

*Alaska*

September 2015 <sup>TM</sup>

# Beyond

ALASKA AIRLINES MAGAZINE  
HORIZON EDITION

IMPRESSIVE  
INLAND

# NW

**+ RENO /  
TAHOE  
GETAWAY**

AND  
LEARNING TO  
NETWORK

# SEATTLE FOOTBALL

## STAR TACKLING CHILDHOOD OBESITY

### ON PINEAPPLE BICYCLES



Pineapple Hospitality and Conover Insurance are proud to support Michael and Pele Bennett and The Bennett Foundation in their fight to help tackle childhood obesity through community, education, activity and nutrition.

To learn more about The Bennett Foundation, visit [THEBENNETTFOUNDATION.ORG](http://THEBENNETTFOUNDATION.ORG)

# "I work hard. My card works harder."



Some cards work harder than others, and with the Alaska Airlines Visa Signature® consumer card, you've got one of the hardest-working cards out there. A free checked bag, an annual companion fare and even three miles per \$1 on Alaska Airlines purchases. After all, your card should work as hard as you.

[Apply at myalaskacard.com](http://myalaskacard.com) or see an Alaska employee.

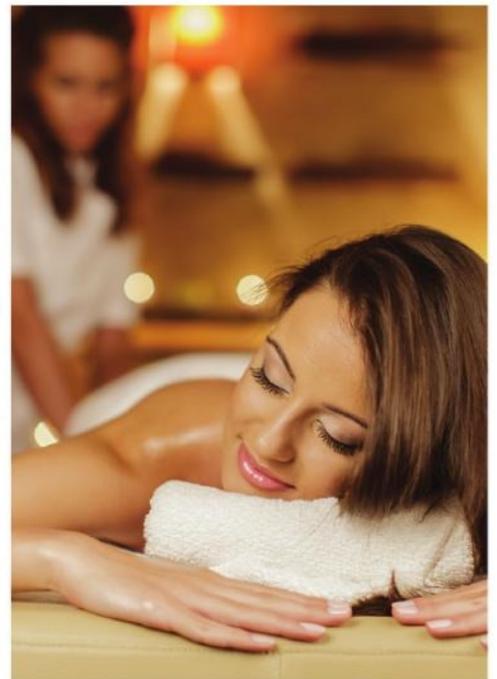
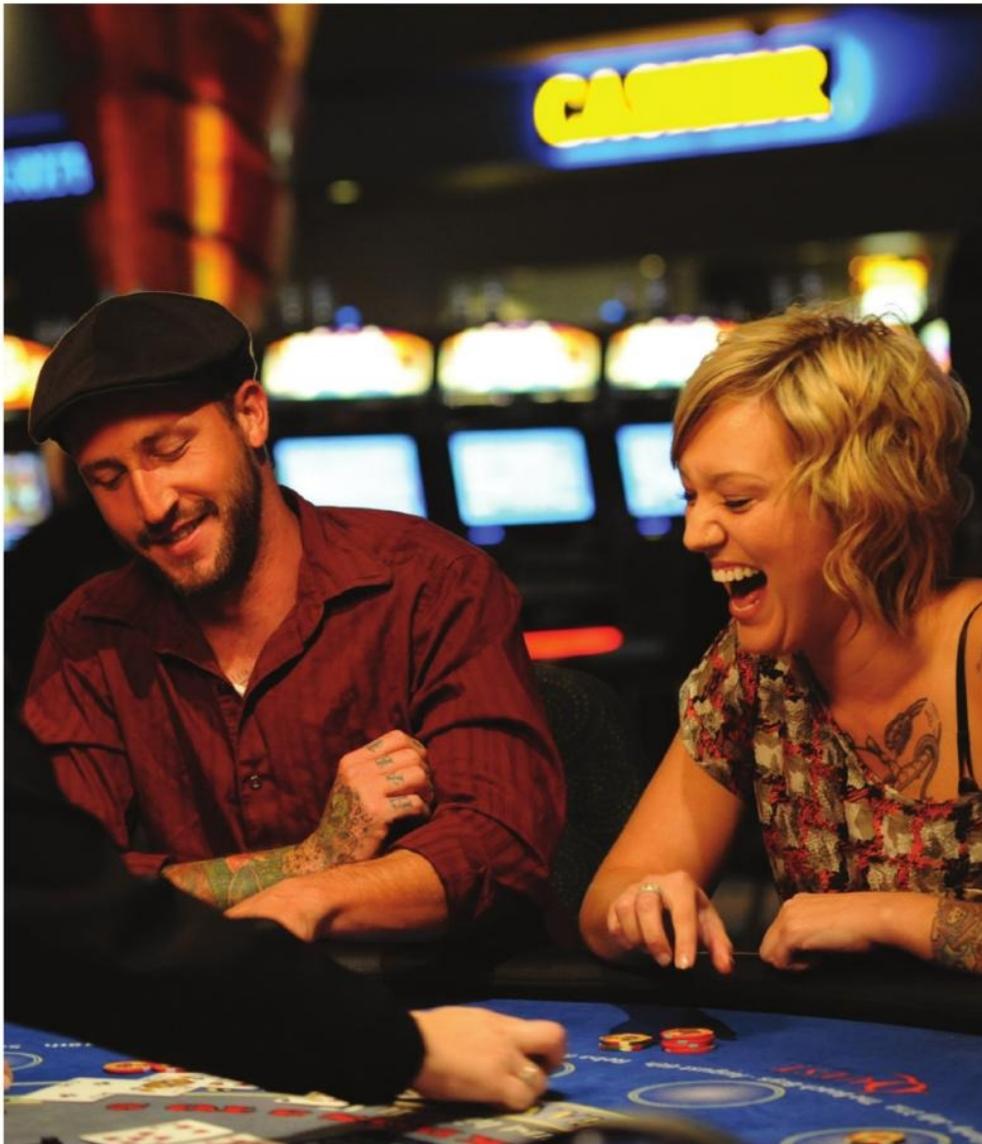
The benefits above apply to Visa Signature® consumer accounts only and different benefits apply to Platinum Plus® and Classic accounts. Card type is determined by creditworthiness.



- ✓ Free Checked Bag
- ✓ Annual Companion Fare
- ✓ Triple Miles on Alaska Purchases

The Visa Signature card benefits described herein are subject to certain restrictions, limitations and exclusions. For more information about the rates, fees, other costs and benefits of this credit card, visit [myalaskacard.com](http://myalaskacard.com) or see an Alaska employee and refer to disclosures accompanying application.

This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of Bank of America Corporation. © 2015 Bank of America Corporation.



# A TABLE FOR **EVERY TASTE.**

From the casino to the spa to over a dozen restaurants and lounges, you can eat, drink, mix and mingle any way you like, all in one place.

MASSELOW'S STEAKHOUSE / EPIC / FAI'S NOODLE HOUSE / RIVER'S EDGE BUFFET / FATBURGER  
THE DELI / MARKETPLACE / YOGOSHOP / LEGENDS OF FIRE / IMPULSE NIGHTCLUB  
STUDIO E / THE LOUNGE AT MASSELOW'S / LIQUID / TURF CLUB



NORTHERN **QUEST**  
RESORT & CASINO

NORTHERNQUEST.COM 877.871.6772 SPOKANE, WA

# Alaska Beyond™

ALASKA AIRLINES MAGAZINE | HORIZON EDITION  
Your Complimentary Copy

Contents  
September 2015

## Volume 26, No. 9

Publisher **Mimi K. Kirsch**

Editor-in-chief **Paul Frichtl**

Editor **Michele Andrus Dill**

Associate Editors **Jeff Bond, Ben Raker**

Contributing Editor **Eric Lucas**

Editorial Interns **Teagan Fast, Kristen Johnson, Olivia Moon, Francesca Steele, Aliza Vaccher, Alexa Voss**

Contributors **Donna Blinn, Scott Driscoll, Michelle Wallar Martin, Cheryl-Anne Millsap, Todd Schwartz**

Coordinator for Horizon Air **Susan Peterson**

Art Director **Nancy O'Connell**

Production Director **Paul Frichtl**

Advertising Production Manager **Theresa Santucci**

Associate Art Director **Whitney L. Little**

CEO **Edward B. Kirsch**

Accounting Manager **Holly L. Genest**

Advertising Data Wrangler **Liz Borovik**

Office Coordinator **Kimberly Knapman**

## SALES OFFICES

2701 First Avenue, Suite 250, Seattle, WA 98121;  
206-441-5871; email [sales@paradigmcg.com](mailto:sales@paradigmcg.com);  
fax 206-448-6939

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

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

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

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

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

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

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

Hawaii: **Debbie Anderson, 808-739-2200,  
fax 808-739-2201**



[www.alaskaairlinesmagazine.com/horizedition](http://www.alaskaairlinesmagazine.com/horizedition)

Alaska Airlines | Horizon Edition (ISSN 1050-2440), the monthly inflight magazine of Horizon Air, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2015 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Subscriptions: \$45 in the U.S.; \$50 elsewhere. Single-copy price: \$5. Photocopy of individual articles: \$3.50. Publisher assumes no responsibility for return of unsolicited manuscripts or art. Printed in the U.S.A. Postmaster: Send address changes to Alaska Airlines | Horizon Edition, 2701 First Avenue, Suite 250, Seattle, WA 98121-1123.



PLEASE REUSE  
AND RECYCLE



UPPERCUT IMAGES / ALAMY

Reno/Tahoe vacation, pg. 42.

## FEATURES

- 20 IMPRESSIVE INLAND NORTHWEST
  - Spokane and Pullman.
  - North Idaho.
  - Lodging and Dining.
- 42 RENO/TAHOE GETAWAY  
Enjoying activities and attractions in this scenic region.
- 54 LEARNING TO NETWORK  
Connections made in college complement academic knowledge.



College connections, pg 54.

## DEPARTMENTS

- 5 UP FRONT  
A message from Chief Executive Officer Brad Tilden.
- 7 THE REGION
  - Tea Time.
  - Marathons and More.
  - Western Heritage Festival.
  - News & Notes.
  - Fall A-maze-ment.
  - Harvest Fest.
  - Talked About.
  - Coding for Kids.
  - That's Entertainment.
- 70 CROSSWORD
- 73 WELCOME ABOARD  
Flight information, Mileage Plan frequent-flier program, vacation packages, route maps and more.
- 80 AIR TIME  
A father becomes a coach as a group of girls becomes a team.

SHUTTERSTOCK.COM

**Cover:** SkyRide gondolas glide above Huntington Park, dedicated in 2014, which provides an excellent view of the Spokane River as it flows through downtown Spokane. Photo: Inge Johnsson / Alamy.

# Who needs a corner office?



Get more done anywhere  
with 25,000 Bonus Miles.



## The Alaska Airlines Visa® Business card.

- 25,000 Bonus Miles after you make your first purchase
- Annual coach companion fare from \$121 (USD) (\$99 base fare plus taxes and fees, from \$22 depending on your Alaska Airlines flight itinerary)

See your Flight Attendant to complete an application in-flight or visit us on the web at [www.bankofamerica.com/alaskabusiness](http://www.bankofamerica.com/alaskabusiness) to apply.

Brought to you by:

**Bank of America** 

25,000 Bonus Miles will be awarded to the designated Mileage Plan membership account 6 to 8 weeks after your first purchase. Cardholders will receive an annual coach Companion Fare from \$121 (USD) (\$99 base fare plus taxes and fees, from \$22 depending on your Alaska Airlines flight itinerary). The Companion Fare e-certificate is issued after the first purchase made on the account and on each anniversary thereafter. Individual Level Earning Plan cardholders will receive one Companion Fare e-certificate per account each year. Only one Companion Fare e-certificate will be provided each year to the Company in the Company Level Earning Plan. Mileage Plan miles cannot be used as a form of payment, however both the paying customer and the companion may accrue Mileage Plan miles. All Mileage Plan program terms and conditions apply; program subject to change. Details accompany new account materials.

Bank of America and the Bank of America logo are registered trademarks of Bank of America Corporation. Visa is a registered trademark of Visa International Service Association, and is used by the issuer pursuant to license from Visa U.S.A. Inc.  
© 2015 Bank of America Corporation.



Brad Tilden, Chief Executive Officer

## Raise Your Hand for Schools

I don't know about you, but when I look back at my life, I remember specific moments when people I looked up to helped to get me on the right track. A coach, a music instructor, a Scoutmaster, or in many cases, a teacher. You may have someone in mind, as well, someone who believed in you, and made a difference in the course of your life. For me, one such person was Chuck Bergman, a college English teacher who helped me realize that for something I wrote to be worth reading, I had to take some risk (and I'll say right here that regular readers of this column may believe that Dr. Bergman's work is not finished!).

Our communities today are facing daunting challenges. We have health issues, poverty, income inequality, and crime in places. There is certainly no magic solution to these problems, but there is one thing that has the power to address almost all of them—education. Nelson Mandela once said, "Education is the most powerful weapon which you can use to change the world."

Research supports this idea. Studies show that a better education leads to better employment outcomes, better health, lower levels of crime and much more. The Washington Roundtable, a group of business leaders in Washington state, recently commissioned a study on the state's education system. They found that only 76 percent of students scheduled to graduate in 2013 actually did. Nearly a quarter of students didn't graduate on time. At 40th in the nation, Washington is among the worst states for high school graduation rates. And that's just Washington. Every West Coast state could and should do a better job of inspiring its kids to graduate. Studies show a high correlation between low high school achievement rates and longer-term poverty. A good education is a crucial ticket to success.

At Alaska Airlines, we believe in investing for the long term. When we buy airplanes, we have a mindset about how those airplanes will help you—our customers—and our employees and the owners of the company over 20 years. We believe that, as community members, we should have the same long-term mindset about education. What do we need to do today to have great communities—10, 20, 30 or 40 years from now?

In this age of instant gratification, it can be difficult to gain traction for ideas that take time to produce results. But we believe it's important to take the steps today to strengthen our education system and build even better communities in the future. This belief is guiding our employees as they increasingly volunteer in classrooms and is guiding our corporate outreach efforts in communities as we boost our support for STEM-education programs. Many of these efforts are specifically focused on youth from more challenged economic backgrounds.

Good schools and great teachers (like Dr. Bergman) do change lives and change future outcomes, and it's up to all of us as members of our communities to ensure that these schools and teachers have the chance to make a difference. We hope you'll consider getting involved, whether that be sitting on a board or committee, helping in a classroom, or doing anything you can to send the message to your local legislators that we need to invest in our kids, and our future, through schools.

Thanks for reading this, and thank you for flying with us.



Alaska Airlines' Aviation Day gives students a chance to explore careers in the airline industry.

*Brad*



---

JOIN THE TEAM THAT'S  
**CURING**  
CHILDHOOD CANCER.

---

A new treatment developed at the Ben Towne Center for Childhood Cancer Research is producing stunning results by reprogramming a child's immune system to destroy cancer cells. Welcome to Strong Against Cancer: A team of doctors, nurses, researchers, hospitals, companies and people like you, captained by Seattle Seahawks quarterback Russell Wilson. We have the science and the results. Now we need the resources to bring this life saving treatment to more children. Learn more or donate at [StrongAgainstCancer.org](http://StrongAgainstCancer.org)



Thanks to our lead sponsor

*Alaska*



"My Best 10 changed my life almost immediately."

Photo: Ariene Chambers Photography



## DARCI LOST 14 LBS & 10 YEARS IN 10 WEEKS

Be your best.  
Feel strong & vibrant.  
Awaken ageless beauty.

Step into our time machine and roll back the years with our step-by-step rejuvenation program. Together with our experts, you will look and feel your best in just 10 weeks.

**MY Best 10** Get started today!  
Call 1.877.497.6210

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



before

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

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

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

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

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

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

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

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

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

mybest10.com

1.877.497.6210

4455 148th Avenue NE, Bellevue, WA

RENO/TAHOE

Marathons and more



SHUTTERSTOCK.COM

Choose from races ranging from the new Quadzilla Dare (four laps around Lake Tahoe's 72-mile shoreline, for 288 miles in four days) to the family-favorite 5K Pumpkin Run/Walk (with awards for best Halloween costumes, and free pumpkins for participants) during the **20th-Annual Lake Tahoe Marathon** extravaganza, Oct. 8-11.

Event options—21 in all—also include several traditional marathons and half-marathons, an evening Midnight Express marathon, a four-person marathon relay, a 16.6-Miler Run/Walk, a Mountain Do Duathlon (half-mile swim plus 5K run), a 10K, a 5-mile kayak race, a 1.2- and 2.4-mile swim, and 4-mile and 8-mile standup-paddleboard challenges. Spectators can cheer their favorite competitors from numerous vantage points. Registration for each race closes approximately two days before the scheduled start date.

Runners and spectators alike can enjoy live music at the finish line of Sunday's marathon, and also a party Sunday, along with a **Sports & Fitness Expo**, taking place Oct. 9-10.

Contact: 530-559-2261; laketahoemarathon.com. —Alexa Voss

The Lake Tahoe Men's Marathon record is held by Joseph Maina Ngunjiri of Kenya (2:30:55 in 2001). Tahoe's elevation and hills mean a slower pace, although there are two half-marathons that are mostly downhill.



**SketchFest Seattle** pairs local comedy groups with headliners from across North America, Sept. 17-26 (sketchfest.org).



▲ More than 500 musicians—including Wynton Marsalis and Dianne Reeves—will perform during the celebrated **Monterey Jazz Festival**, Sept. 18-20 (montereyjazzfestival.org).

**Adrift in Macao**, "a side-splitting parody of classic film noir," is being staged Sept. 24-Oct. 25 at the **Broadway Rose New Stage Auditorium in the Portland area** (broadwayrose.org).



DAVID BALSOM

▲ NPR's **From the Top** radio show, with host Christopher O'Riley, will feature talented young classical musicians from the Northern Rockies when it is broadcast live Sept. 27 from the **Warren Miller Performing Arts Center** in Big Sky, MT, a premier recreation region about 40 miles south of Bozeman (warrenmillerpac.org).



AOTC

▲ **The Art of the Cocktail** event, Oct. 24-25 in Victoria, BC, will include a Grand Tasting, seminars and a competition (artofthecocktail.ca).

BOISE, ID

Western Heritage Festival

Dine with actors from classic Westerns such as *Laramie*, *The High Chaparral*, *Grizzly Adams* and *The Virginian* during **Dinner with the Stars** at the inaugural Western Heritage Festival in Boise, Sept. 18-20.

Actors will also sign photos and participate in Q&A panels during the festival, while in **Old West Town**, visitors can experience a Main Street as it would have looked a century ago—with a church, general store, saloon and jail—along with



staged shootouts, and historical and movie-scene reenactments.

Entertainment also includes **cowboy poetry and singing, stage-coach rides, a Dutch oven-cooking competition, a kids corral and a fast-draw contest**. (Visitors can even try fast draw themselves—lining up to aim at a target, with wax ammunition showing whose shot came closest to the target).

The goal of the Western Heritage Festival is to help foster appreciation for the Old West, and show this way of life to a new generation, says Crystle Spong, event producer. Contact: 425-786-5676; idahowesternheritagefestival.com. —Aliza Vaccher

SHUTTERSTOCK.COM

# My brother found freedom from addiction

*Based on a true story*



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

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

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

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

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

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

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

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

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

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

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

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

— As told by the grateful brother of a former patient

## About us

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

**If you need help or have a friend  
or loved one that has an addiction  
problem, please call us today at  
888-802-4206.**

**SCHICK SHADEL**  
HOSPITAL

12101 Ambaum Blvd. S.W. • Seattle, WA 98146

ADVERTISEMENT

\*#1 success rate for treating alcoholism based on results of a verified survey of former patients (success being measured as total abstinence for one year and assessed by self-evaluation), as against published success rates from verified, comparable studies of other medical institutions.

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

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

Dr. Thomas Kang

Dr. Brian McKay

Advanced  
Cosmetic  
& Laser  
Dentistry

1-877-346-0600

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

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

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

Word is spreading about the quality of care and the efficiency of these dentists. If you've been told it could take months to complete your care, relax. We can usually accomplish everything with just a few visits. We reduce your time in the dental chair

to only what is absolutely necessary. We use advanced sedation techniques so you don't feel a thing. Folks love it.

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

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

#### 6 REASONS TO HAVE US BE YOUR DENTIST

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

\*Terms and conditions apply.



Rich



Denise



[www.acld.com](http://www.acld.com) - there is a difference!



# Calling All Adventurers

Alaska Airlines is growing and offering new nonstops to places you want to go.

Boise to Spokane

Los Angeles to Baltimore

Seattle to New York-JFK

Seattle to Nashville

Seattle to Raleigh-Durham

Los Angeles to San Jose, Costa Rica

And, more on the way.

