

Alaska

BEYOND

HORIZON EDITION MAGAZINE APRIL 2017

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Idaho's inviting
capital city **PAGE 40**

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Bird-watching walks in
the Northwest **PAGE 50**

EXPLORE
Cycling in Walla Walla
PAGE 63

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Born to run.

ON THE COVER: A spectacular view in Yosemite National Park. **Photo by** Suzana Pomer / Shutterstock.com.

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"The Best and Worst Airlines of 2016", Scott McCartney,
"The Middle Seat" column in the Wall Street Journal,
January 11, 2017.



Alaska

WELCOME»

FLYING GREEN

» **If you've ever wondered** about those funny things on the tips of our jets' wings, this article's for you. Tom Kemp, our VP of flight operations, explains how these winglets, and other innovations, are helping us keep our local skies greener. Happy Earth Month! —Brad Tilden

Today I want to extend my personal thanks to each of you for choosing Alaska Airlines. I know many of you chose us for our low fares, others for the terrific credit card and associated benefits, and some to relax and enjoy our outstanding hospitality. But did you also know that for the last five years Alaska has been the most fuel-efficient airline in the industry, according to the International Council on Clean Transportation? Quite an accomplishment, and particularly notable as we celebrate Earth Month in April.

Hitting this mark of fuel efficiency has been an ongoing goal. Many of you have asked about the shape of our wingtips. Several years ago, we bent them up. More recently we bent them down. Last year, 27 aircraft were updated with a bend on the bottom of the wing (a "scimitar winglet" for you airplane buffs onboard). It may not seem like much, but these variations affect fuel efficiency. In fact, they helped us save 627,437 gallons of fuel, or approximately 13.7 million pounds of CO₂. To put this into perspective, a ton of CO₂ would fill a small ranch home—so we're talking about 6,850 homes' worth of

CO₂ saved in 2016. (Not that you'd want a home full of CO₂, but you get the picture.)

Navigational technology also drives fuel efficiency. In 1996, Alaska Airlines pioneered RNP—Required Navigation Performance—which uses satellite signals to safely guide an aircraft through mountainous terrain or to optimize the most efficient path to an airport. Unlike older ground-based navigation that relies on line-of-sight reception, RNP lateral guidance can be straight lines, angles, curves or any combination thereof. In the last year alone, RNP saved us more than 518,000 gallons of fuel, which equates to more than 11.24 million pounds of CO₂—enough to fill 5,620 small homes. Not too shabby.

So where do we go from here? By the end of 2017, all of our Boeing aircraft will be next-generation models equipped with state-of-the-art technology. In 2019, Alaska will welcome the Boeing 737 Max aircraft, which will be roughly 13 percent more fuel-efficient than the jets Alaska currently flies. In addition, we are partnering with firms and universities to bring to market alternative sustainable biofuels.

We are also actively engaged on the national front to improve airspace operations. While Air Traffic Control (ATC) does a superb job managing aircraft in a complex environment, we would like to see advances in ATC innovation move faster in order to provide pilots and controllers with better tools. Much of today's ATC system uses outdated technology. Those more advanced RNP approaches I mentioned? We're using them on only 4 percent of the airport instrument approaches that we fly. Today, aircraft spacing is governed by distance. In the future, we envision this separation governed by time. A time-based approach would allow an aircraft to descend at virtually idle power from its cruise altitude, all the way to the runway—saving fuel and power. The technology exists, but its deployment needs to catch up.



For those of you who want to do your part to improve fuel efficiency—every pound of weight makes a difference. If all of Alaska's mainline passengers, myself included, trimmed just 5 pounds from our luggage, we would save 10,000 gallons of fuel and decrease CO₂ emissions by more than 200,000 pounds a year. Simple enough, and certainly more fun than dieting!

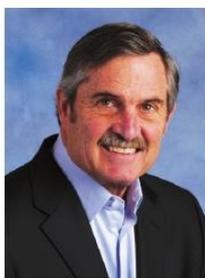
While we at Alaska take great pride in our accomplishments in fuel efficiency, this is only the starting point of our journey toward greater sustainability. There is still much work to be done, and with your help and support, we'll continue to strive for improvement.

Thanks for flying with us. —Tom Kemp

For more information about opportunities for ATC reform, visit www.modernskies.org.



Brad Tilden,
Chief Executive
Officer



**Tom Kemp, Vice
President of Flight
Operations**

CALIFORNIA STATE OF MIND

Fly nonstop to even more destinations with new flights out of the Golden State

» **Alaska Airlines is on a roll.** Alaska is quickly establishing itself as the go-to airline for people on the West Coast. Just three months after getting final government approval to merge with Virgin America, the airline made its single largest route announcement in company history: 13 new nonstop routes from the San Francisco Bay Area. The following week, the airline announced seven more new routes, this time from San Diego.

Here's a rundown of all our new flights:

ALASKA RECENTLY ANNOUNCED NEW DAILY SERVICE TO 10 CITIES FROM ITS HUB IN SAN FRANCISCO

San Francisco—Philadelphia	August 31
San Francisco—Nashville	September 5
San Francisco—Albuquerque	September 18
San Francisco—Kansas City	September 18
San Francisco—New Orleans	September 21
San Francisco—Indianapolis	September 26
San Francisco—Baltimore/Washington	October 16
San Francisco—Raleigh/Durham	October 19
San Francisco—Kona, Hawai'i	December 14
San Francisco—Mexico City	Summer 2017*

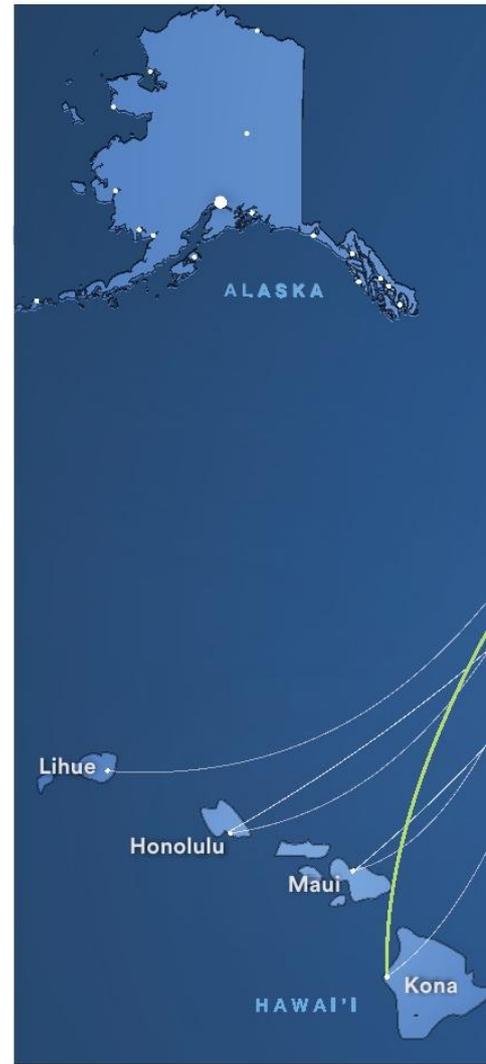
ALASKA RECENTLY ANNOUNCED NEW DAILY SERVICE TO THREE CITIES FROM SAN JOSE

San Jose—Austin	August 28
San Jose—Tucson	August 28
San Jose—Los Angeles	September 20

AND ALASKA ALSO ANNOUNCED NEW DAILY SERVICE TO SEVEN CITIES FROM SAN DIEGO

San Diego—Omaha	August 27
San Diego—Austin	August 27
San Diego—Albuquerque	October 18
San Diego—Minneapolis	November 18
San Diego—Kansas City	December 15
San Diego—St. Louis	December 15
San Diego—Mexico City	Summer 2017*

**pending government approval*

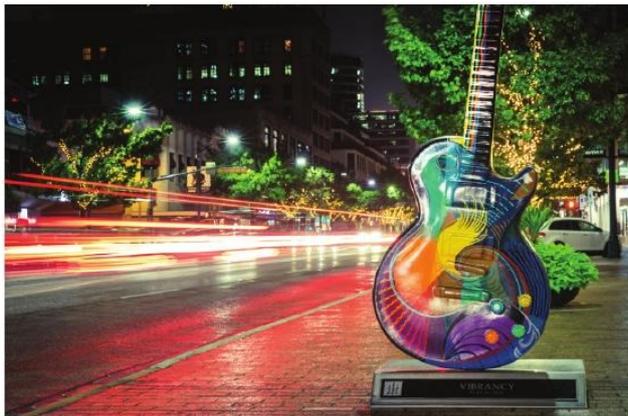


» Kansas City, Missouri.

