lots of drawn butter on the side. Another two hours up the coast at Cannon Beach is the **Stephanie Inn**, a romantic lodge that serves an elegant four-course tasting menu that spotlights seafood and includes Oregon wine pairings. I particularly liked the wild-mushroom risotto, perfumed with white truffle oil and paired with a glass of aged Pinot Noir, followed by fresh Dungeness

Designer Doughnuts

Voodoo Doughnuts, a Portland institution since it was opened in 2003 has developed a cult following for its avant-garde creations, which are topped with everything from bacon to Cap'n Crunch cereal. Known for its distinctive pink boxes—and high demand—Voodoo now has four outlets, including the original in Portland's Old Town neighborhood. The



Blue Star real maple-bacon doughnut.

company's innovations have helped spur local chefs to make doughnuts the latest food to get the artisanal treatment in the Oregon metropolis. In recent years, a number of new doughnut shops have opened, including **Blue Star Donuts** and **Coco Donuts**. Coco is known for its glazed donuts and apple fritters and Blue Star is famous for such flavors as blueberry-bourbon-basil and PB&J. —J.G.

crab cakes and prawn cakes paired with a crisp Pinot Gris.

The choices discussed here only scratch the surface of the state's culinary capacity. Anywhere you go in Oregon, you are bound to find artisanal chefs and bakers creating new and exciting foods that are just waiting to be discovered. ■

Jim Gullo is an Oregon writer and the author of Trading Manny: How a Father & Son Learned to Love Baseball Again.

Alaska Airlines offers daily service to Portland, Eugene, Redmond/Bend and Medford. To book tickets, visit alaskaair.com or call 800-ALASKAAIR.



IF YOU SEE ONE
THING IN SEATTLE
SEE EVERYTHING

WHERE SEATTLE STARTS

Take your experience to new heights. Before you visit, make sure to download the FREE Space Needle app to enhance your viewing experience and unlock Seattle's secrets.

space  needle.

Save time and receive our best ticket prices by reserving your launch time online.
spaceneedle.com



With its dependable wind and awe-inspiring scenery, the Columbia River Gorge near Hood River is a top destination for kiteboarders and windsurfers.

OUTSIDE IN OREGON

Classic outdoor recreation opportunities
around the state | BY TINA LASSEN



AS I CLUTCH THE business end of a 5-meter kite, my left cheek plows through a sea foam-green Columbia River chipped with whitecaps. Water surges in my ear and down the neck of my wetsuit as I am yanked along on my belly.

This isn't quite what I imagined when I decided to take up kiteboarding. Perhaps you've seen it: that graceful ballet of a sport in which people skim across the water powered only by a kite soaring above, capturing the wind. But at this stage, I'm still paying my dues. As I practice my kite-handling skills, I'm not yet allowed to have a board on my feet.

Of course, outdoor sports in Oregon don't always involve a faceful of river. There are many options in this recreation-rich state that allow enthusiasts at various levels of athleticism to get out in the elements. Here among some of the world's most varied and scenic natural playgrounds—volcanoes! ocean beaches! rivers! deserts!—we don't just admire beauty from afar. We see a path through the forest, and we want to follow it. We see a ribbon of water, and we want to float it. We see a mountain, and we want to climb up it, or hike around it or pedal down it.

And since one of America's grandest rivers flows through a natural wind tunnel called the

F-150 HAS YOUR BACK

The available 5.0L V8 delivers more horsepower than any comparable competitive engine.*



37 YEARS FORD F-SERIES
AMERICA'S BEST-SELLING TRUCK

H	J	C	I	G	L	D	P	Z	D	F	B	F	P	A
C	G	G	A	U	N	A	A	E	U	Q	R	O	T	R
N	O	U	A	P	Y	I	O	I	H	Y	R	R	E	
Y	X	H	O	L	A	A	W	M	B	D	W	D	W	M
S	W	F	O	T	S	B	R	O	R	S	F	D	U	A
Q	M	A	F	C	D	D	I	O	T	O	W	E	A	C
O	D	C	Z	B	B	R	F	L	C	T	X	A	L	W
M	J	T	B	Q	E	E	O	T	I	A	U	L	V	E
X	M	C	Y	N	R	A	K	F	M	T	Q	E	M	I
R	X	D	B	A	A	B	K	K	T	Y	Y	R	T	V
D	F	V	P	H	J	D	L	L	X	L	O	E	O	R
X	Z	M	L	E	A	D	E	R	S	H	I	P	B	A
W	O	N	O	E	H	G	U	N	E	Z	Q	U	X	E
C	M	W	S	B	I	V	T	F	H	Z	N	R	B	R
Q	P	S	A	H	B	G	X	H	J	V	X	H	K	Q

Ford F-150 Word Search

HOW TO PLAY:

The words listed all appear in the puzzle.
CIRCLE THE WORDS BELOW

FIND THESE WORDS:

BUILT FORD TOUGH, CAPABILITY, COMPARE FORD, FORD DEALER, HAUL LEADERSHIP, PAYLOAD, REARVIEW CAMERA, SYNC, TORQUE, TOW, TOWING

VISIT COMPAREFORD.COM FOR GREAT OFFERS ON THE F-150 STX



Your Local Ford Store
CompareFord.com

*Class is Full-Size Pickups under 8,500 lbs. GVWR. Small displacement V8 engines.

Columbia River Gorge, by golly, we want to kiteboard on it.

KITEBOARDING THE COLUMBIA

Katie Noblett understands. The 20-year-old, who began kiting at age 14, moved from Southern California to Oregon this past spring to kite in the Gorge and teach at Cascade Kiteboarding, one of a handful of top-notch kiteboarding schools on the Columbia River waterfront in Hood River.

"This is one of the greatest places for wind there is," Katie says simply as she directs me from shore to practice body-dragging in the other direction, causing my right ear canal to flood with river water.

Later, I talk with Katie's boss, Tonia Farman, who agrees that Hood River has ideal kiting conditions. "Kiteboarders want to be able to rely on the wind, [and] we have that," Farman says. "Plus, it's such a scenic place—snowcapped volcanoes, bald eagles swooping down. ... There's nothing quite like it anyplace else in the world."

Farman founded Cascade Kiteboarding in 2005. Today, 12 instructors put more than 400 students on the water every summer, making this the largest kite school on the West Coast.

"There's something calming and almost magical about gliding on the water using just wind power," Farman says. "It looks so easy and smooth, people think, 'I can do that!'"

And they can, with a few lessons—training that is pretty much mandatory in a sport that can be dangerous without initial instruction.

I get my chance to move beyond body-dragging the following week, this time with Cascade Kiteboarding instructor Danny Rhodes.

Equipped with a radio helmet for communication and a WaveRunner to transport us to a shallow, user-friendly stretch of river, Danny soon has me in the water, board on my feet, diving the kite for power to pull me up. It takes a while; I don't yet find it calming, and it certainly isn't graceful. But then it happens: The kite jolts me to my feet, and suddenly I'm skipping across the water, as light as a marionette.

When the inevitable wipeout occurs, I hear Danny cheering my success from his WaveRunner. I'm hooting, too, my arm thrust skyward in victory. I've paid my dues, and now I'm cashing in. *Learn more about kiteboarding in Hood River at hoodriver.org and cascadekiteboarding.com.*



MOUNTAIN BIKING THE MCKENZIE RIVER TRAIL

Many mountain bikers consider the Central Cascades to be Oregon's sweet spot for cycling. From Bend to Eugene, you can find sections to pedal through emerald rain forest and tawny high desert, along ancient calderas and past high alpine lakes.

The McKenzie River National Recreation Trail belongs on every mountain biker's must-ride list: 27 miles of singletrack that twists along a riverbank through a dewy forest of centuries-old cedar, hemlock and Douglas fir. From the Clear Lake trailhead (on OR-126, 50 miles west of Bend), the trail follows the river downstream—much of the ride fast and flowy—toward the trail's terminus near the

Above: Hiking on the South Coast of Oregon, including on this trail south of Gold Beach, provides exceptional views of the Pacific. Below: Mountain bikers thrill to the twists and turns of the McKenzie River National Recreation Trail, west of Bend.



What Every Healthcare Professional Should Know About...

Obesity

An educational service of CME Resource

Download this and other FREE healthcare resources at www.NetCE.com.

Scan PDF



Save this URL

<https://www.netce.com/download/obesity.pdf>

Ask Your Patients...

“Do you know that losing just 10% of your body weight can have substantial benefits?”

If your Patient Asks...

“How can I control my weight?”

CE Credits Available Online

View this course and more in your area of practice at NetCE.com.

9157 • Diagnosing and Treating Overweight and Obese Patients
\$19 • 5 Hours/Credits



A Division of CE Resource, Inc. | Established 1991.

McKenzie Bridge. The trail drops more than 1,500 feet overall, but it includes plenty of climbs along the way. Most opt to ride it one way, north to south; outfitter Cog Wild offers shuttle service.

The trail's upper half is the most technical part, bumping over lava fields around Clear Lake and down stair-stepped lava flows. Hikers also frequent this stretch—hiking here is a great experience in itself—and bikers can always dismount and walk anything that's too challenging. You'll want to take your time, anyway, because the scenery here is a showstopper: the crystalline depths of Clear Lake, the roiling waters of 141-foot-tall Sahalie Falls and 75-foot-tall Koosah Falls, and the magical light and massive trunks of old-growth groves. At one point, the river disappears into a lava tube then reemerges at the brilliant opaline “blue pool,” marked on maps as Tamolitch Dry Falls because the river only runs above ground when there are major rains. It's a remarkable spot on a trail filled with gems—enticing you to click into your pedals, shift down and see what's around the next bend. Go to mckenzierivertrail.com and visitcentraloregon.com/members/mckenzie-pass-scenic-bikeway to learn more.

HIKING THE SOUTH COAST

Oregon's landmark 1967 Beach Bill, which granted the public “free and uninterrupted use” of the Oregon coast, is the gift that just keeps giving to hikers. It ensures that the state's entire ragged coastline is yours to explore: 362 miles of state parks and waysides, cliffs and coves, sandy beaches and critter-filled tide pools.

For stunning seabird views, you can't beat the high rocky promontories, or “capess,” that jut defiantly into the Pacific. South of Gold Beach, near the southern end of Oregon's coast, Cape Sebastian hooks out into the ocean, 200 feet above a scatter of sea stacks and a long ribbon of sand. At Cape Sebastian State Park, a trail winds through a high-in-the-sky meadow, then skirts the cliff, buffeted by ocean breezes. Murres and other seabirds wheel past and crowd onto the rocky islands below. In spring and fall, visitors



watch for the telltale spouts of gray whales cruising past the point. The trail follows the edge of the cape for about a half mile, then switchbacks down to a protected arc of sand at Hunters Cove.

From here, the beach rolls south for nearly four miles toward Pistol River, where slumbering sea lions sometimes haul out onto rocky outcrops, and curious harbor seals pop up from the surf zone and stare at you with big, Labrador-like eyes. *To learn more, go to oregonstateparks.org and visittheoregoncoast.com.*

It's a big, beautiful place, this Oregon Coast, and the whiskered locals seem to be happy to share it. And why shouldn't they be? Here on the coast, as elsewhere in Oregon, there is plenty of outdoor wonder to go around. ■

Tina Lassen lives in Hood River, Oregon.

Alaska Airlines flies daily to Portland, Medford, Eugene and Redmond/Bend. To book tickets, visit alaskaair.com or call 800-ALASKAAIR.

Other Quintessential Oregon Experiences

RAFT Hells Canyon. Slide down the Snake River on Oregon's eastern border, through North America's deepest canyon—yep, it's even deeper than that grand one in Arizona.

CYCLE along the John Day River. Spin past fossil beds and through the marvels of the Painted Hills on the Old West Scenic Bikeway in Eastern Oregon.

FISH the Deschutes River. Float or wade one of the most

renowned fly-fishing rivers in the West, alive with wild trout and summer steelhead.

