

Alaska Beyond

Magazine
January 2017

Horizon Edition

Joining Forces

Alaska Airlines and Virgin America
come together to create
something remarkable

WONDERFUL WINTER WALKS: Snowshoeing the West, p. 22.

SOUPER-DUPER: Savoring the dish of the season, p. 26.

SUPERLATIVE SUN VALLEY: Exceptional year-round recreation, p. 28.

PACIFIC PATHWAY: Scenic Monterey County route, p. 52.

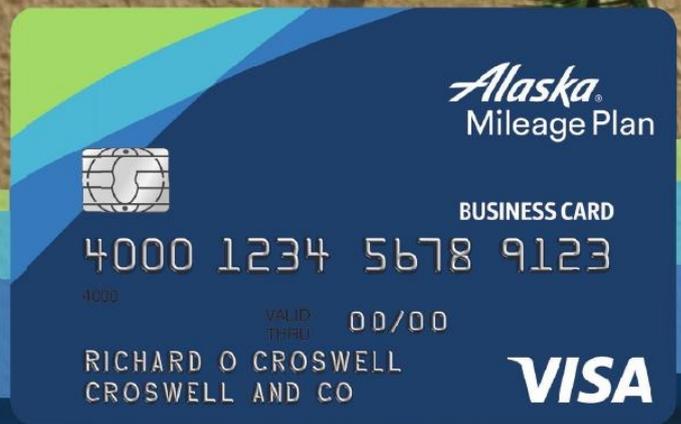
Nice

Whether it's for personal or business use,

Alaska Airlines Visa Signature® Card



Alaska Airlines Visa® Business Card



- Annual Companion Fare Offer
- Free Checked Bag
- 3X Miles on Alaska Purchases
- 30,000 Bonus Miles Offer

- Same benefits as listed for the Alaska Airlines Visa Signature® Card
- Control Employee Spending Limits
- Protection Against Unauthorized Purchases
- Reports on Employee & Company Spending



upside.

the reasons to apply are stacking up.

Alaska Mileage Plan

Ask an Alaska employee.

The benefits described to the left apply to Visa Signature® accounts only and different benefits apply to Platinum Plus® accounts. Card type is determined by creditworthiness.

The Visa Signature® card benefits described herein are subject to certain restrictions, limitations and exclusions. For more information about the rates, fees, other costs and benefits of the consumer credit card, visit mynewalaskacard.com and refer to disclosures accompanying application.

The Visa® Business card benefits described herein are subject to certain restrictions, limitations and exclusions. For more information about the rates, fees, costs and benefits of this credit card, visit bankofamerica.com/akbizcardmag and refer to disclosures accompanying application. This credit card program is issued and administered by Bank of America, 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 Bank of America Corporation. ©2017 Bank of America Corporation.



Taste.

Homegrown food and wine



Makers.

Lou and Susan Preston, owners
Preston Farm and Winery in Dry Creek Valley

Visit Healdsburg
THE TASTEMAKER OF SONOMA WINE COUNTRY

A town built by inspired craftspeople and visionaries. The perfect blend of agricultural heritage and trend-setting experiences. Join us in Healdsburg and dig into our roots, enjoy the fruits of our labor, and discover why we're the tastemaker of Sonoma wine country.

Plan your stay at healdsburg.com

Volume 28, No. 1

Publisher **Mimi K. Kirsch**

Editor-in-chief **Paul Frichtl**

Editor **Michele Dill**

Associate Editors **Jeff Bond, Ben Raker, Andrew Waite**

Assistant Editor **Lara Douglass**

Editorial Interns **Taylor Collins, Margo Vansynghel, Jessyca Yoppolo**

Contributors **David Armstrong, Stuart Glascock, Melissa Hart, Adriana Janovich, Buddy Levy, Nick O'Connell**

Art Director **Nancy O'Connell**

Production Director **Paul Frichtl**

Advertising Production Manager **Theresa Santucci**

Design & Production Specialist **Ellen Ordóñez**

CEO **Edward B. Kirsch**

Accounting Manager **Holly L. Genest**

Advertising Data Wrangler **Liz Borovik**

Office Coordinator **Brittany Martin**

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/New Mexico/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, 808-739-2201,
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 ©2017 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.



PLEASE REUSE
AND RECYCLE



SUN VALLEY RESORT

Winter biking in Sun Valley, pg. 28.

FEATURES

- 8 JOINING FORCES**
Alaska Airlines and Virgin America come together to create something remarkable.
- 22 WONDERFUL WINTER WALKS**
Snowshoeing the West.
- 26 SOUPER-DUPER**
Savoring the dish of the season.
- 28 SUPERLATIVE SUN VALLEY**
Year-round recreation in the renowned resort area.

BUSINESS TRAVEL

- 34 WHILE YOU'RE THERE**
Adding leisure to business travel.
- 45 TRAVEL TIPS FOR BUSINESS TRIPS**
Strategies for everything from packing to dining.
- 52 PACIFIC PATHWAY**
A scenic route showcases Monterey County attractions.

DEPARTMENTS

- 5 SPIRIT OF ALASKA**
A message from Chief Executive Officer Brad Tilden.
- 15 THE REGION**
 - Snow Show.
 - Cool Tunes.
 - Whitefish Winter Carnival.
 - News & Notes.
 - FisherPoets Gathering.
 - Tremendous Trucks.
 - Talked About.
 - Bringing in the Lunar New Year.
- 59 FLYER GUIDE**
Flight information, Mileage Plan frequent-flyer program, vacation packages, route maps and more.
- 70 CROSSWORD**
- 72 AIR TIME**
Learning to love Oregon ... with a raccoon costume.



Welcoming the Lunar New Year,
pg. 21.

Cover: Flight attendants Amelia McIntosh and Orlando (Orly) Tercero at a December event that celebrated Alaska Airlines' acquisition of Virgin America and included employees of both airlines. Photo by Ingrid Barrentine.

**Bacon on
a donut
seemed
like a weird
combo, too.**

More flights. More rewards. More to love.

Alaska. + virgin america
DifferentWorks.com





Brad Tilden,
Chief Executive
Officer

What's not changing

After nearly nine months of review and approvals, Virgin America and Alaska Air Group have now combined to form the nation's fifth-largest airline—an airline that will have a national footprint and an unmatched ability

to serve the needs of travelers living anywhere on the West Coast.

The new airline will have 1,200 daily flights, 19,000 employees, almost 300 airplanes, and it will fly between almost 300 city-pairs. It will have the largest seat share of any airline serving the West Coast. It will offer the most nonstop flights to the most destinations from the West Coast.

If I were a customer of Alaska or Virgin America, I would have a couple of questions. One, why did



Alaska and Virgin America teammates come together in Seattle.

you do this? And two, what's changing and what's not? Let's deal with these.

So why are Alaska and Virgin America combining? There is a lot of talk about sustainability these days. We believe that we actually run our business in a sustainable way, and we wanted to take this step to protect our independence and our ability to continue to do the things that we do for our various stakeholders. Our industry has consolidated substantially, and—as successful as we have been—we believe that we need to get bigger to reduce our vulnerability to airlines that are larger than us, and that have greater market power. Simply put, we believe in the value that Alaska brings to customers, to communities, to our people and to our owners, and this move will allow us to continue to do this well into the future.

As to the questions of what's changing and what's not changing, I hope you see a lot of positive changes. I hope you see a company with even greater energy, with even more aggressive growth plans, and a company that does an even better job of serving the needs of our customers. Virgin America has created an unbelievably successful franchise in nine short years, and there are many aspects of the experience they offer guests that provide good learning for all of us at Alaska.

I think the more important question is, what's not changing? And the answer to this is our values. In the future, you will see a company that continues to make safety our No. 1 priority. A company that fundamentally believes that we win with and through our people. You'll see us continue to invest in them, and empower them to do great things for our communities and customers. You'll see a company that relishes competition and that wants to go out each day and deliver exceptional performance—whether that is in getting your flight off on time, getting your bag to the carousel in 20 minutes, or getting the airplane into Juneau in bad weather because we've developed and implemented industry-leading low-weather technology. And finally, you'll see a company that wants to earn your trust and respect. A company that you look at and say, "You know, they're really remarkable. They are fundamentally a good airline." Of course, this is a high bar, and we won't always get over this bar every day, and on every flight. But this is what we'll be trying to do.

Thank you for flying with us today, and thank you for placing your trust in Alaska. Your support over the years has enabled us to take this new path ... a path that we hope and believe will make us even better in the years ahead.

Onward and upward!

A handwritten signature in blue ink that reads "Brad".

ACCOMMODATIONS

Snowcreek Resort
www.snowcreekresort.com

CASINOS

Graton Resort & Casino
www.gratonresortcasino.com

Muckleshoot Casino
www.muckleshootcasino.com

RESTAURANTS

Churchill's Steakhouse
www.churchillssteakhouse.com

TRANSPORTATION

Dave Smith Motors
www.davesmith.com

Lawless Harley Davidson of Renton
www.lawlessofrenton.com

BUSINESS SERVICES

T-Mobile
www.t-mobile.com

FINANCIAL SERVICES

Alaska Airlines Visa Business Card
www.bankofamerica.com/akbizcardmag

Alaska Airlines Visa Signature Card
www.mynewalaskavisa.com

BECU
www.becu.org

Propel Insurance
www.propelinsurance.com

HEALTH & BEAUTY

20|20 LifeStyles
www.2020lifestyles.com

Advanced Cosmetic & Laser Dentistry
www.aclld.com

**Swedish Radiosurgery Center—
Essential Tremor**
www.swedish.org/essentialtremor

MEETINGS

Boise Centre
www.boisecentre.com

Coast Hotels
www.coasthotels.com

Eugene Cascades & Coast Meetings
www.meetinggeniuses.com

**Marcus Whitman Hotel & Conference
Center**
www.marcuswhitmanhotel.com

Northern Quest Resort & Casino
www.northernquest.com

Pineapple Hospitality
www.staypineapple.com

Seattle Southside
www.seattlesouthside.com

Travel Juneau
www.traveljuneau.com

Visit Diablo Valley
www.diablovalleyca.com

Westmark Hotels
www.westmarkhotels.com

EDUCATION

**Foster School of Business—University
of Washington**
www.foster.washington.edu/emba

Oregon State University Ecampus
www.ecampus.oregonstate.edu/takeoff

University of Oregon EMBA
www.oemba.uoregon.edu

Washington State University
www.wsu.edu

REAL ESTATE

Cascade Sotheby's
www.cascadesothebysrealty.com

TRAVEL IDEAS

**Healdsburg Tourism Improvement
District**
www.healdsburg.com

MasterPark
www.masterparking.com

Visit Carmel-by-the-Sea
www.carmelcalifornia.com

THINGS TO SEE AND DO

**Crater Lake—Klamath Regional
Airport**
www.alaskaair.com

Treafort Music Fest
www.treafortmusicfest.com

WINE & WINERIES

Wine Road Northern Sonoma County
www.wineroad.com

CULINARY CORNER

Bear Republic Brewing Co.
www.bearrepublic.com

HOME & GARDEN

Sunlight Supply
www.sunlightsupply.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

*Terms and conditions apply.



Rich



Denise



www.acld.com - there is a difference!



JOINING FORCES

Alaska Airlines and Virgin America come together to create something remarkable

SOMETIMES IT'S BETTER TO EMBRACE the unusual, the unlikely, the unexpected. Think labradoodles, electric guitars, salted caramels and phones equipped with cameras. Brilliant combinations. Some might even add doughnuts sprinkled with bits of bacon to that list. Throughout history there have been countless tales of unexpected pairings coming together to accomplish something great.

On December 14, Alaska Airlines and Virgin America officially joined forces and are now the latest odd couple that, as Alaska Air Group CEO Brad Tilden said on that historic day, is on the verge of greatness.

While the two companies may seem very different on the surface, Tilden says there's more in common than you'd think, and together they'll keep challenging the status quo to make flying better for everyone.

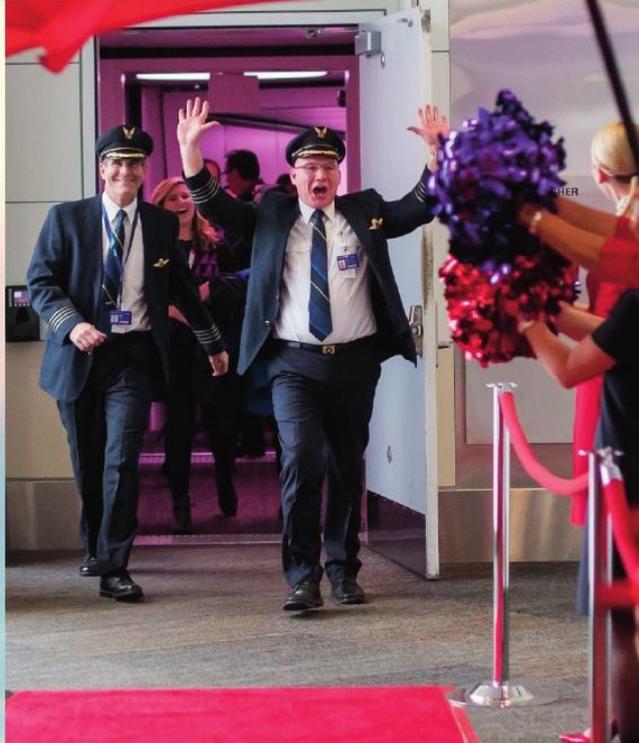
Airline consolidation over the past decade has led to the big four airlines controlling more than 80 percent of the market, making it harder for smaller, lower-fare airlines like Alaska and Virgin America to grow.

In coming together, the airlines become the fifth-largest in the nation, offering nearly 1,200 daily flights to more than 118 destinations spanning five countries. The combined company will be uniquely positioned as the "go to" airline for West Coast flyers, with five hubs from Anchorage to San Diego serving all the top destinations. The immediate breadth of options for customers as the airlines unite is significant and something neither Alaska nor Virgin America could've offered on their own without years, if not decades, of growth.

There was a lot to celebrate when the airlines' proposed merger was given final approval by the U.S. Department of Justice, and in true Alaska style, the airline was ready with something special.



In Seattle, San Francisco and around the route systems of Alaska Airlines and Virgin America, employees gathered to celebrate the closing of the deal that will merge the two companies. Above, a special 737-900ER paint livery promotes the combination.





In the overnight hours the day before the merger cleared its final hurdle, a special Boeing 737-900ER was flown up to Seattle-Tacoma International Airport under the cover of darkness from its hiding place in the California desert. It was quickly tucked into Alaska's hangar, ready for its big unveiling.

The next morning, Alaska planned a special flight to San Francisco where employees could meet their new colleagues and attend a town hall with the airline's leadership team. As employees arrived at the hangar, guests were delighted by the sight of a shimmering new paint scheme that celebrates the airlines' marriage. The nose features Virgin America's vibrant red, which gradually fades into Alaska's "midnight blue" toward the rear of the plane and the signature smiling face on the tail.

Some who arrived that morning had seen leaked photos of the plane online after a sudden November windstorm blew off the protective covering that had been shielding the paint job from public view, but nothing compared to seeing the plane in person. Photos couldn't do justice to the glittering of the mica paint used to create the sparkling look. As employees boarded the aircraft in Seattle, they saw an inscription next to the entry door that reads, "More flights. More

Virgin America customers now have access to a route network that offers five times more daily departures.

rewards. More to Love"—the theme of the merger.

For Alaska and Virgin America's loyal customer bases, that means more of everything: flight options, destinations, global connections and loyalty rewards.

MOVING FORWARD

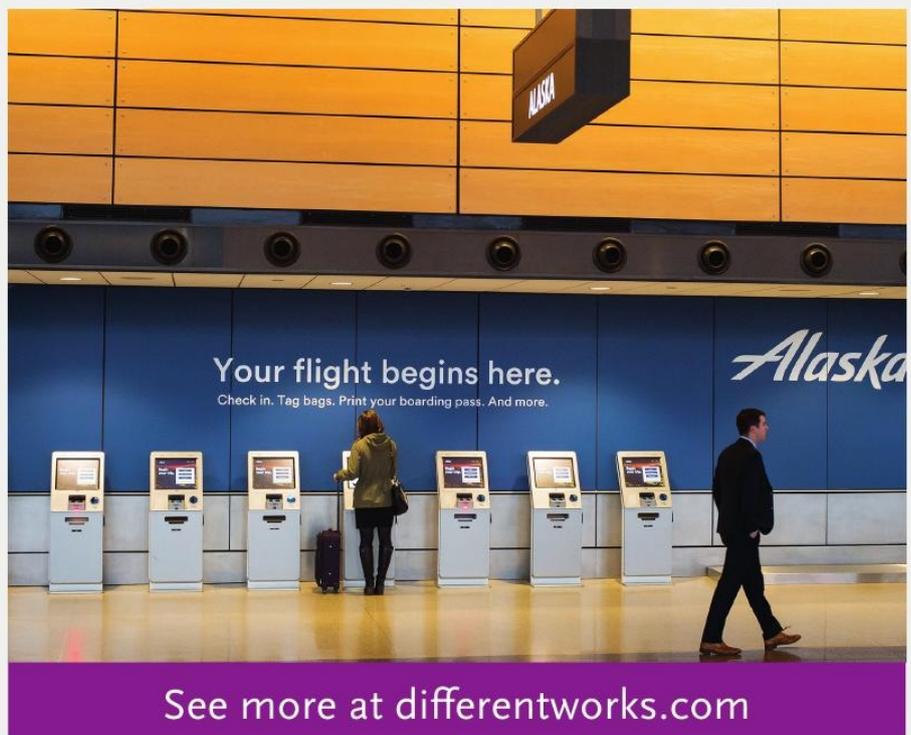
Alaska and Virgin America will spend the next year working to secure Federal Aviation Administration (FAA) certification to allow the two airlines to operate as a single carrier. It's a complicated process that will involve harmonizing more than 130 manuals and 300 separate processes. Everything from standardizing engine-start procedures to pet policies and how the airlines deal with checked bags will need to be addressed. Teams across the company have already begun the work needed to ensure the process goes smoothly. In early 2018, the airlines plan to receive their approval to operate under a single operating certificate, allowing the two distinct

MORE TO LOVE

If you are a West Coast flyer, you now have more options to get where you want to go, and it's never been easier to book low-cost flights to get you from, say, Seattle to Dallas, to New York City, and home again.

In addition, this month, Alaska introduces its new Premium Class, offering customers more room and added perks—see more on page 14. The airline is also adding three new routes out of San Francisco early this year, flying directly to Orange County, Minneapolis–St. Paul and Orlando.

And more enhancements are on the way. Whether you're a longtime loyal customer of Alaska Airlines or an ardent fan of Virgin America, there is already much to love about the combination of the West Coast's favorite airlines.



flying operations to merge.

While this work goes on, each airline will continue to operate independently. Customers will still fly on aircraft painted with the Alaska and Virgin America liveries, and continue to see the same familiar faces at airports and onboard.

BLENDING CULTURES

As the airlines come together, one of the biggest challenges will be blending the distinct cultures.

“Culture has been a real challenge in many mergers, so we’re working to do things differently,” said Ben Minicucci, Alaska President and COO, who also became the CEO of Virgin America when the merger closed. “We are being very thoughtful about culture and are working to create an environment that reflects who we are and where we’ve been, that also enables us to work together, be bold and succeed in a rapidly evolving industry.”

Separately, the two companies are strong. They each consistently win awards for customer service and performance, and are known for their low fares, innovative

AT A GLANCE



ANNUAL REVENUE	\$5.8 BILLION	\$7.4 BILLION	\$1.6 BILLION
ANNUAL PASSENGERS	32 MILLION	40 MILLION	8 MILLION
DESTINATIONS	116	118*	24
DAILY DEPARTURES	990	1,187	197
FLEET	223	286	63
EMPLOYEES	15,600	18,800	3,200

*Some overlap exists between the two airlines

approaches and caring employees. For the past couple of years, Alaska and Virgin America have been ranked No. 1 and No. 2 in *The Wall Street Journal's* annual airline scorecard.

One of the biggest reasons for success at both Alaska and Virgin America is their ability to hire well—energetic people with an enthusiasm for doing right by

GREATER REWARDS



Alaska's Mileage Plan members and Virgin America's Elevate members now earn rewards on each other's networks:

- Mileage Plan members are now able to earn miles when flying on Virgin America.
- Beginning January 9, Virgin America members will be invited to activate an account in Alaska's award-winning Mileage Plan. Elevate elite flyers will be status-matched into Mileage Plan.

MORE FLIGHTS



The most one-and-done travel from the West Coast:

- 1,187 daily departures
 - Alaska Airlines: 990 daily
 - Virgin America: 197 daily

The combination also opens up East Coast business markets by increasing Alaska Air Group's access to high-demand airports such as Ronald Reagan Washington National Airport and the three primary New York City-area airports.

GLOBAL TRAVEL



NO PASORN KOWATHANAKUL / GETTY IMAGES

Earn and redeem miles on flights to more than 900 destinations worldwide with Alaska and Alaska Global Partners, with more frequent international-partner connections out of the Bay Area, Los Angeles and Seattle.

- Alaska Global Partners account for 44 percent of all international long-haul seats flown to and from the U.S.—that's more than any other of the big three global-airlines alliances.



BUILT FOR ROAD WARRIORS.

OREGON EXECUTIVE MBA IN PORTLAND

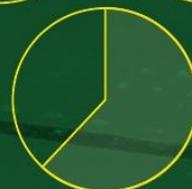
DESIGNED FOR EXPERIENCED PROFESSIONALS.

- Fly in to class just twice a month.
- Convenient downtown Portland location.
- World-class faculty and executive coaching.

