

*Alaska*

# BEYOND

HORIZON EDITION MAGAZINE / JUNE 2018

**EASTERN SIERRA  
ADVENTURES**  
Outstanding Outdoor Activities  
**PAGE 81**

**TEE TIME**  
Golfing in Central Oregon  
**PAGE 86**

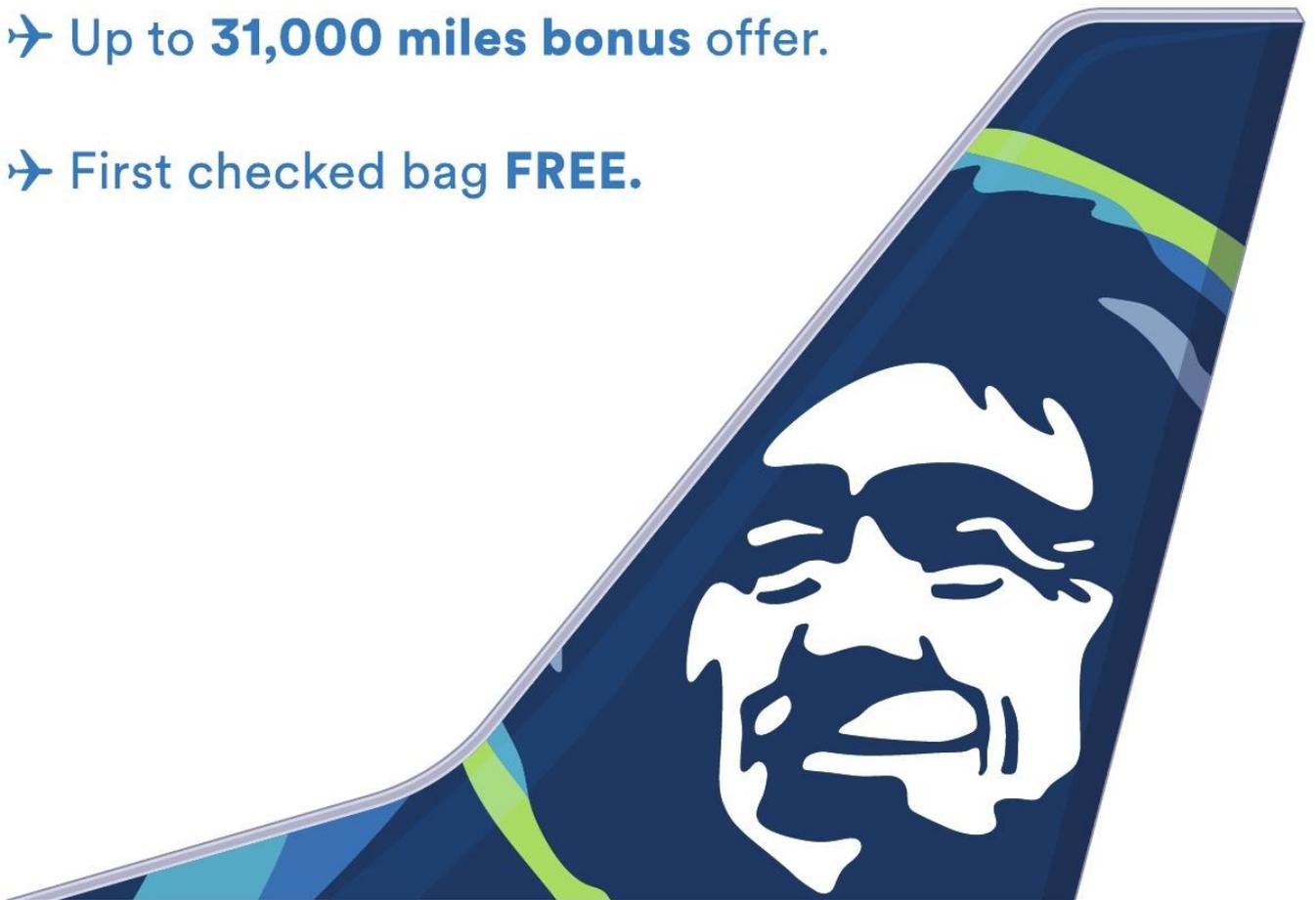
DESTINATION

# WASHINGTON

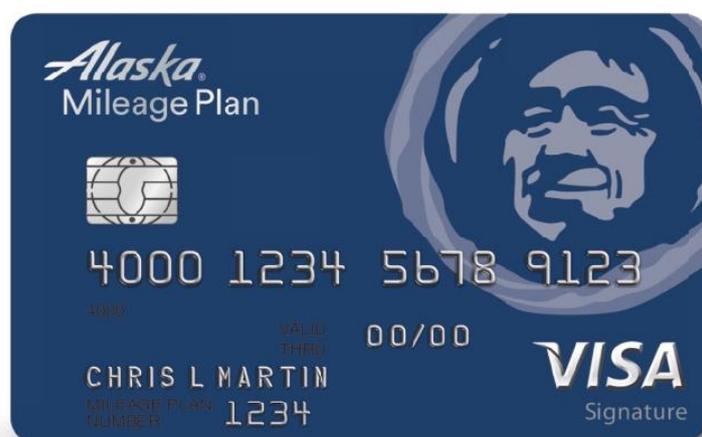
SUMMER FUN IN THE EVERGREEN STATE

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# Alaska BEYOND

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Your Complimentary Copy

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Having my daughter ... and eating cake, too.

## ON THE COVER:

*Beautiful Colchuck Lake, southwest of Leavenworth, Washington, is part of the Okanogan-Wenatchee National Forest.*

## Photo by

*Ben Herndon / Tandem Stills + Motion*

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# WELCOME»

## MAKING SURE THE SKY'S NOT THE LIMIT

» **Ray Prentice**, our director of customer advocacy, has championed our efforts to make travel inclusive, and he is a fantastic ambassador for the company. This month, we are especially proud to partner with the City of Seattle in hosting the 2018 Special Olympics USA Games. —Brad Tilden

Twelve years ago, my niece Dina and her husband, Barnaby, were taking a trip to Alaska that would be Barnaby's first trip with his power wheelchair. She was anxious, and he was very afraid. When they got to the gate, I got a frantic call from Dina because Barnaby's power chair would not fit onboard the aircraft type assigned to the flight. The trip that they had been planning for a year was ruined. They were absolutely devastated, and there was nothing I could do to help them.

I committed at that time to help make a difference for travelers with disabilities. Today, Alaska partners with disability-advocacy organizations, such as Open Doors and The Arc, to help us better understand our guests' needs and to do a good job of getting mobility devices on and off the aircraft. I can honestly say that my advocacy work for accessibility is the *best* part of my job at Alaska Airlines. And mainly because I have so many caring co-workers who have taken this important effort to heart



**Brad Tilden**,  
Chief Executive  
Officer



**Ray Prentice**, Director  
of Customer Advocacy,  
with Guide Dogs for  
the Blind puppies.



SPECIAL OLYMPICS

and are making a difference.

I often hear about the wonderful work that our employees are doing to remove travel barriers for our guests. Gary Peterson, one of our maintenance supervisors in Seattle, who uses a power wheelchair, regularly conducts tours at our aircraft hangar in Seattle for children with disabilities, and he meets with every new flight attendant class to talk openly about diversity and inclusion. Shirley Purkey, one of our longtime flight attendants, founded an event for travelers who are blind or have low vision, and their guide dogs, to familiarize them with flying.

We also have many employees who volunteer as coaches with Special Olympics throughout the communities where we fly. Michael Gardner, lead customer service agent in Portland, has served as a Special Olympics basketball referee for years. He says he is always amazed at the true sportsmanship that these athletes display on the court. "They play with all their heart; they lift each other; they uplift the fans; they work hard to make everyone on their teams feel success."

» **Through Special Olympics, athletes with and without intellectual disabilities celebrate the joy of sports and promote social inclusion.**

Lifting people up is what we do at Alaska Airlines, and that's why I am so proud that Alaska Airlines is sponsoring the 2018 Special Olympics USA Games being held in Seattle, July 1-6.

This is the largest sporting event in Seattle since the 1990 Goodwill Games and promises to be a highlight of the summer.

As a major sponsor, Alaska is "all in" to welcome these amazing athletes, families and coaches, and to make sure they have a remarkable adventure. We're all in by recognizing athletes and coaches arriving on our flights; by volunteering at various events and the Opening Ceremony; and by celebrating the Games' participants on their flights home!

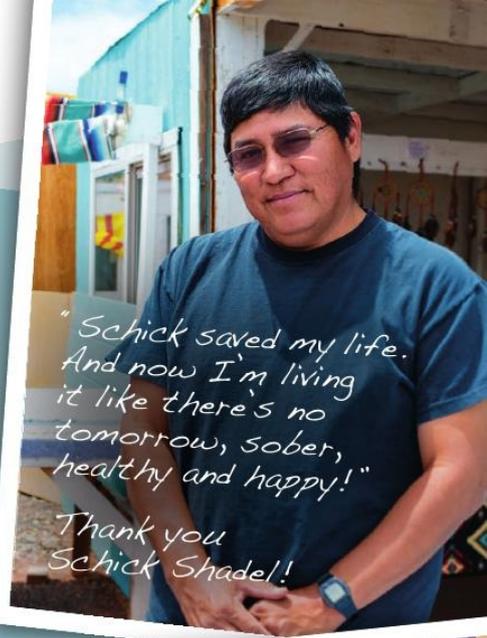
Our goal is to provide amazing travel experiences for these athletes, who remind us to not let anything hold us back. I hope that you get a chance to experience the spirit of the Special Olympics USA Games as you travel through Seattle next month.

As always, thanks for flying with us.

—Ray Prentice

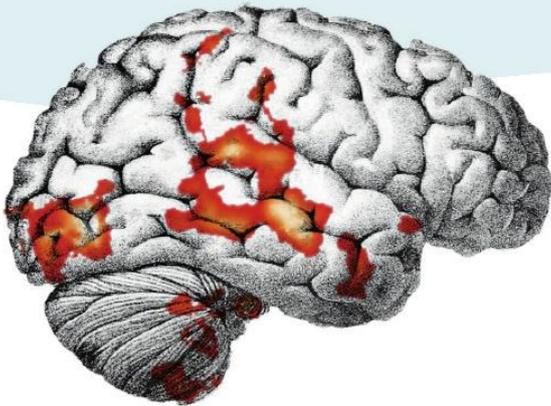
# SCHICK'S TREATMENT PROGRAM WORKS AND IT CAN WORK FOR YOU TOO!

A first-of-its-kind imaging study was conducted by Schick Shadel Hospital and the University of Washington. In the study, scans showed reduced craving-related brain activity after chemical-aversion therapy. Functional MRI scans taken before and after treatment showed significant changes in the brain among 13 subjects. Sixty-nine percent of the participating patients reported still being sober 12 months after treatment. Read the full study online at [SchickShadel.com](http://SchickShadel.com).

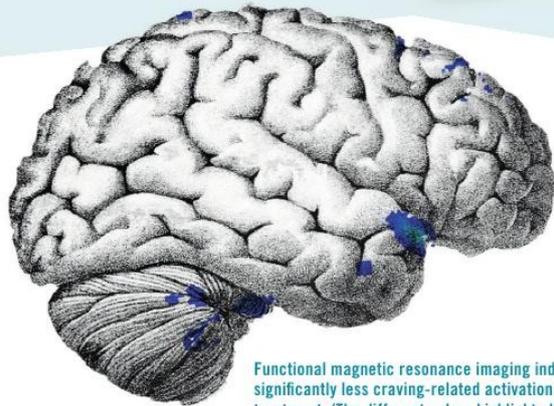


## fMRI: A BRAIN STUDY OF ALCOHOL CRAVINGS

### PRE-TREATMENT



### POST-TREATMENT



Functional magnetic resonance imaging indicates significantly less craving-related activation in the brain after treatment. (The different colors highlight changes between pre- and post-therapy but have no meaning beyond that.)

By treating the addiction at both the physiological and psychological levels, Schick Shadel gives patients the ability to spend their time and energy on rebuilding their lives. The program is designed to help patients reroute the neuropathways to medically conquer the physical dependency – followed by aftercare support to help heal any emotional damage that may be an underlying cause of the addiction.

Schick Shadel has a 65 percent overall success rate for treating alcoholism. Our inpatient hospital and medical detoxification facility was founded in 1935 by medical professionals who understood that alcoholism is a medical problem that cannot be conquered by traditional methods alone. Our patient care team works to treat addiction as a life-threatening disease.

If you need help or have a friend or loved one who has an addiction problem, **please call us today at 800-CRAVING.**

Many insurance plans cover treatment. Ask for a free, confidential insurance assessment. Our patients stay connected during their stay with cell phones, laptops, tablets and visits from friends and family.

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# TOGETHER WE LOST 195 POUNDS



Getting physically and mentally healthy enough to start a family had always been a goal for Amelia. Her weight and uncontrolled type 1 diabetes had brought an additional element of urgency, so she joined 20/20 LifeStyles to ensure that she'd make progress at a rapid, but safe and steady, pace. John joined to support his wife, Amelia, but also because his weight had started to create a flood of other health problems.

"Being obese for most of my life, I had learned to view exercise as a miserable experience that made me feel even more inadequate and helpless than I already did," says Amelia. "Having a knowledgeable trainer helped me set a safe but challenging pace."

When John joined 20/20 LifeStyles, he didn't understand why there was a counseling component to the program. Over time, it turned out to be the most valuable aspect of the program for him. "I could have never changed my lifestyle

or stuck it out without understanding how my stress affects my food choices, or gained insight about how my guilt at being overweight reinforces the behavior that keeps me overweight," he says. "I feel like the person who entered this program couldn't fathom who I am now, mentally, emotionally, and physically. I have worlds more energy than ever before.

I've replaced my entire wardrobe almost twice already. I can't thank my trainer enough for helping me realize that my body has the potential to do so much more than I ever thought possible."

My diabetes is under control and well within range for a safe pregnancy. I'm wearing clothes in sizes that I haven't worn since middle school, and I'm far more comfortable interacting with people than I've ever been in my life," shares Amelia.

It's not about denial or deprivation. 20/20 LifeStyles re-tunes your brain so that you remember what it's like to be satisfied with a reasonable amount of food that doesn't have a ton of added sugar, fat, and salt.

"The way to beat obesity isn't starvation, punishment, guilt, shame, or hatred," says Amelia. "With the right support, you can learn how to transform these into love, knowledge, patience, kindness, and determination.

"It's not your fault," says John. "You have no idea of the forces arrayed against you, both in your mind and in your environment. However, that doesn't mean you can't overcome them. Join 20/20 LifeStyles. You'll be glad you did!"

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## INSPIRING OTHERS

Alaska Airlines encourages young people to reach new heights

By Jacob Uitti

» Whether it's introducing travelers to new locations and events or inspiring the next generation of aviation pioneers, Alaska Airlines is dedicated to connecting people. That mission has led Alaska to co-host and co-sponsor events such as Aviation Day in Seattle and Portland and also to co-sponsor the upcoming 2018 Special Olympics USA Games, being held in Seattle and surrounding communities July 1–6 of this year.

Last month, more than 3,000 students from dozens of Washington and Oregon school districts gathered at Alaska Airlines' hangars at Seattle-Tacoma International Airport and Portland International Airport to explore the world of aviation. The events were part of the 10th-annual Aviation Day, which is co-sponsored by Alaska and introduces students to the career possibilities in aviation and aerospace.

About 300 volunteers, including Alaska employees and their families, run the programs, which aim to inspire the next generation of aerospace adventurers. The students performed maintenance checks with Alaska mechanics, flew simulators, inspected the latest robotics equipment and built gliders. The Seattle students also saw the unveiling of Alaska's newest themed plane, which features images of the beloved Disney•Pixar superhero family from *Incredibles 2*.

Rob Lowy, Alaska's manager of maintenance programs, who also helps organize volunteers for the program, says Aviation Day has grown from a gathering of about 120 Boy Scouts earning their aviation merit badges in 2008 to become one of Alaska's largest youth outreach programs.

"What sets Alaska Airlines' Aviation Day apart is the ability to ignite the imagination of



» Above: Captain Tom Rogers, left, and college student Jo'Nathan Alderson, center, talk with Captain Ron Limes, right, during the 2018 Aviation Day at Sea-Tac Airport.

Left: About 4,000 athletes and coaches will gather in Seattle for the 2018 Special Olympics USA Games, July 1–6.

young people to what is possible in an aviation career," Lowy says. "I have been honored to have a small part in making the magic of Aviation Day happen."

Another inspirational event will take place on July 1 during the Opening Ceremony of the 2018 Special Olympics USA Games. Thousands of spectators will cheer for thousands of athletes from across the country entering the University of Washington's Husky Stadium to mark the beginning of the six-day event.

The 2018 USA Games are welcoming 4,000 athletes and coaches, and 10,000 family members, to the Seattle area, where the athletes will compete in 14 different sports, including gymnastics, swimming, and track and field.

About 300 Alaska employees are volunteering for the event, which, like the Olympic

Games, is held every four years. The USA Games promote inclusion and diversity through sports and were first held in Ames, Iowa, in 2006. For many athletes, taking part in the USA Games is a dream come true.

"These games change the lives of the people competing in them," says Jaymelina Esmele, communications manager for the USA Games. "But for anyone who's involved in Special Olympics as a volunteer or spectator, you'll find your life is actually transformed and inspired just as much as the athletes' lives."

Those interested in volunteering for the games can visit [specialolympicsusagames.org](http://specialolympicsusagames.org). Special Olympics USA Games officials also request that spectators come out to the venues and cheer for athletes in their quest for Special Olympics gold. ■



# ADVENTURE AWAITS!

So what are you waiting for?



Roseburg is the heart of the scenic and recreational paradise known as the Land of Umpqua. Here you can discover a wide array of activities to make for a memorable stay.

Stroll through our historic downtown, with unique shops and galleries and outstanding brewpubs and restaurants. Venture out into the surrounding wine country or get back to nature exploring the wonder of the North Umpqua Trail, a one-stop recreation spot ideal for fishing, kayaking, hiking and biking.

Whether on land or water, on foot, wheels or rapids, you'll find a new adventure every time you visit. Roseburg offers plenty of choices for comfortable accommodations too, so stay and enjoy one of Oregon's treasures.

Start your visit at the Roseburg Area Chamber of Commerce & Visitor Center. For a free visitor guide call 800-440-9584.

[www.VisitRoseburg.com/Fun](http://www.VisitRoseburg.com/Fun)

# VISIT ROSEBURG

in the heart of the



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# THE REGION »



TIGARD, OR

## A BOUNTY OF BALLOONS

» Teams rig and inflate the vibrant airborne crafts at dawn. Then, launch directors in bright yellow shirts send 20 colorfully patterned hot air balloons into the sky. The 2018 Festival of Balloons in Tigard, Oregon, about 20 minutes south of Portland, runs from June 22–24. Visitors can try “I spy” with the kids and look for balloons modeled after favorite cartoon characters.

Attendees can also board balloons (which stay safely tethered to the ground), shop craft booths and enjoy thrilling carnival rides. Evening brings brews at the Rogue Beer Garden, live bands and “Night Glow,” when inflated, luminous balloons brighten the dusky sky. For more information, see [tigardballoon.org](http://tigardballoon.org). —*Michaela Ware*



Above: Lower Proxy Falls. Photo by Greg Leff.



## DISCOVER A RIVER RETREAT ON THE WILD & SCENIC MCKENZIE RIVER

2018 marks the 50th anniversary of the Wild & Scenic Rivers act. Has there ever been a better time to explore one of Oregon's best kept secrets?

Located in the middle of the Willamette National Forest, Oregon's McKenzie River corridor winds past peaceful natural hot springs, thundering waterfalls, and miles of trails for hiking and mountain biking. The bright blue river is known for being exceptionally pristine, with a 13-mile (21 km) stretch designated Wild & Scenic in the upper section of the river.



