

A woman in a pink tank top and shorts is running on a large sand dune. The dune has a distinct ripple pattern. In the background, there are more sand dunes and a blue lake under a clear blue sky.

Alaska[®] Beyond

Magazine
October
2016

Horizon Edition

Spectacular Dunes

Sand play in the Northwest

NEIGHBORHOOD VIBES: Discovering Portland's lively communities, *p. 16*. **RECREATION ROOM:** Open spaces and extraordinary places in Idaho, *p. 28*. **LOCAL KNOWLEDGE:** Learning to love a locavore life, *p. 80*.

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Cover: Bruneau Dunes State Park in Idaho. Photo: Steve Bly / Idaho Stock Images.

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Runway to the heart

With Luly Yang designing new uniforms for us, it seems the perfect time to have Andy Schneider, our VP of Inflight Services, tell you about some of the incredible flight attendants who will be donning Luly's creations when our new uniforms debut. —Brad Tilden

"Clothes make the person" was a quote I heard growing up. While I certainly have an appreciation for beautifully designed articles of clothing, I've learned, after 28 years with Alaska Airlines and Horizon Air, that it's the heart of the employees wearing the uniforms that completes the ensemble. I take great pride in the employees who don our uniforms every day. Not only do they come to work to deliver warm, caring service to you, but many of them are also wearing various hats outside of work, serving others in need.

I am humbled by the good our employees are doing in the community. Flight Attendant Gail Lopez created a charity to draw more attention to finding cures for childhood cancer, after her own daughter fought the disease. Gail's passion was evident last month when every Major League Baseball team wore a yellow ribbon, bringing attention to the need for research focused on childhood cancer. At Sea-Tac Airport, our inflight, pilot and airport teams regularly support the American Cancer Society's Relay For Life, and this year they raised more than \$40,000.

Flight Attendant Chris King approached me after seeing homelessness rates soar in Seattle. Wondering what he could do to be part of the solution, he has organized a sock drive. The outpouring of



Fashion designer Luly Yang will bring a fresh look to Alaska Airlines uniforms.

support from his peers has been phenomenal. Two more of our flight attendants, Krista Livingston and Bret Haugh, work tirelessly each year at our hubs in Seattle, Portland and Los Angeles to host "Swabbin" events aimed at growing the National Marrow Donor Program registry. And one of our newest flight attendants, Chael Stenchever, spreads cheer when she dresses up as Snow White to visit patients at Seattle Children's Hospital.

One of the many reasons I am excited that Alaska is partnering with fashion designer Luly Yang, beyond her incredible talents, is her passion for working in the community. From the moment I met Luly, I knew we had found a natural pairing. Like so many of our employees, Luly's beauty runs deep. Luly partners with Strong Against Cancer to design dream garments for young patients, which they model in a fashion show. When we asked if she would design neckwear that supported causes such as the Pink Lemonade Project, Rick's Toys for Kids and the USO, there was never a hesitation.

I am proud that our uniformed employees will have an opportunity to give the public an early preview of Luly's work through the month of October with her elegant scarves and ties for breast cancer awareness. And during December, our employees will be wearing her playful holiday scarves and ties. Visit alaskaairlinesmagazine.com this month and click to page 44 to learn more about Luly and the designs she is creating for us.

I am thrilled that Luly is creating a collection that employees will feel good about wearing from the moment they put their uniform on. Pairing that magic with the Alaska Spirit and Horizon Heart will make our employees shine from the inside out. Be on the watch for more uniform pieces designed by Luly coming soon for our team members.

Thanks for flying with us, and if you get a chance to chat with our employees, you'll find a wealth of goodness behind the uniform. —Andy Schneider



Brad Tilden,
Chief Executive
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Andy Schneider,
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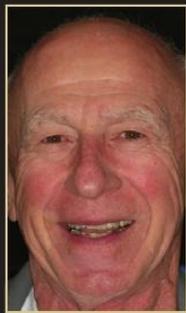
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Exhibit showcases stunning works by famous artists



Pieces by more than a dozen renowned studio-glass artists—including Dale Chihuly, Dante Marioni, William Morris, Cappy Thompson, Ginny Ruffner and Lino Tagliapietra—will be on display Oct. 9-April 23 at the Puget Sound area's Tacoma Art Museum. **"The Beauty of a Shared Passion: Highlights from the Rebecca and Jack Benaroya Collection"** features 65 works representative of the 150 exceptional glass-art creations, and the 50 paintings and sculptures, promised to the museum this year by area arts supporter Rebecca Benaroya. The pieces represent "the best of the best of these artists," according to TAM's chief curator, Rock Hushka.

Paintings and sculptures being gifted are by top artists such as Guy Anderson, Morris Graves, Mark Tobey, George Tsutakawa and Deborah Butterfield. The gift also includes a contribution for construction of a **7,000-plus-square-foot gallery addition** in which to present the collection. Contact: 253-272-4258; tacomaartmuseum.org.

Top: Cappy Thompson's *Storyteller*.
Left: Dante Marioni's *Whopper Vases*.
Right: Deborah Butterfield's *Untitled* cast-bronze horse.



PROMISED GIFTS OF THE REBECCA AND JACK BENAROYA COLLECTION: TOP: CAPPY THOMPSON (AMERICAN, BORN 1932), *Storyteller*, 1992; BLOWN GLASS AND ENAMEL, PHOTO © TAM, PHOTO BY RUSSELL JOHNSON AND JEFF CURTIS, BOTTOM LEFT: DANTE MARIONI, *Whopper Vases*, 1988-1994, BLOWN GLASS, PHOTO © TAM, PHOTO BY DUNCAN PRICE, BOTTOM RIGHT: DEBORAH BUTTERFIELD (AMERICAN, BORN 1948), *Untitled*, 1992, CAST BRONZE AND PATINA, PHOTO © TAM, PHOTO BY RUSSELL JOHNSON AND JEFF CURTIS, ART © DEBORAH BUTTERFIELD/LICENCED BY VAGA, NEW YORK, NY



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"I'm most happy that many of the practices I learned during the program seem to be sticking months later."



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I've always been active. I would jog on a daily basis, take gymnastics, work with a personal trainer and exercise on a semi-regular basis. But after having my daughter, taking on more responsibility at work, and with all the other things that go on in life, there never seemed to be enough time. Exercise dropped to the bottom of my priority list. When I could no longer fit into my clothes, it became a daily reminder of how out of shape I'd become. And even when I tried to exercise, I knew there was something missing because I couldn't seem to get back to my original size.

I'd never been on a diet so I wasn't sure how to begin one. I not only wanted to learn how to eat right, but I wanted to continue good habits as I got older. So when I learned that there was a program specifically for women who needed a pick-me-up and it included beauty, nutrition and mentoring, I knew it was for me.

The workouts were exactly what I had expected. I was fortunate to have my sessions split between two trainers. Each offered a different approach. One was more structured, while the other designed workouts which were more creative and challenged my body in different ways.

My dietitian was amazing! She answered every question I had and continuously offered suggestions and tips on managing cravings and how to handle various scenarios. This felt like a key piece to my overall success.

I'm most happy that many of the practices I learned during the program seem to be sticking months later. Having had to coordinate schedules with my husband to do the program allowed me to successfully integrate exercise (for him and myself) back into my schedule. It also showed me that I can make time to exercise while maintaining my regular lifestyle. Also, sticking to an easily sustainable eating regimen has worked wonders.

One of the best parts of the program was the pampering. Having an executive locker with a robe, slippers, great spa products, surprise gifts and more was a pleasurable, guilty indulgence. Many times I'd relax with a cup of tea after working out. It felt like a daily spa session.

I lost about 20 pounds and gained two percent muscle mass. I fit into my clothes – but now I have toned arms, which I've never had in my life. The makeover and photo session was the icing on the cake! When I saw myself in the photos, I was amazed. Who knew?



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Neighborhood Vibes

Discovering the Portland area's lively communities

By Jim Gullo

It didn't make the headlines, but about a year ago there was a near-perfect confluence of rare and nearly historic events in Oregon, all centered around my house. Our older son was invited away for a weekend. My sister graciously offered to watch our younger son, the dog and the rabbit. Work schedules miraculously lined up to offer three days off in a row for me and my wife. We looked at each other in astonishment, and before anyone could say, "Mom, I lost my homework," we headed straight for downtown Portland, got a guestroom at a charming hotel and set out to have fun around town.

This vibrant city never disappoints as it mixes outstanding shopping, dining and entertainment with handsome architecture and a hip vibe. On our downtown date we browsed designer clothing at **Nordstrom**, ate at excellent restaurants and caught a touring production that was part of the "Broadway in Portland" series at

the **Keller Auditorium**. We also visited gardens, walked to movies, and admired public art such as the **Allow Me** bronze sculpture of a man with an umbrella at **Pioneer Courthouse Square**. We came home refreshed, relaxed and vowing to do it again if the stars—not to mention the kids and pets—allowed.

Next time we might visit another of the many neighborhoods that have become attractions in their own right. We could spend weeks exploring every little pocket of the Portland region—from

the St. Johns neighborhood in the far north (home to the 1931 St. John's bridge, known for its Gothic cathedral-style spires and called "the Grand Lady of Portland"), to tony Lake Oswego south of Portland.

Below is a look at four of the visitor-friendly neighborhoods that help to make Portland lively, beautiful and, of course, that favorite local descriptor: weird.

Downtown

One of the first things my wife and I did in downtown Portland was

walk to **Director Park**, an urban oasis with a fountain, an oversize chessboard, and periodic concerts, dance performances and dance lessons (even tango).

Another popular piazza, **Pioneer Courthouse Square**, buzzes with attractions and festivals such as this month's **Run Like Hell Halloween-themed event**, October 23, with costumed participants running a half-marathon, 10K, 5K or kids' half-mile.

On the hotel scene, the venerable **Benson Hotel's** Russian walnut-



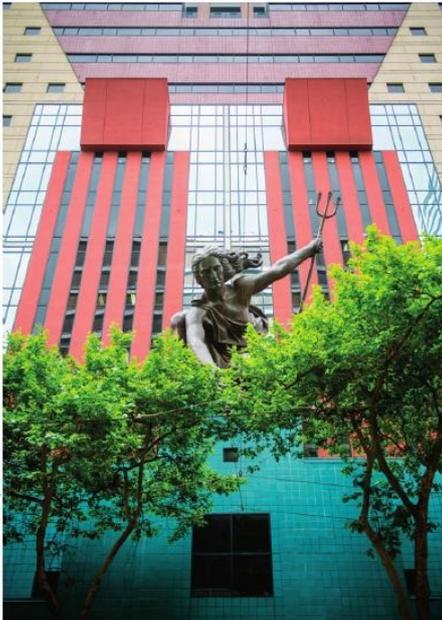
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paneled lobby is a lovely place for afternoon tea or cocktails, while the elegant Heathman Hotel will have a new fine-dining restaurant, **Headwaters**, owned and run by star local chef **Vitaly Paley**. It's expected to open this month.

Arts venues are scattered throughout the downtown core. The **Arlene Schnitzer Concert Hall**, built in grand Italian Rococo style in 1928, and affectionately known locally as "The Schnitz," hosts top touring performers, such as **Beach Boy Brian Wilson** on

October 7 and contemporary English indie rockers **Glass Animals** on October 13. A concert at The Schnitz is always a delightful night out for us.

Next door at the **Newmark Theatre**, the chamber trio **Simply Three** will take the stage on October 9, while downtown's **Keller Auditorium** will host **Ringo Starr**, October 18, and **Alice Cooper**, **Pet Shop Boys** and **Jethro Tull** later in the month.

Upcoming productions in the "**Broadway in Portland**" series are *Beautiful: The Carole King Musical*, November 1–6,

and *Finding Neverland*, January 3–8; followed by *Rent*, *The Illusionists*, *Matilda the Musical*, *Mamma Mia!*, *Jersey Boys*, *An American in Paris* and *Cabaret*.

Before attending the production on stage during our visit, Kris and I stopped to admire the trompe l'oeil mural at the **Oregon Historical Society** (which has world-class collections of Oregon artifacts), across the street from the **Portland Art Museum** (which has world-class collections of European and American master paintings).

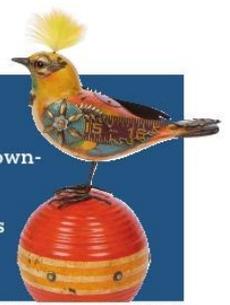
"Want to see the Statue of Liberty's sister?" I asked my wife.

"Who doesn't?" she replied. Just a few blocks from the Oregon Historical Society Museum, **Portlandia**—the second-largest copper repoussé statue in America (behind the Statue of Liberty)—reaches down, trident in hand, from the

Clockwise from far left: Downtown attractions include the Portland, Oregon, sign; the patio at Nel Centro restaurant; the Allow Me statue in Pioneer Courthouse Square; the plaza at Director Park; and the Portlandia statue at the Portland Building.

Insider tip:

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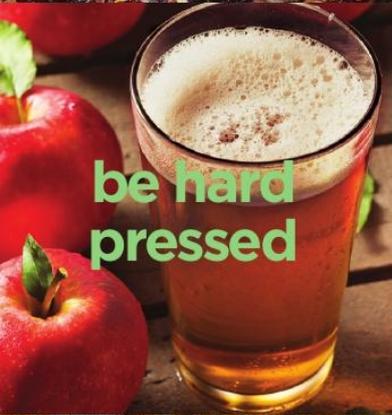
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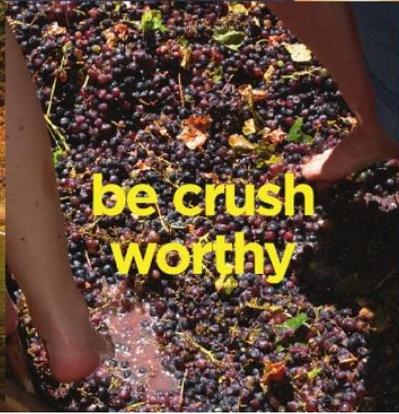
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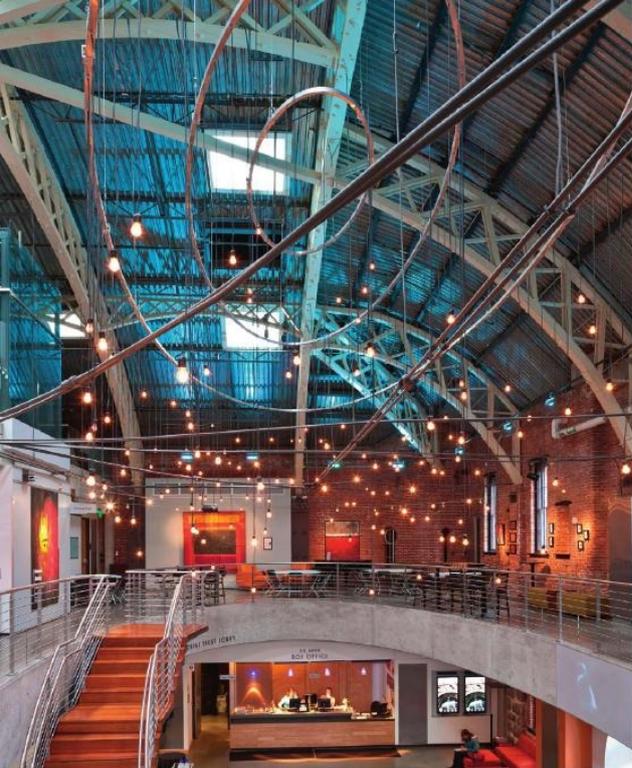
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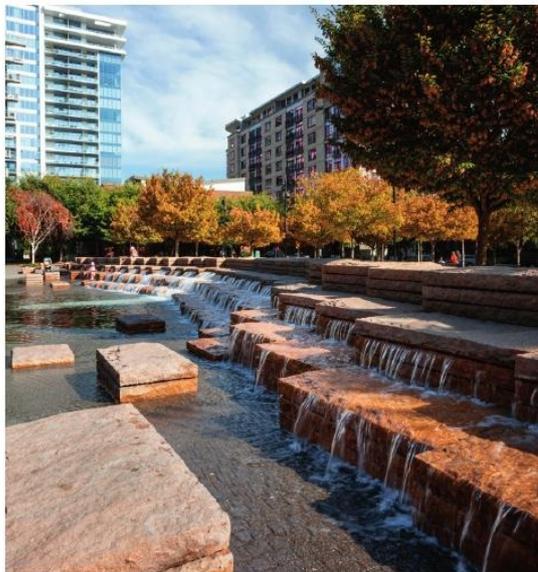
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HEMIS / ALAMY



BRIAN OVERCAST / ALAMY

Clockwise from top: The Pearl District's Gerding Theater at the Armory, Jamison Square, and Powell's City of Books. Below: Deschutes Brewery is one of the many breweries in the Pearl District.

mezzanine of the wedding-cake-like Portland Building. She has pop-culture status as the apparent namesake of the audacious *Portlandia* TV series. Were she to speak, she might also suggest meals ranging from a Moroccan tajine at a food cart on Alder Street to Oregon albacore tuna when available at Higgins restaurant, to lamb shank and hand-made pasta at Nel Centro.