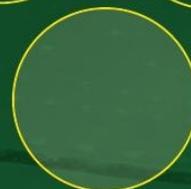
Travel scholarships available.

SUBMIT YOUR RESUME FOR A CONFIDENTIAL EVALUATION:

oemba.uoregon.edu



HAVE FAMILIES WITH CHILDREN



ARE LEADING FULL TIME

UNIVERSITY OF OREGON

Lundquist College of Business—Portland

EO/AA/ADA INSTITUTION COMMITTED TO CULTURAL DIVERSITY





customers, co-workers and their communities.

Ultimately, it's these kinds of people who will determine the success of the company going forward, says Sandy Stelling, Alaska's lead for process engineering in the integration.

"This is an integration process in which we want to create something better, something different, something special," she says. "We're doing that together."

As the Alaska and Virgin America leadership teams got to know each other last summer, they began to see the similarities in the airlines' cultures. The employees at both deeply care about looking after their customers, or guests, as Virgin America calls them. And the leadership team quickly fell in love with Virgin's purpose statement—creating an airline people love—and have adopted it as the merged airline's purpose.

The airlines have hosted focus groups, conducted surveys and even created an online forum called the "Values Jam" to learn more about how the cultures differ.

Alaska is focusing on building a new culture, taking the best of the "Alaska Spirit" and "Be Virgin" cultures and embracing the shared purpose, values, strategy and leadership principles of each, says Stacie Baker, Director of Airport Training and Leadership.

The combined airline's values include things they're already known for: safety, warm service, integrity and performance. A fifth value, "be remarkable," is a nod to both Alaska's commitment to service and Virgin America's intent to create amazing experiences.

With its mission set, Alaska has already begun planning how to ensure that all of its nearly 19,000 employees are aligned. A new program called "Momentum" will bring Virgin America employees together with Alaska employees to learn about the shared core values that will define the company.

"Our employees are the proof of what we suspected: that together we're stronger than apart. Think about all those famous odd couples whose differences made them stronger—and allowed them to change the world," says Alaska CEO Brad Tilden. ■

For more information about the merging of Alaska Airlines and Virgin America, go to the web at differentworks.com or visit blog.alaskaair.com.

Travelers are now able to book flights on Virgin America at alaskaair.com.

MORE PLANES



Alaska Air Group now operates a fuel-efficient fleet of 286 aircraft—the youngest of the top five U.S. airlines.

- Alaska: An all-Boeing fleet of 154 737s in various configurations, with more new Boeing aircraft on order.
- Virgin America: One of the youngest fleets in the country with 63 Airbus A320s.
- Horizon Air: 52 Bombardier Q400 turbo-prop aircraft. The airline is building a fleet of Embraer E175 regional jets.

MORE CALIFORNIA



The combined airlines will expand service in thriving tech markets in the Bay Area, Los Angeles and Seattle.

Together the airlines offer 289 daily flights to 52 destinations from California, including:

- 113 daily nonstop flights to 32 destinations from three Bay Area airports.
- 105 daily nonstop flights to 37 destinations from four LA-area airports.

That's nearly three times what Virgin America has alone.

MORE DESTINATIONS



As the go-to airlines for anyone living on the West Coast, Alaska and Virgin America offer the most flights to the most destinations:

- 118 destinations across the United States, Canada, Mexico, Costa Rica and Cuba.

With minimal duplication of destination cities, Virgin America customers now have access to a route network that offers five times more daily departures.

Fight Aging NOW



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.

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.



proclub.com

425.861.6290

4455 148th Avenue NE, Bellevue, WA



MAMMOTH LAKES, CA

Snow show

Watch snowboarding and freeskiing Olympic hopefuls in action

Top athletes will compete in the **U.S. Snowboarding and Freeskiing Grand Prix** at Mammoth Mountain Ski Area, Feb. 1-4. They will be vying for medals and for the opportunity to represent the United States in several snowboarding and freeskiing events at the **2018 Olympic Winter Games in South Korea**.

Snowboarding and freeskiing first appeared in the Olympic Games as competitive sports relatively recently—snowboarding in 1998, and freeskiing in 2014. Both sports include slopestyle competition and halfpipe competition. In slopestyle competition, athletes zoom down a course that has obstacles such as rails, jumps and other terrain-park features. In halfpipe competition, they perform aerial tricks, receiving points for amplitude, originality and quality. The Grand Prix at Mammoth Mountain is the first of five snowboarding and freeskiing qualifying events for the Olympics. The additional four events will be announced in coming months.



Above: Brandon Davis soared during the slopestyle snowboarding finals at the 2016 U.S. Snowboarding Grand Prix, and is expected to also compete at this year's event. Left: Snowboarders Chase Josey, Kelly Clark, Chloe Kim, Gabe Ferguson and Maddie Mastro show their awards from the 2016 Grand Prix halfpipe finals.

During the Grand Prix, spectators can cheer for snowboarders such as three-time Olympic medalist Kelly Clark, who is from Newport, RI, and Mammoth Lakes' Brandon Davis, who topped the Grand Prix snowboarding podium last year. Also participating will be champion freeskiier Maddie Bowman, from South Lake Tahoe, CA, who has seven X Games medals as well as an Olympic gold medal.

Attendees might also spot these athletes at the vendor village Feb. 3-4, and at the official after party, Feb. 4. Contact: 435-649-9090; ussnowboarding.com.

—Margo Vansyngel

PHOTOS: ABOVE: U.S. SNOWBOARDING; BELOW: SARAH BRUNSON / U.S. SNOWBOARDING

BE CU OWN IT.

Melody D.
Member-owner

We keep our owners happy.
That means you. As a not-for-profit credit union, we believe having your back is more important than making a buck.

Join today at becu.org.

Member-owned since 1935.

Two new locations
now open in Spokane.

Federally insured by NCUA

*more than
just money®*

BE CU



LEAVENWORTH, WA

Cool tunes

The charming Bavarian-style town of Leavenworth in Central Washington is hosting one of this year's coolest music festivals. **Timbrrr! Winter Music Festival**, Jan. 27-28, showcases the "best of the Northwest" in a wintry setting amid the North Cascades Range, which the city of Leavenworth calls "The Alps of Washington."

Most of the festival concerts take place in the Leavenworth Festhalle, a downtown German-style *bierhalle*, where music fans can enjoy hot toddies and other warm beverages while listening to headliners such as Portland pop-punk band **The Thermals** (shown above).



Other highlights include Seattle soul band the Delvon Lamarr Organ Trio,

and 21-year-old Virginia native Lucy Dacus, who is on her way to stardom since trendsetting New York City label Matador released her album *No Burden* last February. Northwest bands such as Honcho Poncho, Ings, and Lenore also will perform, with additional venues including the Icicle Brew-

ing Company, and the München Haus Bavarian Grill and Beer Garden.

Jan. 28 will mark the second edition of the festival's Leisure Games, where teams of four are invited to play lawn games such as tether toss—in which participants throw two tethered balls at a target for points—in a winter setting. New this year are winter lawn bowling and shuffleboard, as well as an obstacle course created by Seattle-based outerwear company KAVU.

In addition to enjoying the concerts and activities, visitors can obtain discounted ski and snowboard packages for Stevens Pass during the festival. Contact: timbermusicfest.com.

—Margo Vansyngel



JAMIE PHEAM / ALAMY

▼ Broadway actor and musician David Lutken will bring his award-winning performance as famous folksinger Woody Guthrie to **Seattle Repertory Theatre** Jan. 6-29 in the play **Woody Sez: The Life and Music of**



LIBRARY OF CONGRESS

Woody Guthrie. The production blends iconic songs such as *This Land Is Your Land*, with anecdotes about Guthrie's life (seattlerep.org).

Grammy-nominated country singer Cam will perform a music set and give an "Ideas Worth Spreading" talk at **TEDx-University of Nevada in Reno**, Jan. 21. Additional Western U.S. TEDx locations, with varying

speakers, include Helena, MT, Jan. 28, and Salinas, CA, Feb. 26 (ted.com).

Missoula's Montana Repertory Theatre is celebrating its 50th anniversary with a production of Neil Simon's **Barefoot in the Park**, Jan. 21-Feb. 4 (montanarep.org).

▼ Golf professionals are competing at the **Farmers Insurance Open**, Jan. 26-29 at Torrey



SHUTTERSTOCK.COM

Pines Golf Course in **San Diego**. Alaska Airlines is a sponsor of the PGA Tour event (farmersinsuranceopen.com).

WHITEFISH, MT

Whitefish Winter Carnival

Unique events such as the **World Invitational Ski Joring Championships**, in which horse-pulled skiers complete jumps, are featured during **Whitefish Winter Carnival**, with festivities on weekends Jan. 7-Feb 5.

Additional events include a pie social with an elaborate sampling of slices, a disco party with costume awards (this year's theme is Dr. Seuss), and the Penguin Plunge, in which an ice hole is cut in a shallow area of Whitefish Lake and participants



take a brisk dip to raise funds for Special Olympics.

The festivities will culminate with Carnival Weekend, Feb. 3-5, when a **Grand Parade**, Feb. 4, will showcase floats and costumes, including participants dressed as yetis and "Viking divas." The awards that will be given to parade participants are indicative of the whimsical sights visitors will see, with fun categories including best group horse entry and best themed antique, classic and street rod cars. Contact: 406-862-0123; whitefishwintercarnival.com. —Lara Douglass

SUE STRAUSSER, COURTESY OF BIG VALLEY RADIO

YOUR DREAM DELAY

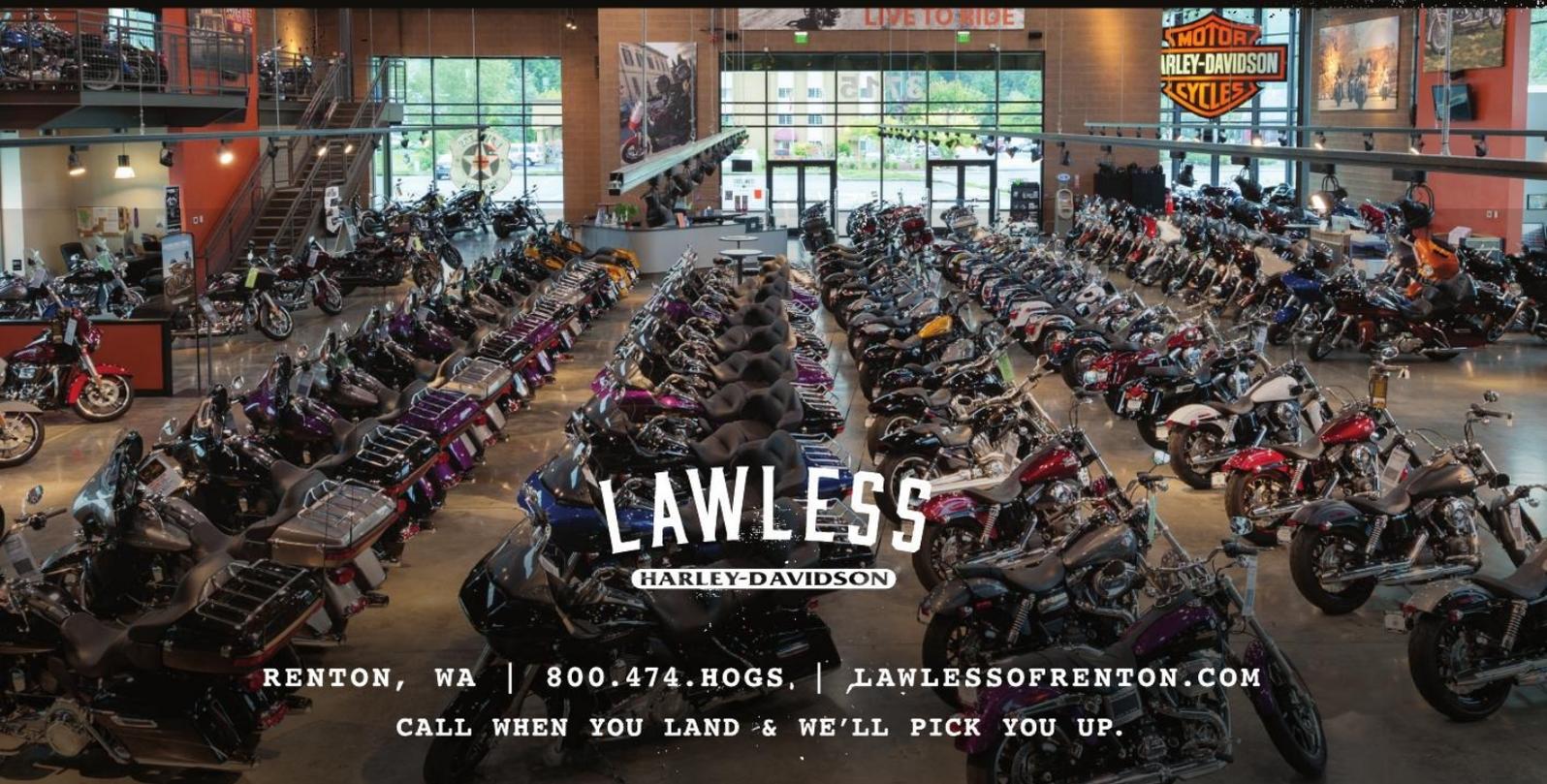
10 MINUTES FROM SEA-TAC • FREE SHUTTLE RIDES • SHIP IT HOME FOR \$299



SHOP THE NORTHWEST'S LARGEST PRE-OWNED SELECTION.

NO FEES. NO HASSLE. NO BULL.

SELL US YOUR HARLEY ONLINE FOR CASH TODAY • FREE PICK UP ANYWHERE IN THE USA

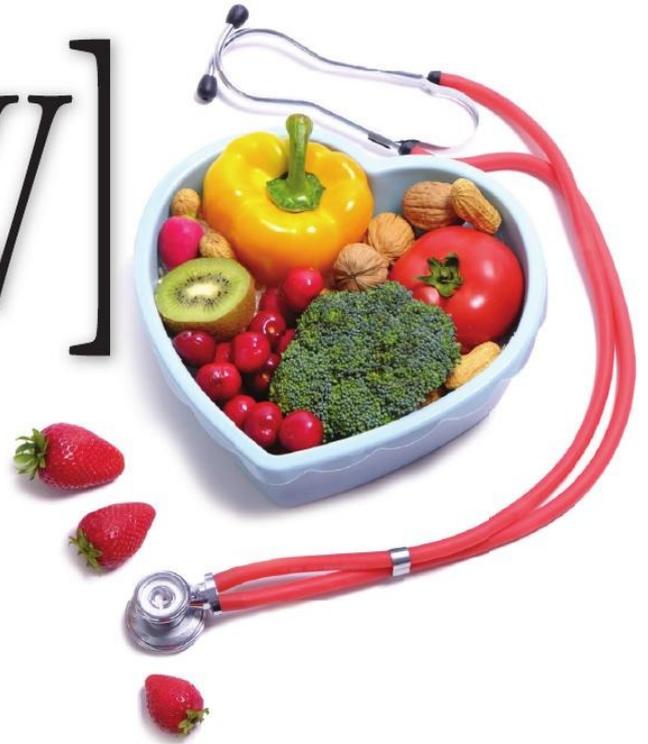


LAWLESS
HARLEY-DAVIDSON

RENTON, WA | 800.474.HOGS | LAWLESSOFRENTON.COM

CALL WHEN YOU LAND & WE'LL PICK YOU UP.

[I GROW]



for the health of it

Kick-off the New Year by investing in yourself... and maybe, an indoor garden. You can grow just about anything indoors. Growing simple plants on your kitchen countertop is great for having veggies and herbs on hand – but, did you know you can also grow a natural pharmacy? For example, try growing parsley. This amazing, easy-to-care-for plant contains a special property that is a natural immune booster.

Nibbling on a handful of parsley once a day can also take care of bad breath...which will come in handy if you're a garlic lover. If you want to add some color to your indoor garden then yellow is the preferred color to grow, as it's much higher in certain vitamins than green bell peppers. The yellow variety is also full of fiber, protein, iron and marries nicely with other foods due to its distinctive sweet crunch. Another good plant to have in your line-up is sage. Sage is an excellent remedy for relieving a sore throat. Simply boil a generous cup of chopped sage, let it steep for a few minutes, strain and gargle with the stock once it has cooled down. There is an extensive list of easy-to-grow plants that are not only great to cook and eat, but also have hidden healing properties. Give it a try and discover a wealth of health-related plants you can grow year round. When it comes to growing indoors there are lots of options available.



*Did you know:
The balm mint plant
is easy-to-grow and defends
against cold sores.*

Sunlight Supply is the preeminent manufacturer and distributor of year round gardening supplies worldwide. With more than 5,500 products and 1,500 authorized retailers nationally, Sunlight Supply products are always within reach.

Indoor gardening is for everyone. There are loads of benefits that indoor gardening has to offer and there's a set-up that fits every level of experience, spatial consideration and all levels of time commitment. Start your New Year with the benefits that indoor gardening has to offer. Go online, find your local retailer and get healthy!



Sunlight Supply, Inc.

Dedicated to offering the best year round gardening products available.

www.sunlightsupply.com

INNOVATING
**SINCE
1995**



AROUND THE ROUTE SYSTEM

Bringing in the Lunar New Year

The Lunar New Year, which on Jan. 28 will mark the beginning of the Year of the Rooster in many Asian cultures, will be commemorated with numerous festivals around the West in January and February. Below are just a few of the options.

Seattle Center kicks off Lunar New Year celebrations with the Vietnamese **Tet Festival** on Jan. 21. There will be live music, food demonstrations and a fashion show featuring Vietnamese-inspired apparel designs by **Luly Yang**, who is designing Alaska Airlines' stylish new uniforms. Alaska Airlines is a sponsor of Seattle Center (seattlecenter.com).

In the **Los Angeles** area, seven blocks in Monterey Park will be reserved for a Chinese Lunar New Year festival, Jan. 21-22. There will be a dragon dance to begin the festivities, performances, carnival rides and 50 gourmet Asian food vendors (lunarnewyears.com).

In **Portland**, Lan Su Chinese Garden will host Chinese New Year events Jan. 28-Feb. 12, starting with Rolling in the Wealth—with oranges and gold coins rolled through Lan Su's front gate—and a traditional lion dance, which mimics lion movements and features intricate costumes. In addition, several February evenings will feature Lantern Viewing, with large illuminated floating lantern sculptures that reflect off Lake Zither, the garden's central water feature—as well as a dragon procession that moves throughout the garden. And on weekends, visitors



In Portland, the Lan Su Chinese Garden has a traditional wishing tree (top) and local-school performances (above).

can enjoy local-school performances, card crafting, and a wishing tree, where participants can hang red ribbons and coins for good fortune (lansugarden.org).

In **Victoria, BC**, celebrate Canada's 150-year anniversary in conjunction with Year of the Rooster banquets and dances, Jan. 28 in Chinatown, which is one of Canada's oldest Chinatowns (tourismvictoria.com).

Reno is celebrating the Lunar New Year on Feb. 17-18 in the downtown Reno Ballroom. On the itinerary are kung fu demonstrations and an extensive buffet of Asian foods (chinesenevada.org).

In **Santa Rosa, CA**, cultural performances such as live music, and dragon and lion dances will take place Feb. 18 at the Santa Rosa Veterans Memorial Building (recacenter.org). —*Jessyca Yoppolo*



Mount Baker.

Wonderful Winter Walks

Snowshoeing in the West

By Nick O'Connell

It's a magical experience to walk through woods filled with snow. The quiet beauty of the landscapes, the occasional animals scurrying about, icy creeks and trees wearing gleaming white garments are all part of the wonders of winter. Snowshoeing allows you to experience this elemental beauty easily and economically. Here are five of the best snowshoe hikes in the West.

WASHINGTON

Artist Point, Mount Baker—This spectacular route climbs a ridge toward a high point where you can see the rugged expanse of the Cascade Range, including the snow-clad mountains of Shuksan and Baker. The popular, easy-to-follow trail leaves from right outside the Mount Baker Ski Area. (Trailhead elevation: 4,200 feet; 1,000 feet of eleva-



AGE PHOTO STOCK / ALAMY

Crater Lake National Park.



MATT LEIDCKER / IDAHO STOCK IMAGES

Sawtooth National Recreation Area.



YELLOWSTONE NATIONAL PARK

Yellowstone National Park.

tion gain; roundtrip: 4 miles; Northwestern Washington; rentals are available at Glacier Ski Shop, 9966 Mount Baker Highway, Glacier, WA; wta.org/go-hiking/hikes/artist-point-snowshoe.)

OREGON

Discovery Point, Crater Lake National Park—Admire the sparkling blue jewel of Crater Lake on this easy snowshoe excursion. Start at Rim Village and walk out along snow-covered West Rim Drive. Drink in the winter solitude before reaching Discovery Point, which offers stunning views of Wizard Island and the dazzlingly blue lake below. (Trailhead elevation: 7,100 feet; 100 feet of elevation gain; roundtrip: 2.4 miles; Southern Oregon; rentals are available at the Rim Village Gift Shop; nps.gov/crla.)

IDAHO

Cowboy Cabin, Sawtooth National Recreation Area—The pristine lands of this beautiful area form the backdrop of an extensive 27-km trail network that fans out from Galena Lodge, located about 25 miles northwest of Sun Valley. The Cowboy Cabin trail provides an excellent introduction to the area. It is a relatively flat trail that parallels a creek, passes evergreen trees and enters open areas with impressive views of the surrounding high country. (Trailhead elevation: 7,284 feet; elevation gain is negligible; roundtrip: 1 mile; South-Central Idaho; rentals are available at Galena Lodge; galenalodge.com.)