BACKPACK in the Wallowa Mountains. Dozens of peaks top 9,000 feet, and alpine meadows, lakes and forests abound in the Eagle Cap Wilderness of Northeastern Oregon, east of La Grande.

SURF at Oswald West State Park. Rocky points protect this friendly beginner surf spot south of Cannon Beach, backed by a

dense fringe of old-growth forest.

CAMP in the Steens Mountain Wilderness. Wild and remote define this 9,733-foot wonder rising from the rust-colored Alvord Desert in Southeastern Oregon.

PADDLE Waldo Lake. Nestled high in Central Oregon's Willamette National Forest, at about 5,400 feet, Waldo's waters are as pure and brilliant as Crater Lake's—perfect for canoes and kayaks. —T.L.



**OVER ONE MILLION
\$1,000,000
IN JACKPOTS WON EVERY MONTH!**



Waterfront Resort | Casino | Fine Dining | Spa

**RESORT PACKAGES ARE
ALWAYS AVAILABLE AT
CLEARWATERCASINO.COM**

866.609.8700

You must be 18 to play, 21+ to enter the Lounge.



JUST MINUTES FROM DOWNTOWN SEATTLE!

ALIVE WITH CREATIVITY

Arts and culture flourish in Oregon | By ALEX PULASKI



TOWARD THE BACK of Portland's Gallery 903 on a recent Thursday evening, past the flamenco guitarist, the bongo player, and the abstracts and oil landscapes clamoring for attention, stood a single artist, hog-hair brush in hand.

Michael Orwick, decked in shorts and black Nike sneakers, dabbed at the edges of a small landscape painting. It was his third appearance in a row at the monthly **First Thursday** gallery walk and art show in Portland's Pearl District, and he had good reason for being at the monthly public-arts event.

"It's an opportunity to get immediate feedback, and also to meet people," he said. "A lot of people like to get the story behind the scene, and in a funny way, I'm more comfortable talking about my work when I'm painting. It's a very unsocial job most of the time, and I'm a social artist."

There's no shortage of opportunities for people to connect over arts and culture in Oregon. And, while museums and other institutions present visitors with classic, acclaimed exhibits, the state is also notable for funky and distinctive attractions that fit its free-spirited, individualistic style.

As illustrated by the First Thursday event's pedestrian-packed streets, Portland is the hub of Oregon's popular, colorful and varied arts-and-culture scene. The state's most populous city is home to major cultural sites, museums and concert venues, and some of the most significant dance and theater companies.

Just blocks from the Pearl District's galleries, the **Lan Su Chinese Garden** has been sending visitors on a virtual trip to China since the garden opened in 2000.

"I was so surprised the first time I came here," says garden volunteer Tingli Li, a native of China. "I thought I was back home."



Above: Film lovers enjoy the "Top Down: Rooftop Cinema" series, one of Portland's distinctive arts experiences. Left: Artist Michael Orwick participated in a recent First Thursday gallery event in Portland.



ANTHONY'S
AT THE OLD MILL DISTRICT



Fresh Northwest Seafood With a Great View of the Deschutes River!

Join us at Anthony's at the Old Mill District for a truly Northwest dining experience featuring the freshest seafood from our own seafood company, Washington beef, fresh "in season" produce from local farms complemented by Northwest wines & microbrews. Serving lunch and dinner daily with a view.



For reservations call: (541) 389-8998 • 475 SW Powerhouse Drive • Bend, OR 97702 • www.anthonys.com

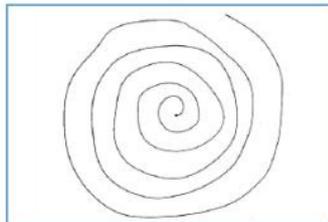
Does Your Hand Shake When You...

Drink a glass of water? Write a note? Dial a phone number?

If so, you may be suffering from Essential Tremor. Dr. Ronald Young from the Swedish Radiosurgery Center has successfully treated over 1,000 patients — more than any other physician worldwide — using Gamma Knife, a non-surgical approach to treat Essential Tremor.



DRAWING SAMPLE BEFORE TREATMENT



DRAWING SAMPLE AFTER TREATMENT

Learn more about Essential Tremor and find out if Gamma Knife treatment is right for you.

1-206-320-7187 Swedish.org/essentialtremor



SWEDISH

“THE SETTING IS NOTHING SHORT OF AWESOME.”

—The Oregonian



Complimentary tasting to Alaska Airlines passengers!

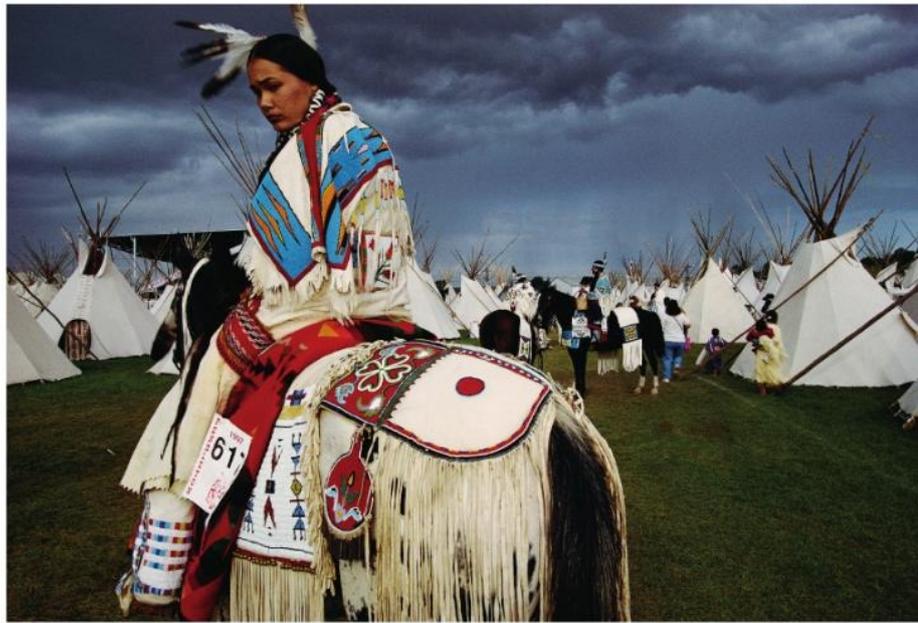
PONZI
VINEYARDS

SHERWOOD, OREGON
PONZIWINES.COM

Step through the entryway known as the Crabapple Blossom Window into a world filled with seasonal blooms of peony, jasmine, osmanthus and more. Around every corner awaits a new structure or courtyard filled with surprises, including the ornate Scholar's Study, and the Tower of Cosmic Reflections, also called the teahouse. Buildings and courtyards are clustered around a central pool known as Lake Zither.

Visitors can travel into the past at Portland's **Pittock Mansion**, a hybrid of French, English and Turkish styles completed in 1914 by newspaper publisher Henry Pittock and his wife, Georgiana. By the 1960s, the home—which stands on a hill to the west of downtown—had fallen into ruin and was in dan-

Tamástslikt Cultural Institute, east of Pendleton, will show striking images such as this in "Greatest Photographs of the American West," (August 22 through October 25).



ger of being razed. The City of Portland bought it, restored it to its former glory, and reopened it to the public as a museum and historic site in 1965. Celebrating its centennial this year, the mansion remains the city's epitome of elegant architecture and opulence, frozen in time. A sandstone exterior and blooming gardens hint at the wonders waiting inside. From the oak-paneled library to the music room

Above, top to bottom: The Crabapple Blossom entrance at the Lan Su Chinese Garden; The Pittock Mansion in West Portland.

Indigenous Oregon

Oregon has a rich Native American history that can be explored through several museums around the state.

One striking collection resides in the Portland Art Museum's second and third floors. Known as the **Confederated Tribes of Grande Ronde Center for Native American Art**, the exhibit space includes 5,000 pieces, ranging from the intricate beadwork in an 1890 Lakota saddle blanket to a Tlingit wolf forehead mask.

The **Tamástslikt Cultural Institute**, east of Pendleton, is displaying its outdoor Living Culture Village on Saturdays through August 30. In addition to exhibits of items from its permanent collection, the museum will show *National Geographic's* touring exhibition "Greatest Photographs of the American West," this year,

from August 22 through October 25.

Another important tribal-owned museum in Oregon is the **Museum at Warm Springs**, which opened in 1993 on the Warm Springs Reservation, north of Madras. It includes dioramas about tribal culture, historical photos, baskets and beaded artwork.

South of Bend, the **High Desert Museum's** broad and interesting offerings include the exhibition "By Hand Through Memory," which traces the history of Plateau Indian populations into the 21st century.

And in Portland, **OMSI** recently debuted "Roots of Wisdom: Native Knowledge. Shared Science," an exhibit about Native American and Hawaiian communities and their approach to ecosystems and health. It runs through December 8. —A.P.



(with its 180-degree city view and grand piano) to the 8,000-piece interlocking green-and-white kitchen floor tiles and up the elaborate staircase to the living quarters, every turn reveals something new—including an heirloom puppet theater in a tiny room for children.

Portland's performing arts are also notable. In recent years, says longtime arts and classical music critic David Stabler of *The Oregonian*, Portland's \$35-per-resident annual arts tax has provided a foundation for endeavors that once appeared impossible. New collaborations have arisen, he says, such as the Complete Works Project—a citywide effort encompassing 17 theater companies that aim to perform all of Shakespeare's plays within two years (between April 23, 2014 and April 23, 2016).

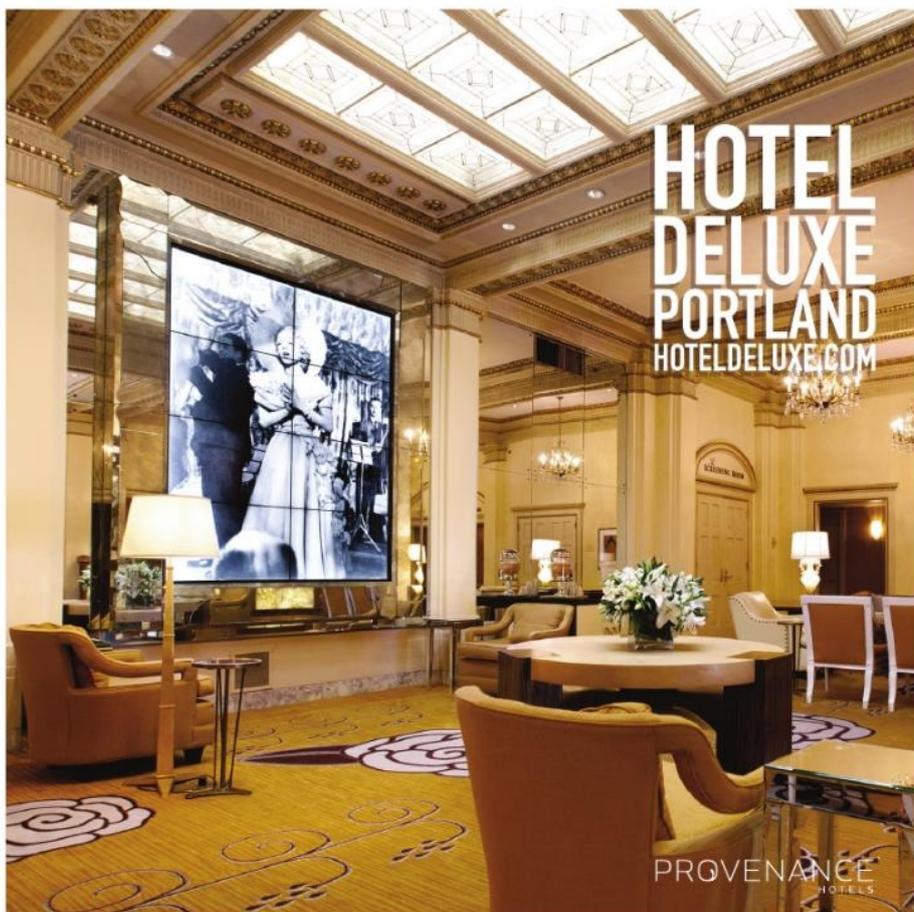
"This is a golden age for Portland's sprawling, radical, traditional, scraggly theater community, which numbers a staggering 125 companies," Stabler says.