Find serenity in one of the lodges tucked back in the forest or get cozy in a cabin overlooking the river. For a night under the stars, set up camp at any one of the many designated campgrounds, rich with hiking opportunities.

Start your day with a guided fishing trip in one of the region's iconic drift boats, or a float down the river in a raft. Your guide will help you keep your eyes honed into the trees as this river is a great place to see wildlife like bald eagles, osprey, deer and elk.

The McKenzie River corridor also boasts two waterfalls which rank among Oregon's most impressive. Sahalie and Koosah Falls are powerful waterfalls on a family-friendly 2.6-mile (4.2 km) loop trail. This trail is a perfect mid-day activity and the ideal place to see the water's iconic crystal-clear blue color.

End the day with a relaxing soak in spring-fed natural pools and swimming pools. Be sure to pack a bottle of Willamette Valley Pinot Noir to enjoy beside a roaring fire when you settle in for the night.

TRIP

TIPS

**It's official!** The McKenzie River Scenic Byway is one of the newest officially designated Oregon Scenic Byways.

**In the fall,** discover a prime forest road for Oregon fall foliage at the Aufderheide Drive along the West Cascade Scenic Byway. Track color changes when the season arrives at [OregonFallFoliage.com](http://OregonFallFoliage.com).

**Cell service** can be spotty, so don't be afraid to turn off the phone and reconnect with nature!

**Find more** about guides, where to stay and what to do on and along the McKenzie River at 541.484.5307 or [EugeneCascadesCoast.org/McKenzie](http://EugeneCascadesCoast.org/McKenzie).



ARLEE, MT

PRIZED DANCES

» For 120 years, U.S. and Canada Salish and Pend d'Oreille members have gathered at the Arlee Powwow Grounds every July for one of North America's longest-running tribal celebrations. This year, Arlee hosts the **Arlee Powwow** on July 2–8 with singing, drumming, dancing and the stick game, a Native American guessing game. Visitors can see traditional footwork, including the “snake dance,” which originated with

returning hunting-party warriors weaving through the camp in a snakelike manner.

In dancing competitions, drummers and singers accompany men and women in bright regalia. Contest categories include prairie chicken dance, fancy dance and grass dance. A total of \$15,000 will be split among prizewinners in drum and dance categories.

Food vendors will offer fry bread tacos and buffalo stew, while bead artists will sell handmade belt buckles, hair clips, bolo ties and more. For more information, visit [arleepowwow.com](http://arleepowwow.com). —*Kaylee Strachan*

FROM TOP, TALLYR IRVINE, CHAR-KOOSTA NEWS; JOAQUÍN TORRES-GARCÍA (URUGUAYAN, 1874–1949), SAN RAFAEL, 1928, OIL ON CANVAS, 14 5/8 X 17 7/8 INCHES, GEORGIA MUSEUM OF ART, UNIVERSITY OF GEORGIA, GIFT OF MARTHA RANDOLPH DAURA



» San Rafael by artist Joaquín Torres-García is on display in Boise Art Museum's featured exhibition.

BOISE, ID

ABSTRACT AFFINITY

» Influential and short-lived.

Critically ignored and internationally celebrated. These fascinatingly discrepant words have been used to describe Cercle et Carré (French for “Circle and Square”), a group of artists who championed geometrically abstracted art.

Founded in 1929 Paris, the group included new and established international artists, such as Uruguay's Joaquín Torres-García (1874–1949), Switzerland's Le Corbusier (1887–1965) and Russia's Wassily Kandinsky (1866–1944).

The exhibition “**Cercle et Carré and the International Spirit of Abstract Art**,” June 16–Oct. 7 at the Boise Art Museum, will feature more than 50 member works. The

abstract compositions include sculptures, oil paintings and ink sketches.

It's an unusual chance to view a collection rarely seen together since 1930, when the group presented its first and only exhibition. The pieces to be displayed at Boise Art Museum were presented in unison just once before in North America, by the Georgia Museum of Art in 2013.

While at the Boise Art Museum, visitors can enjoy a unique companion exhibition featuring 38 artworks by Cercle et Carré member Pierre Daura (1896–1976).

For more information, visit [boiseartmuseum.org](http://boiseartmuseum.org).

—*Michaela Ware*



**Our friendly towns offer easy access to a food and wine scene that's right in Portland's backyard.**

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Forest Grove | Gaston | Helvetia | Hillsboro  
King City | North Plains | Scholls | Sherwood  
Tigard | Tualatin | Wilsonville

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---

Pinot Noir put Oregon on the map, but we'd love to introduce you to the dozens of other world-class varietals produced by Tualatin Valley wineries. Our vineyards are family-friendly and casual, so you can look forward to spending the day at your own pace - and maybe a one-on-one chat with a winemaker. Wind up your day at some of the region's best ethnic eateries, and you've got the makings of a perfect food-and-wine centered getaway.

---

*Tualatin Valley*  
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**TAHOE CITY, CA**  
**ADVENTURE SPORTS WEEK**

» **Lake Tahoe is so clear** that swimmers can see down a breathtaking 200 feet. The surrounding mountains may test a runner's mettle amid panoramic views. During **Adventure Sports Week**, June 15–24, in Tahoe City, California, participants enjoy competitive trail runs, open-water swims, mountain biking and triathlons. Races vary in distance and difficulty; for example, children from ages 2 to 10 can sign up for runs ranging from 100 meters to 2 kilometers.

To prep for dashing along the tree-lined

Burton Creek Trail or splashing through the lake's iconic blue waters, pre-rides and clinics can help newbies and pros alike acclimate. Gear demos offer tests of trail shoes, hydration packs and other sporting apparel for that winning edge.

Athletes and spectators can also lace up for a guided hike or pack picnic blankets for live music at Concerts on Commons Beach. The week's Classic Car Stroll and Wine Walk keep the festivities in motion. For more information, visit [adventuresportsweektahoe.com](http://adventuresportsweektahoe.com).

—Kaylee Strachan

**WALLA WALLA, WA**  
**SAVORING SWEETNESS**

» **For more than a century**, Walla Walla sweet onions have been a star attraction in the grocer's produce section. The official Washington State Vegetable since 2007, Walla Walla sweet onions are unique, as the Walla Walla region's low-sulfur soil enhances the onion's natural flavor and decreases pungency compared to the standard onion.

This year, the June through August harvest is celebrated during the **Walla**

**Walla Sweet Onion Festival** on July 21. Enjoy onion-centric demos and a chef-judged salsa-making contest incorporating the sweet onion. Families can participate in a 5K Funion Run or face painting in the Kid Zone. Live music and awning-sheltered craft and food vendors will also enliven the festival atmosphere.

For more information, visit [sweetonions.org](http://sweetonions.org).

—Megan Campbell



FROM TOP: LEFRAPHOTOGRAPHY.COM; BEN RAYNER; SHUTTERSTOCK.COM



■ Visitors can “time travel” into the 1800s at the **Annual Lewis & Clark Festival**, June 15–17, in Great Falls, MT, for an encampment modeled after the duo's original campsite, and enjoy live music throughout the day ([lewisandclarkfoundation.org](http://lewisandclarkfoundation.org)).

■ Indie-rock star **Father John Misty** (below) joins a lineup of local, national and emerging artists at the **Capitol Hill Block Party 2018**,



July 20–22. Beer gardens, all-ages stages and a food truck parking lot round out the event in Seattle's Capitol Hill neighborhood ([capitol-hillblockparty.com](http://capitol-hillblockparty.com)).

■ During **Oregon Cider Week**, June 21–July 1, sip from your choice of more than 150 selections at the **Cider Summit Portland** (June 29–30), pedal on a cider bike tour or sample ciderlicious menus throughout Oregon ([nwcider.com](http://nwcider.com)).

■ Join Boise's vibrant Basque community for the **San Inazio Festival**, July 27–29 in Boise, ID. Visitors can listen to Basque bands, watch traditional dancing, enjoy Basque competitions such as the racket sport of pelota or try a *pintxo* (appetizer).



## BELLINGHAM, WA

# CLASSICAL IN SESSION

» During the **Bellingham Festival of Music**, attendees can listen to some of North America's top classical performers at the Western Washington University Performing Arts Center.

Taking place from June 30 to July 20, the festival features principals from orchestras such as the Atlanta Symphony Orchestra and the Boston Symphony Orchestra. Led by festival founding Artistic Director Michael Palmer, the event is celebrating its 25th anniversary this year with five symphony programs, including masterpieces, concertos with outstanding soloists, new works and even a composition that once appeared on a horror-flick soundtrack.

On July 11, special guest composer Aaron Jay Kernis—winner of the 1998 Pulitzer Prize for Music—will attend the West Coast premiere of his newest symphony, first introduced on April 18 in Boston. In addition to his own acclaimed compositions, including works for events such as Disney's millennium celebration, Kernis is an instructor at the Yale School of Music. His newest composition, *Symphony No. 4 (Chromelodeon)*, begins quietly and thoughtfully, and moves to a more dramatic place

» Above: **New York-based Calidore String Quartet, the festival's Ensemble in Residence, will give a solo recital on July 1 in the Western Washington University Performing Arts Center.**

before finishing with exciting fanfare.

Concerts offer a range of classical works, from energetic Mozart symphonies to strong solo pieces for performers such as Armenian cellist Narek Hakhnazaryan, winner of a 2011 International Tchaikovsky Competition gold medal.

This year's festival will conclude with a performance by the Whatcom-based Bellingham Festival Chorus, followed by Hector Berlioz's

1830 epic *Symphonie Fantastique*, a piece that found contemporary fame through Stanley Kubrick's 1980 film *The Shining*.

Each night during the festival, attendees can also enjoy a glass of wine before concerts or during intermissions, while strolling the Performing Arts Center's promenade deck—which on a clear night offers views of Bellingham Bay and surrounding islands.

Find out more at [bellingshamfestival.org](http://bellingshamfestival.org).—Megan Campbell



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BY ELLEE THALHEIMER

# Portland Makers

THE ROSE CITY IS FERTILE GROUND FOR INNOVATIVE ENTREPRENEURS

“I’ve got metal in my veins,” says Mike Whitehead, the co-founder of Portland’s innovative Finex Cast Iron Cookware Company.

Whitehead grew up in his father’s metal shop and eventually went on to work for The Boeing Company in Portland. When his wife was looking for an alternative to nonstick pans, Whitehead discovered there was a strong market for quality cast-iron pans. He decided to focus on bringing back the cast-iron cookware of yesteryear.

After studying old cast-iron pans, consulting with metallurgy experts and visiting foundries, Whitehead founded Finex, which prides itself on gleaned wisdom from the past to reinvent modern cast-iron cookware.

The company melts small batches of top-quality iron. It then casts each pan, refines the parts, fits the pieces together and polishes the pan in the Portland factory. Today, the company’s quality cookware has built a sizable following in Seattle, the Bay Area, and even Texas and Japan. The business Whitehead launched in 2012 now has 10 employees.

Finex is just one example of the passionate “makers” culture that thrives in Portland. It’s a community in which gifted artisans are dedicated to creating quality and innovative goods. It’s also a place where shoppers will pay extra for such products and enjoy the privilege of shaking the hands of fellow Portlanders who made these items.

Tory Campbell, manager of entrepreneurship and community economic development at Prosper Portland ([prosperportland.us](http://prosperportland.us)), an economic and urban-development agency for the city, sees the “maker” economy as rooted in Port-



AJ MEEKER

land’s history of manufacturing and design. Brands ranging from Nike and Columbia Sportswear to knife and tool makers Gerber and The Leatherman Tool Group broke ground for this next generation of makers.

The maker economy is being bolstered by Portland’s longtime embrace of locally made products, which permeates much of the culture. Whether it’s Portland’s Saturday Market—a huge weekend arts-and-crafts event under the Burnside Bridge—or neighborhood street fairs and farmers markets, local residents have a reputation for supporting local artisans.

Customers have also grown fond of retail spaces that have adjacent workshops where they can see craftspeople make the products. They have shown a preference for sustainably sourced materials and giving back to the community. The entrepreneur move-

*Clockwise from far left: Employees at Orox Leather’s Portland workshop; Mike Whitehead, co-founder of Finex Cast Iron Cookware; Blendily founder Ivy Chuang with her daughter, Azure; a Finex skillet; a messenger bag by Queen Bee Creations.*



# OREGON CRAFTED

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ment is supported in different ways. For instance, ADX Portland (adxportland.com) is a 24,000-square-foot facility that is often referred to as a “makerspace,” with a learning center and custom fabrication shop. The facility has a wood shop, a metal shop, a jewelry shop and more. People can sign up to rent the space and to take classes in the disciplines they require. Anyone, from entrepreneurs to hobbyists, can bring their ideas to life here, and those sharing the space also share tools and knowledge.

On a smaller scale, there is Portland’s Klum House Workshop, an education and collaboration sewing studio, and a bag-pattern company that hosts various maker parties and seminars. The Klum House is the brainchild of Ellie Lum, an entrepreneur who, in 1998, co-founded the custom messenger bag company R.E. Load Bags. Lum is still involved with the Philadelphia-based company, but decided to move to Portland and launch Klum House, where she teaches others sewing techniques and bag-making.

To see some of the maker products, stop by Made Here PDX, a gift store that specifically showcases “folks who design, roast, stitch, bake, weld, brew and build some of the coolest stuff in the world.”

**The following businesses** are examples of the entrepreneurial spirit and creativity that has helped define the Portland maker movement.



### HONEY MAMA'S FOUNDED 2013; 36 EMPLOYEES

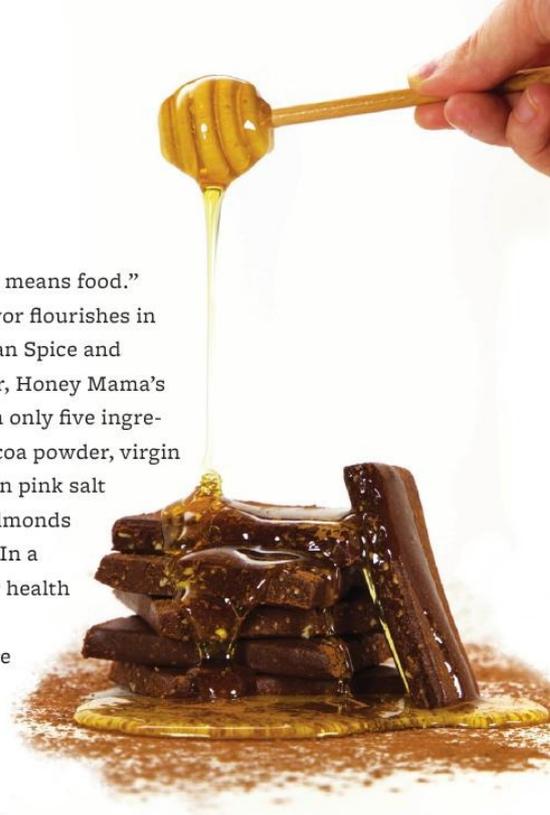
Watch people sink their teeth into a Honey Mama’s Lavender Red Rose Honey-Cocoa Bar and you’ll more than likely see a look of pure bliss. Eyes close in delight as they savor the mix of robust cocoa, virgin coconut oil and subtle hints of lavender oil and rose petals.

“Making these bars came from my desire to interact with the world in a fun, wellness-focused and pleasurable way,” says Honey Mama’s founder Christy

Goldsby. “To me, that means food.”

Aside from the flavor flourishes in bars such as the Mayan Spice and Ginger Cardamom Bar, Honey Mama’s products are based on only five ingredients: raw honey, cocoa powder, virgin coconut oil, Himalayan pink salt and either sprouted almonds or shredded coconut. In a nod to locally popular health trends, the Portland-manufactured bars are gluten-, soy-, grain- and dairy-free.

And the ingredients are local when possible, as well as being organic, non-GMO and direct-trade. The bars are currently sold in 44 states.



*From top: Honey Mama’s Nutrition Bars; Honey Mama’s founder Christy Goldsby showing her natural ingredients; a leather bag from Orox Leather.*

### OROX LEATHER CO. FOUNDED 2006; 10 EMPLOYEES

In 1933 in Oaxaca, Mexico, Don Felipe Martinez Audelo fashioned leather baseball gloves and belts for his own baseball team: Los Audelos.

Four generations later, the family still works with leather. Since 2006 they have run Orox Leather Company, a blended name to include their two homes: Oaxaca and Oregon.

Their workshop—where all their high-end bags, sandals, wallets and accessories are made—adjoins their retail space in Northwest Portland. Customers can browse while watching Jackeline Martinez, the matron of the family, skillfully muscle leather into shape to make a sturdy backpack.

“Portland is an exceptional city for makers,” says General Manager Martin Martinez. “We started out selling our leather sandals at the Saturday Market. Now we have 10 employees.”



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## WILL LEATHER GOODS

FOUNDED 1981; 150 EMPLOYEES

A Hollywood writer's strike in 1981 led actor Will Adler to give up show business and start making the inexpensive and popular rainbow belts that he called "Billy Belts."

Over the years, Adler moved his family and operations to Eugene and began to make leather belts. Soon, a business with three people working in a garage became a lifestyle brand with 150 employees worldwide.

Adler opened his first store in 2012, and today he has seven locations, including one in Portland.

## TANNER GOODS

FOUNDED 2006; 30 EMPLOYEES

Tanner Goods is a Portland-based product maker that works with leather, and a variety of other products, creating everything from wallets and bags to glassware—and all designed to last a lifetime.

Tanner has expanded to other cities, but continues to make most of its goods in Portland, where employees are known for their focus on quality.

## FLIPSIDE HATS

FOUNDED 2002; 10 EMPLOYEES

In medical school, Kori Giudici sewed hats in her spare time and sold them between classes. More than a decade later, she owns a brick-and-mortar shop and a wholesale textile business.



WOLFE PRODUCTIONS

"Demand for the hats kept growing, and I had to eventually choose between practicing medicine and Flipside, and I chose Flipside," Giudici says. "My husband, Joseph [Wollner], has a great business mind, so we are a successful team. The evolution was organic, so to speak."

Giudici uses organic cotton fabrics, as well as discarded textiles from other clothing manufacturers and

## THE CYCLING NICHE

Portland has long enjoyed a reputation as one of the nation's top cycling cities.

It fosters hundreds of cycling-specific small businesses, from bike shops to bike jewelry firms. Portland is also home to some of the best bike builders in the U.S., including Ahearne Cycles, which combines traditional frame building and innovations to create custom frames and bikes.



Another company, Sugar Wheel Works, founded by Jude Gerace, shown above, uses customer input to create handmade custom wheels for bikes.

Portland bike companies respond to a variety of cycling needs. For instance, Portland Pogies makes waterproof and insulated sheaths, or mittens, that fit over the handlebars of a bike and keep your hands warm and dry, offering a cold-weather solution for winter cyclists.

BlaqPaks creates strong backpacks, messenger bags and cargo bike canopies that can withstand the weather. Speaking of weather, Portland-based Showers Pass is known for its top-quality waterproof and breathable rain gear for avid cyclists. —E.T.

RACHEL MEYER

fleece made of recycled plastic bottles to minimize waste. The hats use unique combinations of colors, patterns, textures and fabrics. As customers browse Flipside Hats' southeast Portland store, they might see Giudici and Wollner mulling over a prototype. All of Flipside's limited-edition products are made in the adjacent workshop.

## QUEEN BEE CREATIONS

FOUNDED 1996; EIGHT EMPLOYEES

In Portland's Boise neighborhood, Queen Bee Creations inhabits a bright storefront with floor-to-ceiling windows. Next door is an identical light-filled workshop where most of Queen Bee's waterproof faux-leather bags and wallets, waxed canvas totes and print textiles are made.

Owner Rebecca Pearcy never intended to start a business. However, her hallmark bags with graphic stitched applique details caught on. Think stylized ginkgo and poppy blossoms, or honeycomb details patched onto a slick shoulder bag.

Pearcy makes everything from messenger bags and bike panniers to journal covers and clutches. If you stop into the retail store, you might spy her screen-printing by hand amid a group of people focused on their sewing machines and creating the next line of fanciful bags.