**Book now at [alaskaair.com](http://alaskaair.com).**

*Alaska*  
AIRLINES®

Service start dates: Boise (B0I) and Spokane (GEG) begins 8/24/15; Los Angeles (LAX) and Baltimore-Washington (BWI) begins 9/9/15; Seattle (SEA) and New York (JFK) begins 9/16/15; Seattle (SEA) and Nashville (BNA) begins 9/23/15; Seattle (SEA) and Raleigh-Durham (RDU) begins 10/1/15; Los Angeles (LAX) and San Jose, Costa Rica (SJO) begins 10/31/15. Costa Rica (SJO) route is subject to approval by foreign civil aviation authorities.

AROUND MONTANA

Fall a-maze-ment



DAVID YAKOS

Celebrate the fall holidays by solving hay-bale, straw-bale and cornstalk mazes in the Treasure State. The straw **Bozeman Maze** (above), Sept. 19-Oct. 31, comprises more than 4,500 bales. Visitors can also enjoy hayrides, a kid-size maze and train, and an area filled with 5,000 pounds of corn kernels, about 6 to 8 inches deep, for children to romp in (bozemanmaze.com).

The **Applestem Corn Maze & Pumpkin Patch** in Vaughn, about 10 miles northwest of Great Falls, Sept. 19-Nov. 1, will feature a 20-acre cornstalk maze and a kids' maze. In addition, visitors can try

the Hay Mountain Tube Slide, rope an artificial steerhead, climb a hay mountain, play in a corn box and ride a tractor-driven train through nearby fields (applesteminc.com).

The **Missoula Maze**, Sept. 20-Nov. 1, will have almost a mile of hay-bale/straw-bale/cornstalk passageways, with clues along the way. The clues are removed for the challenging unlit Night Maze (flashlight or headlamp recommended). An obstacle course, barnyard petting zoo, mini straw-bale maze for kids and pumpkin patch offer additional fun (missoulamaze.com). —Teagan Fast

PORTLAND, OR

Harvest fest

Learn how to make delicious dishes with Oregon-grown items during the **Oregon Museum of Science and Industry's Harvest Festival**, Sept. 27.

Local chefs will provide live demos, and more than 30 vendors will sell local foods, including hazelnuts, blackberries, peppermint and even nutritious local insects. The event will also include a beer garden and kids' activity area.

OMSI hosts numerous special events each year, with **OMSI After Dark: Brewfest**—about the science of creating (and enjoying) beer—on Sept. 30. Contact: 800-955-6674; omsi.edu.

—Alexa Voss



talked about



SEATTLE, WA

Children's-music artist **Caspar Babypants** is releasing his 10th album, "Beatles Baby!" this month, with songs such as *Good Day Sunshine* (babypantsmusic.com).

BAY AREA

A notable San Francisco-area marine sanctuary has expanded north, adding coastal and deeper

waters from Bodega Head in Sonoma County to north of Point Arena in Mendocino County. **Greater Farallones National Marine Sanctuary** now protects 3,295 square miles of ocean habitat (farallones.noaa.gov).

PORTLAND, OR

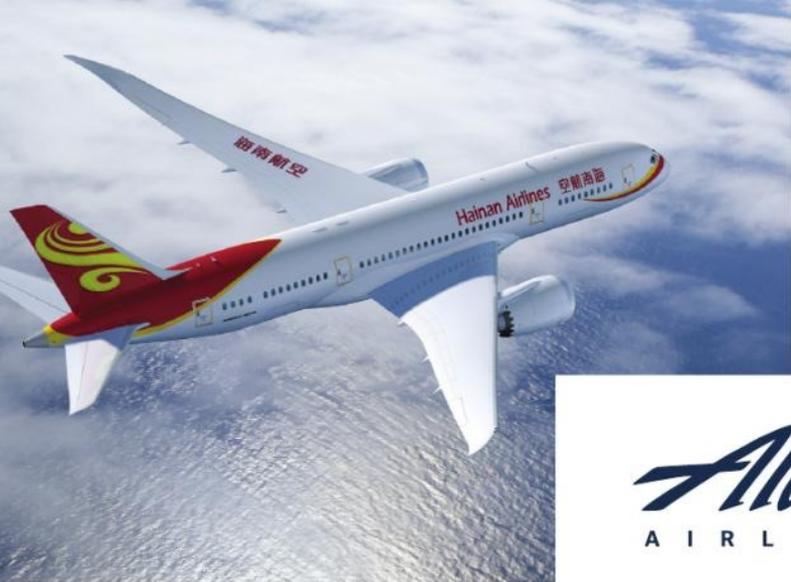
TriMet's **MAX Orange Line** will open Sept. 12, providing 7.3 miles of service from downtown south to the Milwaukie area, including the **new Tilikum Crossing bridge** (trimet.org).



SEATTLE, WA

The National Trust for Historic Preservation has named the **1910 Panama Hotel, in Seattle's Japantown-International District, a national treasure**. The hotel's basement includes an urban Japanese-style bathhouse (*sentō*), and also contains unclaimed belongings stored by Japanese Americans interned in camps during WWII (savingplaces.org/treasures/panama-hotel).

"BEATLES BABY!" ART: KATE ENDIE; ORANGE LINE GRAPHIC: COURTESY TRIMET; BEERRIES: SHUTTERSTOCK.COM



*Alaska*  
AIRLINES



HAINAN  
AIRLINES



# Alaska and Hainan Airlines Partner to Take you Farther

**Alaska Airlines is proud to announce a new partnership with China-based Hainan Airlines.**

Together, we'll provide expanded access to dozens of destinations within China—all with the exceptional service and amenities you'd expect from a five-star airline. If you're a member of our top-ranked loyalty program, Mileage Plan, you'll now earn miles on Hainan flights—and for a limited time, earn double miles\*. Join us, along with our new partner Hainan Airlines, as we make your international travel experience exceptional.

Sign up at [www.alaskaair.com/DoubleMiles](http://www.alaskaair.com/DoubleMiles).

\*Registration for this promotion is required.



# I came. I saw. I did my victory dance!

Escape to the perfect mix of great hospitality, food, world-class golf at Circling Raven Golf Club, relaxing spa treatments at Spa Ssakwa'q'n, luxury accommodations and exciting entertainment.

**ESCAPE NOW PACKAGES**  
starting at \$109.99



COEUR D'ALENE  
**CASINO**  
RESORT • HOTEL®

Worley, Idaho | 1 800 523-2464  
CDACASINO.COM  





# Energy savings? Grocery Aisle 6.

Ken Groh (right)  
Supermarkets Director  
and Facilities Manager  
Rosauers Supermarkets, Inc.

Ann Carey (left)  
Commercial Account Executive  
Avista Utilities

**S**elling bread and bananas may not seem complicated. But in the grocery industry, the profit margin is just pennies on the dollar and often there are competitors on every corner. Success requires insight into consumer trends as well as tight controls over store costs—one of the biggest being energy use. It's why Rosauers Supermarkets partners with Avista on energy efficiency.

Considered one of the most innovative grocery chains in the Northwest, Rosauers first opened in 1934 during the Great Depression, when Mert Rosauer purchased a small grocery store in Spokane. Despite the economy at the time, his store quickly became a success.

Eventually, the company added superstores with full-service pharmacies. It also established

Huckleberry's Natural Market, Spokane's first grocer to offer a full array of natural and organic foods. Today, Rosauers operates 22 stores in Washington, Oregon, Idaho and Montana. Successful growth, however, has only increased its need to save energy.

"Energy for heating, cooling and store lighting is one of a store's highest operating costs," says

ADVERTISEMENT

Rosauers Supermarkets Director and Facilities Manager Ken Groh. "But it's also one we can more easily control, especially with energy-saving rebates and incentives from Avista."



Rosauers fine tunes everything from lighting to refrigeration temps using a simple touch-screen computer.

Rosauers has been committed to energy efficiency for over 20 years and, through Avista, takes advantage of the Energy Smart Grocer Program. Avista helps all types of large energy users but adopted a specific grocer program because most stores have similar efficiency opportunities. In the program, Avista provides a facility assessment as well as rebates



New LED track lighting lets Rosauers more precisely aim lamps, so less lighting is needed to make products look great.

and incentives to offset the costs of making energy-efficient upgrades.

Rosauers recently received \$106,000 in Avista rebates and incentives to complete energy upgrades for one project alone (a recent remodel

of one of the company's stores). Because the changes were extensive and completed all at once, they also saw the immediate, total effect on their energy bill.

"The store reduced its electrical use by 14 percent," says Groh. "Over the last two years alone, it's saved us over \$50,000 in energy costs."

Rosauers' store strategy began with switching its lighting from 4-lamp fluorescents, high-bay HIDs and neon to higher efficiency, high-output 3-lamp fluorescents and low-watt LED track lighting. Now only a third of the floor lights stay on after hours, and all case lighting is turned off, leaving just enough light for night workers. The directional LED track lighting also requires less light to make products look appealing and generates less heat which preserves shelf life.

Rosauers upgraded refrigerated cases throughout the store, too, by installing fans with electronically commutated motors (ECMs). Unlike

shaded-pole-motor fans which have heavy metal blades, ECM fans are lightweight plastic so use less energy and create less unwanted heat.

"They're more expensive, but Avista rebates help offset that," says Groh,

"and the money you save in energy consumption offsets the cost."



Higher efficiency ECM fans are now used on cases that need a steady air curtain to keep cold air from escaping.

ECM fans were also installed in the freezer cases, as were more energy-efficient doors. Unlike the older doors which were fully heated to keep from freezing shut, the new doors save electricity by using only a bit of heat along the frame.

To maximize energy efficiency store-wide, Rosauers also uses an automated energy management system to control everything from lighting schedules and comfort levels to refrigerated-case temperatures. The computerized system even sounds an alarm if a refrigeration case isn't running properly to help prevent product loss.

Along with the greater energy savings, Groh is very happy with the store upgrades, especially the lighting: "Everything looks a million times better," he says. "It was well worth the money."

A scenic view of a lake at dusk. The sky is a deep blue with wispy white clouds. The water in the foreground is dark and reflects the colors of the sky and the trees. On the left side, there is a dense line of trees with vibrant autumn foliage in shades of orange, red, and yellow. In the background, a Ferris wheel is visible, its structure illuminated with lights. The overall atmosphere is peaceful and picturesque.

# IMPRESSIVE INLAND NW

The Clock Tower  
at Riverfront  
Park.

# Outstanding recreation in the Spokane area and the Idaho Panhandle

by Cheryl-Anne Millsap



WASHINGTON STATE  
UNIVERSITY

HEALTH SCIENCES  
SPOKANE

[spokane.wsu.edu](http://spokane.wsu.edu)

# Educating health sciences professionals. Engaged in life-changing research.

Washington State University offers a solid educational foundation for many healthcare professions as well as the advanced degrees needed to get you to your goals. Get the basics on the Pullman campus and go for the finish in Spokane, where you will learn from experienced faculty who welcome the evolutionary changes bright students can offer for improving our healthcare system. You can make a difference at WSU Spokane.

## **Degree Programs**

Health Policy & Administration  
Medical School (*coming soon*)  
Nursing  
Nutrition & Exercise Physiology  
Pharmacy  
Speech & Hearing Sciences



I've been doing fast and fun pedaling along the Spokane River Centennial Trail—a 37.5-mile paved route between the Washington/Idaho border and Nine Mile Falls, northwest of Spokane—but as I reach downtown Spokane's Riverfront Park, I coast my bike to enjoy the view of the Spokane River. I'm riding during the golden season in the Inland Northwest, when autumn starts to paint the trees red and orange and yellow, but the days are still warm and long. As always, I'm happy to be outdoors, and to once again be visiting the spectacular 100-acre park.

Designed for Expo '74—the Spokane World's Fair—the green space is one of the city's top attractions. A cool breeze teases the trailing branches of delicate willow trees that line the banks of the river. Wild ducks float past me as they catch a lift on the river's swift current.

Through the open doors of the building sheltering the 1909 Loeff Carrousel, I can hear the musical sound of a band organ and the voices of happy children going up and down on colorful hand-carved animals that have been lovingly restored and maintained. This group of youngsters may soon be joined by the kids who are currently climbing aboard the



park's 12-foot-tall **Radio Flyer red-wagon sculpture**—officially named *The Childhood Express*—to slide down the “handle.” The wagon bed can hold approximately 300 people at a time, likely making the sculpture the world's largest Radio Flyer wagon.

The **1902 Clock Tower**—once part of the Great Northern Railroad Depot—rises from a peninsula to the north, in the center of the park, where miniature golf is available most days year-round; amusement rides are available in the summer; an IMAX theater is open spring to fall; and an outdoor ice-skating rink is typically open mid-October to the end of February.

Another popular park feature is the steel **Rotary Fountain**, designed by renowned artist Harold Balazs. The fountain's overhead ring contains 40 water jets that spray upward to form a dome. Eight geysers shoot water from



the ground, and five boulders spray water sideways.

The fountain, on Howard Street at a south entrance to the park, will also greet people attending the inaugural **Washington State Chinese Lantern Festival**, September 26–November 1, presented by Avista, with numerous other community sponsors, and partners such as Riverfront Park and Visit Spokane. One of the biggest special events taking place at the park this year, the lantern festival will delight attendees with more than 30 gigantic lighted lanterns in shapes ranging from flowers and fish to pandas and a three-story pagoda, plus a 196-foot-long illuminated dragon.

The five-week festival is also

**Clockwise from top left:** The Loeff Carrousel has a tiger (and a giraffe) in addition to 54 horses. Amazing creations will be displayed at the Washington State Chinese Lantern Festival. Bicyclists enjoy the Spokane River Centennial Trail. The Radio Flyer sculpture is a popular attraction at Riverfront Park.



*The View is Breathtaking*  
The Cost Isn't.



*Retire in Stylish Affordability.*

When considering a retirement move, consider The Summit—Rockwood Retirement's newest addition, an 11-story luxury apartment tower offering breathtaking views, an urban village environment and world-class amenities to maintain the lifestyle you enjoy. Opening in spring 2016, The Summit is Spokane's premier retirement destination.

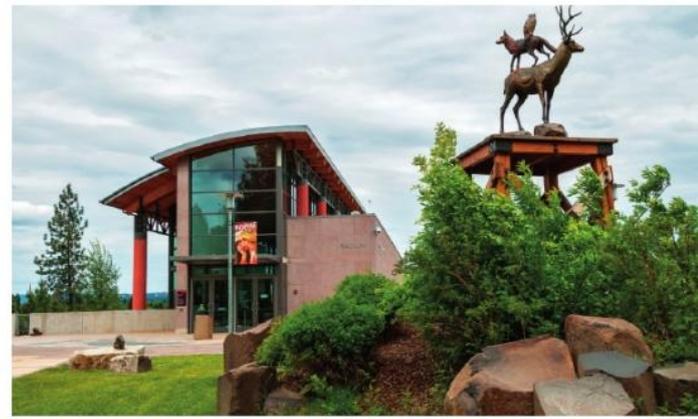
Call today and secure your place at The Summit!



**Rockwood**  
RETIREMENT COMMUNITIES

 [rockwoodretirement.org](http://rockwoodretirement.org)

800-727-6650 | 509-536-6850



The **Spokane University District**, east of Riverfront Park, includes **Washington State University Spokane**, which already offers six academic health-science programs, and will also be home to Washington State University's new medical school, expected to begin teaching its first class of medical students in fall 2017. In addition, the University District includes **Eastern Washington University**, **Whitworth University**, **Gonzaga University**, several **University of Washington programs**, and the administrative offices of **Community Colleges of Spokane**. University faculty and students network with many of the hundreds of businesses in the district, facilitating knowledge sharing and innovation transfer.

Students, longtime residents and visitors alike enjoy Spokane's many recreation options. In addition to the activities at Riverfront Park, there's upscale shopping at **River Park Square**; family fun at **Mobius Science Center**, temporarily located in the downtown Spokane Library; and nights out for performances ranging from ballet to musicals at the **INB Performing Arts Center** or national touring artists at the hip **Knitting Factory Concert House**. Noteworthy performers and productions, including some presented by **Knitting Factory**, also take the stage at the exquisite Art Nouveau **Bing Crosby Theater**, while the Spokane Symphony Orchestra sends music soaring through the

**Left:** Sightseers admire scenic Spokane Falls from a pedestrian-bridge overlook. **Above:** The Northwest Museum of Arts & Culture is a fun place to learn about the Inland Northwest.

expected to include Chinese acrobatics; tai chi demonstrations; kung fu tea-pouring demonstrations; Chinese-dance performances; demonstrations of eyeblink-fast mask-changing in the tradition of the Sichuan opera; and special children's activities, with a focus on traditional Chinese arts and crafts such as calligraphy and paper-cutting. In addition, displays at the park will educate visitors about Chinese history, including reproductions of famous Terracotta Army warriors.

Cuisine will complement culture: Festival events will include **Chef's Table meals spotlighting dishes inspired by five of China's culinary traditions**. Created by Spokane chef and James Beard Award–nominee Jeremy Hansen, owner of esteemed Santé Restaurant & Charcuterie, the meals (advance reservations required) will be presented each Thursday, Friday and Saturday during the festival at a kitchen set up on the festival grounds.

Just as I leave the park near Spokane's historic **Art Deco City Hall** building, on my east-to-west ride on the Centennial Trail, I stop to watch **SkyRide gondolas**—lilac-colored in honor of Spokane's "Lilac

City" nickname—crossing the river. The SkyRide operates year-round and has been recognized as one of the top gondola rides in the country.

The enclosed cabins carry passengers into the basalt river gorge for a leisurely 15-minute experience that provides a closer view of the river, the misty **Spokane Falls** and the beautiful arches of the concrete Monroe Street Bridge, built in 1911 and substantially reconstructed starting in 2003. It is not unusual to see ospreys or bald eagles pluck fish from the river and fly through the gorge, and when the water level is high, the cable cars travel through double rainbows created by the water's spray.

The Lower Falls can also be viewed from Avista's nearby **Huntington Park**, created for public use by the utility, which since 1890 has been using a hydroelectric facility at the falls to supply power to Spokane residents.

**S**pokane, population about 210,000, is Washington state's second-largest city, and serves as the shopping, transportation, health care and education hub for the Inland Northwest region, including Eastern Washington and North Idaho.

UNIVERSITY of WASHINGTON

# SERVING SPOKANE

Visit the new UW Spokane Center, a Husky hub serving Eastern Washington. The center is your community resource to discover the UW's limitless opportunities for current and future Huskies, alumni and friends.

[UW.EDU/SPOKANECENTER](http://UW.EDU/SPOKANECENTER)

201 West Main Avenue  
Spokane, WA 99201



# W

**BE BOUNDLESS**

beautifully renovated Art Deco **Martin Woldson Theater at The Fox**. The **Spokane Veterans Memorial Arena**, celebrating its 20th anniversary this year, also presents big-name performers, along with sports events such as Spokane Chiefs hockey games.

When family and friends come to visit me in Spokane, I like to introduce them to the unique history of the city with a visit to the **Northwest Museum of Arts & Culture** in the Browne's Addition neighborhood, just west of downtown. The MAC has an extensive collection of regional art and Native tribal artifacts.

My golfing-enthusiast guests can choose from more than 30 courses in the Spokane region. Public courses



Duncan Garden at Manito Park is one of the park's five gardens.

include the City of Spokane's award-winning, par-71 **Indian Canyon** course, designed by H. Chandler Egan atop a canyon wall with majestic pines, and Spokane County's par-72 **MeadowWood** course, a links-style layout with strategically placed trees and hazards. Greens fees at both courses are less than \$35 a round, even on weekends. City courses are typically open mid-April until fall inclement weather arrives, while the county course is typically open mid-March into November.

## PULLMAN, WASHINGTON



The Palouse.

The trip calculator on your smartphone will tell you the drive from Spokane south to Pullman takes just under an hour and a half, but you might want to allow extra time to take it slow and enjoy the scenery along the way. The rolling hills of the **Palouse**—a 4,000-square-mile region in Eastern Washington and North Idaho known for rolling hills, rich loess and agricul-

tural bounty—are beautiful, with wheat fields dappled by sunlight and drifting cloud shadows changing color in late summer. You might even see a plein air painter or photographer on the side of the road, working to capture the beauty of the landscape.

This fertile region has a rich agricultural history that dates to the late 1880s, and in 1890 it also became home to the college that evolved into Washington State University. As the university celebrates its 125th anniversary, this might be a particularly good year to visit. Cheer at football games; enjoy self-guided strolls to admire the early-1900s brick-masonry architecture; applaud performing- and visual-arts presentations; obtain a day pass to use the pools, courts and track at the Student Recreation Center; and purchase gourmet ice cream from **Ferdinand's Ice Cream Shoppe**, which is supplied by the WSU Creamery (the creamery's Cougar Gold cheddar cheese is shipped to fans and gift recipients around the world).

The school's 7,308-yard, links-style **Palouse Ridge Golf Club**, which hosted the men's 2015 Pac-12 Championship, is also open to non-WSU golfers, who relish its undulating hills, pine-decorated ridges, and vistas of patchwork quilts of wheat, lentils and peas on nearby farms.