MONTANA

Riverside Trail, Yellowstone National Park—Take in the expanse of the Gallatin Range as well as local wildlife along a forested path into Yellowstone National Park. Keep a lookout for elk, bison, moose, bald eagles and waterfowl. After a mile, take the upriver loop, which winds through a lodgepole pine forest above the Madison River and then drops down toward the river. The path runs parallel with the water before a short climb back to meet the access trail, which

DOING BUSINESS IN KLAMATH FALLS JUST GOT EASIER.

...now daily flights to and from Portland

With an Oregon Tech workforce at your fingertips, 300 days of sunshine and Crater Lake in your backyard, Klamath Falls is a great place to expand your enterprise.

Tech Hills Business Park @ Oregon Tech has build-ready industrial property available - sites from one to 100 acres. Expand your business, avoid the daily gridlock, and do business in Klamath. **It's just better here.**



Learn more about the unique business expansion opportunities at chooseklamath.com/techhills.



You can get here from there®



This ad funded in part by a Klamath County Tourism Grant

returns you to West Yellowstone. (Trailhead elevation: 6,667 feet; elevation gain is negligible; roundtrip: 5 miles; Southwestern Montana; rentals are available at Freeheel & Wheel in West Yellowstone; destination-yellowstone.com.)



MAMMOTH LAKES TOURISM

Mammoth Mountain area.

CALIFORNIA

Minaret Vista, Mammoth Mountain area—

Enjoy a commanding view of the Minarets and Ritter Range on this moderate snowshoe adventure near Mammoth Mountain Ski Area. The trail leaves the Mammoth Mountain Main Lodge area and traverses a forest of mountain hemlock before arriving at Minaret Vista. Marvel at the broad sweep of Ansel Adams Wilderness and the steep rock towers of the Minarets. (Trailhead elevation: 9,000 feet; 265 feet of elevation gain; 3 miles roundtrip; California's Eastern Sierra; rentals are available at Tamarack Lodge and various locations in Mammoth Lakes; visitmammoth.com/snowshoeing.) ■

Nick O'Connell writes from Seattle and is an avid outdoor adventurer.

Editor's note: Always check weather conditions, and the safety of a trail, and that you have the proper gear before snowshoeing.



GREAT HOME ON BEND'S WESTSIDE

4 BD | 3.5 BA | 3,230 SF | .22 Acres | MLS 201609256 | \$730,000

Live in the trees, overlooking a 10 acre park. Great room with master & junior suite/den on the main. 3-car garage. Beautiful finishes.

Sandy Kohlmoos | Broker/GRI/CRS | sandy.kohlmoos@sothebysrealty.com



112 ACRES WITH RIVER FRONTAGE | BEND, OR

www.17440CanoeCamp.com | \$2,950,000

More than 3/4 mile of Deschutes River frontage near Sunriver/Crosswater. Mountain views. Includes 2,640 SF ranch-style home. Potential building sites.

Deb Tebbs | CEO/Owner/Broker | debtebbsgroup@cascadesir.com



SIX BIT RANCH | BEND, OR

3 BD | 3.5 BA | 38 Acres | 4,036 SF | \$1,990,000

Stunning contemporary home with Cascade Mountain views. 36 acres of water rights, pond, water feature, barn, fenced. www.SixBitRanch-BendOregon.com

Brook Havens | Principal Broker | brook.havens@sothebysrealty.com



STONEBROOK RANCH | POWELL BUTTE, OR

5,066 SF | 79 Acres | 60+/- Acres of Water Rights | \$1,495,000

Custom home is 4 bd, 3.5 ba, open floorplan. 8 stall barn & shop. Private setting with Cascade Mountain views. www.StoneyBrookRanch-PowellButteOregon.com

Pam Mayo-Philips | Principal Broker | pam.mayo-phillips@sothebysrealty.com



SHEVLIN LANDING | NW BEND, OR

www.ShevlinLanding.com | From the \$600s

A stone's throw from Shevlin Park, seek to explore one of Bend's newest communities featuring luxurious finishes, expansive floorplans and gorgeous mountain views.

Shelly Swanson | Broker | shelly.swanson@sothebysrealty.com



STUNNING RIVERFRONT HOME | WEST LINN, OR

4 BD | 3 FULL 2 HALF BA | .8 Acres | MLS 16401156 | \$1,845,000

Enjoy waterfront living in this 6,692 SF home w/private deeded beach. Master on main, den, media room & office. In-law suite w/full kitchen. Heated pool.

Laura Piccard | Broker | laura.piccard@cascadesir.com



Sandy Kohlmoos
Broker/GRI/CRS
541.408.4309



Deb Tebbs
CEO/Owner/Broker
541.323.4823



Brook Havens
Principal Broker
541.923.1376



Pam Mayo-Philips
Principal Broker
541.923.1376



Shelly Swanson
Broker
541.408.0086

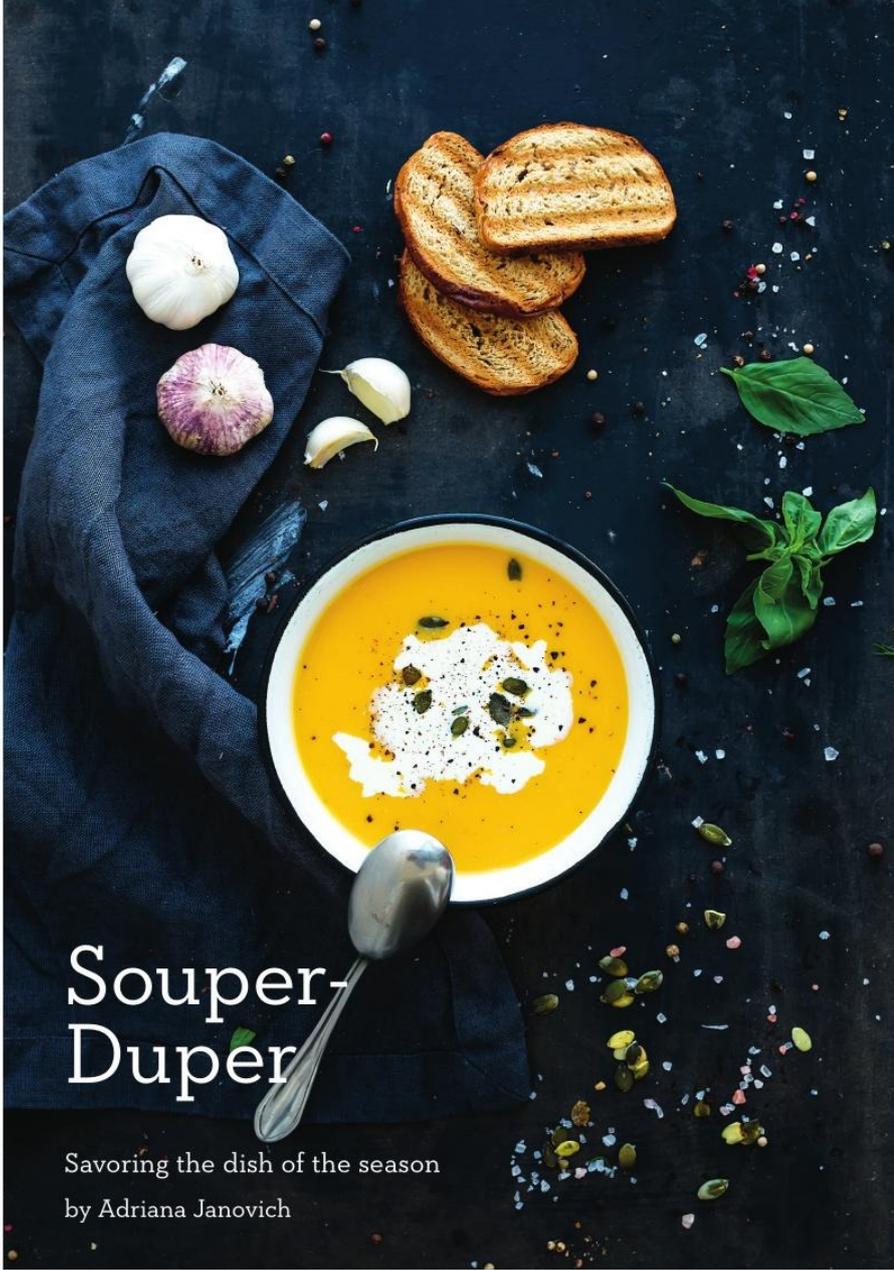


Laura Piccard
Broker
503.200.9853

Bend. Sisters. Sunriver
541.383.7600

Portland. Lake Oswego. Vancouver
503.420.8650

Cannon Beach. Gearhart. Manzanita
503.436.9000



Souper-Duper

Savoring the dish of the season
by Adriana Janovich

SHUTTERSTOCK.COM

Ilive on good soup, not fine language,” wrote Molière in his 1672 play *The Learned Ladies*. The quote from the famous French playwright speaks to how popular soup has been through the ages. A plethora of songs and jokes have even been written on the subject, from the song in Lewis Carroll’s *Alice’s Adventures in Wonderland*, with the lyrics, “Who for such dainties would not stoop? Soup of the evening, beautiful soup!” to the modern joke, “How does Reese eat her soup?” “Witherspoon!”

Every region seems to boast its own special soup: French onion, Italian wedding, Japanese miso, Eastern European borscht, and mulligatawny—from India by way of Britain—to name a few.

It’s been a staple for thousands of years. A steaming bowl of soup is quite possibly the ultimate—and maybe

even the oldest—comfort food. Food historians tend to agree that as long as there has been cooking, there has been soup—that is, some kind of meat and vegetables cooked in water.

Pinning an exact date on the world’s first bowl of soup might prove impossible, but nonleaking heatable containers date back some 20,000 years, according to *Science* magazine. Scorch marks on ancient Chinese pottery indicate it was used for cooking, maybe making it the world’s oldest recorded cookware, the magazine notes. It seems that humans have been enjoying soup since ancient times.

When there’s a chill in the air and darkness lingers, it’s soup season. “There’s something about hot soup on a cold day,” says Tony Brown, chef and owner of Stella’s Cafe, a popular soup-and-sandwich shop in Spokane, Washington.

“It’s warm. It’s filling. It’s very comforting. And it’s a meal in itself.”

There are so many kinds of soup. Beer-cheese. Bouillabaisse. Tortilla. Tortellini. Goulash. Gumbo. Corn or New England or Manhattan clam chowders. Hot and sour. Minestrone. Some sources even suggest hippopotamus soup was once made in Africa, and a real-life version of the mythical stone soup can be found in Croatia, flavored by and presented with stones from the Mediterranean Sea.

“You work with what you’ve got,” Brown says. “I usually keep it pretty simple.”

Generally speaking, soup is one of the simplest and most affordable meals to prepare in your kitchen, and it is easily made gluten-free, vegetarian and vegan, Brown says.

“Soup’s so easy—a bowl of soup and a slice of bread, and you’re set to go,” says Peggy Iba, manager of Western Trails Food, which specializes in hull-less barley and beans, and dry soup mixes in Glendive, Montana. A couple of her favorites are the Cowboy Six-Bean Soup with red kidney, pink, great northern, black, navy and pinto beans, and the Pale Rider Chili Mix with great northern beans, powdered chicken broth and chili peppers. “You can add sausage,” she says of the chili mix. “Last night, I added hamburger.”

What makes a good soup? “If you have a really good stock, that’s half the battle,” Brown says, noting that the beef cuts “that have a lot of gelatin in them” make for savory, rich bases.

Those are the cuts that go into ramen (from Japan via China) and Vietnamese pho, which are surging in popularity.

Brown says he's noticed that soup in general has gotten more and more popular. "I go through gallons and gallons of soup at Stella's," he says, noting that where the cafe used to sell about 2 gallons per day, now they dish out 5-7 gallons per day.

One trend seems to be rich, soothing bone broth. Dieters drink it to feel sated. Athletes use it to recover from workouts. It's sort of an homage to the origin of restaurants, which actually comes from soup. In 18th century Paris, proprietors sold soup to restaurateur, or restore, people's health, according to multiple sources. The word *restaurant* is derived from the word *restaurer*, and became associated with businesses where customers could buy—and sit down to eat—prepared food. Today, most restaurants have at least one soup du jour on the menu. And they should.

As the late chef Julia Child wrote in the book *Mastering French Cooking*, "... a good homemade soup in these days of the can opener is almost a unique and always a satisfying experience."

Might want to stock up. ■

Adriana Janovich writes from Spokane, Washington.

Smoked Pumpkin and White Bean Soup

This is a soup du jour by Nathan Sanford, sous chef at Casper Fry, a popular Southern restaurant in Spokane's South Perry neighborhood. Roasting the pumpkin on a grill lends a smoky flavor. Makes 8 servings.

Ingredients:

- 1 small pumpkin (save seeds)
- 4 tablespoons olive oil, and a glug for the seeds
- smoked paprika
- salt and pepper
- 4 cups vegetable stock
- 2 cups white beans, soaked overnight
- 6 ribs celery, diced
- 1 medium white onion, diced
- 1 fennel bulb, diced
- 2 bay leaves
- 2 cups heavy cream



Preheat oven to 325 degrees and prepare the grill.

Peel pumpkin and remove pulp, rinsing and reserving seeds for roasting. Place in bowl and lightly cover with a glug of olive oil and a pinch of salt, pepper and smoked paprika. Mix well.

Spread seeds evenly on cookie sheet. Bake until golden brown (45 min.).

Cut pumpkin into 1/2-inch slices. Place on grill and roast until tender.

Cook beans in a large pot with vegetable stock until soft, about 30 min. Strain beans and set aside, saving the liquid in the pot.

Sauté celery, onion and fennel in oil until translucent; add them with the pumpkin to the pot. Add bay leaves, and simmer for 20 minutes. Remove the bay leaves. In batches, puree everything but the beans in a blender, and return mixture to the pot. Add beans and bring to a simmer.

Add heavy cream and simmer for 10 minutes. Add salt and pepper to taste. Serve with roasted pumpkin seeds as a garnish.

Fortun flavors the bold

It all started with a bowl of clam chowder. Kevin Fortun, now owner of Seattle-based Fortun's Finishing Touch Soups and Sauces, was working as an assistant to the head of a Seattle restaurant company when he tasted a magnificent bowl of the creamy soup at one of the company's restaurants.

Then he noticed a phenomenon that Goldilocks would understand. One day his favorite clam chowder tasted perfect. The next day, it was too thick. The next, too salty. The next, too thin. Sometimes the chef would get it just right, but Fortun began to realize how difficult it was to make consistently great soup from scratch. Pair that challenge with the limited premade selections available at the time—mainly frozen or canned—and "a lightbulb went off," he says. He knew that someone needed to make reliably fantastic fresh soup for restaurant and home use.



fresh soups, and began providing soups for a number of restaurants and grocers in the United States and 23 other countries.

When Fortun sold Stockpot Soups to Campbell's in 1998, he thought he'd had his fill of soup. However, about a decade later, former colleagues approached him proposing they dive back into the soup business. He says he was hesitant, but saw the opportunity to add a new skill to his repertoire: sauces.

Today, Fortun's Finishing Touch Soups and Sauces offers more than 30 soups and seven sauces. While consumers often use the sauces in traditional ways (such as Four

After about five years of studying food science and experimenting with soup making, Fortun created Stockpot Soups, a brand of premade but

Pepper Sauce on a ribeye), some have used less conventional pairings. Most cooks would drizzle lemon dill sauce on salmon, for example, but Fortun once received a call from a friend who tried it on broccoli. The soup expert quickly discovered the combination was one of his favorites.

On the soup side, one of his favorites is Fortun Foods' Ultimate Gourmet 3-Clam Chowder. It received a first-place award at the 2015 San Clemente Chowder Festival and incorporates three different types of clams: "an ocean clam, which is a great clam for chowders; a sea clam [Atlantic surf clam], which is a little more white and similar to a scallop in texture; and a cockle clam from the east coast shores of Canada, which has a pinkish hue and a sweetness that it adds to the chowder."

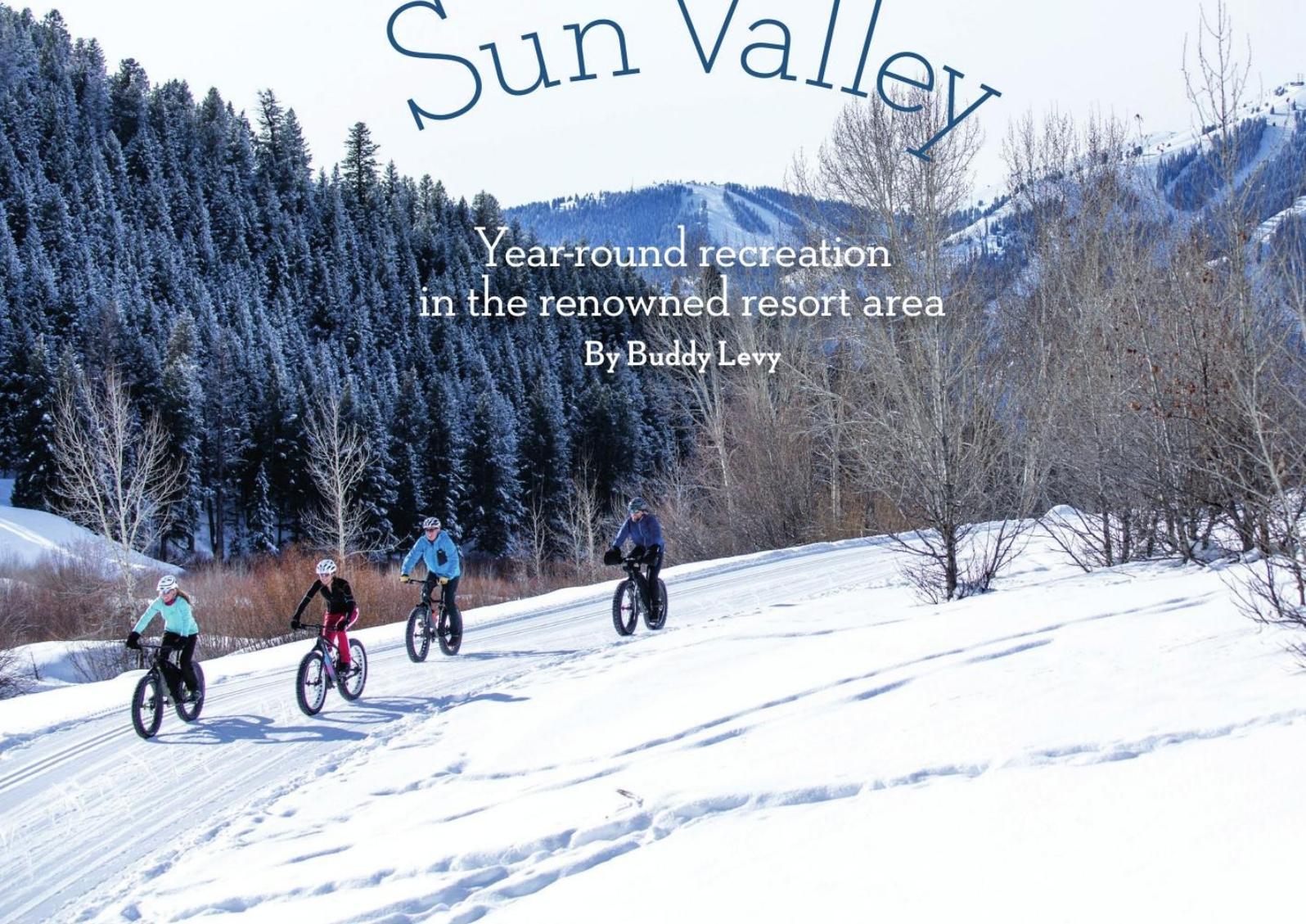
What makes a good soup, according to Fortun? The answer is simple: "Quality start, quality finish."

—Lara Douglass

Superlative Sun Valley

Year-round recreation
in the renowned resort area

By Buddy Levy



My legs feel springy and strong as I enjoy an annual hiking ritual—my return to the mountain of my youth. When I was a teen, I went all the way to the 9,150-foot summit of Sun Valley Resort’s Bald Mountain, then turned and ran back down, but today I stop about 120 feet below Bald Mountain Trail’s steeper switchbacks leading to the crest.

I want to kick back on Lookout Restaurant’s patio to inhale the crisp air and savor the 360-degree view. Due east are the Pioneer Mountains, with Hyndman Peak jutting just above 12,000 feet.

To the northwest are the Boulders and White Clouds. And down south, the Wood River Valley pours into a wide plain meeting Silver Creek and the high desert’s silvery-sage hills. Every year when I come to visit family in the area, I try to hike up Baldy for this view, although these days I ride the lift down instead of running. It’s easier on my joints.

I’ve always bragged about Sun Valley—well, if not outright bragged, then I’ve stumped for it, given it props and enthusiastically championed it



as a top year-round resort.

Not that the place needs much outside championing, since it boasts plenty of superlatives in regard to outdoor adventures. In fact, the choices can be dizzying: hiking, biking, fishing, paragliding, tennis, golf, ice-skating, swimming, trap-and-skeet, horseback riding and, of course, world-class winter sports. Below are just a few of my favorite Sun Valley experiences.

Hiking

With nearly 400 miles of trails, the Ketchum–Sun Valley area offers routes for all abilities. One of the first hikes I remember—which, since I was only 10 at the time, seemed like a trek into the deep wilderness—was to Baker Lake, a pristine body of sparkling water in the Sawtooth National Forest.

Baker Lake is one of the most accessible local hiking destinations. It's remarkable that in just a 25-mile drive northwest you can go from the comforts of Sun Valley's lodgings to a wonderfully rugged environment. The parking lot for the trailhead is in the heart of Idaho's Smoky Mountains, which are lesser known than their East

Left: The Sun Valley Nordic Center includes more than 6 miles of winter fat-bike trails. **Right:** Balsamroots bloom in the foothills of Bald Mountain. **Below:** The Big Wood River has many access points to fish for rainbow and brown trout.