## BLENDILY

FOUNDED 2014; FIVE EMPLOYEES

Ivy Chuang remembers giving her newborn daughter, Azure, a bath while reading the ingredients of the baby soap she was using. The contents were a list of confusing chemical names.

That's the moment that Blendily—an apothecary specializing in small-batch, handmade skin care, bath and body care products—was born. Chuang decided to make her own handcrafted soaps, creams, masks, salves, oils and scrubs. "Humans somehow groomed themselves before all these crazy modern ingredients were invented," Chuang says. "Part of Blendily's



mission is to reclaim herbal wisdom as a way to reconnect with nature."

Chuang harvests many of her products' seasonal organic ingredients in her own garden, and she also uses sustainably harvested exotic botanicals.

Blendily's Love Potion No. 9 massage oil has rose petals floating in a rich oil that includes hibiscus, cardamom and amber oil. The Spring Soirée Mineral Bath Salts contain an indulgent mixture of Oregon wildflower blossoms. ■

*Ellee Thalheimer writes from Portland.*

*For information on doing business in Portland and throughout Oregon, visit [oregon4biz.com](http://oregon4biz.com).*

*Clockwise from far left: Flipside founder Kori Giudici wears one of her hats. Rebecca Pearcy, founder of Queen Bee Creations, screen-prints many of her designs by hand. Blendily's skin-care products are natural and handcrafted.*





MLS #201801734

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# Washington

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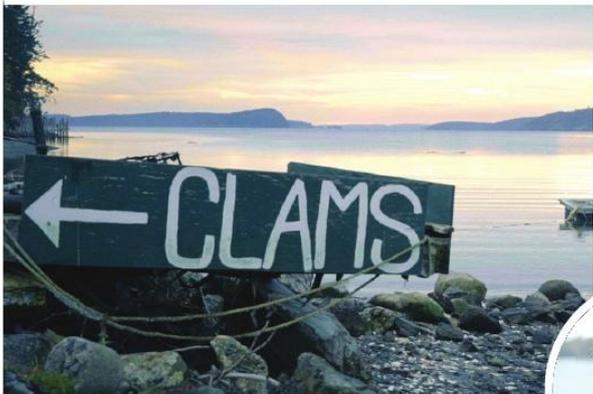
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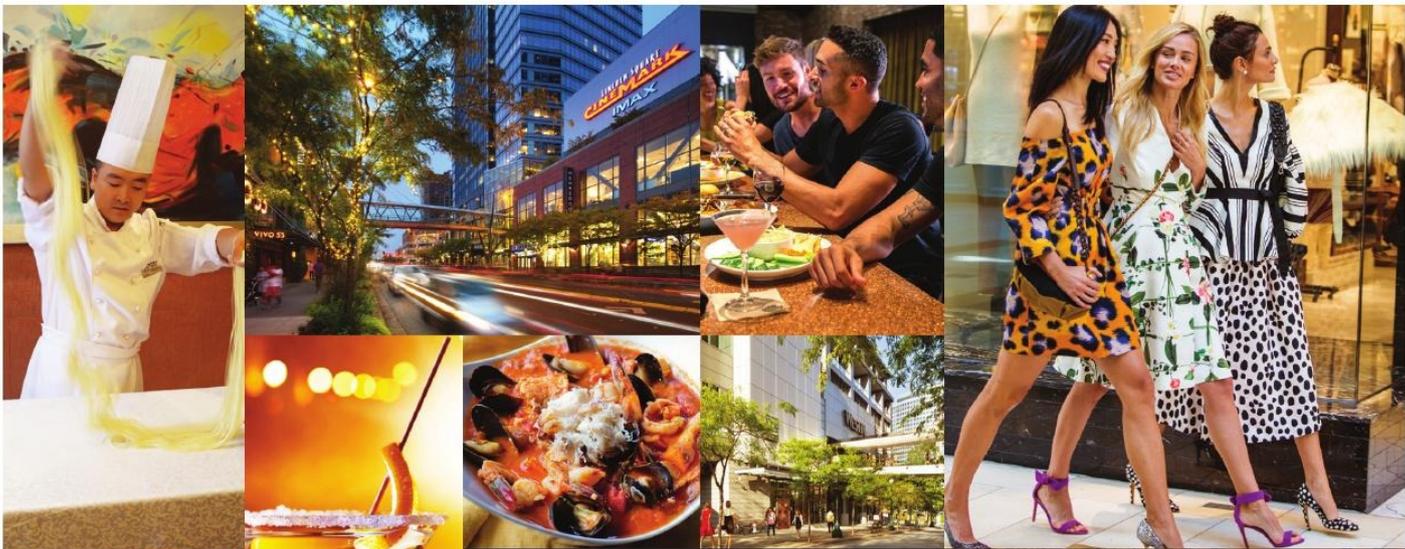
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FROM LEFT: ALABASTRO PHOTOGRAPHY; BEN VANHOUTEN, SEATTLE MARINERS

## Summer-Vacation Destination

Recreation in the Puget Sound region ● By Craig Hill

In an interior corridor below the stands at Safeco Field, past the murals depicting iconic moments in Seattle Mariners history, beyond the door to the visiting-team clubhouse, we follow a bend in the hall to the main attraction of our stadium tour.

Chattering stops in our 15-person group as the right field foul pole comes into view through an open door. With each step, more of the field unfurls before us, until we are enjoying a player's perspective.

We are allowed onto the dirt warning track, and two young boys from Toronto reach down to brush their palms over the perfectly manicured grass in front of them while their mom snaps photos. My 16-year-old son, Alex, makes a beeline to the visitor dugout and starts sending pictures to friends via Snapchat.

Summer and baseball pretty much go hand in hand in the

United States, where the sport is called "the national pastime," and this insider-tour experience will add to the fun of subsequently attending a game. "People really get a kick out of going on the field and sitting in the dugout," says Mariners spokesperson Rebecca Hale. "There are a lot of pictures taken during the tours."

Alex is an avid sports fan, so spending a day in Seattle touring the Mariners' stadium and nearby CenturyLink Field—home to the Seattle Seahawks pro-football team and the Seattle Sounders FC pro-soccer team—is a dream come true. At CenturyLink, he stands on the artificial turf to look up at the Seahawks' Super Bowl championship banner. And at both stadiums, he poses for pictures on the podiums where athletes give postgame press conferences; he visits the luxury and press boxes; he uses behind-the-scenes passageways; and he

learns trivia about the venues that house his favorite teams.

Did you know that CenturyLink Field is actually eight connected structures so that it can better handle earthquakes?

Did you know that at Safeco Field a worker walks along the tracks for the wheels that roll the roof open or closed? The worker is looking for items birds dropped that could jam the equipment.

Did you know that the home clubhouse and dugout at Safeco is on the first base side partly because players expressed that preference before the stadium opened in 1999, perhaps to provide a shorter walk to the players' parking lot? Neither did we when the day started.

"Our tour guides are very familiar with the ballpark and can show people quite a bit that they probably wouldn't see otherwise," Hale says. "It's a pretty special experience."

*Left and right: A stadium tour provides an inside look at Safeco Field, home of the Seattle Mariners.*





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# Washington

At the end of our Safeco Field tour, our guide hands Alex and the other kids each a baseball that was used in batting practice. The logos on the well-used balls are smudged beyond recognition, and the guide delivers them with one last piece of trivia.

Did you know the impact of a major leaguer's bat hitting a baseball produces enough energy to melt the ink? Now we do.

Safeco Field tours (\$10-\$12) are offered most days, April 1–October 31, and Tuesdays–Sundays the rest of the year. CenturyLink Field tours (\$8-\$14) are available most days, June 1–August 30, and Fridays through Sundays the rest of the year.

Wandering the playgrounds of the pros is one of the myriad activities that make the Puget Sound area an exceptional place for a summer vacation. It's a place where nature beckons near urban areas, and where there's always something to do. Here are a few more ideas:

## Dockton Forest Mountain-Bike Trails

I'm not a very good mountain biker, but that's OK on the Dockton Forest mountain-bike trails. There are options for different skill levels, and while there are features such as bridges, and jumps for more-advanced riders, there are also a number of es-

cape routes on the trails in case you feel like you're getting in over your head.

Dockton Forest and Natural Area is a 170-acre King County park whose trails are maintained with help from Vashon Forest Stewards and the Vashon Mountain Bike Association. The park is located on Maury Island, about 25 miles southwest of downtown Seattle. Maury is linked by an isthmus to Vashon Island, a popular destination, reachable by ferry or water taxi, for road cyclists seeking a hilly challenge.

Exploring the nine trails in Dockton Forest, I'm delighted to learn that all 2.5 miles of loops, connected for continuous riding,

*The Dockton Forest mountain-bike trails offer great riding for varying skill levels.*



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*Chambers Bay, which hosted the 2015 U.S. Open, is renowned for its challenging links-course layout, its “Lone Fir” hole and its marvelous views of Puget Sound.*

are doable with my humble skillset. A trail called Mr. Hyde catches my eye. The route swoops up and down the sides of a lush gully, beckoning me to give it a try. The combination of steep downhills linked to steep uphill means I barely have to tap my brakes as I sweep through the woods, feeling like an action-sports star.

To make the most of a visit to the islands, you might enjoy a day trip that includes stops such as The Vashon Island Coffee Roastery, where you can pick up sandwiches for a picnic at waterfront Dockton Park or at another local park. If time allows, you might even want to add the trails at Island Center Forest, about 7.5 miles north of Dockton. Island Center Forest’s 440 acres, also managed by King County, include 10 miles of shared-use (bikers, hikers and equestrians) trails that offer a relatively flat and easy ride.

Options for getting to Vashon Island include Washington State Ferries (vehicles, bikes, walk-ons)

and the King County Water Taxi (walk-ons and bikes). Be sure to check schedules and logistics in advance. For instance, there is no weekend water taxi service and no weekend King County bus service to the Dockton area. However, if you have your own bike with you and are undaunted by island hills, you can pedal about 12 miles on Vashon/Maury roads from the ferry terminal to Dockton Forest.

If you need a bike rental, Spider’s Ski & Sports on Vashon Island is working to have a mountain-bike rental fleet available by early this summer, and Vashon Bikes already has mountain bikes available. Again, be sure to check logistics for getting from the bike shops to Dockton Forest.

### Chambers Bay

Standing on the tee box at the par-3 No. 15—Chambers Bay’s signature hole—I pull my camera out of my bag before I even think of reaching for my 9-iron.

The players in my foursome

### ALSO IN THE PUGET SOUND REGION

- **Gig Harbor** ([gigharborguide.com](http://gigharborguide.com)): The delightful maritime area includes restaurants, wine bars, an ale trail, boat rentals and even the Gig Harbor Gondola.
- **Museums:** World-class art exhibits are on display at the Museum of Glass ([museumofglass.org](http://museumofglass.org)), Seattle Art Museum ([seattleartmuseum.org](http://seattleartmuseum.org)) and Tacoma Art Museum ([tacomaartmuseum.org](http://tacomaartmuseum.org)). Other excellent museums include LeMay—America’s Car Museum ([americascarmuseum.org](http://americascarmuseum.org)); The Museum of Flight ([museumofflight.org](http://museumofflight.org)); Museum of History & Industry ([mohai.org](http://mohai.org)); Nordic Museum ([nordicmuseum.org](http://nordicmuseum.org)); and Washington State History Museum ([washingtonhistory.org](http://washingtonhistory.org)).
- **Parklands** ([nps.gov](http://nps.gov), [www.fs.usda.gov](http://www.fs.usda.gov) and [parks.state.wa.us](http://parks.state.wa.us)): Mount Rainier National Park, Mount St. Helens National Volcanic Monument, North Cascades National Park and Olympic National Park are all within day-trip distance of Seattle. Also: Wonderful national forests such as the Mt. Baker–Snoqualmie National Forest, and marvelous state parks such as Saltwater State Park.
- **Pike Place Market** ([pikeplacemarket.org](http://pikeplacemarket.org)): Enjoy produce and flower stalls, arts-and-crafts vendors, restaurants and water views.

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SPACE NEEDLE

# Washington



● **Seattle Center** ([seattlecenter.com](http://seattlecenter.com)): Experience the Space Needle. Clap for star performers at KeyArena. Play in the International Fountain. Explore attractions such as Chihuly Garden and Glass, the Museum of Pop Culture (MoPOP), Pacific Science Center and Seattle Children's Museum. See outstanding Pacific Northwest Ballet and Seattle Opera performances, and watch world-class theater productions by companies such as Seattle Children's Theatre, Seattle Repertory Theatre and Seattle Shakespeare Company. Alaska Airlines is a sponsor of Seattle Center.

● **Seattle Waterfront** ([visitscattle.org/neighborhoods/waterfront](http://visitscattle.org/neighborhoods/waterfront)): The many attractions include The Seattle Great Wheel, Wings Over Washington, the Seattle Aquarium, the *Victoria Clipper* terminal for day trips to Victoria, B.C., the Olympic Sculpture Park, and restaurants.

● **Watersports:** A few of the many options include paddling Lake Union ([nwoc.com](http://nwoc.com)), Lake Washington ([washington.edu/ima/waterfront](http://washington.edu/ima/waterfront)), Lake Sammamish ([issaquahpaddlesports.com](http://issaquahpaddlesports.com) and [kayakacademy.com](http://kayakacademy.com)), or Puget Sound ([olympicoutdoorcenter.com](http://olympicoutdoorcenter.com)), and fishing Puget Sound and area rivers ([allriversguide-service.com](http://allriversguide-service.com) and [emeraldwateranglers.com](http://emeraldwateranglers.com)).

mug for photos as they take practice swings. Then a friend sets up his phone and shoots video of me launching a high arcing shot into a giant bunker.

The hole—dubbed “Lone Fir” because it has the only tree on the course—serves as a quick picture break for many golfers, says Chambers Bay General Manager Matt Allen. After a few hours on the supremely challenging course, golfers are often in awe when they arrive at No. 15 and gaze down at the green, the tall tree and picturesque Puget Sound. And they tend to have the same thought as we do: “Where’s my camera?”

“It is a beautiful course, so there are a few places like that where people just want to stop and take pictures,” Allen says.

Ever since the links course opened in 2007, it’s been one of the crown jewels of Washington golf, and it has become even more popular since hosting the 2015 U.S. Open. For that major tournament, the course was set up to be “the ultimate test of golf,” and only eight of the 156 players finished below par.

Today, people come from all over the world to play the hilly terrain. The course isn’t set up with the ultrafast greens that frustrated so many pros during the U.S. Open, and you can shorten the 7,585 yards by nearly 2,500, depending on the tee boxes you choose, but it’s still a challenge. “The course definitely has a way of extracting plenty of strokes without traditional hazards,” Allen says. “As a links course, there are no trees [except



AURORA PHOTOS / ALAMY STOCK PHOTO

Lone Fir] or water hazards. Just undulating fairways, fast greens and wind off Puget Sound.”

The course definitely makes me pay. After 18 holes, I’ve shot well above par. But it’s the challenge that makes the course so appealing.

It’s one of just six public courses that have hosted a U.S. Open, yet despite Chambers Bay’s popularity, visitors can almost always get a tee time, Allen says. The more flexible your schedule, the better your odds. Or book in advance on the course’s website, [chambersbaygolf.com](http://chambersbaygolf.com). Greens fees range from \$119 to \$275 for those who don’t live in Pierce County. Residents can play at a discounted rate.

With the course testing play-

*Watching paragliders adds to the enjoyment of a hike to Poo Poo Point.*

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Photo by Dean Paulson Photography

ers' games, golfers often ask Allen how to make sure they're getting the most out of their experience. "That's easy," he says. "Hire a caddie [about \$100 and available onsite]. Taking a caddie can make a huge difference. They know this course better than anybody."

On the other hand, you don't have to be a golfer to enjoy Chambers Bay. A paved trail, open to all, meanders around and through the course, and within feet of Lone Fir. Or, Allen says, dine on fish tacos and clam chowder at the Chambers Bay Grill overlooking the course and watch others chase their balls.

## Poo Poo Point

Less than a mile up Chirico Trail, my wife and I approach two men carrying large packs. "Wow," I say. "Are you guys doing what I think you're doing?"

They're breathing hard as they move aside to let us pass, but they smile and nod. They are, indeed, taking the hard way up and the easy—albeit considerably more thrilling—way down. The scenic overlook at Poo Poo Point is also a launching area for paragliders.

That's one of the things that make hiking in the Tiger Mountain State Forest and West Tiger Mountain conservation area, east of Seattle, so popular. Not only are there multiple trails to the point, and a sweeping view of Lake Sammamish and of the nearby forested slopes of Cougar and Squak mountains, but on nice days, you're bound to see people taking a flying leap.

Before you go, there are two good things to know. First, there's the story behind the name that makes so many hikers giggle. Poo Poo Point is named for the sound that steam whistles used to make in the area in the days when lumberjacks logged the forest. Second, there is the matter of parking. There simply aren't enough spaces to accommodate all the hikers who want to visit Poo Poo

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## Washington

Point, says Sam Jarrett, outdoor recreation manager for the Washington Department of Natural Resources. "Strive to arrive early, or use transit," he says.

One option is Trailhead Direct, a King County/City of Seattle service that shuttles hikers from Seattle's Mount Baker Transit Center, Bellevue's Eastgate Freeway Station and Issaquah's Transit Center to several popular hiking trails in areas such as Tiger Mountain, for just \$1 to \$2.75 a ride. Find all the details at [kingcounty.gov/trailheaddirect](http://kingcounty.gov/trailheaddirect).

Hop off at the stops for the Chirico or High School trailheads to hike to Poo Poo Point. Each option offers a different experience.

The High School Trail, named because of its proximity to Issaquah High, is a 7.5-mile roundtrip walk through the forest that climbs about 1,900 feet. Chirico Trail, named for Marc Chirico, co-owner of Seattle Paragliding, is steeper, climbing 1,760 feet in 1.9 miles (3.8 miles roundtrip).

Chirico may be shorter and steeper, but it offers some bonus scenery near the top. A brief section of the route passes out of the trees and provides a view to the south of majestic Mount Rainier.

The trail is part of an area aptly called the Issaquah Alps. Like so many experiences in the recreation wonderland of the Puget Sound region, hiking to views of Rainier and paragliders will take your summer vacation to new heights. **w**

*Craig Hill is a Puget Sound-area freelance writer. For more information on Puget Sound-area recreation, see websites such as [visitseattle.org](http://visitseattle.org), [seattle-southside.com](http://seattle-southside.com), [visitbellevuewashington.com](http://visitbellevuewashington.com), [explorekirkland.com](http://explorekirkland.com), [traveltacoma.com](http://traveltacoma.com) and [experiencewa.com](http://experiencewa.com).*

Alaska Airlines ([alaskaair.com](http://alaskaair.com)) flies daily to Seattle.



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# Weekend at The Bellevue Collection

Experiences range from cardio to culinary, from film to fashion ● By Rachel Gallaher

Jason and I are rocking out as we pedal to *Despacito*, last year's Billboard Hot 100 chart topper featuring Justin Bieber. The SoulCycle studio at The Bellevue Collection is dark and candlelit, but from my stationary bike I can still make out bold words of encouragement on the walls: "Athlete." "Legend." "Warrior."

From her own bike at the front of the room, our instructor, an extremely cheerful woman named Victoria, spends the next 45 minutes calling out affirmations as we pedal energetically to the beat of the music, lift hand-weights while cycling, and hover inches off our seats in order to doubly work our legs and core.

"Say YES to today!" Victoria bounces back and forth with the

music. "Let's do this, Bellevue! Give everything to this moment!"