In the town of Pullman, a popular weekly **Farmers Market** runs from mid-May through late October, offering food and farm products from the Palouse and Eastern Washington. The apple-crisp days of September and October are also perfect for renting a bicycle to ride the scenic 7.1-mile **Chipman Trail** between Pullman and its sister city, Moscow, Idaho. After your return to Pullman, stop for a well-earned craft beer at **Paradise Creek Brewery** (part of the Inland Northwest Ale Trail), or savor an artisanal cider at **Whiskey Barrel Cider Company**.

For more information about the Pullman area, go to [pullmanchamber.com](http://pullmanchamber.com). —C.M.



# WHEN IN SPOKANE Visit Anthony's at Two Great Locations!



**Local Seafood House  
Overlooking the Spokane Falls**

510 North Lincoln Street  
Spokane, WA 99201  
(509) 328-9009



**Fun, Casual Dining  
For Families and Friends**

2912 East Palouse Hwy  
Spokane, WA 99223  
(509) 448-0668

[www.anthonys.com](http://www.anthonys.com)

I also like to take guests to the formal rose garden and the **Japanese Garden at Manito Park**, and then we might head to **Green Bluff** to select produce in season in the rural farming community. The Apple Festival takes place every weekend from September 19 to October 25.

When winter arrives, locals and visitors flock to the alpine resorts located within 200 miles of Spokane, including **Mt. Spokane Ski & Snowboard Park** (just 30 miles from downtown); **49° North Mountain Resort** in Chewelah, Washington, about 50 miles north of Spokane; and **Schweitzer Mountain Resort, Lookout Pass Ski Area** and **Silver Mountain Resort** in North Idaho.

**W**ine is an important industry in the Inland Northwest, and Spokane's proximity to world-class vineyards has created a notable urban wine culture. The city's **Cork District** features 21 wineries and tasting rooms, including a downtown cluster with nearly a dozen locations within walking distance of one another. For me, there is nothing better than spending time at the 100-year-old brick-and-timber building that houses

**Barrister Winery** and listening to live music (performed on select evenings in the summer), while I savor gold-medal-winning Cabernet Franc.

In Spokane Valley, east of downtown, three wineries have tasting rooms, including **Arbor Crest Wine Cellars**, whose historic Cliff House, atop a 450-foot bluff, offers amazing valley views.

The **Inland Northwest Ale Trail** features more than 25 craft breweries, many of which offer tours and live music, with numerous additional



COURTESY INLAND NW ALE TRAIL

More than 25 breweries are part of the Inland Northwest Ale Trail, with many more breweries expected to be added soon.

**Hilton Garden Inn**  
Spokane Airport

HHONORS  
HILTON WORLDWIDE

509.244.5866 • [HGISpokaneAirport.com](http://HGISpokaneAirport.com)  
9015 West Hwy 2 • Spokane, WA 99224

Find us on: [facebook](https://www.facebook.com/hiltonspokaneairport)

Free Park'n Fly with one night's stay

WASHINGTON STATE

# CHINESE LANTERN FESTIVAL

— SPOKANE —



## SEATTLE *to* CHINA IN UNDER AN HOUR

*Daily direct flights to Spokane's massive new celebration of Chinese art and culture.*

**SEPT. 26 - NOV. 1, 2015 | [www.spokanelanternfestival.com](http://www.spokanelanternfestival.com)**



[VisitSpokane.com](http://VisitSpokane.com)

PRESENTED BY



Spokane International Airport

[SpokaneAirports.net](http://SpokaneAirports.net)

DESIGN

PHYSICS

BIOLOGY

GEOLOGY

ENGINEERING

MATHEMATICS

NATURAL SCIENCE

COMPUTER SCIENCE

ENVIRONMENTAL SCIENCE

CHEMISTRY AND BIOCHEMISTRY

## ECONOMIC IMPACT STATEMENT



Eastern Washington University's College of Science, Technology, Engineering and Mathematics is a longstanding key supplier of tomorrow's workforce. Find out what we can do for you.

[www.ewu.edu/cstem](http://www.ewu.edu/cstem)

# Waimea

KAUAI, HI - EST. 1881

## PLANTATION COTTAGES

A COAST RESORT © HAWAII

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

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

refreshingly local™

*Alaska Airlines*  
MILEAGE PLAN

coast rewards™

COASTHOTELS.COM / 1.800.663.1144

\*Photo of Waimea Plantation Cottages, a Coast Hotel, Waimea, Kauai

breweries expected to be added to the trail by the first of next year. A favorite Spokane craft-beer venue is the **Steam Plant Brewing Co.**—named for the early-20th century former steam-plant complex where it is located. An observation window provides a peek at the 10-barrel brewing system, and the menu ranges from the unique Jalapeño Ale to the Double Stack Stout, a traditional stout accented with vanilla and bourbon flavors.

WHEN PEOPLE COME TO VISIT ME, they love to experience as much as possible of the Inland Northwest's extraordinary recreational variety—including attractions in the Spokane area and North Idaho (please see page 32). And then, after we've explored the region as fully as we can, we always seem to return to Riverfront Park ... for another stroll across the pedestrian bridges overlooking the falls, another spin on the carousel, and one last slide from the Radio Flyer wagon. ■

*Cheryl-Anne Millsap lives in the Spokane area. For more information, see [visitspokane.com](http://visitspokane.com), [spokanelanternfestival.com](http://spokanelanternfestival.com) and [experiencewa.com](http://experiencewa.com).*

Alaska Airlines (800-ALASKAAIR; [alaskaair.com](http://alaskaair.com)) flies daily to Spokane, gateway to the Inland Northwest, including new twice-daily nonstop service between Boise and Spokane that began last month.

**A**ward-winning wineries, restaurants and entertainment are all within walking distance in the downtown cluster of Spokane's Cork District. Present your qualifying Alaska Airlines boarding pass, and tasting-room fees are waived. For details, see [visitspokane.com/cork-district/winepass](http://visitspokane.com/cork-district/winepass).



COURTESY VISIT SPOKANE

# WE MEAN BUSINESS

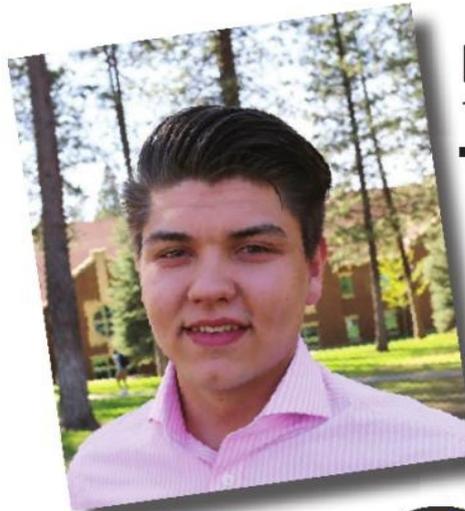


- WORLD CLASS STEAKHOUSE
- PRIVATE DINING ROOM
- TOP SHELF BAR



165 South Post Street, Spokane • 509.474.9888 • [churchillssteakhouse.com](http://churchillssteakhouse.com)

## EUGEN CAME FROM MOLDOVA TO STUDY ECONOMICS AND INTERNATIONAL BUSINESS.



NOW HE'S READY TO CONQUER THE REST OF THE GLOBE.

We challenge your mind to change your life.  
We challenge your heart to change the world.

SEE THE STORIES

[www.whitworth.edu/ourstories](http://www.whitworth.edu/ourstories)



**WHITWORTH**  
AN EDUCATION OF MIND AND HEART

SPOKANE, WASHINGTON

# Idyllic North Idaho

Exploring the  
picturesque  
Panhandle



**Above:** Rafters enjoy a Row Adventures excursion on the Spokane River near Coeur d'Alene.



**Left:** Taphouse—Unchained is located near the North Idaho Centennial Trail.

## COEUR D'ALENE AREA

Located just 30 miles east of Spokane, Coeur d'Alene, Idaho—popular with visitors and homebuyers—is an inviting town with charming boutique shops, extensive public outdoor art, and its own enjoyable wine and craft-beer scene.

**Coeur d'Alene Cellars** produces about 3,000 cases of wine a year from the fruit of top vineyards in Eastern Washington, and also hosts theater and music shows in the Tank Room. The elegant **Beverly's at The Coeur d'Alene Resort** has one of the Pacific Northwest's largest wine cellars, with more than 14,000 bottles from wineries around the world. A wine-cellar tour is offered at 4:30 P.M. most days.

The same wine menu is available in the adjacent Lake View Lounge,

where local jazz guitarist Robert Vaughn has a menu of smooth sounds, and also takes requests. For one of my friends, dinner at Beverly's, followed by an evening in the lounge, is a favorite romantic evening with her husband.

The resort's **Taphouse—Unchained** is a bicycling-themed bar, with 24 microbrews and ciders on tap, located near the 24-mile **North Idaho Centennial Trail**, which connects with the Spokane River Centennial Trail at the Washington/Idaho border.

At another highly regarded establishment, **The Cellar** wine-tasting lounge, enjoy live music and wines from the Northwest and around the world (organic wines, nonalcoholic wines and Camas Prairie Winery's Huckleberry Mead are available, too).

The Cellar also has a self-serve wine bar, where a glass-doored wine case/machine dispenses a serving of the wine you choose. And the new **Crafted Tap House + Kitchen**, which opened last year, has 50 taps—rotating beers from breweries near and far—and special live-music events throughout the year.

The Coeur d'Alene area also has an impressive array of outdoor activities that attract people from across the globe. During the summer months, lovely Lake Coeur d'Alene—which has 135 miles of forested shoreline—draws recreationists who like hiking or golfing with a view, along with motorboating and paddle sports. And **Lake Coeur d'Alene Cruises** offers tours through the end of October to view scenery and

wildlife, and learn about local history.

From the day after Thanksgiving through New Year's Day, the cruise company will provide **Holiday Lake Cruises to the North Pole**. The 40-minute cruises will showcase more than 250 lighted, animated displays along The Coeur d'Alene Resort shoreline and three-quarter-mile floating boardwalk, with a stop at "The North Pole," where Santa will greet kids by name.

The Coeur d'Alene Resort is most famous, though, for its 6,803-yard, par-71 **golf course with a view of the lake from every hole**, and for the **signature 14th-hole floating green**—an island whose location is periodically changed. The same friend who loves Beverly's is still hoping that one day she'll get on the green instead of feeding her ball to the lake (course staff fish out more than 24,000 lost balls every season). But, meanwhile, she's happy to ride *The Putter* shuttle boat out to the island to chip onto the green from the designated ball-drop zone.

The resort is also internationally renowned for its 30,000-square-foot spa, with indoor waterfalls, lake views, and coed and noncoed relaxation rooms. Signature treatments include the Rain Fusion, featuring a scalp massage, exfoliation with organic ingredients, and a Waterfall Massage Vichy treatment. During another unique spa experience, the Natural Elements Shower, 19 separate showerheads spray and massage you, according to the temperature and water intensity you choose.

**Row Adventures**, located near the resort, guides fly-fishing on the blue-ribbon north forks of the Coeur d'Alene and St. Joe rivers, as well as kayaking, rafting, hiking and standup-paddleboarding tours. Row also rents bicycles and standup paddleboards.



**Above:** Hiking in the Sandpoint area provides a breathtaking view of Lake Pend Oreille.



**Left:** Attractions in downtown Sandpoint include the historic 1927 Panida Theater. (Marquee shows a prior year's event.)

In Worley, Idaho, about 25 miles south of the town of Coeur d'Alene, the par-72 **Circling Raven Golf Club, owned by the Coeur d'Alene Casino Resort Hotel**, is recognized as another of the country's top resort courses. Its 7,189 yards flow over 620 acres, with open and tree-bordered holes. Natural grasslands and wetlands come into play, as well, and the dazzling Northern Rockies might compete for your attention.

When you're not golfing, or trying your luck in the casino, the 15,000-square-foot Spa Ssakwa'q'n can pamper you with treatments such as the Ginseng Facial, the Chamomile Body Exfoliation and the Sacred Forest Massage.

About 15 miles north of Coeur d'Alene, **Silverwood Theme Park and Boulder Beach Water Park** delight families. The complex—featuring more than 70 rides, slides, shows and attractions—is typically open from late spring into September for regular park visits, although shoulder-season openings may be weekends only.

Then, in October, **Scarywood Haunted Nights** thrill visitors most Thursdays through Saturdays. Scarywood includes a 3-D fun house; a haunted maze; Scare Zones such as "Clown Town" and "The Crypts"; zombies wandering the park; the Zombiewood Express three-mile train ride around the park; and a variety of rides such as Corkscrew, Panic Plunge, SpinCycle and the Timber Terror roller coaster—with riders facing backward.

## SANDPOINT AREA

Less than 50 miles north of Coeur d'Alene, another natural playground adds to North Idaho's appeal. Several years ago, some friends of a friend sold their thriving business in a big West Coast city to move to Sandpoint and start a new life with their four children, after visiting the area on vacation. They were captivated by the magnificent mountain ranges and breathtaking **Lake Pend Oreille**.

During that first vacation here, they biked and hiked on some of the Idaho Panhandle's hundreds of miles of trails. They rented a motorboat, and then kayaks, to explore the lake, which has 111 miles of shoreline, and they relaxed on a **Lake Pend Oreille Cruises** excursion.

They swam and played volleyball at **City Beach**. They shopped at the novel **Cedar Street Bridge Public Market**—described as the only



## MasterPark's Fall Special! Starts October 1st!

Take advantage of this very special Fall Offer from **MasterPark**. 24-hour shuttles, provide the shortest time from your vehicle to airline departure gates. Avoid the high cost of airport terminal parking, MasterPark is fast, easy, safe and a reliable choice. *For more information [masterparking.com](http://masterparking.com)*

**MasterPark**  
AIRPORT VALET PARKING

Valid Only at all MasterPark Valet Parking Locations.

**Offer not valid Nov. 25-29.** Must present this coupon to receive discounted rate. Offer not valid in conjunction with any other offer.

**20%\***  
**OFF**

\* 20% Off With Saturday Night Stay, 10% Off Without Saturday Night Stay.



Coupon Valid October 1 thru December 20, 2015

Code # 2150

Incredible vistas at Schweitzer Mountain Resort.

WOODS WHEATCROFT / IDAHO STOCK IMAGES



covered-bridge shopping mall in America. They went horseback riding at a local ranch and rode the Great Escape Quad chairlift to incredible views at **Schweitzer Mountain Resort** (whose new attractions include a zipline).

They couldn't wait to experience winter in their new hometown, when they could go snowmobiling, take a sleigh ride, and enjoy downhill and cross-country skiing at Schweitzer.

The Sandpoint region also boasts two golf courses; the historic 1927 **Panida Theater**, presenting a variety of local performers and national stars; two craft breweries; and the **Pend d'Oreille Winery**, which is celebrating its 20th anniversary this year.

The winery's 2011 Bistro Rouge features a blend of each of the winery's red-wine varieties—Merlot, Syrah, Cabernet Sauvignon, Malbec and Cabernet Franc—in a wine that is “present in the glass and full on the palate.”

That focus on being in the moment, and experiencing the moment fully, seems particularly appropriate in Sandpoint, whose mottos include, “What a beautiful pace! Visit Sandpoint, Idaho, and experience life at the right speed.” ■

—Cheryl-Anne Millsap

For more information, go to [coeurdalene.org](http://coeurdalene.org) and [visitsandpoint.com](http://visitsandpoint.com). Coeur d'Alene and Sandpoint are two of the many appealing destinations in North Idaho. To learn more about recreation in the region, go to [visitspokane.com](http://visitspokane.com), [visitnorthidaho.com](http://visitnorthidaho.com) and [visitidaho.org](http://visitidaho.org).

# IT'S FALL AND GUESS WHAT WE ARE DOING?

FALLFESTING, OKTOBERFESTING AND HARVESTFESTING...



## WHAT A BEAUTIFUL Race

Visit **SANDPOINT** for the music and the festing!

WATCH FOR THESE DATES

**Coaster Classic Car Show**, Sept. 5-6

**Schweitzer Fall Fest**, Sept 5-7

**Injectors Car Show**, Sept 12

**WaCanId Bike Ride**, Sept. 14-19

**Scenic Half**, Sept. 20

**Idaho Draft Horse and Mule**

**International**, Sept. 24-27

**Oktoberfest**, Oct. 3

**Harvest Fest**, Oct. 10

**Scarywood at Silverwood**, Oct. weekends

**Holly Eve**, Nov. 21

**K&K Fall Fishing Derby**, Nov. 21-29

**Holidays in Sandpoint**, Nov. 27



Fall Fest at Schweitzer



WaCanId Ride



Scenic Half



Idaho Draft Horse and Mule Int'l



FOR VISITOR INFORMATION CALL

800-800-2106

WWW.VISITSANDPOINT.COM

# RIDE THE REEF

Silver Reef



HOTEL • CASINO • SPA

**\$2,569,949**

**IN JACKPOT WINS  
LAST MONTH!**

**Top 5 Jackpot Wins**

**Michael** | Bellingham, WA | \$51,150

**Harriet** | Everson, WA | \$21,650

**Brian** | New Westminster, BC | \$21,420

**Pam** | Bellingham, WA | \$18,170

**Aaron** | Blaine, WA | \$14,237

**SILVER REEF IS THE ONLY PLACE IN  
WHATCOM COUNTY WITH THE  
MOST WINNERS AND THE  
NEWEST SLOT GAMES!**



With 105 beautiful hotel rooms and suites, a luxury spa, headline entertainment, 10 diverse dining options and exciting gaming, make **Silver Reef** your next destination!

**SilverReefCasino.com**   
I-5, Exit 260 | Ferndale, WA | 866.383.0777

Must be 21 or over to play. Management reserves all rights.  
©2015 Silver Reef Casino

**COMING SOON**

*100 new hotel rooms and luxurious suites, plus more flexible event space.*

## INLAND NORTHWEST LODGING AND DINING

Below are a few of the numerous choices.

### Lodging

**Coeur d'Alene Casino Resort Hotel, Worley, ID (cdacasino.com):** Wood beams and posts make the resort a warm and welcoming place, where guests enjoy a spa, an indoor pool, an interpretive walking trail, gaming, fine dining, nightlife and the Circling Raven Golf Club.



COURTESY CIRCLING RAVEN GOLF CLUB

Circling Raven Golf Club.

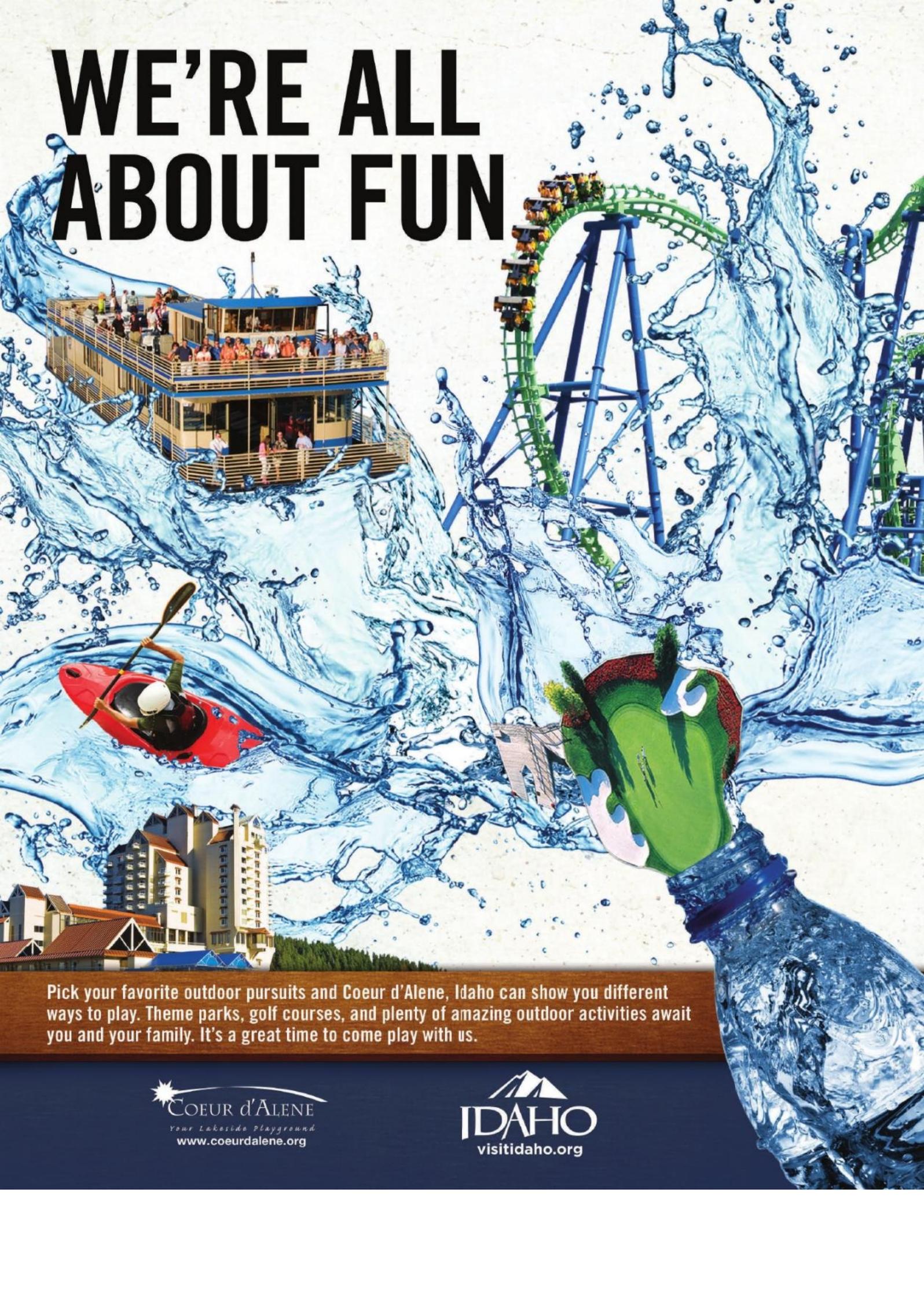
**The Coeur d'Alene Resort, Coeur d'Alene, ID (cdaresort.com):** A 17-story Lake Tower has lake, mountain or city views. Amenities include fine dining; a spa; outdoor and indoor pools; watercraft rentals; lake cruises; a marina ringed by a floating boardwalk; and complimentary wooden-boat shuttles to the resort golf course.