Coast counterparts but much taller.

The easy 2-mile (each way) dirt trail leads to a classic mountain lake that is rimmed by granite peaks. From May to June, the meadows en route to the lake burst with blooming wildflowers such as purple lupine and sunset-orange Indian paintbrush. Also look for grazing deer; watch for mountain bluebirds and Steller's jays; listen for woodpeckers; and scan for mountain goats on steep and rocky cliff faces.

The route starts at 7,900 feet, and the small trout-stocked lake sits at just under 8,750 feet, with Baker Peak hovering above at around 10,000 feet, so you are truly in an alpine setting.

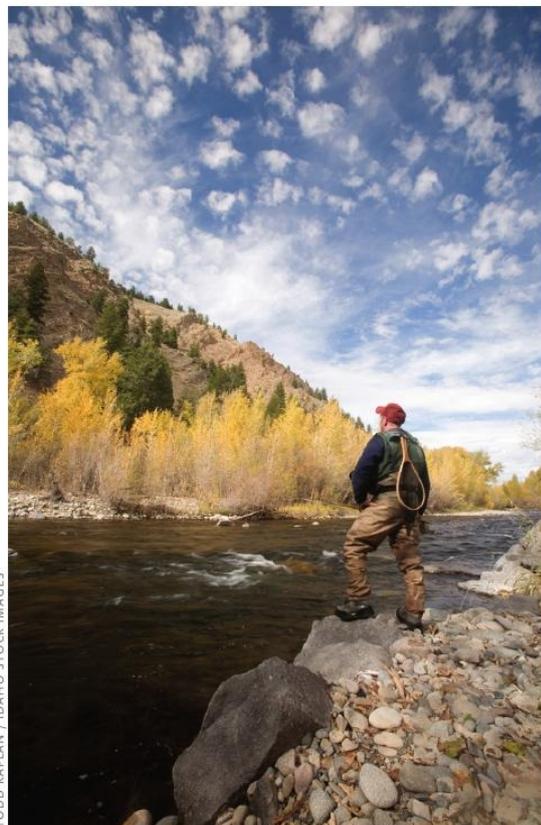
The fishing here can be really good (licenses required). After photographing your catch, scramble up one of the promontories overlooking the lake to eat lunch with a stunning view.

On the drive out (or in) on Baker Creek Road, you'll see a sign at about mile 6 for the Norton Lake Trail, accessed via a north turn onto Norton Creek Road. For the more adventurous and fit, the lake is worth the 5.4-mile roundtrip trek. You get a satisfying cardio workout as you ascend the trail. Cross Norton Creek and move through the forest and then up the steep trail, which makes 14 switchbacks for a 1,700-foot elevation gain to Upper Norton Lake.

Though steep and difficult in some places, this trail is a perfect day trip for first-time hikers, according to the Forest Service, and I agree. Several years ago my wife, Camie, and I took our children on this hike when the kids were 11 and 7, and they loved it. We just made sure they had plenty of fluids and



GLENN OAKLEY / IDAHO STOCK IMAGES



TODD KAPLAN / IDAHO STOCK IMAGES

WOOD TAKES WING

Like Orville and Wilbur Wright, challenging conventional wisdom and tackling problems head-on is part of our DNA.

So when the world applauded after Alaska Airlines flew the first commercial flight in November using biofuel we created from branches, treetops, and other timber harvest leftovers, we briefly traded high fives—and then got back to work.

Because like the Wright brothers following their first flight, all of us at the Northwest Advanced Renewables Alliance know we're just getting off the ground.

Washington State University. **Makers. Doers. Cougars.**

nararenewables.org



Top left: With many miles of trails, the Sun Valley area is a mountain biker's paradise. **Top right:** Opened in 1936, Sun Valley is North America's first destination ski resort. **Bottom:** Rainbow trout swim in Idaho's clear waters.



Sun Valley

ceous, one-way, mostly downhill single track. Be ready to whoop as you descend corner berms, hit jumps and tight turns, and weave through trees. I go for it, but then brake over the jumps to avoid getting air. At the bottom I'm covered in dirt, sweat-streaked and smiling.



Bald Mountain is another superb spot for single-track spinning, with the option of lift-served rides on the Roundhouse Express Gondola for those who want the downhill experience without the uphill grind. If your bike has skinny tires or no shocks, that works, too, because Sun Valley and the Wood River Valley have more than 30

miles of paved, car-free paths.

Bike rentals are available at Ketchum–Sun Valley shops such as Sturtevant's (which also offers guided rides and shuttle services), Backwoods Mountain Sports and Pete Lane's Mountain Sports (which also offers guided rides). Pete Lane's, in Sun Valley Village, is a convenient rental source for biking Baldy.

Fishing

Fly line swishes past my head and loops behind me as I concentrate on slow-moving water during practice casts, knowing my real attempt has to be perfect. From a reedy bank, I watch the shadowy shape of a hefty big brown holding steady in glassy water that percolates with rising fish. Red-winged blackbirds chirp and flit in the rushes behind me as my fly lands delicately above the large shadow and floats over it, an enticing meal that is ... ignored.

Silver Creek, about 40 miles south of Ketchum, is a world-class waterway known equally for its abundance of trout and the challenge of catching them. Ernest Hemingway liked this area, maybe due to the scent of sagebrush on the wind, the high desert hills rolling like camels' backs across the landscape, the croak of herons overhead and the picky trout.

I'll come back for my big bruiser another time. Today, I'll look for better luck on the Big Wood River, where the fishing is usually easier. The headwaters of "The Wood," as locals call it, are near Galena Summit, about 30 miles northwest of Ketchum, and the river

snacks. And at our campsite along Baker Creek that night, they slept like hibernating bear cubs.

Biking

Cruising up the gentle Sunnyside Trail in the Sawtooth National Forest's Adams Gulch Area, less than 5 miles north of Ketchum, I drink from my hydration valve, reminding myself of the old adage, "If you're thirsty, it's too late."

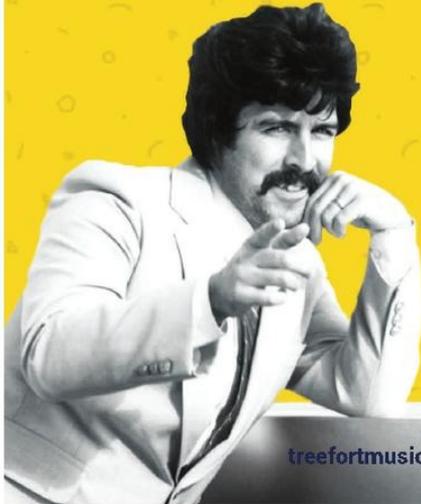
It's been a while since my last serious ride, so I'm warming up on one of the most forgiving mountain-biking routes in the Adams Gulch network: counter-clockwise on Sunnyside/Lane's Trail to Shadyside to return to the trailhead, for a little less than 4 miles total. After my warmup, I'll head back out on Shadyside to connect with the Adams Gulch, Eve Gulch and Forbidden Fruit Flow trails for approximately 6 more roundtrip miles of pedaling.

The Adams Gulch Area offers numerous nonmotorized cycling/hiking/running/dog-walking/horseback-riding options, and despite being multiuse, it remains one of the Ketchum–Sun Valley region's most popular mountain-biking spots. Locals relish Adams Gulch's shorter loops for lunchtime and after-work rides, while weekends mean full-day adventures. Adams Gulch also provides access to 100 miles of neighboring track.

The classic 6-mile loop I've chosen for my main pedal includes sunny exposures, some steep climbs, a couple of stream crossings, fantastic views at the highest point and a super-fun downhill that culminates in dense aspen woods. I'm especially looking forward to tasting Forbidden Fruit, a mile of curva-

TREEFORT MUSIC FEST

MARCH 22-26, 2017 | BOISE, IDAHO



FESTIVAL SMARTER

Experience five days of stellar live music, indie films, craft beer tastings, local eats, late night laughs, curated storytelling, yoga, hardware hacks and much more!

With all of this and more for under \$200, it's no wonder Treetfort is the smart festival decision for 2017

Join us in March.

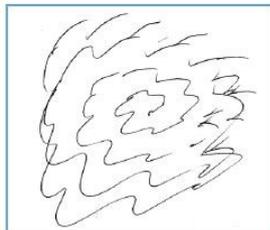


treetfortmusicfest.com | (TMF) 888-2017 | #treetfort2017

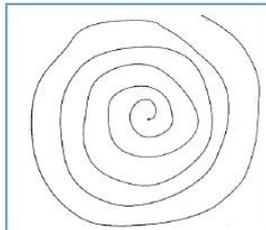
Does Your Hand Shake When You...

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

If so, you may have a condition known as essential tremor. Our team at the Swedish Radiosurgery Center has successfully treated hundreds of patients over the past five years — using Gamma Knife, a nonsurgical, FDA-approved 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 www.swedish.org/essentialtremor
Seattle, Washington, USA



Extraordinary care. Extraordinary caring.™

has many access points for easy wading as it meanders down the Wood River Valley. The water holds healthy populations of wild catch-and-release rainbow and brown trout. It's a beautiful stream wherever you fish: riffle water punctuated with deeper holding pools and sandbars, all lined by tall cottonwoods.

While no self-respecting angler divulges favorite spots, I will tell you that I've heard from a reliable source that just south of Ketchum, at the public-access points off the highway below Elkhorn Road and Lane Ranch Road, can be very good. And two summers ago I hooked into a lovely, tough-to-land—let's say 15-inch—brown a little farther south, near the public access by the Flying Heart Ranch north of Hailey.

Companies such as Silver Creek Outfitters, Lost River Outfitters and Sturtevant's can provide maps, guided trips and knowledgeable pater related to Central Idaho fishing waters.

For families and kids, head to Penny Lake about 4 miles west of Ketchum. The lake, which has an ADA-accessible fishing pier, is regularly stocked by the Idaho Department of Fish and Game, and the fishing is catch-and-keep.

Check idfg.idaho.gov for licensing and regulations related to Central Idaho fishing waters.

Skiing

Sun Valley is synonymous with skiing, and for good reason. It became North America's first destination ski resort when it opened in 1936, and it also had the first chairlift on the continent.

A great deal of my youth was spent skiing on the Warm Springs side of Bald Mountain. Here—on the Lower Warm Springs and Greyhawk runs—I trained with the Sun Valley Ski Team, running gates—mostly slalom and giant slalom courses—until we got it right, or at least until our technique improved enough for our coaches to let us go free skiing. "Free skiing" meant any kind of skiing that did not involve running a set course of gates over and over.

For many of us, free skiing included ripping nonstop runs from near the top of Baldy to the bottom of Warm Springs: 3,000-plus vertical feet of long, languid turns, and as few of them as we could make. The winner was the first one to cross the bridge over Warm Springs Creek, where we'd come skidding to a halt right in front of Warm Springs Lodge and the Challenger lift. The day lodge is now a stunning log structure with a specialty Idaho-potato bar, and the renovated building still has a large sun deck for afternoon rays and live music. Watching people dance in ski boots never gets old.

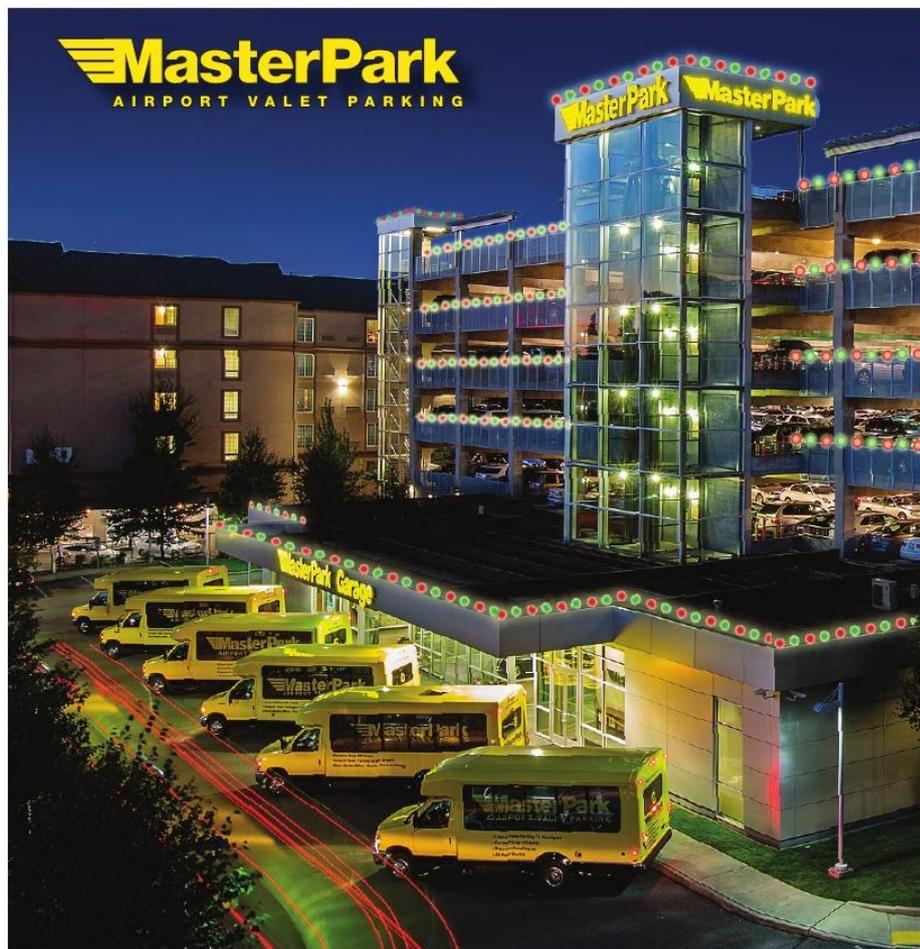
Since my ski-team days, new developments have continued to enhance the appeal of the resort, which celebrated its 80th birthday last year (2016). For example, Kaitlyn Farrington, who grew up in this area and was the halfpipe gold medalist at the 2014 Olympics, now has a run, Kaitlyn's Bowl, named after her, and nearly 80 percent of the mountain now has snowmaking.

The rails and boxes at the Dollar Mountain Terrain and Progression Park are complemented by a 22-foot superpipe; 55 acres of glade skiing have been added on Bald Mountain; more than 6 miles of winter fat-bike trails are designated at the Sun Valley Nordic Center trails; and Sun Valley Lodge has retained its 1936 charm while receiving a makeover to create larger guestrooms and a 20,000-square-foot spa.

Whether I'm visiting the Ketchum-Sun Valley area to ski, fish, bike or hike, I'm reminded that this region is one of the finest in the country for outdoor adventures and sumptuous lodgings. There I go, bragging again. ■

Idaho writer Buddy Levy co-authored the book No Barriers: A Blind Man's Journey to Kayak the Grand Canyon.

Alaska Airlines (800-ALASKAAIR), provides regular service to Ketchum-Sun Valley, including new nonstop winter service from Portland, OR, through April 1. For special offers for Sun Valley and other ski areas, go to alaskaair.com/ski. For more on Sun Valley: sunvalley.com and visitsunvalley.com.



NEW YEAR SPECIALS!

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



MasterPark

VALID JANUARY 2017 ONLY!

Valid at all MasterPark 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.

10% OFF
Valid thru Jan. 31, 2017

Code #2135

MasterPark

FEBRUARY- SEPTEMBER 2017

Starting February 1st, 2017 Valid at all MasterPark 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.

25% OFF
Valid thru Sept. 31, 2017

Code #2131

Try MasterPark's New **MPark** Self Park Location. \$10.95 per day for long term and discount parking. For more information visit mparkseatac.com



WHILE YOU'RE THERE

Adding leisure to
business travel

By MICHELE ANDRUS DILL



ART GRICE



• SEATTLE AREA •
ISLAND EXPERIENCE

Whenever I travel for a business meeting, conference or convention, I enjoy the opportunity to also explore the locale. In the Los Angeles area, I once spent a leisure hour cheering volleyball players at Santa Monica State Beach, then savored Mexican cuisine at Mariasol on the Santa Monica Pier. On a subsequent visit, I segued from a productive three-day business meeting to a fun four-day Carnival cruise from Long Beach to Catalina Island and Ensenada.

After a day spent attending seminars in Baltimore one year, I relished late-afternoon strolling time at the city's Inner Harbor, where I admired historic ships such as the 1854 USS *Constellation* before viewing Blacktip Reef and other attractions at the National Aquarium. A convention in Chicago gave me the opportunity to seek out a top blues club for a marvelous evening of music. In Vancouver, B.C., the meeting planners offered an excursion to test our balance, and our courage, on the 450-foot-long Capilano Suspension Bridge, 230 feet above the Capilano River.

And a few years ago, when I was attending a conference near Coeur d'Alene, Idaho, I extended my visit by a couple of days to check out the award-winning Circling Raven Golf Club, hike Tubbs Hill for outstanding views of Lake Coeur d'Alene, and relax with a world-class spa treatment at The Coeur d'Alene Resort.

Below are a few ideas for extracurricular activities next time you're traveling on business in the following popular meeting destinations.



ELEVEN WINERY

• Bainbridge Island can be reached from Seattle via a scenic Washington State Ferries ride, left. Island attractions include the Bainbridge Island Museum of Art, top, and Eleven Winery's Winslow Way Tasting Room, above.

SEATTLE, WA

It's only about a mile stroll or short cab ride from the Washington State Convention Center to Colman Dock in downtown Seattle, where you can walk on—as locals say it—to board a Washington State Ferries boat for an approximately 35-minute crossing to Bainbridge Island. (Or you can drive on if you prefer; drivers are allowed to exit their cars and go on deck during the crossing.)

Stand outside on the pickle fork (twin exterior decks whose shape explains the name) to feel the sun on your face and the wind in your hair while you watch watercraft ranging from tugboats to sailboats on Puget Sound, and admire the view of the Olympic Mountains if it's a blue-sky day. For weather-protected views, sit by one of the large picture windows in the ferry's interior while enjoying locally famous Ivar's clam chowder you can purchase onboard.

When the ferry docks at Bainbridge Island (visitbainbridge.com), walk (or drive) about a quarter



GET WAY PAST NAME TAGS.

PLAN YOUR NEXT MEETING AT NORTHERN QUEST. Start with spacious, high-tech facilities, a dedicated team of AV professionals and a great guest experience during your meeting. Then adjourn to an evening of exceptional dining options with everything from handcrafted, gourmet dishes to fast and casual fare. And don't forget Vegas-style gaming, exciting nightlife and a rolling lineup of A-list entertainers to make your next meeting unforgettable.

For details or to schedule your next meeting, call **877-323-9827** or email salesteam@northernquest.com.

NORTHERN **QUEST**
RESORT & CASINO

NORTHERNQUEST.COM | 877.871.6772 | SPOKANE, WA



mile to the charming Winslow area, with its boutique shops, restaurants, and several venues where you can taste Bainbridge Island wines. And don't miss the rich artisanal ice creams and refreshing sorbets at Mora Iced Creamery.

In addition, the Bainbridge Island Museum of Art shows works by Puget Sound-area artists, including Native American artists.

Seasonal watercraft rentals are available from various companies. For instance, if you're visiting between approximately mid-May and mid-September,

you can rent a canoe, kayak or paddleboard, or take a guided tour, from Back of Beyond Outfitters. Options include the Sunday Morning Canoe Pull in an 18-passenger canoe that leaves from the island's Waterfront Park west of the ferry terminal.

Greater Seattle activities and attractions also include Pike Place Market; Seattle Center; storied Chateau Ste. Michelle and Woodinville Wine Country; numerous museums and performing-arts venues; and outdoor activities such as hiking, biking and fishing. For more information: visitseattle.org.

WALTER CLORE WINE AND CULINARY CENTER



TRI-CITIES, WA

Washington is the country's second-largest premium wine-producing state, and more than 200 wineries are located within about a 60-mile radius of the Tri-Cities, providing pleasing options for virtually every après-presentation palate.

Of special interest might be Washington state's first certified-organic vineyard—Badger Mountain Vineyard; the state's first barrel caves for wine aging, at Terra Blanca Winery & Estate Vineyard; and one of the state's largest wineries, Columbia Crest Winery.

The Walter Clore Wine and Culinary Center in Prosser offers a rotating selection of tastings from the state's 14 American Viticultural Areas, with a different region featured each month. The Clore center also has meeting and event space that might be of interest for your next business gathering. And the Ste. Michelle Wine Estates WSU

• The Walter Clore Wine and Culinary Center, which offers tastings of Washington wines, themed by American Viticultural Area, is a popular Tri-Cities-area wine-touring stop.

Wine Science Center education and research facility, on the Washington State University campus in Richland, will provide tours by prior arrangement.

In addition, if you are an Alaska Airlines Mileage Plan member, a case of wine you purchase while visiting various Eastern Washington areas can fly with you free on Alaska Airlines via the Taste and Tote program; participating wineries also waive tasting fees for visitors presenting qualifying inbound boarding passes; see tasteandtote.com for details.

The Tri-Cities area also has microbreweries, distilleries, pubs and many outdoor activities. For more information: visittricity.com.

Thank You
for choosing to
STAY PINEAPPLE

The essence of our success is our
hotel guests and our ongoing
relationships with you.

We Celebrate You!

From
Your Pineapple Family

STAY PINEAPPLE



OUT OF THE ORDINARY
HOTELS

SEATTLE
PORTLAND
SAN FRANCISCO
SAN DIEGO
CHICAGO

Book Direct: staypineapple.com or 866.866.7977

PORTLAND, OR

Pedestrian-friendly streets and convenient public transportation make it easy to get around the Portland area. Meeting attendees can enjoy attractions ranging from the Oregon Zoo and the International Rose Test Garden to Willamette River boat tours.