The city's theater scene runs the gamut from Broadway favorites such as *Wicked* and *The Lion King* to performances by youth actors at the Oregon Children's Theatre and Northwest Children's Theater.

Musical performances are also rich and varied. The Oregon Symphony has repeatedly tackled intriguing collaborations, such as with local siren Storm Large, a singer, songwriter, actor and author. The Portland Opera will open its 50th season this fall (November 7) with Johann Strauss II's *Die Fledermaus*, a lively operetta that was the opera company's first production in 1964.

Central to the city's arts tradition is the Portland Art Museum, a venerable institution founded in 1892. For three months this year, PAM exhibited the most expensive painting ever sold at auction: Francis Bacon's *Three Studies of Lucian Freud* (1969; sold for \$142.4 million in 2013). The museum hosts top traveling exhibitions and its permanent collection is world-renowned.

For a small-museum experience, take in the Museum of Contemporary Craft, whose collection includes works of



ceramics, clay, metal and fibers. Striking works on display in the "Fashioning Cascadia" exhibit (through October 11) include a black antelope zippered jacket designed by Carole McClellan for Ann Wilson of the '80s rock band Heart and a lambskin coat designed by Anna Cohen.

Uniquely Portland, the annual "Top Down: Rooftop Cinema" series from the Northwest Film Center brings offbeat and classic films to the roof of the Hotel deLuxe's parking structure on Thursday nights for six weeks in late summer. This year's showings include 1970s cult classic *Vanishing Point* on August 14 and Martin Scorsese's *The King of Comedy* for the August 28 finale.

Turning to family favorites, the Oregon Museum of Science and Industry is a classic attraction. Through September 2, OMSI is pretty much a dinosaur land, thanks to the dynamic "Dinosaurs Unearthed" exhibition, with its grinning, swivel-headed *T. rex* and long-necked *Apatosaurus*. OMSI's hands-on activities also abound.

Arts Calendar

- "The Art of the Louvre's Tuileries Garden," through Sept. 21; the evolution of the famed French garden; Portland Art Museum; 503-226-2811; portlandartmuseum.org
- "Mind to Hand: Art, Science, and Creative Collision!" through Sept. 28; artists explore art-science interactions; OMSI, Portland; 800-955-6674; omsi.edu/on-view
- "Chipping the Block, Painting the Silk: The Color Block Prints and Serigraphs of Norma Bassett Hall," Aug. 23–Oct. 12; art from Oregon-born Hall's 25 years of printmaking; Jordan Schnitzer Museum of Art, Eugene; 541-346-3027; jsma.uoregon.edu
- Art in the Pearl, Aug. 30–Sept. 1; art, theater, music and activities; Pearl District, Portland; artinthepearl.com —A.P.



8th annual Ashland Culinary Festival
 November 7th – 9th, 2014
 Celebrating Southern Oregon's food, drink, talent and creativity.
Ashlandchamber.com




ASHLAND
 as you like it

The **Portland Children's Museum** is similarly packed with fun activities—especially for younger kids—including the Pet Hospital and the Butterfly Bistro, where on a recent visit I watched a 6-year-old prepare a “healthy cheese salad” with a fake hot dog and pork chop. The museum's “Outdoor Adventure,” new this year, is a 1.3-acre outdoor play space with a winding trail, creek and meadow.

Portland is central to Oregon's arts and culture scene, but it's not the only place with rewarding attractions. Many visitors are drawn to **galleries in coastal towns**—chief among them Cannon Beach, about 80 miles northwest of Portland.

The **art galleries in Bend** are also noteworthy. During the First Friday Art Walk each month, visitors find artists and new works in the galleries, and music in the streets. Thanks to the **Art in Public Places** program, Bend is also home to more than 50 pieces of outdoor art.

Eugene and nearby Springfield host more than a dozen museums, including the **Jordan Schnitzer Museum of Art**, with its large collection of Chinese, Japanese and Korean art and Russian icons.

For a fascinating look at Chinese immigrant life in the Northwest, visit the interpretive center and museum at the **Kam Wah Chung State Heritage Site**, in John Day, in Eastern Oregon. Tours of the former trading post are offered daily between May 1 and October 31.

To learn about the famous **Oregon Shakespeare Festival**, in Ashland (about 15 miles south of Medford), see page 75.

Oregon's scenic natural beauty is such that it's easy to lose sight of the breadth and depth contained in its arts and cultural institutions. But for visitors eager to explore the arts—from classic to quirky, historical to hip, and indoors and out—there await many pleasures. ■

Alex Pulaski writes from Portland, Oregon.

Alaska Airlines flies daily to Portland, Medford, Eugene and Redmond/Bend. To book tickets, visit alaskaair.com or call 800-ALASKAAIR.



614 Southwest 11th Ave., Portland, OR 97205
 Direct (503) 224-3400 Fax (503) 241-2122
www.sentinelhotel.com hello@sentinelhotel.com

PROVENANCE
 HOTELS

Cascade

Sotheby's

INTERNATIONAL REALTY

Explore, Experience, Enjoy Central Oregon with Cascade Sotheby's International Realty



Patterson Ranch - Sisters, OR | \$15,000,000

World Famous Patterson Ranch with a rich history of livestock production. Encompassing 345 acres with 339 ac. of Pole Creek irrigation. Beautiful home: 3704 sf. 3 bed, 3.5 bath, formal dining, living room, fireplace, & lg office, secluded private setting with unobstructed Three Sisters Mt. Views. Ranch includes: 2 additional homes, 2 barns with 53 stalls, shop, hay barn, grass paddocks, adjoins Forest land & Sisters Urban Growth Boundary.



Box S Ranch - Bend, OR | \$6,600,000

The Box S Ranch offers unmatched seclusion & privacy, 280 acres, Cascade Mt. views just 4 miles from Bend. Main Home Features: 4416 sf, 4 bed, 5.5 bath, office, formal dining room, gourmet kitchen, stone fireplace, decks & patios. Property features: 95 acres of water rights, varied topography, 2 Canyons, 2 stocked ponds, Perimeter Fenced, Gated Driveway, 1850 sf Guest Home, Barn w/office, 2 Hay Barns. Recreational Lifestyle Property!



Future Street Farm - Bend, OR | \$2,695,000

Premiere Equestrian Estate. Cascade Mtn Views-39 ac w/ 33 acres Irrigation. Updated Home: 4345 sf 3 bd, 3.5 ba radiant floor heat, gourmet kitchen, butler's pantry, formal dining, office, living & family room. Property: Guest home, 80x200 indoor arena w/viewing area & office, 150x300 outdoor arena, 80' round pen, Eurowalker, 10 stall show barn. 11 grass paddocks, 13 day paddocks w/loafing sheds, Jump field w/ 1/2 mile galloping track.



Tuscan Estate Ranch at the Canyons - Terrebonne, OR | \$2,595,000

Private Retreat with Views of Crooked River, Monkey Face & Smith Rock. Custom 4527sf home features: Tuscan Architecture, gourmet kitchen, granite counter tops, formal dining, breakfast nook, wood/tile floors, library, theater room, wine cellar, patios, decks. 3 car garage w/gear room. Ranch Amenities: 1700 acres of meadows, farm, vineyard, river canyon, hiking/biking trails, clubhouse w/ pool, stable, stocked ponds & Cascade Mountain Views.



Lower Deschutes River House - Central Oregon | \$1,650,000

Nestled on the bank of one of the most incredibly diverse fishing rivers in Northwest. Custom single level home: 2402 sf 3 bed, 3 bath, hardwood & tile floors, gourmet kitchen, granite countertops, office, & 2 screened porches. Shop: 1600 sf, RV parking, finished guest quarters/bonus room. Property is .63 acres w/ 200 ft of easily accessible private river frontage, landscaped with outdoor living spaces in the Scenic Deschutes River Canyon.



Tetherow Bridge Deschutes Riverfront - Redmond, OR | \$1,345,000

Deschutes Riverfront Property on 10 private acres. Incredible 5544 sqft custom home featuring great rm, dining rm, craft room, family room w/full bar, gourmet kitchen w/ granite countertops, porcelain, tile and hardwood floors. 2 master suites, 3-car garage. 2220 sqft detached garage/shop. Easy Access for Fly fishing, subdivision next to BLM w/access to river, making a great float trip ending just past the deck. 10 mins from town.



Pam Mayo-Phillips
Principal Broker
541.480.1513
pam@desertvalleyrealtors.com
desertvalleygroup.com



Brook Havens
Principal Broker
541.604.0788
brookmhavens@gmail.com
desertvalleygroup.com

Cascade | Sotheby's

INTERNATIONAL REALTY

Explore, Experience, Enjoy Central Oregon with Cascade Sotheby's International Realty



Lakefront Home in Crosswater, Bend, OR | \$1,795,000
 Norman built, furnished home on private 1/2 acre lot backing 12th hole. Lakefront views, 4 FPs, en suite guestrooms, pub style rec rm & exercise rm. Fish from backyard & watch Eagles fly!
 Call Deb Tebbs 541.419.4553
 debtebbsgroup@bendluxuryhomes.com



2.13 Acre Extremely Private Compound, Bend | \$1,999,999
 Gated property w/custom hickory cabinets & built-ins throughout, teak floors & 4 FPs. 2,925 SF RV bldg/shop w/RV hookups, 2 add'l outbuildings & 3 bed/2 bath guest home.
 Call Deb Tebbs 541.419.4553
 debtebbsgroup@bendluxuryhomes.com



Simply Elegant, with Cascade Views, Bend, OR | \$779,000
 Warm & inviting, this stunning home is sited on 3 acres. Asian inspired gate leads through the peaceful inner courtyard. Single level, great room, beautiful hardwoods, quality finishes.
 Call Sandy Kohlmoos 541.408.4309
 skohlmoos@bendbroadband.com



Blackstone Ranch on Crooked River, Terrebonne | \$3,750,000
 105 ac-39 ac irrigation. Custom Home 4773 sf 3 bd, 4 ba with River, Smith Rock & Cascade Mtn views. Guest Home, Shop/RV Garage, Arena 100x250, Horse Barn, Equip/Hay Barn & Bunkhouse.
 Call Pam Mayo-Phillips 541.408.1513
 pam@desertvalleyrealtors.com



Tuscan Villa, Pronghorn Estates, Bend, OR | \$649,000
 Exquisitely furnished 3bd. 3 1/2 bath Villa, walk to pool, clubhouse. 3 car garage, 17th.hole Nicklaus course. Membership deposit included in price.
 Call Kelly Horton 541.508.9163
 kelly@bendluxuryhomes.com



Luxury Townhome on Widgi Creek Golf Course | \$569,750
 Striking vaulted great room & 4 on suites, this won't disappoint. Easy living at PointsWest! HOA's include exterior building & landscape maintenance, insurance, & 7th Mtn amenities.
 Call Jordan Grandlund & Stephanie Ruiz 541.948.5196
 JordanGrandlund@gmail.com



MAGNIFICENT ESTATE, BEND, OR | \$4,995,000
 Unobstructed Cascade Mountain & Deschutes River views from this Tuscan inspired estate on 4.16 acres on Bend's west side. Impressive architecture and finishes provides ultimate luxury.
 Call The Norma DuBois & Julie Moe Team 541.312.4042
 norma@teamnormaandjulie.com



HISTORIC 579 ACRE RIVER RANCH | \$5,500,000
 Productive hay/cattle/horse ranch on the Crooked River. Four homes, big mountain views, and top of the line equestrian facility, cattle handling facilities, and laser-leveled fields.
 Call Ron Davis 541.480.3096
 rondavis@bendnet.com