**The Davenport Grand Hotel, Spokane, WA (davenportcollection.com):** The new, modern hotel, which opened in June, is connected by skybridge to the recently expanded Spokane Convention Center. Hotel amenities include fine dining, and guests also enjoy indoor-pool privileges at sister properties The Historic Davenport Hotel and The Davenport Tower.

**Hilton Garden Inn, Spokane, WA (hgispokaneairport.com):** Located just a mile north of Spokane International Airport, the hotel has a complimentary airport shuttle, an indoor pool, and an appealing spacious lobby with a gas fireplace.

**Northern Quest Resort & Casino, Airway Heights, WA (northernquest.com):** At this luxury resort about 10 minutes from downtown Spokane, relax in the 14,000-square-

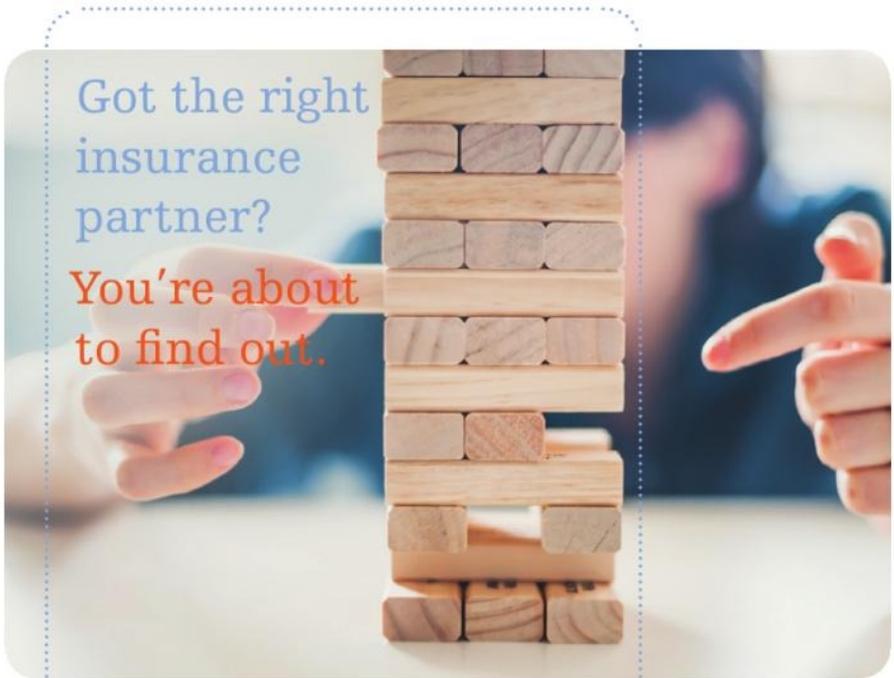
# WE'RE ALL ABOUT FUN



Pick your favorite outdoor pursuits and Coeur d'Alene, Idaho can show you different ways to play. Theme parks, golf courses, and plenty of amazing outdoor activities await you and your family. It's a great time to come play with us.

 COEUR d'ALENE  
*Your Lakeside Playground*  
[www.coeurdalene.org](http://www.coeurdalene.org)

 IDAHO  
[visitidaho.org](http://visitidaho.org)



Got the right insurance partner? You're about to find out.

There's no such thing as a small risk on large construction projects. That's why the experts at Propel Insurance work with project teams from the very beginning—strategizing ways to help minimize risk and costs, eliminate coverage gaps and tailor insurance solutions around specific needs. From a project's ground-breaking to its ribbon-cutting, count on Propel to help make sure your next move is the right one.

**Find your momentum**



- Property
- CyberSmart™
- Cyber Liability
- General Liability
- Automobile
- Professional Liability
- Employment Practices
- Director's & Officer's Liability
- Commercial Crime
- Builder's Risk
- Claims Advocacy

foot spa and the indoor pool, or enjoy gaming, fine dining and nightlife.

**Red Lion Hotel at the Park, Spokane, WA (redlion.com/park-spokane):** Located along the northern bank of the Spokane River, the urban resort hotel is right by Riverfront Park. Amenities include a pool with a cascading waterfall, a waterslide and a kiddie pool; complimentary bike use; fine dining; and complimentary airport shuttle.

**Schweitzer Mountain Resort, Sandpoint, ID (schweitzer.com):** Choose from options such as Selkirk Lodge, White Pine Lodge and mountain condos. The town of Sandpoint also has numerous lodging choices convenient to the mountain.

### Dining

**Anthony's at Spokane Falls, Spokane, WA (anthonys.com):** Overlooking the Spokane River and its Upper Falls, the restaurant combines a beautiful view with excellent fresh seafood. The menu is dictated by what's in season, with items such as Oregon Coast bay shrimp, and Northwest manila clams and Dungeness crab, plus a good selection of Northwest steaks.



SHUTTERSTOCK.COM

**Baxters on Cedar, Sandpoint, ID (baxtersoncedar.com):** A red-brick-and-timber interior provides warm ambiance for American cuisine ranging from meat-loaf to the catch of the day.

**The Black Cypress, Pullman, WA (the-blackcypress.com):** Red bricks and warm lighting also set the mood at The Black Cypress, where food sources include the Washington State University organic farm.

**Churchill's Steakhouse, Spokane, WA (churchillssteakhouse.com):** Diners appreciate the emphasis on the finest steaks possible, with a master meat cutter on staff carving in-house to rigid specifications. ■



# ALL OUR MEMBERS ENJOY FIRST CLASS BENEFITS

*Make the switch to BECU today.*

At BECU we put members over profits. That's why as Washington's largest not-for-profit credit union, our members profit in the form of better loan rates, fewer fees, credit card rates that may lower as your credit score improves, and have access to over 30,000 free ATMs nationwide. As a BECU member, you'll even get big earnings on small savings with our Member Advantage Savings & Checking. It's easy to see (even at this height) membership has its benefits. Visit [BECU.org](http://BECU.org) to set up an appointment to join today.

[becu.org](http://becu.org) | 800-233-2328

*more than  
just money®*

**BECU**

*Federally insured by the NCUA. All Washington State Residents Are Eligible To Join.*

Must establish and maintain membership with \$5 minimum member share savings balance. BECU belongs to the Co-Op network. BECU transactions at these ATMs are surcharge-free. Member Advantage eligibility and benefits subject to change. See a Member Consultant for details.



**SIMPLY BREATHTAKING! | \$2,500,000**

This incredibly private and elegant estate on a 6+ fully fenced and gated acres guaranteeing safety and privacy. A rare opportunity to purchase one of the best view homes in SW Washington. Prime horse property! Additional gated 5 acres is listed for sale as well, see RMLS#15160682

**Oksana Tsarenko, Broker**  
ostsarenko@msn.com

360.609.3465



**LIVING WITH A VIEW! | \$650,000**

This older but very comfortable house has endless possibilities. Relax on the large deck that offers majestic views and survey your kingdom. Fenced, with large barns and 57 acres of field great for cattle horses or farming. Great investment!

**Oksana Tsarenko, Broker**  
ostsarenko@msn.com

360.609.3465



**SIGNIFICANT PRICE CHANGE | \$8,500,000**

Expansive Cascade Mountain views from NW style estate in gated community. Exquisite home features temperature controlled wine cellar/tasting room, indoor half-court basketball court, pool, 2 hot tubs, full turf sport court, putting green & water features. 7 bed, 11 bath, 14,821 SF & 10+ acres.

**Justin Lavik, Broker & Deb Tebbs, CEO/Owner/Broker**  
justinlavik@gmail.com

541.460.3064



**WILLAMETTE VALLEY VINEYARD | \$4,900,000**

Spectacular vineyard, winery, tasting room & home (meets LEED certified standards) on 39+ ac w/15+ ac of Pinot Noir, Pinot Gris, & Pinot Blanc. Ranked Top 10 by The Oregonian. Landscaped grounds & tasting room host high volume of guests. Produces 4000 cases annually; equipment included.

**Dori Olmsted, Principal Broker, & Tina Jacobsen, Broker**  
dori.olmsted@csirportland.com

503.481.5686



**61451 HACKLEMAN COURT, BEND, OR | \$2,325,000**

This high desert modern estate is located in the heart of Tetherow Golf Resort. Nestled on a corner lot, surrounded by an award winning golf course, this home ties you into the great outdoors of Bend with world class recreation right out your back door. Text LADD22 to 88000 for more info!

**Brian Ladd, The Ladd Group, Principal Broker**  
brian@bendpropertysource.com

541.408.3912



**POINTS WEST TOWNHOME ON 16TH FAIRWAY | \$674,750**

Situated on Widgi Creek GC w/stunning golf course views, this luxurious townhome is close to the Deschutes River, trails, & Mt. Bachelor. Features an impressive vaulted great room, 4 suites, den, & top of the line finishes. Other new river front townhomes available. www.pointswestbend.com

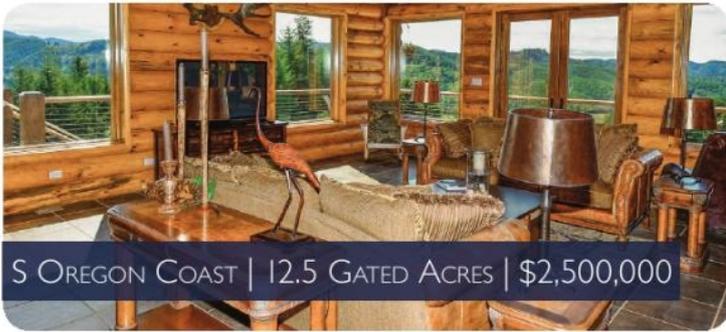
**Stephanie Ruiz, Broker**  
stephaniewilsonruiz@yahoo.com

541.948.5196



Experience  
The  
Extraordinary  
Exposure

Local  
Regional  
National  
International



S OREGON COAST | 12.5 GATED ACRES | \$2,500,000

GRAND LODGE w/every custom detail & luxury feature desired. Huge views in every direction. Explore the ocean, Bandon Dunes Golf Resort & trails. Enjoy local dining from gourmet to oyster shacks, casino play & dunes just minutes away. Truly one of the finest homes at the Southern Oregon Coast  
**Jodi Satko & Laura Blossey, Brokers**  
satkosellsoregon@gmail.com

541.550.0819



DIAMOND BAR R RANCH, CENTRAL OR | \$8,570,000

Secluded Ranch Retreat with Cascade Mountain Views and 3.6 miles of little Deschutes River. Elegant Hand Scribed Log Home 10,275 sf 4 bed, 4.5 bath. Ranch: Barn, Shop, Indoor arena, Ranch Managers Home, Stocked Pond w/white sand beach, and waterfalls. www.diamondbarranch-centralor.com  
**Pam Mayo-Phillips & Brook Havens, Principal Brokers**  
pammayophillips@gmail.com

541.923.1376



BOX 5 RANCH BEND, OR | \$6,600,000

Box 5 Ranch offers unmatched seclusion, 280 acres, Cascade Mt. views. Main Home: 4416 sf, 4 bed, 5.5 bath. 95 acres of water rights, varied topography, 2 Canyons, 2 stocked ponds, 1850 sf Guest Home, Barn, 2 Hay Barns. Recreational Lifestyle Property! www.boxsranch-johnsonrbend.com  
**Pam Mayo-Phillips & Brook Havens, Principal Brokers**  
brookmhavens@gmail.com

541.923.1376



HEDINGER ESTATE - 96 ACRES | \$2,999,999

Located up a private, winding road you will find a luxurious 14,000 sqft. home on 96 acres of pristine Oregon land. This home blends perfectly with its picturesque surroundings. Enjoy the breathtaking view of the Columbia River Gorge complimented by the sparkling city lights of Portland.  
**Tammy Beckley, Principal Broker**  
tammy@portlandsfinesthomes.com

503.476.2718



THE ATRIUM AT THE OLD MILL

The Atrium at The Old Mill is a new luxury condominium property situated on Bluff Drive above the Old Mill Shops. Nine spectacular condominiums are being built, with completion in early 2016. Sweeping Cascade Mountain views! Contemporary, elegant! Reservations are being accepted now!  
**Robin Yeakel, Broker**  
robin.yeakel@sothebysrealty.com

541.408.0406



INCREDIBLY PRIVATE CEDAR ESTATE | \$1,150,000

Privacy, quality, and incredible craftsmanship surround you as you enter this estate nestled along the Salmon Creek in Vancouver, WA. Extensive woodwork and natural landscaping are only part of what makes this home one-of-a-kind! Complete with 4BR & 4BA, and views, you won't want to leave!  
**Heather DeFord, Broker**  
heather.deford@sothebysrealty.com

360.608.4321



Portland | 503.420.8600

Lake Oswego | 503.420.8600

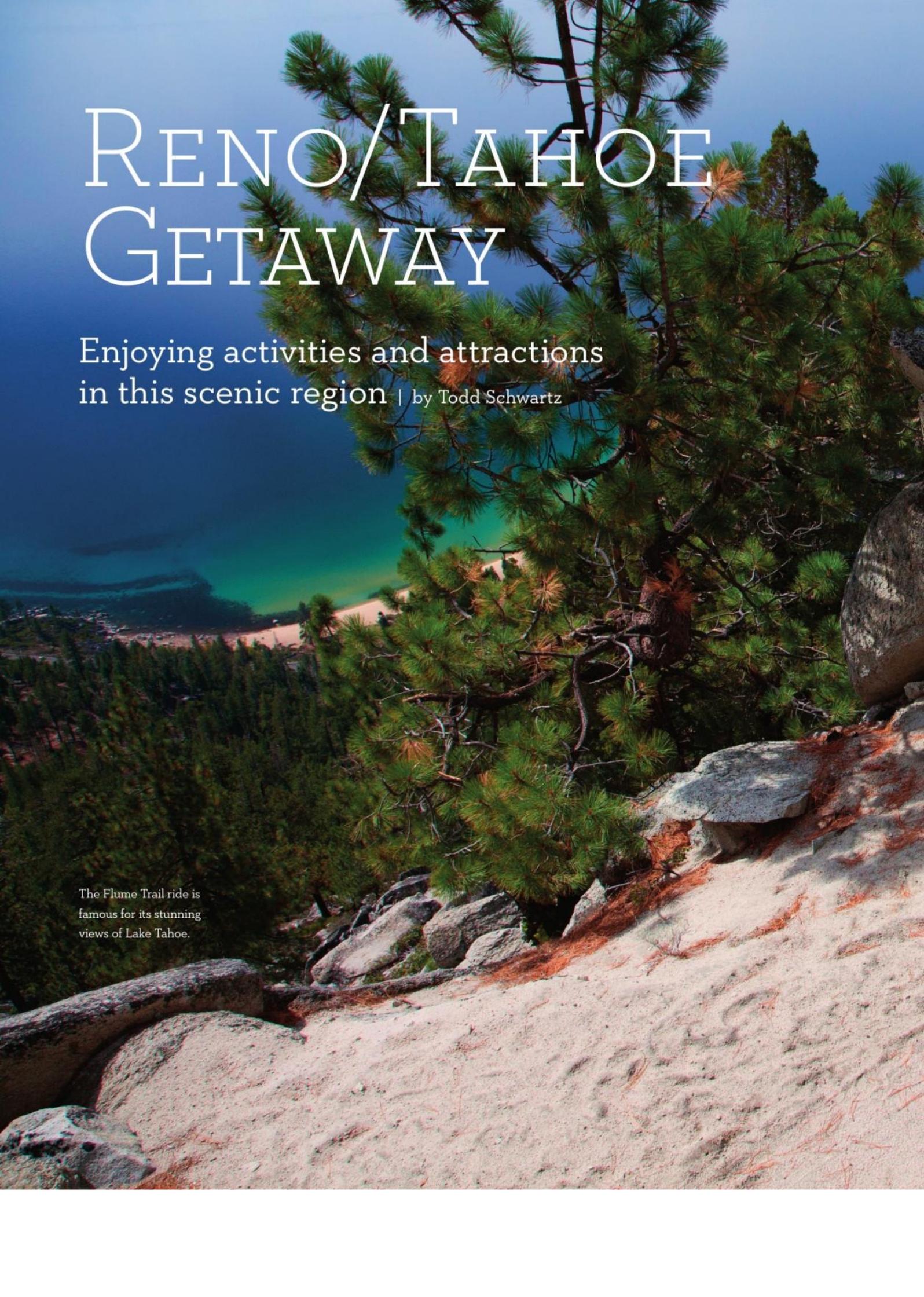
Vancouver | 360.419.5600

EACH OFFICE IS INDEPENDENTLY OWNED AND OPERATED.

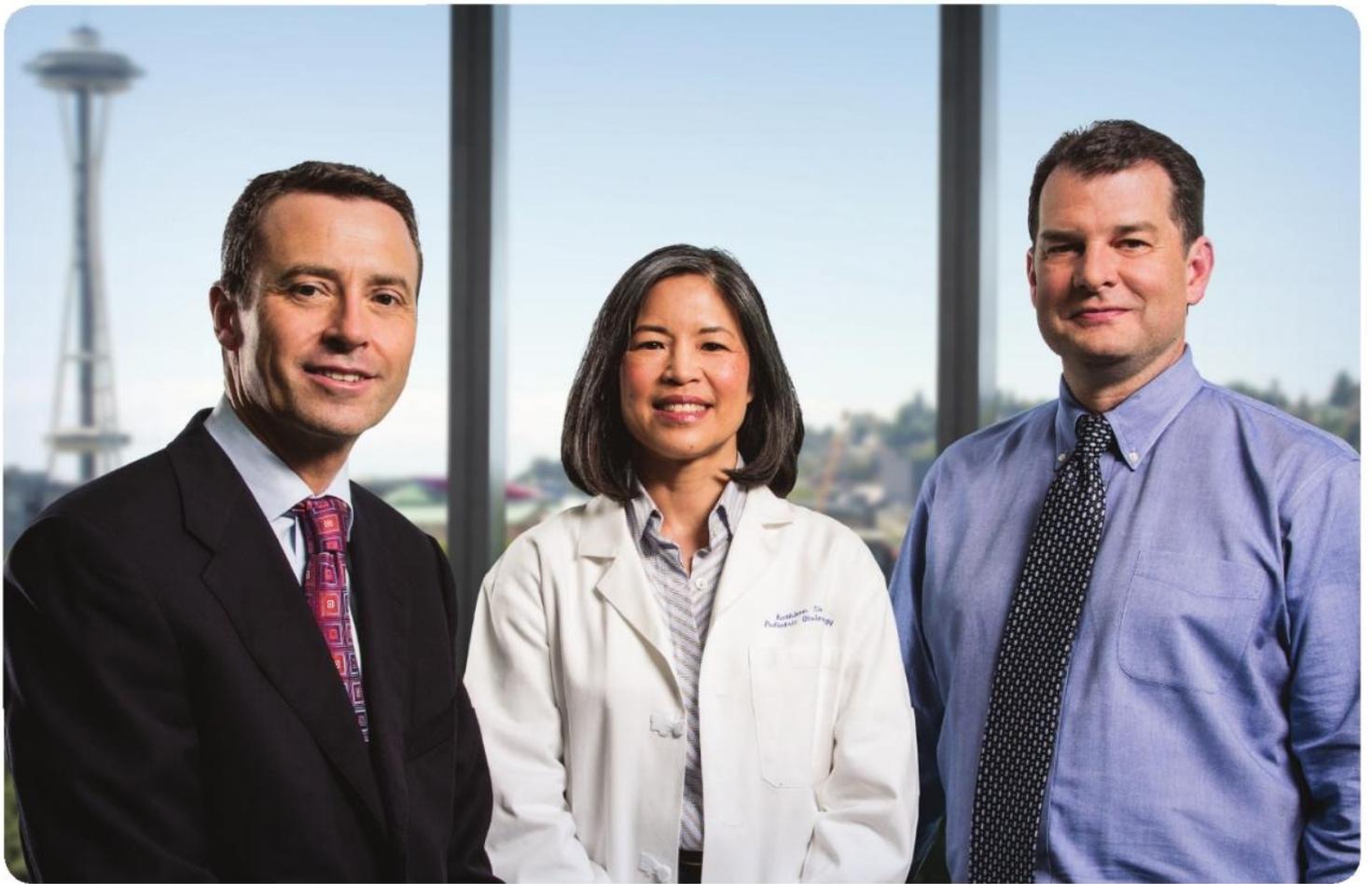
# RENO/TAHOE GETAWAY

Enjoying activities and attractions  
in this scenic region | by Todd Schwartz

The Flume Trail ride is famous for its stunning views of Lake Tahoe.