IN THE KNOW»



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"I'm stronger than I've been in the last 20 years."

I got to a point where I hated the way I felt and looked. I was constantly buying bigger sized clothes and even those kept getting tighter. I felt tired all the time and wasn't sleeping well. And because I wasn't sleeping well, I didn't have energy during the day. It was a vicious cycle and I realized I had to do something about it.

I'd been successful with the 20/20 LifeStyles program in 2005 and thought about doing the program again, but I hesitated because of the time and cost commitment. Then, in January 2016, I attended a training session at work where attendees practiced storytelling. When one of the attendees told the story about her 20/20 LifeStyles journey, it was the push I needed. The next day, I signed up for the program.

Before joining the program for the second time, I did a lot of self-reflection. Why had I regained the weight and what did I want to get out of the program? The first time I went through the program, I was newly married and didn't have a child. I realized that how I'd eaten during the program hadn't been sustainable for me. This time, I decided to focus on nutrition

and counseling. I wanted to learn how to incorporate healthy eating habits into my life as a working mom and also while traveling.

The support that I received in the program was instrumental to my success. Everyone I interacted with was genuinely interested in seeing me succeed. They tailored the program and their advice to fit my needs.

The group counseling sessions provided a supportive place to talk with others going through similar challenges. The group facilitator discussed particular topics each week that were beneficial in learning how to deal with different topics like stress, social eating and setting boundaries.

I learned a lot from my personal trainer. I'm stronger than I've been in the last 20 years. I'm doing workouts I would have never imagined I could complete. I've always enjoyed running and have run several half-marathons and marathons. I completed my first Spartan race (running plus an obstacle challenge) last October. It was a huge sense of accomplishment! I'm currently training to complete a Spartan trifecta - a Spartan Sprint, Spartan Super

and Spartan Beast. My next goal will be to complete a half marathon faster than my personal best time.

My registered dietitian helped me come up with ideas for easy-to-make dishes, taught me how to batch cook and how to stick with healthy eating while traveling.

Since doing the 20/20 LifeStyles program, I have more energy and find myself in a better mood. I feel more empowered to deal with difficult situations and have also learned how to prioritize what's important to me.

Another big change is how I now travel. In the past, I'd use trips as an excuse to go off plan and enjoy myself. I learned that I can still enjoy myself while staying on track. I plan what foods I'm going to bring with me on my trip, just like I plan the clothes and shoes I'm packing. I also listen to my body more. There are days when I'm tired and need to rest. Those are the days I skip a workout. And there are those days that I want to enjoy a great dessert. Those are the days I eat well throughout the day to allow myself a piece of cake without guilt. I focus on being mindful.

Because I wanted a sustainable and lasting change, I learned how to cook in a way that I can continue for years to come. Whatever I cook for myself, my family eats as well. The unexpected bonus? It helps reduce my stress levels while my family has also learned how to eat healthy foods. In addition to helping me, 20/20 LifeStyles has been a gift that I can pass on to my husband and young son.

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3	8	19		9
6	15		18	10
5		16	17	23
	7	1	14	25

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THE REGION»

YAKIMA VALLEY, WA

SPRING SIPPING

» Taste a selection of vintages straight from the barrel at the **Yakima Valley Spring Barrel Tasting**, April 28–30 throughout the Yakima and Tri-Cities areas of Eastern Washington. Participating wineries include many from the Yakima American Viticultural Area (AVA) and its sub-AVAs of Red Mountain, Snipes Mountain and Rattlesnake Hills.

Along with being among the first to taste new spring releases, visitors will be able to chat with some of the winemakers and better understand the context and composition of the wines. Winemaker Co Dinn, for example, will be hosting an opening party at **Co Dinn Cellars**, his latest high-end small-production project after having made wine at Hogue Cellars for more than 15 years.

In addition, a purchasable Premier Pass (available at select wineries, and in advance at wineyakimavalley.org) allows access to exclusive benefits available only during this Spring Barrel Tasting weekend at 40 participating wineries. Among these benefits are a variety of specialty food pairings, library tastings and tours not otherwise available to the public. Contact: wineyakimavalley.org. —Lara Douglass



RICHARD DUVAL X3



CONSIDERABLE CULTIVATION

Viticulturists in the Yakima Valley AVA cultivate more than 17,000 acres of vineyards, with Yakima and Benton counties collectively making up more than half of the wine production in Washington state. Yakima sub-AVA Snipes Mountain has some of the oldest vines in Washington, with some dating to 1917.

Source: Barbara Glover, *Wine Yakima Valley*.



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LEWISTON, ID

DOGWOOD DAYS

» The temperate springtime climate of the Lewiston region creates ideal blooming conditions for the charming dogwood tree, whose pink-and-white petals are celebrated annually throughout the month of April at the Dogwood Festival in the Lewis-Clark Valley. The festival was created in 1984 as a way to celebrate the arts, culture and natural scenery that flourish across the valley, and now welcomes more than 20,000 guests.

The celebration continues to feature one of the flagship events from its '80s origins, **Art Under the Elms**, a three-day outdoor artisan festival, April 28–30, with more than 100 vendors from throughout North Central Idaho. The Art Under the Elms event boasts an international food court, kids activities, and music and entertainment on the Lewis-Clark State College campus greenery and neighborhood parking lot, where the **Dogwood Show & Shine** car show, April 29, will display both vintage and modern cars and motorcycles. Also on April 29, the **Seaport River Run** offers runners and walkers a 5K and 10K path that weaves along the Snake River, passing Lewiston's many levee systems on the route.

Earlier in the month, the **Confluence Grape & Grain** event on April 21 gives ticketholders 21 and older a chance to taste local wine, beer and food while enjoying live music and a silent auction. Additional dogwood festivities include **Lewis Clark Recyclers Earth Day**, April 20, and the **Annual Festival of Quilts**, April 29–30.

Ideal spots for dogwood sightseeing include **Locomotive Park**, where visitors can stroll amid the picturesque trees, and the nearby Normal Hill neighborhood, where many attendees enjoy taking leisurely drives along the tree-lined streets. Contact: lcsc.edu/ce/dogwood.

—Amanda Easter

» The pink-and-white flowers of dogwood trees typically bloom profusely throughout the Lewis-Clark Valley in April.



MAMMOTH LAKES, CA

PLENTY OF FISH

» As the April sun melts the last of the ice in Mono County lakes, fish become lively, giving anglers an exciting **Opening Day of Fishing**, April 29. The spring season offers the opportunity to catch rainbow, cutthroat, brook and brown trout in Mono County's sparkling waters.

Opening Day events will be hosted all over Mono County around popular fishing spots such as Crowley Lake, Convict Lake and June Lake Loop waters. At the break of dawn, anglers can head to the Olde-Tyme Cafe and Bar at Tom's Place Resort for

breakfast burritos and coffee before setting out to fish on Crowley Lake. The all-day **Tom's Place Fishmas Party** will offer \$1 soda, beer and hot dogs while weighing the day's catch. Any size of trout can be entered in the Tom's Place derby, and a raffle will select winners for various prizes.

The **Monster Fish Contest**, hosted at Ernie's Tackle & Ski Shop in June Lake, will offer daily awards for the largest catches throughout the weekend. Those hoping

to win can weigh their trophies during the day at various marinas or at Ernie's. The shop will also give prizes for categories such as the most ugly catch and the largest trout caught by a kid (age 12 and under). Additional venues around Mono County, such as Annett's Mono Village on Upper Twin Lake, will also be celebrating with a variety of events.