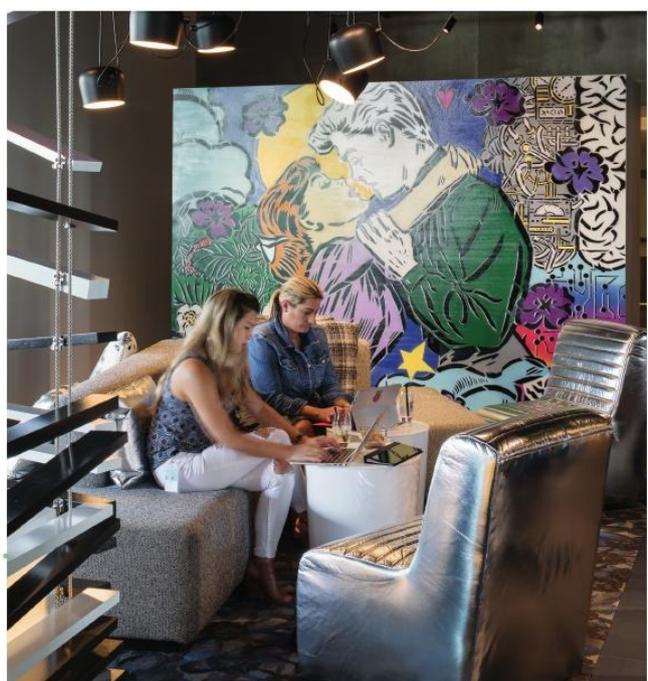
As we round the clock toward 9 A.M., I think there's no way I'm going to last the final quarter hour of this Saturday-morning class. Right when I'm ready to sit down on the seat and half-heartedly pedal through the end of the session, Victoria calls, "Yes, Rachel, you've got this!" As though she can sense my imminent defeat.

I grip the bars of my bike, push myself up a little taller and pedal hard on a sudden rush of energy that carries me to the end of class and feels like it will see me through the rest of my day.

SoulCycle, which opened last year, is one of the many new attractions at The Bellevue

Collection, a shopping/dining/entertainment destination in the vibrant city of Bellevue, just 10 miles east of downtown Seattle. Jason and I are enjoying a weekend getaway at The Bellevue Collection, with experiences ranging from a gourmet dinner and artisanal cocktails to a spa treatment and exceptional shopping.

Comprising Bellevue Square, Lincoln Square and Bellevue Place, The Bellevue Collection has continually improved and expanded since its founding by the local Kemper Freeman family in 1946. Today, locals and visitors have their choice of more than 200 shops; 50 destination dining and nightlife spots; three hotels, including the trendy new W Bellevue in Lincoln Square South;



# Washington



and entertainment options such as a new cinema with seatside food service.

## Evening at the W

Jason and I began our getaway the previous night, entering W Bellevue at ground level, where the walls by the stairs to the main-floor check-in area are enlivened by a street art-style mural created by internationally known artist Gaia. Depictions of strawberries, logs and a smartphone are visual references to the Puget Sound region's natural appeal and tech-innovation culture.

On the main level, the check-in desks sit between The Library, whose shelves are stocked with vintage paperbacks, and the Living Room, which displays framed, funky paint-by-numbers art of subjects such as deer, flowers and a model boat. Off the Living Room, a covered alfresco space called The Porch offers swing chairs and a gas fireplace. These spaces reflect the hotel's appealing design around the theme of a traditional lakehouse.

Upstairs in our Marvelous Suite (in approximately the

Cozy Room and the Extreme WOW Suite), we were delighted to discover a deep soaking tub, and a separate sitting room with views of downtown Bellevue. The room is also just plain fun, with bright-orange, chartreuse and purple furniture, and decor that seems like something out of a Pop Art painting.

We were still enthusing about this lively ambiance as we headed back down to the Living Room to enjoy a pre-dinner cocktail. The inviting gathering area, with its own bar, appeared to be a strong draw for the millennial set, from

*Above: The Porch is an appealing alfresco space at W Bellevue.*

*Facing page from left: SoulCycle provides an invigorating workout. The Living Room at W Bellevue includes areas for work or relaxation.*

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# Washington



FIRE & VINE HOSPITALITY

*Above: Live plants enhance the sophisticated decor at The Lakehouse restaurant, which focuses on fresh ingredients for farmhouse-inspired meals.*

*Below: Shopping is a fun part of a weekend getaway at The Bellevue Collection, which offers more than 200 shops.*



the many people in suits who were sipping after-work drinks to a group shooting pool.

Jason ordered the Inception cocktail, a smoky, leathery blend of mescal and citrus, while my Bare Naked was like a Moscow Mule made with gin. We happily sipped, and munched savory housemade waffle chips, until it was time for our 8 P.M. dinner reservation at The Lakehouse restaurant in the hotel.

The Lakehouse, owned by James Beard Award-winning local chef Jason Wilson, has eye-catching design elements such as black industrial trestle beams and a wall with niches for green plants.

I'm a pescatarian, while Jason likes just about anything that's well-prepared, and The Lakehouse menu was a dream for both of us. Locally sourced, farm-to-table ingredients are the stars. We chose two vegetarian appetizers: a roasted-local-beets salad with tender local baby lettuces and pickled Muscat grapes, and a plate of Moroccan-spiced roasted heirloom carrots in a thick, creamy yogurt sauce. The natural sweetness of the tender-crisp carrots balanced the spices and char.

For entrees, Jason savored a grilled prime Manhattan steak sourced through a Washington beef co-op, and topped with

## MORE FOR A WEEK-END IN BELLEVUE

- **Bellevue Arts Museum** ([bellevuearts.org](http://bellevuearts.org)): Exhibitions often focus on craft and design. An exhibit on view through August 19 spotlights work from José Guadalupe Posada, one of Mexico's most influential printmakers and illustrators. The museum is located near Bellevue Square.

- **Bellevue Botanical Garden** ([bellevuebotanical.org](http://bellevuebotanical.org)): Stroll 53 acres of cultivated gardens, restored woodlands, and natural wetlands at the Bellevue Botanical Garden, located just a couple miles east of downtown.

- **Bellevue Zip Tour** ([bellevueziptour.com](http://bellevueziptour.com)): Ride multiple ziplines through leafy treetops at Eastgate Park, about 6 miles south-east of downtown Bellevue. The ziplines range in length from 78 feet to 458 feet, and the experience includes a walk across two wooden suspension bridges.

- **Woodinville Wine Country** ([woodinvillewinecountry.com](http://woodinvillewinecountry.com)): Enjoy winery/distillery/cidery visits and the Chateau Ste. Michelle Summer Concert Series, in Woodinville Wine Country, about 10 miles northeast of Bellevue. You can arrange a ride-share vehicle, or hire private transportation offered by companies such as Butler Seattle and Starline Town Car to pick you up in Bellevue for touring.  
—R.G.

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# Washington



*Above: At the Lincoln South Food Hall, the many choices range from poke (top) to duck ramen.*

*Below: The Cinemark Reserve Lincoln Square, for moviegoers 21 and older, provides seatside food-and-beverage service.*

mushroom conserva and sun-chokes. I enjoyed a pan-seared king salmon from the Quinault River, which is located on the western coast of Washington state. The salmon was cooked to perfection—moist and slightly firm, with pieces easily flaking off the fillet with each forkful, and a delicious crispy skin adding a bit of contrast.

We finished our meal with a selection of sorbets (coconut lime the favorite) before going downstairs for a nightcap at Civility & Unrest. The modern speakeasy—also owned and managed by Jason Wilson—is entered via a hidden door in the Gaia mural at the ground-level hotel entrance, and consists of two sections. Civility feels like a more typical after-work bar, with wood paneling, plenty of bar seating, and flat-screen TVs, while Unrest takes it up a notch with glamorous Art Deco-

inspired decor, low lighting and lounge seating.

Both sides offer craft cocktails and small bites, and the waitstaff will ask the bartenders to whip up personalized cocktails based on guests' favored-flavor profiles. Jason received a smoky and herbaceous gin-based sipper, and I was presented with a refreshing citrusy vodka concoction. Drinks in hand, we sank back into the aquamarine banquette seating, amid the Friday-night revelers, and toasted the successful start to our weekend.

## Be Well at The Collection

After our Saturday morning SoulCycle class—where we have pedaled our way through an intense 650-calorie burn, according to Jason's fitness tracker—we visit Pressed Juicery. Originally well-known for cleanse kits, the company also offers individual

bottles of cold-pressed juice featuring a range of ingredients, from greens to fruits. I order the Greens 3 juice, which has a refreshing cucumber flavor that finishes with a nice kick of ginger.

All juiced up, I next visit Truce Spa, where I'm scheduled for a Bamboo Fusion massage. Located at The Westin Bellevue in Lincoln Square North, the 4,000-square-foot spa is a haven of serenity. My massage practitioner, Allison, starts by working the muscles in my shoulders and back—I've asked for medium pressure—and pushing her thumbs against tight knots to coax them out. About 15 minutes into the massage, she brings out different lengths of smooth, heated bamboo, and uses them like rolling pins on my back and limbs. The heat is designed to deepen the massage experience and help my muscles relax. Afterward, I feel loose and fluid.

Other health and beauty options at The Bellevue Collection include two additional spas, as well as the Seven salon, a chic hairstyling studio. My stylist gives my recently chopped hair a glam blowout that leaves it shiny and bouncy. Another beauty highlight is Organic Nail Bar, which uses natural and organic products in a plethora of colors.

## Lincoln South Food Hall

After my pampering time, Jason and I have lunch at the Lincoln South Food Hall. This recent addition to Lincoln Square features six fast-casual concepts and Dote Coffee Bar, and is a sophisti-



# Washington



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cated upgrade to the standard food courts of yesteryear. The options range from Crosta E Vino, a craft pizzeria with 30 wines on tap, to burgers, bao, baguette sandwiches, and create-your-own poke bowls.

It's a cool day, so Jason and I opt for food to warm us up. Jason goes for a bowl of duck ramen at Fat & Feathers, featuring pork-and-poultry broth with thick slices of five-spice roasted duck. He pronounces it "very tasty," with the tender marinated meat complementing the seasoned broth.

For me, it's the mushroom mole taco at Barrio Luchador.

The mole is pleasantly smoky, and the mushrooms are firm yet tender. I also order the *elote*: corn on the cob coated with a mix of mayonnaise, cotija cheese and spices. The *elote* is deliciously tangy, with just the right amount of zip from the spices, moderated by the creamy mayo and cheese. In addition, a condiment bar has pickled vegetables, chopped onions, cilantro, and housemade salsas and sauces of varying colors and degrees of heat that diners can add as desired.

For dessert, we stop at Dote, getting to-go coffee and a selection of handcrafted chocolates—

salted caramel, honey dark chocolate and chocolate peanut butter—by master chocolatier Ewald Notter. Relaxing with our desserts while enjoying the downtown view from our hotel room, we agree that chocolate and coffee will always be a perfect pair.

## Cinemark Reserve

For evening entertainment, we walk to Lincoln Square South's Cinemark Reserve to see *Ready Player One*, the Steven Spielberg-directed science-fiction adventure story about a future world where humans use virtual reality as an escape from real life.



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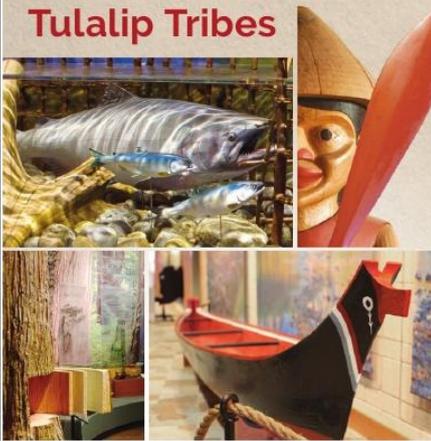
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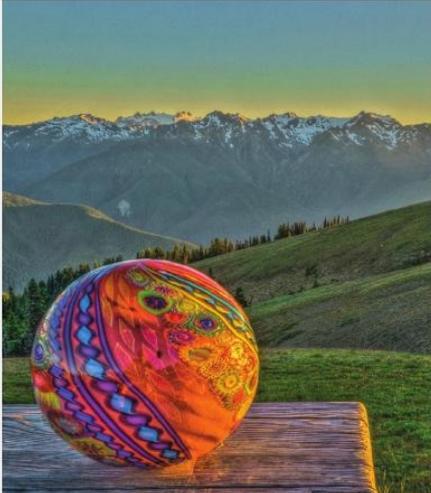
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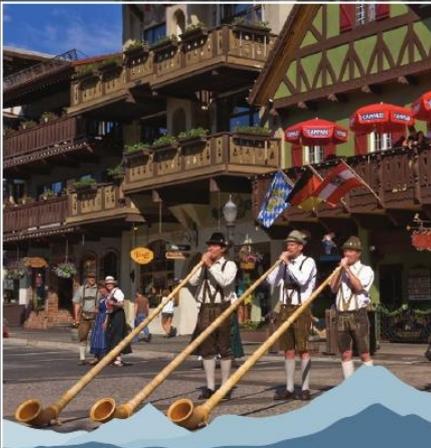
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Instead of the standard dinner *before* a movie, we're experiencing a theater that allows us to order dinner and drinks *during* the movie. It's a 21-plus establishment that has six auditoriums with wall-to-wall screens, advanced sound systems and electric-powered reclining Luxury Loungers with extendable footrests. Plus, moviegoers can reserve their seats in advance when they buy their tickets online or at the box office.

Once Jason and I settle into our spots, I call a waiter by reaching down to push a button on the front of the seat's armrest. He brings us menus that have a

gourmet selection of appetizers and entrees. When was the last time you had rosemary fries or blistered shishito peppers at the movie theater? Our food, fresh and flavorful, comes out just as the opening credits are finishing. Jason has ordered a beer and a traditional burger—juicy and satisfying. I've ordered a glass of white wine and the black-bean burger. The patty is made with corn and chipotle peppers, with a slightly crispy bite complemented by a balance of smoky roasted salsa and chipotle mayonnaise. And, hey, the movie is great, to boot.

Additional entertainment

options at The Bellevue Collection include the family-friendly Cinemark Lincoln Square movie theater, the Parlor Live Comedy Club/Parlor Billiards (which also has pingpong tables and a live-concert series), and Lucky Strike Lanes and Power Play.

### Shopping

We start the last morning of our weekend visit with breakfast at Eques, in Hyatt Regency Bellevue, at Bellevue Place. We enjoy two different versions of eggs Benedict: crabcakes for me and cedar-planked salmon for Jason. We also enjoy the unique do-it-yourself Bloody Mary bar (they

bring you a glass of premeasured vodka), which features Smitty's Mary Mix from Seattle Pickle Co., as well as accoutrements such as pickled vegetables, bacon, cheese cubes, hot sauce, lemons and more.

Then it's off to explore some of The Bellevue Collection's fabulous shopping options. I grew up in the Seattle area, and when I was in high school, Bellevue Square was the ultimate shopping destination. Fifteen years later, there's even more high-quality retail at The Bellevue Collection.

Bellevue Square, anchored by Nordstrom and Macy's, boasts prestigious international, national

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## Washington

and local companies. On the upper level of Bellevue Square, I wander into Zara, whose parent company is based in Spain. The brightly lit boutique thumps with electronic music and is lined with racks of trendy, European-inspired clothing. Its youthful vibe has attracted fellow customers of all ages, who are browsing a range of clothing styles from white button-downs to ultra-trendy crop tops and ruffled floral pants.

Amazon puts its own spin on its bookstore shelves at Bellevue Square, with small plaques under each book that show ratings and customer reviews pulled from Amazon's website. Outdoor brand Eddie Bauer, headquartered at Lincoln Square, with a shop in Bellevue Square, provides its signature Ice Box, a small room that allows customers to test cold-weather apparel in below-freezing conditions.

We also peruse Bellevue Square's own mini high-end-fashion street—a corridor lined with shops such as Ted Baker London, Max Mara, Burberry, and Tiffany & Co., among others.

It's less than a 10-minute stroll back to W Bellevue, where we need to pack up and regretfully leave our luxurious accommodations. Our wonderful weekend at The Bellevue Collection has not only included a broad range of great experiences, but we've been able to walk to every activity and meal on our itinerary.

After enjoying so many cosmopolitan offerings at The Bellevue Collection, we've realized that this is a must-do destination, whether for a romantic dinner date, a weekend getaway or a longer vacation. **w**

*Rachel Gallaher, based in the Seattle area, regularly writes about food, fashion and fun.*

*Alaska Airlines (alaskaair.com) flies daily to Seattle, gateway to Bellevue.*

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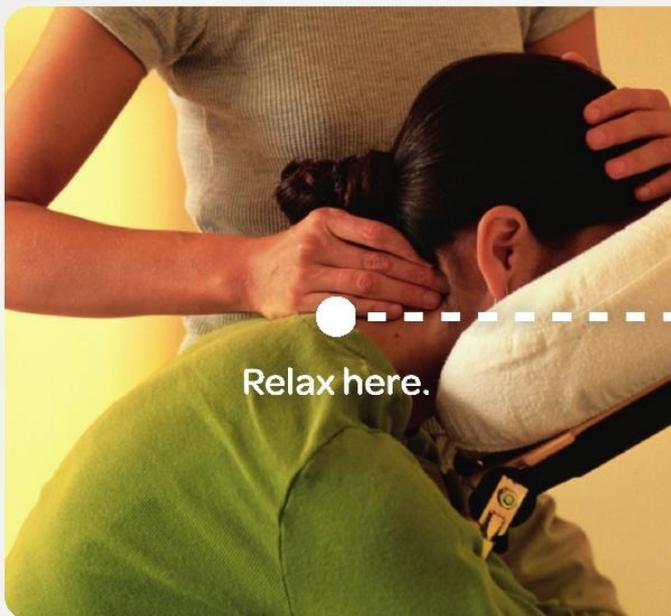


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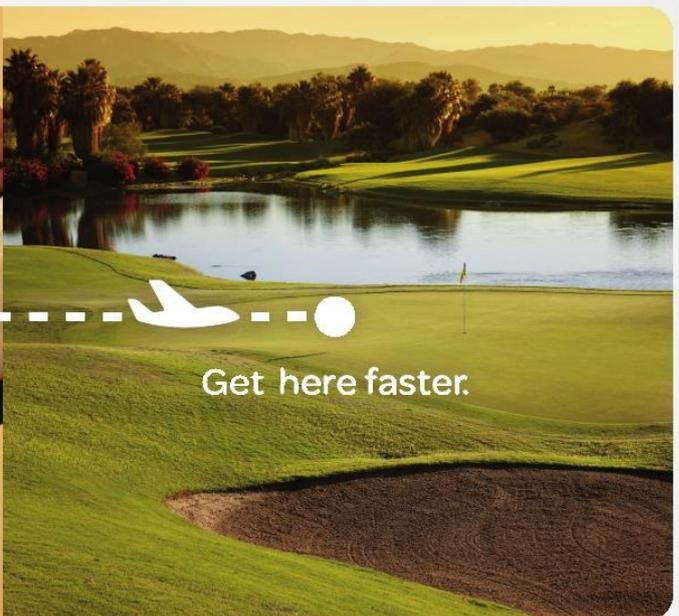
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# Washington



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## Touring Bellingham

From the mountains to the sea in Whatcom County ● By Hilary Parker

I wake up to a brilliant azure sky, with a fresh scent in the air. Mornings like this are why I adore summer in the city of Bellingham in Whatcom County.

The days are warm, but rarely hot, and the late-evening sunsets that come at this northern latitude seem to go on forever.

In addition to the pleasant weather, Bellingham and Whatcom County boast a vibrant urban scene, great shopping, natural beauty, and varied arts and science attractions. With all this in mind, it's clear why families are discovering this region as a great vacation spot.

The following are some of my favorite activities during the delightful days of summer.

### Outdoor Adventures

To the east of Bellingham is the snowy summit of Mount Baker, which looks almost close enough to touch. The mountain is one of the peaks that dominate the North Cascades mountain range.

I like to take my family for hikes in this stretch of mountains whenever possible. A favorite location is Heather Meadows, less than 60 miles east of Bellingham. The easily accessible destination is near the end of the

Mt. Baker Scenic Byway and makes a great base camp for day hikes and picnicking. The classic stone lodge there was built in 1940 by the Civilian Conservation Corps, and now serves as the Forest Service visitor center.

A short walk from the lodge brought me and my 6-year-old son past rocky outcroppings to a lookout point for the deep-blue Bagley Lakes below us.