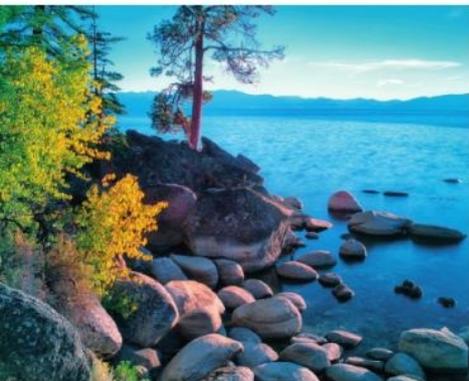
Their craniofacial patients come from as far away as Dubai. Fortunately, you have a shorter trip.

Seattle Children's Craniofacial Center is considered one of the best in the country—specializing in complex conditions such as craniosynostosis, craniofacial microsomia, cleft lip and cleft palate. Doctors Richard Hopper, Kathleen Sie and Michael Cunningham are part of a team of experts in 19 specialties ranging from reconstructive surgery to orthodontics to prenatal counseling. The center is also a global leader in craniofacial research. It's not surprising that families from all over the world turn to Seattle Children's to care for their infants, children and young adults. Learn more at [seattlechildrens.org/craniofacial](http://seattlechildrens.org/craniofacial).



**Seattle Children's**<sup>®</sup>  
HOSPITAL • RESEARCH • FOUNDATION

Hope. Care. Cure.<sup>™</sup>



At 1,645 feet, Lake Tahoe is the second-deepest lake in the United States, and as I stop my mountain bike for a better view, I think the water must also be among the bluest in this part of the planet. It's no wonder the gorgeous 191-square-mile alpine lake that spans part of the California-Nevada border is the star of the Reno/Tahoe show.

Focus, I tell myself as I resume pedaling. I keep getting distracted by the over-the-top autumn beauty of the lake, which invites me to look out *there*. You've seen those lizards that can point each eye in a different direction? I need that.

It's moderately easy riding for me on this section of the **Flume Trail**—considered by many to be a top mountain-biking experience—at 1,600 feet above the eastern shore of the lake. But one side of the trail is a rock wall, and the other drops away toward the lake, so I must keep my gaze on my route and come to a stop when I want to admire the view.

Few mountain-bike routes in the world offer this kind of stunning scenery—aspens turning autumn gold, emerald lodgepole pines, glittering water—and the altitude is impressive, too. I'll reach nearly 8,200 feet



would be worth it, and that this would be the only significant ascent. After the summit, I dropped down to pretty Marlette Lake, rimmed with the glow of fall colors. I followed the lakeshore for 1.5 miles to reach the

official beginning of the Flume Trail.

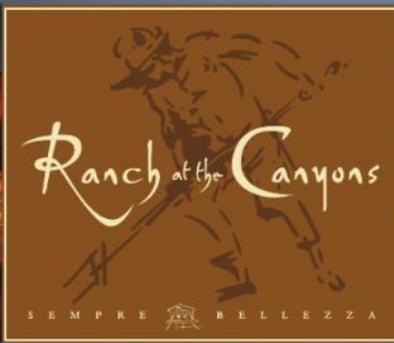
Single-track bliss starts here. The phenomenal next 4.5 miles are slightly downhill and unforgettably gorgeous, including a couple of cliff sections where I hear the trail speaking to me: "Pay attention." That's why I stop often for views and photos. When I reach the official end of the Flume Trail, there is still a fun, fast 1,500-foot, three-mile downhill to my car parked at the Tunnel Creek Cafe. The Flume Trail is typically open from early May into November, based on weather.

If that sounds like a bit too much adventure, or you're afraid of heights, you might enjoy the gentle paved bike path that follows the lovely Truckee River on the California side of the lake for about 6 miles from **Com-**

**Top Left:** Autumn brings colorful beauty to the Lake Tahoe shoreline.

**Above:** A snowboarder relishes the snow and the view at Diamond Peak Ski Resort in Incline Village, one of the Tahoe region's many spectacular ski areas.

**Left:** Kayakers paddle Lake Tahoe's extraordinarily clear water.



# WELCOME *To a* DIFFERENT KIND OF HOME.

EVERYTHING YOU LOVE ABOUT CENTRAL OREGON.  
ALL IN ONE COMMUNITY.

Located just 15 minutes from the Redmond airport and 30 minutes from Bend, Ranch at the Canyons is Central Oregon's premier private residential community. Here you can live in a custom Tuscan-style home surrounded by trout-filled ponds, world-class horseback riding trails, a working vineyard, and two miles of the Crooked River, with views of the snow-capped Cascades and Smith Rock next door. Only 18 landholdings remain, so don't miss your chance to call Ranch at the Canyons your home.

Take a virtual tour now at  
[www.RanchAtTheCanyons.com](http://www.RanchAtTheCanyons.com)

**MOVE IN READY HOMES STARTING AT \$1,199,000.**  
**ACREAGE LANDHOLDINGS STARTING AT \$149,900.**  
3.97 to 19.75 acre landholdings available



Cascade

**Sotheby's**  
INTERNATIONAL REALTY

650 SW Bond St., Bend OR 97702 | Patrick Ginn,  
Principal Broker licensed in the state of Oregon.  
Each office is independently owned and operated.

To arrange a private showing, contact Ty Rawlins  
[ty@ranchatthecanyons.com](mailto:ty@ranchatthecanyons.com)



**mons Beach** or about 5.7 miles from **64-Acres Park**, both in Tahoe City, to Olympic Valley.

Commons Beach is also the beginning of the **Tahoe-Pyramid Bikeway**, which is now segmented but may someday follow the entire approximately 120-mile length of the Truckee River from Lake Tahoe to Pyramid Lake.

## View from the Top

World-class mountain biking helps to make Reno/Tahoe a fantastic late-spring to early-fall great escape, while equally outstanding snowsports mean fantastic winter getaways.

As I stand near the top of **Squaw Valley** ski resort's KT-22 Express chairlift—famous for providing access to varied black-diamond terrain, including a run used in the 1960 Winter Olympics—I view a lake-and-peaks panorama second to none. And the vista is just one benefit of this crystal winter day with half a foot of perfect new snow. Chute 75, the KT-22-accessed run I'm about to drop into, is another. A few steep-skiing keys run rapidly through my mind: The first two or three turns will be the most difficult; stay relaxed yet aggressive; strong on the downhill edge; keep turning; and oh, yeah, avoid the rocks. But it turns out that the snow is so good, I only think of pure fun all the way down.

After a few more KT-22 runs, I work my way over to the Siberia Express chair, a high-speed quad that is being upgraded to a six pack for the 2015–16 season. Above me, at the top of nearly 8,885-foot Squaw Peak, are the chutes of the Palisades—the seriously vertical crown of Squaw Valley's legendary extreme skiing. Since I'm not exactly a ski-film star like JT Holmes, or an Olympian like Julia Mancuso, Jonny Moseley, Marco Sullivan and Travis Ganong—and, in fact, am not exactly *any* of the long list of extraordinary skiers who have

## LODGING AND DINING

### Lodging

**Atlantis Casino Resort Spa, Reno (atlantiscasino.com):** The upscale resort offers luxurious rooms with warm, rich woods; indoor and outdoor pools; a 30,000-square-foot spa; gaming; live entertainment; fine dining; and a complimentary airport shuttle.

**Eldorado Resort Casino, Reno (eldoradoreno.com):** Renovated rooms include sleek, high-quality furniture in rich, dark woods. Guests of the resort—which is shown in the photo at right—also enjoy an outdoor pool, gaming, live entertainment, fine dining and a complimentary airport shuttle.

**Hyatt Regency Lake Tahoe Resort, Spa and Casino (laketahoe.hyatt.com):** Located in Incline Village, Nevada, on the northeastern side of Lake Tahoe, the resort is an alpine paradise, with oak-accented modern rooms featuring mountain, pool or garden views. The setting is complemented by amenities such as a 20,000-square-foot spa, an outdoor pool, a private beach with watersports, catamaran lake cruises, gaming, live entertainment, fine dining and complimentary year-round Incline Village and winter ski shuttles.

**Peppermill Resort Spa Casino, Reno (peppermillreno.com):** Known for its fusion of Old World aesthetics and contemporary luxury-hotel amenities, the Peppermill also has two outdoor pools, a 33,000-square-foot spa, yoga classes, gaming, live entertainment, fine dining and a complimentary airport shuttle.

**Tahoe South Shore:** Choose from lodgings ranging from prominent names such as **Harrah's Lake Tahoe** (caesars.com/harrahs-tahoe) and **Marriott Grand Residence Club Tahoe** (marriott.com/hotels/travel/rnoph-grand-residences-by-marriott-tahoe) to **The Landing Resort & Spa** (thelandingtahoe.com) and **Lake Tahoe Resort Hotel** (tahoeresorthotel.com).

### Dining

In addition to an outstanding range of choices at Reno/Tahoe resorts, the area also has notable independent restaurants such as those below:

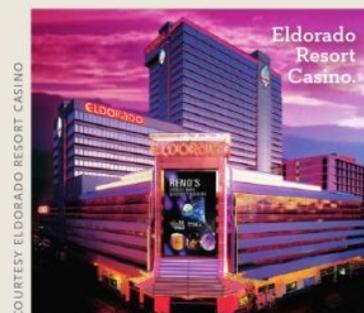
**Cafe Fiore Ristorante Italiano, South Lake Tahoe, CA (cafeiore.com):** Cafe Fiore, which opened in 1994, provides a romantic dining experience in an intimate alpine cabin, with upscale Italian cuisine complemented by your choice of more than 300 wines.

**4th Street Bistro, Reno (4thstbistro.com):** Celebrating its 15th anniversary, the restaurant sources organically whenever possible, and has many gluten-free and vegetarian dishes on its contemporary-American-cuisine menu.

**The Stone House Cafe, Reno (stonehousecafereno.com):** Combining family culinary traditions with a love of innovation, this European-style cafe in a 1920s stone house is celebrating its 10th anniversary. The menu features seasonal bounty and fresh ingredients.

**Wild River Grille, Reno (bestrenorestaurant.com):** American favorites, original creations and fresh specials are hallmarks of this restaurant, which opened in 2007 at a historic site along the Reno Riverwalk. Wild River Grille Executive Chef Joseph Bell is shown in the photo above.

**Lost City Farm, Reno (lostcityfarm.com):** Purchase fresh produce at this urban, one-acre vegetable and flower farm, just south of downtown in the MidTown neighborhood. A sustainable approach means no pesticides, herbicides or synthetic fertilizers. The farmstand is typically open to the public each Wednesday from 4 to 7 P.M., from late June to the end of October (or first frost), at the corner of Moran and Center streets. The farm also supplies the Great Basin Community Food Co-op and many local restaurants—often delivering by bicycle.



COURTESY ELDORADO RESORT CASINO



COURTESY WILD RIVER GRILLE



RENO NEV.  
*The birthplace of blue jeans.*

# BLUE JEANS JAM

EST. 2015

**OCTOBER 2-4, 2015**

## THE DANDIEST DENIM EVENT OF THE CENTURY

---

### JEAN POOL

This high-end denim emporium features selvedge jeans, vintage goods, unique accessories, local food, craft beer and more!

---

### JACOB'S JOINT

Chef extraordinaire Mark Estee wows with a farm-to-table popup eatery.

---

**POP (CORN) CULTURE** *See the biggest films in blue jean history!*

---

### JEAN THERAPY

Take a load off with can't-miss deals at area health spas!

---

### LIVE MUSICAL ENTERTAINMENT!

---

### JEANEOLGY

Facts, history, and "did ya knows?" from the world's foremost experts!

---

National Automobile Museum presents

## DENIM: COOL RAGS AND RIDES

Blue jeans from the dawn of denim, James Dean's '49 Mercury and the Levi's "Gremlin."

---



BlueJeansJam.com

emerged from the Lake Tahoe area—I won't be a jewel in that particular crown today. But that doesn't mean I won't shine. I decide to explore the nicely steep advanced runs, both groomed and ungroomed, off the long ridge above Siberia Bowl.

I use up all the untracked I can find, then go over the next ridge into the Granite Chief area, which has so few people, it almost has a backcountry feel—except for the easy ride to return to the top. I ski amid the trees between Magoos and Break It Out, where the snow is so forgiving, it's nearly impossible to make a mistake. I revel in one joyful powder turn after another, until I can't find any more new lines.

### Winter Wonderful

Surrounded by mountains whose snowstorms are often measured in feet rather than inches, blessed with 16 ski areas and hundreds of chairlifts—all within about a 1.5-hour drive of Reno-Tahoe International Airport—Tahoe offers everything from beginner-friendly to expert skiing and



IAN DAGNALL / ALAMY

snowboarding. And the ski season often runs from late November to mid-April, or even mid-May. Over a few days, I explore several iconic names in western skiing.

At Heavenly Mountain Resort—with skiing, at the south end of the lake, in both Nevada and California—the views are amazing, and the 1,800 vertical feet of big bumps on the Gunbarrel run feel like they're dropping me right into the drink. I can also cruise 34 miles of perfect groomers. And, since this is the playground of ski-film star Glen Plake, I know there are some steeps to be ridden.

Also at the south end of the lake, **Kirkwood Mountain Resort**, in California, has the most annual snowfall (about 395 inches on average each winter) in the region.

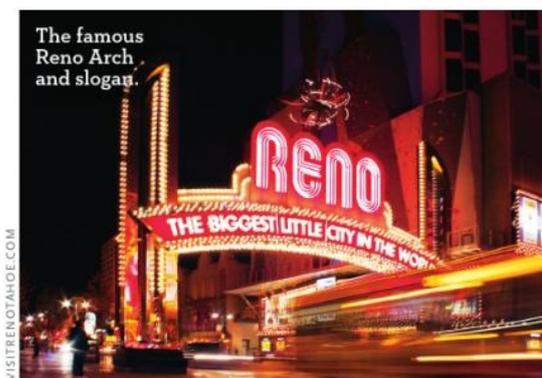
At the north end of the lake, I benefit from capital investments surpassing \$35 million over the past five years at **Northstar California Resort**. The five-star slope-side lodging accesses impeccable grooming, terrific tree skiing and, as home to 2014 Olympic gold medal halfpipe freeskier David Wise, awesome terrain parks.

Then, of course, there is the legendary Squaw Valley, which shares Olympic Valley, California, with its sister resort, Alpine Meadows. The entire skiing complex is now known as **Squaw Valley Alpine Meadows**, and boasts eight peaks, 6,000 acres of skiable terrain and more than 270 trails.

Unbelievably, the above resorts are just one-quarter of the ski experiences waiting for me. This is truly snowsports heaven. And I've discovered that Reno/Tahoe is a great getaway for other activities, too, offering four seasons of fun.

### Little Did I Know

Here are two things I didn't realize about Reno until my first visit in the late 1980s: It's actually farther west than Los Angeles, and it offers far more than the popular bright lights and casinos. From cultural attractions to outdoor activities, from fine dining to the thriving Lost City Farm and its farmstand, near the downtown area, this



VISITRENOTAHOE.COM

is a great little city (there may be a slogan to that effect). And really not so little anymore, with billions invested in the region by companies such as Apple, Tesla, Switch and Amazon.

RENO TAHOE IS  
P O S I T I V E L Y  
**ELECTRIC!**



Award-winning brewpubs, hip new bars, nationally recognized eateries. Midtown, Downtown, all over town: they're just one more reason that America's newest high tech region is Positively Electric! [VisitRenoTahoe.com](http://VisitRenoTahoe.com)



All seasons - 1,000 reasons™

# YOUR PLACE TO PLAY!

SOMETHING FOR EVERYONE...

9 AWARD WINNING RESTAURANTS

NON-STOP CASINO ACTION

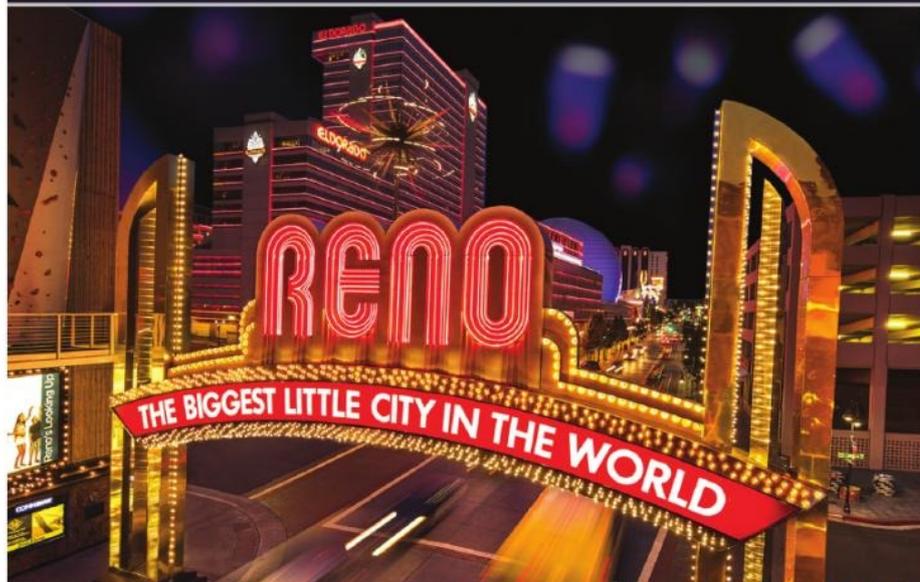
WORLD-CLASS ENTERTAINMENT

6 NIGHTSPOTS



ALASKA AIRLINES VACATIONS PACKAGES AVAILABLE

GAMBLERS CALL YOUR LOCAL BOISE REP KEITH COCHRAN AT 208-258-7609



**ELDORADO**

RESORT • CASINO • RENO

786-5700 • 800-648-5966 • eldoradoreno.com

I also didn't know that at Reno's approximately 4,400-foot elevation, a 300-yard drive on the golf course will fly an extra 30 yards. I probably couldn't hit a 300-yard drive on the moon, but it's nice to dream, and with more than 50 courses within 90 minutes of Reno, there are plenty of places to enjoy that 10 percent bonus.

One of the best is the beautiful **Lake-Ridge Golf Course**, designed by Robert Trent Jones Sr., open year-round, weather permitting, and located just 4.5 miles from downtown Reno. The signature 15th hole is a par 3 that has me hitting from a ridge about 140 feet above Lake Stanley to a gorgeous island green, with the Reno skyline and the encircling mountains in the background. Check the breeze, trust your stroke—and use an old ball.

## The Car's the Thing

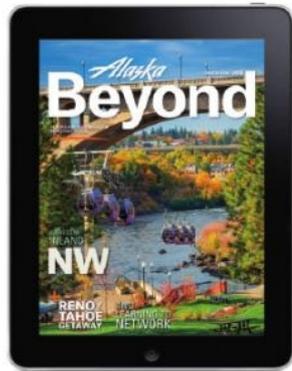
If you love cars, and even if you don't think you do, downtown Reno's **National Automobile Museum** will start your engine. The museum features part of the car collection of the late Bill Harrah, who turned a modest Reno bingo parlor into one of the largest gaming empires of his day. One of the



The National Automobile Museum.

perks was amassing an extensive stable of rare and valuable automobiles.

From horseless carriages to vintage racecars to celebrity autos, more than 200 vehicles are displayed seven days a week in street scenes and galleries that bring their historical periods to life. Even the least petrol-headed among us will find something fascinating here. I'm always stunned by the copper-bodied 1921 Rolls-Royce boat-tail speedster with its ebony wood trim.



## Tablet friendly

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

[www.inflightpubs.com](http://www.inflightpubs.com)

**Alaska Beyond**



Grand  
Solmar  
LAND'S END  
RESORT & SPA CABO SAN LUCAS

THE ULTIMATE LAND'S END  
RESORT IN CABO!!!