Pearl District

My perpetual hunt for new bakeries has produced a hot new lead, so



BRIAN OVERCAST / ALAMY

the beginning of the 21st century, and it continues to be one of the hottest places in the city for nightlife, art galleries, shopping and dining.

The block-long Powell's City of Books is a major center for literature, its shelves piled high with new and used books, while patrons enthusiastically gather to hear authors read from new works.

Nearby, Portland Center Stage at the Armory occupies the Gerding Theater in a sturdy brick armory building that dates back to 1891. Today the building is the setting for first-rate contemporary theater.

Numerous art galleries draw people to the Pearl District for monthly First Thursday events, and local artists also display their works in the First Thursday Street Gallery during the summer, when part of NW 13th Avenue becomes a pedestrians-only alfresco art showcase.

I venture deep into the Pearl District one morning to look for the treasure. I am amply rewarded when I find Lovejoy Bakers' flagship location, on Lovejoy Street, and procure buttery croissants, a gorgeous little one-serving lemon meringue cake and a chocolate tart.

I take them to Jamison Square to eat by a fountain with multiple cascades of water flowing into a shallow pool—another (kindly excuse the expression) Pearl District gem.

This neighborhood, full of decrepit warehouses in the 1980s, became known as one of the finest urban-renewal projects in the country at

Also walk the streets of the Pearl District—some of which remain cobblestone—to take your pick of dining choices such as modern Chinese cuisine featuring fresh local ingredients at Seres Restaurant & Bar; sushi at the Sushi Land conveyor-belt restaurant; wood-fired and hand-tossed pizza, and creative cocktails, with names such as Pepper Smash #2, at star local chef Cathy Whims' Oven and Shaker; unique Peruvian cuisine at Andina; and dinner, jazz and cocktails at Jimmy Mak's.

Central Eastside

On the east side of the Willamette River, just below the Moda Center where the Trail Blazers play, I follow a stream of fellow cyclists to a paved trail that is a riverfront ribbon of tranquility, with epic views of the river backdropped by downtown skyscrapers and the western hills of Portland. My pedal along the 1.5-mile-long Vera Katz Eastbank Esplanade, which includes a 1,200-foot floating walkway, is one of the nicest urban rides I've ever experienced.

It's part of the up-and-coming Central Eastside neighborhood, whose longtime star attractions such as OMSI—the Oregon Museum of Science and Industry—have now been joined by wineries,



MASON VRANISH / ALAMY

Insider tip: Beer lovers often start their search for stellar suds at Henry's Tavern in the Pearl District's Brewery Blocks, five blocks of retail, restaurant and commercial activity that were created from the former 1860s headquarters for the Henry Weinhard Brewery. Near the Brewery Blocks are Fat Head's Brewery, the Deschutes Brewery & Public House, the Rogue Distillery and Public House, and BridgePort Brewing Co.



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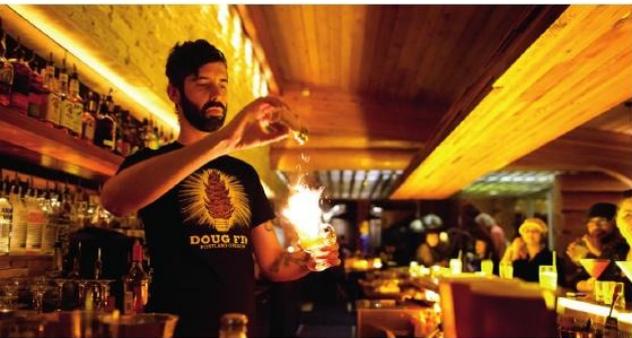


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COURTESY CYRIL'S / JARED SEGER PHOTOGRAPHY



PORTLAND NEIGHBORHOODS

ANTHONY PIGEON / ALAMY

Clockwise from top: In the Central Eastside neighborhood, enjoy the Doug Fir Lounge, Vera Katz Eastbank Esplanade and gourmet cheeses served by Cyril's at Clay Pigeon Winery.

breweries and even a distiller's row of craft spirits.

OMSI is located on the riverfront, at the southern end of the Eastbank Esplanade, and has lots of hands-on exhibits. "Journey to Space," running through January 8, includes games and other interactive experiences that teach visitors about subjects

ranging from meteoroids to how astronauts eat, to the challenges of operating a robotic arm.

The 1906 Washington High School—which James Beard and Linus Pauling attended—has been reborn as **Revolution Hall**, a venue for musical performances and other events.

The *Intergalactic Nemesis: Target Earth*, which "mashes up comic-book and radio-play formats into a one-of-a-kind theatrical experience, a new art form, the live-action Graphic Novel," will be on stage October 14–15. Other October events feature guitarist **Steve Vai**, jazz pianist **McCoy Tyner** and fitness expert **Jillian Michaels**.

Central Eastside blocks are also chock-full of interesting and very Portland eating places, from the handcrafted salami and sausage available in European-style dishes at the **Olympia Provisions** restaurant and charcuterie shop to the stellar selection of

cheeses at **Cyril's at Clay Pigeon Winery**.

Another intriguing site, **Doug Fir Lounge**, is known for great food and cocktails; unique decor that modernistically combines woodwork and glass; and a music venue where acts from all kinds of genres perform.

Renata, an Italian restaurant that opened just last year, serves Oregon, West Coast and European wines, and is getting high marks for its fresh food and an outdoor patio that will stay open as long as pleasant fall weather holds.

The neighborhood offers more than half-a-dozen options for sampling craft beer, including **Base Camp Brewing's** S'more Stout, **Hair of the Dog's** Adam from the Wood, and **Cascade Brewing Barrel House's** sour-beer releases such as Honey Ginger Lime.

Ground Breaker Brewing crafts **gluten-free beer** from local Willamette Valley chestnuts and organic California lentils. **Green Dragon Bistro** and

Pub, owned by Rogue Ales & Spirits, has regular **Meet the Brewer nights** and release parties.

Distillery Row (for locations, see distilleryrowpdx.com/distillery-row-map) includes more than a half-dozen microdistilleries crafting bourbon, whiskey, vodka, rum and gin, with unique offerings such as **New Deal Distillery's** chile-pepper-flavored **Hot Monkey Vodka**.

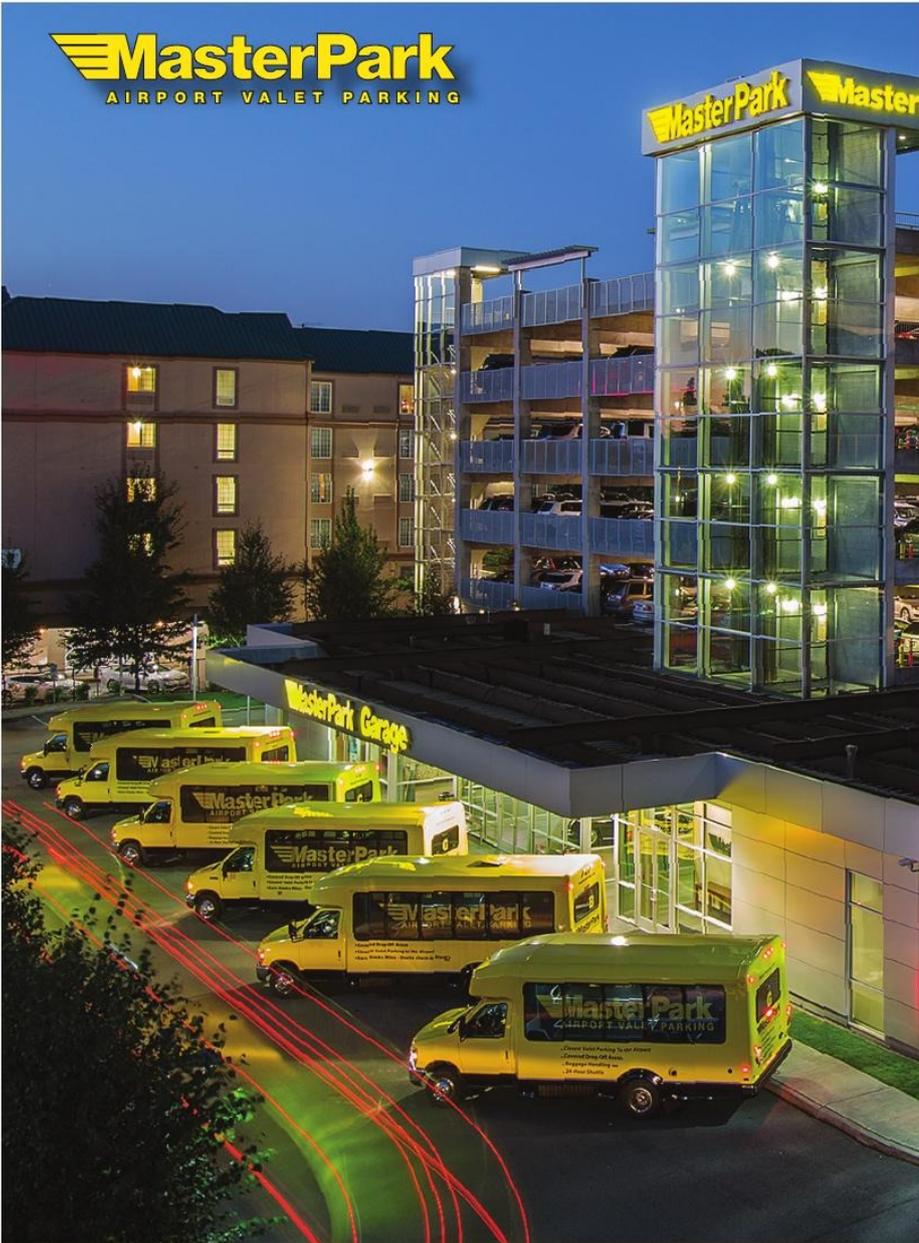
Even the menu at **Kachka** restaurant, which created a sensation with its Russian-themed cuisine when it opened in 2014, has vodkas from Oregon, including Kachka's own locally made vodka.

Hawthorne

On another blue-sky Portland day, I head for SE Hawthorne Boulevard, the main drag of the Hawthorne area. I slide into a seat at 33-year local favorite **Bread and Ink Cafe**, order the biscuits and gravy (enlivened by Tillamook cheese from northwestern Oregon), and feel

Insider tip: A new Central Eastside neighborhood fun spot is the Pips & Bounce bar, opened by brothers Michael and Eugene Jung in November 2014. They describe it as a "pingpong paradise." In addition to tasty bites and creative cocktails, it typically has at least nine tables, with lessons available to help you polish your play.

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The Bread and Ink Cafe is a longtime local favorite in the Hawthorne neighborhood.

as at-home as if I were in my childhood kitchen.

The varnished wood tables and green-and-pine decor seem to have been here since the beginning of time, but this place—whose menu includes dishes such as Pan-Fried Pacific Oysters, Lemon Pine Nut Meatballs and Black Bean Burger—is popular with 20-somethings and 80-somethings alike.

Another popular venue is the **Bagdad Theater**, which opened in 1927 and has been a centerpiece of the lively, bustling Hawthorne neighborhood ever since. It is now a combination pub-and-film flagship of locally owned **McMenamins**, which is known for repurposing older buildings. The theater's big screen shows new-release features.

The **Hawthorne Theatre & Lounge** music club, built as a Masonic Temple in 1922, is another of the many attractions in the blocks in and around Hawthorne Boulevard between 30th and 50th avenues. Upcoming performers include **Alestorm**, **gnash**, **Balance and Composure**, and **Finish Ticket**. And **Powell's Books** has two more bookstore outlets on Hawthorne, including one dedicated to home-and-garden books, and an extensive collection of cookbooks.