Pam Mayo-Phillips
 Principal Broker
 541.480.1513



Sandy Kohlmoos
 Broker, CRS
 541.408.4309



Ron Davis
 Principal Broker
 541.480.3096



Kelly Horton
 Broker
 541.508.9163



Deb Tebbs
 Broker/President
 541.419.4553



Jordan/Stephanie
 Brokers
 541.948.5196



Norma/Julie
 Brokers
 541.312.4042

Cascade | Sotheby's

INTERNATIONAL REALTY

Explore, Experience, Enjoy Central Oregon with Cascade Sotheby's International Realty



Buck Run Ranch, Timber Frame Lodge, Sisters OR \$2,749,500
160 private acres only 4 miles to town, backing to NFS w/mtn views. 6600sf of luxury ranch living & guest quarters. Set up for cattle, horses & large events. Perfect for a B&B or Dude Ranch.
Call Jodi Satko 541.550.0819
satkosellsoregon@gmail.com



Black Butte Ranch Resort, Sisters OR Great Value \$739,000
Golfers Dream on Glaze Meadow, Tucked away on a private cul de sac w/quality & newly remodeled features throughout. Over 3000Sqft/4bd/3bth custom. Perfect for FT or PT retreat.
Call Jodi Satko 541.550.0819
satkosellsoregon@gmail.com



Crooked Pine Ranch, 14 Acres, Sisters OR | \$1,325,000
Stunning cascade views & privacy surround this impressive architecturally designed home w/guest cabin. Backs to NFS & a few miles to town. Luxury & dramatic floor plan offers it all.
Call Jodi Satko 541.550.0819
satkosellsoregon@gmail.com



Custom Home on small acreage in Sisters, OR
On 5 private acres at the edge of the small quaint town of Sisters. Park like setting, 4 bdrm/3 bath home, separate guest quarters, large two stall barn., RV parking, access to BLM.
Call Myra Girod & Pam Bronson 541.815.2400, 541.788.6767
myra.pamteam@cascadesir.com



NW Contemporary Designed Home In Tetherow Bend, OR
Brand New Construction in Tetherow. Designed by Brandon Olin and Built by Madrone Construction. Situated on a elevated site with Cascade Mountain Views.
Call Shelly Swanson 541.408.0086
Shelly@BendLuxuryhomes.com



Stunning Home on Awbrey Butte, Bend OR | \$695,000
This one of a kind, gorgeous Custom home, incredible city and mountain views is a must see! 3/2.5 plus den and bonus room, triple car garage, lovely decks and privacy. Fantastic location,
Call Natalie Vandeborn 541.508.9581
NVandeborn@gmail.com



ON THE JOHN DAY RIVER | 3250 ACRES | \$5,900,000
A special cattle/hunting/fishing ranch. Fish for wild steelhead, trout and bass and enjoy the stunning scenery. 3,250 deeded acres control limited access to nearly 40,000 total acres.
Call Ron Davis & Greg Yeakel 541.480.3096, 541.408.7733
rondavis@bendnet.com/gregyeakel@gmail.com



Log Home on 30 Acres - Sisters, OR | \$1,375,000
Cascade Mountain Views Home: Open Floorplan, 2714sf 3 bd, 2 ba. Property: 5.1ac irrigation; 5 stall Barn; Bunkhouse; Shop; Hay Barn; Pond; Landscaped; Gated. Bordering Public Land.
Call Pam Mayo-Phillips 541.408.1513
pam@desertvalleyrealtors.com



Jodi Satko
Broker/FRR Division
541.550.0819



Pam Mayo-Phillips
Principal Broker
541.480.1513



Ron Davis
Principal Broker
541.480.3096



Greg Yeakel
Principal Broker
541.408.7733



Shelly Swanson
Broker
541.408.0086



Myra/Pam
Principal Broker/Broker
541.815.2400/541.788.6767



Natalie Vandeborn
Broker
541.508.9581

Great Times Await.

CALIFORNIA'S FINEST CASINO.
ROHNERT PARK @ US 101 EXIT 484

288 Golf Course Drive West | Rohnert Park, CA P 707.588.7100



GRATON

RESORT & CASINO™



GRATONRESORTCASINO.COM

Rohnert Park, CA. © 2014 Graton Resort & Casino

Create memories at Black Butte Ranch, Central Oregon's premier destination resort. Enjoy horseback riding, swimming, tennis, dining, spa, golf and more. Condos, cabins and custom homes make for a perfect getaway. Stunning mountain scenery included.

Black Butte Ranch

BLACKBUTTERANCH.COM | 855.766.2479

Get the Muck OUT!

Marble size AquaClear™ Pellets clear your lake or pond bottom.

Beneficial microorganisms. Restore balance in natural and man made surface waters. Increase water clarity. Improve water quality. Eliminate black organic muck.

A **10 lb. bag** treats 0.5 to 1.0 acres
\$84.00

A **50 lb. bag** treats 2.5 to 5.0 acres
\$324.00

Apply weekly for 4 weeks, then monthly to maintain. No water use restrictions!

FREE SHIPPING!

800-328-9350

KillLakeWeeds.com

Order online today, or request free information.

AQUACIDE CO.
PO Box 10748, DEPT. 86EX
White Bear Lake, MN 55110-0748

Our 59th year



JENNY GRAHAM

A FEAST OF FESTIVALS

Oregon celebrates theater, music, food and more | BY SUSAN GORACKE

As house lights dim and a trumpet fanfare fills Oregon Shakespeare Festival's outdoor Elizabethan theater in Ashland, in Southern Oregon, experienced audiences know to glance up to a shuttered window at the top of the stage's Tudor facade. They don't want to miss the shutters opening and a stagehand hoisting a flag bearing a mask of comedy or tragedy, depending on the evening's bill. It's an OSF tradition, and it harks back more than four centuries to the London theaters of Shakespeare's day.

Tonight's grinning mask flying above the Allen Elizabethan Theatre announces one of William Shakespeare's earliest comedies, *The Two Gentlemen of Verona*. On this balmy summer evening, I am eagerly anticipating director Sarah Rasmussen's production, with its all-female cast playing characters of both genders—an interesting twist on the

all-male acting troupes of Elizabethan England, when women were banned from performing in public theaters. I'm also excited to hear the high-tech sound system, installed this year. For more than 30 years, I've been attending OSF plays, and I've always been impressed by the productions at this Ashland institution, located about 16 miles south of the Rogue Valley International–Medford Airport.

While OSF may be the state's most famous festival, Oregon has many fun, interesting, offbeat fests to tempt visitors in search of diversion, on almost any weekend of the year. In summer and fall, festival fans can explore history and pageantry at the Oregon Renaissance Festival in

The Two Gentlemen of Verona, showing through October 12 at the Oregon Shakespeare Festival in Ashland, features an all-female cast in a lively presentation of the Bard's classic comedy.

Your MBA, your way.

Options for
working
professionals
and executives

Degree completion
in **18-22** months

100% Online

Optional 10-day
international
field study

Personalized
student
support

Ranked No. 7 for Best Online
Graduate Business Programs
— U.S. News & World Report



WASHINGTON STATE UNIVERSITY

info@wsumba.com | 1.877.960.2029 ext.3608 | omba.wsu.edu

Hillsboro, dance the polka and raise a beer stein at the Bavarian-themed Oktoberfest in Mount Angel, or enjoy a concert at the Britt Festivals in Jacksonville.

Tonight, I'm focused on this Shakespeare play and wondering how the women actors will portray its two leading male characters. As the performers arrive on stage, I'm captivated by their colorful costumes—in sumptuous brocades, velvets and satins—that feel at once Elizabethan and fashionably contemporary.

Although this play is less dramatically intense than, say, *The Tempest* or *Richard III*—two other Shakespeare productions in repertory this summer—it still invites audiences to reflect on the nature of love, friendship and forgiveness. I am surprised at how quickly I forget that these are women actors portraying men—a credit to their acting skills.

Unconventional casting choices and presentations of Shakespeare's plays in different eras and locales have long traditions at the Tony Award-winning Oregon Shakespeare Festival, which opened its 79th season in February. This year's *Comedy of Errors* is set in New York City during the Harlem Renaissance. When the festival's current eight-month season concludes November 2, OSF will have staged almost 800 performances of 11 plays—a mix of Shakespeare, classics, musicals and new works—in three theaters, with a professional staff of around 575. Annual attendance in recent years has topped 400,000. By early October, OSF also will have presented 96 "Green Shows" (popular, free shows that celebrate local communities). These shows feature a variety of music and dance performances six nights a week (Tuesday–Saturday) through October 12.

Adding to its impressive list of honors, OSF received the National Theatre Conference's 2013 Theatre of the Year Award for outstanding achievement by a not-for-profit theater. For more information about OSF, call 800-219-8161 or visit osfashland.org.

Come sleep with us!

ranked one of portland's
top hotels by travelers



surrounded by fabulous shopping *and* world-class dining
streetcar passes | hi-speed wireless | on-site parking | continental breakfast

inn
@ Northrup station

800-224-1180
2025 nw northrup • portland oregon

northrupstation.com

Right: The Duhks, a folk-fusion band, is a headline act at this year's Sisters Folk Festival, near Bend. This festival features rising stars and established acts from various roots-music genres. Below: Tyrolean dancers enjoy the festivities at the Mount Angel Oktoberfest.



IF YOU PLAN to visit Ashland between mid-June and mid-September, consider also attending an evening concert at the **Britt Festivals** in nearby Jacksonville, a charming 1850s gold-rush town about 15 miles northwest of Ashland and five miles west of Medford.

Britt is the Pacific Northwest's oldest outdoor performing-arts festival series. It began as a classical-music event, but today attracts a lineup of world-class artists who perform jazz, blues, folk, bluegrass, world, pop and country music in addition to three weeks of classical fare. Concerts take place in a naturally formed amphitheater set on a grassy hillside among towering ponderosa pines. In late August and early September this year, headliners will include Buddy Guy, The Beach Boys, Joan Jett & The Blackhearts, Matisyahu, The Head and the Heart, The Avett Brothers and Creedence Clearwater Revisited (with original Creedence Clearwater Revival band members). Reserved seating is limited, so attendees arrive with their own lawn chairs or blankets. Visitors may bring a picnic or purchase from a selection of foods and beverages, including local wines and microbrews. Evenings at the Britt are magical: As the sun sets, stars appear in the sky, and audiences can view the twinkling lights of Medford. *To learn more, call 800-882-7488 or visit brittfest.org.*

LATE SUMMER to early fall is an ideal time to visit Oregon's largest city, Portland, as weather often

continues to be warm and dry. In addition to enjoying Portland's urban sights, consider taking in one of several lively **festivals in Portland and its surrounding areas.**

On Saturdays and Sundays between August 16 and September 21 (along with Labor Day Monday), a 16-mile drive west of Portland to the Washington County Fair Complex will reward you with **The Oregon Renaissance Festival of Hillsboro**. Billed as "13 days of merriment," the festival features a recreation of a 16th century European village, with musical and theatrical performers, artisans and food vendors dressed in Renaissance regalia. *Call 971-271-9500 or learn more at oregonrenfest.com.*

For a rural Oregon experience with a Bavarian twist, head to the



Calling All Cowboys

While not technically a festival, the **Pendleton Round-Up**, which runs

September 10–13 this year, sure feels like one. In its 104th year, the Round-Up is Eastern Oregon's largest rodeo and celebration of the cowboy spirit and Native American heritage. In addition to rodeo events, don't miss the Westward Ho! Parade and the Happy Canyon Night Show, a theatrical pageant depicting Pendleton's history. Country music duo Big & Rich will also perform on September 6 at Happy Canyon. Pendleton is about a 3 1/2-hour drive east from Portland and about an hour south of Walla Walla. *Call 800-457-6336 or visit pendletonroundup.com. —S.G.*

best dirndls and lederhosen, and three large beer tents beckon with a lineup of musicians performing rousing polkas and other tunes. Parades and maypole dancing enliven the street scene outside.