Condé Nast  
**Traveler GOLD LIST** 2014  
THE WORLD'S BEST PLACES TO STAY

BOOK ONLINE OR CALL TOLL FREE FOR OUR LAND'S END ESPECIALES  
SOLMAR HOTELS & RESORTS Ave. Playa Grande #1 Cabo San Lucas, BCS México 23450  
Toll Free USA 844-228-9507 · [www.grandsolmar.com](http://www.grandsolmar.com) · [www.solmar.com](http://www.solmar.com)



**Solmar**  
HOTELS & RESORTS



# Discover A WASHINGTON ORIGINAL



**SIP IN FALL.**  
Ski in winter.  
Cycle in spring.  
Swim in summer.

PLAN YOUR NEXT ADVENTURE AT LAKECHELAN.COM



## Rollin' on the Roiling River

Another of the city's many surprises is the **Truckee River Whitewater Park**. Imagine a flowing mountain stream, with a half-mile of kayak-friendly pools and Class 2 to 3 rapids, all fed by cool, clear



water straight from Lake Tahoe. Add a kayak slalom course, and some cutthroat and rainbow trout. Now drop the whole thing into the center of Reno's trendy Riverwalk District. Kayakers from beginner to expert can use the park, which is open year-round, water level permitting, as can canoe paddlers, rafters and inner tubers. If you prefer to stay dry, you can watch from one of the numerous pedestrian walkways as the kayakers "spooft and splat." (Then you can tell me what those things are.)

WITH CLIMATES RANGING FROM HIGH ALPINE TO DESERT, plus endless outdoor activities, appealing urban attractions and around 290 days of special events each year, the Reno/Lake Tahoe region is a winner for a great escape. The area may be justly famous for games of chance, but having fun around here is a sure thing. ■

*Todd Schwartz always enjoys his Reno/Tahoe getaways. For more information on Reno/Tahoe, see [visitrenotahoe.com](http://visitrenotahoe.com).*

*Alaska Airlines (800-ALASKAAIR; [alaskaair.com](http://alaskaair.com)) provides regular service to Reno, including new daily nonstop service between Boise, Idaho, and Reno beginning November 5.*

**MAKE-A-WISH.**  
Alaska and Washington  
**Give Wishes WINGS!**  
Donate Your Frequent Flier Miles.



**Carl, 11**  
leukemia

"I wish to go to be a WWII fighter pilot."



© Photos courtesy of Rebecca J. Moot

**Did you know that more than 70 percent of wishes granted involve travel?** Make-A-Wish® needs 35 million air miles to provide airline travel for wish families in Alaska and Washington annually. That's nearly 900 round-trip tickets.

Donate your miles today! 800.304.9474 | [akwa.wish.org/alaskaair](http://akwa.wish.org/alaskaair)

LIVE LIFE A WHOLE LOT

**BRIGHTER,  
BOLDER,  
BETTER.**

THE HEART OF  
WASHINGTON  
WINE COUNTRY®

Sign up for our weekly  
events newsletter  
at [www.VisitTRI-CITIES.com](http://www.VisitTRI-CITIES.com)

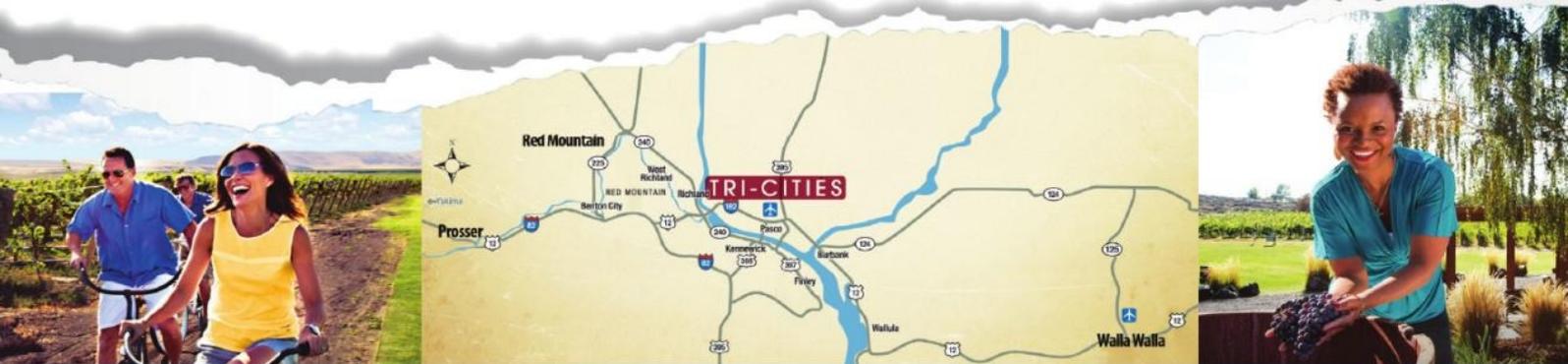
**START YOUR WEEKEND WITH AN EXCLAMATION POINT!**

For a BRIGHTER, BOLDER, BETTER get-away than you've ever experienced in Washington's Wine Country, visit Tri-Cities! Savor your experience at more than 200 wineries within an hour's drive, enjoy a variety of restaurants, and revel in the brilliant colors of our world. We don't do anything halfway. Visit Tri-Cities and add an exclamation point to your life's biography.

To learn more, visit [www.VisitTRI-CITIES.com](http://www.VisitTRI-CITIES.com).



**Kennewick • Pasco • Richland**



Fly Alaska Airlines from the Tri-Cities and check your first case of wine free! [TasteAndTote.com](http://TasteAndTote.com)



# LEARNING TO NETWORK

CONNECTIONS MADE IN COLLEGE  
COMPLEMENT ACADEMIC KNOWLEDGE

BY MICHELLE WALLAR MARTIN



**Several years ago**, Leigh McMillan wanted to supplement her high-tech Seattle day job with something different she could do on evenings and weekends—and after she retired. Despite initial trepidation over the idea of textbooks and assignments, she signed up for Washington State University's 1.5-year Enology Certificate Program, which consists of nine online courses and three in-person "Wine Camp" weekends, and requires writing a business plan for a winery. Program director Thomas Henick-Kling is a renowned wine researcher and educator based at WSU Tri-Cities.

McMillan quickly found that learning the ins and outs of winemaking was a welcome break from her day job. She credits both the foundational knowledge she

gained and a new friend she made in the program with helping her launch her own commercial winery, Welcome Road, based in West Seattle, with a tasting room in Woodinville Wine Country northeast of Seattle.

"My best friend in the program was a guy named Alan Holtzheimer, from Burlington, about an hour north of Seattle," she says. "He owned a towing company. The chances of our meeting in any other situation were zero. He was going to open a winery, and there was nothing that was going to stop him. His enthusiasm was infectious."

Holtzheimer's encouragement and ideas gave her the boost she needed to follow through on her dreams, she says.

# DISCOVER EXCELLENCE

#1

The top public, master's-granting university in the Pacific Northwest for 17 straight years — *U.S. News & World Report*

Western produces more Peace Corps volunteers than any university of its size in the nation



LOCATION  
EDUCATION  
REPUTATION

[ADMISSIONS.WWU.EDU](https://admissions.wwu.edu)



Information is easy to find in this age of technology.

It's even possible to research and learn a new skill without ever talking to another person. Yet it is connections with others that can provide an outside perspective, inspire us, spark our creativity, boost our confidence, complement our strengths and mitigate our weaknesses.

College classes and programs not only offer knowledge, they benefit students by providing ways to meet others with similar interests and valuable skills; form relationships with classmates, professors and other experts; and come into contact with industry leaders. These opportunities can play a key role in helping students achieve personal goals and professional success.

"I like wine, and I got curious," McMillan says of her decision to pursue the enology certificate. "I always wanted to own a business, and with the wine industry, you get a little bit of farming, a little business, a little marketing. And it's just happy. What's better than sitting on the back porch with a glass of wine?"

McMillan and Holtzheimer became fast friends at the first of the three hands-on Wine Camps in Eastern Washington. They shared a similar sense of humor and worked well together. "Alan encouraged me and is super resourceful. He figured out inexpensive ways to get equipment and different ways of doing things. He was so awesome about sharing his ideas," McMillan says. "After wine school, we teamed up and made a vintage together. We were able to trade knowledge and mistakes, and encourage each other as we did it."

While Holtzheimer was pursuing the certificate, he and his wife started Silver Bell Winery, with a tasting room in La Conner, Washington. McMillan—who retains her day job as vice president of marketing for an online directory that helps consumers choose attorneys—followed in his footsteps a year later, starting Welcome Road in 2011 with her partner, attorney Kristen Dorrity.

Their 2012 Roadtrip Red Bordeaux-style blend has won gold medals at regional competitions, and their

Technology is useful for staying connected and sharing information, but nothing beats in-person connections.

2012 Syrah won a bronze medal in an international competition. Their highly rated 2012 Atelier red blend is selling fast, and they just released two white wines: the 2014 Roadtrip White and the 2014 Sémillon.

McMillan has a few tips for networking: "If you see someone doing something really well—the way you would want to do it—ask him how he does it. Get his insights," she says. One of her instructors in the enology program, Gordon Taylor, is the owner/winemaker at Daven Lore Winery near Prosser, Washington. He had welcomed his students to his winery to learn about equipment, and McMillan learned so many useful and practical things from him that if she ever has an equipment question, she asks herself, "What would Gordon do?" Whenever she's in Prosser, she says, she tries to stop in to say hello and ask Taylor questions.



COURTESY WELCOME ROAD WINERY

Leigh McMillan opened her own Seattle-area winery with the encouragement of WSU faculty and fellow students.

"The wine industry is very, very competitive. There are all kinds of wine competitions. People looking at a shop have to pick your wine over another one,"

McMillan says. "But even as competitive as it is, it is the most welcoming and sharing industry that I've worked in. People are always willing to offer suggestions."

Technology is also useful for staying connected and sharing information, McMillan says—"Alan and I will text questions back and forth, and Facebook is

another great tool”—but nothing beats in-person connections. “If there’s an opportunity to get together at a wine fest or event, I always try to reconnect with people there,” she says. “The wine industry is social by nature. As much as I love tech—it’s been very helpful—there’s nothing like face-to-face.”

A school’s program administrators can also be helpful in keeping people connected. Theresa Beaver, the viticulture and enology certificate coordinator at WSU, maintains a contact list of graduates and sends announcements of new wineries started by current or former students to more than 400 certificate-program graduates. “She sent out a note inviting everyone to our wine opening,” McMillan says. “This network of fellow graduates is like having a resource and a knowledge base that you can tap into at any time.”

### Common Bonds at Whitworth University

Kristin Haile is the senior manager of global compensation at an Eastern Washington-based world-leading technology company that helps clients responsibly and resourcefully use energy and water. She says that a master’s program gives you an instant network of connections, and the shared experience of school can

## NETWORKING TIPS

**Christina Fong** teaches business students how to create and maintain relationships. She is principal lecturer of management and organization at the Michael G. Foster School of Business at the University of Washington. Here are a few of her tips for making the most of opportunities to connect with others.

### Strive to meet new people.

“One of the biggest mistakes that people make when they go to a networking event is only talking to people they already know,” Fong says. “Networking means you need to meet new people.”

She acknowledges that it pushes many people beyond their comfort zone, but she says to do it anyway. “Give yourself the task of finding someone who is as different from you as you



COURTESY CHRISTINA FONG

can. Any social event is a chance to diversify. See if you can meet someone who looks at the world in a completely different way.”

She says to do some introspection prior to an event to understand your objectives: “Why am I attending this event? What do I hope to get out of it?” When you know the answers to these questions, she says, you can set some goals about what you’re wanting to learn. For example, you may want to learn more about the culture of

**Best Days Happen Here.**

**DOWNLOAD OUR FREE EMOJI APP TODAY!**  
ON APP STORE AND GOOGLE PLAY

**BROUGHT TO YOU BY CALIFORNIA'S FINEST CASINO.**  
FROM BAY TO PLAY IN 43 MINUTES. **ROHNERT PARK @ 101 EXIT 484**

288 GOLF COURSE DRIVE WEST ROHNERT PARK, CA P 707.588.7100

**GRATON RESORT & CASINO™**

**GRATONRESORTCASINO.COM**

PLAY WITHIN YOUR LIMITS. IF YOU THINK YOU HAVE A GAMBLING PROBLEM, CALL 1-800-GAMBLER FOR HELP. ROHNERT PARK, CA. © 2015 GRATON RESORT & CASINO

a certain company or industry.

Once you are at the event, you can share those goals with other event attendees, Fong says. For instance, you could say, "I'm here because I want to know how people in this industry are thinking about new products [or whatever your identified goal was]. Do you know anything about that?"

**Attend events related to your interests.** It's easier to approach someone new when the socializing is happening around an event you are genuinely interested in, she says. "I always encourage our students to look for ways to socialize by attending events that they are passionate about—I really want to learn more about X, or get involved with Y, rather than, 'I'm going to this event because I think there will be a lot of important people there.'"

It's particularly productive to

participate in events where you can get involved and actually do some work, she says. For example, helping to organize an event is the best way to ensure that you will have something to do and that you can show off your skills, abilities and passions. "We know that this will yield more meaningful connection than having cocktail-party conversations at a networking event," she says.

**Avoid wish lists.** It's a mistake to think of networking as a way to find someone who can do something for you, Fong says. She cautions against having wish lists, such as saying to yourself, "I'm hoping to meet someone who works for XYZ company who can help to get me a job there." Instead, follow your interests and speak with new acquaintances about topics of genuine interest to you, she says.

**Consider how you can help others.** Think about your network, and ask yourself, "Is there anyone I already know whom I can help?" Fong says.

It can be any kind of help, she notes. "Say there is somebody I know who really wants to learn how to play golf, and I know an expert golfer. I connect them," she says. "Everybody does better in those situations."

Helping someone else makes both people feel very good, she says. "Just because I'm helping you doesn't mean I'm hurting my own self-interest. And furthering my self-interest doesn't necessarily hurt other people. They are not mutually exclusive."

A book she recommends is *Give and Take*, in which University of Pennsylvania Wharton School management and psychology professor Adam Grant

discusses how we can actually become more successful when we give of ourselves and help others.

**Look for ways to make personal connections.** Along those same lines, it's always good to be generous with your thank-you notes, Fong says.

"Even just dropping a note to say you're grateful for the conversation—most of us love to receive emails like that. We could all be writing more of those.

"Personal touch is important," she says. "If you read an article that you think someone else would be interested in, send it to them with a short note."

She adds that using sites such as LinkedIn and other social media sites to let others know what you're up to is a good idea, as well. —M.W.M.



## WIN A WEEKEND IN OREGON WINE COUNTRY

**COME TO OREGON AND ENJOY** complimentary tastings at any of the 300 Oregon Wines Fly Free participating wineries. Be sure to stock up when you do, since Oregon wines fly free on your return Alaska Airlines flight.\*

Want to fly for free, too? Visit **OregonWinesFlyFree.org** to enter for a chance to win† a trip for two to the Willamette Valley – Oregon Wine Country.



**COME SEE US AT FEAST PORTLAND, SEPTEMBER 17-20**  
**FIND OUT MORE AT FEASTPORTLAND.COM**

\*Tasting fees waived at participating wineries with proof of Alaska Airlines Mileage Plan™ membership and your Alaska Airlines in-bound boarding pass. Free checked case applies to Alaska Airlines domestic departures from Eugene, Medford, Portland, Redmond and Walla Walla, WA. For full program details including participating wineries, visit [oregonwinesflyfree.org](http://oregonwinesflyfree.org).

†Must be 21 years or older to enter sweepstakes. Enter between 8/1/15 and 10/10/15. For official rules and entry, visit [oregonwinesflyfree.org](http://oregonwinesflyfree.org).

**Developing strong connections with people from different fields who are in your master's program can help with solving unfamiliar problems.**

bond people together. Haile completed her MBA in 2012 at Whitworth University in Spokane, then earned an MBA in international management at Whitworth in 2014. "What's nice is that even if I'm not close on a friend level

to someone in the master's programs, we shared something. If there is someone I haven't talked to in a couple years, I have zero issues calling them up and picking their brains."

Developing strong connections with people from different fields who are in your master's program can help with solving unfamiliar problems, she says. Additionally, you can often find out about job openings you wouldn't normally hear about. "I made the switch from a company I'd been with for a while. That was a direct result of knowing someone in the MBA program," Haile says. "What it gives you is options. You can do something new, and you can go somewhere different. Having been in the MBA program has been incredibly valuable."

KAREN BRIDGES



A graduate program also helps students speak the same language as those in their chosen fields, she says. "The MBA is fantastic. You talk about big business. You're talking about what executives are doing and what they're talking about. It gives you a platform, a really good starting place, for speaking with different executives or meeting with top VPs."

Nate Webb (left) and Andy Kalamaris started Craftport, a beverage-exports-related company, after meeting each other in graduate school.

## PACIFIC NORTHWEST WINES

**"We Just Found What We Think Is The Greatest Aerator Of All Time"** DrinkMe.

*Aeration made beautiful*  
**TRIBELLA™**



Now Available

amazon.com

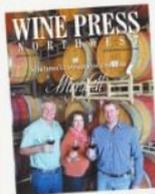
WINEENTHUSIAST

uncommongoods

Select wine merchants

### PACIFIC NORTHWEST WINERY OF THE YEAR

WINE PRESS NORTHWEST, 2015



"Superb WINEMAKING, stunning LOCATION, national reach and LEADERSHIP" are just a few reasons why **Maryhill Winery** is regarded as the region's leading winery."

Learn more about Washington state's MARYHILL WINERY and its award-winning wine portfolio, live music on the terrace lineup and events at [MARYHILLWINERY.COM](http://MARYHILLWINERY.COM)



**BARNARD GRIFFIN**  
ESTD. 1983

**TASTING ROOM**  
Sun-Wed: 10a-5p • Th-Sat: 10a-6p

**WINE BAR & EATERY**  
Mon-Th: 4p-9p  
Fri-Sat: 12p-10p • Sun: 10a-2p

878 Tulip Lane, Richland, WA 99352  
509.627.0266 • [info@BarnardGriffin.com](mailto:info@BarnardGriffin.com)  
[www.BarnardGriffin.com](http://www.BarnardGriffin.com)

# A BILLION REASONS TO CELEBRATE!



\$1,065,091,919  
(to be exact)



Thanks to the investment of 206,259 generous alumni, friends, faculty, staff, students, parents and partners, we celebrate the success of WSU's largest fundraising effort—the *\$1 billion Campaign for Washington State University: Because the World Needs Big Ideas*.

With a renewed commitment to deliver innovation, discovery, and service to benefit Washington's citizens, communities, and industries—and the shared vision, ingenuity, and leadership of Cougar Nation—WSU is poised today to redefine what it means to be a land-grant research university tomorrow.

To everyone who contributed to *The Campaign for WSU*, thank you for empowering big ideas and for inspiring tomorrow's Washington State University.

**the CAMPAIGN**  
for  
WASHINGTON STATE  
UNIVERSITY  
BECAUSE THE WORLD NEEDS BIG IDEAS

**WSU 125**  
EST 1890

[campaign.wsu.edu](http://campaign.wsu.edu)



**Molly Moore**  
Business Development Manager,  
Cambia Health Solutions  
Evening MBA 2012

## A powerful force in business

Smart, talented professionals come to the Foster School of Business to learn, network and grow. A Foster MBA helped Molly power innovation in the healthcare industry. Consider how our work-compatible MBA programs can take you further.

What's powering your career?  
[foster.uw.edu/FosterMBA](http://foster.uw.edu/FosterMBA)

**FOSTER**  
SCHOOL OF BUSINESS

## NETWORKING



And her MBA in international management gave her the confidence to interact with businesspeople all over the world, she says. "I could easily list 20 or more amazing networking relationships I have developed with individuals in countries such as Brazil, France, Germany, Hungary, China, South Africa—and the list could go on.

"Some of my newly developed networking relationships are ones I'm absolutely certain I will take with me throughout my whole career path. Some are relationships that I am certain will exist even outside of my career, and that is also exciting. The MBA in international management really opened the door for me in such a global way—I feel so connected to so many different regions and countries that I wouldn't have, otherwise."

## Networking into a New Venture

When Andy Kalamaris began the Portland-based Executive MBA program at the University of Oregon in 2012, he had one goal: to continue to rise in the ranks of the pharmaceutical industry. Then he met his future business partner through the program, and they embarked on a completely different venture even before they graduated last year.

One evening in 2012, Kalamaris was at a restaurant in Rio de Janeiro with fellow EMBA student Nate Webb during their program's study abroad trip to Brazil. The two were inspired by a simple observation: Budweiser was the only American beer they could see being sold at local restaurants and beach kiosks. Surely, they mused, people in Brazil would appreciate Pacific Northwest craft brews. The idea behind Craftport LLC was conceived.