The boulevard is also eminently walk-

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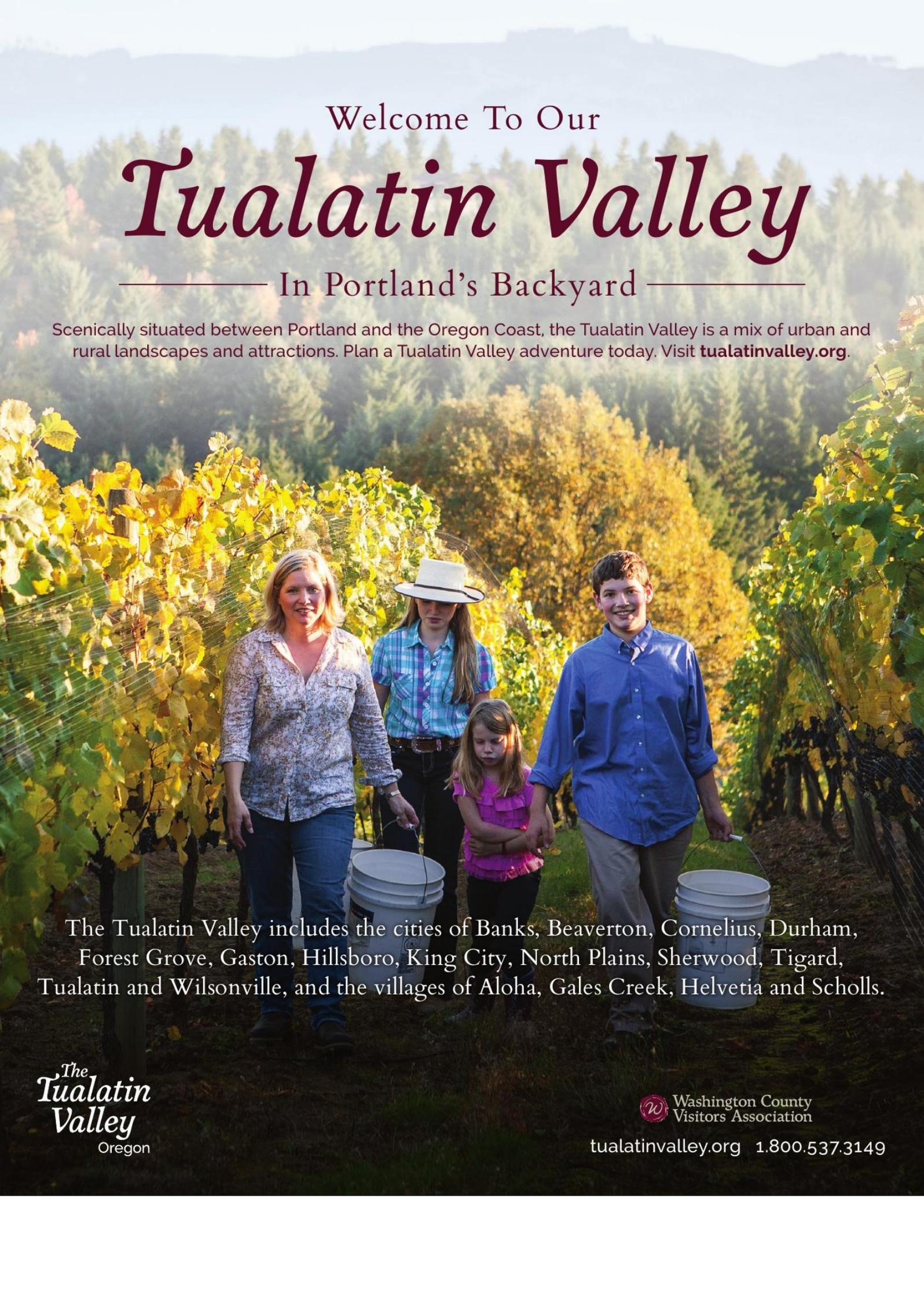


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able, and includes a yellow house with pink-and-tangerine gingerbread trim that is instantly recognizable as home to the lovable, if utterly ineffectual, Peter and Nance characters on the *Portlandia* TV show.



For a nature hike, enjoy the rugged hillside paths of serene **Mt. Tabor Park**.

The 636-foot-elevation mount has the unusual distinction of being a cinder cone volcano within city limits. The volcano is extinct, so no need to worry as you trek the trails or enjoy picnic areas, playgrounds and sports courts.

As for me, when the last of the Bread and Ink Cafe gravy is soaked up and swallowed, my bike

is put away for the night, and I couldn't possibly eat another baked good (today, at least), I'll be contemplating my next adventure in a Portland neighborhood. ■

Jim Gullo lives in McMinnville, southwest of Portland.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Portland, including new service between Newark and Portland, starting Nov. 10, and new seasonal service between Sun Valley and Portland, starting Dec. 17. For more information on Portland, see travelportland.com.

More to Explore

Visitors and residents in the Portland metro area also enjoy exceptional recreation in **Clackamas County's Mt. Hood Territory** (mthoodterritory.com) and in **Washington County's Tualatin Valley** (tualatinvalley.org).

Clackamas County, whose diverse geography ranges from the Willamette River to Mount Hood, is packed with outdoor recreation, agritourism and history. Oregon City was the final destination for many pioneers, and the **End of the Oregon Trail Interpretive Center** tells their story with exhibits that include a film, pioneer games, crafts such as making a rag doll and candle-dipping, a heritage garden, and guided walks.

The Museum of the Oregon Territory includes areas such as a Native American hall, a Life in the Territory gallery and an Augmented Reality Sandbox interac-

Insider tip: Mt. Tabor Park hosts an Adult Soap Box Derby (shown above) each August, with contestants driving homemade vehicles in shapes ranging from sharks to blimps.

BENNETT BARTHELEMY / TANDEM STOCK

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tive topographical map that lets visitors create mountains and other features.

Clackamas County's lively arts scene includes galleries, festivals and performing-arts groups.

October is pumpkin-picking time at u-pick farms outside of Boring and Canby. Return in December for your self-harvested Christmas tree.

Agritourism opportunities also include brewery and winery touring. Mt. Hood Territory boasts more than 20 breweries and tap-rooms, including **Coin Toss Brewing**, which says its Heritage Beer Series features a **beer based on a recipe used by George Washington**.

The approximately 15 wineries in Mt. Hood Territory offer a range of reds and whites, including award-winning wines based on Northwest berries, as well as grapes, at **Buddha Kat Winery**.

Restaurant options range from Northwest to European to Asian cuisine, and include scenic sites such as **Altitude Restaurant**, emphasizing farm-to-table dining



Kayaking at Timothy Lake, Mt. Hood National Forest.

GREG VAUGHN / ALAMY

at The Resort at The Mountain, and **Huckleberry Inn**, serving huckleberry shakes a little farther east, at the base of Mount Hood.

Comprising urban, valley and mountain terrain, Mt. Hood Territory not only offers winter skiing, tubing and snow play on and

around Mount Hood, but also spring-to-fall bicycling, hiking and water sports, with seven rivers and 40-plus lakes.

Take a jetboat or paddleboat ride. Or go whitewater rafting on the Sandy River Water Trail or on the Wild and Scenic Clackamas River.

I think kayaking to the base of **Willamette Falls** is one of the best ways to see the falls, which drop 40 feet. Outfitters such as eNRG Kayaking in Oregon City offer rentals and guided tours.

In the **Tualatin Valley**, located at the northwestern end of the famous Willamette Valley grape-growing and agricultural region, wine-tasting is often at the top of visitors' lists. The 30-plus wineries include **David Hill Vineyards & Winery**, which was initially planted by visionary Charles Coury in the 1960s. Its varietals include the soft, elegant 2013 Estate Reserve Pinot Noir.

Another storied winery is run by the

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Ponzi family, with acclaimed second-generation winemaker Luisa Ponzi at the helm. Notable **Ponzi Vineyards** bottlings include the crisp, bright 2012 Ponzi Aurora Chardonnay, with sweet lime and Meyer lemon flavors.

Many breweries also are located in the Tualatin Valley, as are several distilleries, such as **Tualatin Valley Distilling**, whose complex, vibrant **Morewood's Usquebaugh** is a revival of a recipe that likely dates back to the late 1500s.

The Tualatin Valley is also known for global cuisine, ranging from Korean and Indian to Caribbean and Salvadoran. Local favorites include **Du Kuh Bee**, whose handmade noodles and dumplings contribute to big demand for the small restaurant.

Work up an appetite while golfing,



COURTESY TREE TO TREE

hiking, paddling, fishing, visiting lavender and u-pick farms, and bird-watching—more than 200 avian species are found in the valley year-round or during migratory periods. You might look for some of those birds while enjoying the **Tree to Tree Adventure Park**, the **Pumpkin Ridge Zip Tour**, the **Tualatin River National Wildlife Refuge** and the **Jackson Bottom Wetlands Preserve**.

Cultural attractions include art galleries, a chorale, a community band, several theater companies, and **Pendulum Aerial Arts**, which presents public performances that combine aerial work, acrobatics, dance and storytelling. You can even sign up for a semester of classes with themes such as **Circus Sampler**, **German Wheel** and **Flexibility**. —J.G.



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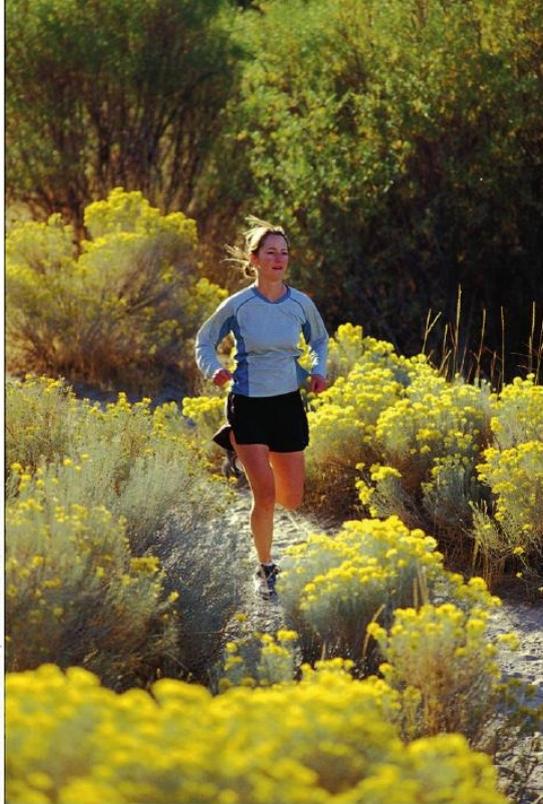
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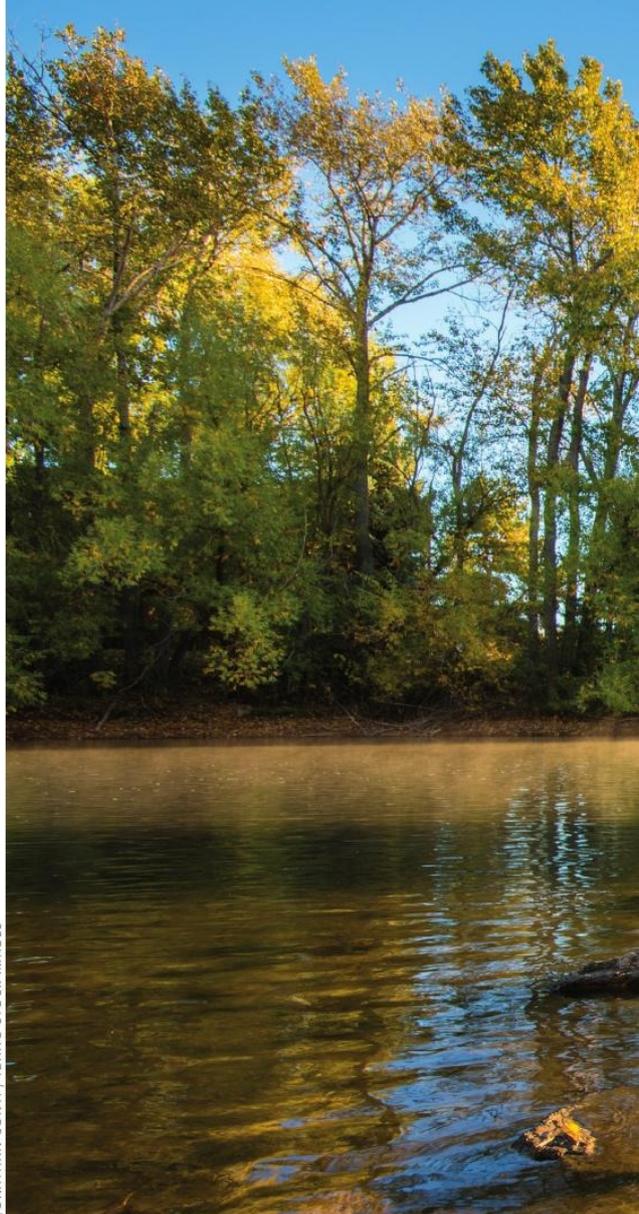
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Recreation Room

Idaho is famous for its wide-open spaces and extraordinary places • BY BUDDY LEVY

I'm jogging the last half-mile of the Halls Gulch Interpretive Trail as the sun casts bands of orange and pink over the city of Boise, and I slow to a walk to enjoy the sunset glimmering over Idaho's capital. As I continue my descent out of the Boise Foothills on the pedestrian-only trail, I smell the sweet scent of sagebrush in the dry air and hear the distant yip of a coyote.

The foothills around me, the vast valley below and the Boise River coursing through the city are all part of Idaho's renowned recreational variety. The Boise area's Ridge to Rivers Trail System provides more than 190 miles of trails linking neighborhoods to the foothills. Sun Valley's world-famous winter skiing and summer ice shows attract visitors from across the globe. Jetboat tours draw recreationists to the Snake River in the Lewiston area. And the amazing lake country in the Idaho Panhandle has outstanding

water sports. The Gem State offers so much to do, in fact, that sometimes the biggest challenge is simply deciding.

The Boise Foothills

To begin exploring Idaho, Boise is a great choice. The **Boise River** runs through downtown, with sections in which to fly-fish, kayak a whitewater park, raft or inner tube, and access riverside green spaces. The city got *Outside Magazine's* 2012 vote as the third-best river town in America. These are worthy attributes, but for me, Boise is about fun and adventure in the foothills.

On this autumn day, I'm enjoying an approximately 9-mile out-and-back hike that follows Halls Creek and winds over boulder-strewn creek beds and amid pocked sandstone cliffs that serve as great horned owl roosts. The route—smooth and not too steep—is among the most popular in the foothills. It includes the upper watershed of Halls Gulch and its headwa-



Left: The Boise Foothills have many outstanding trails, along with wildlife such as the great horned owl. Above: Another notable attraction is the Boise River.

ters, and takes about two to three hours, including stops to read interpretive signs, some with poetry, about geology and wildlife. Now, at dusk, I see a badger crossing the hillside below me, and a few minutes later I watch the previously heard coyote scurrying through the cheatgrass and bitterbrush. A red-tailed hawk hovers overhead.

Other popular foothills areas, all just a few minutes north of downtown Boise, include **Table Rock**, **Old Fort Boise Military Reserve** and **Camel's Back Park**. Maps and trailhead directions can be found at the Ridge to Rivers website (ridgetorivers.org). Elevations in the foothills range from about 3,000 feet to 7,500 feet, with the lower foothills comprising upland desert and sage, various grasses and beautiful wildflowers, while cooler conifer-forested trails are typically above 5,000 feet.

Native plants include the rare, pink-flowering Aase's onion, which grows nowhere in the world but southwestern Idaho; scarlet gilia, whose bright red flowers supply hummingbirds with nectar; and

syringa, also known as mock orange because its white flowers smell like oranges. It is Idaho's state flower and was recorded and collected by Meriwether Lewis during the Lewis and Clark Expedition.

In addition to outstanding hiking, the foothills have plenty of mountain-bike routes, such as **Toll Road Trail #27A**, **Cottonwood Creek Trail #27**, **Owls Roost #37** and **Red Fox Trail #36**. All loops can be done in reverse for variety, but be sure to follow trail etiquette, which includes yielding to hikers, runners and horses. Bike rentals are available in Boise at companies such as Idaho Mountain Touring.