Another family favorite is Artist Point, located a short distance from Heather Meadows, at the terminus of State Route 542. At an altitude of more than 4,200 feet, this area has great

*Hikers at popular Artist Point, above, enjoy spectacular views of Mount Shuksan and other peaks in the North Cascades range.*

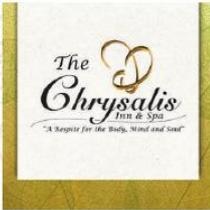


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# Washington

views of Mount Shuksan and can be snowy during warm months. Families flock here for the novelty of sledding in the summer. There are also various hiking trails in the area.

Living in Bellingham means we're never far from the water. Combine one of our amazing sunsets with a cruise on Bellingham Bay, complete with a sea breeze and a glass of wine, and it's near perfection in my book.

From the Bellingham Cruise Terminal, in the city's historic Fairhaven neighborhood, you can catch a ferry to Alaska, or board a San Juan Cruises vessel for whale-watching tours or trips around Bellingham Bay.

The Whatcom Museum is collaborating with San Juan Cruises to offer its History Sunset Cruises, Tuesday evenings, July 10–September 11. With a historian as a guide, the cruises will tour historical areas in and around the bay. Sailboat, kayak and paddleboard rentals are also available at the Community Boating Center.

Other activities in Whatcom County include cycling. You can cover a lot of ground through the

agricultural lands around Birch Bay, Ferndale and Lynden. A place to start your ride is at Paddle and Pedal Adventures in Birch Bay, where you can rent bikes and get information on where to cycle.

## Fairhaven Sites

When visiting Fairhaven, my family and I always stop at Rocket Donuts. The kitschy shop has a whimsical 1950s sci-fi theme that includes showing old sci-fi movies on the shop TV.

The sister location in downtown Bellingham has an imitation rocket on the building.

After our doughnuts, we swing by Village Books. This iconic location has been a staple for book lovers of all ages for nearly 40 years. Behind Village Books is the Fairhaven Village Green, a gathering place that hosts a farmers market on Wednesdays and outdoor movies on Saturday evenings during summer. It's also the central gathering spot for festivals of all kinds, including the Fairhaven Steampunk Festival, July 28 this



STEVE MCKINLEY PHOTOGRAPHY

*A woman rides in the town of Lynden, Whatcom County, above, with Mount Baker in the distance. The nearby communities of Birch Bay and Ferndale are also favored areas for cycling.*

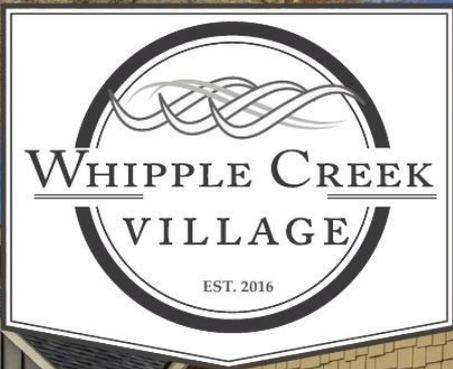
*A local historian, below, discusses important sites around Bellingham Bay during a History Sunset Cruise.*



SAN JUAN CRUISES

## ALSO IN WHATCOM COUNTY

- **Greenhouse** (greenhousehome.com): This boutique kitchen and home decor shop has been a downtown Bellingham fixture for more than 40 years and is known for its unique items.
- **Vartanyan Estate Winery** (vewinery.com): Enjoy charming surroundings as you sip wines at the tasting room not far from downtown that is open Friday through Sunday.
- **Miniature World Family Fun Center** (miniatureworld.org): The Birch Bay facility features miniature golf, go-karts and a small train you can ride.
- **Mindport** (mindport.org): The Bellingham gallery offers fine art and interactive exhibits that will fascinate. —H.P.



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# Washington



*Taylor Dock, above, includes a long walkway that offers a unique view of Bellingham's waterfront.*

*Woods Coffee's Boulevard Park location, below, is at the north end of the Taylor Dock walkway and has breathtaking views of the Salish Sea.*

*Bellingham's Old City Hall, above right, with its distinct clock tower, is part of the Whatcom Museum campus and features exhibits on local history.*



year. The South Bay Trail just north of the Village Green skirts along the waterfront to the Chrysalis Inn & Spa and down to Taylor Dock, a favorite place for families to walk or bike. The Chrysalis' deck is also a great place to view the sunset.

At Taylor Dock, I take its walkway for a pleasant stroll to Boulevard Park and Woods Coffee. Woods' Boulevard Park location offers great views of the Salish Sea.

## Arts & Sciences

When it comes to museums, my kids love to visit the Spark Muse-

um of Electrical Invention in the heart of Bellingham.

The Spark melds history and scientific discovery with its fascinating collections of machines, including some of the earliest batteries, radios and photographs. Spark is also home to the MegaZapper; one of the largest working Tesla coils in the United States, which produces large amounts of electricity that flows like lightning.

The museum is part of Bellingham's downtown Arts District, which has grown into a vibrant hub for museums and galleries. The Whatcom Museum campus comprises three buildings, including the dynamic Lightcatcher. Opened in 2009, this art museum features a variety of traveling exhibitions, as well as the Family Interactive Gallery, a place for kids to create art.

Another Whatcom Museum building is the Old City Hall, built in 1892. Its red and white clock tower makes it one of the city's most recognizable landmarks. It

features exhibits from the Whatcom Museum's collections and focuses on the history of the area, through photographs and artifacts. The third building is the Syre Education Center, which houses the Whatcom Museum's photo archives.

Any mention of the arts scene in Bellingham must include Western Washington University. Perched on Sehome Hill, just southeast of downtown, the university lays claim to a world-renowned outdoor sculpture collection. It also features exhibits from well-known artists at the school's Western Gallery.

Bellingham and Whatcom County are vacation settings that offer families plenty of outdoor adventures and urban fun. **W**

*Hilary Parker writes from Bellingham. For more information on Whatcom County-area recreation, go to [bellingham.org](http://bellingham.org).*

*Alaska Airlines ([alaskaair.com](http://alaskaair.com)) flies daily to Bellingham.*



CLOCKWISE FROM TOP LEFT: DAVID J. MITCHELL / ALAMY STOCK PHOTO; WITOLD SKRYPCZAK / GETTY IMAGES; ROBIN CO. PHOTOGRAPHY



## Vancouver Discoveries

Historical sites, in-town attractions and outdoor recreation in southwestern Washington ● By Susan G. Hauser

*Fort Vancouver National Historic Site includes reconstructed fortifications, above left, on the grounds of the 1800s trading center and military outpost.*

*Modern visitors, above right, enjoy touring the grounds on self-guided or guided tours.*

**The costumed volunteers** at Fort Vancouver National Historic Site are demonstrating daily activities—blacksmithing, carpentry and baking—using tools and foods that would have existed 200 years earlier. I listen closely to the blacksmith explain his use of coal to heat iron. He’s staying true to character: In the 1800s, coal was available from Hudson’s Bay Company ships.

Fort Vancouver, which began operating in 1825 and was a hub for the company’s fur trade from 1829 to 1860, has been re-created as authentically as possible. Tobacco is grown here because the original traders layered fur pelts with this natural insecticide. And the garden and

orchard grow only produce that 1800s traders and trappers might have found on their plates.

Learning about the rich history of the Vancouver area is fascinating to me. Also intriguing are the city’s more recent updates. With a major redevelopment effort over the past two decades, today’s downtown is revitalized—and continuing to evolve—with park and waterfront enhancements, new food-and-drink purveyors, and more. Today, the fort is one of the many fun attractions to enjoy on a trip to Vancouver and the surrounding area.

### Fort Vancouver: Living History

In the 1800s, Fort Vancouver was

a business center for people representing at least 35 ethnic and tribal groups. So, if the re-enactors wanted to be totally accurate, they would have to speak at least a few European languages and numerous Native American dialects. Instead, they tell about this history.

There were French speakers for sure, because of the many French-Canadians involved in the fur trade. Many of the fort’s clerks were Scottish with thick brogues. There were Hawaiian speakers—Islanders who had signed on to work on the ships. And members of Native American tribes came from across the country to trade fur pelts to the Europeans.

# Washington

The administrators, such as Chief Factor (trader) John McLoughlin, were of British descent, and by the looks of the chief factor's large white clapboard house—complete with a veranda and English garden—they lived a comfortable life in the wilderness, enjoying elegant dinners at a table set for 16.

The top of the bastion at the northwestern corner of the fort's wooden stockade affords a sweeping view of the adjacent apple orchard. Also visible are two re-created houses on the site of Kanaka Village, where Hawaiians, Native Americans, French-Canadians and others made their home. In time, that village grew into what is now the city of Vancouver. From the bastion I also see a trail to and across the Confluence Land Bridge, a sinuous, landscaped span over State Route 14 about a mile from the fort. This bridge, which is adorned with plantings and interpretive signage, and was designed with assistance from famed sculptor Maya Lin, ultimately connects the fort with a trail to the Columbia River.

After considering this scene, I realize it is happy hour at the restaurant Eatery at the Grant House. Built in 1849, the house is one of 22 well-preserved homes, collectively known as Officers Row, where U.S. Army officers and their families once resided. (Note: Ulysses S. Grant never lived in the house, though he did serve at the fort in 1852, living in quarters that no longer exist.) The eatery in the house is a lovely farm-to-table establishment.

I recognize after being seated that this is another perfect place to get in the spirit of Fort Vancouver's history. I order whiskey—something that was always a treat for the fur traders—plus a snack of poutine (essentially french fries and cheese curds doused in gravy). Poutine is a specialty of French Canada, so I figure it is as appropriate as the whiskey. Later I meet the restaurant's friendly chef, Capers Ogletree, whose family was originally from Scotland, as were many of the original residents of the fort.

There are many layers of history at Fort Vancouver. As I enjoy my refreshments in the 169-year-old house, I contemplate the past and how it is represented here in the present.

## Esther Short Park: The Heart of the City

I shift my bags of freshly purchased veggies to free up a hand for the tamale I just ordered from a food stand. It's late Saturday morning, and I'm taking my time progressing up a street already busy with shoppers and more than 150 vendors at the weekend farmers market.

Tables piled high with produce, plants and crafts fill Esther Street between Sixth and Eighth streets, plus a block of Sixth Street to the west. In adjacent Esther Short Park, children are enjoying the playground and climbing on the low boulders and bronze fish sculptures that surround the 69-foot redbrick Salmon Run Bell Tower and Glockenspiel. On a regular schedule (check ahead to confirm times), the bells ring and

the diorama revolves, with music, to represent salmon life cycles, as well as the historical importance of this fish to local tribes.

Esther Short Park is named for a pioneer resident of the area who came west on the Oregon Trail and gifted the property to the city in 1853. The park really came to life in the 1990s, when a public campaign took place to make the park the heart of the downtown district. Helped along by a generous donation from George Propstra, founder of the Vancouver-based Burgerville restaurant chain, the playground, tower, square and farmers market were created.

Each year, the park hosts many community events and festivals. This month, look for The Craft Beer & Wine Fest, June 8–10, at

*Eatery at the Grant House is a charming restaurant situated within a historic mansion, below, on Vancouver's Officers Row.*

*Esther Short Park, bottom, which features the Salmon Run Bell Tower, is a natural gathering place at the heart of downtown.*



# Washington



Vancouver holds a weekend farmers market, above.

A rendering, facing page, shows plans for the city's waterfront.

which around 150 wines and 50 craft beers (plus some spirits) will be served. The Clark County Recycled Arts Festival, June 23–24, features art for sale (made of items that might otherwise have become landfill), family-friendly activities, music and a parade. Next month, the park will be graced by hula dancers and will feature various festivities for the 3 Days of Aloha in the Pacific Northwest event, July 26–28.

## Along the Waterfront

Another thing to see while in downtown Vancouver is the waterfront project that is changing the city's horizon along the

Columbia River. By mid-to-late summer, the first phase of the \$1.5 billion Waterfront Vancouver Project is expected to be completed, creating new buildings and a 7.3-acre park. The new Waterfront Park includes an extension of the Columbia River Waterfront Renaissance Trail for a total of 5.5 miles (0.5 miles along the riverfront), with access for strollers, joggers and bicyclists. The plans also include a cable-stay pier extending over the water.

Apartments are expected to open in fall, and further plans are underway for this development site that formerly held an abandoned paper mill.



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*Ape Cave, illuminated here for photography, is a cavern formed by ancient lava flows from nearby Mount St. Helens.*

### Going Ape at Ape Cave

As we pull into the parking lot at the Ape Cave Interpretive Site, at the base of Mount St. Helens, my brother admits that he is not a Bigfoot Believer. I am more open-minded than David about

Sasquatch and have been secretly hoping for an encounter in this area where the elusive (many would say imagined) giant ape is reputed to dwell.

Yet we're really here to hike Ape Cave, which is more accu-

rately a lava tube—a roughly 2.5-mile-long underground cavern created by lava flows from an eruptive period more than 2,000 years ago. One of the longest mapped lava tubes in North America, and located about 50 miles northeast of Vancouver, it's a popular spot for hiking above ground and underground. A paved trail on the surface leads to the lower cave entrance. With its year-round temperature of about 42 degrees, Ape Cave is also a great place to cool off in the summer.

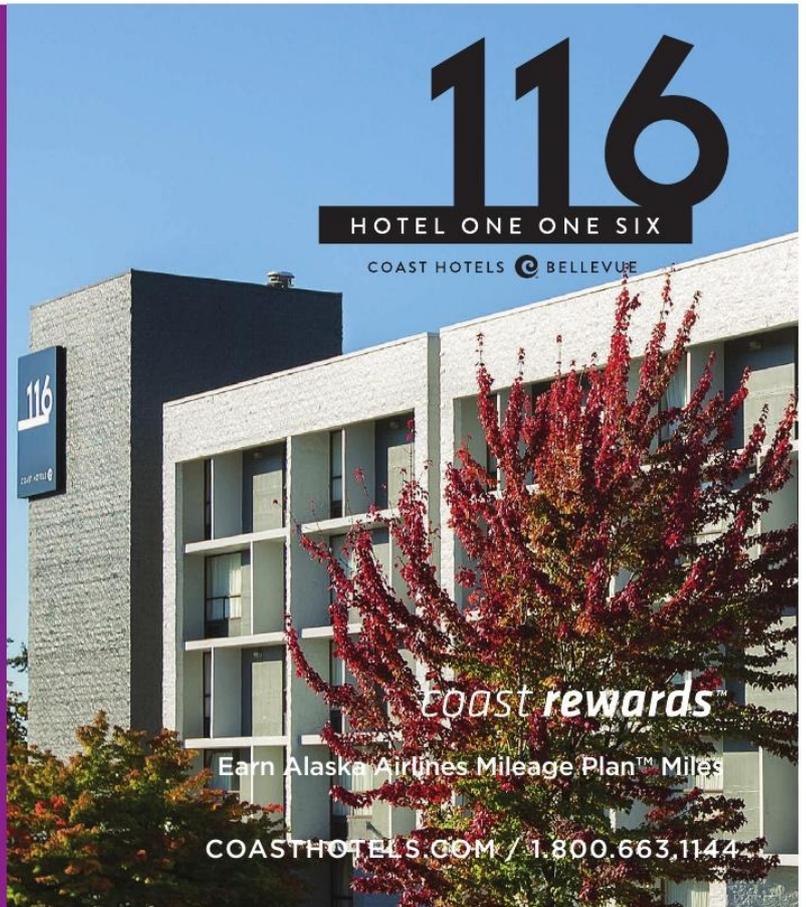
We're dressed warmly, with hats, coats, gloves and sturdy boots. Because the cavern is



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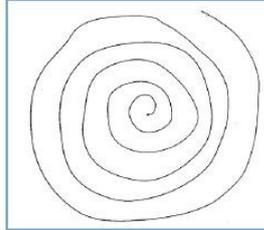
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## Washington

pitch-black, we're both carrying a couple of flashlights with fresh batteries. We descend 17 feet on a metal stairway as I ponder the brave boys from a local Scout group who first explored this cave in the early 1950s (a common story is that the cave was named for the group, which was known as the St. Helens Apes). The boys lowered themselves by rope into the dark, mysterious cavern, not knowing if they might be barging in on Bigfoot.

David dismisses such thoughts of great-ape encounters. Instead, he's intrigued by the origin of the lava tube, which is 20 feet tall in some places and marked by prominent ridges left by the lava. The fluid basaltic flows were out of character for Mount St. Helens, which usually explodes violently, as it did in 1980. The tube formed as surface lava hardened but left hotter flow beneath it, tunneling into the earth.

"Imagine what it would be like to see that lava rushing toward us," David muses.

I personally find that image more unsettling than the prospect of meeting a giant ape.

After walking along the lava tube's sometimes bumpy hardened-lava floor, we're glad to see the light at the end of the tunnel. At this far end, there is a metal ladder, and up on top is a surface trail leading back to the entrance of the cave, about a mile away.

Emerging into bright sunlight, we feel virtuous after exercising both our bodies and our imaginations. **w**

*Susan G. Hauser writes from the Portland, Oregon/Vancouver, Washington, area. For more information about recreation in Vancouver and southwestern Washington, see [visitvancouverusa.com](http://visitvancouverusa.com).*

*Alaska Airlines ([alaskaair.com](http://alaskaair.com)) flies daily to Portland International Airport, gateway to the Vancouver area.*

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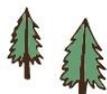


The Cascade Loop highway route, shown here in light green and white, has nine regions, as defined by the nonprofit Cascade Loop Association. Each region has its own distinctive character and provides access to many side trips, as well.

# THE CASCADE LOOP

Rolling river valleys, epic mountains, fun small towns and coastal wonderlands

By Ben Raker



**A road trip** on the exquisite Cascade Loop—a 440-mile route in northern Washington state that encompasses three scenic byways (plus a short ferry trip)—is a great way to experience the area's diverse towns and terrain.

Travelers planning trips along this popular route are served well by the work of the nonprofit Cascade Loop Association. This organization segments the loop into nine regions, shown in the map above. The following text and photos feature some of the highlights of these areas.

The Snohomish River Valley section, which has its west end at the town of Mukilteo, features rural scenes, as well as urban attractions in the city of Everett.

Moving east, the Stevens Pass Greenway heads into mountains rich with outdoor recreation.

Over the pass is Leavenworth, a fun-loving Bavarian-themed town. The surrounding Cascade foothills offer exceptional hikes.

The Wenatchee area, famed for apples and other fruits, has wonderful markets, and links to the Columbia River Valley.

North on Highway 97 is Lake Chelan, a water sports/resort/recreational oasis.

Visit the Methow Valley for Old West charm, scenic ranchlands and winter skiing.

The North Cascades region is a land of epic mountains. The route through this area closes in winter.

To the west, find bucolic Skagit Valley, and Fidalgo Island, with access to the San Juan Islands.

Whidbey Island provides more great rural and coastal scenes.