Kalamaris and Webb's final graduate-school capstone project was all about their new company, which would manage exports of craft beers, wines and spirits from small to medium-size Northwest companies to South America and Asia. The proj-



There's More  
Than One  
Great Oregon  
Wine Region

[VisitRoseburg.com/FineWine](http://VisitRoseburg.com/FineWine)

ROSEBURG, OREGON, HEART OF THE

*land of Umpqua*

FOR A FREE VISITORS GUIDE TO OUR LAND CALL 800-440-9584 OR VISIT OUR WEBSITE.



## NETWORKING



**Talk to professors and to fellow students, who often have great ideas and a wealth of knowledge from previous work experience.**

ect was a great way to inform classmates and professors of their idea.

“My adviser during my capstone project used

to be an executive for a global venture-capital company,” Kalamaris says. “He had so much relevant real-world experience and was able to challenge me on almost every idea or observation. He helped me to focus on supply channels and identify niche opportunities within supply channels historically dominated by large multinational companies.”

Kalamaris recommends taking advantage of every opportunity to “tap into the networks of your university.” Talk to professors and to fellow students, who often have great ideas and a wealth of knowledge from previous work experience, he says. “Clubs and alumni associations are also places to find new contacts and spread the word about what you’re up to.”

Officially launched in March 2013, their export-management company works with producers that export the products. Craftport facilitates the process from beginning to end. It finds the distribution channels, assists with export documentation, vets prospective buyers, and ensures proper storage and handling.

“Essentially, we are a contracted export department working side by side with our clients—small and medium-size enterprises that often lack the resources and experience to run their own export programs,” Kalamaris says. “Craftport fills that need on behalf of our clients.”

For a business such as Craftport that doesn’t have a product of its own, relationships are especially vital, he says. He made a connection through his dentist with the first brewery that Craftport partnered with



*At the heart of all Amouage creations is a signature accord that cultivates the ultimate luxury of being unique and distinctive. Amouage offers niche fragrances for both women and men namely: Gold, Silver, Ciel, Jubilation, Lyric, Reflection, Epic, Dia, Memoir, Honour, and The Library Collection.*



**AMOUAGE**  
THE GIFT OF KINGS

Please call  
Parfumerie Nasreen  
In the lobby of the Alexis Hotel  
at (206) 682-3459 or  
1-888-286-1825  
contact@parfumerienasreen.com  
or visit  
www.parfumerienasreen.com  
1005 1st Ave. Seattle, WA  
98104

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

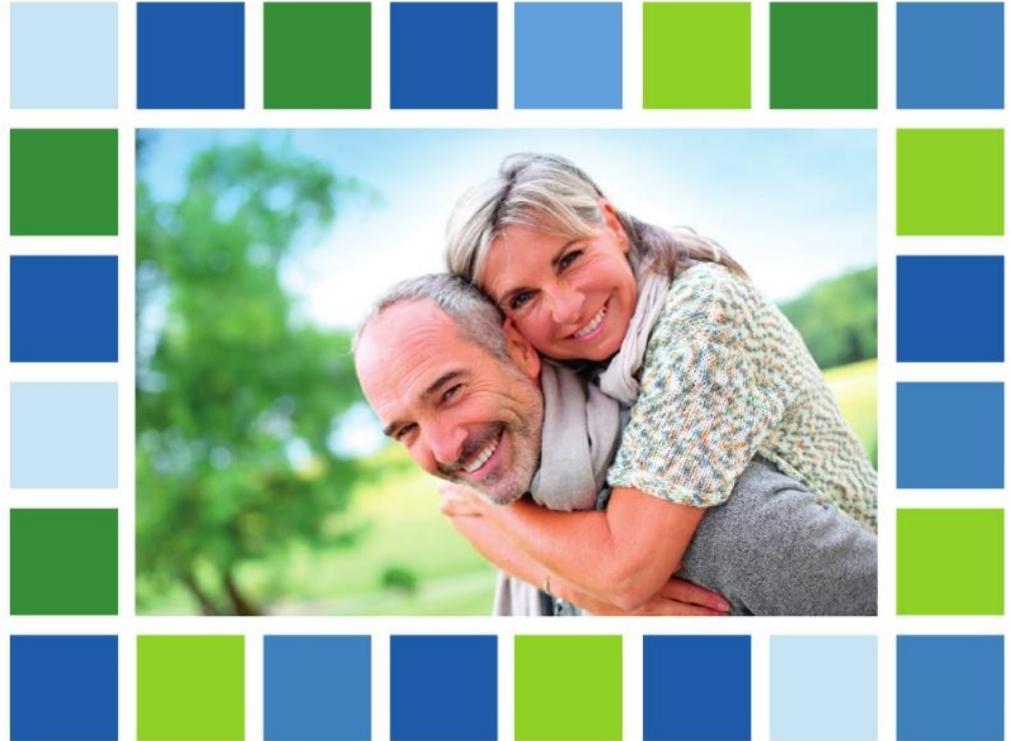
## WASHINGTON

- **BELLINGHAM**  
(360) 671-4800
- **BOTHELL**  
(425) 483-8100
- **BURLINGTON**  
(360) 755-7338
- **EVERETT**  
(425) 609-4000
- **LACEY**  
(360) 491-7985
- **LYNNWOOD**  
(425) 672-1234
- **PASCO-TRICITIES**  
(509) 543-7000
- **PUYALLUP-TACOMA**  
(253) 848-4900
- ▲ **SEATTLE**  
(206) 728-8123
- **SEATTLE CITY CENTER**  
(206) 441-7222
- **SEATTLE SHORELINE**  
(206) 365-7777
- **SEATTLE-SEATAC INTL AIRPORT**  
(206) 824-3200
- **SEQUIM**  
(360) 681-8756
- ▲ **SPOKANE**  
(509) 838-1170
- **TACOMA**  
(253) 272-2434
- **VANCOUVER**  
(360) 253-0500
- **VANCOUVER-SALMON CREEK**  
(360) 576-1040
- **WALLA WALLA**  
(509) 525-6200

## OREGON

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

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



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

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

Visit [WWW.GREATNWHOTELS.COM](http://WWW.GREATNWHOTELS.COM) or call

1-800-HOLIDAY (1-800-465-4329) and ask for the Northwest Advertising rate.

Like us on facebook at [greatnwhotels](https://www.facebook.com/greatnwhotels).



COLUMBIA RIVER GORGE, OREGON



PUGET SOUND FERRY, WASHINGTON

**IHG® Rewards Club**

*Alaska Airlines*  
MILEAGE PLAN

\*Kids Eat Free is available for kids 12 and under, see website for full details.

\*\*For complete IHG Rewards Club terms & conditions visit [ihgrewardsclub.com](http://ihgrewardsclub.com) or call 800-315-2605.

©2015 InterContinental® Hotel Group. All rights reserved. Most hotels are independently owned and/or operated.



**INSPIRING LEADERSHIP**

Performance poet Douglas "Sage" Houston is using hip-hop, dance, and painting to develop new tools for **teaching underserved urban youth.** The doctoral student and change agent is striving to help kids turn dreams into bright futures.

**125 YEARS, AND COUNTING.**

**WSU 125**  
EST 1890

[wsu.edu/125](http://wsu.edu/125)

## NETWORKING



to export beers to Brazil—Alameda Brewing Company in Portland. That was in May 2013. Craftport has now helped

five brands enter Brazil and expects another three brands to be sold there by the end of this year. People from across the globe who are attending the 2016 Olympics in Rio will find several Oregon craft beers available, Kalamaris notes.

Another lead came through a friend just the other day, Kalamaris says. Keep contacts informed through conversations and social media about what you're doing, because people will want to help you when they can, he says.

Social media has become even more important to him since he moved to Kuala Lumpur, which is 15 hours ahead of the West Coast, in December 2014. While retaining his co-ownership of Craftport, he started a new Malaysian beverage-distribution company—West Coast Craft—which is a sister company to Oregon-based Craftport.

West Coast Craft was formed to create a buyer in Malaysia for Craftport-represented beverages. West Coast Craft purchases and imports products brokered by Craftport, sells them through Malaysian trade channels, then finds distributors to physically transport the products in Malaysia.

Craftport now not only manages exports to Brazil and Malaysia, but also Japan, the Netherlands, Spain, England and Taiwan. It represents a total of nine breweries, three wineries, two cider houses and four distilleries, all from the Pacific Northwest. In May, the Oregon Consular Corps and its trade partners recognized Craftport as the state's top new emerging exporter.

Kalamaris has some advice for success-

**Advice for success: You need to listen—listen more than you talk. Listen carefully, and then also be transparent and share ideas.**



**LEADER In All We Do**

Oil Field Services  
Government Contracting  
Natural Resources Development  
Tourism

**Doyon**  
Limited®

[f](#) [t](#) [in](#)

Learn more about the Doyon family of companies at [www.doyon.com](http://www.doyon.com)

**HARRINGTON**  
*Sculpture*

REPRESENTED BY  
PLANETBRONZE.COM

**Hilton has arrived in Victoria!**

**DOUBLETREE**  
BY HILTON™  
HOTEL & SUITES VICTORIA

777 Douglas Street, Victoria, BC | 1-855-610-TREE | DoubleTreeVictoria.com

**BBIC**  
BELLADONNA BREAST  
IMAGING CENTER

Call for your appointment today

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

Puzzle on page 70.

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

**EXCEPTIONAL GUEST EXPERIENCES  
FOR EVERY GUEST**  
*Named "Hotel of the Year"  
by the Washington State Wine Commission*

**MARCUS WHITMAN HOTEL & CONFERENCE CENTER**  
6 West Rose St. Walla Walla, WA 99362 | (509) 525-2200  
MARCUSWHITMANHOTEL.COM

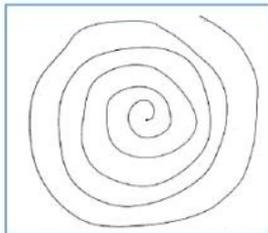
# Does Your Hand Shake When You...

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

If so, you may have a condition known as essential tremor. Our team at the Swedish Radiosurgery Center has successfully treated hundreds of patients over the past five years — using Gamma Knife, a nonsurgical, FDA-approved approach to treat essential tremor.



DRAWING SAMPLE BEFORE TREATMENT



DRAWING SAMPLE AFTER TREATMENT

Learn more about essential tremor and find out if Gamma Knife treatment is right for you.

1-206-320-7187 [www.swedish.org/essentialtremor](http://www.swedish.org/essentialtremor)  
Seattle, Washington, USA



Extraordinary care. Extraordinary caring.™

## NETWORKING



**Connections can provide the opportunity to help businesspeople in your community and in other countries.**

ful network-  
ing: “You  
need to lis-  
ten—listen  
more than  
you talk.” He  
describes a  
meeting that  
he and Webb  
had with the Brazilian consulate in which  
they learned a great deal about what it  
would take to manage an export business,  
something that neither of them had experi-  
ence doing. Listen carefully, and then also  
“be transparent and share ideas, informally  
as well as formally with lots of people,”  
he says.

Webb notes that he’s known since high  
school that he wanted to be an entrepre-  
neur, and he “just needed the right team  
and resources to turn that dream into  
reality.”

“I found everything I needed in the  
Oregon Executive MBA program, includ-  
ing my business partner, Andy,” Webb  
says. “Craftport is incredibly satisfying  
on a professional level because I have a  
positive impact on both my local business  
community and beverage culture all over  
the world.”

NATE WEBB, ANDY KALAMARIS, KRISTIN  
HAILE AND LEIGH McMILLAN all discov-  
ered that one of the biggest benefits of  
higher education can be the connections  
formed with fellow students, teachers and  
industry leaders.

Those connections can provide valuable  
insights, an encouraging boost at a critical  
time, a lead on a new job opening, and the  
opportunity to help businesspeople in your  
community and in other countries. Net-  
working can even change the trajectory of  
a career. It turns out that making and  
maintaining relationships can make a  
world of difference. ■

*Michelle Wallar Martin writes in Seattle.*

Motivate. Inspire. Succeed



## SOME ATHLETES WIN

WHEN THEY CROSS THE STARTING LINE.

Volunteer or Donate to



**Special Olympics**  
Washington

[sowa.org](http://sowa.org)

Even the most brilliant doctor cannot save a life if the patient isn't there.



AFW has partnered with  
Alaska Airlines for 10 years  
to help people fly to and  
from medical treatment.  
Please donate your Mileage

Plan™ Miles to help those in need get to and from  
critical healthcare.

Visit the website [www.angelflightwest.org](http://www.angelflightwest.org) or scan the  
QR code to donate miles.



888-426-2643



**Angel Flight West arranges free air transportation in response to  
health care and other compelling human needs.**



# Visit California Wine Country

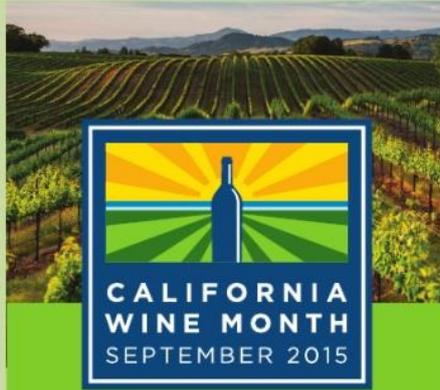



**MUSEUMS**  
of SONOMA COUNTY  
ART • HISTORY

425 Seventh Street, Santa Rosa, CA 95401  
Tues - Sun 11:00 to 5:00 PM  
[www.museumsofsonoma.org](http://www.museumsofsonoma.org)



Visit the Art Museum of Sonoma County  
and  
The History Museum of Sonoma County  
Celebrating 30 Years in 2015



Show your Alaska Airlines  
Boarding Pass at select  
Wine Road wineries for  
Complimentary Tasting.

FOR DETAILS AND WINERY LIST VISIT:  
[WineRoad.com/CAWineMonth](http://WineRoad.com/CAWineMonth)  
707.433.4335

f t i /WineRoad



Open 7 Days A Week • Lunch & Dinner  
345 Healdsburg Avenue  
Downtown Healdsburg  
707-433-2337 • [www.bearrepublic.com](http://www.bearrepublic.com)



do you speak  
**SONOMA?**

## Playground

n. The one million acres of vineyards, beaches, spas, rivers and redwoods found in Sonoma County.

**Start playing in  
Sonoma Wine Country.**

Just 45 minutes north  
of San Francisco.

World-class wineries, redwood forests  
and beautiful ocean coastline.

Start planning your play date today.



1-800-576-6662 | [SonomaCounty.com](http://SonomaCounty.com)

Non-stop flights  
to Sonoma Wine  
Country on Alaska  
Airlines from San  
Diego, Los Angeles,  
Portland and Seattle.



## TRADING PLACES

### ACROSS

- 1 Distillation leftover
- 6 Tell's target
- 11 Bud
- 14 Stitches
- 18 Sniggler
- 19 Exhaust
- 20 Gambling city
- 21 Prefix for trillion
- 22 Mixed miscellany?
- 24 "The Time Machine" beings
- 25 Integument
- 26 Spar
- 27 Southern constellation
- 28 Get up on the wrong side of the bed?
- 31 Code subject
- 33 Mechanical method
- 34 Catlike mammals
- 35 Tapes
- 39 Speak one's mind
- 41 Pleasant
- 42 Tusk material
- 43 Ancient Italian
- 45 Surrender
- 46 Noteworthy period
- 49 "Kon-\_\_\_\_"
- 50 Pastoral
- 51 Quaffs
- 53 General Robert \_\_\_\_
- 54 Paris transport
- 55 Dancer Falana
- 56 Hindu god of fire
- 57 Wings
- 59 Plastered
- 61 Alleviated
- 62 \_\_\_\_ and yang
- 64 Retail tactic gone awry?
- 69 Wonder
- 70 Bewilder
- 72 Grand Canal bridge
- 73 Has-\_\_\_\_
- 75 Italian bread, once
- 76 Folklore fiend
- 77 "Chicago Hope" star
- 81 Tacks on
- 84 Enured
- 87 Banks
- 88 Knife
- 89 Cash dispenser, for short
- 90 Neighbor of Can.
- 91 Without gender
- 92 Hoist
- 93 Took a powder
- 94 Clause separator
- 95 Letter carrier
- 97 Blacker
- 100 Halo
- 101 Disturbs
- 103 Head over heels happy?
- 106 Double-helix molecule
- 107 Dateless
- 111 Frosted
- 112 Page
- 113 Entertain incorrectly?
- 116 Spoken

1	2	3	4	5		6	7	8	9	10		11	12	13		14	15	16	17				
18						19						20					21						
22						23						24					25						
26						27			28		29					30							
						31			32		33					34							
35	36	37	38						39	40					41								
42							43	44					45					46	47	48			
49						50						51					52						
53						54						55					56						
						57										61							
62	63					64			65	66	67					68			69				
70						71			72							73			74				
75									76				77	78	79	80			81	82	83		
84						85	86					87							88				
89						90						91							92				
						93										95	96						
97	98	99							100					101	102								
103									104					105		106				107	108	109	110
111									112					113		114				115			
116									117											118			119
120									121											122			123

- 117 Rackets
- 118 Enlist
- 119 Related to sound
- 120 Persian of yore
- 121 \_\_\_\_-mo
- 122 Campus figures
- 123 Whiff

### DOWN

- 1 Appear
- 2 Singer Horne
- 3 U.S. car manufacturer
- 4 Pain in the neck
- 5 Madrid Mrs.
- 6 Envelope name
- 7 Malayan outriggers
- 8 Digs
- 9 Jar tops
- 10 Cherish as sacred
- 11 Fracas
- 12 Small buffalo
- 13 Agree
- 14 Go hungry
- 15 Creepy
- 16 Carpus

- 17 Clearances
- 20 French income
- 23 Himalayan plant
- 29 Actress Skye
- 30 Kitchen gadget
- 31 Thirsty
- 32 Solemn
- 35 Ceremony
- 36 Malefic
- 37 Bottoms-up tavern order?
- 38 Bay window
- 40 Bidding game
- 41 Western state
- 44 Wall display
- 45 Well-known person
- 46 Scrambled breakfast fare?
- 47 Resume
- 48 Stage whisper
- 50 Eurasian duck
- 51 Brassy
- 52 Motorist's org.
- 55 Floor covering
- 58 Enzyme suffix

- 60 Chow down
- 61 Summer on the Seine
- 62 1945 conference site
- 63 Fool
- 65 Pressed
- 66 Golfer Woods
- 67 Natural comedian
- 68 Large wader
- 71 Journey segment
- 74 Painter's prop
- 78 Sacrificial setting
- 79 Hasten
- 80 Depots
- 82 Star soprano
- 83 Cinematographer Nykvist
- 85 "Rock Around the Clock" singer
- 86 Green gems
- 87 Sent back
- 91 Seaweed product
- 92 "\_\_\_\_ Girl Friday"
- 93 Violin
- 94 Turned-up folds
- 96 Writer Paton

- 97 Vernacular
- 98 Mother-of-pearl
- 99 Massage
- 100 Fictional Hersey town
- 102 "\_\_\_\_ a Grecian Urn"
- 104 Astronaut Armstrong
- 105 German article
- 107 Used a pool
- 108 Ocean motion
- 109 Indigo dye
- 110 Sci. study
- 114 Gun gp.
- 115 "\_\_\_\_ Kapital"

Solution on page 67.



Puzzle © 2015 Penny Press, Inc.  
www.PennyDellPuzzles.com



PLAY  
YOUR  
WAY

U

## FIRST CHOICE FOR FOOD, FUN & GAMING!

Try your luck at 3,100 video gaming machines and over 100 table games including the largest non-smoking facility in the State. Enjoy eight delicious dining experiences and unforgettable entertainment in Club Galaxy. Muckleshoot Casino, the Biggest and Best in the Northwest!