Bogus Basin

Enjoy downhill and cross-country skiing northeast of the foothills at **Bogus Basin Mountain Recreation Area**, which rises to 7,582 feet in the Boise National Forest. A few years ago I was cranking long, high-speed turns in early spring beneath the Deer Point Express quad when I skidded to a stop to marvel at the proximity of



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the city of Boise, about 4,000 feet below. How phenomenal, I thought, to be skiing a perfectly groomed ski run, under cerulean skies, having just enjoyed a panoramic view of the metropolis less than 20 miles away.

Bogus was likely named for impure or “bogus” gold dust made by crooks living in the hills above Boise, but the resort’s ski history is legit. Norwegian-born Alf Engen, a pioneer of powder skiing in America, selected the site for Bogus Basin in 1938, just two years after Sun Valley opened.

Bogus Basin informally started in 1939, with people hiking/skiing into the basin before an access road was even completed, and it officially opened in December 1942. Bogus Basin began with one rope tow and two runs. As it prepares to **celebrate its 75th birthday next year**, it has three high-speed quad lifts, a triple chair, three double chairs and a magic carpet carrying skiers and riders up 1,800 feet of vertical to their choice of 53 groomed runs.

The summit elevation of 7,500-plus feet typically ensures a late November/early December opening and a season that continues to early April. That means plenty of weeks to relish 2,600 acres of day skiing, 165 acres designated for night skiing, and runs such as 1.5-mile Paradise Trail.

For skiers and boarders who like the challenge of a **terrain park**, Bogus has the goods with jumps, boxes, barrels and rails for every level from beginner to expert. And most of the terrain is lit at night.

The **Nordic Center** grooms and maintains 37 kilome-

ters (about 23 miles) of trails for classic Nordic and skate skiing, and snowshoeing, heading out from the Frontier Point Nordic Lodge.

Bogus Basin also has “fat bike” rentals and trails this year, while the 800-foot-long **tubing hill**, with a tow back up for repeat rides, has become so popular that reservations are required (children under 36 inches tall are not allowed, so measure your tykes).

Sun Valley

There’s nothing quite like going bowling in Sun Valley, and although the Sun Valley Lodge does have a retro bowling alley and game room with a 1950s feel, I’m talking about skiing the long, steep, thigh-sizzling runs on **Bald Mountain** known as **The Bowls**. Accessed from Baldy’s summit at 9,150 feet, The Bowls are a sun-glazed, wide-open section of the mountain’s 2,054 acres of skiable terrain.

The Bowls’ ungroomed lanes, with glades and gullies up top and treed sections below, all funnel into the base of the Seattle Ridge Area.

Standing at the top of **Lookout Bowl**, my favorite, I can see the town of Ketchum directly below, Sun Valley Village just a mile beyond, and the entire **Wood River Valley** as it spills south through the lovely towns of Hailey and Bellevue. When I was a young ski racer growing up on this mountain, I would charge Lookout



CHAD CASE / IDAHO STOCK IMAGES X2

Winter-recreation enthusiasts relish Nordic skiing and downhill runs at Bogus Basin.

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Bowl nonstop, but now I prefer short bursts of turns punctuated by two or three stops to take in the stunning scenery. And to gasp for air!

The Bowls are the place to hit first for fresh powder, and they transition to superb spring corn snow later in the season. Most of The Bowls are rated more difficult to advanced, but skiers can also take the long cat track along the ridge to Broadway to access less difficult terrain in Seattle Ridge, including Christin's Silver, Muffy's Medals and Gretchen's Gold—all named for Sun Valley Olympians.

Sun Valley's "firsts"—first chairlift in the world and first destination ski resort in North America—make it the uncontested granddaddy of Idaho skiing. What's more, icon Warren Miller wintered in Sun Valley in the late 1940s, living in a small teardrop trailer in the River Run parking lot. It was here, earning money as a ski instructor and living frugally—eating “oyster crackers and ketchup soup,” as he puts it—that he began his ski-filmmaking career.

With nearly 80 percent of the mountain comprising groomed terrain with snowmaking capabilities, Sun Valley opens by Thanksgiving every year. And the name Sun Valley is well earned—the resort averages sunshine 120 days of the ski season.

Over on **Dollar Mountain**, the resort's lower—6,638-foot—treeless hill, kids can learn to ski and board on the slopes, and hone their skills on a family cross course, while experienced extreme skiers jib, flip and

speed their way through three terrain parks; a bigger, steeper cross course; and a 22-foot-tall Super Pipe.

Nordic skiers can glide along more than 40K (about 25 miles) of groomed trails, and fat-bike enthusiasts can also enjoy some of those trails, while snowshoers enjoy dedicated trails. A year-round outdoor ice-skating rink, with lessons available, offers off-slope recreation, as well. From early July to Labor Day, the world's top skaters, including Olympic medalists, present dazzling ice shows.

Lewiston/Hells Canyon

Warm wind and river spray douse my face as our jet-boat hurtles south around a bend in the **Snake River's Hells Canyon**. As the boat enters a straightaway and slows, my wife, Camie, points to the steep hillside on the western riverbank, and I smile at the sight of six bighorn sheep lifting their heads casually from their grazing and staring right at us.

Before we zoom away, I nudge Camie and point out two river otters playing in an eddy at the river's edge.



TORRY TAGLIO / IDAHO STOCK IMAGES

Left: Biking in the Sun Valley area. Above: Skiing Bald Mountain at Sun Valley Resort.



GLEN OAKLEY / IDAHO STOCK IMAGES

Clarkston, Washington, more than a dozen licensed outfitters whisk visitors up and down the river at exhilarating speeds for half-day, full-day, or overnight sightseeing. Fishing trips via jetboat also are popular, with bass, trout and sturgeon all catchable in the summer months, and a thriving steelhead run in the fall.

One memorable itinerary offered by the Lewiston office of O.A.R.S. (Outdoor Adventure River Specialists) starts with a scenic flight over the canyon from Lewiston to Halfway, Oregon (minimum age is 7, or 12 during high water), followed by a three- to five-day rafting journey via either whitewater raft or wooden dory. The wilderness descent of the river includes two of the canyon's biggest rapids, **Wild Sheep and Granite**. Granite was immortalized in the book *The Big Drops* by Roderick Nash.

A jetboat tours the Snake River in Hells Canyon.

They blip below the surface as our boat charges away. I keep my eyes out for deer and elk, too. We are lucky to live just 40 minutes from Lewiston, Idaho—jetboat central and the gateway to Hells Canyon, the deepest river gorge in North America. The canyon plunges more than 8,000 feet from He Devil Peak to the river below.

From the sister cities of Lewiston, Idaho, and

River runners camp in tents or sleep under the stars on spacious sandy beaches. Between cool, calm flat water and Class III–IV rapids, they hike up side canyons such as Granite Creek to view ancient pictographs and petroglyphs on the rock walls. Archaeological findings in the canyon suggest habitation from 15,000 to 7,000 years ago.

The river runners also have opportunities to fish for trout, hike to a preserved 1900s homestead called



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the McGaffee Cabin, and visit the Kirkwood Historic Ranch and Museum, which showcases the life and times of the canyon inhabitants in the 1930s.

North Idaho

North Idaho's upper panhandle is defined by spectacular lakes rimmed with dense evergreen forests. Wild and uncrowded, these lakes teem with fish, nearby wildlife and adventure. Over the years I've made it a point to visit this region often, including the recreation-rich **Coeur d'Alene** and **Sandpoint** areas.

In Coeur d'Alene, which sits on the northern shore of the 25-mile-long lake of the same name, I've kayaked, water-skied and canoed. Now I'm taking a 90-minute scenic cruise of the lake's northern bays. The **Lake Coeur d'Alene Cruises** excursion departs from Independence Point Dock, right at **The Coeur d'Alene Resort**, through October 30.

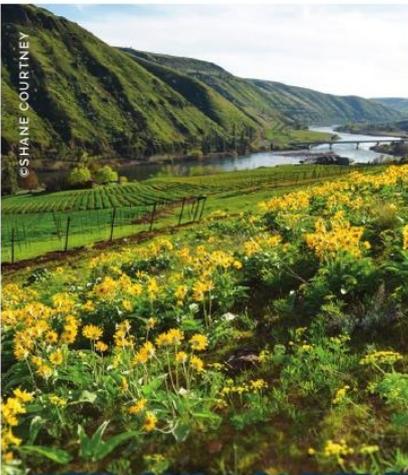
From the comfortable viewing deck, I get a good look at the resort golf course's famous 14th hole floating green, a humanmade island that is repositioned regularly and is a diabolical par 3. As we move farther south, ospreys hover above the boat, their 5-plus-foot wingspans dipping in the wind before they dive for trout.



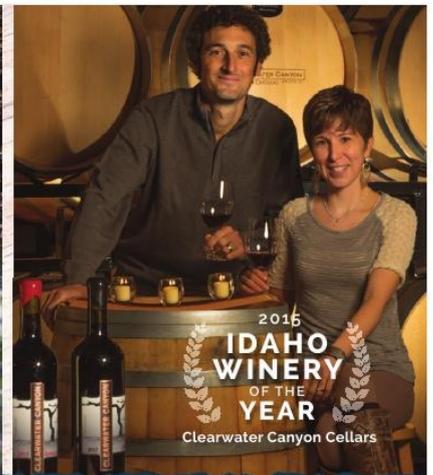
COURTESY LAKE COEUR D'ALENE CRUISES / JOEL RINER

The lake is also a major winter stop for bald eagles, which come to feed on spawning kokanee. The eagles are most prevalent between November and February, and while their numbers vary from year to year, it's not uncommon for more than 200 to be counted dur-

Lake Coeur d'Alene Cruises provides excellent sightseeing excursions.



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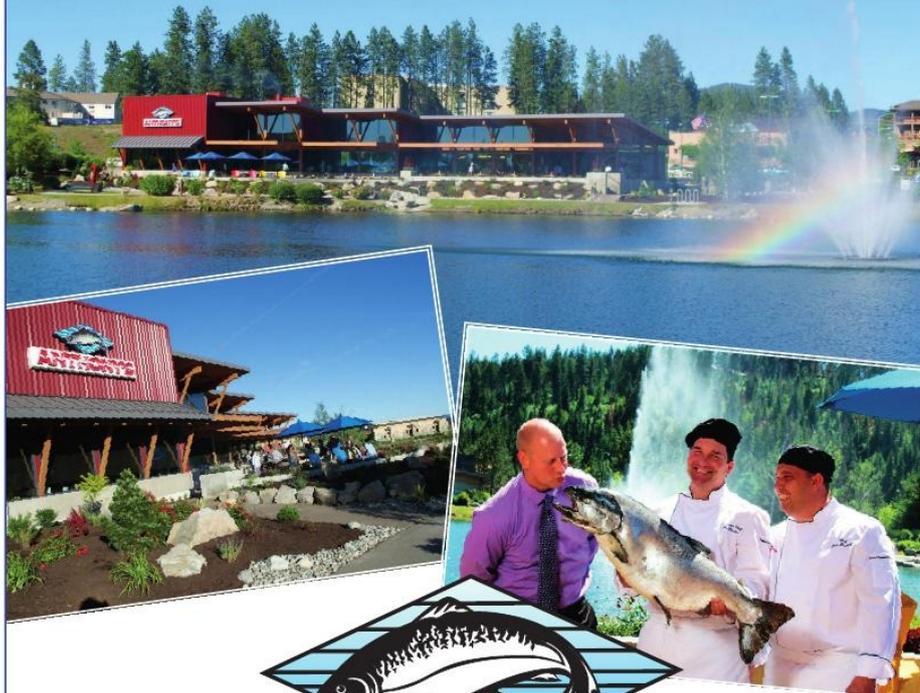
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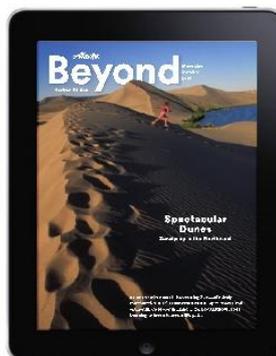
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ing their four-month stay along the lake-shores. **Higgins Point at Coeur d'Alene Parkway State Park** and the BLM's **Mineral Ridge Boat Ramp at Wolf Lodge Bay** are both great viewing spots within 20 minutes of downtown.

Just 10 miles west of Coeur d'Alene, the scenic **Post Falls** area sits next to the Spokane River and offers activities such as boating, hiking and biking. New attractions include **Freezia**, where the hand-crafted ice cream is served in elegant rolls, placed vertically in a cup, versus in scoops.

About 25 miles south of Coeur d'Alene, visitors enjoy the **Coeur d'Alene Casino Resort Hotel** and the beautiful, top-notch **Circling Raven Golf Club**.

In the **Wallace/Silver Valley** area approximately 50 miles east of Coeur d'Alene, history meets beauty. The entire town of Wallace, which began as a mining community in the late 1800s, is on the National Register of Historic Places, while pine forests, streams and mountains beckon in the surrounding area.

The region's attractions range from the **Route of the Hiawatha** trail to the **Lookout Pass Ski & Recreation Area** and **Silver Mountain Resort**, both of which offer many activities.

About 45 miles north of Coeur d'Alene is Sandpoint, an appealing town on magnificent **Lake Pend Oreille**. The 43-mile-long lake produced a world-record wild rainbow trout: a 37-pounder hauled in by **Wes Hamlet** in 1947, according to the **Lake Pend Oreille Idaho Club**. The lake also supports cutthroat and brown trout, mackinaw, kokanee, bass, crappie, pike and perch.

Downtown Sandpoint is great to stroll on foot, and a visit to **Eichardt's Pub, Grill & Coffee House**, a local favorite, is mandatory for me, given its interesting menu (elk burgers, grilled-veggie sandwiches, garlic fries) and live music on various nights.

It was here, while I enjoyed one of the North Idaho craft beers on tap, that a long-time resident told me that on Thursday summer evenings, any and all are invited to head down to the **Windbag Marina at City Beach** and participate in the Sandpoint Sailing Association's **"Weekly Thursday**



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Night Races" (sometimes held other days, so check the association's online calendar).

These fun sailboat races are free and open to the public from Memorial Day to mid-September, and require no prior sailing experience. All you do is show up around 5 P.M. and ask for the rear commodore in order to be paired with a sailboat and captain for a fun sailing excursion—loosely called a race. It's really about meeting new people and learning to sail.

Schweitzer Mountain Resort, about 15 miles northwest of town, is one of Idaho's premier outdoor resorts, and the views of **Lake Pend Oreille**—and the Selkirk, Cabinet and Bitterroot mountains—from the 6,400-foot summit, are stunning. On my ski trips here, I'm always impressed by a panorama that includes Canada and three states (see if you can name them). A few years ago, *Ski Magazine* chose Schweitzer as a "best-kept secret" with exceptional skiing.