Oktoberfest is also a major fundraiser for community organizations, which staff 50 food booths. *To learn more, call 855-899-6338 or visit oktoberfest.org.*

IN CENTRAL OREGON, the **Sisters Folk Festival** (September 5-7) is always held the weekend after Labor Day and celebrates "roots music from blues to bluegrass" on 10 stages, including a 1,000-seat venue at Village Green Park in downtown Sisters (about 25 miles northwest of Bend and about 21 miles west of the Redmond Municipal Airport). This picturesque town with its Western-themed storefronts is nestled by the foothills of the Cascade Range and the Three Sisters Wilderness Area. *Visit sistersfolkfestival.org or call 541-549-4979.*

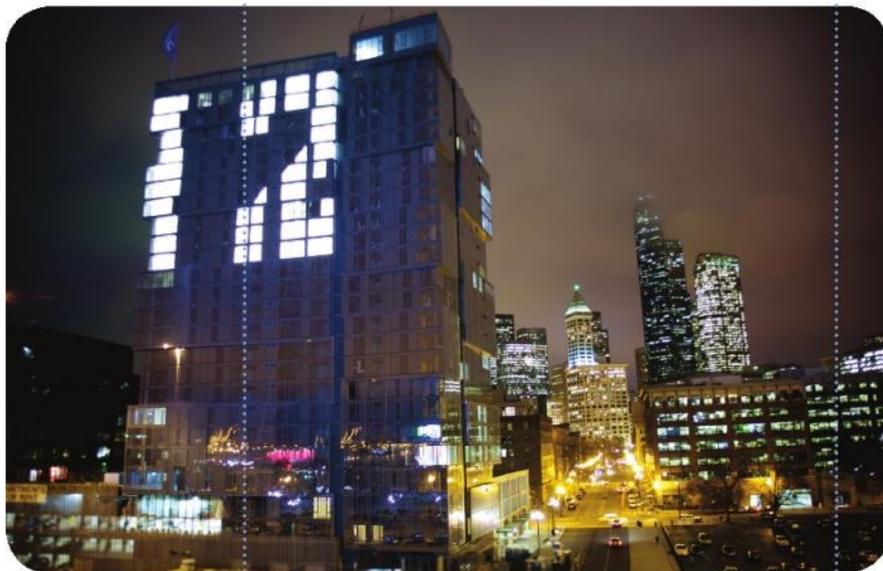
On August 29 and 30, Bend will hold its sixth-annual **Little Woody Barrel-Aged Beer and Whiskey Festival**, with tastings of Northwest craft brews and small-batch American rye whiskeys and bourbons. This "for adults only" festival celebrates historical techniques used by local brewers who age their beers in wine barrels, whiskey barrels and oaken casks to infuse brews with intense flavors. The festival also includes the Little Woody Adventure Scramble (in which participants answer trivia questions and perform wacky tasks), music and an invitational golf tournament. *Call 541-323-0964 or visit woodybeer.com/little.*

WHETHER IT'S losing yourself in a play or finding a new favorite among Oregon craft breweries, you'll enjoy exploring some of the many festivals Oregon has to offer locals and visitors each year. ■

Susan Goracke writes from Portland.

Alaska Airlines flies daily to Portland, Medford, Eugene and Redmond/Bend. To book tickets, visit alaskaair.com or call 800-ALASKAAIR.

Our latest project: insuring victory.



- Recreation
- Senior Living
- Real Estate
- Construction
- Education
- Banking
- Healthcare
- Manufacturing
- Transportation
- Employee Benefits

With the right team, amazing things can happen—like the new Stadium Place luxury apartment residences. Propel is proud to be a key player in this exciting new community, providing a full range of coverage to the visionary companies who brought it to life – including RD Merrill, JTM Construction, Daniels Real Estate and Pillar Properties.

**Add experience to your roster
with the experts at Propel.**



Find your momentum.

1-800-499-0933
www.propelinsurance.com



ORCAS ISLAND REALTY LLC

A feeling of home in the islands

MARY CLURE CO-OWNER/MANAGING BROKER
mary@orcasislandrealty.com 360-961-7523

ORCAS ISLAND VIEW RANCH – Private estate on 80 acres with eco-friendly hand hewn 4000 sq. ft. log home, guest quarters and studio barn, farm buildings, wine cellar and expansive views to mountains and the sound.

Home on 34 acres \$1,500,000

Home, barn on 80 acres and 3 parcels \$2,750,000



On

AN OVERCAST SUNDAY AFTERNOON, 22 student actors, ages 14 to 19, gather to practice tap dancing in a no-frills rehearsal hall at The 5th Avenue Theatre in downtown Seattle. ■ Karen Omahen, a professional tap-dance instructor, starts the music and commands: “Right toe, heel. Left toe, heel. Repeat.” Watching their moves in mirrors, the teens clack their tap shoes on the wood floor. “Swing those arms,” calls Omahen, demonstrating. ■ She warns that she will now insert a new move. “Right toe, heel. Left heel. Repeat.” The students do three crisp reps. Omahen speeds up the pace. The students sound like horses galloping in unison. Omahen adds a jump. “Practice,” she says. “Practice at home. This is one you can do while brushing your teeth.”



► Ryan Hotes (King Arthur) and Nat Zang (Patsy) in the final dress rehearsal for The 5th Avenue Theatre's Rising Star Project production of *Spamalot*.

◀ *Spamalot* female-ensemble members practice during the dress rehearsal.

Sometimes

Teenage Drama

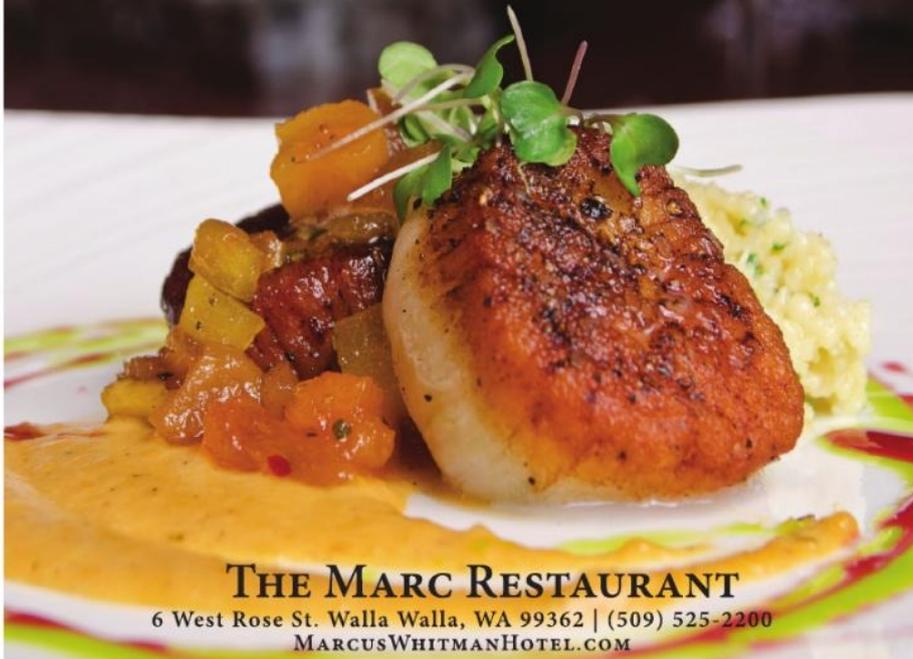
is a Good Thing

By Scott Driscoll



EXPERIENCE AWARD-WINNING WINE, CUISINE & SERVICE

Named "Restaurant of the Year"
by the Washington State Wine Commission



THE MARC RESTAURANT

6 West Rose St. Walla Walla, WA 99362 | (509) 525-2200
MARCUSWHITMANHOTEL.COM

The students' eyes swivel between Omahen and the mirrors. Their attention is utterly concentrated on learning these moves. They are not sacrificing their evenings and weekends to goof off.

The five-hour practice session, which will also include learning songs and blocking out scenes, marks the start of the second week of rehearsals for an all-student performance of the Broadway musical *Spamalot*. In just a month, the students will present it in front of a live audience, using the same staging, props and set as the professional production presented by The 5th Avenue.

The student version, created in conjunction with the theater's Rising Star Project education program, will reflect the work of 69 teens involved in responsibilities such as casting, fundraising, costuming and playing instruments in an all-student orchestra, as well as acting. Along the way, the students will receive hands-on instruction from professionals in the various fields.

Preparing Kids for Life

"Our Rising Star Project is one of a kind at this time," says Bill Berry, The 5th Avenue Theatre's producing artistic director, who founded the project three years ago. "Our students re-create a professional show by working side by side with professional actors and staff who pass down many aspects of the craft of theater."

Berry says the goal is not to produce the next crop of Broadway stars. Instead, he says, "We're preparing most of these kids for jobs in the real world. We teach life skills, like teamwork, meeting deadlines. We started the Rising Star Project to get young people involved in career paths that aren't necessarily limited to theater, such as fundraising, producing events, costuming. We offer these kids skills training that, ideally, augments their school studies."

This is especially important, he adds, because he's observed that some students feel marginalized at their schools. "These kids are typically not the sports stars. They may see themselves as outsiders. We give them a place to belong, a community."

For instance, Berry says, in 2012, the program's first year, when the students produced *Oklahoma*, a 16-year-old cast member seemed especially ill at ease. "We worried that he might even have been

KNECHTIONREPAIR®

TIME IS
MONEY... WHY
REPLACE?
REPAIR IN-PLACE!

KnechtionRepair
(connection repair)
tools are designed for in-
place thread repairs to
Swagelok® and like tube
compression fittings.

Visit our web site to see
these amazing
tools in action!

www.knechtionrepair.com
info@knechtionrepair.com



Ken Knecht Inventor
100% Made in the USA



The Benefits

Study after study shows that youth participation in the arts helps develop adults who think creatively and critically," says Karen Sharp, president of the U.S. chapter of Theatre for Young Audiences, and education director of Seattle Children's Theatre, which has one of the largest theater-education programs in the United States.

"Students are more excited to be in school," she says. "Also, they self-identify as caring. As adults, they report that they are more likely to be engaged in community activities. Drama offers a kinesthetic path to learning important life skills, such as problem-solving, listening, speaking in public and making human connections."



SCT Drama School.

Seattle Children's Theatre (sct.org) Drama School and other education programs reach about 9,000 students a year. In addition to numerous on-site classes, SCT employs teaching artists who go into school classrooms to teach drama, and also sends SCT instructors to classrooms to show teachers how to integrate drama into a core curriculum.

depressed. He admitted he wasn't doing well academically. What we saw was a troubled boy becoming more and more engaged during the course of *Rising Star*. He told us he'd decided he maybe should try harder in school. Then he decided he should go to college. He's a college freshman this year. He tells us he credits our program with that success."

Numerous students involved in the project credit it with helping them prepare for success in the adult world. While the students' work is all voluntary (even though they use the word "hire" to conform to theater-industry parlance), the benefits are substantial. Below are examples from some of the student teams.

Producing Team

Last September, students interviewed for one of three positions on the producing team, and in October, the selected teens began their duties, which ranged from tracking budgets to organizing auditions for the 22-member cast.

Part of the producing team's job, says Rachel Lee, a senior at Monroe High School, northeast of Seattle, during the 2013–14 school year, was to select "sides"—snippets of script to be read by auditioning actors. "We also introduced the auditioners to the director," she says. "And we did the callbacks [invitations to return for additional auditions]. We then made the calls to 'hire' the cast. I see this as a career opportunity. It's a taste of real life, something you don't get in high school."

Marketing & Development Teams

"We train our marketing students to write press releases and our development students to mail out fundraising letters, among other things," says Anya Rudnick, the theater's director of education.

Particularly memorable for Anya Liebman, a 2013–14 Monroe High School senior, was the speech she gave one night after a show during the theater's professional run of *Spamalot*, January 30–March 2. The professional show overlapped the students' rehearsals for their rendition, which would be performed in mid-March. Most of the 2,100 audience members at the professional show stayed in

their seats following the final applause, as Liebman courageously walked to the stage, took the microphone from one of the actors, and said, "I just want everyone to know how much this means to me. To be up here with them [pointing to the professional cast], in front of all of you—it's a moment I'll never forget."