IT'S ALL ABOUT YOU



2402 Auburn Way South, Auburn WA 98002  
800-804-4944 | [muckleshootcasino.com](http://muckleshootcasino.com)

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



**ACCOMMODATIONS**

**Coast Hotels**  
www.coasthotels.com

**DoubleTree by Hilton**  
www.doubletreevictoria.com

**Eldorado Reno**  
www.eldoradoreno.com

**Grand Solmar Land's End Resort & Spa**  
www.grandsolmar.com

**Hilton Garden Inn**  
www.hgispokaneairport.com

**Holiday Inn/Holiday Inn Express of Washington & Oregon**  
www.greatnwhotels.com

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

**Pineapple Hospitality**  
www.staypineapple.com

**Silver Reef Hotel Casino Spa**  
www.SilverReefCasino.com

**CASINOS**

**Coeur d'Alene Casino**  
www.cdacasino.com

**Graton Resort & Casino**  
www.gratonresortcasino.com

**Muckleshoot Casino**  
www.muckleshootcasino.com

**Northern Quest Resort & Casino**  
www.northernquest.com

**RESTAURANTS**

**Anthony's Restaurants**  
www.anthonys.com

**Churchill's Steakhouse**  
www.churchillssteakhouse.com

**TRANSPORTATION**

**Dave Smith Motors**  
www.davesmith.com

**Hainan Airlines**  
www.hainanairlines.com

**Your Local Ford Store**  
www.compareford.com

**BUSINESS SERVICES**

**Avista**  
www.avistautilities.com/bizrates

**Doyon Limited**  
www.doyon.com

**FINANCIAL SERVICES**

**Alaska Airlines Visa Business Card**  
www.bankofamerica.com/alaskabusiness

**Alaska Airlines Visa Signature Card**  
www.myalaskacard.com

**BECU**  
www.becu.org

**Propel Insurance**  
www.propelinsurance.com

**REAL ESTATE**

**Cascade Sotheby's**  
www.cascadesothebysrealty.com

**Ranch at the Canyons**  
www.ranchatthecanyons.com

**RETIREMENT COMMUNITIES**

**Rockwood Retirement Communities**  
www.rockwoodretirement.org

**EDUCATION**

**Eastern Washington University**  
www.ewu.edu/cstem

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

**University of Washington—Spokane**  
www.uw.edu/spokanecenter

**Washington State University**  
www.wsu.edu

**Washington State University Foundation**  
www.campaign.wsu.edu

**Washington State University—Spokane**  
www.spokane.wsu.edu

**Western Washington University**  
www.wvu.edu

**Whitworth University**  
www.whitworth.edu

**HEALTH & BEAUTY**

**20|20 Lifestyles**  
www.2020lifestyles.com

**Advanced Cosmetic & Laser Dentistry**  
www.aclcd.com

**Schick Shadel Hospital**  
www.schickshadel.com

**Seattle Children's Hospital**  
www.seattlechildrens.org/craniofacial

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

**TRAVEL IDEAS**

**Coeur d'Alene Chamber of Commerce**  
www.coeurdalene.org

**Greater Sandpoint Chamber**  
www.visitsandpoint.com

**Lake Chelan Chamber**  
www.lakechelan.com

**MasterPark**  
www.masterparking.com

**Sonoma County Tourism**  
www.sonomacounty.com

**Tourism Walla Walla**  
www.facebook.com/experiencewallawalla

**Tri-Cities Visitor & Convention Bureau**  
www.visittri-cities.com

**Visit Reno Tahoe**  
www.visitrenotahoe.com

**Visit Roseburg Land of Umpqua**  
www.visitroseburg.com/finewine

**THINGS TO SEE & DO**

**Museums of Sonoma County**  
www.museumsc.org

**Spokane Chinese Lantern Festival**  
www.spokanelanternfestival.com

**CULINARY CORNER**

**Bear Republic Brewing Co.**  
www.bearrepublic.com

**WINE & WINERIES**

**Barnard Griffin Winery**  
www.barnardgriffin.com

**Maryhill Winery**  
www.maryhillwinery.com

**Oregon's Wine Country**  
www.oregonwinesflyfree.org

**Wine Road Northern Sonoma County**  
www.wineroad.com

**SHOPPING**

**Caffé D'arte**  
www.caffedarte.com

**FOR THE HOME**

**Planet Bronze**  
www.planetbronze.com

**GIFT IDEAS**

**TRiBella**  
www.tribellawine.com

Read our digital edition at [www.alaskaairlinesmagazine.com/horizedition](http://www.alaskaairlinesmagazine.com/horizedition)

# DISCOVER ALASKA AIRLINES FEATURES & AMENITIES

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



## TABLE OF CONTENTS

A2 Onboard Amenities  
A3 For Your Safety  
A3 [alaskaair.com](http://alaskaair.com)  
A3 Mileage Plan™

A4–A6 Route Maps  
A7 Customs and Immigration Forms  
A7 Airport Gate Location Maps

# ONBOARD AMENITIES

## SNACKS & BEVERAGES Available for purchase on select flights

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



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

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



## FEATURED REGIONAL WINES & MICROBREWS

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

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

## COMPLIMENTARY BEVERAGES

### Hot Beverages:

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



### Juices:

- Orange Juice  
 Apple Juice  
 Cranberry Juice

### Sodas & Mixers:

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



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

# HORIZON'S FLEET

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

comfortably  
**Q400greener**



# A NEW WAY TO GIVE FEEDBACK

Visit [alaskalistsens.com](http://alaskalistsens.com) at any point in your journey

Alaska Airlines has a new, easy way for customers to provide instant feedback on their travel experiences. At any point in your journey, visit [alaskalistsens.com](http://alaskalistsens.com) from any device to take a fast, two-minute survey—even inflight, where access to [alaskalistsens.com](http://alaskalistsens.com) is free if your flight offers Inflight Wi-Fi. Your feedback will enable Alaska to provide feedback directly to employees you interact with. Give it a try at [alaskalistsens.com](http://alaskalistsens.com).

## FOR YOUR SAFETY

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

### PLEASE TAKE YOUR SEAT

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

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

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

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

### USING YOUR DEVICES

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

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



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

#### Not Allowed During Flight



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

### IT'S THE LAW

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

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

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

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

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

### UPON LANDING

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

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

## DISCOVER ALASKA AIRLINES

### ALASKAAIR.COM

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

### MILEAGE PLAN

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

### ONBOARD RECYCLING

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



### ALASKA AIRLINES VISA® CARD

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

# WHERE WE FLY

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

## U.S. MILEAGE

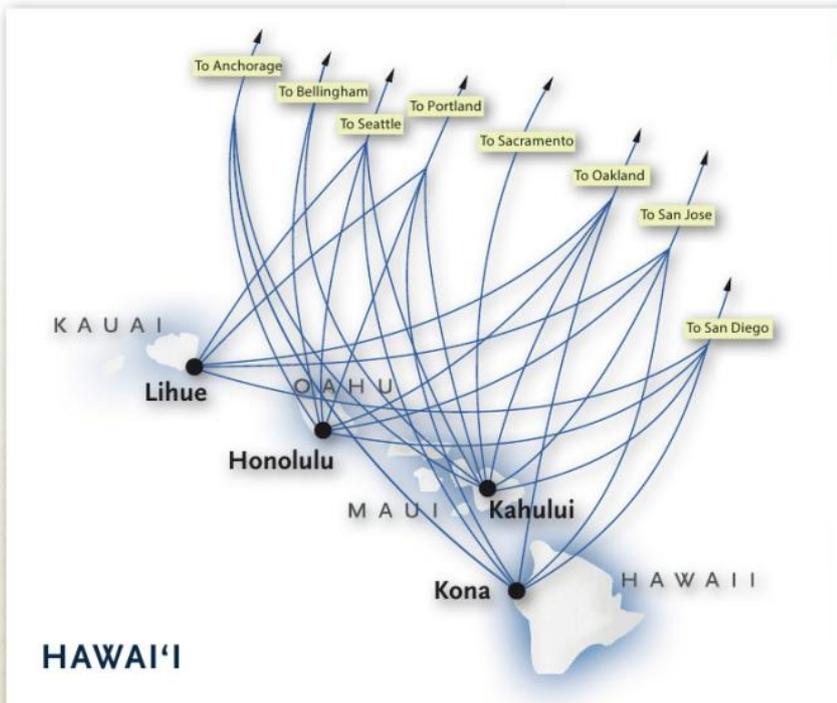
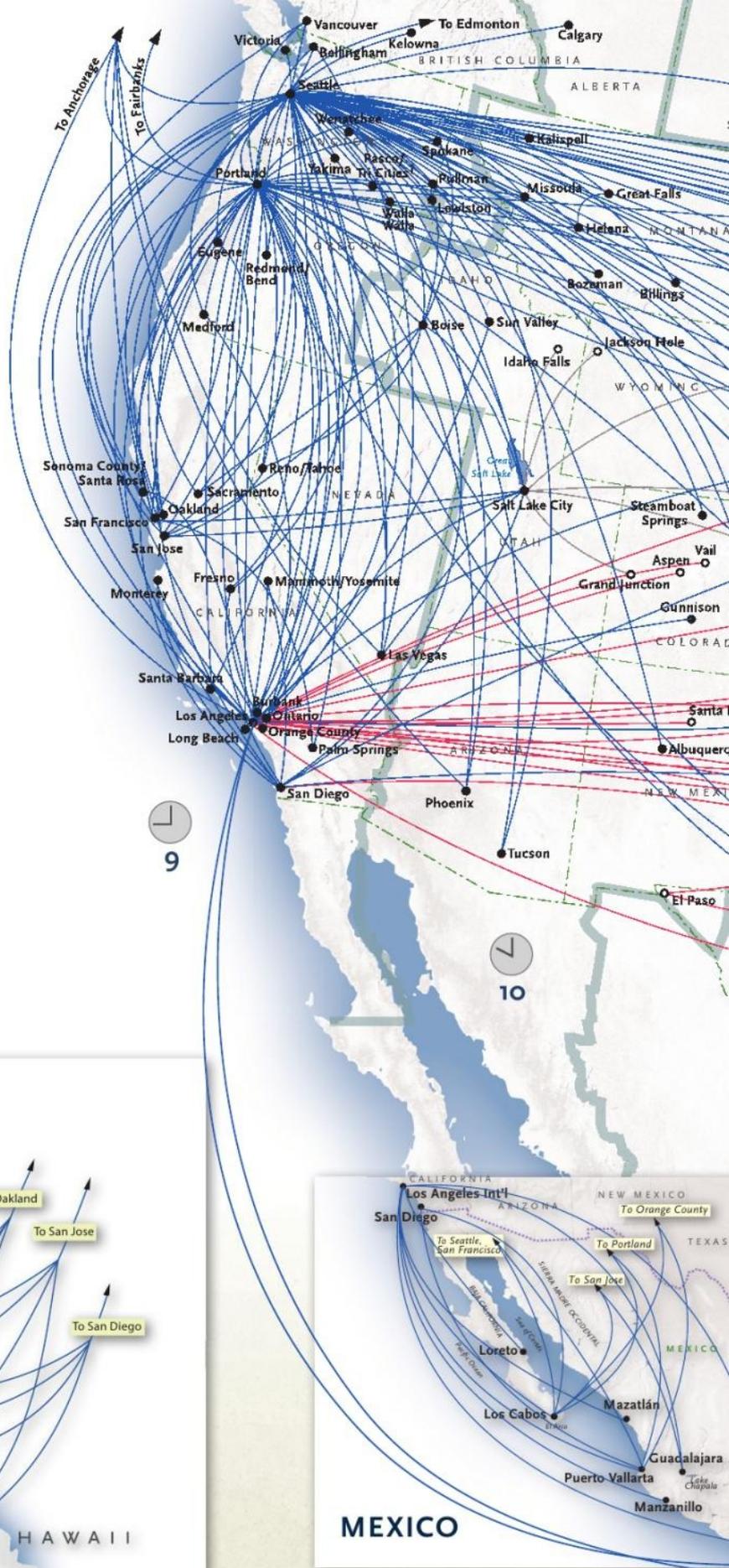
Between	Mileage
<b>Seattle &amp;</b>	
Boston	2,496
Denver	1,024
Fort Lauderdale	2,697
Honolulu	2,677
Los Angeles (LAX)	954
New York City/Newark	2,401
Orlando	2,553
Phoenix	1,106
San Francisco	678
Washington, D.C.	2,306
<b>Portland &amp;</b>	
Los Angeles (LAX)	834
San Diego	933
San Francisco	550

## LEGEND

-  Alaska
-  American Airlines
-  DELTA

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

Some routes shown operate seasonally.





12

11



### UPCOMING NEW SERVICE

Route	Service Begins
Seattle–New York/JFK	Sept. 16, 2015
Seattle–Nashville	Sept. 23, 2015
Seattle–Raleigh/Durham	Oct. 1, 2015
Orange County–Los Cabos	Oct. 8, 2015
Orange County–Puerto Vallarta	Oct. 9, 2015
LAX–San Jose, Costa Rica	Oct. 31, 2015
LAX–Liberia, Costa Rica	Nov. 1, 2015
Boise–Reno	Nov. 5, 2015
Eugene–San Jose	Nov. 5, 2015
LAX–Monterey, CA	Nov. 5, 2015
Portland–Austin	Nov. 5, 2015
Seattle–Charleston	Nov. 16, 2015
LAX–Gunnison, CO	Dec. 16, 2015
Portland–Kansas City	Feb. 18, 2016
Portland–Minneapolis	Feb. 18, 2016
Portland–Omaha	Feb. 18, 2016

# ALASKA



## ALASKA MILEAGE

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

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

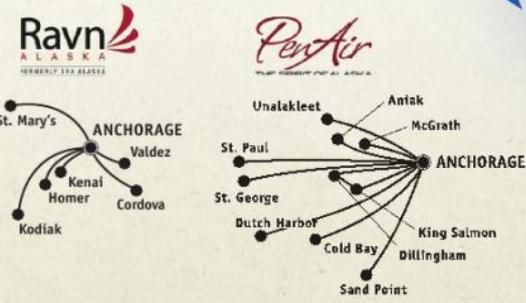
Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

● Alaska Airlines Cities

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

## AIRLINE PARTNERS

Make easy connections throughout Alaska with our partner airlines.



# CUSTOMS AND IMMIGRATION

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

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

## TO THE UNITED STATES

### U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

#### Helpful tips

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



### DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

#### Datos de ayuda

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

### DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

#### Datos de ayuda

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

### FMM

Who must complete this form?

All travelers except citizens of Mexico

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México



### FEM FOR MEXICAN NATIONALS

Who must complete this form?

Citizens of Mexico

### FEM PARA MEXICANOS

¿Quién debe completar esta forma?

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

#### Datos de ayuda

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



## TO MEXICO

### MEXICO CUSTOMS DECLARATION

Who must complete this form?

All travelers

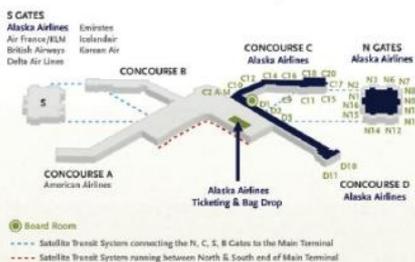
#### Helpful tips

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



# AIRPORT GATE LOCATION MAPS

## Seattle/Tacoma International Airport (SEA)



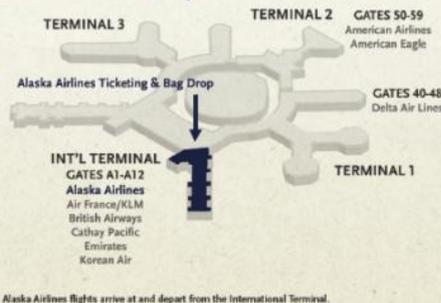
## Portland International Airport (PDX)



## Los Angeles International Airport (LAX)



## San Francisco International Airport (SFO)



# Growing into the Game

*A father becomes a coach as a group of girls becomes a team* | BY BEN RAKER

It was minutes before the first match for my daughter's newly formed soccer team, and the girls were trying to figure out what to do with the generous portion of their league-issued jerseys that hung down past their hips.

Some tied it in a knot. Others tucked it in.

Mercifully, their opponents had similar ill-fitting outfits. Our team's tangerine-colored tops had inspired the players to choose the name Orange Angels earlier that week. The other team had dubbed itself the Blue Angels after its blue jerseys. And here we were, ready for a seraphic showdown.

This game, which took place on a sunny Seattle day in September 2014, was my first experience with the Orange Angels, a U-7 (under-seven) squad. The team had been assembled late in the summer, and—though I had grown up playing soccer and had always toyed with the idea of coaching someday—I'd been busy and had hesitated during a crucial two-hour window between receiving an email calling for coaches and another announcing that a coach had been assigned.

Maybe it was for the best, I'd thought at the time. The appointed coach had played for a college women's team, wanted to work with kids, and sounded like she'd do just fine. Besides, what did I know about coaching girls' soccer? And did I really want to take on the responsibility of leading weekday practices for this new team through the fall? I wasn't even going to be able to make it to the first practice.

That first game turned out surprisingly well, as our angels scored often and unofficially defeated their rival cherubs. (Nobody is supposed to keep score in this league, but the parents do mentally, and the players do openly.) Even during this auspicious first match, though, it was apparent there was work to do.

Our players had registered that this game was about kicking the ball, and they pretty much tried to do that all at the same time, as did the other team. This led to the classic clustered play of youth soccer, sometimes called "bunchball."

Passing to one another simply wasn't going to happen. And the fact that the ball rolled through the goal a few times for us was lucky, because half the time, it wasn't clear if our players

knew which direction they should be heading.

Turning the ball around was another problem, because nobody knew to stop the ball and pull it back. So the game mostly consisted of players trying to power the ball through the rugby-esque scrum and trying to race ahead of loose balls before they crossed an end line. What to do when the ball went out of bounds was also a mystery. It became obvious that whichever team mastered its throw-ins from the sidelines would have a huge advantage.

Still, the girls were quite happy with the result. They were even

happier to get their snack of orange slices after the game. On this afternoon, our players just seemed to have enjoyed running around and getting to know teammates they had only recently met.

This game drew me in enough to volunteer as an assistant at the next practice, even though it fell on a weekday afternoon. I remained noncommittal about continuing—but I made it to the practice after that. And the practice after that. And nearly all remaining practices and games for the rest of the season.

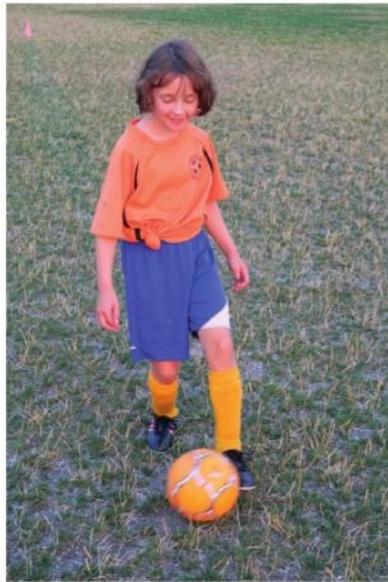
I think I finally realized how much I enjoyed coaching when I found myself staying late after practices, taking extra shots with my daughter in the fading autumn light. On one particular evening when she and I stayed late, other players lingered, too, trying to gang up

and take the ball from me as I dribbled across the field—kicking at me, laughing, clearly enjoying the challenge. Practice had ended, but these girls weren't going anywhere. Neither was I. Sure, we needed to improve our passes, turns and throw-ins—and we would. But right then, we were just enjoying the game, which seemed to be the most important thing.

My daughter's soccer team is back in action this fall, with a new name (the Fire Foxes), a new division (U-8), some new players, and a new head coach ... me. Although we still have a lot to practice, the girls are ready to play, and at least they now know which direction to kick the ball—most of the time, anyway.

And I am ready to coach. As I look forward to this season, I'm excited by the challenge of helping young players grow into the game, even as they continue to grow into their jerseys.

*Associate Editor Ben Raker grew up playing soccer on teams that his dad helped coach.*



KELLOGG, ID  
**DAVE SMITH**  
 HASSLE FREE BUYING.

DaveSmith.com  
**800-635-8000**  
 210 N. Division, Kellogg ID

Jeep Wrangler Unlimited  
 Rubicon 4x4 Gaboon Edition



World's Largest Chrysler Jeep Ram Dealer



**DAVE SMITH MOTORS  
 ONLINE**

Shop Online 24 hours  
 a day at [DaveSmith.com](http://DaveSmith.com)  
 Choose your dream vehicle from your  
 computer, tablet or smartphone.



**DAVE SMITH MOTORS  
 ONLINE**

Shop Online 24 hours a day  
 at [DaveSmiths.com](http://DaveSmiths.com)

Northwest's Largest GM Dealer since 1994

Choose your dream vehicle from your computer, tablet or smartphone.

*Why Pay More Anywhere Else?*



KELLOGG, ID  
**DAVE SMITH**  
 HASSLE FREE BUYING.  
 210 N. Division, Kellogg ID

DaveSmiths.com **800-635-8000**  
 Warning: This ad may save you money<sup>SM</sup>



New 2015 Chevrolet Camaro 1LT Convertible

**We have a Huge Selection of New Cadillacs**

KELLOGG, ID  
**DAVE SMITH**  
 HASSLE FREE BUYING.

**DaveSmiths.com**  
**800-635-8000**

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



New 2015 Cadillac ATS  
 2.0L Turbo Premium

# BE UNSTOPPABLE



Go Further



Escape | Edge | Explorer

People love to assign labels. But labels mean expectations and expectations mean limits. You might be inclined to label the 2015 Ford Escape, Edge and Explorer as ordinary SUVs but they're so much more. They feature available innovative tech that keeps you connected and engines and design tuned to give you amazing performance to own the road. It's time to drive beyond expectations. It's time you became unstoppable.

**HEAD TO YOUR LOCAL FORD STORE AND  
SAVE ON A NEW SUV WHILE THEY LAST!**

YOUR LOCAL FORD STORE | [COMPAREFORD.COM](http://COMPAREFORD.COM)