Find additional info and helpful resources at [cascadeloop.com](http://cascadeloop.com). **W**

# Washington



*Mukilteo Lighthouse, above, is at the west end of the Cascade Loop's Snohomish River Valley region. The adjacent Mukilteo Ferry Terminal connects the town of Mukilteo with Whidbey Island to the west.*

*The gorgeous scenery along the Stevens Pass Greenway, left, makes it an exceptional route for a road trip any time of year, but especially in autumn to see fall foliage.*

*The Bavarian-themed village of Leavenworth, right, is a popular destination, thanks to its relaxing resorts, nearby hiking and skiing, and lively festivals.*





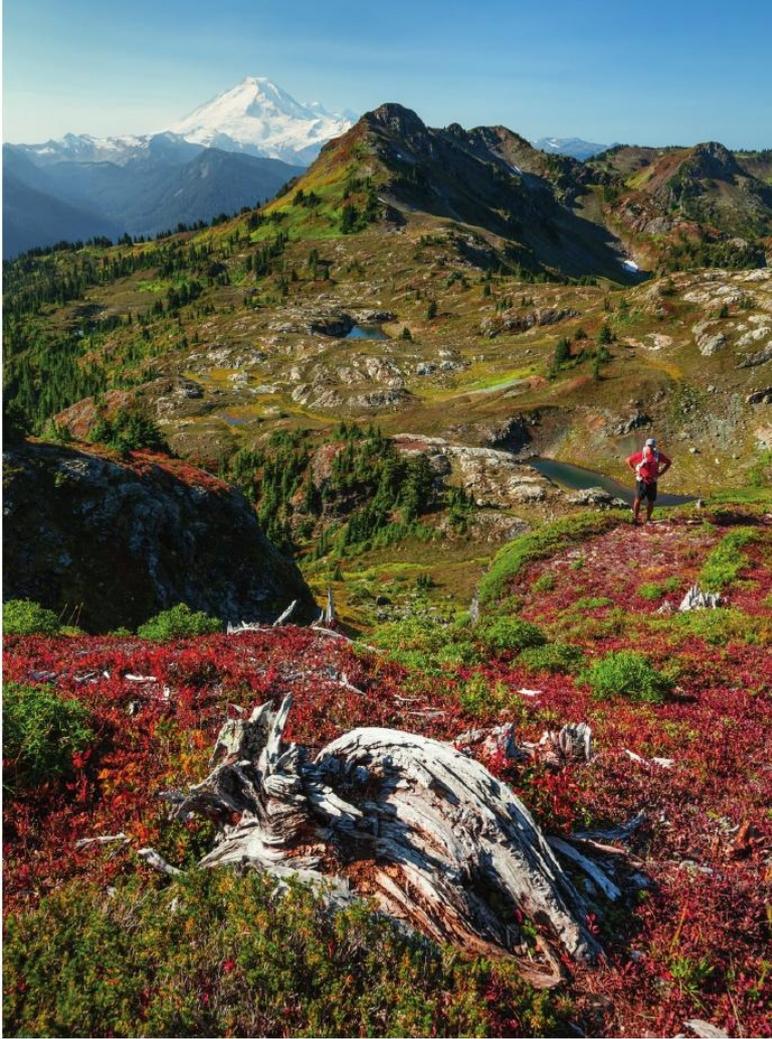
*Central Washington's Wenatchee River, top, is lined with orchards that bear famously tasty fruits, such as apples and pears.*

*Horses graze, above, in the Methow Valley, an area known for pastoral beauty and Old West history.*

*Water play is one of the main attractions at 50.5-mile-long Lake Chelan, left, which is one of the deepest lakes in the nation.*

SPREAD, CLOCKWISE FROM TOP LEFT: CONNIE COLEMAN / GETTY IMAGES; CHRISTOPHER KIMMEL / GETTY IMAGES; MONA MAKELA / GETTY IMAGES; STEVE LAGRECA / SHUTTERSTOCK.COM; TEDDI YAEGER / GETTY IMAGES; EDMUND LOWE / GETTY IMAGES; SOISUDAS / SHUTTERSTOCK.COM

# Washington



A trail in the rugged North Cascades, left, exemplifies the grand vistas and spectacular hiking opportunities in this region. Snowy Mount Baker rises in the background.

Rainbow Bridge, above, links Fidalgo Island with La Conner, a Skagit Valley town known for its thriving art galleries and museums, as well as for its springtime flower-festival events.



A farmers market sign, above, in the Whidbey Island town of Langley, spotlights some of the enticing produce harvested at island farms.

The bridge over Deception Pass, right, allows cars to drive onto Whidbey Island, across a narrow channel characterized by dramatic tidal flows.



# Eastern Washington Excursions

Some of the region's top summer sites ● By Rick Stedman

My nephew Bryan and I stand on the elevated 17th tee at Yakima's Apple Tree Golf Course, sizing up one of the most iconic golf images in Eastern Washington: the apple-shaped island green in a pond on this picturesque par-3. Framing the scene are green trees and the blond hills of the Yakama Indian Reservation. I make a nice swing with a 7-iron and find the green. I escape with a par.

My golf triumph is one of the highlights of a day in this town that resident Gary Lukehart liked so much, he put up a billboard in 1987, proclaiming it "The Palm Springs of Washington." The

billboard and the moniker are still popular to this day.

During a weekend visit from the Puget Sound area, Bryan and I manage to play golf twice, visit several wineries, attend a Yakima Valley Pippins semiprofessional baseball game, learn about the area's bountiful hops industry while sipping a local brew at the Bale Breaker Brewing Company, run along the Yakima Greenway and visit a farmers market.

"Time flies when you're having fun!" I tell Bryan as we catch our flight home. "This Merlot we're bringing back will help us relive fond memories."

Yakima is one of the many fun

and relaxing vacation areas in Eastern Washington, an agricultural center that comes alive in the summer with festivals, events and an array of outdoor activities. The following are some of the top attractions in the region.

## Yakima

A favorite Yakima-area activity is exploring its many wineries. And a unique way to tour vineyards and tasting rooms is by horseback with Red Mountain Trails. They offer guided rides to some of the 12 wineries on the Rattlesnake Hills Wine Trails, southeast of Yakima, in the town of Zillah. The trail's name is a



*Rafting on the Yakima River, above, is a favorite summer pastime.*

*Red Mountain Trails offers horseback wine tours, right, near Yakima and on Red Mountain.*

*The apple-shaped green at the par-3 17th hole on Yakima's Apple Tree Golf Course, left, is one of the most picturesque golf holes in Eastern Washington.*

# Washington



misnomer. There are no rattlesnakes in the area, just great wine. Red Mountain Trails also guides horseback riders through the famous Red Mountain American Viticultural Area (AVA), located west of the Tri-Cities.

Floating the Yakima River Canyon is another way to experience the Yakima Valley. Those looking for more adventure can go whitewater rafting on the Tieton River. Later in the summer, state officials release irrigation water from Rimrock Lake that results in whitewater rapids on the waterway, drawing enthu-

siasts from around the country.

Closer to the city you can walk, run or cycle along the Yakima Greenway. The 20-mile trail is easily accessible from the downtown area, and features parks, picnic areas and playgrounds. It also offers access to lakes and rivers, as well as protected areas where you can view birds and other wildlife.

## Tri-Cities

I'm sitting with thousands of people on the grassy banks of the Columbia River, marveling at the rooster tails of water shooting



FROM LEFT: YAKIMA VALLEY TOURISM (2); MM PHOTOGRAPHY

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# Washington

high into the air as hydroplanes race past us at up to 200 mph. While the race is fast, my perch in Columbia Park is calm and pleasant. All around me, families are picnicking; children are playing; and everyone is enjoying the action. We are attending the Tri-City Water Follies, one of the most popular summer events in the Tri-Cities, which comprises the adjacent communities of Richland, Pasco and Kennewick.

This year, the follies will be July 27–29 at Columbia Park. The event includes an air show, featuring flyovers by modern and vintage Air Force aircraft and aerobatics performed by stunt flyers. However, the focus is always on the Columbia Cup, a series of weekend hydroplane races around a 2.5-mile course in the middle of the river.

Summer in this area often revolves around the Columbia River. The region's long, warm days are perfect for enjoying this great body of water as it meanders through all three towns. Various riverfront parks offer places for family outings and

summer fun, including boating and water-skiing. Outfitters such as Columbia Kayak Adventures rent stand-up paddleboards, kayaks and other equipment and also offer lessons.

## Spokane

The 100-acre Riverfront Park in Spokane is a wonderful place to take a stroll. The park, which sits along the banks of the Spokane River, has numerous attractions and fabulous views.

The park is in the midst of a \$64 million renovation that will be completed in 2020. I can see one aspect of the remodel that is already completed—the new 650-foot-long Skate Ribbon, a paved loop trail that in the winter is covered in ice for skaters. In the summer, it is used for roller skating, biking and other activities. The park's Loeff Carrousel, which was originally built in 1909, is now in a new building, and the SkyRide over the Falls, with its purple gondolas, is scheduled to be back in service this month. The ride takes passengers over the Spokane Falls.

Beyond the park, be sure to visit the Kendall Yards Night Market, held on Wednesday evenings, through late September. The market has vendors, food and live music.

Another exciting attraction is the Northern Quest Resort & Casino, located about 10 miles west of Spokane. This summer, the resort is opening Kids Quest, a center featuring activities and games for children up to age 12. It will also unveil a Cyber Quest facility, which provides family-



AARON THEISEN

friendly arcade games that entertain and challenge. The resort's new Movie & Dinner feature allows adults to enjoy a film in a theater while having dinner, drinks and snacks. The resort will also continue its summer concert series, June 18 to September 18, featuring a variety of top acts, including Willie Nelson and Joan Jett & the Blackhearts.

## Pullman

As a graduate of Washington State University, I love returning to Pullman for visits that always seem like a fond homecoming. My trips usually include a round of golf at the Palouse Ridge Golf Club, WSU's home course and one of the best golf courses in Eastern Washington and the Pacific-12 Conference.

A trip to Pullman also wouldn't be complete without a stop at the WSU Creamery to try its locally made ice cream and pick up a can or two of the award-winning Cougar Gold Cheese, and

*Roller skaters, above right, enjoy the newly opened Skate Ribbon in Spokane's Riverfront Park.*

*The summer concert series at Spokane's Northern Quest Resort & Casino, below, boasts a varied musical lineup that ranges from Willie Nelson to Joan Jett & the Blackhearts.*



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# Washington



*Palouse Falls, above, is a site of breathtaking beauty that has been captured by many artists and photographers.*

*Justin Wylie, below, the founder and winemaker for Va Piano Vineyards, is also a founder of Eritage Resort, located in a captivating setting outside Walla Walla.*



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some of the seven other cheese flavors at the creamery.

Another of my regular stops is Palouse Falls, located about 80 miles west of Pullman. The Palouse River runs through a narrow opening and drops 200 feet into a churning bowl. Officials are warning visitors to be sure to stay on designated paths to the viewpoints.

Cyclists will enjoy the Bill Chipman Palouse Trail, a 7.1-mile route that runs from Pullman to Moscow, Idaho, offering views of the beautiful Palouse countryside. The trail is part of the federal Rails-to-Trails program, which preserves railroad corridors for recreational uses.

## Walla Walla

One of my fondest memories of Walla Walla is playing the Wine Valley Golf Club when it debuted in 2009. After the round, I

stopped at Cougar Crest Estate Winery where I tasted their incredible Merlots. I've been a fan of the winery ever since.

However, Cougar Crest is only the beginning. With more than 120 wineries in the area, this region produces some of the finest Cabernet Sauvignons and Merlots in the country. Wine lovers can walk through Walla Walla's charming downtown to find dozens of world-class wineries and tasting rooms.

The town is also famous for its sweet onions, and on July 21, Walla Walla will celebrate the edible bulb with the Sweet Onion Festival. The event features foods that incorporate sweet onions, plus chef demonstrations and a sweet-onion-eating contest.

Walla Walla has developed into a cycling center. On the city website [wallawalla.org/things-to-](http://wallawalla.org/things-to-)



## WINE FLIES FREE

Washington state is home to more than 900 wineries and 14 American Viticultural Areas (AVAs)—wine-grape-growing regions with distinguishable geographic features and distinctive climate, soil, elevation and physical features.

A majority of the state's wineries are located in Eastern Washington, which is responsible for most of the state's wine-grape crop. The region is also home to many of Washington's finest tasting rooms.

From Spokane to Walla Walla, the Tri-Cities to Yakima, wine lovers will discover exquisite vintages served in a variety of beautiful settings.

Alaska Airlines Mileage Plan members also have an easy way to get the wines back home.

They can take advantage of programs that allow members to check their first case (up to 12 bottles) for free from airports in various cities, including Pullman, Spokane, Tri-Cities/Pasco, Walla Walla and Yakima.

Alaska passengers visiting Yakima, Tri-Cities, Spokane's Cork District and Walla Walla can show their inbound boarding passes (within 10 days of arrival) to have tasting fees waived at participating wineries.

For more information on these programs, visit [alaskaair.com/wine](http://alaskaair.com/wine). —R.S.



VISIT WALLA WALLA

Walla Walla has become a center for cycling, attracting riders from far and wide to city streets and nearby country roads.

do/cycling/, you will find several cycling clubs and bike rental facilities, including Allegro Cyclery and the Bicycle Barn, which offer route maps and advice

about where to ride.

Set to open this summer is the Eritage Resort. Founded by Justin Wylie, the owner and winemaker for Walla Walla's Va

Piano Vineyards, Eritage is managed by Fire & Vine Hospitality, and will include luxury suites and lakeside villas. James Beard Award-winning chef Jason Wilson will create the restaurant menu. **W**

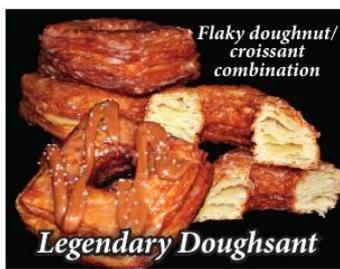
Rick Stedman writes from Olympia, Washington. For information on Eastern Washington-area recreation, see websites such as [visityakima.com](http://visityakima.com), [visittrri-cities.com](http://visittrri-cities.com), [visitspokane.com](http://visitspokane.com), [pullman-chamber.com](http://pullman-chamber.com) and [wallawalla.org](http://wallawalla.org).

Alaska Airlines ([alaskaair.com](http://alaskaair.com)) flies daily to various Eastern Washington destinations.

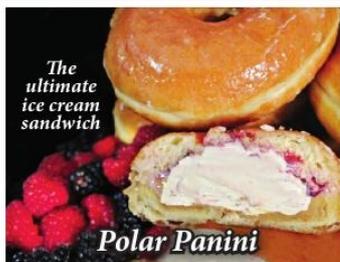
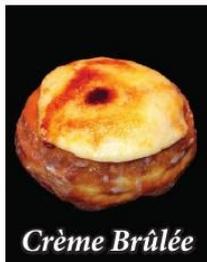
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- ? Which business school's faculty was **ranked in the top three in the world** by the *Financial Times* for research productivity in 2018?
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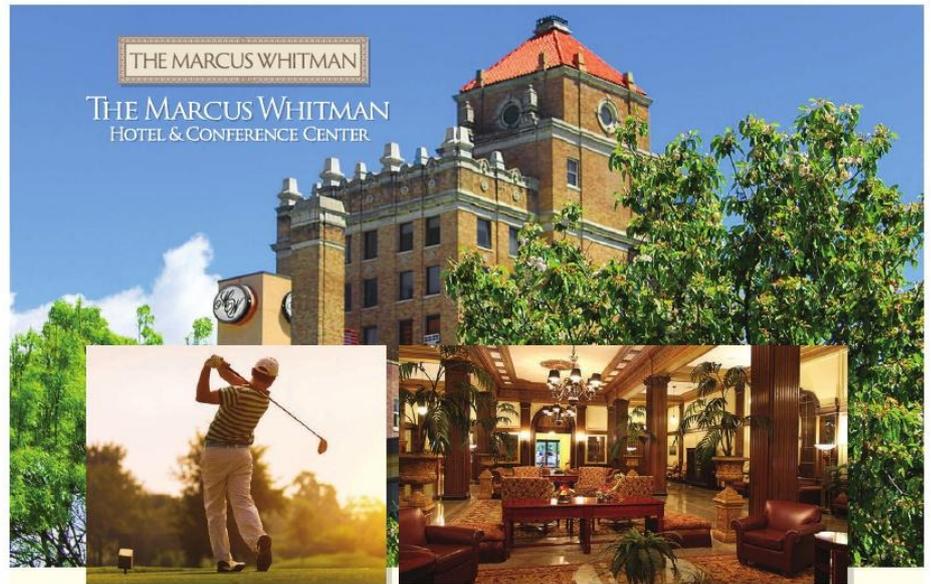
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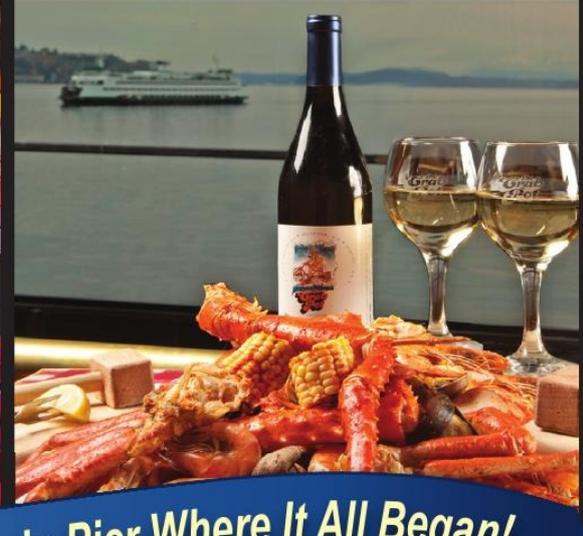
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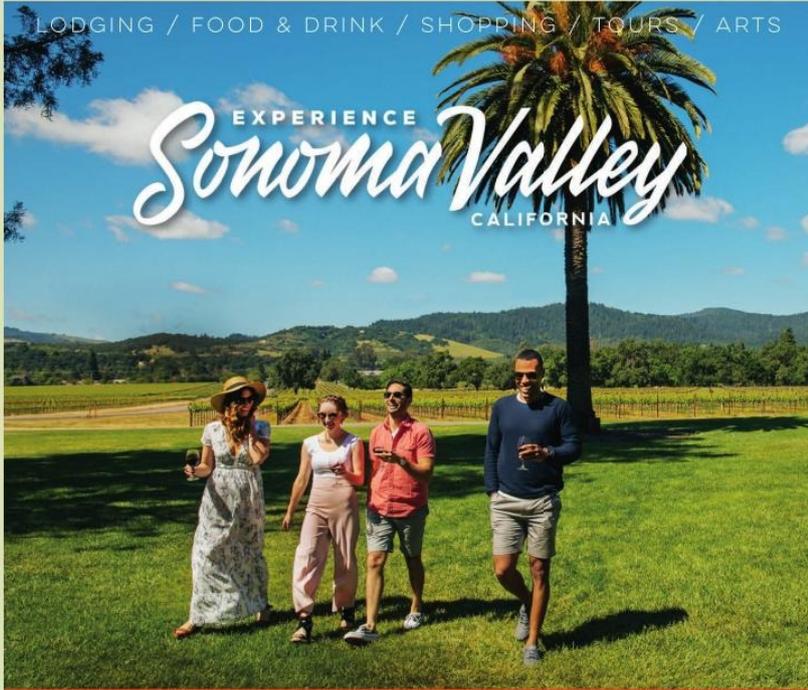
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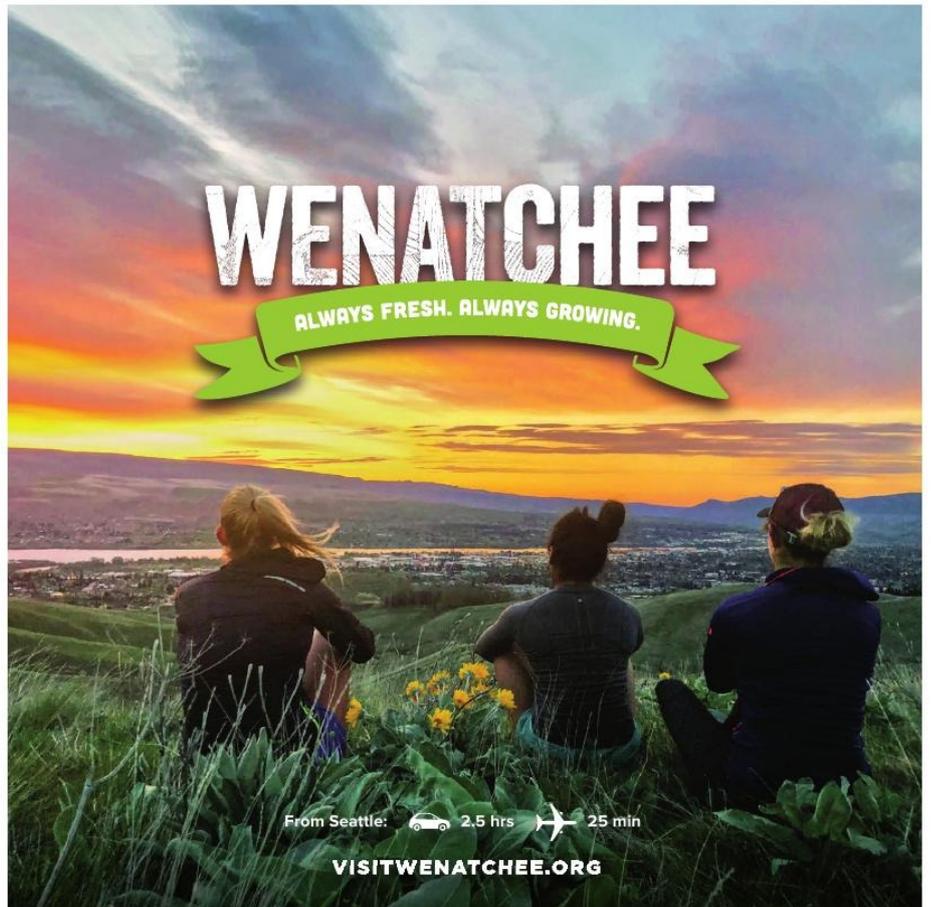
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Mountain bikers ride a scenic and exhilarating trail in the Mammoth Bike Park.