FROM BOISE'S MARVELOUS FOOTHILLS to lovely Lake Pend Oreille, the Gem State lives up to its name with a treasure trove of natural resources and scenic beauty, creating incredible variety for adventures easily accessible from the comforts of town. Even though I've been exploring my home state for more than three decades, Idaho continually presents me with shiny new gems. I plan to leave none of them unturned. ■

Moscow, Idaho, writer Buddy Levy is co-author, with Erik Weihenmayer, of the forthcoming book No Barriers: A Blind Man's Journey to Kayak the Grand Canyon.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) provides service to Boise, Lewiston, Moscow/Pullman and Sun Valley, and to Spokane, WA, gateway to North Idaho. Expanded service will be offered from Seattle to Sun Valley this winter, and non-stop service is being added between Portland, OR, and Sun Valley, from Dec. 17, 2016–April 1, 2017, and June 14–Sept. 16, 2017. For more information on Idaho recreation, see visitidaho.org, and the various region and city websites.

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Visitors can take ranger-guided tours of a lava tube at Craters of the Moon National Monument & Preserve.

Long ago, a giant serpent lying on a mountain, in what is now south-central Idaho, was angered by lightning that dis-

turbed its rest. It coiled around and squeezed the mountain until the pressure caused rocks to crumble, stones to melt and fire to shoot out of the cracks. Liquid rock flowed from the fissures. The heat destroyed the slow-moving serpent, and today, visitors can see its ashes (cinders) and charred bones (basaltic lava). —Source: National Park Service, which credits *Indian Legends from the Northern Rockies* by Ella E. Clark, University of Oklahoma Press.

This legend has been passed down for generations as a way to tell the story of the dramatic landscape that in 1924 was designated **Craters of the Moon National Monument & Preserve**, according to the National Park Service website (nps.gov/crmo).

Located about 75 miles southeast of Sun Valley, the 750,000-plus-acre site includes the Great Rift, a series of cracks in the earth's crust that cumulatively stretch 52 miles. Lava periodically erupted from the cracks 15,000 to 2,000 years ago, creating more than 700 square miles of lava fields, punctuated by cinder cones and craters. In 1969, Apollo 14 astronauts Alan Shepard, Edgar Mitchell, Joe Engle and Eugene Cernan explored Craters of the Moon to learn more about volcanic geology in preparation for collecting rocks on the actual moon.

Today, hiking options range from the 10th-of-a-mile **Spatter Cones Trail** to an 8-mile roundtrip trek on the **Wilderness Trail to Echo Crater**. The Wilderness Trail winds past cinder cones and lava trees—columns of lava that cooled in the shape of tree trunks that burned when the lava was hot. From Echo Crater's rim, hikers can view the Great Rift and descend 300 feet to walk in the shade of limber pines.

Visitors can also join rangers on guided summer tours of the Indian Tunnel lava tube cave or obtain permits for self-guided explorations of Indian Tunnel and the monument's other four lava tube caves. Flooded with sunlight in places where the ceiling



JOSHUA HENSON / IDAHO STOCK IMAGES

A northern harrier at the Snake River Birds of Prey National Conservation Area.

collapsed, Indian Tunnel is also decorated with rocks arranged in circles by the Shoshone, according to the Park Service.

In winter, the Craters of the Moon Natural History Association lends (\$5 donation requested) snowshoes at the park visitor center for trekking the 1.5-mile **Snow-**

shoe Loop Trail through a landscape that is now a striking black-and-white masterpiece. Ranger-led Snowshoe Walks take place in January and February.

A 7-mile cross-country-ski trail, groomed as snowpack and staffing allow, lets visitors explore the impressive winter scene via mostly flat and gently rolling terrain, with one steep hill by Inferno Cone.

Craters of the Moon National Monument & Preserve is one of the many exceptional attractions

contributing to Idaho's reputation for recreational variety. Here are a few more:

Morley Nelson Snake River Birds of Prey National Conservation Area

(blm.gov), about 40 miles south of Boise

Home to the greatest concentration of nesting birds of prey in North America, the 484,000-acre conservation area, established in 1993, offers outstanding bird-watching. Each spring, some **800 pairs of raptors** come to the area to mate and raise their young. In spring and summer, visitors can view prairie falcons, ferruginous hawks, and many species of owls, including burrowing owls. The winter months provide opportunities to catch sight of bald eagles. Year-round, look for raptors such as golden eagles, red-tailed hawks, American kestrels, northern harriers, short-eared owls and western screech owls.

Also year-round, weather permitting, a **56-mile driving loop** provides access to prime viewing sites on Barker and Swans Falls roads. Along the loop, drivers can stand at Initial Point, on a lava butte that was the starting point for Idaho's 1867 land survey, and at Dedication Point, which boasts breathtaking views of the Snake River Canyon and soaring raptors.

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In addition, visitors can hike and mountain-bike designated trails, as well as fish for smallmouth bass, catfish and other species on the Snake River near Swan Falls Dam and in the **Swan Falls Reservoir**.

Payette River and Lake, McCall Area

(mccallchamber.org), about 115 miles north of Boise

The **Payette River Scenic Byway** (Highway 55)—a National Scenic Byway—runs about 115 miles from

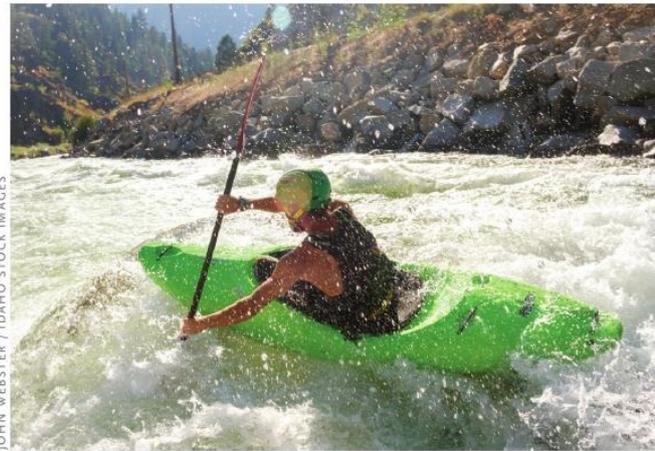
the town of Eagle, west of Boise, to the town of New Meadows, north of McCall. The byway parallels the Payette River for much of the route, with opportunities for kayaking, fishing and whitewater rafting.

The **North Fork Class V** stretch of river between Smiths Ferry and Banks contains some of North America's most challenging whitewater.

And about 50 miles north of McCall, the **Riggins area** is a gateway to exciting whitewater rafting on the Salmon River.

On its way to McCall, the scenic byway passes Lake Cascade and **Lake Cascade State Park**, with fishing for kokanee as well as species such as rainbow trout and bass. Summer activities in the park include hiking, mountain biking, sailing and windsurfing.

In winter, visitors can ice-fish or go Nordic skiing in the state park, or ski at **Tamarack Resort**, on Lake Cascade's northwest shore. The resort also offers



JOHN WEBSTER / IDAHO STOCK IMAGES

Above: The Payette River is known for its exceptional whitewater.

Left: Scenic fishing in the McCall area.



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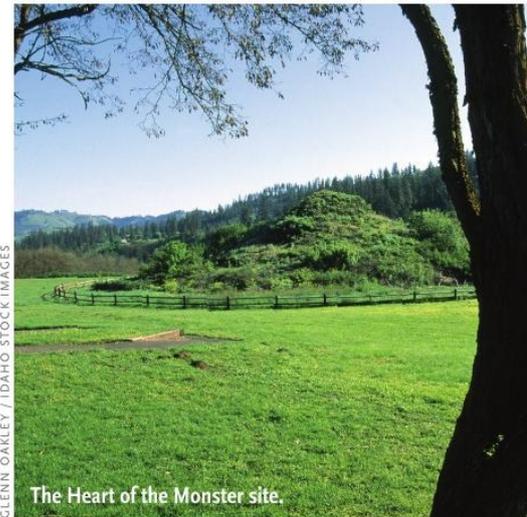
summer mountain biking, hiking and ziplining.

At the northern end of the Payette River Scenic Byway, the town of **McCall** sits on the southern shore of another lake, Payette, which was carved out by a glacier 10,000 years ago. The 5,330-acre sapphire-colored jewel is also near the Payette National Forest, while **Ponderosa State Park**—offering hiking, biking, snowshoeing and cross-country-skiing, along with canoe and kayak rentals from an onsite vendor—

includes most of a 1,000-acre peninsula that juts into the lake.

The McCall area is also known for the quality of its snowmobiling, and for the skiing and snowcat adventures at **Brundage Mountain Resort**.

The lakefront **Shore Lodge** in McCall is a great base from which to explore the region in every season, and also offers amenities such as fine dining, a spa, and golf privileges at the award-winning Whitetail Club.



GLENN OAKLEY / IDAHO STOCK IMAGES

The Heart of the Monster site.

Nez Perce National Historical Park

(nps.gov/nepe), less than 15 miles east of Lewiston

The Nez Perce National Historical Park, created in 1965, has 38 total sites, across four states—Idaho, Montana, Oregon and Washington—with 26 of those in Idaho. Visitors can start their tour about 11 miles east of Lewiston at the **Spalding site**, home to the park's visitor center and museum. Nez Perce lived and fished in this area for centuries, and in 1838, Henry and Eliza Spalding located the state's first Presbyterian mission here. Its foundation remains.

The museum displays Nez Perce artifacts ranging from regalia and historical photos to a necklace made with grizzly bear claws. Nearby is a late-1800s store/trading post, and a picnic table overlooking the Clearwater River.

The park's **Canoe Camp** site, about 35 miles east, marks the area where Lewis and Clark and Nez Perce experts made canoes in the autumn of 1805 to carry the Corps of Discovery toward the Pacific Ocean. The Nez Perce had saved the expedition members' lives when they had stumbled, exhausted and starving, out of the Bitterroot Mountains.

About 30 miles southeast of Canoe Camp lies the hill known as **Heart of the Monster**. According to a Nez Perce legend, after destroying a terrifying monster, Coyote created the Nez Perce by washing the monster's blood off his hands at this spot.

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Falling for Wallace

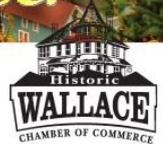
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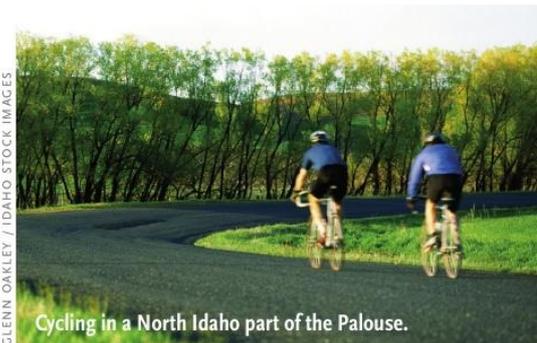


Another key site is about 50 miles south of Heart of the Monster. The **White Bird Battlefield** was the location of a June 1877 battle between the Nez Perce and the U.S. Army that began a series of pursuits and conflicts, culminating with the October 5 surrender of Chief Joseph in which he gave his famous poignant speech that included the words, “From where the sun now stands, I will fight no more forever.”

Moscow/Palouse area

(moscowchamber.com and visitpalouse.com)

Bicycle amid fields of wheat, barley and lentils in the scenic agricultural area known as the Palouse. The paved 11-mile **Latah Trail** starts in Moscow and follows the path of the former Moscow-Arrow rail line east to Troy, where 4 miles of gravel path continue on to Bear Canyon. The Latah Trail also connects in Moscow to the 2.23-mile **Paradise Path** along Paradise Creek, and to the approximately 7-mile **Bill Chipman Palouse Trail** from Moscow west to Pullman, Washington.



GLENN OAKLEY / IDAHO STOCK IMAGES

Cycling in a North Idaho part of the Palouse.

In addition, Moscow is a gateway to the 208-mile Palouse Scenic Byway, which can be accessed in Pullman. The byway provides stunning views of the region’s croplanted, multicolored rolling hills.

Visitors in Moscow also enjoy the **Saturday Farmers Market**, May through October, which will celebrate its 40th anniversary next year. The approximately 100 vendors include North Idaho’s certified-organic **Pokey Creek Farm**, which grows produce such as sweet carrots, sweet onions, potatoes, beets and strawberries; **Sisters Cookie Company**, baking varieties ranging from almond-coconut and molasses-ginger

Puzzle on page 66.



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Performing-arts companies present musical and theatrical productions; galleries showcase visual arts; and museums include the **Appaloosa Museum**, devoted to the historic horse breed, including the relationship between the horse and the Nez Perce.



Moscow has an Appaloosa Museum.

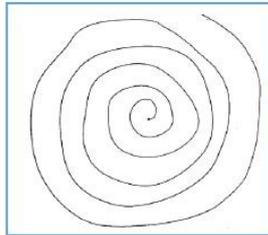
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The university's annual **Lionel Hampton Jazz Festival**—taking place Feb. 23–25 next year, when it will celebrate its 50th anniversary—features celebrity jazz masters. Festival music and dance workshops are open to the public. ■

Jaime Archer is a Northwest writer.

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Late last year, Michigan-based Fabri-Kal opened a 100,000-square-foot manufacturing facility in Burley, Idaho, about 115 miles south of Sun Valley. The facility supports expansion of the company's Greenware line of compostable drink cups, lids, portion containers and on-the-go boxes made entirely from plants—part of Fabri-Kal's mission to be a leading provider of sustainable packaging solutions.

The Idaho facility began operations with 50 employees and expects to add approximately 100 more jobs within the next five years. Fabri-Kal was awarded a performance-based Idaho Tax Reimbursement Incentive credit of 22 percent for nine years on all payroll, sales, and income taxes.

"In Idaho we pride ourselves on our ability to not only attract businesses like Fabri-Kal, but also show them how Idaho fits into their long-term business plans," says Idaho Governor C.L. "Butch" Otter. "Fabri-Kal's investment in our great state adds to the growing manufacturing industry that's providing sustainable packaging solutions for the food-service, consumer product, and retail markets."

Idaho is known for being extremely business-friendly, says Megan Ronk, director of the Idaho Department of Commerce, and "has a collaborative team of government leaders and officials who 'move at the speed of business' to meet customer needs and continue the mission of growing the Idaho economy."

Idaho's business incentives, predictable tax structure and balanced budget contribute to business confidence, and are among the reasons the state's economy is continuing to flourish, according to Ronk.

Earlier this year, Kiplinger listed Idaho as **No. 1 for States with the Fastest Job Growth in 2016**, citing the Gem State's booming tech and aerospace sectors, including the growth of cloud-based wired- and wireless-solutions company Cradlepoint in Boise, and a Micron Technology research-and-development-related approximately \$250 million expansion in Boise, expected to be completed the first half of 2017. In addition, Kiplinger noted the expansion of American Food Equipment and Chobani.

In April, Hayward, California-based **American Food Equipment Company** broke ground on a new 61,000-square-foot manufacturing plant and a

6,400-square-foot office building in Caldwell, about 30 miles west of Boise. Both projects are expected to be completed this month.