Those heading out on the lakes on Opening Day weekend should remember their fishing pole, bait and California sport fishing license. Visitors can rent tackle and purchase bait at fishing shops in the area. Fishing season in Mono County lasts until November 15. Contact: monocounty.org. —Kara Spencer



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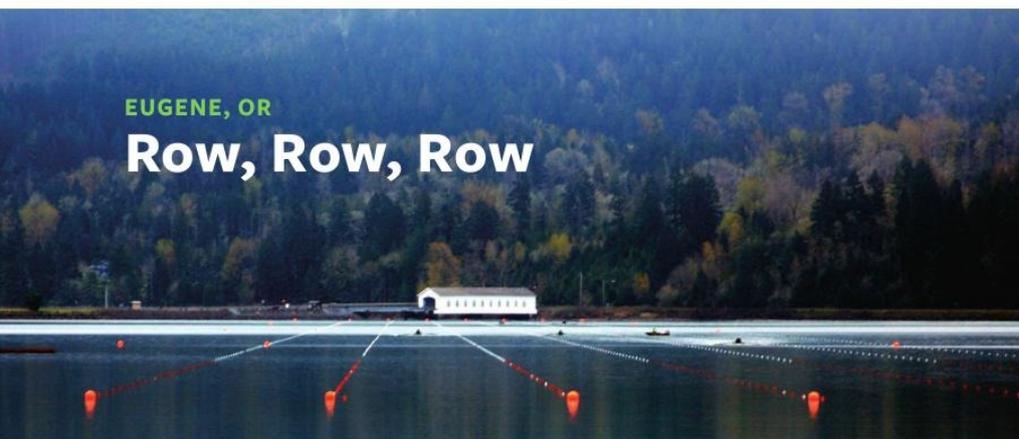
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EUGENE, OR

Row, Row, Row

» After training tirelessly, rowers stroke in perfect unison, oars curving through the water and arcing above it in rhythmic synchronization during the annual **Covered Bridge Regatta**, a spring rowing opener in the Northwest. “It’s like clockwork; it looks effortless,” says Nate Sandoval, media coordinator for the event.

The Covered Bridge Regatta will bring collegiate teams to Dexter Lake, located about 15 miles southeast of Eugene, on April 15, followed by masters and junior high school crews on April 22–23. Hosted by the Oregon Association of Rowers, the event attracts crews from various parts of Western Washington,

Western Oregon and Northern California for roughly six hours of intense rowing overall.

Spectators see rowing similar to that of the Olympics, including the use of “eight” boats, along a scenic course with a backdrop of the 165-foot-long Lowell Covered Bridge.

The last two minutes of each race are particularly exciting, Sandoval says. Onlookers stand at the edge of the lake as rowers sprint their final meters. “It is really exciting,” Sandoval says.

A full food court will be available from local restaurants such as Moka Shack and Buzz Burgers. Contact: oarowing.org.

—Kara Spencer



■ Enjoy a **Seattle Mariners** baseball game while giving recognition to volunteers or celebrating your own community efforts at **Salute to Volunteers Night**, April 11, presented by the Seattle Mariners and Serve Washington, the state service commission that advances national service, volunteerism and civic engagement. Tickets will be offered at a discount through April 10 with the promo code “volunteers” online at mariners.com/volunteers. Alaska Airlines is a sponsor of the Seattle Mariners.



■ Seventy internationally acclaimed environmental documentaries from around the globe will be screened at the **San Francisco Green Film Festival**, April 20–26, including at the historic Castro Theatre (greenfilmfest.org).

■ **Missoula’s newest city park**, the **Art Park**, will open April 21 with a “**By the Bike**” exhibit, featuring art made with or inspired by bicycles. Various artists will be on-site April 22, Earth Day, to answer questions. The opening exhibit, through Nov. 21, honors the partnership between the Missoula Art Museum, the City of Missoula and the nonprofit Adventure Cycling Association, which helped make the new park a reality (missoulaartmuseum.org).

■ The 10th-annual **Bridgetown Comedy Festival**, May 4–7, brings more than 100 comedians to Portland, OR, to perform stand-up, improv, sketch, live podcasts, music and more. The lineup will include Grammy award winner Patton Oswalt and Emmy-nominated Janeane Garofalo (bridgetowncomedy.com).

RENO, NV

ART AT THE ARCH

» More than six city blocks surrounding the Reno Arch will transform into a walkable art show, May 12–14, with dozens of larger-than-life sculpted works being displayed during **Reno Sculpture Fest**. The annual celebration of art and music was inspired by a desire to showcase Reno’s expanding art scene and many of the impressive pieces created each year for local festivals.

Reno Sculpture Fest attendees can hear live musicians playing on the main stage, or they can borrow a pair of wireless headphones at the silent disco and listen to DJs. Woven into the mix of sculptures, food trucks and local vendors are talented street performers, ready to delight crowds with fire dancing, aerial



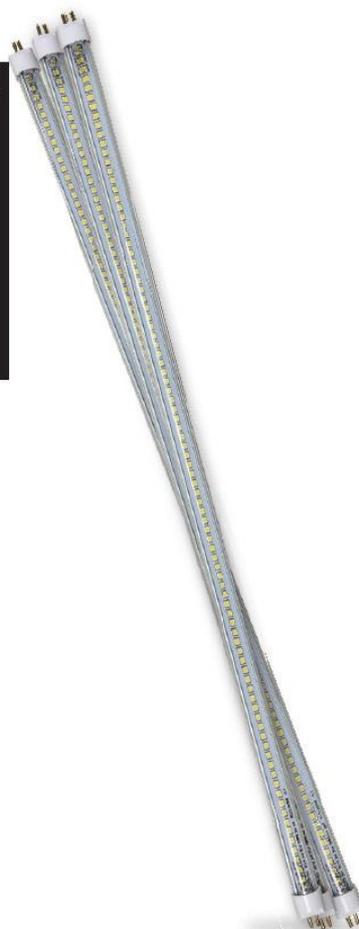
acrobatics, live painting and more.

The festival offers interactive activities for kids looking to engage directly with art, as they’re encouraged to create their own works from sculpting materials, paint and chalk.

Visitors are also invited to take part in a community-driven mural project, in which they can assist in painting temporary mural installations. Contact: renosculpturefest.com.

—Amanda Easter

[I GROW]



efficiently and mercury free

This past winter brought record cold weather across 48 states. In many places energy bills are at an all-time high. Who wouldn't like to know where they can save on energy consumption? Lets start with LED vs. fluorescent lighting.

There are many appealing facts about LEDs that are at the top of the list. LEDs are mercury free and recyclable. That is great news for our planet and landfills. LEDs use 1/2 to 3/4 the wattage of traditional fluorescent lamps. That is a significant energy savings. LED technology will continue to improve. This fact is intriguing to anyone who is conscientious about global warming and environmental hazards.

This year, Sunlight Supply launched another innovative addition to their lighting offering. The AgroLED® brand of products use a light source known as LED (Light Emitting Diode) that has taken off and is growing rapidly! The new AgroLED® brand offers a growing variety of different fixtures, lamps and the new retrofitting iSunlight® LED T5 lamp which replaces old T5 fluorescent tube-style lamps. This is revolutionary for the indoor gardener. They have a great "white" color spectrum, are energy efficient and very bright. By the way, for the garage guy, they will look awesome over your hot rod or work bench!

LED has earned the attention from both professional and hobby indoor gardeners. Besides its long life, LED doesn't contain a filament, like the traditional fluorescent lamp. LED also is not affected from wear and tear of turning it off and on because it does not contain mercury, which breaks down with everyday use.

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CROCS IN THE ROCKIES

» For 86 million years, crocodylian species have roamed the earth, and now visitors can explore their history and future during the first Western stop of the traveling exhibit “Croc: Ancient Predators in a Modern World,” through September 10 at The Museum of the Rockies in Bozeman, MT.

Learn about crocodylians via replica models and displays with living animals, including real hatchling American alligators. In the wild, mothers and fathers will vigilantly guard their nests. The hatchling diorama features a re-created alligator nest, guarded by a life-like model mother. Live hatchlings also swim and interact in the adjacent pool. The hatchlings are several months old, and will take six to 10 years to fully mature.

Other living displays also include live animals, such as an endangered Siamese crocodile, an African dwarf crocodile and an African slender-snouted crocodile.

Replica model dioramas include an Australian freshwater “freshie” crocodile, a Cuvier’s dwarf caiman, a critically endangered Indian gharial and a giant, almost 18-foot “salty” crocodile named Gomek.

Through 3-D animation programs, visitors can bring long-extinct ancient relatives of modern crocs to life. Guests can also take “Croc Bytes” trivia quizzes to learn how to tell the difference between an alligator and a crocodile.

Croc experts, including paleontologists and conservation biologists, will be on-site to answer questions about the history and preservation of crocs.

Additional highlights include touchable artifacts such as a tooth and armored plate from an ancient giant croc, short videos on conservation efforts, and an interactive look at croc research. Contact: museumoftherockies.org. —Jessyca Yoppolo



MORE ABOUT CROCS

■ Crocs lead intricate social lives. They communicate with a range of pips, grunts, hisses, bellows and subtle changes in body posture. They battle over territories, engage in lengthy courtship rituals and provide their young with tender parental care.

■ Along with carefully guarding their nests, another example of “tender” parental care on the part of crocs is that they will help break open hatching eggs and carry hatchlings to the water.