**THE BIKE TRAIL** descends from the summit of Mammoth Mountain and winds along a slope scattered with pumice. The air is thin and cool, but it is the view that really takes my breath away.

From the 11,053-foot summit, I can see the jagged ridgeline of the Minarets, the rounded granite domes dotting the San Joaquin River Valley and the tall peaks of Yosemite National Park's high country. As I pedal my mountain bike down the trail, I admire purple and yellow wildflowers scattered on the hillside, and raise my eyes to the cloudless sky, its color the bright blue Mammoth is known for.

I'm riding the Off the Top trail on the west slope of the mountain. It's an intermediate trail from which I'll link to some additional routes to descend 3,000 feet over 12 miles of groomed singletrack to The Village at Mammoth. I get into a rhythm with the terrain. Gaining speed as the trail drops, I shift my weight back and side to side, rolling over rocks and around corners banked with concrete pavers.

With more than 80 miles of singletrack and lift-accessed trails, the Mammoth Bike Park is a highlight of any active trip to the Mammoth Lakes area between late spring and early fall. The bike park encompasses much of the same terrain as the Mammoth Mountain Ski Area, and offers a wide range of cycling options, with trails for beginner,

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PEDALING, PADDLING  
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BY  
MONICA  
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intermediate and advanced riders. Bikers can learn the basics and get comfortable in the Discovery Zone, or hone their technical skills on trails with challenging jumps and berms, or test their endurance with cross-country and uphill trails.

Mountain-bike rentals are available at the Mountain Center in The Village at Mammoth in the town of Mammoth Lakes, or at the Adventure Center at the Main Lodge at the base of the mountain. Lessons are also offered, while new this year is the option to rent electric pedal-assist bikes for use on all trails within the bike park.

Off the Top is a trail that I ride often, and it's fun every time. After 5 miles of downhill, I connect under Chair 13 with Beach Cruiser, another intermediate trail, to circle

Reds Lake. The beach here is popular with locals, and I take a break to watch a black Labrador retriever swim after a stick while its giggling human floats on a raft.

Adventurous riders like to take one of the several detours along the Beach Cruiser trail to tackle the most daring, but today I'm content to roll along to the Main Lodge. From there, I can take the Panorama Gondola up the mountain again for another lap off the top, or ride the Downtown trail to The Village.

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Puzzle on page 90.

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Downtown—with paved corners and a gentle downhill grade through a Jeffrey pine forest—is beloved by beginners, but it's also enjoyed by experienced riders. The trail descends nearly 1,000 feet over 4 miles, and the ride can be extended for pedalers who want to add a 6-mile loop on Paper Route to a viewpoint overlooking the scenic Lakes Basin before returning to the Downtown trail.

Mountain biking is just one of the many great summer activities in the Eastern Sierra, which boasts a diverse landscape containing mountains, high desert, forests, rivers, lakes and streams. This weekend I'm also enjoying standup paddleboarding and hiking in this ideal natural playground.

**LAKE MARY**—one of the numerous lakes in the Lakes Basin near the south slope of Mammoth Mountain—is an excellent spot for water recreation close to the town of Mammoth Lakes.

I set out on a paddleboard rented at the Pokonobe Marina on the north end of the lake, which is in the Inyo National Forest. Around the edges of today's calm water, I weave through tall grasses and notice the silvery flash of trout below. Some fish rise to the water's surface, feeding on an abundance of hatching bugs.

Fly-fishers cast lines from the rocky shore or from fishing boats, hoping to hook prized rainbow trout, while kayakers and fellow standup paddleboarders cruise the shoreline, dazzled by the view of vibrant evergreens and nearby craggy cliffs.

Mountain springs and alpine snowmelt feed the 140-acre lake, which is surrounded by ridges. Pyramid Peak to the east, Mammoth Mountain to the north and the Mammoth Crest to the south cast stunning reflections on the water. And Crystal Crag, a 10,364-foot granite monolith that juts out from the Mammoth Crest, is particularly spectacular.

In addition to SUPs, Pokonobe Marina rents kayaks, canoes, rowboats, pedalboats, pontoon boats and motorboats, and Lake Mary Marina, on the south end of the lake, also rents various watercraft. The Lakes Basin can be reached by car (limited parking) or via the convenient, free, seasonal Lakes Basin Trolley from The Village. The trolley can even carry bicycles, making it easy to ride the paved 5.3-mile Lakes Basin Path downhill back to The Village. I recommend getting off at the last trolley stop at Horseshoe Lake for the full ride back.

*A standup paddleboarder enjoys the view at Lake Mary in the Lakes Basin. Other area activities include fishing, kayaking and pedaling the Lakes Basin Path.*



**HORSESHOE LAKE**, with its clear blue water and sandy shores, is a beloved site in its own right for a day of nature-based relaxation, and it is also a jumping-off point for some of the Eastern Sierra's enjoyable and less-traveled hiking trails.

The approximately 5-mile Mammoth Pass Trail, which heads west from Horseshoe Lake over Mammoth Pass to Reds Meadow, is one of my favorite hiking adventures. I start at the trailhead on the west side of the lake parking area, and ascend to McLeod Lake. On this short section of trail, which includes many granite steps, I pass plenty of leisurely walkers with dogs and kids and picnic lunches in tow.

I stop to catch my breath at the lake and take in the view of a red cone, one of the conical hills created by fragments of lava from a volcanic eruption.

## LODGING

Here are some of the many options for accommodations in the Mammoth Lakes area:

**Seasons 4 Condominium Rentals** ([seasons4.com](http://seasons4.com)): Spacious options near Canyon Lodge, The Village at Mammoth and the Lakes Basin.

**Snowcreek Resort** ([livesnowcreek.com/vacation-rentals](http://livesnowcreek.com/vacation-rentals)): Luxurious condos and townhomes in an alpine village, with floorplans for every need. The property also includes a 30,000-square-foot athletic club,

plus a nine-hole, 3,306-yard golf course, featuring fast, bent greens, lots of water hazards, and high-elevation loft support.

**Vacasa** ([vacasa.com/mammothpremiere](http://vacasa.com/mammothpremiere)): A full-service vacation-rental company with many properties in Mammoth Lakes.

**The Westin Monache Resort** ([westinmammoth.com](http://westinmammoth.com)): Upscale resort with suites of varying sizes, as well as an outdoor pool, a restaurant and a free hotel shuttle providing local transportation.

tion in this area about 5,000 years ago. The red color is a striking backdrop to the blue alpine water of the lake.

The trail branches by the lake, with one route heading down among cones before looping around toward Mammoth Pass, but I continue on the more-direct route to the pass, and soon I'm enjoying a quiet lodgepole pine and red fir forest.

From Mammoth Pass it's all downhill to Reds Meadow. The trail descends into a large open area from which I can see the sharp peaks of the Minarets and the Ritter Range. Eventually, more volcanic cinder cones come into view to the south. The trail zigzags down and eventually re-enters a forest, where tall Jeffrey pines smell like butterscotch in the warm sun.

At the end of the trail, which is maintained by the Inyo National Forest, I take a break at Red's Meadow Resort, just east of Devils Postpile National Monument. A cafe serves cheeseburgers and root beer floats that add to my day's enjoyment. This is

## EVENTS

See [visitmammoth.com](http://visitmammoth.com) for more information on summer events.

**"John Muir Is Back!"** live performance, most Thursday nights through Oct. 18, in Yosemite National Park, and other special events presented by the Yosemite Conservancy.

**Mammoth Yoga Festival**, June 14-17.

**Mammoth Motocross**, June 15-24.

**The Village at Mammoth Summer Movie Series**, most Thursdays and Sundays, June 21-Aug. 30.

**Mammoth Celebrates the Arts**, July 1-4.

**Mammoth Jazzfest**, July 6-7.

**Mammoth Food & Wine Experience**, July 12-14.

**Unbound Chamber Music Festival**, July 19-28.

**Mammoth Reggae Festival**, July 20-21.

**Mammoth Villagefest**, July 27-29.

**Mammoth Festival of Beers & Bluesapalooza**, Aug. 2-5.

**Mammoth Lakes Open Air Arts & Crafts Fair**, Aug. 3-5.

**Eastern Sierra Symphony Summer Festival**, Aug. 10-11.

**Mammoth Wine Weekend**, Aug. 16-19.

**Mammoth Rocks & A Taste of the Sierra**, Aug. 23-25.



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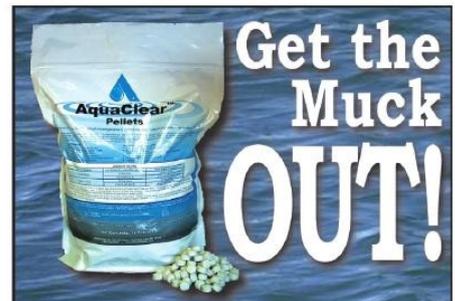


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also a rest stop for hikers along the Pacific Crest Trail and John Muir Trail. From the resort I can catch the Reds Meadow/Devils Postpile shuttle for transportation to Mammoth Mountain's Main Lodge. The shuttle, mandatory for most visitors to the national monument, operates seasonally. It makes various stops, including one that provides access to the Devils Postpile formation—60-foot-tall basalt columns created by cooling of volcanic lava about 100,000 years ago and by subsequent glacial activity.

*Area hikes lead to dramatic scenery such as red cones, foreground, and Mammoth Pass, in the background. The pass itself can be hiked via a trail that leads to beautiful Reds Meadow.*



MY WEEKEND OF OUTDOOR ADVENTURES is a reminder of the outstanding recreation available in this remarkable region where I live. Every activity has provided phenomenal views and invigorating exercise in the scenic Eastern Sierra. ■

*Park and Mono Lake Tufa State Natural Reserve, go to [visitmammoth.com](http://visitmammoth.com), and sites such as [nps.gov/yose](http://nps.gov/yose), [www.parks.ca.gov/?page\\_id=514](http://www.parks.ca.gov/?page_id=514), and [www.fs.usda.gov/inyo](http://www.fs.usda.gov/inyo).*

*Monica Prella enjoys being outdoors in the Mammoth Lakes area. For more information on recreation in the region, including Yosemite National*

*Alaska Airlines ([alaskaair.com](http://alaskaair.com)) flies daily to Mammoth Lakes.*

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# FAIRWAYS OF CENTRAL OREGON

By Chris Santella

» **Standing on the tee box** of the 424-yard, par-4 sixth hole at Tetherow Golf Club in Central Oregon, I'm faced with a decision. I can aim my drive to the safer right portion of the fairway and leave myself a long, half-blind shot into the green. I can aim my drive to the narrower left fairway for a shorter, clearer shot into the green—an option that has an equal chance (given my skill level) of leaving my ball in the pond farther left. Or I can simply linger and take in the beauty of the overall scene: the fescue and other grasses that rest in the middle of the fairway, the fields of wildflowers in the distance, and the Three Sisters peaks behind me.

Tetherow, one of the more recent additions to greater Bend's impressive array of about 30 18-hole public-access courses, is a perfect blend of mountain and desert golf—which is to say, it embodies the natural appeals of this outdoor-recreation paradise at the eastern edge of the Cascade Range. Noted course designer David McLay Kidd made the most of the palette provided by this acreage just southwest of downtown Bend.

Being a risk-averse 20-handicapper, I opt for the safer right side. My caddie agrees. Caddies come as part of the package at Tetherow. Given my somewhat erratic play, I'd been worried, anticipating my hooks and worm-burners being met with snickers, if not outright laughter. Quite the contrary: My foursome's caddies offer good-natured humor, local lore, fine guidance around the greens and an incredible ability to find our wayward shots.

My drive carries almost to the clump of bushes intersecting that section of the fairway. (Had I known that shot was in my driver, I would've dared to aim left!) From the tee, I zip along the fairway on my GolfBoard, a golf cart that seems to be part snowboard, part Segway and part ATV.

My approach shot, with a hybrid, is less successful. It's a line drive that barely clears the vegetation and comes sputtering to a rest 30 yards shy of the green. Chipping is generally my stronger suit, and using an 8-iron, I'm able to roll my third shot within 10 feet of the pin. My par putt circles the cup but doesn't drop. Still, I feel lucky to come away with a bogey, and I'm exhilarated looking back at the marvelous hole I've just experienced. It's a small part of what Central Oregon golf has to offer. Here are a few other favorite courses.

## ASPEN LAKES

Just east of the town of Sisters is Aspen Lakes, a course with a distinctly alpine feel. On some tees, it seems as if you could almost reach out and touch the Three Sisters, Three-Fingered Jack and Mount Washington. The track, designed in the 1990s by William Overdorf, winds through copses of pines and aspens and around several lakes. In addition to mountain vistas, some holes, such as the 606-yard, par-5 third hole, open up to sweeping views of the high desert to the east.

One unique feature of Aspen Lakes is its red sand

*Clockwise from this page: Tetherow Golf Club features mountain views and narrow fairways. Black Butte's Glaze Meadow Golf Course is a John Fought layout amid stands of pines. Aspen Lakes has red sand bunkers in a gorgeous alpine setting.*

# EXPLORE»

bunkers. When the course's developers learned that sand for traditional bunkers was shipped in from outside Oregon, they sought a more environmentally friendly local option. They decided to use the red volcanic cinders that existed in the area. Once crushed down, the cinders proved especially playable, and they provide a striking contrast to the green fairways and deep blue skies.

## **BLACK BUTTE: GLAZE MEADOW GOLF COURSE**

Black Butte Ranch sits in Central Oregon's Cascades, a few miles northwest of Sisters. The resort has long been a favorite mountain retreat for Oregon families, and its two courses—Big Meadow and Glaze Meadow—attract mountain-golf fans from far and wide.

Glaze Meadow recently underwent a \$3.75 million renovation by architect John Fought.

"I wanted to take advantage of the beautiful surroundings, but the holes were so overgrown that the first thing we had to do was remove some trees to open the course up," Fought says. The expanded vistas—including the peaks of North Sister and Mount Washington—are jaw-dropping.

Fought is particularly happy with the 440-yard, par-4 16th hole. "It doglegs slightly to the left, so if you challenge the left side of the hole on your tee shot, you'll have a simpler approach. It's vital that you don't go long on your approach, because the back of the green falls away dramatically."

Fought adds, "Glaze Meadow is a really fun course to play

for all levels of golfer. And because the setting is so dramatic, with mature pines and mountain views, the course has a wonderful personality."

## **EAGLE CREST: THE RESORT COURSE**

Eagle Crest is a full-service resort that sits on 1,700 acres just west of Redmond, where the high desert begins to give way to the Cascades. Eagle Crest is home to three courses: The Ridge and Resort golf courses—both championship tracks—and the par-63 Challenge Golf Course.

The Resort Course, designed by Gene "Bunny" Mason and opened in the mid-1980s, is the most demanding of



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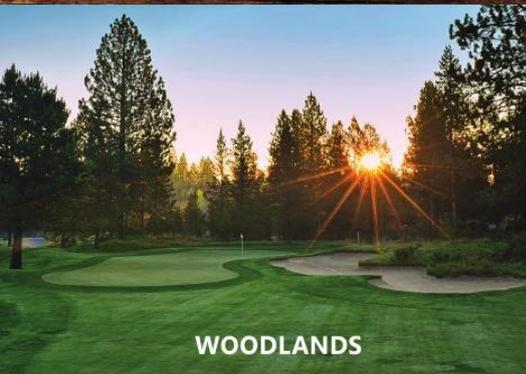


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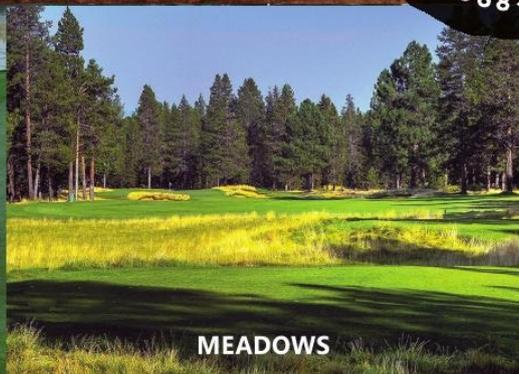


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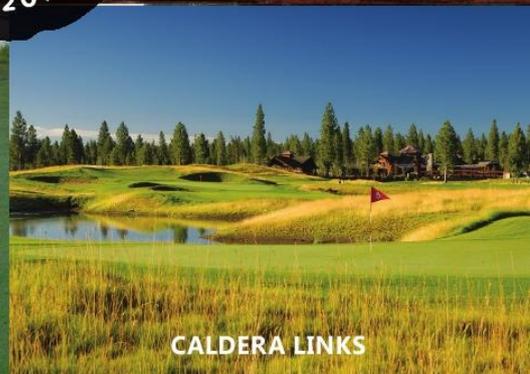
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Eagle Crest's courses, with its two distinct sides. The front nine is longer, and broad fairways invite big hitters to swing away. The 481-yard, par-5 second hole is a local favorite. You tee off from 80 feet above the fairway, which has a 90-degree dogleg right. Canyon walls close in on each side. If you're feeling confident (or lucky), pull out the driver and play up the right side for a chance to go for the green in two.

The back nine on the Resort track is shorter but considerably tighter and rewards accuracy over power. The white stakes lining many fairways have judicious players opting for irons or hybrids off the tee on several holes. Discretion, after all, is the better part of valor.

### SUNRIVER RESORT: MEADOWS

Established in 1968 along the eastern bank of the Deschutes River, less than 20 miles south of Bend, Sunriver is the granddaddy of Central Oregon resort communities.

The 3,300-acre site boasts three championship courses—Meadows, Woodlands and Crosswater—plus Caldera Links, an executive nine-holer.

For me, Meadows delivers on all of a resort golf course's promises: There's enough challenge for the more skilled players (if they choose the back tees), but the layout is not so difficult as to discourage infrequent players who might be worried about too many lost balls—or absurdly large scores.

Meadows is another John Fought creation, unfolding along the meandering Sun River and adjacent wetlands, with snow-dappled Mount Bachelor in the background. The design's elegant bunkers pay homage to classic courses from the early 20th century and complement the native fescue. The 469-yard, par-4 third hole is a great test of golf—a



dogleg left with water guarding the right side of the fairway and the left side of the green.