She then explained the *Rising Star* Project and encouraged everyone to support RSP by writing a check or dropping cash in the buckets held by students at the exits. Students weren't expected to raise the entire \$330,000 that it cost to put on the RSP show, but their combined letter campaign, phone calls and after-show "asks" raised more than \$50,000, according to Heidi Staub, the theater's public relations and communications associate.



Above: Hallie Schmidt (Lady of the Lake) and Eli Wills (Sir Galahad) perform in the final dress rehearsal. Right: Technical crew students James Harrison Cogswell and Katie Juhnke confer with Eli Wills (in costume) and mentor Katy Fogg.



"The first time I signed a letter asking for money," says Liebman, "I realized: This is real; I did this. I will always remember being part of putting on a good show."

Acting Team

Students auditioning for on-stage parts had to say lines in front of the director, sing 90 seconds of a song and perform a dance, says Henri Fitzmaurice, who will be a junior at Roosevelt High School in Seattle's north end this coming school year. He was cast as part of the ensemble.

"Before being hired, I had three callbacks, for a total of four auditions," he says. "It's only with the call after the final audition that you know you've been cast. An experience like this teaches you how to hold yourself in an audition. It helps you enter the professional world."

After nearly 140 practice hours overseen by the four-student stage-management team, the actors were ready for the first dress rehearsal. The 5th Avenue's RSP director, Mathew Wright, stood near the stage to watch knights—dressed in makeup, wigs,

and costumes that included chain-mail shirts and tabards—dance arm-in-arm while singing *All for One*. “Let’s change the tone,” Wright told them. “I want you to modulate more. Let it vibrate, not explode.”

The singers nodded. They tried it again, this time taming their singing gusto so that the jocularity could build.

“It’s incredibly tiring, all the rehearsals,” says Eli Wills, a 2013–14 senior at Kentridge High School, south of Seattle, who has the part of Sir Dennis Galahad. “I used to play sports, but I’ve never been as tired as this.”

But, he adds, “I’m pretty pumped. Performing is about becoming a role. It’s a huge thing. When you totally lose yourself in a role, when you’re totally in that character, you become somebody else. That teaches you something about yourself. Off-stage, now I know more about who Eli is.”

Costume & Wardrobe Teams

The RSP show used the same Broadway costumes worn by the professional actors, but the outfits needed alterations to fit the students. Katie Juhnke, a 2013–14 senior

from Roosevelt High School, was involved in costuming as part of the 23-person technical crew, which also oversaw areas such as wardrobe, hair, makeup and props. She learned from a professional costumer working on contract for the theater “to use ballet elastic with a swing stitch to take in the backs of dresses, but leave room for movement.” Another professional taught Juhnke how to speed up actors’ quick-changes by consolidating pieces of the costume.

“I got to work directly with union dressers,” Juhnke says. “It gave me an idea of what dressing would be like as a career. I worked with someone who said she had connections in New York that might be helpful if I wanted to pursue costuming. This has been the opportunity of a lifetime.”

The Big Night

On the night of March 14, an audience of about 1,500 eagerly waits for the curtain to go up on RSP’s *Spamalot*. When the student orchestra (comprising students recommended by teachers or by members of The 5th Avenue’s professional orchestra) starts up and plays flawlessly, backstage jitters begin to calm. By the second scene, which includes the energetic *Fisch Schlapping Song*, it is apparent that all the hours of rehearsals and mentoring have paid off. While the students’ acting may at times lack the polish shown by the seasoned pros, the teens’ show is for the most part a high-quality replica of the professional one.

“I’m blown away,” says a school admin-

Tomorrow begins here.



Improving livestock health to enhance maternal and child nutrition, health, and development.



Global program to eliminate rabies through vaccination.



Early detection of emerging pathogens that can spread from animals to humans.

Big ideas, for sure.

But, after all, that’s what you expect from Washington State University’s Paul G. Allen School for Global Animal Health.

After 124 years, WSU is still fanning the flames of innovation to deliver a brighter tomorrow.

globalhealth.wsu.edu



Additional Youth-Theater Opportunities

(These are just a few of the many options.)

Idaho Shakespeare Festival, Boise; idahoshakespeare.org.*

Missoula Children’s Theatre, Montana; mctinc.org.

Northwest Children’s Theatre & School, Portland; nwcts.org.

Oregon Children’s Theatre, Portland; octc.org.

Seattle Shakespeare Company; seattleshakespeare.org.*

Taproot Theatre Company, Seattle; taproottheatre.org.* —S.D.

* Look for education, community and camps/classes links.

istrator in the audience. "This is like no student production I've ever seen. These kids are great."

Spamalot ends with a wedding scene that draws most of the performers back on to the stage, and the cast sings *Find Your Grail*, which challenges listeners to set aside doubts and to search for what will be meaningful to them in life.

The students' energetic finale captivates the audience. The applause is loud and sustained. The teen actors glow with sweat from the hot lights and the heavy costumes and the hard work of performing a musical. But their huge smiles speak to their sense of accomplishment. It's a feeling shared by every member of the *Spamalot* teams. ■

Scott Driscoll lives in Seattle. The 2015 Rising Star Project production will be Rodgers & Hammerstein's Carousel; participant selection will start in September (5thavenue.org).

Alaska Airlines (800-ALASKAAIR, alaskaair.com), Seattle's hometown airline, provides extensive service to and from the Emerald City for enjoying cultural experiences.

The Doyon Family of Companies

Oil Field Services
Government Contracting
Natural Resources
Tourism

DOYON
Limited®

f t in
www.doyon.com

LEADER In All We Do

Eat here.

Get here faster.

MERCHANT MILES
SEA-TAC

Earn more miles dining at Sea-Tac.

With Merchant Miles, you add miles to your existing mileage plan when you eat, shop and park at Sea-Tac Airport. Sign up for free at seatacshops.com.

POWERED BY **thanks again**

WORD GAMES

ACROSS

- 1 Perhaps
- 6 'Tis a pity!
- 10 Tennyson heroine
- 14 Serious
- 19 Convex molding
- 20 Dessert wine
- 21 Places
- 22 Therefore
- 23 POPIGKE?
- 25 Followers
- 26 Absalom's victim
- 27 Novelist Hunter
- 28 ____ publica
- 29 MONYCAP?
- 32 Knesset home
- 35 Hero El ____
- 36 Darling
- 37 Install a lawn
- 40 Crew item
- 41 Saudi somebody
- 43 Hot spot
- 45 Dates
- 49 Somewhat ill
- 51 ____ avis
- 52 Bridal path
- 54 Sunday seat
- 55 Elicit
- 56 ARUPMS?
- 58 Girdle material
- 60 Mediterranean island
- 61 Tennis ball covering
- 63 AES rival
- 64 Strand
- 65 Singer Shannon
- 66 "Rosamund" composer
- 67 Site of the 1952 Olympics
- 69 Force upon
- 70 Wind dir.
- 71 NOON GOOD?
- 74 Tube top
- 77 Foot calluses
- 79 Yonder
- 80 Memo header
- 81 LAX posting
- 82 Controlled
- 84 Ship's pronoun
- 85 Hams it up
- 86 Con
- 87 Pole
- 88 DEEF?
- 91 Moving
- 92 DOS users
- 93 Trepidation
- 95 MD posts
- 96 Cleave
- 97 Mexican money
- 99 Naval off.
- 100 Stew
- 101 Madrid Mrs.
- 102 Embarrassed
- 103 Gun
- 105 Flick
- 106 Greenland inhabitant
- 109 SIGH?
- 115 Reason for extra innings
- 116 Inert gas

1	2	3	4	5		6	7	8	9		10	11	12	13		14	15	16	17	18					
19						20					21						22								
23						24					25						26								
27						28				29	30						31								
						32	33				34						36								
37	38	39				40				41	42					43	44			45	46	47	48		
49						50				51						52				53		54			
55										56						57				58	59				
60						61	62									63				64					
65						66					67	68					69								
70						71				72						73						74	75	76	
						77	78				79					80						81			
82	83									84						85						86			
87										88						89	90					91			
92										93	94											96			
97						98				99												102			
						103	104									106	107					108			
109	110	111								112	113					114						116	117	118	119
120										121						122	123					124			
125										126						127						128			
129										130						131						132			

- 120 Nile dam
- 121 A pop
- 122 SES AME?
- 125 Iota preceder
- 126 Reno machine
- 127 Mall habitue
- 128 Not a chance!
- 129 Caravan stops
- 130 Uses a shuttle
- 131 Agile
- 132 Shorthand pro

DOWN

- 1 Sulk
- 2 Tel ____
- 3 Indian discipline
- 4 They're usually served with caviar
- 5 Many millennia
- 6 Emerge
- 7 Like some ends
- 8 Deluge refuge
- 9 Check
- 10 Cough syrup, perhaps
- 11 Illustrious

- 12 Chilled
- 13 Record
- 14 Abase
- 15 Entices
- 16 Siam governess
- 17 Screen symbol
- 18 Just say no
- 24 Outfit
- 30 Expert's suffix
- 31 Popular stone
- 33 Pump part
- 34 Performed a jete
- 37 Puts the pedal to the metal
- 38 Tons
- 39 XX?
- 42 Hosp. test
- 43 Newsweek competitor
- 44 Ogee's outline
- 46 C?
- 47 First name in architecture
- 48 Yeats's bird
- 50 Nipper's master
- 51 Sat on the throne
- 52 Passion
- 53 Jerry's pal

- 57 "Damn Yankees" composer
- 59 Mos. and mos.
- 61 Large leaf
- 62 Eve's grandson
- 64 "Wuthering Heights" setting
- 66 Saw eye to eye
- 67 Rubbed out
- 68 Penn. for one
- 69 Typesetter's choice
- 72 Appreciated fireworks
- 73 Chips
- 75 Garb
- 76 Like socks
- 78 Not even
- 82 Certain Swede
- 83 Not again
- 84 Stocking feature, sometimes
- 85 Sharp
- 86 Blond shade
- 88 Disobeyed a zoo sign
- 89 Former senator Bayh
- 90 Pass easily
- 91 West of Hollywood

- 94 Shankar on sitar
- 96 Sign of spring
- 98 Rococo
- 100 Rows
- 101 Like Twigg
- 104 Ferber et al.
- 105 Lace edge
- 107 Take the wheel
- 108 Inception
- 109 1949 acronym
- 110 Job safety org.
- 111 Meadow munchers
- 112 Viper's home
- 113 Casa room
- 114 Wee ones
- 117 Gutter spot
- 118 Harbinger
- 119 Stout fellow
- 123 Zing
- 124 Some dash widths

Solution on page 78.



Puzzle © 2014 Penny Press, Inc.
www.PennyDellPuzzles.com



Your **EXCLUSIVE**

25% OFF
YOUR CHECK

Present your airline ticket stub to the Players Club to receive your special dining offer*



Tantalize your taste buds with a variety of international fare from Asian Restaurant, "8". Enjoy fresh Japanese sushi, hot Vietnamese Pho, Chinese wok specials, dim sum and more! Discover Asian Restaurant "8" and more delicious dining experiences at muckleshootcasino.com.

*Limit one offer per guest per day. Three dining offers available: 25% off total purchase at Asian Restaurant "8" or Coyaba Grill, with a maximum discount of \$25, or one free buffet with the purchase of lunch or dinner at Spice Bay Buffet. Not valid on holidays. Must present your airline ticket stub to the Players Club for voucher. Must be or become a Players Club member to participate. Membership is free. Must have flown between June 1, 2014 thru August 31, 2014 to receive offer. Offers expire August 31, 2014. Management reserves all rights.

20 minutes from SEA-TAC International Airport
I-5 South to WA 18 East • Auburn Way Enumclaw Exit



2402 Auburn Way South, Auburn, WA 98002
800-804-4944 | muckleshootcasino.com



Continued from page 32.