Quick tip: Alligators have wide, U-shaped snouts, while crocodiles have thinner, V-shaped snouts.

Source: Jeff Cook, Peeling Productions, organizer of the “Croc: Ancient Predators in a Modern World” exhibit.

» Visitors to the “Croc: Ancient Predators in a Modern World” exhibit can view and learn about crocodylian species.

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PIZZA PARTY PAIRINGS

Winemakers share their favorite matches for pizza and wine

By Lara Douglass

» **Pepperoni, Hawaiian, or fig and goat cheese:** There's a type of pizza for everyone. But what's the best wine to complement your slice? With more than 10,000 wine-grape varietals in existence and a vast range of pizza toppings, the pairing possibilities abound. In honor of **National Pizza Party Day** coming up, May 19, we spoke with leading winemakers and experts to help you prepare for your next pizza party, and choose the best wines to match your and your guests' favorite pies.

Pepperoni

One of the most popular pizza varieties, pepperoni is also one of the simpler to pair. Experts agree that if you're eating pepperoni, a bottle of juicy red wine is a great match.

Rachel Mercer, tasting room manager of **Mercer Wine Estates in Eastern Washington's Horse Heaven Hills**, and Jessica Munnell, winemaker at Mercer, both recommend a bold, but soft, wine for pepperoni pizza. They suggest a red blend of **Merlot** and **Syrah**, such as Mercer's Canyons Red Blend. The pairing works well because the wine has a bit of pepperiness in the aromatics, while the palate is "really smooth, and the tannins are soft and round," says Mercer.

Tannins are astringent acids that typically add to the structure of a wine. Some tasters describe the mouthfeel of tannins as a drying sensation. If you've ever clenched your jaw upon your first sip of a Cabernet Sauvignon or bite of a plum, you know what strong tannins can feel like on the palate. While tannic wines are often desirable to pair with meat, too much tannin next to a spicy topping, such as pepperoni, can be a bit parching.

Mick Unti, winemaker at **Unti Vineyards**



in **Sonoma County, California's Dry Creek Valley**, agrees that it's important a wine "is not so tannic it would overwhelm the pizza." As an Italian-wine lover, he recommends wines made from the Barbera grape, "because it's juicy; it doesn't have much tannin; it's dark; and it's flavorful."

He notes that Unti's 2014 **Barbera** is made in a serious style, with indigenous-yeast fermentation and 11 months aging in oak, so the wine "holds the wine-geek side of the attention, but is easy to drink with pizza because it's got the acidity and the fruit liveliness to handle any type of topping."

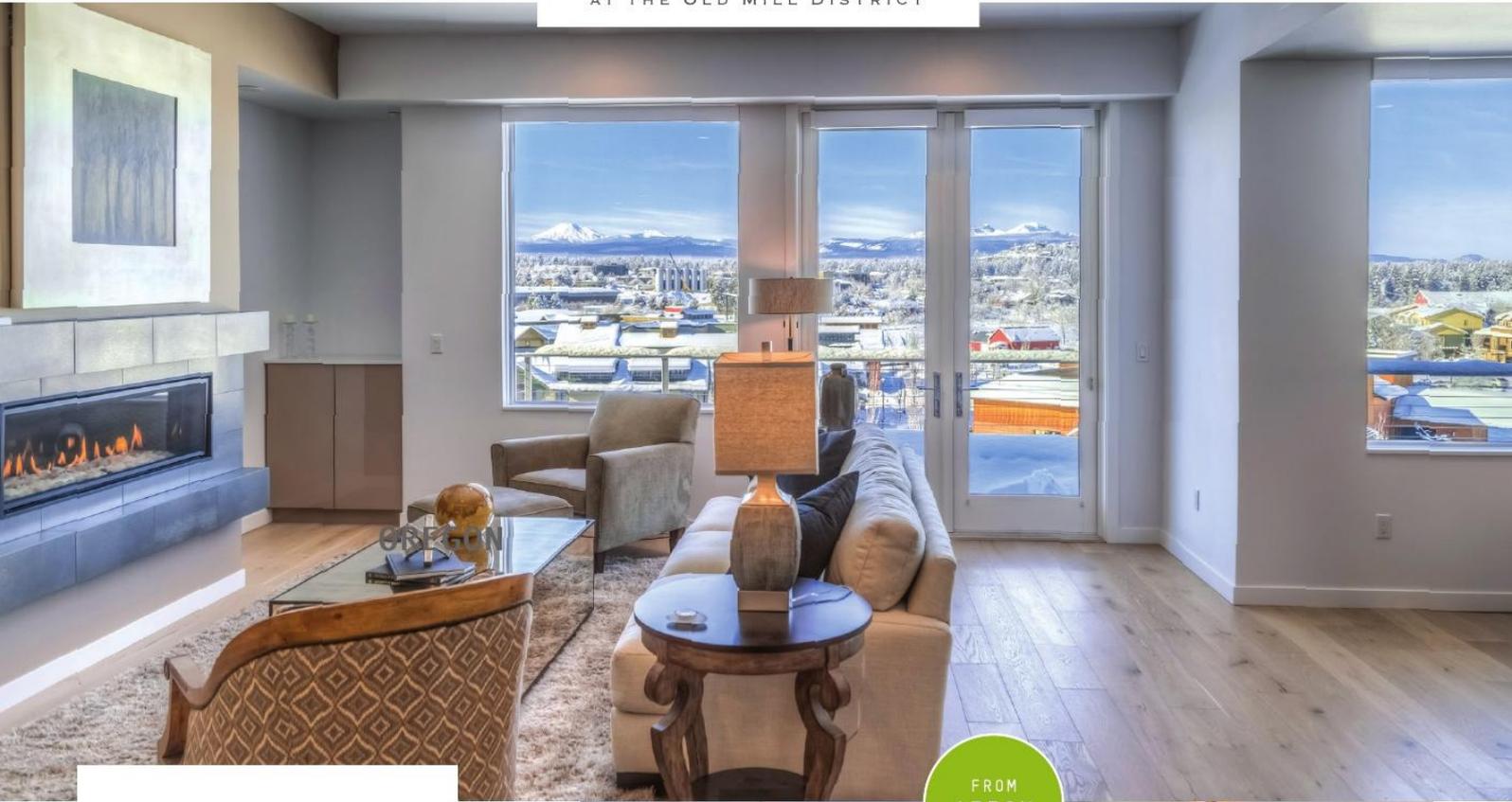
Luisa Ponzi, a second-generation winemaker at **Ponzi Vineyards in Oregon's Willamette Valley**, recommends **Pinot Noir**, which typically has a nice amount of acidity and a bit of backbone to complement the hearty pie. She notes that Ponzi's Classico Pinot Noir offers notes of "white pepper, cola, hickory spice and tobacco," and that those flavors nicely match a strong, spicy dish.

Meat-lovers and supreme

Because meat-lovers and supreme pizzas come with even more peppery, fatty meats than a simple pepperoni, they call for wine

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with a heavier body and stronger tannins to pair with those robust flavors.

Ponzi notes that she would “go for something with a little more body, such as [Ponzi’s] Reserve Pinot Noir, which spends a lot more time in the barrel, including in new oak.” This wine also comes from one of the vineyard’s oldest sites, planted in 1975, which “brings a real depth to the wine, so the midpalate has a silky suppleness to it, but also has good acidity. It is a better match for the meat-lovers [pizza] because it has that weight to it,” she says.

Unti agrees that he would choose a slightly heavier red for a meat-lovers pizza, such as a **Montepulciano-Sangiovese** blend. He describes Unti’s Segromigno, which is a blend of these two varietals, as being “like a more lush version of a Cabernet.” Sangiovese is the principal varietal in any Chianti, a staple wine of Tuscany, Italy. For the Segromigno blend, he sourced his Sangiovese vines that produce Chianti-like fruit, and he blends that fruit with Montepulciano to give the wine deeper color and a slightly heavier body.

Hawaiian pizza

With its mixture of sweet pineapple and salty Canadian bacon, a Hawaiian pizza can be a bit of a curveball when it comes to wine pairing.

Unti recommends a juicy, medium- to lighter-bodied red, such as Barbera. “The acidity of Barbera would handle the pineapple just fine, and in fact it would help the Barbera taste less acidic,” he says.