One of the unique places to unwind after a day of seminars or high-level meetings is the Pips & Bounce bar in the Central Eastside neighborhood. Described as “a pingpong paradise,” it typically offers around nine tables for play. “You play, we pick up [the balls for you],” they promise. The food menu includes the vegetarian Greatest Pong Cheese Sandwich, with melted Oregon-crafted Tillamook cheese, while the bar menu features Pong-tails such as Pom-Pong: gin, lime, grenadine, pomegranate juice.

The Central Eastside is also home to many Distillery Row sites and craft-beer establishments; Revolution Hall for concerts and other performances; the Vera Katz Eastbank Esplanade for fresh air and exercise with a view; and OMSI—the Oregon Museum of Science and Industry—for fun hands-on learning experiences.

For more information on the Central Eastside and the Portland area: travelportland.com.

• PORTLAND • PLAY

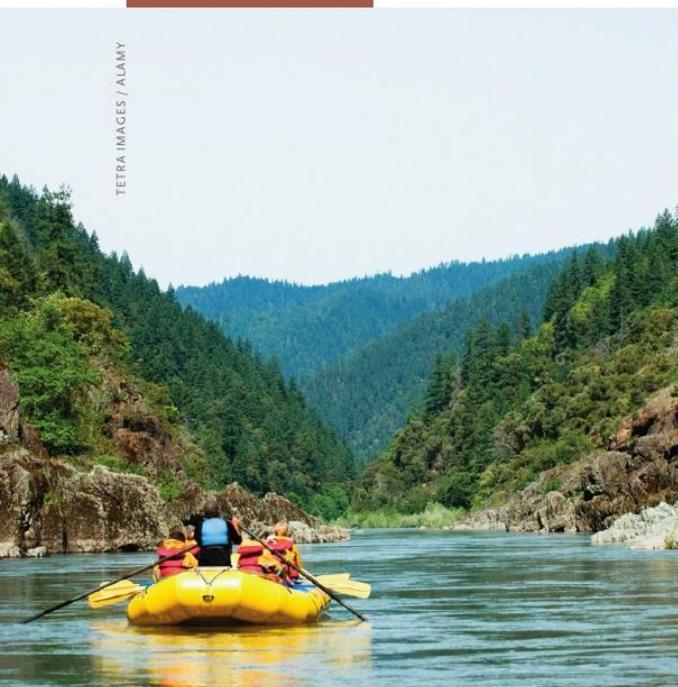
PIPS & BOUNCE BAR



• The Pips & Bounce bar in Portland's Central Eastside neighborhood is a fun “pingpong paradise” for recreation after a day of meetings.

• SOUTHERN OREGON • SCENIC ROUTES

TETRA IMAGES / ALAMY



MEDFORD, OR

Depending on the season, meetings in the Medford/Southern Oregon area can be opportunities to attend the Oregon Shakespeare Festival and Britt Music & Arts Festival, raft or jetboat the Rogue River, and visit Crater Lake.

Visitors also enjoy driving Southern Oregon's many scenic routes. For example, you can explore some or all of the 172-mile Rogue-Umpqua National Scenic Byway, between Roseburg and Gold Hill, which rolls through river and mountain landscapes, and includes two Wild and Scenic Rivers, plus numerous waterfalls. Sites along the way include Colliding Rivers, where the North Umpqua and Little River meet; the mid-1930s Mott Bridge, a Civilian Conservation Corps project; Diamond Lake (and via a side trip off the byway, Crater Lake); the Rabbit Ears geologic formation; and Upper Table Rocks, where a hike can lead to an impressive view of the Rogue Valley.

If time is limited, choose part of the three smaller segments: North

Umpqua, High Cascades and Upper Rogue (www.fhwa.dot.gov/byways/byways/2147 and www.fs.usda.gov/detail/rogue-siskiyou/specialplaces/?cid=stelp_rdb5312101).

For more information on Medford and Southern Oregon: travelmedford.org and southernoregon.org.

• Rafters paddle the Rogue River, one of Southern Oregon's many natural attractions.

• SONOMA COUNTY •
CULINARY CREATIONS

SONOMA FOOD TOUR



SONOMA COUNTY, CA

This rich agricultural region boasts more than 425 wineries, and offers many wine and culinary tours, popular with business and leisure travelers alike.

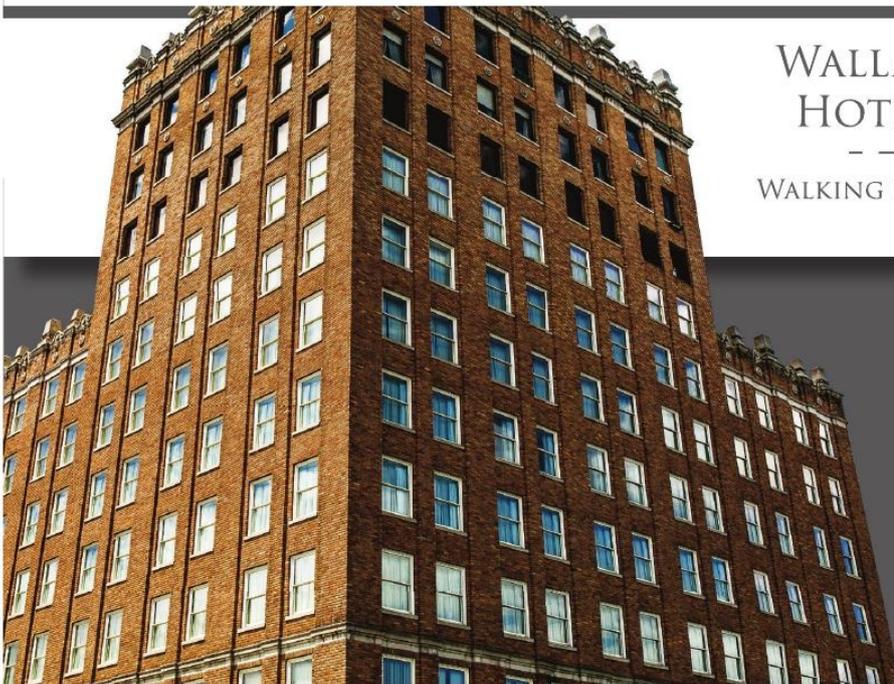
On the Sonoma Food Tour, for instance, the itinerary may include experiences such as learning about gnocchi made from a restaurateur's secret family recipe, tasting award-winning local cheeses, sampling locally made chocolate, and enjoying food-and-wine pairings.

You can also explore farmers markets, and enjoy self-guided visits to artisans such as olive-oil producers, cheesemakers, honey farms and vintners (wine-touring ideas and maps are available from sources such as Wine Road, Sonoma County; wineroad.com). Maps are available for beer, cider and spirits, as well (sonomaedb.org/storymaps/beermap).

Sonoma County is also known for its outdoor activities, gardens and parks, arts and culture, and more than 40 spas and wellness centers, including Magical Massage, which provides treatments in a 22-foot-tall, 22-foot-diameter wine barrel with cedar walls and a skylight. For more information on Sonoma County: sonomacounty.com.

• The Sonoma Food Tour visits local restaurants, wineries and artisan-food businesses.

**THE MARCUS WHITMAN HOTEL
& CONFERENCE CENTER**
DOWNTOWN WALLA WALLA, WA



**WALLA WALLA'S TOP RATED
HOTEL AND RESTAURANT**

— — — — —
WALKING DISTANCE TO ALL OF DOWNTOWN'S
WINE TASTING ROOMS

THE MARCUS WHITMAN

6 WEST ROSE ST.
WALLA WALLA, WA 99362

(509) 525-2200

MARCUSWHITMANHOTEL.COM

CENTER YOURSELF IN CONCORD, CALIFORNIA



SONOMA

43 miles ●

● NAPA

34 miles

● SACRAMENTO

68 miles

SAN FRANCISCO

International Airport
29 miles

CONCORD

● STOCKTON

50 miles

OAKLAND

International Airport
21 miles



SAN JOSE

International Airport
56 miles



Affordability and accessibility are central when it comes to planning your next event in Concord, California. Nestled in Diablo Valley — located in San Francisco's East Bay — Concord offers an impressive list of affordable venue and lodging options along with great restaurants, upscale shopping, activities for all levels and so much more — all in a beautiful setting and with **savings of up to 50%** compared to other Bay Area locations.

Let us create a tailored offer for your next event or meeting.

Visit DiabloValleyCA.com/planner17
to learn more.



Diablo Valley™
concord, california



ANCHORAGE • FAIRBANKS • JUNEAU • SITKA • WHITEHORSE

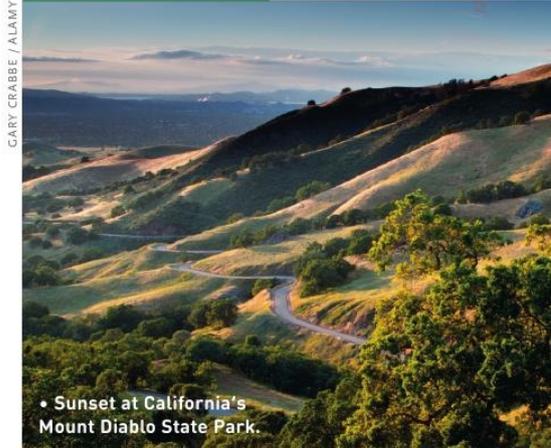
The right people, the right price and the right location

At Westmark Hotels, our mission is to help you plan a meeting in Alaska or the Yukon just the way you need it. You'll find helpful staff and exceptional amenities for groups ranging from 4 to 400. Let us show you how we can make your meeting a success!



800.544.0970 • westmarkhotels.com

• DIABLO VALLEY • VIEWS



GARY CRABBE / ALAMY

• Sunset at California's Mount Diablo State Park.

Resolution.
1. Eat better steak.

165 South Post Street, Spokane • 509.474.9888 • churchillssteakhouse.com

For a great day trip, hike up 3,849-foot Mount Diablo to the Summit Visitor Center for a panoramic view that extends nearly 200 miles in clear conditions and includes the Golden Gate Bridge, the Farallon Islands, California's Central Valley and the Sierra Nevada crest. You can also bike or drive to the summit. The mountain is located in Mount Diablo State Park (www.parks.ca.gov/?page_id=517), which harbors numerous plant and animal species. Park hiking trails also offer scenery such as creeks, waterfalls and wildflower meadows, and access to the interesting sandstone formations and small caves of an area called Rock City.

For more information on Diablo Valley: diablovalleyca.com. [m](#)

Michele Andrus Dill is the magazine editor. Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to outstanding business-and-leisure destinations.

Grown-ups: The new kids in school

Adult learners turn to online education to move careers forward

Going to college is a rite of passage for many of America's youth, but they have company.

Universities nationwide are witnessing a sizable shift in the landscape as adult learners return to school at a higher rate than ever before. By 2020, it is estimated they will make up 40 percent of all students in higher education*.

This older population of learners – age 25 and up – is not your traditional college student. They often work full time. They're raising families. And their enrollment numbers are on the rise nationally for two reasons:

1. There is record demand in the workforce for job candidates with advanced skills.
2. And online education gives universities the ability to meet the educational needs of working professionals and busy parents better than ever before.

In that respect, Oregon State University Ecampus leads the way. OSU Ecampus is a nationally ranked provider of online education because it delivers in-demand, high-quality degree programs in formats that satisfy students' learning preferences. For two straight years, Ecampus has been ranked top 10 in the nation for online education by U.S. News & World Report.

Oregon State is also setting the pace by making STEM (science, technology, engineering and math) degrees and courses accessible to students worldwide online. These cutting-edge programs, in turn, produce college graduates who attract attention in the job market and help meet the global call for highly skilled employees.

Code.org estimates there will be a shortage of one million computer professionals by 2020. Oregon State's response has been to offer a post-baccalaureate computer science program online. Now OSU Ecampus is known in the industry for producing the next generation of tech leaders, with graduates working at places like Intel, Boeing and Disney.

And Oregon State recently launched two new graduate programs online in data analytics, which will help fill a void of 180,000 analytics jobs in the U.S.

The adage rings true: It's never too late to go back to school. And, as the national trend proves, there's never been a better time than now.

WHAT STUDENTS WANT

These are among the 45-plus programs delivered online by Oregon State Ecampus that are meeting consumer demand.

B.A./B.S. in Business Administration

MBA in Business Analytics

B.S. in Computer Science (post-baccalaureate)

M.S. in Data Analytics

M.Eng. in Industrial Engineering

* Source: National Center for Education Statistics

After a career in the military, Albert Diaz enrolled in Oregon State's computer science program online while working as a radiological analyst in the Bay Area.

7

straight years ranked one of the nation's best online universities

45+

degree programs online

1,000+

classes online

3,000+

OSU Ecampus graduates



Oregon State
UNIVERSITY

MEETING GENIUSES

TAKE NEW PATHS



MeetingGeniuses.com

TOP 10 REASONS TO MEET IN Eugene, Cascades & Coast

AN INSPIRATIONAL DESTINATION WITH OUT-OF-THIS-WORLD ADVENTURES.



- 1 SUSTAINABLE PRACTICES** - Sustainability is more than a trend; it's a way of life!
- 2 NATURAL WONDERS** - Breakouts in old growth forests, clear lakes, rushing rivers or wondrous waterfalls.
- 3 ACCESSIBLE ADVENTURES** - Wheelchair-friendly paths throughout the metro area and beyond. For the adventurous, try old growth tree climbing or river rafting accessible to all!
- 4 OREGON COAST** - Dramatic cliffs, one-of-a-kind rolling sand dunes and breathtaking vistas.

- 5 CASCADE MOUNTAINS** - Meet in the mountains for a view of nature rising around you as you hike upward towards the sky.
- 6 CULINARY ADVENTURES** - Grind your own flour, tour a gluten-free chocolate factory, or in Florence, haul in crab.
- 7 BEER** - Journey down the Eugene Ale Trail, with over 20 participating breweries, for a unique prize.
- 8 WINE COUNTRY** - Tour the Wine Region of the Year by *Wine Enthusiast* in a fun, interactive way by playing Pinot Bingo!
- 9 UNIVERSITY OF OREGON** - Your keynotes are here! Get world renowned professors and researchers for your next event.
- 10 FORWARD THINKING** - Named one of the Next Top 10 Cities for Tech Jobs by *Fast Company* and one of the queerest cities in America by the *Advocate*.



BIRTHPLACE OF NIKE, HOME OF TRACKTOWN USA, THE SIMPSONS AND YOUR NEXT MEETING!

TRAVEL TIPS

For business
trips

By STUART GLASCOCK

• Invest in the right carry-on bag and make sure it meets airline regulations. For Alaska's rules, see alaskaair.com.

make your next meeting
stress free



PHOTO: ANNA HOKE

Meet in Juneau, Alaska



TRAVEL
JUNEAU

Call today for details on
planning your meeting in Juneau

907.586.1749
1.800.857.2201
traveljuneau.com



COAST
hotels™

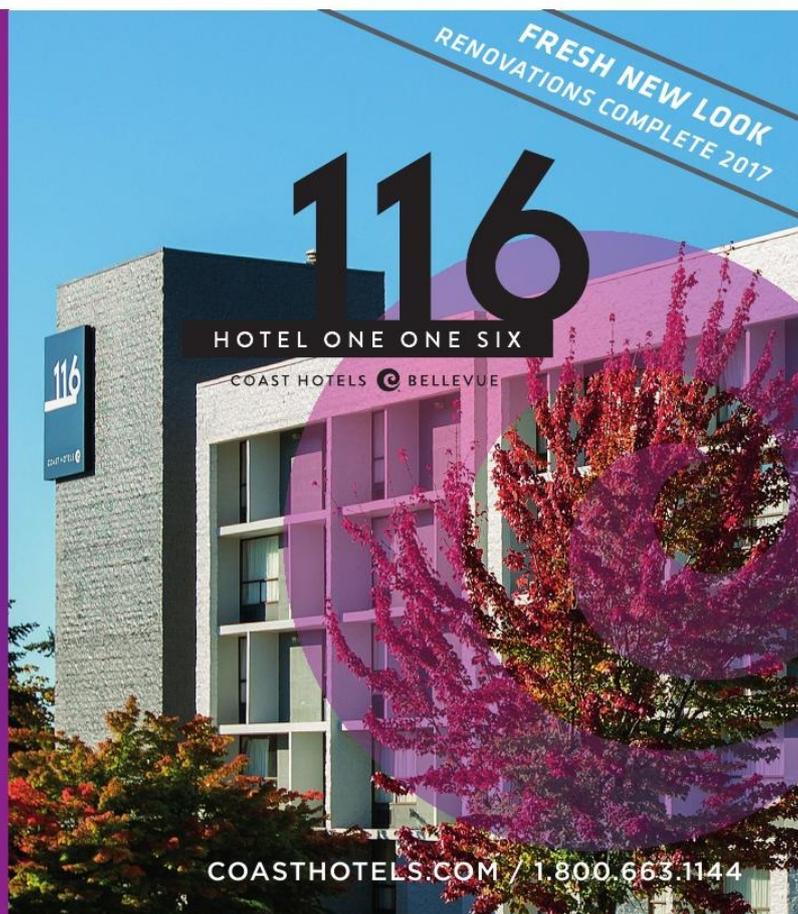
- Anchorage** Coast International Inn
- Seattle** Coast Gateway
- Olympia** The Governor, a Coast Hotel
- Bellevue** Hotel 116, A Coast Hotel*
- Wenatchee** Coast Wenatchee Center
- Portland** The Benson, a Coast Hotel
- Santa Barbara** West Beach Inn, a Coast Hotel
- Burbank** The Safari Inn, a Coast Hotel
Coast Anabelle
- Kauai, Hawaii** Waimea Plantation Cottages,
a Coast Resort

coast rewards™

Alaska
Mileage Plan

*Formerly Coast Bellevue Hotel

We are also proud to offer 27 distinct properties in Western Canada



COASTHOTELS.COM / 1.800.663.1144



For Dan Adcock, travel comes with the job. He's taken about 140 business trips to more than 130 U.S. cities over the course of his 30-plus-year career, which he's most recently spent as director of government relations and policy at the National Committee to Preserve Social Security and Medicare. Adcock has attended meetings in cities ranging from Sitka, Alaska, to Orlando; Palm Springs to Yakima, Washington; Denver to Charlotte, North Carolina. So he's definitely learned a few things about successful business travel.

Planning ahead and packing light are as important as ever, says Adcock, who is based in Washington, D.C. But there are many additional ways to ensure a good business trip.

Creating a successful experience starts before Adcock even gets to the airport. His public-speaking and meeting schedules often require a suit and tie, which can wrinkle in a suitcase and consume a lot of space, he says. His solution: Pack the shirts and wear the suit on the airplane. He also does his best to make use of empty spaces in his luggage by packing his socks in his shoes, for instance.

Getting to the airport is another important consideration. One of Adcock's keys is not to drive himself. He takes a taxi, Uber or Lyft instead. "So I can work on the way," he says. To catch that ride reliably,

- Taking a taxi, Uber or Lyft to the airport allows business travelers to work on the way. Calling a driver directly can help travelers ensure the ride's reliability. Once at the airport, travelers can use the app GateGuru to access real-time flight information.
- CityMaps2Go Pro lets users download maps so travelers can navigate without internet access.

Adcock often calls a driver directly.

To zip through airport security lines, Adcock recommends the TSA PreCheck expedited-screening program for approved travelers (tsa.gov/precheck). In addition, GateGuru is an app that provides real-time airport and flight-status information. To streamline the customs experience on international trips, travelers might consider Global Entry (cbp.gov/travel/trusted-traveler-programs/global-entry), which is the U.S. Customs and Border Protection program available through the government's Global Online Enrollment System.

On the plane, noise-canceling headsets and a Tempur-Pedic sleep mask are essentials for Adcock. Guided meditation or iRest recordings can also ease stress and limit the effects of jet lag, he says.

The following are more tips from Adcock and other frequent business travelers.



PRIOR TO DEPARTURE

- Locate the closest office-supply store or shipping center near your destination in case of last-minute or sudden needs.
- Download maps of your destination on apps such as CityMaps2Go Pro so your navigation isn't dependent on the internet or cellular data.
- Invest in the right carry-on bag and make sure it meets airline regulations. For Alaska's rules, see alaskaair.com.

PERFECT PACKING

- Make a list before you start packing. Think about all the meetings, events and activities on your schedule, and pack accordingly.
- QuinnScape Packing Pro and TripList are two apps that can help you create packing lists.
- Roll your casual clothes—T-shirts, pajamas, tank tops—instead of folding them. Tightly rolled clothes



EAGLE CREEK

• Packing organizers, such as those made by Eagle Creek, save on space, while transparent storage bags can speed up a security experience.

take up less space.

- Pack clothes in your carry-on luggage in see-through storage bags to expedite your security experience.
- Use packing organizers—such as those made by Travelon, Sharper Image and Eagle Creek—to save space in your suitcase.
- Pack a laundry bag with a dryer sheet inside

to keep dirty clothes smelling fresh.

- Consider technical fabrics. Many manufacturers make clothing that is comfortable, wrinkle-free and also looks great in business settings.

LOOKING FOR LODGING

- Ask your professional association, meeting planner or convention organizer about convenient hotel options and special meeting-related rates.
- Leverage hotel-loyalty programs by staying with a

brand you trust.