Lake Tahoe area, renowned for its wide range of outdoor activities, including golfing, biking, hiking, rock climbing, horseback riding, fishing, rafting, kayaking, canoeing, sailing, scuba diving, hot-air ballooning, hang gliding and paragliding. Winter-sports enthusiasts flock to the region for downhill and cross-country skiing, snowboarding, tubing, snowmobiling, snowshoeing, dogsledding, ice-skating, sleigh rides and snowcat tours.

Snowcreek Resort

(snowcreekresort.com), Mammoth Lakes, California: The recently remodeled athletic club has indoor and outdoor pools; a full gymnasium; five tennis courts; racquetball, volleyball and basketball courts; fitness,



SHUTTERSTOCK.COM

martial arts and yoga classes; personal-training sessions; and a spa. Also on-site is an excellent nine-hole alpine golf course. Future plans call for an additional nine holes of golf and an equestrian center. Activities in the Mammoth Lakes area include hiking, biking, climbing (including ice-climbing), horseback riding, fishing, canoeing, kayaking, paddleboarding and wildlife watching. Mammoth is also close to Yosemite National Park, Devils Postpile National Monument and Mono Lake Tufa State Reserve. And the area is world-famous for winter recreation such as downhill and cross-country skiing, snowboarding, tubing, snowmobiling, snowshoeing, dogsledding, snowcat touring and ice-skating.

Sunriver Resort

(sunriver-resort.com), Bend, Oregon, area: Recreational facilities at the resort include four outstanding golf courses open to guests (two also open to the public); three outdoor pools and an indoor lap pool; a fitness center with classes and personal training; 35-plus miles of paved bike/foot pathways; tennis courts; stables offering horseback-



COURTESY SUNRIVER RESORT

riding excursions; and a marina with rentals for canoeing, kayaking, rafting and paddleboarding (also kayaking and SUP classes, and guided float trips). Nearby are a fish hatchery, nature center and observatory, plus places to hike, bike, climb, fish, and take guided rafting, canoeing or cave tours. Winter sports in Central Oregon include downhill and cross-country skiing, snowboarding, tubing, snowshoeing, snowmobiling, ice-skating, sleigh rides and dogsledding. ■

Michele Andrus Dill is Horizon Edition editor.

Alaska Airlines (800-ALASKAAIR, alaskaair.com) offers extensive service to numerous active-weekend destinations, including Seattle, Bellingham and Vancouver, BC, gateways to the Semiahmoo area.



Visit California Wine Country



HEAVEN CONDENSED

WINE ROAD
Northern Sonoma County, CA
190 wineries and 50 lodgings
within a 30 mile radius.



Explore With Our
"TICKET TO THE WINE ROAD"

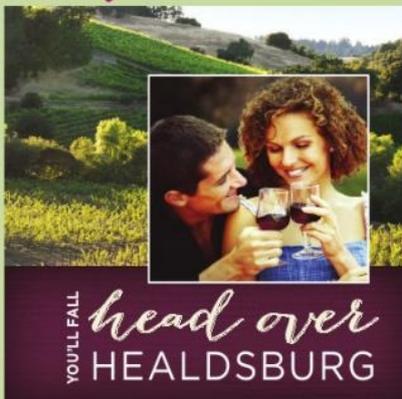
visit wineroad.com
1-800-723-6336

/WineRoad

WineRoad
there's an app for that!



Mention Promo Code: **ALASKA** and save \$5



YOU'LL FALL

head over
HEALDSBURG

Off the beaten path, in the famed Sonoma wine country, local hospitality meets San Francisco chic.

Bakeries, bistros, tasting rooms and 5-star restaurants.

Picnic baskets brimming with artisanal breads, organic produce and local gourmet cheeses.

Taste the wine country the way Northern Californians do...

you'll fall head over Healdsburg.

www.Healdsburg.com



Hilton Garden Inn
Sonoma County Airport

- Indoor Pool & Hot Tub
- Complimentary WIFI
- Fitness Center
- Restaurant and Bar
- Evening In-Room Dining
- Complimentary Airport Shuttle

(707) 545-0444



Proudly Operated By Horizon Air

Horizon Air operates its flights on behalf of sister carrier Alaska Airlines—but ultimately, of course, our aim is to please our shared customers. We want to make your travel memorably easy and enjoyable, whether you're flying across the state ... or across the country. This

involves going well beyond the essentials of ensuring safe, reliable transportation. For example, on regional flights operated by Horizon Air, we offer you a refreshing glass of Northwest wine or microbrew at no additional charge. And our highly skilled and committed employees truly go the extra mile in taking care of you. It's our people who bring our longtime motto to life: "It's our privilege to serve you."

We're delighted to have you as our guest today, and we look forward to seeing you again.



Taking pleasure in continuing to serve you: Debbie Tucker, Seattle-based flight attendant.

Glenn Johnson,
President

FEATURES

Onboard Amenities	A2
For Your Safety	A3
alaskaair.com	A3
Mileage Plan™	A3
Route Maps	A4-6
Customs and Immigration Forms	A7
Airport Gate Location Maps	A7

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 Picnic Packs are both delicious and free of trans fats, high fructose corn syrup and MSG.

- Premium Liquor \$7 USD**
- Sun Liquor Vodka
- Sun Liquor Gin
- Sun Liquor Rum
- Liquor \$6 USD**
- The Glenlivet
- Crown Royal



COMPLIMENTARY BEVERAGES

Hot Beverages:
Proudly serving Starbucks®
Pike Place® Roast
Tazo® Awake® black tea
Tazo® Wild Sweet Orange herbal infusion (caffeine-free)



- Juices:**
Orange Juice
Apple Juice
Cranberry Juice
- Sodas & Mixers:**
Coca-Cola Classic
Coke Zero
Diet Coke
Sprite
Sprite Zero
Fanta Orange
Ginger Ale
Tonic Water
Sparkling Water
Bloody Mary Mix
Athena Bottled Water
Club Soda



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.

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.

BETTER TOGETHER

Alaska Airlines and Horizon Air

As sister carriers in Alaska Air Group, Alaska Airlines and Horizon Air are dedicated to bringing you the highest possible level of service. Together, we serve more than 90 cities throughout the United States, Canada and Mexico. To make your travel simple and seamless, you get one ticket, one low fare and one easy check-in that includes seat assignments on both airlines.



Horizon's Fleet



Bombardier Q400

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.

comfortably Q400 greener

FOR YOUR SAFETY

Please take a moment to review the following information to ensure that everyone on board the plane has a safe and comfortable trip

PLEASE TAKE YOUR SEAT

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

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

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

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

IT'S THE LAW

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 Horizon Air 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.

UPON LANDING

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

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

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 and then check in and print your boarding passes from your home or office. Also available in Spanish at 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 \$118 (\$99 base fare plus taxes and fees from \$19 depending on your Alaska Airlines flight itinerary), redeemable anywhere Alaska Airlines flies.

U.S., HAWAI'I AND MEXICO

Alaska Airlines is proud to serve more than 90 locations throughout the United States, Canada and Mexico. We serve many other cities with our codeshare partners American Airlines, American Eagle, Delta Air Lines and Delta Connection.

On routes that require a connection to one of our partners, we strive to ensure a smooth transition, which includes the ease of purchasing your ticket with just one call or a visit to alaskaair.com, taking care of your bag transfer, and providing assistance at any stage of your journey should you have questions.

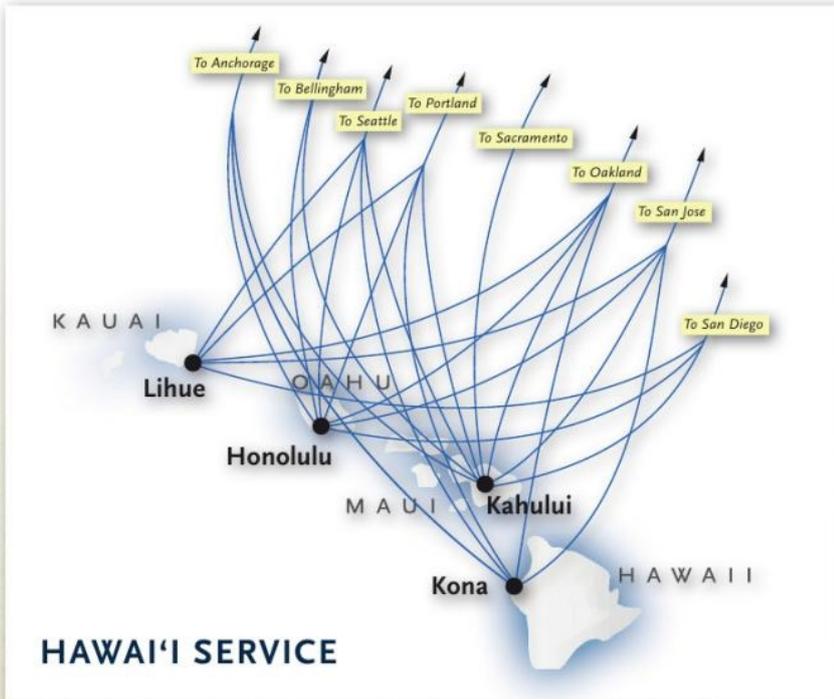
What's more, all our codeshare partners are also Mileage Plan partners, allowing generous opportunities to earn Bonus Miles. And with reciprocal elite-status benefits, you can enjoy several enhancements to your journey. Learn more at alaskaair.com.

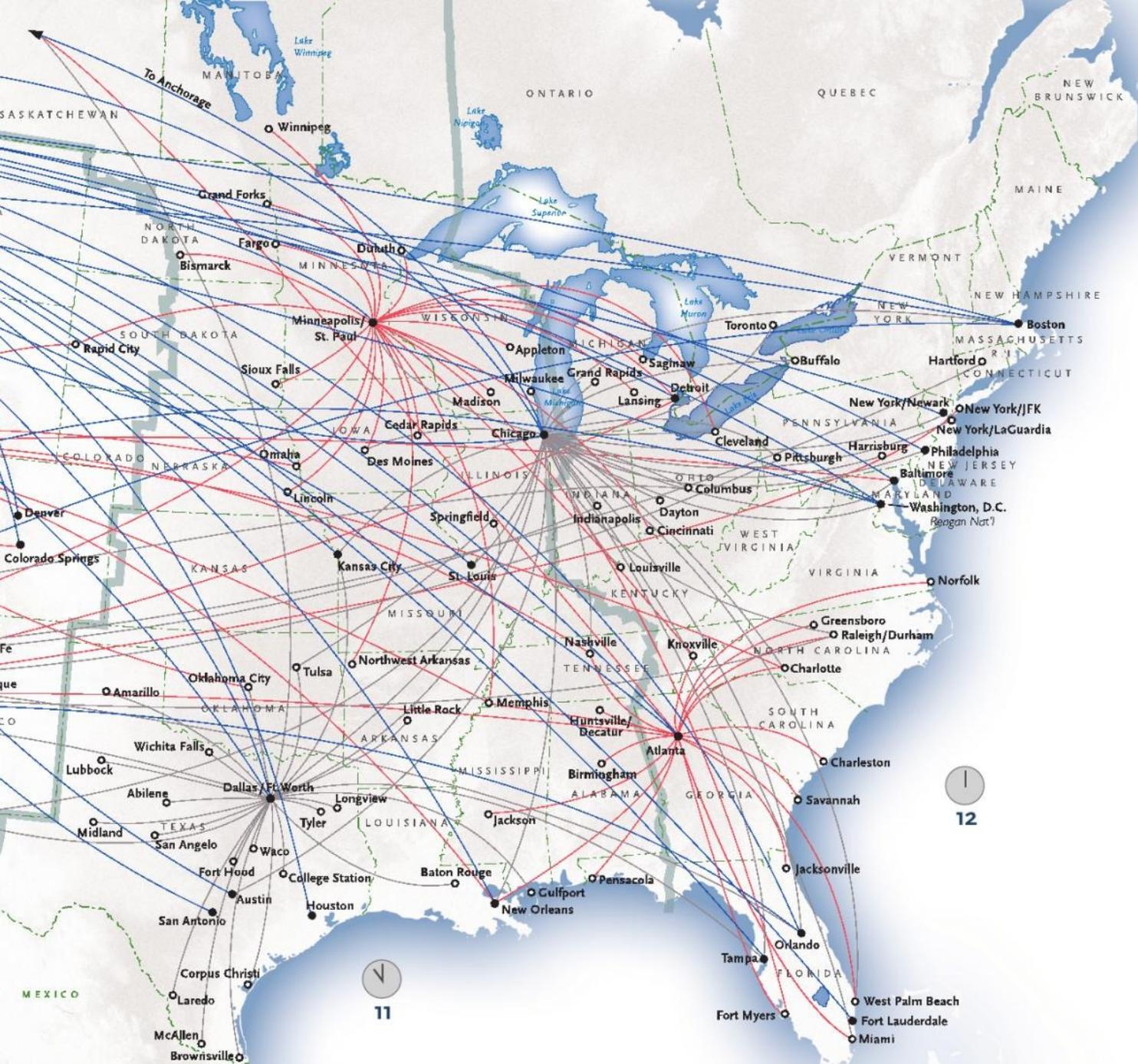
LEGEND

Routes served by:

-  Alaska Airlines
-  American Airlines
-  DELTA

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





12

11



U.S. MILEAGE

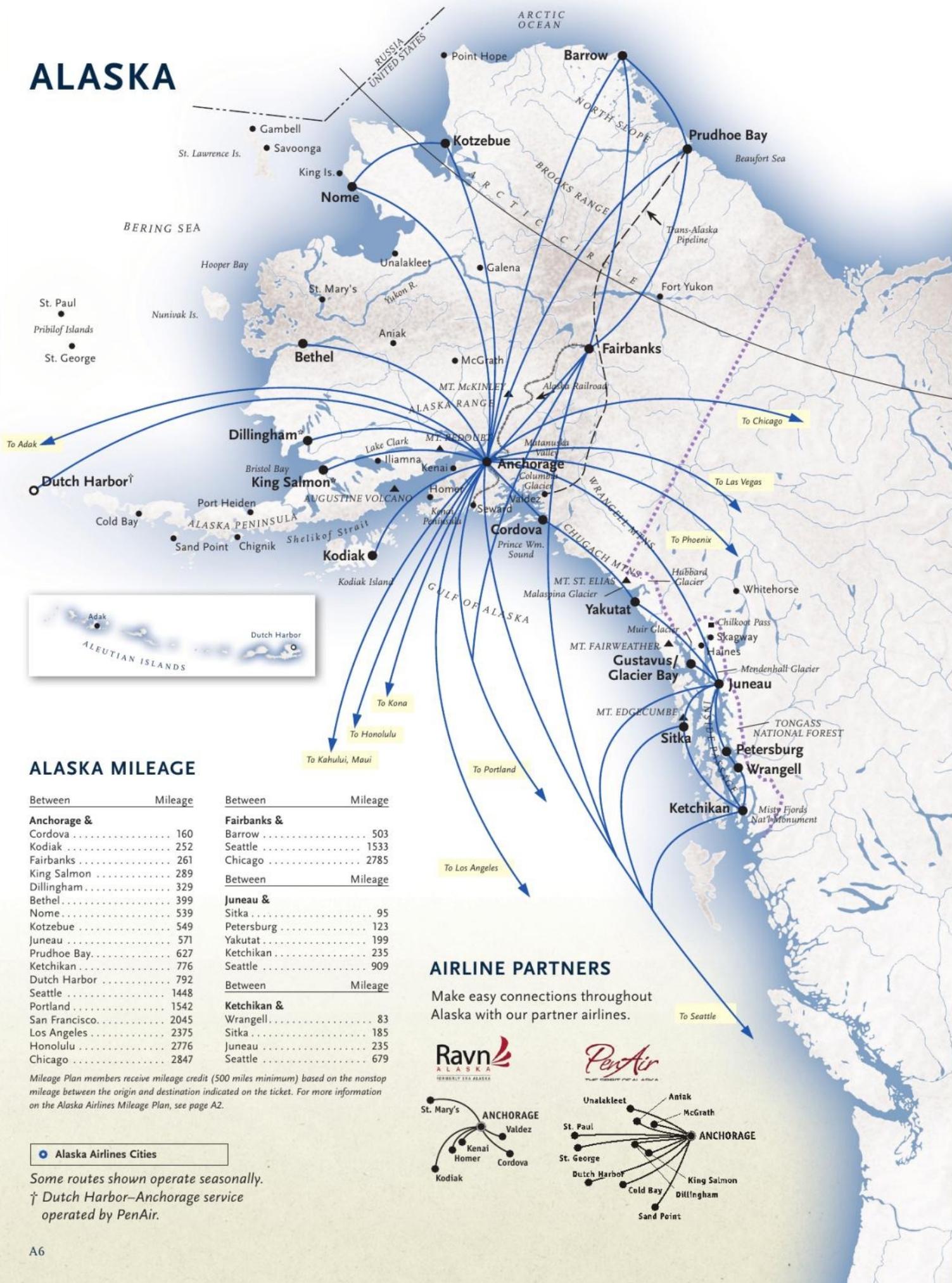
Between	Mileage
Seattle &	
Boston	2496
Denver	1024
Honolulu	2677
Los Angeles (LAX)	954
Fort Lauderdale	2697
New York City/Newark	2401
Phoenix	1106
San Diego	1050
San Francisco	678
Washington, D.C.	2306
Portland &	
Los Angeles (LAX)	834
Phoenix	1009
San Diego	933
San Francisco	550

Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket.

UPCOMING NEW SERVICE

Route	Service Begins
Seattle-Baltimore	September 2, 2014
Seattle-Detroit	September 4, 2014
Seattle-Albuquerque	September 18, 2014
Portland-Los Cabos	November 3, 2014
Portland-Puerto Vallarta	November 4, 2014
Seattle-Cancun	November 6, 2014

ALASKA



ALASKA MILEAGE

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

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

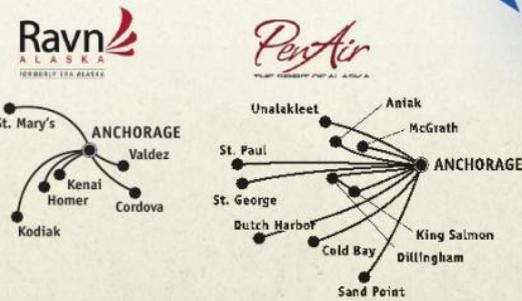
Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

● 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 with same address
- 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.)

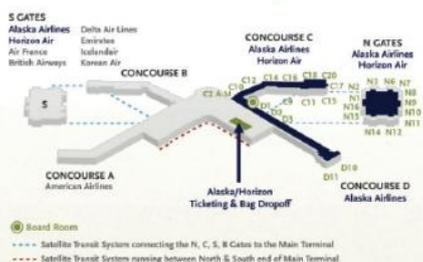
Datos de ayuda

- 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)



Reaching New Heights

A rookie climber finds she's up to the challenge | BY JESSICA J. HILL

A couple of years ago, I decided to celebrate my 26th birthday by getting out of my comfort zone. I booked an excursion to climb a mountain in Southeast Asia, where I was teaching English to high school students.

I ascended with shaking legs, but I knew I wanted to finish. I was going to finish. I had to finish—to prove to myself I could. Suddenly, I wasn't doing this so I'd have a good story to tell my family and friends back home. I was doing it for me.

And so I climbed. My body was weary, but my mind was determined. I made it to the top and let out a loud “Woo-hoo!” I felt like I could do anything.

Still, I thought climbing would be a one-time adventure, something to check off my bucket list. Then I returned to my hometown of Condon in north-central Oregon for a visit, and a friend invited me to climb with him at Smith Rock State Park near Bend. I'd hiked there, so I was familiar with its dramatic rock formations, and I knew it was one of our nation's top climbing locales. I was intrigued.

Smith Rock is known for having some great routes for beginners, but I was soon feeling challenged. The handholds were less defined than I expected, and my feet had to do a lot of the work. “Trust your shoes!” my friend shouted from the ground as he belayed me.

Once again, I was determined not to give up. It was just me and the wall. At the crux—climber speak for the most arduous portion of a climb—I dug the toes of my shoes into the rock, with my right knee bent near my chest, and leaned in with my hands, ready to grab what I hoped was a secure hold above. It took everything I had.

My friend seemed surprised I made it to the top, but I wasn't. The view was worth every drop of sweat, the feeling of accomplishment unrivaled as I gazed down at the Crooked River, carving its way through tuff and basalt, and then looked out at the juniper-dotted high desert plateau surrounding the rock and the river. My spirits were almost as high as the peaks in the Cascade Range I could see rising to the west.

Last year, I moved to Fort Collins, Colorado, to study for a master's degree at Colorado State. On a whim, some of my classmates created a group that met to practice on the university's climbing

wall, and I joined, thinking that perhaps I could find a cohort of adventurers with whom to enjoy my burgeoning passion for higher elevations. After several sessions at school, four of us drove about 25 miles through the winding Poudre Canyon, parked at a pullout, packed our climbing shoes and gear in our backpacks, and waded across the nearly hip-deep Cache la Poudre River, a body of water created from snowmelt in the Rockies but placid enough in early September to safely cross in the warmth of a sunny day.

On the other side of the 15-foot crossing, we wound along a creek and up a steep, rocky incline to the base of The Palace—a combination of granite, gneiss and schist rising from the hills along the river basin. My first climb in Colorado's outdoors was also to be my most difficult ascent yet, a step up from novice.

The Poudre Canyon rock felt rougher under my hands than the rocks in Southeast Asia and Oregon, and seemed easier to navigate than the wall at school. My shoes clung to the cliff face with a security I didn't believe was possible. My body felt strong and ready. With just a little training, I had increased my capability and my confidence.

I breezed to the top and looked out over the tips of the jagged edges surrounding me, heard the river roaring below, and my dog, 40 feet down, yelping and whining because he'd thought we were going for a hike, and I'd gone up without him.

I've come to realize over many additional ascents that it's a personal challenge every time I clip in. There are so many variations of rock to climb, from limestone to granite, each presenting new and different demands.

When I'm on the wall, I feel alone and single-minded, contemplating every move, checking in with myself; mind and body must work together. But once at the top, I know I didn't make it there alone. My team provided ongoing encouragement from below. My belayer was prepared to stop me if I fell.

The members of this climbing group are now my friends, my support, my inspiration. Climbing brings me closer to people and nature, and it allows me to see my own backyard with a traveler's pair of eyes: Each trip to the top is a new and exciting—and rewarding—journey.

Jessica J. Hill is a student of creative nonfiction at Colorado State.



**"It was easy to find my
dream vehicle online.
Only at DaveSmith.com"**

DAVE SMITH MOTORS ONLINE

**World's Largest Chrysler Dodge Jeep Ram Dealer
Shop Online 24 hours a day at DaveSmith.com**

Check out our inventory of more than **2,500** new and quality pre-owned vehicles from your computer, tablet or smartphone. **Why Buy Anywhere Else?**



The World's Largest Dodge Chrysler Jeep Ram Dealer - 10 years and counting and the Northwest's Largest GM Dealer for 19 consecutive years.



Warning: This ad may save you money



DaveSmith.com 1-800-635-8000

personal fulfillment.

Is what we offer. Understanding what motivates you and what your goals are. Why you've achieved what you've achieved. What you want next. Caring about what fulfills you, and stewarding your financial assets accordingly.

That is the Laird Norton way.

Call us at 800.426.5105 or go to: lairdnortonwm.com

Independent and privately owned since 1967.



lairdnorton

WEALTH MANAGEMENT

Laird Norton Wealth Management is proud to support parks and open spaces through



PIANOS *in the* PARKS

in partnership with



www.pianosintheparks.com