Mercer veers to the white on this one, and notes that some **Chardonnays**, such as

the bottlings at Mercer Estate Wines, can offer scents of pineapple, which match the pineapple on a Hawaiian pizza. “Chardonnay would be really great because the ham has a little bit of that saltiness, and then there’s the pineapple, tropical-fruit quality to our

Chardonnay,” she says. While some

Chardonnays come in a lighter, unoaked style, she recommends one with an oaky component, which “would also be nice with the red sauce.”

White and vegetarian

For a white-sauce pizza, especially with a simple topping such as chicken, Mercer says that the creaminess and weight of a Chardonnay or **Viognier** would be a beautiful match with the pizza’s creamy tones. She adds that one of her favorite pizza-and-wine combinations is a pie topped with cream sauce and fresh arugula, paired with a **Sauvignon Blanc**, which she says is bright and fresh, and offers a lively spring flavor.

Sauvignon Blanc is a great match for some of the green toppings that can be a bit of a challenge to pair, including arugula and asparagus. Asparagus tends to bring out the funkier and sulfuric tones in a wine, but because Sauvignon Blanc can have a grassy element to the nose, it negates the slight bitterness of asparagus while offering fresh, zippy tropical-fruit notes. Munnell says that Sauvignon Blanc is “kind of a go-to” in a valley that grows acres upon acres of asparagus.

One of Unti’s preferred pies is a savory white pizza with olives and mushrooms, with which he suggests a firm, waxy white wine. He and his wife love drinking Italian varietals made in this style. **Fiano**, for instance, “has almost a honey-wax texture, and it can handle almost anything thrown at it. It’s rich enough that it has the capability of pairing with a vegetarian pizza with Gorgonzola,” he says. “What I like about the Fiano is that it has some richness and acidity, so it’s more

versatile with pizza because you don’t have to pair it with something bland. The pizza can have some stronger flavors.”

Ponzi, too, is a fan of Italian grapes for artisanal pies, especially the **Arneis** grape, with which she fell in love while interning at Vietti winery in Italy’s Piedmont region. She later planted the grape in her family vineyard. “Our Arneis has slight fig, almond and marzipan notes, and then it’s very bright and clean with high acidity, ideal for the sweet-and-salty flavors in a fig and goat cheese pizza,” she says.

Play with your food

The best part about the combination of wine with pizza? It’s fun.

Forget the old adage about not playing with your food, and have a good time experimenting with different flavors. They can open up your mind and palate to the wide range of delightful options.

For example, Mercer says that a blue-cheese-and-pear pizza tastes delicious with a glass of **Riesling**. The stone-fruit notes in the wine match nicely with the pear, while the bright acidity of the wine complements the rich blue cheese with a refreshing cleanliness.

And Ponzi has discovered that she can drink a good **sparkling rosé**, such as Ponzi Vineyard’s Cincin Brut Rosé, with almost anything. The red-skinned grapes that create the pink hue also add a bit of red wine tannin, which makes the rosé a versatile match for pizza and other dishes, she says.

So order a pie, or create your own; try a new bottle of wine; and, of course, don’t forget to share. Have yourself a festive Pizza Party Day. ■

Lara Douglass is an editor at Alaska Beyond Magazine Horizon Edition.



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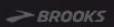


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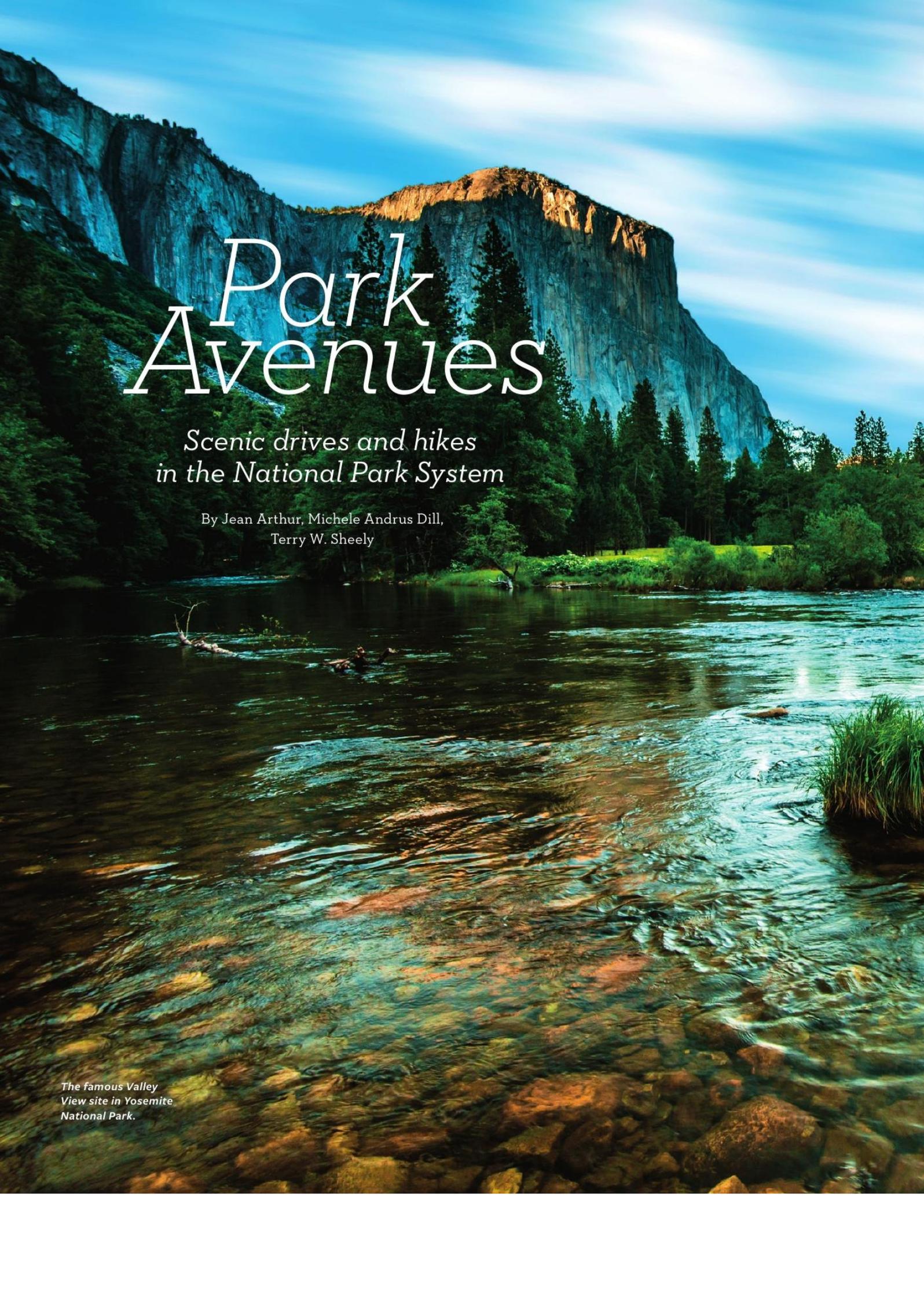
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A scenic landscape of a river flowing through a valley with a massive granite cliff in the background. The river is clear and rocky, with a person visible in the water. The cliff is a mix of grey and brown, with some greenery at its base. The sky is blue with some clouds.

Park Avenues

*Scenic drives and hikes
in the National Park System*

By Jean Arthur, Michele Andrus Dill,
Terry W. Sheely

*The famous Valley
View site in Yosemite
National Park.*



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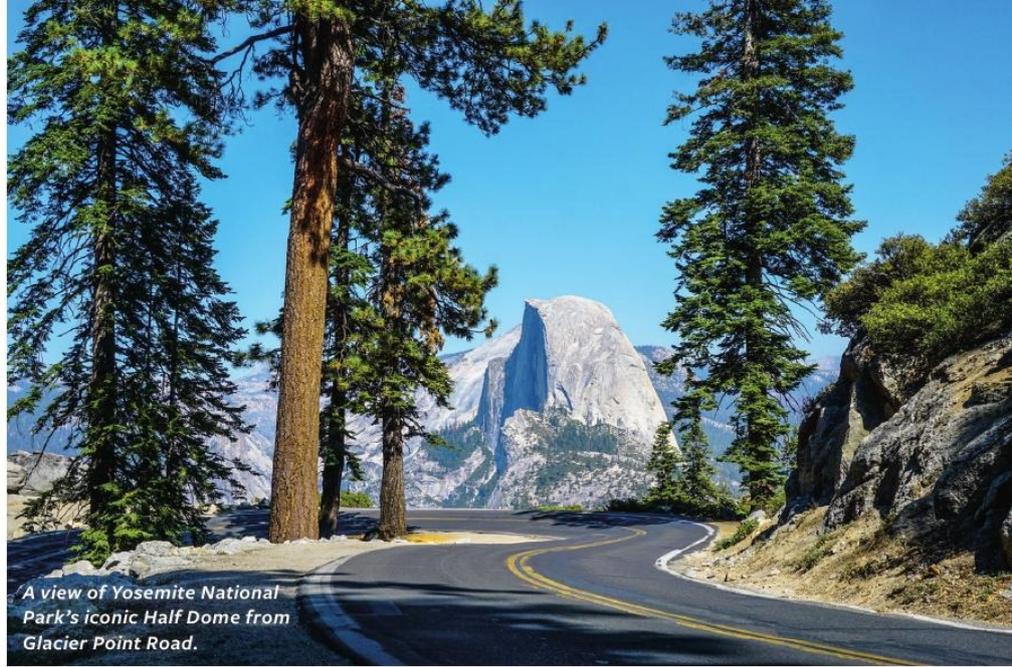
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Sunbeams outline lodgepole pines. Halos crown clusters of sedges. And swaths of grass look like carpets of gold as we hike the 1.5-mile Tuolumne Meadows Trail in Yosemite National Park's eastern High Sierra region.