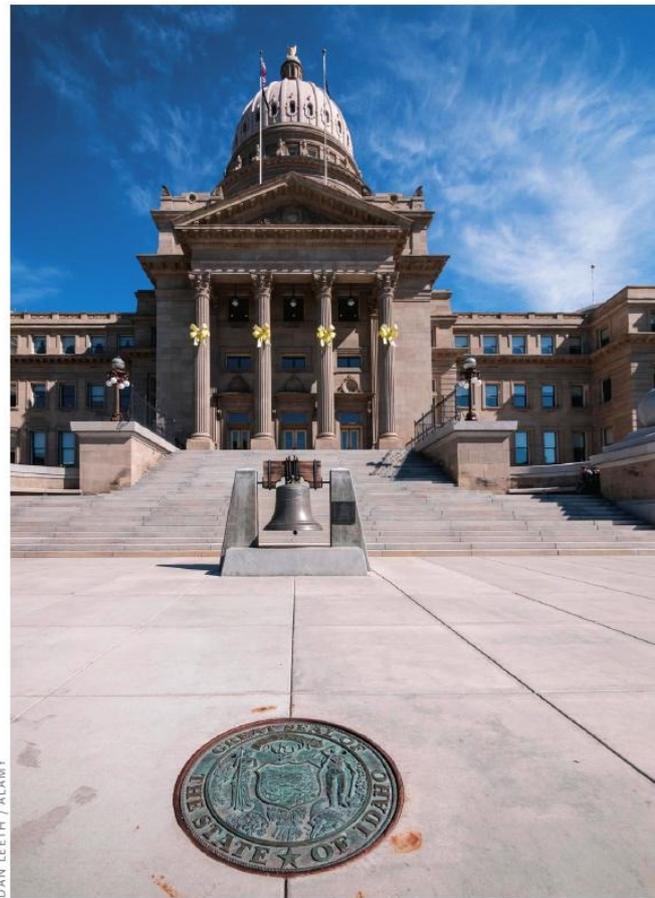
"As we looked beyond our California home for a location to support our growth, the passionate recruitment and support from Idaho Commerce and the communities of Nampa and Caldwell made this valley an excellent choice," said American Food Equipment spokesman Darrell "Gus" Gustaveson in an announcement about the facility's groundbreaking.

"The work ethic and availability of labor in this market stood out, along with the Workforce Development Training dollars to help us bring that workforce up to speed for our specific manufacturing needs."

Norwich, New York-based **Chobani** is already expanding its 1 million-square-foot Twin Falls, Idaho, plant, which was billed as the **world's largest yogurt-manufacturing plant** when it opened in 2012 and currently employs approximately 1,000. The expansion is expected to be completed this December. Chobani is also adding an office building, which will house the Global Research and Development Team; groundbreaking for that project is expected to take place this year.

Idaho was also ranked **No. 5 in 2016 for Business Friendliness** and **No. 6 for Cost of Doing Business** on CNBC's list of America's Top States for Business. And in November, the 24/7 Wall St. financial-news-and-opinion company listed the Boise suburb of **Meridian No. 1 on a ranking of America's 50 best cities to live in**. Safety and a strong job market were key factors cited.

Below are a few examples provided by the Idaho Department of Commerce that indicate the many



DAN LEETH / ALAMY

Above: Idaho's Capitol Building in Boise.

Left: Products from Fabri-Kal, which chose Idaho for a large new manufacturing facility.



FABRI-KAL

ways the Gem State is a good place to do business:

Business Assistance

Workforce consultants and analysts from the Idaho Department of Labor work closely with business owners and others to determine employers' needs and connect businesses with a high-quality workforce. The department also creates specific employee-training programs to help new businesses. In addition, the state offers **Workforce Development**

Training reimbursements and New Job Tax Credits.

Idaho businesses also benefit from incentives such as the **Tax Reimbursement Incentive, Idaho Opportunity Fund, 3% Investment Tax Credit, Property Tax Exemption, Production Sales Tax Exemption**, sales-tax rebate program, and a **variety of grants**, including infrastructure-improvement grants and STEP (State Trade Expansion Program) Grants to support Idaho businesses looking to expand into international markets through exports.

Other incentives are available in indi-



MARJORIE MCBRIDE / IDAHO STOCK IMAGES

Boise State University.

vidual municipalities, such as tax increment financing and industrial revenue bonding. And throughout the state, grants of up to \$500,000 are available to help communities expand their infrastructure to accommodate new or expanded commercial or industrial facilities.

Education

Idaho has **four 4-year state universities/colleges** (Boise State University, Idaho State University, Lewis-Clark State College, and University of Idaho) and **four 2-year colleges** (College of Southern Idaho, College of Western Idaho, Eastern Idaho Technical College and North Idaho College). There are also **more than 20 private universities and colleges**, as well as many professional-technical training centers.

And in February 2016, Governor Otter announced plans for the **state's first medical school, Idaho College of Osteopathic Medicine**, through a private-public partnership. Construction is expected to start this February on the approximately 80,000-square-foot facility. It will be located at, but separate from, the Idaho State University Health Science Center campus in Meridian.

Electricity

Electricity costs in Idaho are the **fifth-lowest in the country**, according to the Idaho Department of Commerce, in part because of the state's numerous hydroelectric power plants. Nearly 80 percent of Idaho's electricity comes from renewable-energy resources; 58 percent of that 80 percent comes from hydroelectric, with the

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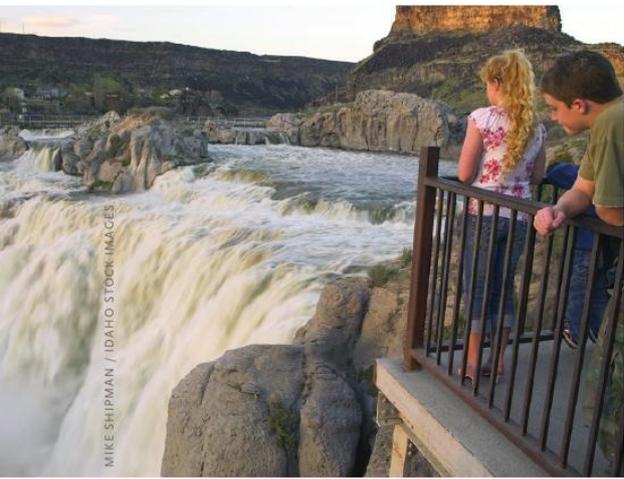
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MIKE SHIPMAN / IDAHO STOCK IMAGES

Much of Idaho's energy comes from renewable sources, such as hydroelectric power generated by the state's Shoshone Falls, above.

rest generated from sources such as geothermal and wind, according to the state Commerce Department.

A significant number of downtown buildings in Boise, including the State Capitol Building, parts of Boise State University and many government office buildings, are heated with geothermal energy.

40,000 miles of dirt roads and trails for bicycling, hiking, and powersports such as snowmobiling; world-class ski resorts; blue-ribbon fly-fishing rivers and lakes; approximately 15 wilderness areas; and more than 30 scenic and backcountry byways.

These recreational riches are often conveniently reached from Idaho towns that boast attractions such as museums, theaters, dance companies, symphonies, art galleries, fine-dining restaurants, breweries, wineries, and unique venues such as the outdoor amphitheater in Boise where the **Idaho Shakespeare Festival** stages performances that draw theatergoers from across the globe. The Gem State also has more than 50 wineries, with numerous tasting rooms open to the public.

Idaho is known, as well, for its low cost of living, low crime rate, family-friendliness and excellent work-life balance. ■

Health Care

Idaho has **more than 50 licensed hospitals**, including two major medical centers in Boise: Saint Alphonsus and St. Luke's. Both medical centers maintain and/or are part of a network of regional care centers.

Quality of Life

Idaho is a land of rugged mountains and vast open spaces for just about every kind of recreation imaginable, helping companies to recruit and retain qualified executives and line workers. It boasts more than **3,000 miles of whitewater** for rafting and kayaking; more than

For more information: Idaho Department of Commerce, 208-334-2470 or 800-842-5858, commerce.idaho.gov; Idaho Economic Development Association, ieda.biz; Idaho Department of Labor, 208-332-3570, labor.idaho.gov; Gem State Prospector, gemstateprospector.com.



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The Oregon Dunes National
Recreation Area.

BY TERRY W. SHEELY

PHOTO OF SANDLAND ADVENTURES BY DAVID LOVEALL /
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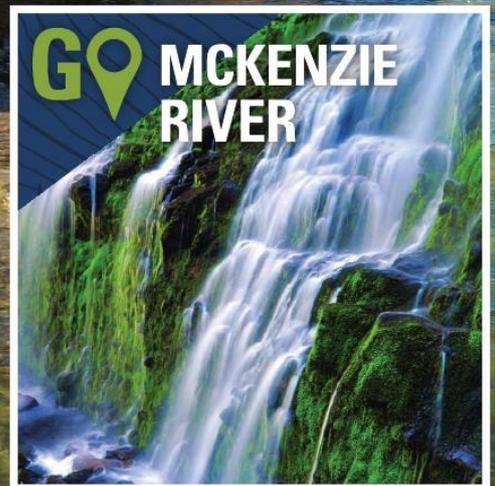
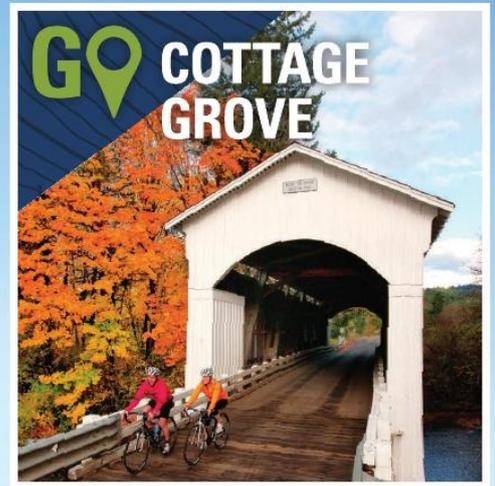
With a gulp that goes all the way to my toes, I tighten the seat belt, glance up at the roll bars over my helmeted head, gulp again and press the foot throttle. Suddenly my fat-tire dune buggy quad is hurtling across a mountain of Oregon coastal sand. I'm wide-eyed, hanging on to the steering wheel ... and yahooping at the top of my lungs.

Blowing my way to the bottom of a tower of fine sand, spinning tires up the next one—sliding, skittering, zooming, I make the most of my go-and-grin swath of the Oregon

Dunes National Recreation Area. I'm sand-splattered, bug-eyed, grinning—and wishing I'd rented the Polaris RZR for longer than an hour.

Oregon's sandbox, less than 100 miles west of Eugene, is part of a diverse trio of Northwest dune complexes that are increasingly being discovered as additional fantastic recreation options amid the trail-etched mountains, watersport lakes, wild rivers and gorgeously green conifer forests of Oregon, Idaho and Washington.

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DUNES

When I visit the **Oregon Dunes National Recreation Area**, it's about wheeling and squealing in a rented self-drive dune-climbing quad or in a larger guide-driven dune buggy or sand rail.

In south-central **Idaho's Bruneau Dunes State Park**, sand lovers trek 470 feet to the top of the tallest free-standing sand dune in North America. And then—often looking like goggled escapees from a *Mad Max* movie—they carve exhilarating downhill runs while standing on sandboards or riding belly down on sand sleds.

In Washington state, you can rent a two-seat ATV in the town of Moses Lake, have it delivered less than 5 miles to an access point for the 3,000-acre **Moses Lake Sand Dunes complex**, and spend the day ripping-and-roaring with other four-wheelers. But for a lovely change of pace, I like to shoulder a day pack with water and a copy of *Birds of Washington*, and hike a nearby trail into an expanse of dunes that rises amid a flat landscape of irrigated crops.

OREGON DUNES NATIONAL RECREATION AREA

This 40-mile-long span of wind-sculpted sand, in the wedge between the Pacific Ocean and U.S. Highway 101, stretches north to south between the Siuslaw River in Florence and the Coos River in North Bend. Its 30,000-plus acres make it the largest coastal dune complex in North America, and it has dunes up to 500 feet tall waiting to be conquered.

They look a whole lot higher when you're scrunched down in an ATV, squinting through the plastic faceplate of your rental helmet, squirting a gritty fog of sand behind the four-wheeler's rear tires, and catching air at the top of the sand pile. The belly-tickling drop down is an adrenaline-fueled rush.

Vehicles built for dunes driving offer a way into some of the recreation area's most striking sites, including the young dunes forming near the ocean and identified by their windblown crested tops and steep sides.

The oldest dunes are weathered and eroded into rounded lumps near Highway 101. Most are covered with earth, trees, beachgrass and undergrowth, and bear little resemblance to the younger sandy dunes rolling west to the ocean.

Natural powers released here mold sand into art, forming dunes that have been appearing, disappearing and reappearing since the end of the last ice age. The sand looks whitish tan, and the grains are so fine, they trickle between my fingers like water.

It's hard for me to believe that all of this was formed from sedimentary Coast Range rock that traveled downstream in rivers that tumbled and ground the rock into sand, and carried it to the ocean. Currents, tides and waves deposited the sand on shore, where it was blown into dunes by the wind.

Designated areas are set aside for dune vehicles, and there's a ride for



GREG VAUGHN / ALAMY

every thrill level and predilection, from go-fast wheel spinners like mine from Dune Bugs ATV Rentals, to slower high-rider buggies with enough seats for big groups and a professional driver to handle the downslope slide, plus stop at photo points and provide narration.

The highest and most dramatic dunes are reached from the Umpqua-Winchester Bay area near Reedsport, where vast open tracks between Spinreel and Horsfall Forest Service campgrounds in the Oregon Dunes National Recreation Area are a buggy focal point.

You can also stroll the mile-long Oregon Dunes Loop Trail—paved for

Adventurers enjoy a ride in the Oregon Dunes National Recreation Area.

Oregon Dunes National Recreation Area

Visitor Information

Center: 541-271-6000.

Managed by: Siuslaw National Forest (www.fs.usda.gov/siuslaw).

Sand-vehicle rentals and/or

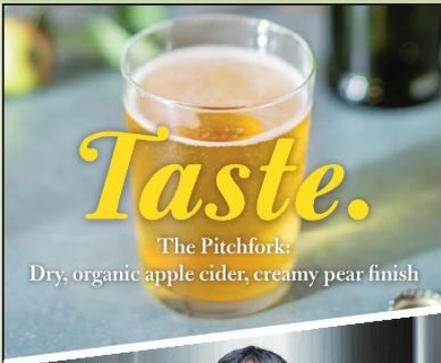
guided tours (follow state permit requirements; also ride only in designated areas; and be sure to check for closures during certain periods): The many options include oregondunebugrentals.com, ridetheoregondunes.com,

sanddunesfrontier.com and sandland.com. Some companies offer small-engine mini-quads for children.

Sandboarding also is allowed in designated areas of the NRA, and at Sand Master Park (sandmasterpark.com) in

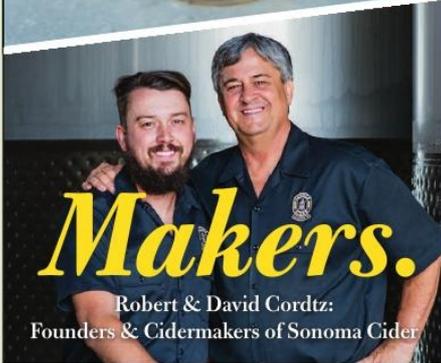
Florence, OR, which has 40 acres of sculpted dunes, with slopes for beginners to advanced sand riders. Sandboarding equipment and lessons are available.