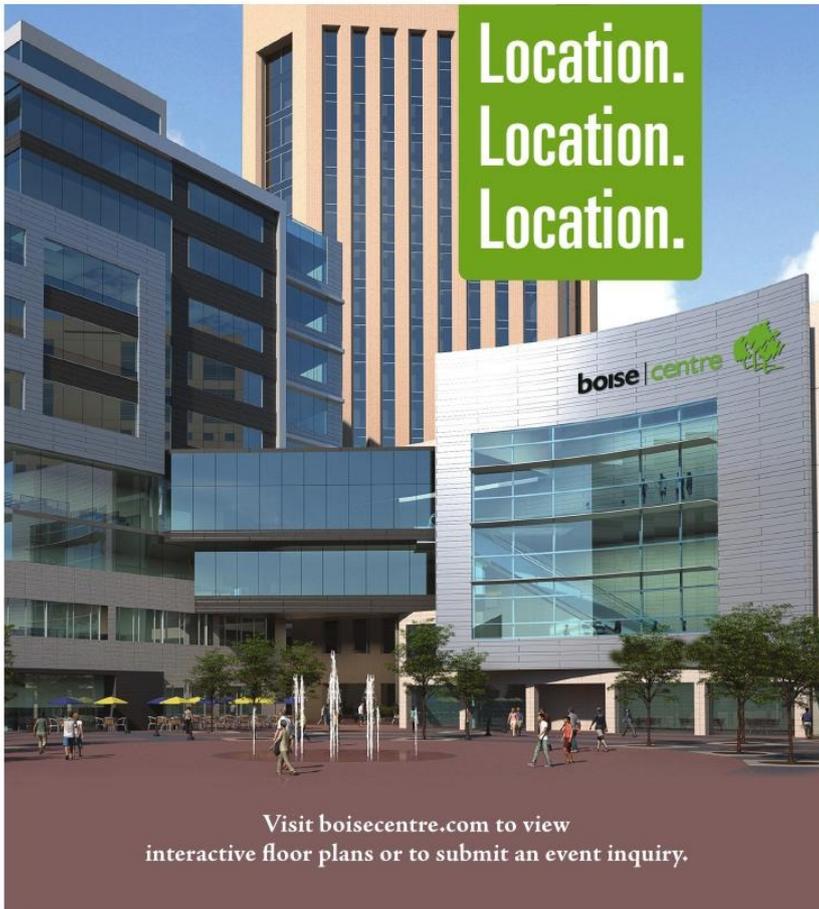
- Earn miles by staying at hotels that participate in programs such as Alaska's Mileage Plan.

TIME MANAGEMENT

- Schedule everything in advance. Estimate the time needed to rent a car, drive to the hotel, check in, wait for an elevator, call room service, etc.
- Allow for contingencies such as reservation mix-ups and delays.
- Follow Stephen R. Covey's time-management advice from his classic *The 7 Habits of Highly Effective People*: "Organize and execute around priorities."
- Heed Jeffrey J. Mayer, author of *Time Management for Dummies* and *If You Haven't Got the Time to Do It Right, When Will You Find the Time to Do It Over?*: "Start every day with a big bang. Imagine scoring 10 runs in the first inning of a baseball game. It makes the rest of the game a lot easier to win."

FINDING FOOD (AND BEVERAGES)

- Ask locals. Check with the hotel concierge or workers at the front desk.
- Consult AroundMe. It's an app that can help find



Location.
Location.
Location.

If you're looking for a unique location for your next meeting, conference or special event, then we invite you to discover Boise Centre.

Boise Centre is Idaho's premier convention facility and features:

- An ideal location in downtown Boise, just 7 minutes from the airport, and surrounded by restaurants, shops, hotels, culture and entertainment
- 92,000 sq. ft. of flexible/customizable event space
- A newly completed expansion with 8 additional meeting rooms and ballroom
- Exceptional culinary services and a diverse menu with many locally sourced ingredients
- The meeting space, atmosphere and professional event staff to deliver unforgettable experiences



boise | centre

Visit boisecentre.com to view interactive floor plans or to submit an event inquiry.

Tablet friendly



While at home or during your travels, use your iPad or other tablet device to read our digital editions, which offer engaging, insightful travel articles to help you plan your next getaway, plus additional information from our advertisers.

Beyond
Alaska Airlines Magazine
Horizon Edition Magazine

alaskabeyondmagazine.com

BBIC

BELLADONNA BREAST
IMAGING CENTER

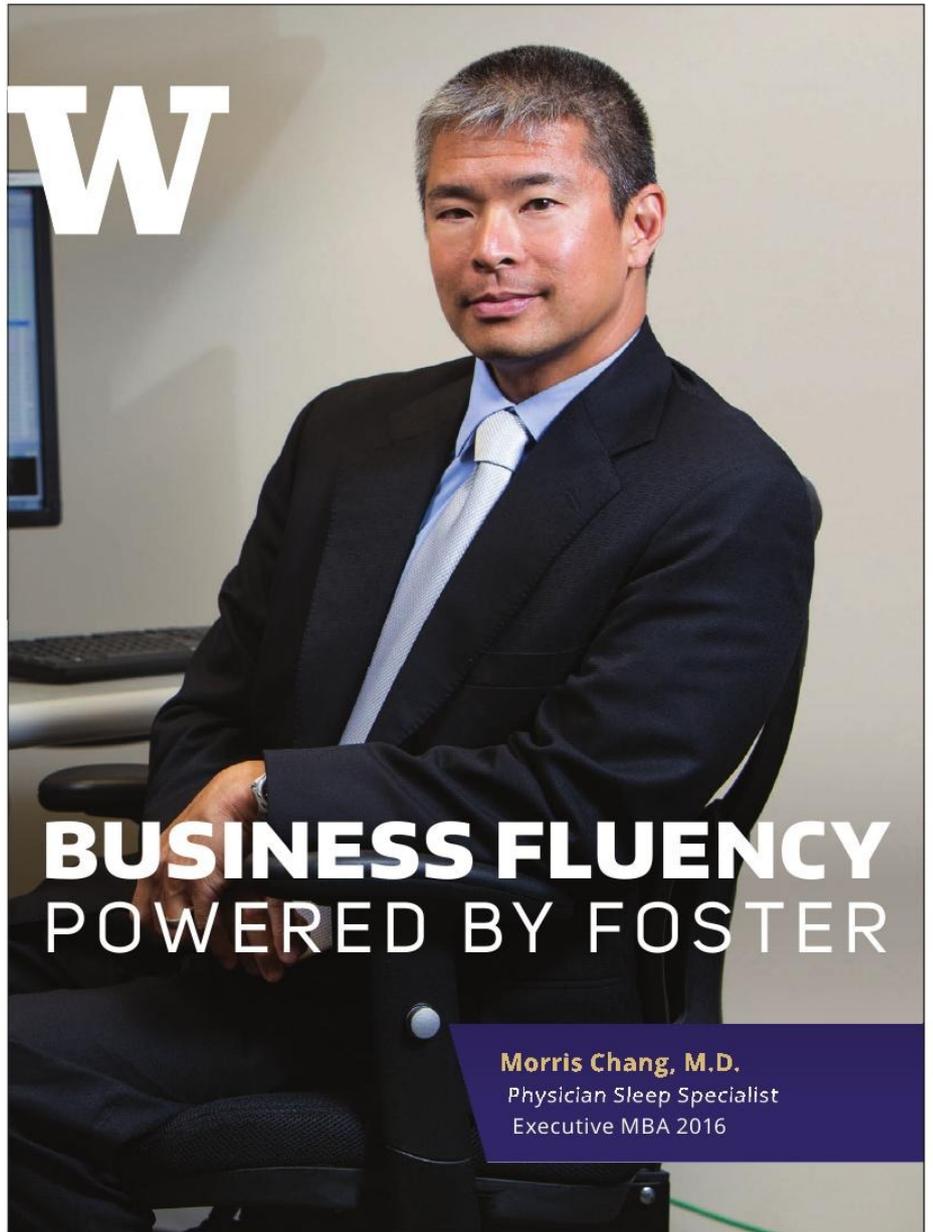
Call for your appointment today

(425) 974-1044 • WWW.BBIC.COM
BELLEVUE WASHINGTON

Puzzle on page 70.



COPYRIGHT © 2017 PENNY PRESS, INC.



BUSINESS FLUENCY POWERED BY FOSTER

Morris Chang, M.D.
Physician Sleep Specialist
Executive MBA 2016

What's powering your career?

Smart, talented professionals come to the Foster School of Business to learn, network and grow. As you consider what's next for your career, visit our website and learn how our MBA programs for working professionals can take you further.

What's powering your career?
foster.uw.edu/FosterMBA

FOSTER
SCHOOL OF BUSINESS

UNIVERSITY of WASHINGTON

App Your Service

Alaska Airlines' mobile app makes traveling Alaska that much more convenient. Use the app to book a flight, check in for a flight, prereserve meals, check flight status, board a flight and access Mileage Plan information. Download the app on your iPhone, Android or Windows Phone or visit Alaska's mobile website at m.alaskaair.com.

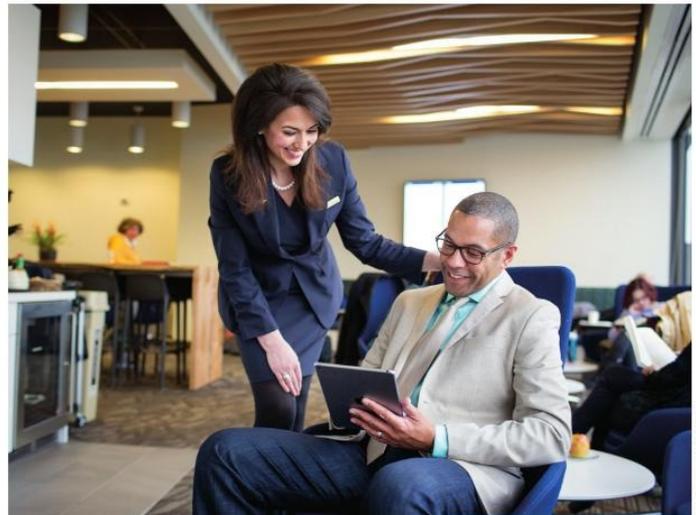


attractions, services and restaurants near your location—and it provides directions.

- Search Yelp for nearby venues. Narrow the search by distance, price and hours of operation. Read the reviews.
- OpenTable is an app that can be used to make restaurant reservations.

DOWNTIME DO'S

- Use airline lounges in terminals whenever possible for layovers. Many have quiet workspaces and refreshments. Not a member? Many, such as the Alaska Lounge, offer day passes.
- Wash your clothes. Many hotels have laundry facilities.
- Exercise. The app 500 Bodyweight Challenge is for people on the go and features exercise videos and workout ideas to help you stay in shape anywhere. **m**



ALASKA AIRLINES

• The Alaska Lounge offers quiet workspaces and refreshments. Day passes are available for nonmembers.

Stuart Glascock writes from Seattle.



HOST AN UNFORGETTABLE EVENT AT TUKWILA'S MUSEUM OF FLIGHT.

MEET IN SEATTLE'S BACKYARD

Make your next meeting a great one, here in Seattle Southside. Just south of downtown Seattle, our area offers fantastic convenience and value. Your attendees will be close to the airport and an easy light rail ride to the city. Plus, you'll find a wide range of facilities and all the amenities you want, for more affordable prices.

We provide complimentary, personalized, concierge-style service. Email us at GroupSales@SeattleSouthside.com so we can help plan your meeting details.



QUICK GUIDE TO MEETING FACILITIES

ALASKA

TRAVEL JUNEAU

800 Glacier Avenue, #201
Juneau, AK 99901
Guest Rooms: 1,100 | Rate: \$100 - \$250
Meeting Rooms: 30
907-586-1749 | Kirk Stagg
TravelJuneau.com

WESTMARK FAIRBANKS HOTEL & CONFERENCE CENTER

813 Noble Street
Fairbanks, AK 99701
Guest Rooms: 400 | Rate: \$79 - \$550
Meeting Rooms: 13
907-456-7722 | Patricia Silva
WestmarkHotels.com

CALIFORNIA

VISIT DIABLO CITY

2280 Diamond Blvd., Suite 200
Concord, CA 94520
Guest Rooms: 1,288 | Rate: \$80 - \$300
Meeting Rooms: 40
844-342-2568
DiabloValleyCA.com/planner17

IDAHO

BOISE CENTRE

850 West Front Street
Boise, ID 83702
Meeting Rooms: 20
208-336-8900 | Sales Manager
BoiseCentre.com

WASHINGTON

THE CHRYSALIS INN & SPA

804 10th Street
Bellingham, WA 98225
Guest Rooms: 43 | Rate: \$175 - \$349
Meeting Rooms: 3
888-808-0005 | Chris Simpson
TheChrysalisinn.com

MARCUS WHITMAN HOTEL & CONFERENCE CENTER

6 West Rose Street
Walla Walla, WA 99362
Guest Rooms: 133 | Rate: \$129 - \$199
Meeting Rooms: 9
509-524-5107 | Chris Coates
MarcusWhitmanHotel.com

MUCKLESHOOT CASINO

2402 Auburn Way South
Auburn, WA 98002
Meeting Rooms: 4
800-804-4944 / Banquets
muckleshootcasino.com

NORTHERN QUEST RESORT & CASINO

100 North Hayford Road
Airway Heights, WA 99001
Guest Rooms: 250 | Rate: Varies
Meeting Rooms: 11
509-481-6010
NorthernQuest.com

SEATTLE SOUTHSIDE

3100 South 176th Street
Seattle, WA 98188
Guest Rooms: 8,000 | Rate: \$22 - \$209
Meeting Rooms: 240
206-686-7261 | Jene Iceberg
MeetinSeattleSouthside.com

OREGON

TRAVEL LANE COUNTY

754 Olive Street
Eugene, OR 97401
Guest Rooms: 6,539 | Rate: \$110 Average
873,000 Sq. Ft. of Meeting Space
800-547-5445
MeetingGeniuses.com

MULTI-LOCATION

COAST HOTELS

More than 30 locations with more than 100,000 square feet of meeting space. Located in five Western states: Alaska, California, Hawaii, Oregon and Washington and in Canada throughout Alberta, British Columbia, the Northwest Territories and the Yukon.
503-228-2000 | Cheryl Foster Hayes
CoastHotels.com

STAYPINEAPPLE HOTELS

Discover what it means to Staypineapple! Staypineapple Hotels are right where you want to be in Seattle, Portland, San Francisco, San Diego and Chicago. Facilities and services are customized to your needs to support meetings and conferences.
866-866-7977
staypineapple.com

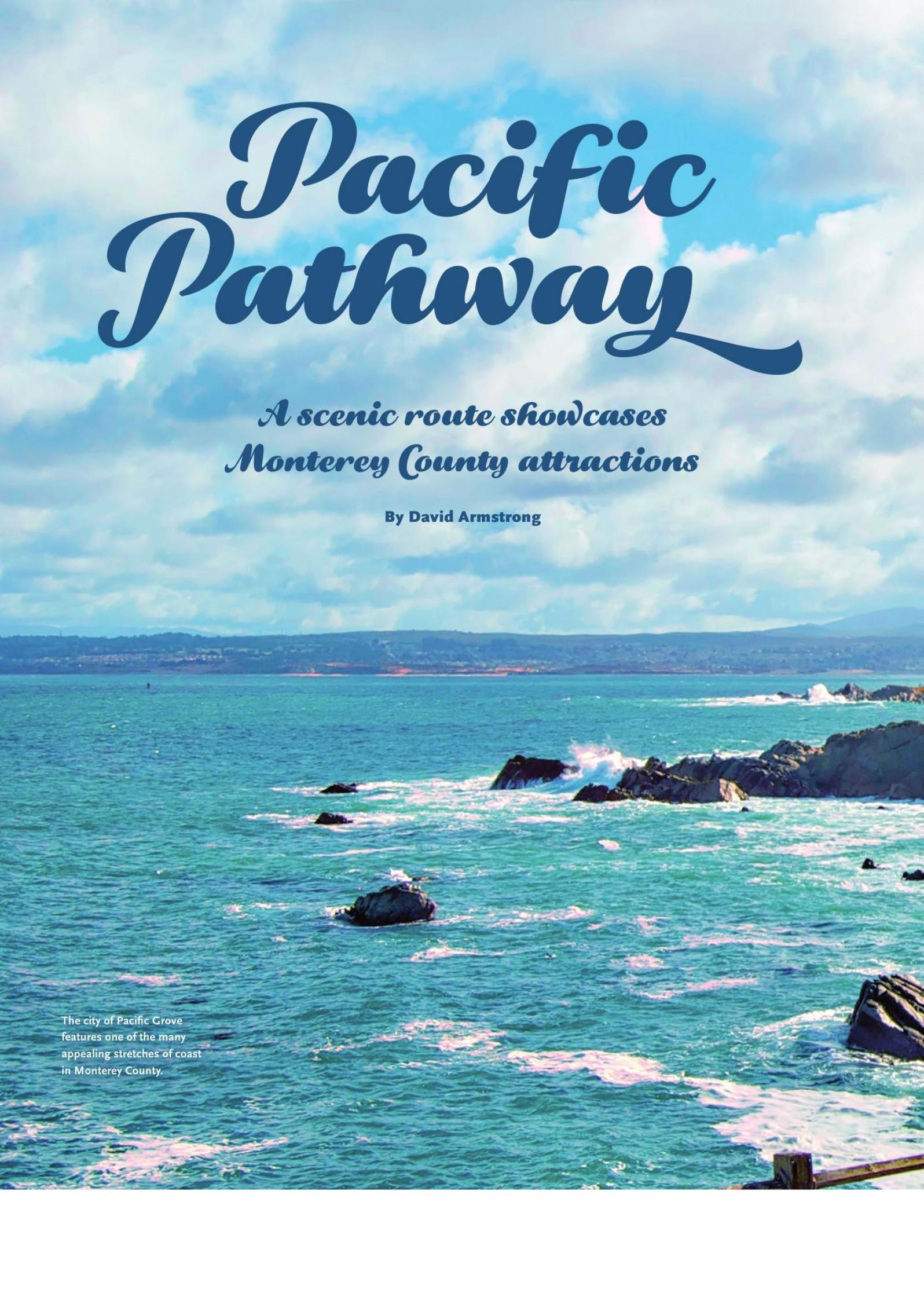


Pacific Pathway

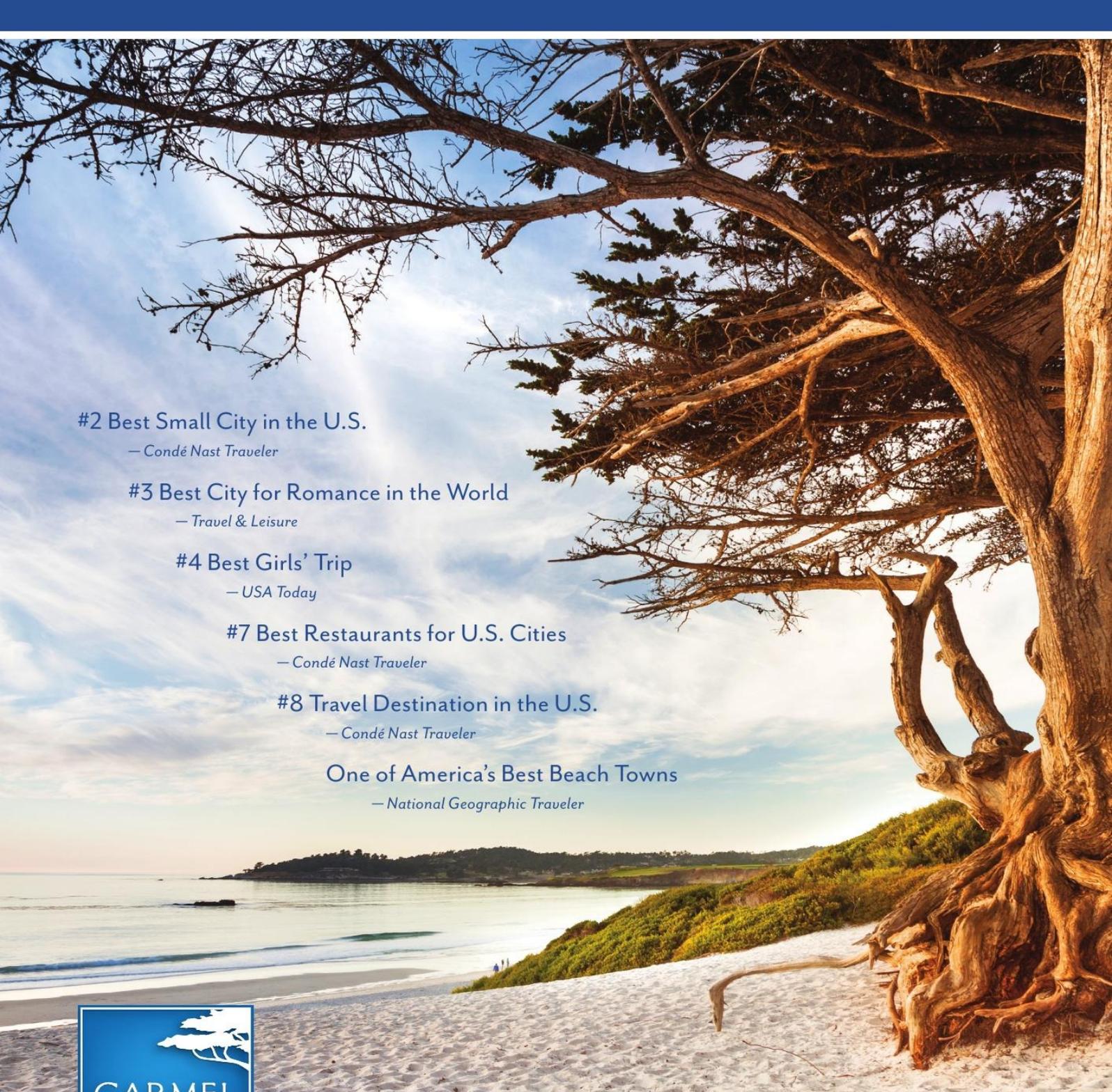
*A scenic route showcases
Monterey County attractions*

By David Armstrong

The city of Pacific Grove features one of the many appealing stretches of coast in Monterey County.