A view of Yosemite National Park's iconic Half Dome from Glacier Point Road.

We have a view across the meadows to aptly named Cathedral Peak and Unicorn Peak, also gleaming in the late-afternoon sun. Closer in, about 20 yards south of us, two mule deer look up from their grazing. Closer still, Belding's ground squirrels with ginger-colored backs sound occasional whistle calls near their burrows. Otherwise, our soft footfalls on the loose-dirt trail are the only sounds we hear.

"Kinda noisy, huh?" jokes our guide, Tony Rojas, owner of PLAYosemite Private Tours, which provides customized day tours of Yosemite from the Mammoth Lakes area, just 40 miles from the park's eastern entrance. "These meadows stretch along the Tuolumne River for 10 miles," he says.

He leads Michael and me to a wooden bridge over the clear, gravel-bottom river—gently rippling today—for a stunning vista of glacially sculpted, 9,450-foot-elevation Lembert Dome. In the current light, the granite formation, popular with climbers, looks as radiantly white as a full moon. "This meadow area is just so beautiful," Tony remarks. We nod wordlessly. That pretty much sums it up.

From the bridge we hike into low hills to see Parsons Memorial Lodge, a National Historic Landmark constructed in 1915 with local granite and pink feldspar stones in memory of Edward Taylor Parsons, an early Sierra Club guide. "I read that Ansel Adams came here in the 1920s

and fixed the roof," Tony says. In July and August, the lodge hosts special talks, readings and musical performances.

South of the lodge we come to the one-room, early-1900s McCauley Cabin, built with rounded logs by two brothers who purchased this area to graze cattle after the death of homesteader Jean Baptiste Lembert, who'd managed to retain title to the property after Yosemite became a national park in 1890. Standing outside the log cabin, we're captivated by the sight of Lembert Dome transitioning to rosy pink as the sun lowers, and then we notice a park ranger striding up the trail toward us. It turns out that Ranger David Dennis lives in the cabin, and he agrees to let us take a look inside.

Everything is neatly arranged in the rustic space, which has a narrow wood bench near the door and a wood-frame bed in a back corner. Updates include running water and electricity, but a fireplace still supplies the heat. "Summer residence only," David replies with a smile when we ask how cold it gets in the winter.

The sky is fading to periwinkle as we say goodbye to David and walk a short distance to the Soda Springs Enclosure—a 9-by-11-foot roofless log structure—now listed on the National Register of Historic Places—that Lembert built over the carbonated mineral springs around 1889 to protect them from wildlife and livestock. Water still bubbles up from the reddish-orange soil.

A sign near the springs shares a late-1800s quote from naturalist John Muir, who worked hard to get Yosemite protected as a national park: "In every walk with nature one receives far more than he seeks."

It occurs to me that we have just enjoyed a quintessential national park walk: towering trees, a rippling river, impressive rock formations, protected wildlife and bubbling springs—all speaking to the grandeur and glory of nature; historical buildings speaking to the enterprise and industry of early inhabitants; and a chat with a ranger who is devoting his skills to preserving this land for generations to come.

More than 400 sites, including 59 national parks, are protected by the century-old National Park Service, inspiring and invigorating visitors from across the globe. The following pages showcase three of these picturesque parks—Yosemite, Yellowstone and Mount Rainier—that illustrate the beauty and variety of the country's national treasures.

—Editor

Yosemite National Park

By Michele Andrus Dill

Established: 1890; nps.gov/yose

Air gateways: Fresno (year-round) & Mammoth Lakes (seasonal), CA.

Notable: Nearly 95 percent of Yosemite National Park is protected as wilderness.

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Around 800 miles of hiking trails allow exploration in both popular and less-treked areas. In addition to countless waterfalls and numerous granite formations, the park has three giant sequoia groves.

Interesting: Yosemite supports more than 400 species of vertebrates, from bears to bighorn sheep, and harbors an abundance of plant species, including incense cedar, black oak (whose acorns were an important food source for Native peoples), and the United States' oldest-known lodgepole pine, believed to have germinated in 1381, in what is now the eastern part of the park.

Memorable Experience: From atop 7,214-foot Glacier Point, the tall pines and historic buildings in Yosemite Valley, more than 3,200 feet below, look as if they're part of a model train set. Our vantage is so high, we can gaze at a broad panorama of famous sites, including Yosemite Falls, the 1927 Majestic Yosemite Hotel (formerly The Ahwahnee), North Dome, Mirror Lake and Half Dome.

Ranger Rachel Zott approaches our section of the lookout and tells us that almost everything we see used to be covered by glaciers. "This was all filled with ice, almost all the way to the top of Half Dome," she says. The Merced River had carved the valley in a V-shape, with a narrow entrance, but when the glaciers pushed through—"like sandpaper, grinding on cliffs, picking up, carrying and dumping rocks"—during various glacial periods, they created today's wider, deeper, U-shaped entrance, which is what makes it possible for people to drive into the valley floor, Rachel says.

The glaciers also helped chisel the course of many park waterfalls and influenced the shape of many granite peaks, she says. "That's why Yosemite Valley is so epic."

Because Michael and I are on a day tour with Tony Rojas of PLAYosemite (playosemite.com), we have plenty of time to marvel at the view from Glacier Point,



which is reached via an eponymous 16-mile winding road. In fact, we're getting to relax and enjoy the scenery as Tony drives us on numerous park roads—including Tioga, Big Oak Flat and Wawona—in his spacious SUV while providing narration for the itinerary he customized to our preferences.

The tour will continue down to Yosemite Valley's Southside and Northside Drives along the Merced for several must-sees, such as Bridalveil Fall and El Capitan, in addition to new perspectives on Yosemite Falls, Half Dome and the Majestic Yosemite Hotel.

We also asked Tony to include his pick of less-visited natural masterpieces throughout the day, and we've stopped at sites ranging from lovely Tenaya Lake (the "jewel of the high country," which has a white-sand beach, and was named for an area chief) to small, beautiful Fern Springs, which flows over mossy boulders. And at Washburn Point, Tony set out a delicious lunch of salami, cheese, grapes, pears, and paté made with rainbow trout from Mammoth Lakes-area waters. A Chardonnay from California's J. Lohr Vineyards & Wines is also usually served with lunch, although we quenched our thirst with sparkling water while admiring 317-foot Vernal Fall and 594-foot Nevada Fall.

Now Tony drives us to his "secret spot"—a sister site to the famous Valley



» **Top:** Hikers enjoy the view on the way to Glacier Point in Yosemite National Park. **Above:** The dining room in the park's historic Majestic Yosemite Hotel (formerly The Ahwahnee).



View photo stop—in Yosemite Valley. “I’m not even sure what this spot’s name is,” he says. “But, look, nobody is here. You have the Merced River, El Capitan, Yosemite Falls.” He points to each in turn. “It’s a peaceful oasis, and you have it to yourselves.”

When we began our tour this morning, Tony promised us, “You are going to see some things today that are just magical.” He was right. This tour of the park is totally enchanting.

Michele Andrus Dill is the magazine’s editor. Alaska Airlines (alaskaair.com) offers flights to Fresno and Mammoth Lakes, serving both the east and west Yosemite entrances.

Yellowstone National Park

By Jean Arthur

Established: 1872; nps.gov/yell

Air gateways: Billings & Bozeman, MT.