Air gateway: Eugene, OR (eugenecascadescoast.org).



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Above: Riding the sand at Bruneau Dunes State Park in Idaho. Right: The astronomical observatory at the state park.



AARON BECK / IDAHO STOCK IMAGES

the first half-mile to a viewing area and picnic sites—that leaves from the Oregon Dunes Day Use area north of Reedsport.

BRUNEAU DUNES STATE PARK

A teenage girl laughs out loud as her younger brother's side-slipping sand sled veers sharply right, not obeying his intentions on North America's tallest single-structure sand pile. Seconds later, she flies past him, in a standing crouch on a colorful sandboard, arms flailing as she strives for balance. Several more intrepid boarders are scattered across the dune, carving twists and turns into the

shoulder of the mount that rises 470 feet from the desert floor.

Located inland, about 65 miles southeast of Boise, the dune seems like an aberration. It sits roughly in the center of a 4,800-acre state park that's bordered by sagebrush desert, as well as dairy farms, and fields of potatoes and other crops. Flashes of sunlight bounce off metal rooftops in the distance; tractors growl; and water rainbows spray from elevated irrigation pipes.

This isolated dune and a few lower dune neighbors may be the result of the Great Bonneville Flood. Around 15,000 years ago, Lake Bonneville—an ancient approximately 20,000-square-mile lake in what is now Utah (the lake's remnant is the Great Salt Lake)—raced through a mountain

pass like a giant river, carrying and pulverizing sediment. At an ancient-basin low spot in the area that is now the state park, the water swirled around like a river eddy, depositing tremendous amounts of sand,

according to the Idaho State Historical Society. Sand-carrying winds deposited additional sand at the site to create what is now the epicenter of western sandboarding.

The Idaho dunes complex is unique because it is held in place by winds that blow from the southeast and the northwest for about the same amount of time each year. These nearly equal and opposite wind forces stabilize the dunes and keep them in more or less the same location. Other dunes may drift substantially as they are pushed along by prevailing winds from one direction.

The winds at the state park also erase, from both sides of the dunes,

the tracks from sandboards, sleds and skis, thus naturally renewing the biscuit-colored playground.

Sandboards (similar to snowboards) and sleds (typically toboggan-style fiberglass rockets) are the most popular ways to ride. But there are also dune skiers, who usually favor water skis because of their wide sliding surface.

Motorized vehicles are not allowed on the dunes, so rent your board from the park visitor center, carry your transportation choice to the top, and take your sensational slip-slide to the base. You can also climb and slide a smaller, approximately 170-foot-tall dune.

And Bruneau Dunes State Park is more than just a downhill plunge. The park also has 9 miles of hiking trails circling the dunes; two small lakes; a natural-history education center; great kite-flying sites; and an observatory with out-of-this-world views into clear night skies.

The astronomical observatory is typically open evenings on Fridays and Saturdays from mid-March through mid-October. Sand sliding is allowed year-round, although in winter the visitor center is open fewer and varying days.

Bruneau Dunes SP

Visitor Center: 208-366-7919.

Managed by: Idaho Parks and Recreation (parksandrecreation.idaho.gov/parks/bruneau-dunes).

Rentals: Sandboard rentals are available from the visitor center, which has a reduced winter schedule, although the park and dunes are open year-round. Call ahead for visitor center hours.

Air gateway: Boise, ID (boise.org).

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DUNES

MOSES LAKE SAND DUNES AND POTHoles RESERVOIR

I don't know who is more surprised: me or the startled flock of red-capped sandhill cranes.

I've trotted over a low dune and right into a flock of the long-legged birds feeding at the edge of a mossy pond. The startled cranes, each about 4 feet tall, erupt into a raucous flush, regrouping into a low-flying formation that buzzes the top of another sand dune.

I'm near a Grant County–managed ORV (offroad-vehicle) Park also known as the Moses Lake Sand Dunes complex, just 4 miles south of the town of Moses Lake. The ORV Park provides plenty of motorized excitement, but in a recreational yin and yang, the pulse-pounding ORV sector is adjacent to a strikingly peaceful area where no motor vehicles are allowed.



DAVE G. HOUSER / ALAMY

Sandhill cranes are among the many bird species in the Moses Lake Sand Dunes and Potholes Reservoir areas.

In this area, a trail winds through a tract of semi-desert managed by the Washington Department of Fish & Wildlife as part of the 32,820-acre Potholes Reservoir Unit of the Columbia Basin Wildlife Area.

I'm enjoying the scenic trek, an approximately 2-mile route (4 miles roundtrip) informally identified by the Washington Trails Association as the Potholes Wildlife Area Dunes Ramble. It follows a worn angler's path along the edge of the dunes into a nonmotorized zone, passing large

cattail-rimmed water holes, hides for viewing California quails, sprigs of desert parsley, and patches of rabbitbrush and yellow bellflower.

The neighboring ORV zone is a sensory world away. I am shielded by steeples of sand from the roar of distant ATVs, although I'm occasionally treated to the silhouette, a mile or so in the distance, of a dirt biker catching air above a dun-colored dome.

The trail is sandy and fairly level. It's faint at times, but easy to follow and a pleasure to walk. It takes me past secluded sites perfect for picnicking and provides breathtaking views of the reservoir.

As I walk amid wild sage, rabbitbrush, willows and evening primrose, there's a constant chorus of red-winged and yellow-headed blackbirds, finches and great blue herons, as well as the honks, hisses and rattling bugle calls of sandhill cranes. I spot larks, swallows, gray flycatchers and yellow-plumaged kingbirds, along with pond-wading birds such as American avocets, greater yellowlegs, black-necked stilts and Wilson's phalarope. My *Birds of Washington Field Guide* is getting a workout.

At first the desert landscape seems to harbor only birds, but a closer look reveals some of its other wildlife, which includes coyotes, mule deer, badgers, cottontail rabbits, the lickety-split dart of sagebrush lizards, and the occasional rattlesnake.

Rainbow trout, walleye and bass swim in some of the potholes along the trail, and can be fished if you have the requisite Washington Department of Fish & Wildlife fishing license.

The Moses Lake Dunes area was created by floodwaters. During the last ice age, water from the ancient, glacial, approximately 3,000-square-mile Lake Missoula, in Montana, periodically breached ice dams impounding the lake. The water rushed west, carrying torrents of rocks, gravel, sand and fine silt into northern Idaho, eastern and southern Washington, and northern Oregon. Geologists believe that along the way the floods deposited fine grains of basalt sand that formed the start of the Central Washington dunes,

Continued on page 68

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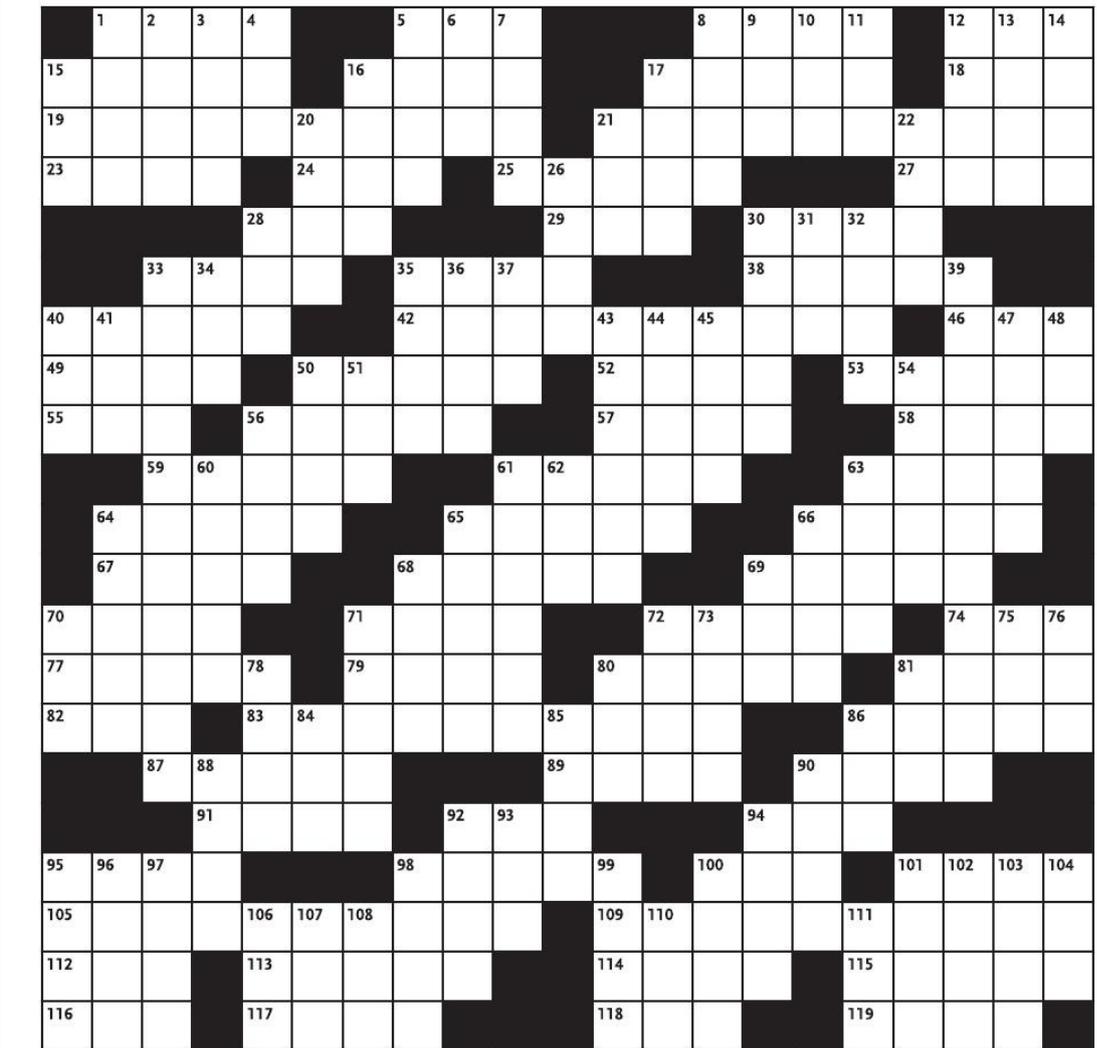
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- 72 Squash
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- 79 Military clerk
- 80 Like a chimney
- 81 Twirl
- 82 Duo
- 83 1985 LPGA winner
- 86 Like some gardens
- 87 Our, in Orly
- 89 Cautious
- 90 Singe
- 91 Boat bottom
- 92 Address bk. entry
- 94 Chinese leader
- 95 Diva's offering
- 98 Sight or smell
- 100 Beaver's creation
- 101 Dutch cheese
- 105 1936 U.S. Open winner
- 109 1972 PGA winner
- 112 Clod
- 113 Deprive of weapons
- 114 "Mr. Holland's ____"
- 115 Consumers



- 116 NBA player, e.g.
- 117 Scandinavian
- 118 Have a bawl
- 119 Greek sandwich

DOWN

- 1 Hopping insect
- 2 Declare
- 3 Dole
- 4 Go astray
- 5 Rara ____
- 6 Reader's retreat
- 7 Winter powder
- 8 Excavates
- 9 Spanish bravo
- 10 White House monogram
- 11 Not many
- 12 Sneaker, e.g.
- 13 Fizzy drink
- 14 Hardy heroine
- 15 North Pole worker
- 16 Constantly
- 17 Clock a race
- 20 Observes

- 21 Sesame plant
- 22 Sarge's dog
- 26 Shuck
- 28 School gp.
- 30 Burn with steam
- 31 Jug handle
- 32 Say grace
- 33 1945 PGA winner
- 34 House annex
- 35 BBs, e.g.
- 36 Reclined
- 37 Rainbow's shape
- 39 1970 Masters winner
- 40 Round vegetable
- 41 Owned
- 43 Insensitive
- 44 Bullwinkle, e.g.
- 45 Fashion magazine
- 47 Jazz genre
- 48 NYC venue
- 50 African nation
- 51 Bitter anger
- 54 Aromatic compound
- 56 Adjoin
- 60 Assault

- 61 Tidbit
- 62 French affirmative
- 63 Hurried
- 64 Macaroni shape
- 65 Shabby
- 66 Agile
- 68 Idle or Stoltz
- 69 Ump's call
- 70 False show
- 71 Wall section
- 72 Attendee
- 73 Slimy
- 75 Young goat
- 76 Whichever
- 78 Kitty builder
- 80 Luxury hotel
- 81 Briny deep
- 84 "You ____ Sixteen"
- 85 Wise birds
- 86 Which person?
- 88 Approval word
- 90 Tent site
- 92 School session
- 93 Rocker Brian ____
- 94 Baseball great

- 95 Above
- 96 Crowd noise
- 97 Data
- 98 Dried up
- 99 Freudian selves
- 100 Defeat soundly
- 101 Simple
- 102 Hair colorist
- 103 Dynamic beginning
- 104 "____ Doubtfire"
- 106 Wet dirt
- 107 Literary collection
- 108 A Bobbsey twin
- 110 GI's address
- 111 Pull with effort

Solution on page 46.



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Continued from page 65

Moses Lake Sand Dunes/Potholes Reservoir

Visitor information: tourgrant-county.com/directory/sand-dunes-orv-park; <http://www.grantcountywa.gov/SHERIFF/SpecOps/ORV/>; http://wdfw.wa.gov/lands/wildlife_areas/columbia_basin/Potholes%20Reservoir; wta.org/go-hiking/hikes/potholes-wildlife-area-dunes-ramble. The dunes are open year-round, with some access restrictions; ride only in authorized areas.

Guidebooks: *Best Desert Hikes: Washington* (mountaineersbooks.org) and *Birds of Washington Field Guide* (adventurepublications.net).

Managed by: Grant County and Washington Department of Fish & Wildlife.

Rentals: Two-seater ATVs can be rented in Moses Lake at Pro-Touch Rentals (509-765-1030; protouchrentals.com) for delivery to the dunes.

Air gateways: Wenatchee (wenatchee.org) and Tri-Cities (visittri-cities.com).

which were then built up by wind depositing sand.

My narrow path, etched with lizard and bird tracks, explores this spectacular sandbox, through a desert perhaps little changed since the ice age. ■

Puget Sound-area writer Terry W. Sheely is the author of numerous books, including *Washington State Fishing Guide* and *The Northwest Sportsman Almanac*.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) provides regular service to Eugene, OR; Boise, ID; and Wenatchee and Tri-Cities, WA.

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Flyer guide

Your overview of the Alaska experience.