This season, Meadows has added GolfBoards, which make play here even more efficient and leave you more time for all the other outdoor recreation opportunities that Central Oregon offers. ■

*Portland-based Chris Santella is the author of 20 books, including Fifty Places to Play Golf Before You Die. For more on traveling in Central Oregon, go to [visitcentraloregon.com](http://visitcentraloregon.com).*

*Alaska Airlines ([alaskaair.com](http://alaskaair.com)) provides regular service to the Redmond/Bend area.*

*From top: The Resort Course at Eagle Crest has stunning backdrops and a mix of wide fairways and tight tee shots. Sunriver Resort's Meadows course wends along picturesque wetlands.*

# PHRASEOLOGY

» CROSSWORD

## A C R O S S

- 1 Follow closely
- 5 Cause to feel good
- 10 Genesis sibling
- 14 Inserts
- 18 Diarist Frank
- 19 Subject
- 20 "\_\_\_ Mary"
- 22 Skiing mecca
- 23 Stirs the memory
- 25 Undecided
- 27 Attacked
- 28 Creeping plants
- 30 Hit a baseball sacrifice
- 31 Singer Sayer et al.
- 32 Iridescent jewels
- 33 Popular grilled meats
- 34 Slander
- 37 Obsolete
- 38 Cinema path
- 39 Type type
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# Flyer guide

Your overview of the Alaska experience.

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# Enjoy a drink

## Refreshing selections, for free or for purchase.

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

### COMPLIMENTARY BEVERAGES



#### Sodas

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

#### Other

- Bottled Water
- Orange Juice
- Cranberry Juice
- Apple Juice
- Bloody Mary Mix

#### Coffee

- Proudly serving Starbucks® Pike Place® Roast



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- Crown Royal
- Crater Lake Hazelnut Espresso Vodka
- Dewar's White Label Scotch



NEW!

- Tito's Handmade Vodka
- Cruzan Aged Rum
- Tanqueray London Dry Gin

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Beverage service may vary due to time of day and flight-segment time limitations. Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. Government warning: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

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### BOMBARDIER Q400

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



### EMBRAER E175

Last year, we placed our largest aircraft order in our history, ordering 30 Embraer E175 regional jets. The new aircraft will offer a first-class cabin, spacious overhead bins, inflight Wi-Fi and the Alaska Beyond Entertainment streaming entertainment system. The first two of these new aircraft recently entered service.



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# Your safety and comfort

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

## WHILE IN THE AIR

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

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

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- Tablets/smartphones (Airplane Mode after door closure)
- Wireless mouse/keyboard
- e-readers
- Media/CD/DVD players
- Noise-canceling headphones
- Cellphones (prior to door closure only)

### Not allowed during flight

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

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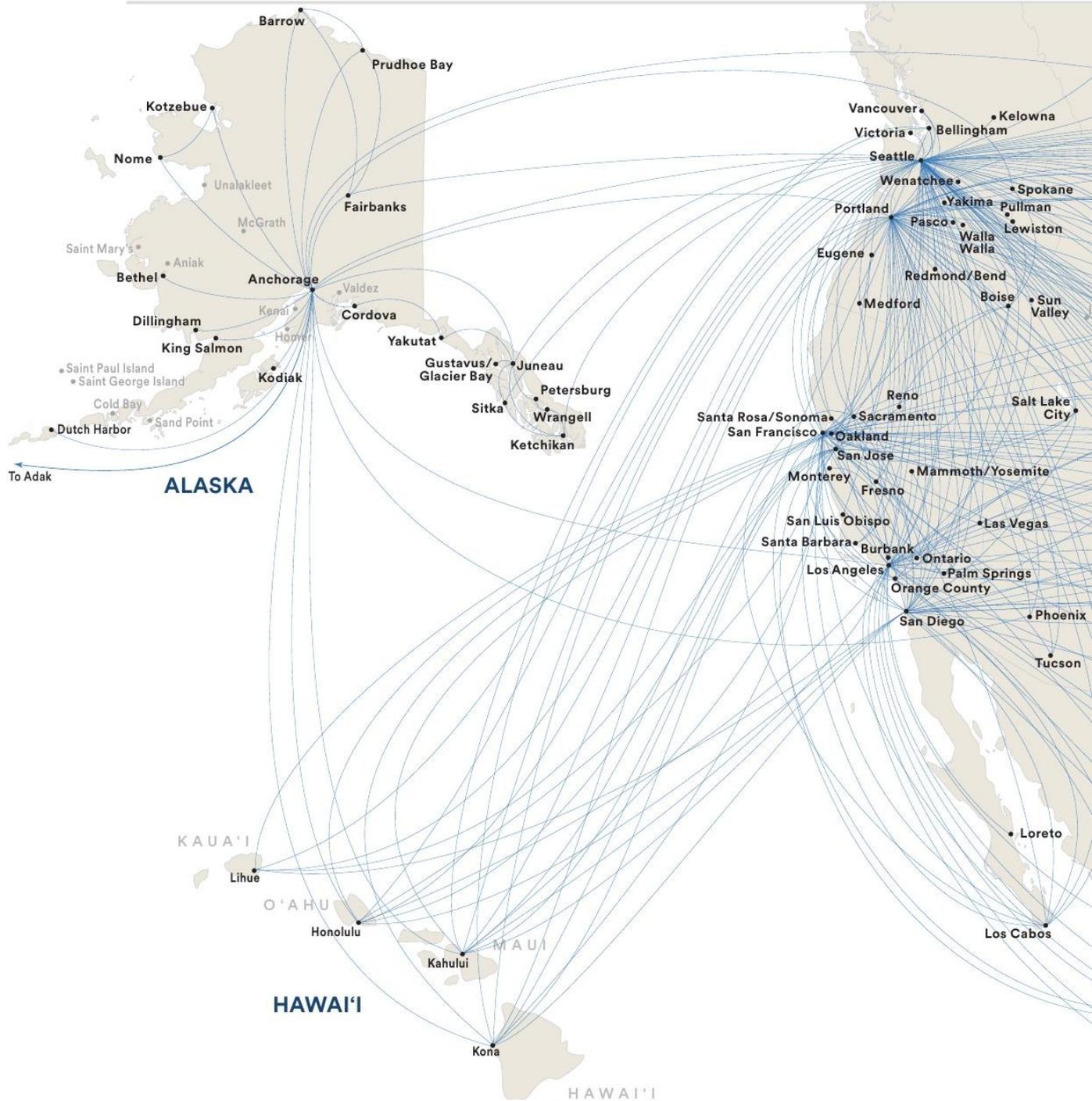
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# Where we fly

## 115+ destinations and counting.

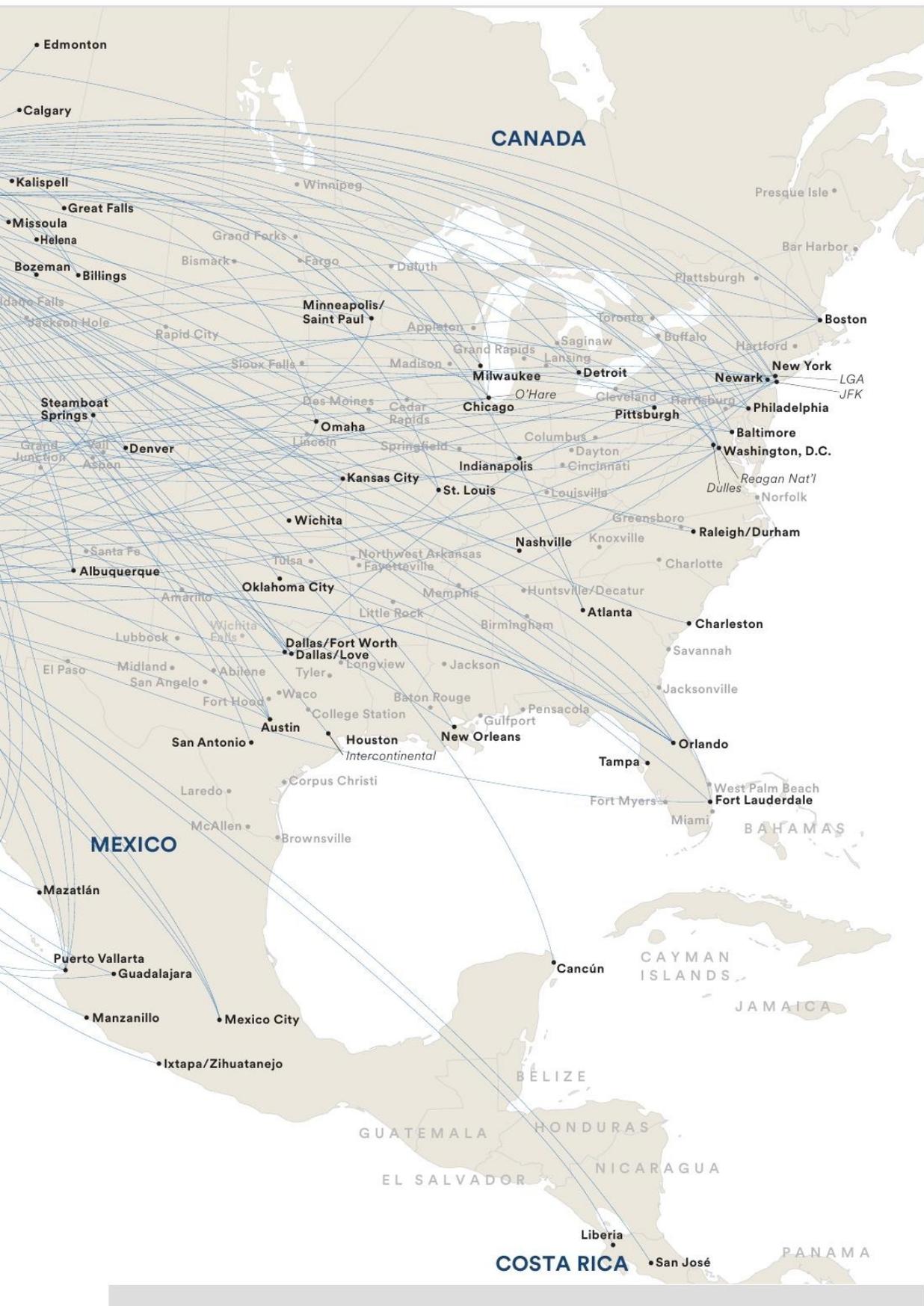


### LEGEND

- Destinations
- Partner destinations
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Route	Service Begins
Seattle, WA—Pittsburgh, PA	September 6, 2018



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

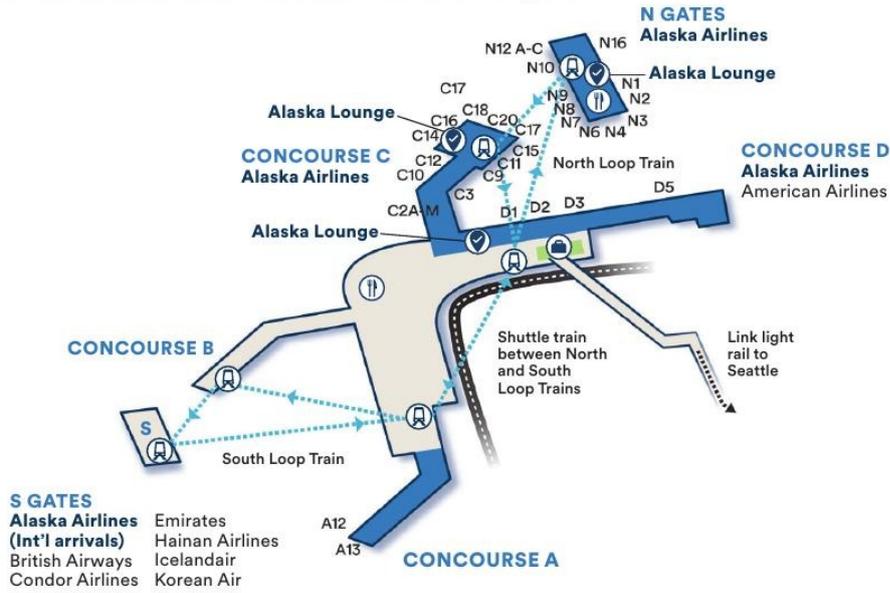
Some routes shown operate seasonally.

# Airport terminal maps

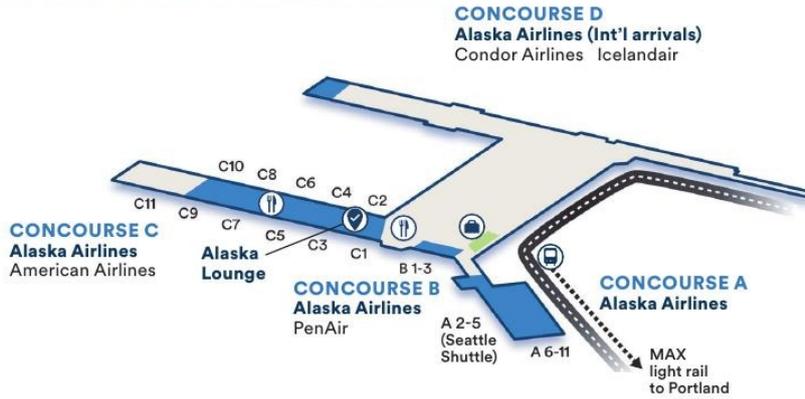
## SEA Seattle/Tacoma International Airport

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

**Tip:** Our new Alaska Lounge opened in the C Concourse: Raise your "preflight" game. We have complimentary food, premium drinks, Wi-Fi and great views.



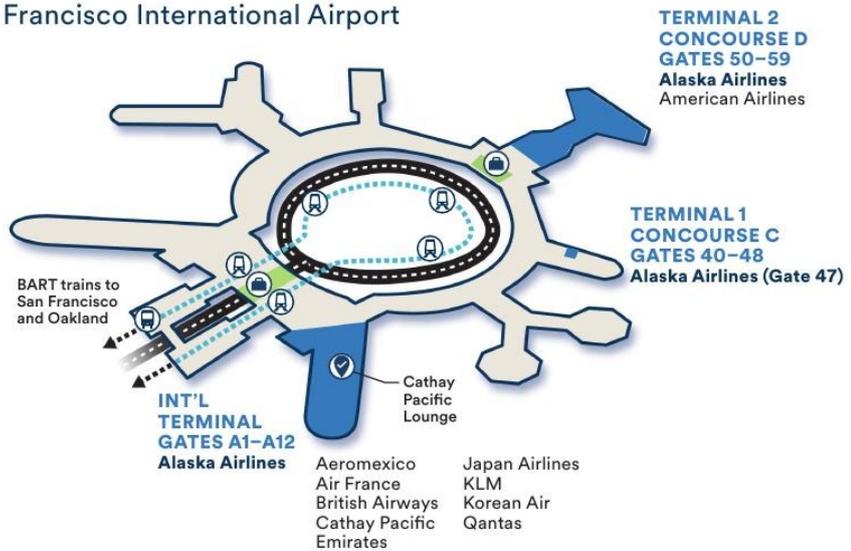
## PDX Portland International Airport



**Tip:** Head's up: We fly out of more than one terminal at SFO, please check your boarding pass to ensure you arrive at the correct gate.

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

## SFO San Francisco International Airport

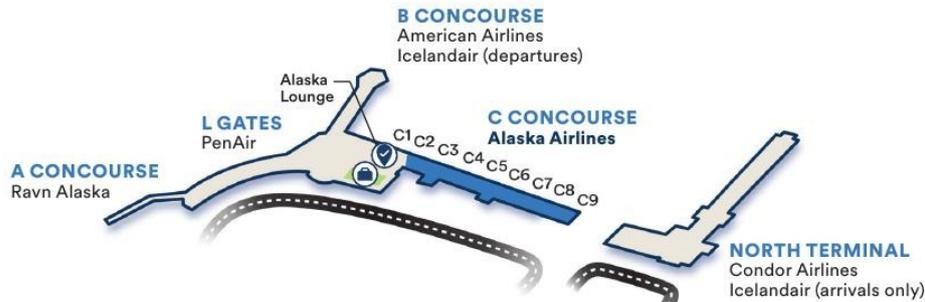


- Legend: Lounge Alaska Airlines check-in Public transportation  
 Dining Options Airport transportation Underground walkway

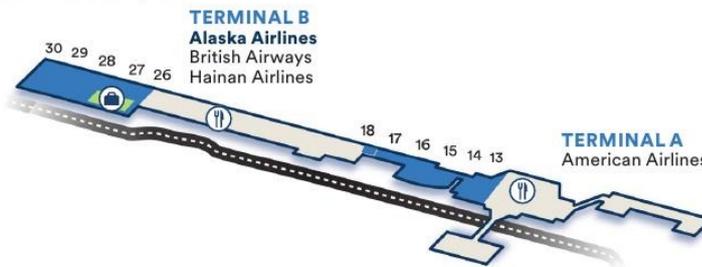
## LAX Los Angeles International Airport



## ANC Anchorage International Airport



## SJC San Jose Mineta Airport



## SAN San Diego International Airport



# HAVING MY DAUGHTER

And eating cake, too

By Andrew Waite

» **Last Father's Day**, I was allowed to eat only half a cupcake. It was during a brunch, and the cupcakes were made specifically for the dads in the room. At the time, my wife was just a few months pregnant, so I wasn't yet a dad, but I also wasn't not a dad. Hence, the half-a-cupcake compromise.

It made sense to me. At the time, I think I'd only changed two diapers in my life. Half a cupcake seemed more than fair, especially because the whole fatherhood thing was still a far-off abstraction, a new reality impossible to see, the way you can't truly visualize a city until you've been there.

Half a year later, my wife, Kathleen, gave birth to our beautiful daughter, Ria, and I welled up as the nurses placed our 7-pound, 10-ounce raisin of a baby atop my wife's chest.

Ria's ears had the same little notches as mine, her fingers were knobby and slender like mine, her eyelashes were long like mine. She wiggled just like my parents say I wiggled when I was a baby. She was mine; that was certain.

Still, I didn't feel like a father. I don't know what I was expecting, exactly. Logically, I knew there wasn't some giant switch that the universe would pull, instantly transforming me into a dad.

Fathers, after all, aren't just biological—they are made by their actions. By being mentors and protectors, nurturers and role models. But I thought this big change would feel a little less subtle.

The protection thing I had down. I love my daughter so much, and I immediately developed a strong need to keep her safe. In those first few days, I was constantly undoing the swaddle to make sure she was breathing.

But I worry about protecting my dog, too, and that doesn't make me a father. I think what contributed to my feelings was the fact that caring for Ria was, in many ways, pretty primary. As any new parent can attest, life with a newborn is essentially repeating the same four steps over and over: Feed her, change her, engage her and put her to sleep. All the "real" fatherly stuff seemed a ways away.

I kept thinking about the actual parents I knew. My co-workers

coaching their kids' sports teams, my siblings in the throes of the terrible twos. Those moms and dads were dealing with substantial stuff. Lessons in cooperation and teamwork, young romance, patience and manners. Our little nugget wasn't even aware of her own hands.

Then, two months after Ria was born, my dad came to visit. I got to witness him doing things with Ria that I'm sure he did with me when I was a baby. He spoke in singsong, played patty-cake, teased her for being bald. (Though the joke is on him because he and Ria, at least for now, share a hairline.)

Dad asked me how I was adjusting, and I told him I was doing well, all things considered. Tired and happy, that was my mantra. He studied me, and I could tell he knew I had more to say.

So I told him about my sense of deficiency—about not yet feeling like a father. He nodded and said he understood. But not to worry: "Fatherhood grows with the child," he advised.

Right now, Dad explained, Ria is small and only has a few basic needs. But as she grows, her needs will, too, and my fatherly duties will expand to scale. What's more, my fatherly abilities will evolve right along with my responsibilities.

I remembered that before Ria was born, I'd barely changed a diaper, and now I was a pro. I'd also helped this little being learn that she not only has tiny fingers; she can use them to grab toys.

Maybe Dad was right. When Ria gets bigger, I'll be able to coach her sports teams, help her with homework, make sure she's adjusting to changes in her own life—all of it building on the little lessons my wife and I teach her every day. Though dating might be a different story—I'm not sure I'll ever be ready for that one.

I guess what this means is that by the time Ria is 18, I'll be allowed to eat an entire Father's Day cake, complete with many tiers and layers. But this year, I'll be more than satisfied with just one whole cupcake. ■

*Associate Editor Andrew Waite changes commas and his daughter's onesies.*





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