Notable: The park has the largest concentration of mammals in the Lower 48, including a grizzly bear population estimated at more than 700, and a bison population estimated at more than 5,000. Yellowstone, which became the world’s first national park in 1872, also boasts the world’s largest collection of geysers—more than 300—among the park’s 10,000 hydrothermal features.

Interesting: Humans have spent time in the geologically dramatic Yellowstone National Park area for more than 11,000 years, as evidenced by archaeological findings such as stone tools and projectile points. Since the early 1900s, more than 175 million recreational visitors have explored the park. Most years, weather permitting, spring bicycling is open on the roads between Yellowstone’s West Entrance and Mammoth Hot

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» **Top:** Bison wander amid Yellowstone National Park's stunning landscape. **Right:** A red fox listens for a potential meal in the park.



while shaded places and north-facing hillsides remain snow-covered.

The fox is not the only critter we observe in the changing landscape. Soon a mama moose and spindly calf appear near the roadway in the same area as the fox, and we watch as the parent teaches her calf to browse tender willow sprouts.

On our way back west from Silver Gate, as we scan the Lamar Valley, movement catches my eye. A grizzly bear sow and two small cubs slide in gravelly mud down a slope and cross the road 75 yards in front of us, then splash into the Lamar River. We park and watch the bears flip river rocks, which they lick for insects.

Down the road, a short-tailed weasel—still dressed in winter white, the ermine tail tipped with black—darts alongside our truck.

Next we stop to take a 1.2-mile round-trip hike through Douglas firs to Trout Lake, where we find an otter mom and two kits sunning themselves on a log. The 12-acre lake is also home to diving osprey feasting on the cutthroat and rainbow trout.

Scenes like this are one of the reasons we always enjoy our park

Springs before the routes open to vehicle traffic, scheduled for April 21 this year.

Memorable Experience: My husband, Lynn, spots movement in Round Prairie's April snowscape near Pebble Creek Campground in the park's northern region. A red fox! The canid, its tail seemingly as thick as its belly, sits on haunches, black paws quiet, nose alert.

Through our telescope set up at a roadside pullout, I watch black-tipped ears as the animal cocks its head to one side, then the other. Suddenly, the fox leaps skyward, all four feet above the snow, and dives nose first, securing a vole for lunch.

Lynn and I are enjoying a spring drive from the park's north entrance near Gardiner, Montana, to the northeast entrance near Silver Gate, Montana. The route remains open year-round, with other park routes usually opening sometime between late April and late May.

Today we see spring grasses and early wildflowers—brilliant yellow glacier lilies and light-pink steer's head—awakening from brumal naps on sun-facing slopes,

visits in the spring—a time of year that is part of Yellowstone's quiet season, unless you count the splashing otters, munching moose, rock-turning bears, howling wolves, yipping coyotes, snorting bison, twittering songbirds, honking Canada geese and who-hooting great horned owls.

Writer Jean Arthur lives in Bozeman. She is the author of a winter-trails guide to Montana and a hiking guide to Glacier National Park. Alaska Airlines (alaskaair.com) provides regular service to Billings and Bozeman.

Mount Rainier National Park

By Terry W. Sheely

Established: 1899; nps.gov/mora

Air gateways: Seattle & Yakima, WA; Portland, OR.

Notable: At 14,410 feet, Mount Rainier is the tallest volcano in the contiguous United States. Considered “episodically active,” it last erupted about 1,000 years ago. The park has radical elevation changes, through multiple ecosystems. It rises from river bottoms in lowland forests, progresses to subalpine terrain thick with wildflower meadows, and continues upward above the treeline to permanent ice fields cracked with crevasses and over-



Wildflowers in Mount Rainier National Park.

powered by glaciers. Meltwater dripping from park glaciers develops into headwaters that birth six major river systems.

Interesting: Sixteen fishers—which are related to minnows and otters, and have been locally extinct since the mid-1900s, according to various conservation-related sources—were reintroduced to the park in December. Park trails include the renowned Wonderland Trail, a 93-mile path that encircles the mountain, climbing and descending through 4,000 feet of elevation variations. In addition to enthusiastic hikers, the park’s approximately 2 million annual visitors include about 5,000 climbers who summit the mountain.

Memorable experience: I pull into a spot at the National Park Inn in the park’s southwestern Longmire area to hike the Trail of the Shadows, one of the park’s lesser-known superlatives. Shouldering



PETER THOMASSON / ALAMY STOCK PHOTO

» **Left:** Christine Falls in Mount Rainier National Park. **Below:** A trail in the park’s Grove of the Patriarchs.

a daypack, I follow an approximately 1-mile loop for an easy 20-minute walk past mountain ash, alders, vine maples, conifers, beaver-dammed pools, marshes and mineral springs.

The springs, mostly degraded into marsh now, once provided “therapeutic” water to park guests. Songbirds and dragonflies flit over the mirrorlike water, and heart-shaped tracks in the



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trail are evidence that black-tailed deer live here.

At about the halfway point, I come to an 1888 homestead carved out of the wilderness. A replica of the original cabin stands in deep-woods quiet just as the original did in the 1800s. In the cabin clearing, it is as though I walked back through time. Beyond the cabin, another trail leads to Rampart Ridge and sweeping views of Eagle and TumTum peaks. The ridge trail eventually joins the Wonderland Trail.

I began to seek out the park's less-visited superlatives several years ago and continue to make new discoveries. About 4 miles northeast of the National Park Inn, on the highway to Paradise (an area that includes the Henry M. Jackson Memorial Visitor Center), I spot a small pullover at the bridge across Van Trump Creek, so I park and follow stairs on a path to a calendar view of the 60-foot plunge of Christine Falls.

One superlative that I like to revisit often is a river island that supports the Grove of the Patriarchs. The patriarch trees are in forest lowland on the southeastern side of the park. An approximately mile-long trail follows the crystalline Ohanapecosh River to the marshy island of overpowering old growth. Girthy western red cedars, Douglas firs and hemlocks stand like cathedral columns, some rising 300 feet into a canopy that was old when Columbus sighted the Western Hemisphere.

Another scenic trail, an approximately 3-mile loop, leads from near the Ohanapecosh Visitor Center to Silver Falls, an unexpected 75-foot cascade of the Ohanapecosh River. Spray wets the rocks, catches sunlight and cools the air. It's a walk favored by families.

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park's northwest region, where State Route 165 changes to dirt, gravel and potholes best suited to high-clearance vehicles. It climbs for 17 miles in a series of switchbacks and turns through conifer forests to one of the least-visited destinations in the park—Mowich Lake. (Be sure to check weather and road conditions in advance.) The cerulean waters lie in a glacial basin at the edge of subalpine country, about 5,000 feet in elevation. Meadows, intertwined mountain ash bushes and high ridges frame the park's largest lake, at 100 acres.

Mowich is a place where the park shows its wild side. The only development is a few primitive campsites and picnic tables, and the views reach into the heart of the park's wilderness.

The relatively few number of people who explore this area means Mowich attracts lots of wildlife. Black-tailed deer feed in the nearby subalpine basins, where berries attract black bears, coyotes and blue grouse. I've seen sleek brown otters in the lake and mountain goats feeding on the rocks above. Ptarmigan, a park rarity, hoary marmots and pikas also are sometimes spotted. And on one trip, I met an excited camper who had just watched a tawny cougar cross the hillside.

The Wonderland Trail follows the west side of the lake and disappears into thick forests toward miles of hiking-accessed superlatives—some big, some small, and all worth seeking out. ■

Puget Sound-area writer Terry W. Sheely is the author of numerous fishing, adventure-recreation and travel guides. Alaska Airlines (alaskaair.com) offers regular service to Seattle, Yakima and Portland.