#2 Best Small City in the U.S.

— *Condé Nast Traveler*

#3 Best City for Romance in the World

— *Travel & Leisure*

#4 Best Girls' Trip

— *USA Today*

#7 Best Restaurants for U.S. Cities

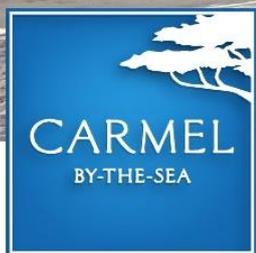
— *Condé Nast Traveler*

#8 Travel Destination in the U.S.

— *Condé Nast Traveler*

One of America's Best Beach Towns

— *National Geographic Traveler*



Discover what makes Carmel-by-the-Sea one of the most awarded small cities in the U.S.

Find things to do, events, local tips, and book special hotel rates direct at CarmelCalifornia.com.



The Monterey Bay Coastal Recreation Trail follows the gorgeous Monterey County coastline through picturesque parks and past attractions such as historic Cannery Row (below).



It's an exquisite day on the coast of California's Monterey County. As I look out from a rocky promontory, I see a classic triptych: bright blue sky; sea breaking on rocks; and a cluster of thick-armed, wind-bent cypresses.

This romantic spot is appropriately named Lovers Point, and it is one of the highlights of the **Monterey Bay Coastal Recreation Trail**. Of the many excellent trails in Monterey County, this 18-mile route is the area's longest paved, multiuse pathway, and it traverses varied terrain. From **Lovers Point Park** in Pacific Grove, the trail follows the Pacific coastline, first southeast and then northeast all the way to **Castroville**, passing through cities, suburbs, farmland and parks. If you want to sample some of the best the area has to offer, the coastal trail is a great route to follow.

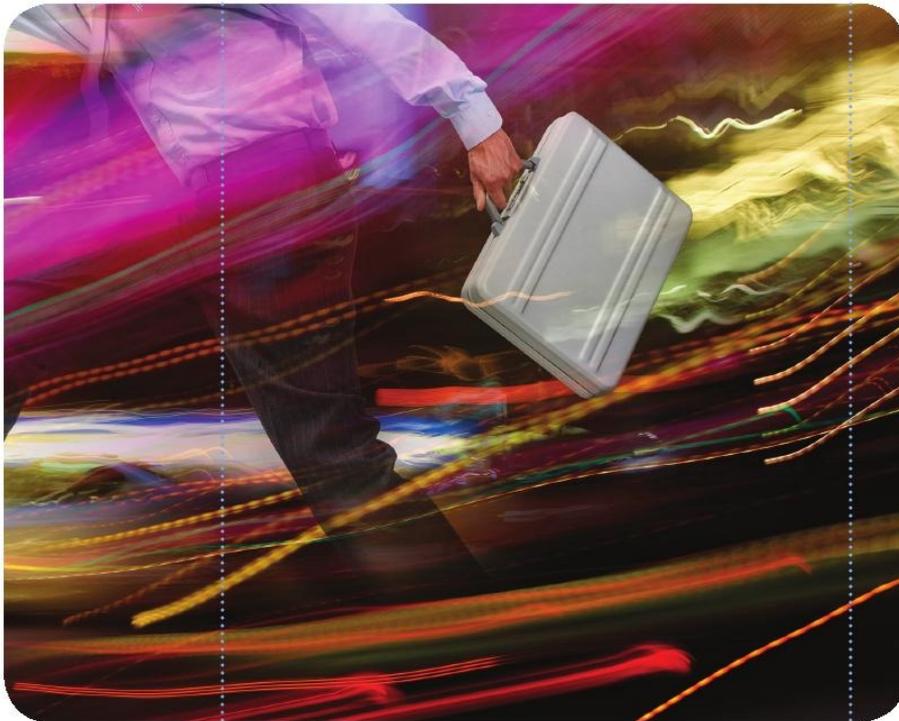
At Lovers Point, visitors can enjoy a Pacific Grove Beach Burger outdoors at **The Grill at Lovers Point**. A 1-mile walk southeast from the grill, in the City of Monterey, the **Monterey Bay Aquarium** is the star attraction on historic **Cannery Row**, a popular dining and shopping destination with renovated corrugated-metal former fish canneries now holding numerous stores and restaurants. You can take a one-hour



guided Insider's Tour of the aquarium (a new offering that launched in 2016). You might also visit **Adventures By The Sea**, which has five shops in the Monterey area (one near the aquarium) to rent sea kayaks to paddle along the coast or bikes to pedal the trail.

Southeast of Cannery Row, the urban section of the trail curls around the waterfront to Monterey's **Old Fisherman's Wharf**, with its seafood restaurants, souvenirs and whale-watching tour docks. Heading east and then northeast from the wharf, the trail parallels the coast and California Highway 1 through Seaside and Sand City. North of Sand City, the trail runs for 4 miles along the edge of **Fort Ord Dunes State Park**,

Your company laptop
was just stolen.
What now?



- Recreation
- Senior Living
- Real Estate
- Construction
- Education
- Banking
- Logging
- Manufacturing
- Transportation
- Public Entities
- Employee Benefits

It was all right there: confidential customer information, proprietary business data, social security numbers and more. Then it was gone, just like that. With Propel's CyberSmart™ Coverage, we'll be there almost as fast—helping your business manage the potentially devastating consequences of exposing or losing sensitive information. From making sure all your company's legal obligations are met—to helping keep your business running as usual.

**Work smarter with
CyberSmart™ Coverage**



propel
INSURANCE®

800 499 0933
propelinsurance.com



Monterey Bay Aquarium.

which opened in 2009. The park is a former Army training ground that is popular with bicyclists, hikers, runners and bird-watchers. It contains 979 acres of dunes and is a natural habitat for seabirds, with coastal bunkers hinting at the area's military history.

The remainder of the trail veers northeast and provides a relatively level ride into Castroville for bicyclists seeking more exercise. But I prefer to end my trips here at the park, looking out to sea from this enchanting stretch of coast. ■

David Armstrong lives in Monterey County.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) has regular service to Monterey. For more information about the Monterey area, visit seemonterey.com.

Did You Know?

- The **Monterey Bay Aquarium** became the fictional Cetacean Institute in the 1986 film *Star Trek IV: The Voyage Home*.
- The popular restaurant **Sardine Factory** was a film setting for local actor/director Clint Eastwood's 1971 thriller *Play Misty for Me*.
- Duck into the alley at **800 Cannery Row**, between the Intercontinental Clement Hotel and the old Pacific Biological Laboratories, to see the concrete and metal remains of the lab of scientist Ed Ricketts, who inspired the character "Doc" in John Steinbeck's *Cannery Row*. —D.A.

Year-Round Fun



The weather in Monterey County is generally mild, making it a terrific recreational destination any time of the year. A few of the top choices for January and February include:

- **Whalefest Monterey**, January 28–29 at **Old Fisherman's Wharf** (shown above). Whale-watching, interactive exhibits, wharfside music and talks about protecting the world's oceans are highlights of this annual celebration of the giant ocean mammals that migrate along the coast.

- **Highway 1 south of Monterey, along the Big Sur coastline** (above right). This scenic, winding road that clings to cliffs above the Pacific is one of the most spectacular sea-view drives anywhere. Big Sur's deep forests, hearty roadhouse food, public and private campgrounds, rugged terrain for hiking, and restaurants with a view (such as the 1950s and '60s Beat-and-hippie favorite Nepenthe) enhance this beautiful road trip.

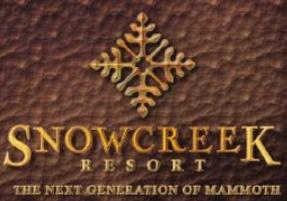


JOHN COX

- **Golfing along the Monterey Peninsula.** The Monterey County area is a year-round golfing destination renowned for its epic coastal courses. One of the premier seasonal highlights is

the **AT&T Pebble Beach Pro-Am**, a PGA Tour event that will take place February 6–12 this year.

- The new destination restaurant **Cultura Comida y Bebida** in downtown Carmel serves an authentic and innovative take on Mexican cuisine. The winter salad with roasted delicata squash (left), wild mushroom empanadas and artisan mescal are among the restaurant's distinctive offerings. —D.A.



Wilderness to Luxury

A 449 acre resort minutes from the world renowned slopes of Mammoth Mountain, CA. Snowcreek Resort offers luxury townhomes, golf course, health club and spa, and a doorway to infinite winter and summer activities.



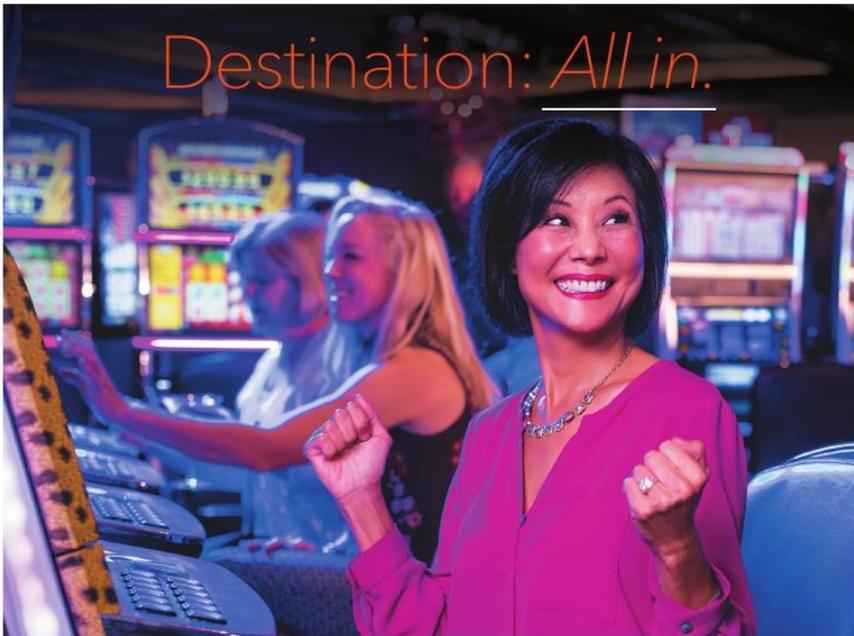


Real Estate Sales (877) 766-9275
Vacation Rentals (800) 544-6007

Visit us at www.SnowcreekResort.com
or become a fan on facebook

Another luxury resort development by **The Chadmar Group**





Destination: *All in.*



FROM BAY TO PLAY IN 43 MINUTES.

New luxury accommodations, world-class spa and pool, plus great dining, gaming and entertainment in the heart of Sonoma County wine country.



288 GOLF COURSE DRIVE WEST
ROHNERT PARK, CA P 707.588.7100

GRATONRESORTCASINO.COM

PLAY WITHIN YOUR LIMITS. IF YOU THINK YOU HAVE A GAMBLING PROBLEM, CALL 1-800-GAMBLER FOR HELP. ©2017 GRATON RESORT & CASINO.

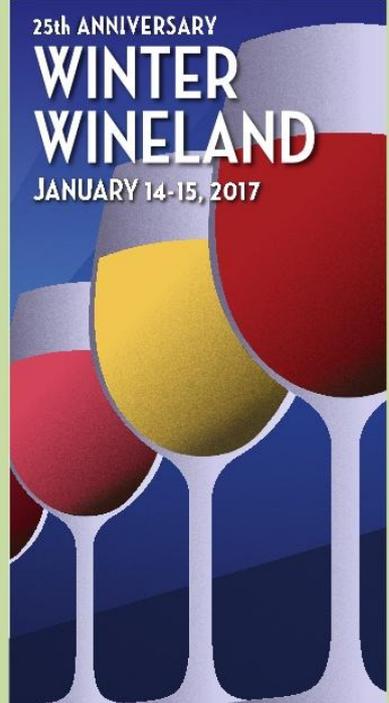
VISIT CALIFORNIA WINE COUNTRY



Open 7 Days A Week • Lunch & Dinner
345 Healdsburg Avenue
Downtown Healdsburg
707-433-2337 • www.bearrepublic.com

Wineries
& Vineyard
Adventures
Lead the List
of Reasons
to Visit

CALIFORNIA
WINE
COUNTRY.



WINEROAD.com

Flyer guide

Your overview of the Alaska experience.

TABLE OF CONTENTS

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



Enjoy a drink

Refreshing selections, for free or for purchase.

The menu card in your seatback pocket displays all our food and beverage options.

COMPLIMENTARY BEVERAGES



Sodas

Coca-Cola
Coke Zero
Diet Coke
Sprite
Sprite Zero
Seagram's Ginger Ale
Seagram's Seltzer
Seagram's Tonic

Other

Bottled Water
Orange Juice
Cranberry Juice
Apple Juice
Bloody Mary Mix

Coffee

Proudly serving Starbucks®
Pike Place® Roast



LIQUOR



Craft USD \$7

Sun Liquor Vodka
Sun Liquor Gin
Sun Liquor Rum
Crater Lake Hazelnut
Espresso Vodka

Classic USD \$7

Dewar's White Label Scotch
Crown Royal

REGIONAL WINES AND 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.

Beverage service may vary due to time of day and flight-segment time limitations. Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. 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. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

Horizon Air's fleet

BOMBARDIER Q400

Our 76-seat Bombardier Q400 is among the most environmentally friendly aircraft in the skies today. The Q400 is ideally suited for short hops across the Pacific Northwest, California and Alaska.



EMBRAER E175—COMING SOON

Earlier this year, we placed our largest aircraft order in our history, ordering 30 Embraer E175 regional jets. These new aircraft will begin arriving in Spring 2017 and offer a first class cabin, spacious overhead bins, inflight Wi-Fi and the Alaska Beyond Entertainment streaming entertainment system.



Tell us how we're doing.

Visit alaskalistsens.com.

Free to access inflight.

Our bag guarantee.

Delivered in **20 mins or less.**

If we miss the mark, see an agent for a voucher.

Terms apply. See bit.ly/BagGuarantee for details.

Your safety and comfort

AT YOUR SEAT

- Buckle Up. Please fasten your seat belt whenever the seat belt sign is illuminated. We ask that you keep your seat belt fastened throughout the flight whenever you are seated in case of undetectable clear-air turbulence.
- Seat backs and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- All carry-on baggage, including laptop computers, must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Pets must remain in their carrier for the entire flight. The carrier must be stowed under a seat for taxi, takeoff and landing.

WHILE IN THE AIR

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

- Smoking is not permitted on any flight.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.
- Horizon Air prohibits the use of items that do not meet Federal Aviation Regulations or Company regulations, including the use of seat-belt extensions not provided by Horizon Air.
- Chewing tobacco and electronic cigarettes are not permitted.
- Alcohol may not be consumed unless it has been provided by a Flight Attendant.
- Cellphones may be used while the boarding door is open until advised by your Flight Attendant that cell service must be turned off. Upon landing, your Flight Attendant will advise when cell service can be enabled.
- Headphones must be worn when using portable electronic devices that produce sound.

The Federal Aviation Administration (FAA) and Alaska Airlines have set these rules and regulations to assure your safety and comfort.

USING YOUR DEVICES

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

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 players
- Noise-canceling headphones
- Cellphones (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

Start every trip at alaskaair.com.

- Always find our lowest fares, guaranteed
- Check out our weekly flight deals
- Plan your trip with hotel, car and vacation packages
- Manage your Mileage Plan account and use miles
- Check-in, print boarding passes and baggage tags

Join the conversation.

Come chat with us—and your fellow flyers—online. Tag your journey with #iFlyAlaska so we can all share in your adventures. Have a question? Ask away. Our Social Care Team is available 24/7 on Facebook and Twitter.



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



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



[@AlaskaAir](https://www.instagram.com/AlaskaAir)

Our app keeps you mobile on any device.

We have several mobile options to keep you moving when you're on the go: iPhone, Android, Windows Phone and our mobile website at m.alaskaair.com.

- Find and book flights
- Check in from your phone
- No more paper—use your mobile boarding pass
- Access Mileage Plan™ information
- Pre-reserve meals

Alaska Airlines Mileage Plan™

Welcome to a world of rewards.



See the world and earn miles doing it.

Earn or redeem miles on every Alaska flight and flights to more than 900 destinations worldwide with our airline partners.

Earn miles on hotel stays, car rentals, and everyday purchases, too.



The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.*

MVP

(20,000 miles flown on Alaska)

- Priority check-in
- Two free checked bags
- Complimentary upgrades
- 50% bonus miles and more

MVP GOLD

(40,000 miles flown on Alaska)

- All MVP® benefits, plus:
- Waived ticket change fees on Alaska
 - Four annual guest upgrades
 - 100% bonus miles and more

MVP GOLD 75K

(75,000 miles flown on Alaska)

- All MVP Gold benefits, plus:
- Complimentary inflight entertainment player
 - Four Board Room day passes
 - 125% bonus miles and more

*Miles flown on PenAir and Ravn do not count toward elite status qualification.



LONDON, ENGLAND



Carry the card for even more rewards.

Get **30,000 bonus miles** after qualifying purchases with the Alaska Airlines Visa Signature® card. Enjoy added benefits like:

- Annual companion fare offer—because traveling is more fun with a friend
- **Free** checked bag for up to six people on the same reservation

Cardholder perk: There's no limit to the number of miles you can earn.

Learn about all card benefits at alaskaair.com. The benefits above apply to Visa Signature® accounts only and different benefits apply to Platinum Plus® accounts. Card type is determined by creditworthiness.

Apply at mynewalaskacard.com or ask your flight attendant.

For information about rates, fees, other costs and benefits associated with the use of this card or to apply, visit the website referenced above. The Visa Signature® card benefits described herein are subject to certain restrictions, limitations and exclusions. This credit card program is issued and administered by Bank of America, N.A. Visa Signature is a registered trademark of Visa International Service Association, and is used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of Bank of America Corporation.

Big adventures for fewer miles. NEW

You can now book nonrefundable one-way award travel within the continental United States and Canada starting at just 5,000 miles plus taxes & fees.*

New starting price*	Previous starting price*	Distance each way	Sample routes
5,000 miles	7,500 miles	Less than 700 miles (intrastate)	San Jose–Orange County
5,000 miles	12,500 miles	Less than 700 miles	Seattle–San Francisco
7,500 miles	12,500 miles	701 to 1,400 miles	Los Angeles–Portland
10,000 miles	12,500 miles	1,401 to 2,100 miles	San Diego–Seattle
12,500 miles	12,500 miles	More than 2,101 miles	New York–Seattle

* Plus taxes and fees from \$5.60 each way.

We're taking Mileage Plan benefits to the next level. Learn more at alaskaair.com/gamechanger.

Join today and start getting rewarded. alaskaair.com/mileageplan.

Mileage Plan gives you the world.

Earn and redeem your Alaska Airlines miles to more than 900 destinations worldwide.

Find tips on how to earn and use miles on our global partners at blog.alaskaair.com/mileage-plan.



Explore more with Mileage Plan.