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 - Travel the world with our 17 airline partners
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 - 100+ destinations and counting
- A10** Airport terminal maps



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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

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LIQUOR



Craft USD \$7

Sun Liquor Vodka
Sun Liquor Gin
Sun Liquor Rum
Crater Lake Hazelnut
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Classic USD \$7

Dewar's White Label Scotch
Crown Royal

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- Alcohol may not be consumed unless it has been provided by a Flight Attendant.
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- Wireless mouse/keyboard
- e-readers
- Media/CD/DVD players
- Noise-canceling headphones
- Cellphones (prior to door closure only)

Not allowed during flight

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- Devices with cell service enabled
- AM/FM radios or TVs
- Personal air purifiers
- Remote-control toys
- Electronic cigarettes

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 - 100% bonus miles and more

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 - 125% bonus miles and more

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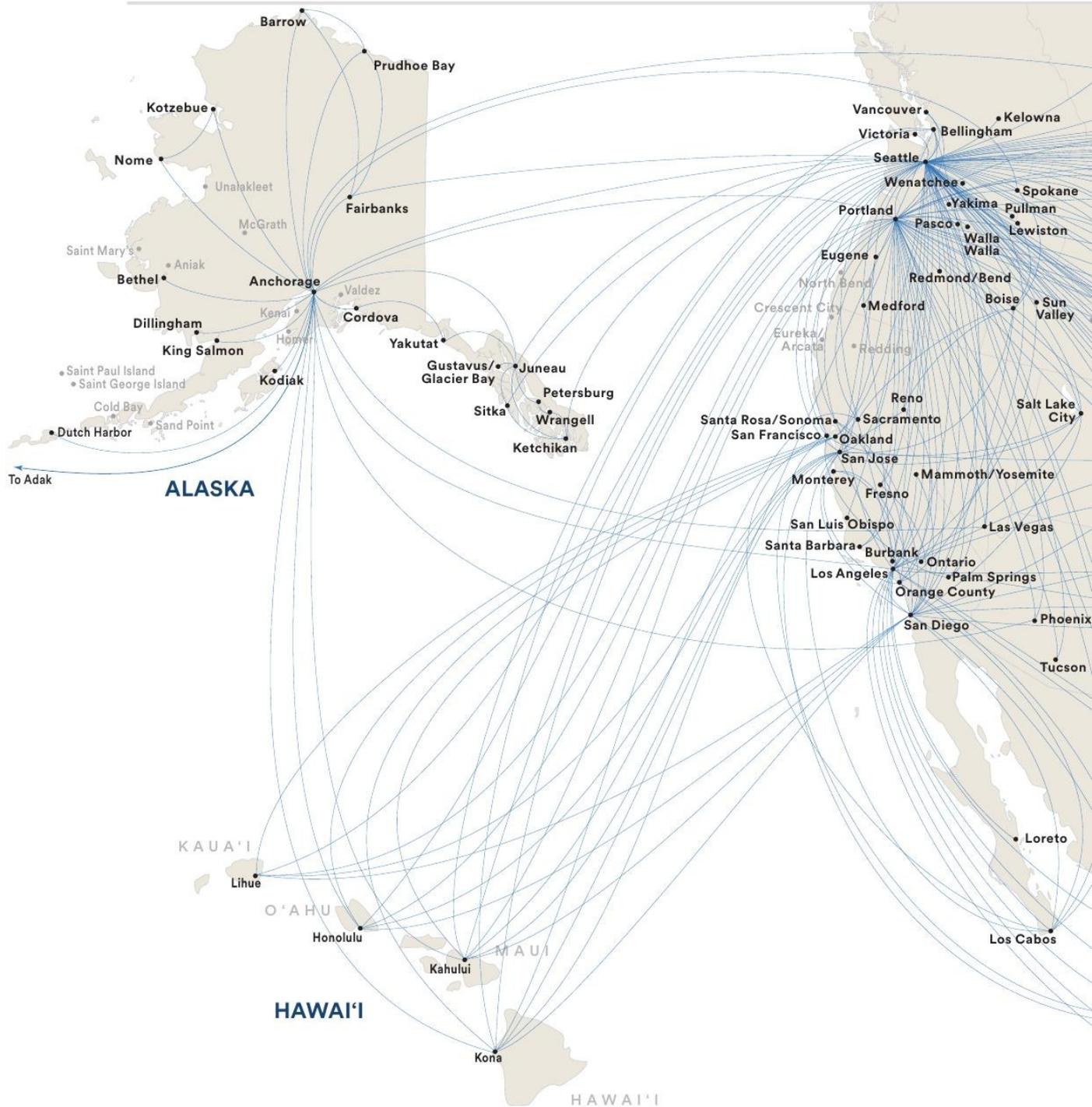
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UPCOMING NEW SERVICE

Route	Service Begins
Portland, OR—Newark, NJ	November 10
Bellingham, WA—Kona, HI	November 12 [†]
San Diego, CA—Newark, NJ	November 21
San Diego, CA—Steamboat Springs, CO	December 17 [†]
Los Angeles, CA—Havana, Cuba	Late 2016*

[†]Seasonal service through Spring 2017.

*Pending final government approval.



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

Some routes shown operate seasonally.

Airport of the Month



Yakima Air Terminal

Location: Yakima, WA
Airport code: YKM
Served since: 1981
Daily flights: 4
Cities served: 1
 Seattle.

Notable: Horizon Air, Alaska's sister carrier, celebrates its 35th anniversary this fall. Horizon's first flight was from Seattle to Yakima.

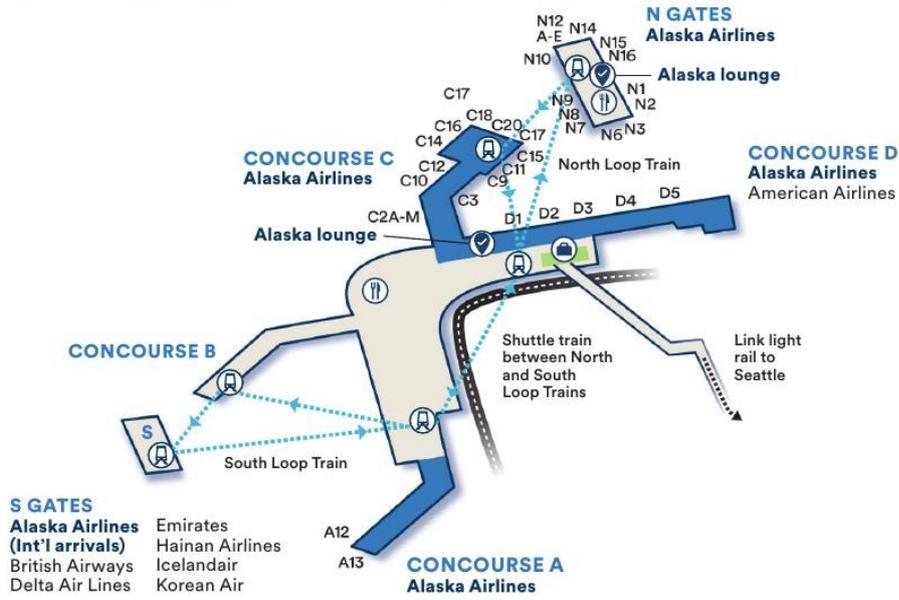
Insider info: Mileage Plan members can check a case of wine for free* when flying from Yakima.

**Find details at tasteandtote.com for flying with either Alaska or Horizon.*

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.

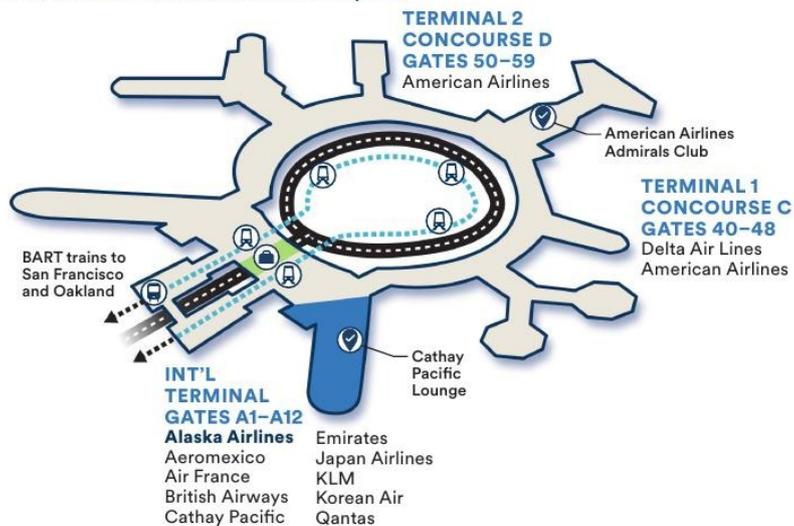


PDX Portland International Airport



SFO San Francisco International Airport

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



Legend:

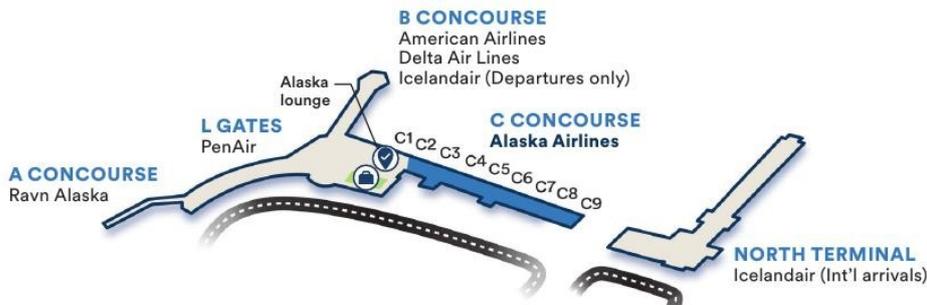
-  Lounge
-  Alaska Airlines ticketing & bag dropoff
-  Public transportation
-  Dining Options
-  Underground walkway
-  Airport transportation

LAX Los Angeles International Airport

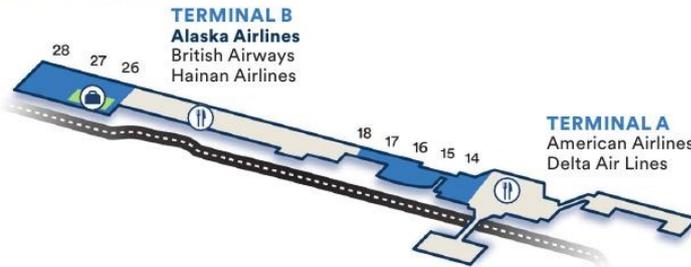


Tip: Alaska lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.

ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



Local Knowledge

Learning about locavores helped relocated writer build community | BY NANCY STEINBERG

Before my husband and I made the cross-country, cross-cultural move from the East Coast to the West Coast in 2002, we hadn't thought much about where the food we ate came from. We soon discovered that our new coastal community in Oregon was proud of the region's wild seafood, Tillamook cheese and Rogue Ales brews. It was eye-opening. I came to understand that local foods were typically fresher, used fewer natural resources to reach me, and put money in the pockets of local businesses. All good.

And during our first October in Oregon, I also realized that locavores help build connections and community. "Come to a cider pressing!" the invitation cheerily urged. It was from our new friends Jody, Linda and Morgan, who lived in a particularly rural part of our rural community. "Bring your own apples, or help press ours!"

We attended the cider pressing, an annual event, and joined the assembly line that formed, with some people washing apples, some cutting, some juicing them in the rented press, and some filtering and bottling the resulting cider. Kids ran around. Dogs ran around. The assembly line took breaks to eat the marvelous potluck food.

We met new people and forged deeper bonds with others as we commiserated over blisters and sticky hands, and celebrated our accomplishment. By the end of the day, we had produced hundreds of gallons of cider, all from local apples.

Sure, it would have been faster to buy a gallon or two of cider at the grocery store, but we came away from the pressing event with more than bottles of cider. We made new friends. As we drank the cider—literally the fruit of our labor—throughout the fall and winter, the sweet liquid treat reminded us of the camaraderie of that October afternoon.

Local food grows communities in all kinds of ways, I've learned. We got to know one of our neighbors much better when we bought half of a grass-fed steer from her. Another person shared raspberry

bushes with us, and every berry I pick from those thriving plants reminds me of our friendship. Locals have given us fish they've caught, elk they've hunted, and eggs their chickens have laid. They've taken us foraging for mushrooms in nearby forests and shared the bounty of their gardens. Our weekly visit to the farmers market is as much a social event as a shopping outing, as we greet vendors and neighbors. Each of these interactions deepens our community bonds.

I was interested to see that the link between locally produced food and community is recognized by the federal "Local Foods, Local Places" initiative, begun in 2014. This partnership of federal agencies "helps people create walkable, healthy, economically vibrant neighborhoods through the development of local food systems."

The program provides grants for projects such as cooperative grocery stores, community gardens and farmers markets, recognizing their positive impact on livable communities.

I was not surprised to find out that our new Northwest home had embraced the eat-local movement long before the term "locavore" was reportedly coined in 2005, and well before popularization of the trend toward local, seasonal ingredients made "locavore" the New Oxford American Dictionary's 2007 Word of the Year.

The harvest season is upon us again, and I expect to press cider, buy salmon directly from the fisherman who caught it, and make my weekly trip to the farmers market. This year, I think my role in all of this food-based community building will include having everyone I know over for dinner. I better get cooking.



Nancy Steinberg lives, and enjoys local foods, on the central Oregon coast.

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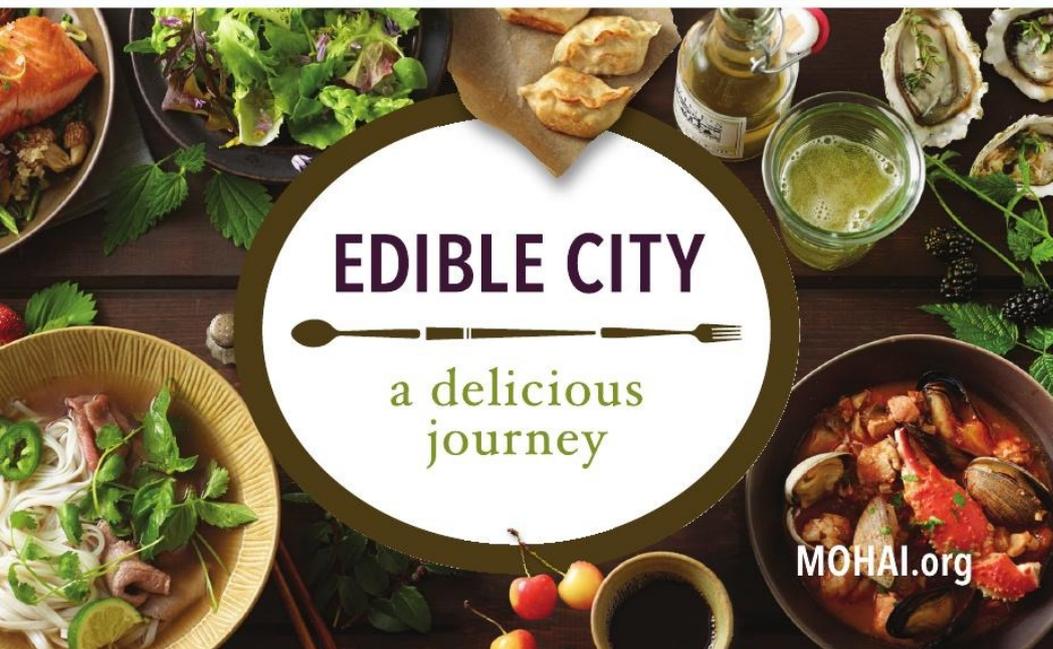
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