London, England
British Airways



Reykjavik, Iceland
Icelandair



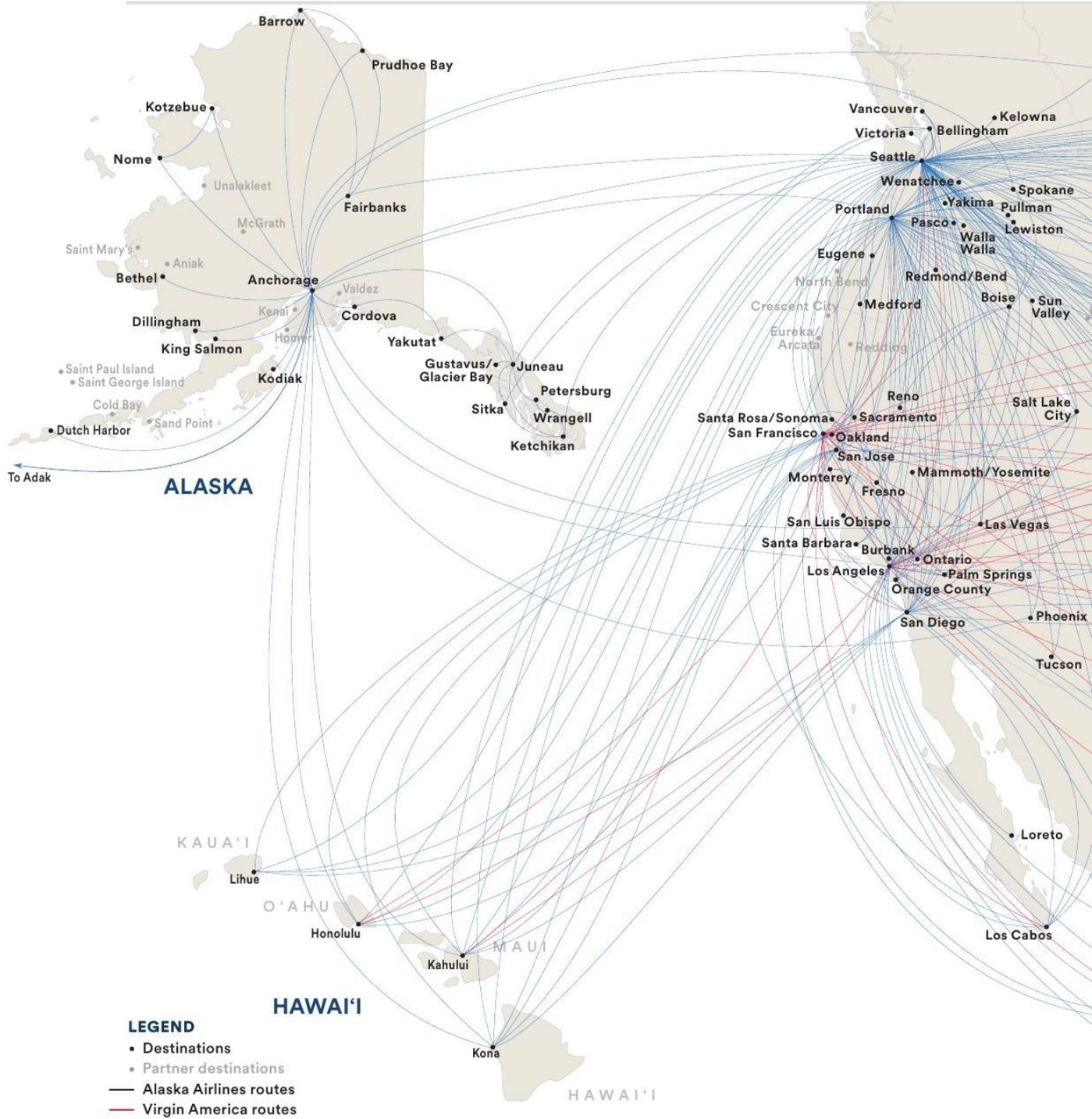
Beijing, China
Hainan Airlines



Dubai, UAE
Emirates

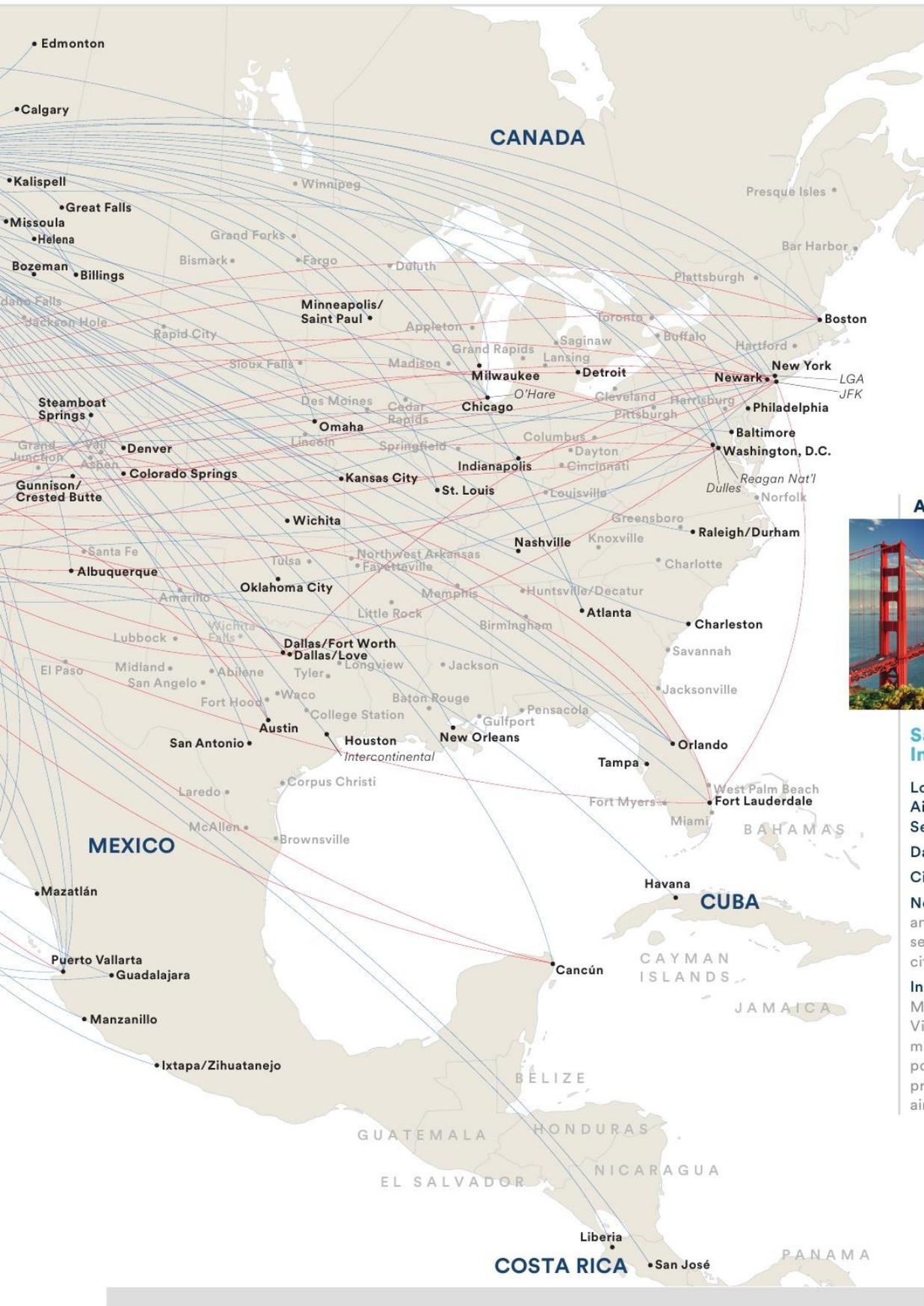
Where we fly

118 destinations and counting.



UPCOMING NEW SERVICE

Route	Service Begins
Los Angeles, CA—Havana, Cuba	January 5
San Jose, CA—Newark, NJ	March 12
San Diego, CA—Baltimore, MD	March 15
San Jose, CA—Burbank, CA	March 16
Portland, OR—Orlando, FL	March 16



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

Some routes shown operate seasonally.

Airport of the Month



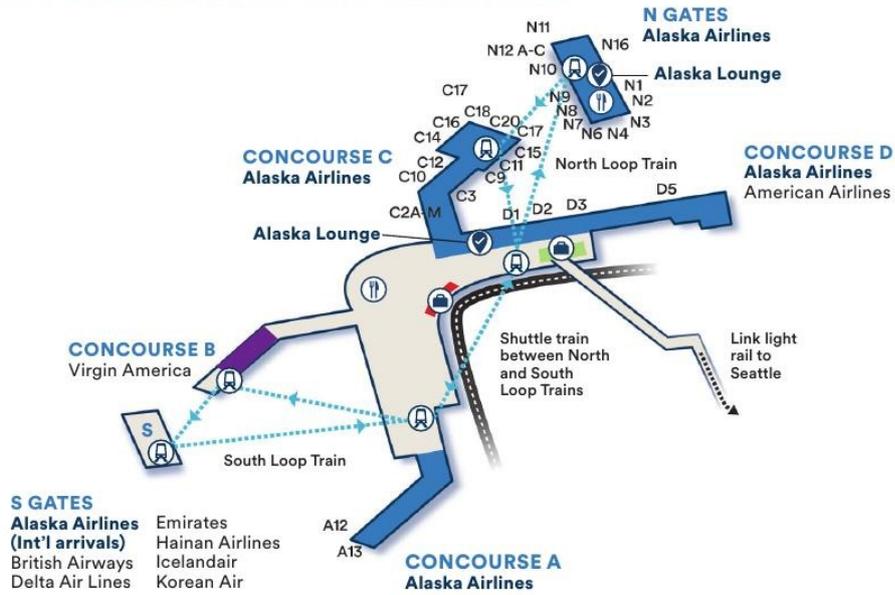
San Francisco International Airport

Location: San Francisco, CA
Airport code: SFO
Served since: 1979
Daily flights: 76
Cities served: 22
Notable: Alaska Airlines and Virgin America together serve the top 10 destination cities from SFO.
Insider info: Alaska Airlines Mileage Plan members and Virgin America Elevate members can earn miles/points in their respective programs when flying either airline.

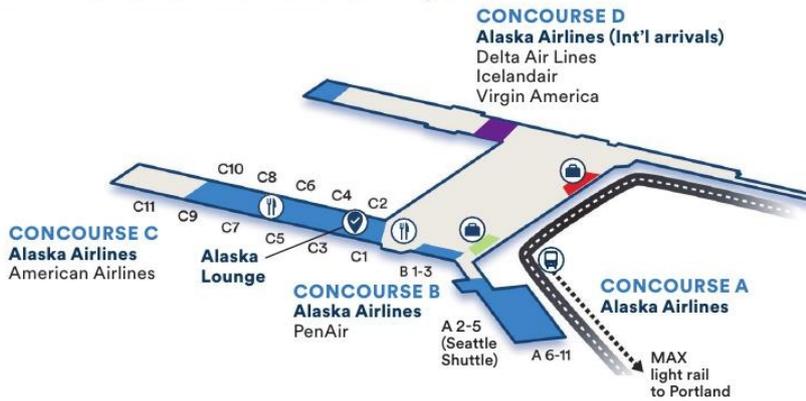
Airport terminal maps

SEA Seattle/Tacoma International Airport

Tip: Connecting to an Alaska Global Partner? You'll need to take the shuttle train to the South Loop Train to get to the S gates.



PDX Portland International Airport



SFO San Francisco International Airport

Tip: Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.



Legend:

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

LAX Los Angeles International Airport

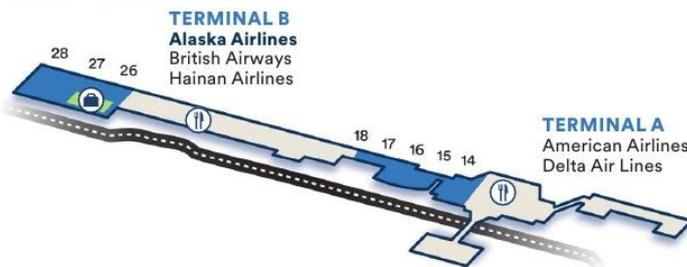


Tip: Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.

ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



UP A TREE

ACROSS

- 1 Being, to Brutus
- 5 Pool shot
- 10 Third in a series
- 15 Short drive
- 19 Trepidation
- 20 Leading man?
- 21 Oily liquid
- 22 Greenhouse square
- 23 Designer previews
- 25 Seaside promenades
- 27 Swindled
- 28 Dilutes
- 30 In shortest supply
- 31 A Bobsey twin
- 32 A foot wide?
- 33 Rocky peaks
- 34 Neonate
- 38 Gets around
- 41 A lot of humans
- 44 Louse
- 45 Resort
- 46 Pung and troika
- 47 Volatile initials
- 49 Offended
- 50 Sabots
- 52 Bona ____
- 53 Galena or bauxite
- 54 Implore
- 55 Tags may produce them
- 56 Cheat
- 57 Most dangerous
- 59 Stable youngsters
- 61 Advertise
- 62 Head lock?
- 63 Stares stupidly
- 64 About
- 65 Lightweight pullover
- 67 Corridors
- 68 Thought about
- 71 Blue dyes
- 72 Hides
- 73 Tyne Daly role
- 74 "Bravo!"
- 75 Hood's gal
- 76 Loggers
- 79 Exec
- 80 Party guy?
- 81 Monterrey cash
- 82 Dearest
- 83 Barzini in "The Godfather"
- 84 Hymn holder
- 86 Minds
- 87 Be curious
- 88 Tells
- 89 It might be split
- 90 Sigma's follower
- 91 Loco
- 94 Costume
- 96 Sound barrier
- 100 Lobo
- 102 Vector for Dutch elm disease
- 105 Chemical compound
- 106 Clean off
- 107 Roll with a hole

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	35	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										90						
91	92	93						94					95		96				97	98	99
100								101					102	103							104
105								106					107						108		
109								110												112	

- 108 Penn name
- 109 Conjuror, of old
- 110 Actress Winona ____
- 111 Excelled
- 112 Salinger heroine

DOWN

- 1 Young newt
- 2 He did the lord's work
- 3 Bellow in a library
- 4 Sea flier
- 5 Variety of grape
- 6 Wan
- 7 Fitted by a farrier
- 8 Needle a bit
- 9 Once, once
- 10 Wee fish
- 11 Solo
- 12 Amt.
- 13 Old space station
- 14 Automaton
- 15 Paltry
- 16 Sallow
- 17 Signs
- 18 Branch headquarters?
- 24 "South Park" parka wearer
- 26 Cautions
- 29 Macho types
- 33 Words between Friends
- 34 Blood of the gods
- 35 Actor Michael ____
- 36 Former location of the U.S. Open
- 37 Brief writer, in brief
- 38 Perch
- 39 Chances
- 40 Candle count
- 41 Sets
- 42 Stay
- 43 Invest
- 45 Fertile soil
- 46 Synagogues
- 48 Final, e.g.
- 50 Jerk away
- 51 Overcharges
- 52 Might
- 54 Jetties
- 56 Sturdy
- 58 Finback's food

- 59 Spurious
- 60 Nocturnal hunter
- 61 Collieries
- 63 Get-ups
- 64 Arrogant
- 65 Pack down
- 66 Eavesdrop
- 67 Funny stuff
- 68 Strides
- 69 Finest
- 70 Turn aside
- 72 Melds
- 73 Property
- 76 Calligrapher
- 77 Ratite birds
- 78 Java
- 79 Mama's boy
- 81 Flat surface
- 83 Two-door auto
- 85 Fit for farming
- 86 Juvenile cow
- 87 Sing
- 89 Throb
- 90 In use
- 91 Article

- 92 Spanish girl
- 93 Haze
- 94 Spur
- 95 Diminishes
- 96 Cartesian term
- 97 ____ majesty
- 98 Colorado Indians
- 99 '70s rock genre
- 101 Sardonic
- 103 Exclamation of delight
- 104 Compass pt.

Solution on page 49.

PennyPress®

Copyright © 2017 Penny Press, Inc.
Visit PennyDellPuzzles.com



YOUR FIRST CLASS GAMING AWAITS!

At Muckleshoot Casino, the sky's the limit with your choice of more than 3,100 gaming machines, over 100 table games and new ways to win Free Play instantly! Plus, you'll feel like you're in first class with the best dining options and largest smoke-free gaming area in the state.

Muckleshoot Casino, the Biggest and Best in the Northwest.

\$10 IN FREE PLAY

Code: **PUBAKFPJ17** | VALID: January 1, 2017 – February 13, 2017

Present your airline ticket stub (paper or electronic) or bring this ad to the Players Club for your Free Play offer!

Limit one Free Play redemption per guest per month. Must be or become a Players Club member to participate. Membership is free! Offer expires February 13, 2017. Not eligible for redemption on other promotional offerings and holidays. Free Play may not be available on all machines. For Free Play limitations, rules and details, see Players Club. Promotions are subject to change without notice. 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



IT'S ALL ABOUT YOU

Learning to Love Oregon ...

with a raccoon costume | BY MELISSA HART

See that path through the cottonwoods? That's how I get to the river to catch my suppertime frog." ■ I'm standing under an oak at Alton Baker Park in Eugene, Oregon. The Willamette River sparkles through the trees. Around me, schoolchildren shiver in the breeze, but still they listen, rapt, to my spiel about the area's riparian ecosystem.

They are attentive partly because of my garb. In place of my usual jeans and raincoat, I'm wearing a furry gray raccoon costume.

I spent the first 30 years of my life near Los Angeles, where I loved the wealth of museums and theaters, and Dodger Stadium. Then I moved to the Pacific Northwest with its rainforests and rivers and volcanic ranges, wildly different from what I knew. Homesickness walloped me. I distracted myself by hiking, studying the flora and fauna of my new home. When Nearby Nature—a local nonprofit dedicated to fostering appreciation for the natural world—put out a call for volunteers, I signed on.

As part of the training, I took classes on everything from wildflower identification to Oregon reptiles and birds. I agreed to lead school programs weekly, and when the director asked volunteers whether anyone would be interested in donning a giant animal outfit for specialty educational gigs, I raised my hand. "I grew up playing in my grandmother's costume shop," I said.

"Terrific," the director replied. "You'll be our raccoon."

She handed me a gray sweatsuit and a giant faux fur head. Atop my neck, it wobbled like a bobblehead doll. The foam in the snout made me sneeze, and the 2-foot striped tail sewed to the seat of the sweatsuit threatened to topple me backward, but I happily stood under my assigned oak while other volunteers—a duck, a bat, an owl—assumed their places within shouting distance at the park. Educators led children along a path, stopping at each animal to learn about our specific habits and habitats.

The director had given me a script and a character. I was Rocky, a tough-talking fellow with an affinity for garbage. "You leave cat food in the can when you throw it away, I'm gonna knock over your trash bin so I can eat those leftovers," I quipped.

The kids squealed and laughed. They petted my tail and peered

into the screened eyeholes of the black-mask part of the fur head, trying to see the real me.

They couldn't, of course—that mask was impenetrable—and so they had no idea that it hid a once-bored LA suburbanite turned eager Northwest naturalist. Teaching the children about riparian ecology inspired me to volunteer for river cleanups, and to bike to the nature center each week to pick up my raccoon ensemble. After listening to the costumed bat and owl, I put up bat and screech owl boxes in my backyard. I learned the names of plants and trees and birds and flowers and held my furry head high, confident in my knowledge of my adopted home state.

And then I met my match.

The following spring, I stood under my newly leafed oak with kids shivering in the April breeze.

"Yup," I told them, "soon as I'm done here, I'm gonna go find me a banana slug for lunch."

"What color is a banana slug?" a voice demanded.

I peered through my eyehole at a scowling 10-year-old boy, hunched apart from the others, in an unzipped coat and an LA Dodgers hat. "It's yellow, buddy, like a banana," I said.

"Bzzzt!" The kid shook his head. "Raccoons are color-blind. They can't see yellow."

"Um ... yeah." I remembered hearing months before that the animals were likely color-blind, but it wasn't part of my speech, and so I'd forgotten it. I struggled to regain my character. "After I eat my slug, I'm gonna climb up into that cedar and take a nap."

The rest of the kids craned their necks to gaze up at the red-barked tree, but the boy in the hat snickered. "It's an *incense cedar*," he pointed out with superior precision.

"Yeah, well ... Go, Ducks!" I stammered, citing the famed mascot of the Eugene-based University of Oregon.

"Go, Dodgers," he countered.

Then I recognized him for what he was—a transplanted kinsman battling homesickness with naturalist knowledge. I set my big gray paw atop his head.

"Buddy," I told him, "You're gonna be OK."

Melissa Hart is the author of the novel Avenging the Owl (Sky Pony, 2016) and co-founder of Creator & Collector Services. She lives in Eugene.



WHERE FRIENDS MEET

DAVE SMITH

HASSLE FREE BUYING

WORLD'S LARGEST CHRYSLER DODGE JEEP RAM DEALER

WORLD'S LARGEST RAM TRUCK DEALER SINCE 1996

OVER 1100 NEW RAMS TO CHOOSE FROM



RAM

PROUD RETAILER OF

GM

TRUCK BEDS

210 NORTH DIVISION, KELLOGG, IDAHO • 800-635-8000 • DAVESMITH.COM

NORTHWEST'S LARGEST GM DEALER SINCE 1994

CHEVROLET



GMC
WE ARE PROFESSIONAL GRADE



BUICK



CALL US TODAY!

800-635-8000

210 NORTH DIVISION, KELLOGG, IDAHO DAVESMITHS.COM



THE PRESTIGE SEDAN REINVENTED.
THE 2017 CADILLAC CT6.

DAVESMITHS.COM 210 NORTH DIVISION STREET, KELLOGG, IDAHO 800-635-8000



Innovative Solutions For All Your Fleet Needs



NISSAN

Commercial Vehicles



DAVESMITHNISSAN.COM | 509-924-6242 | 6901 EAST SPRAGUE, SPOKANE, WASHINGTON

*The definition of hassle free buying is the customer's choice to buy without the hassle of negotiating.

T-Mobile®



UNLIMITED DATA

ON THE GROUND

FREE WI-FI IN THE SKY

On all plans, during congestion top 3% of users (>28GB/mo.) may notice reduced speeds. Video typically streams at 480p.

With **T-Mobile ONE™**, you can stream, post and play, all on the network built for unlimited data. Plus, only T-Mobile customers get one hour of **FREE Wi-Fi** and unlimited in-flight texting on Gogo®-equipped flights.

SWITCH TO T-MOBILE ONE™

TO GET UNLIMITED LTE DATA

1-800-TMOBILE T-Mobile.com

Limited time offers; subject to change. **T-Mobile ONE:** Credit approval, deposit, and \$20 SIM starter kit may be required. Monthly Regulatory Programs (RPF) & Telco Recovery Fee (TRF) totaling \$2.71 per voice line (\$0.60 for RPF & \$2.11 for TRF) applies. Taxes/fees approx. 6-28% of bill. Not for extended international use; you must reside in the U.S. and primary usage must occur on our U.S. network. Communications with premium-rate numbers not included. Video streaming at up to 1.5Mbps; may affect speed of video downloads. For best performance, leave video streaming applications at default automatic resolution setting. **Tethering:** Tethering at max 3G speeds. For customers who use more data than 97% of our customers (currently over 28 GB per month), majority of data usage must be on smartphone. Plan not available for hotspots and some other data-first devices. **Gogo:** Free Wi-Fi & texting on Gogo-equipped flights of U.S.-based airlines requires a capable smartphone. Texts may decrement plan allotment. Wi-Fi calling functionality, valid e911 address, & 1 prior Wi-Fi call w/current SIM card req'd for SMS/MMS/VVM. **Coverage** not available in some areas. **Network Management:** Service may be restricted or terminated for misuse or interference with our network or ability to provide quality service to other users, or significant roaming. On-device usage is prioritized over tethering usage, which may result in higher speeds for data used on device. See T-Mobile.com/OpenInternet for details. **See Terms and Conditions (including arbitration provision)** at www.T-Mobile.com for additional information. T-Mobile and the magenta color are registered trademarks of Deutsche Telekom AG. © 2016 T-Mobile USA, Inc.