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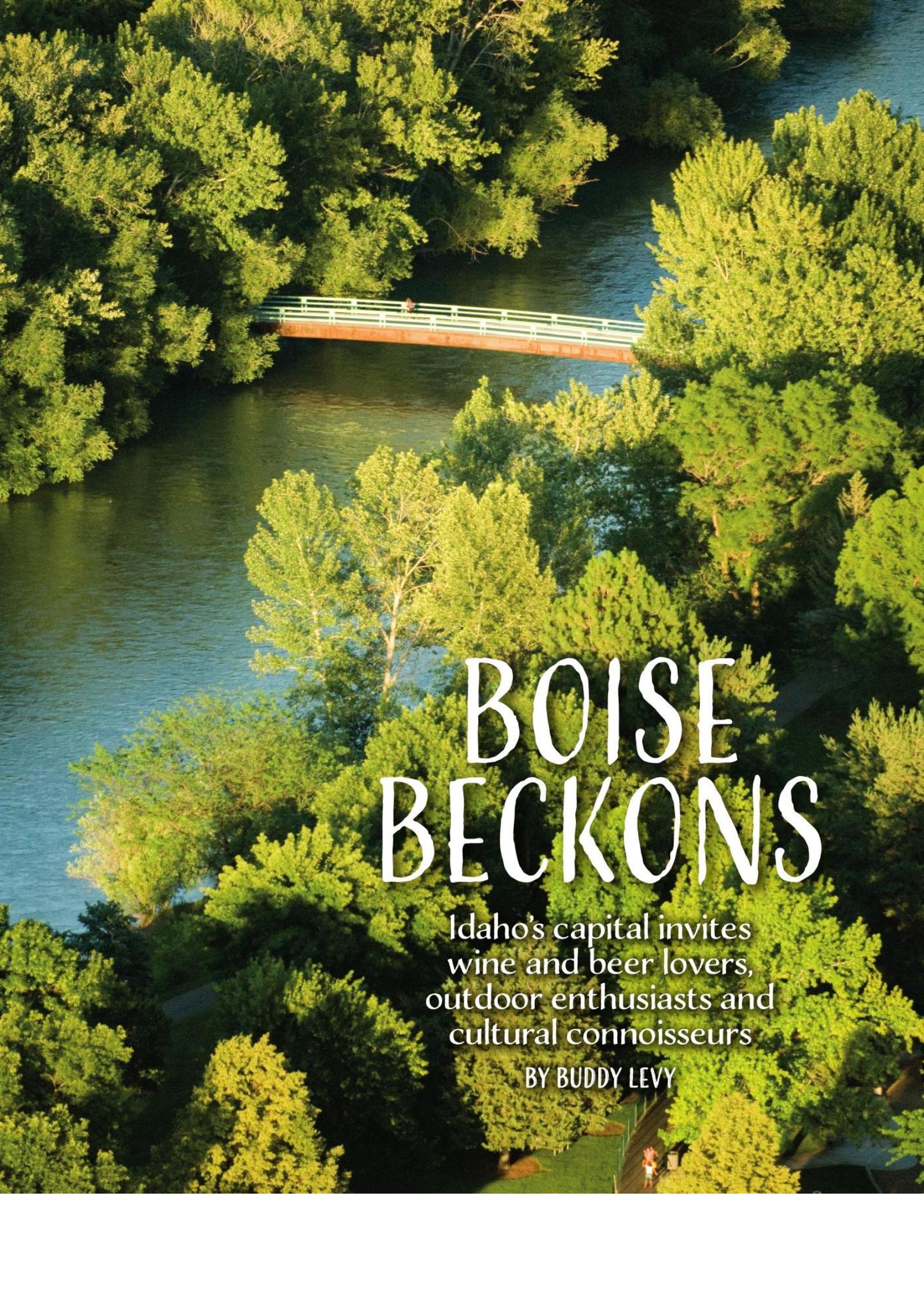


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BY BUDDY LEVY

THE DRY SCENT OF SAGEBRUSH

wafts through our open car windows as we descend the road toward a little yellow 1940s farmhouse. Brushy hills unfurl on the horizon and reveal wild, wide-open high desert country. My wife, Camie, and I are enjoying a long weekend getaway in Boise, and now we reach the end of the gravel road and pull into a driveway next to a fenced pasture, where horses look up at us from their grazing.

We enter the tasting room of 3 Horse Ranch Vineyards in Eagle, about 30 miles north of downtown Boise. The 1,600-acre estate is the only winery in the Eagle Foothills American Viticultural Area, a subset, recognized in 2015, within the Snake River Valley AVA. The tasting room, tucked alongside Willow Creek, is charming, seating 20 inside and another 20 on the lovely outdoor deck facing Willow Creek and some of the 60 acres of sustainably farmed estate vineyards.

We're greeted by co-owner Martha Cunningham and her dog Tess, a sleek 16-year-old red heeler. "We are Idaho's largest family-owned winery," says Martha, who co-founded the winery with her husband, Gary. "We bought the ranch in the 1990s and began planting vineyards. Our first vintage of 3 Horse Ranch wine was 2007, and we have 13 grape varieties in the ground now."

Brandon St-Martin, a certified sommelier with the Court of Master Sommeliers, and the winery's sales director, pours wine with love, care and tremendous knowledge. "We try to be true to the origin of the grape," he says. "We plant small blocks and see where Mother Nature takes us. Syrah has adapted really well to our soils and climate."

He's right. I taste the 2014 Syrah, which is medium-bodied with subtle spice at the finish. Camie is impressed by the Dry Rosé 2015. "Lots of rosés are too sweet," she says, "but this one isn't, and has hints of strawberries."

On the deck we survey the vineyards above Willow Creek. In the distance, Gary stands alone among the vines, pruning. Producing 12,000 cases of wine a year is a full-time job and labor of love, and the Cunninghams are fully committed to this



» The 1,600-acre 3 Horse Ranch Vineyards, in the Eagle Foothills American Viticultural Area, grows 13 grape varieties. Left: A pedestrian bridge crosses the Boise River.

life. The tasting room is open Wednesday through Sunday, noon-6 P.M. all year, with the exception of a short Christmas break. The winery offers vineyard tours by appointment, and wine-club memberships providing pricing discounts and other perks.

We know we will be back to visit 3 Horse Ranch again as well as some of the Boise area's other 30 great wineries—but for this getaway in late February, we need to head back to downtown Boise to check in to our hotel. We're staying at the new upscale boutique Inn at 500 Capitol, located a short walk from the state capitol building. Every room features a private butler pantry that allows guests to enjoy room service without even making a call, as well as decor created by local artists.

ESTHER SIMPLOT PARK

Early morning mist rises off a pond, and a dozen mallards erupt as Camie and I stroll through Esther Simplot Park. Opened in fall 2016, it is the newest of Boise's "Ribbon of Jewels," a string of parks along the Boise River that are named for prominent local women. Simplot was a performing artist who, among other accomplishments, helped found the Boise Opera Company. She was also the wife of U.S. agricultural giant J.R. (Jack) Simplot.

My wife and I are walking on the paved path



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that wends through 55 acres featuring trails, wetlands, boardwalks, shelters, beaches, grassy open areas and an off-leash dog park. About 23 acres of the park consist of water, including two ponds connected by a stream, giving kayakers, standup paddleboarders and other water users plenty to discover.

From the banks of Esther's Pond, we watch a fly fisherman playing a trout. The fish leaps, a flash of spectral color reflecting on the glassy surface. The angler nets a 12-incher and then carefully releases the rainbow trout. We continue over elevated boardwalks through natural riparian habitats filled with cattails and rushes. A great blue heron stands still in the water at the edge of the pond and does some fishing of its own.

Back along the river, our stroll takes us beneath bridges and alongside a beautifully designed channel lined by elaborate stonework, blocks and huge slabs of locally quarried tan-colored sandstone, used as retaining walls and stairs. Throughout the park, large chunks of columnar basalt provide strategically placed benches.

We ascend a short hill and find a sweeping view. Camie points to the east, where the Esther Simplot walking route converges with the Boise River Greenbelt. The paved Greenbelt parallels the river for nearly 25 miles, encompassing and incorporating more than a dozen major parks that provide open space and wildlife habitat. The 36th Street Pedestrian Bridge looks like it will offer the perfect vantage for watching the snowmelt-swollen river.

We're impressed by the vision of Boise's city planners and residents. They've made parks defining elements of their city, including other gems in the Ribbon of Jewels: Kathryn Albertson Park, Ann Morrison Park and Julia Davis Park.

RHODES SKATE PARK

A teenager rocks on his skateboard at the edge of a 14-foot concrete bowl in the Rhodes Skate Park. His front wheels dangle over the lip, and with an aggressive move, he leans forward and plunges into the abyss, slinging into the bottom and whipping up the opposite vertical wall. He kick-turns, coils and pumps his legs, and slings back up the near wall, getting air, grabbing his board, and sailing downward again.



"That kid's pretty good," says Tom Kilroy, a board member of the Boise Skateboard Association, who is also watching the action. "Although two of our best skaters, who may compete in the X Games qualifier to be held at the park on June 10, aren't around this weekend."

The skate park covers 1.28 acres downtown, between 15th and 16th streets beneath the I-184 connector. The overpasses shelter much of the skate park from rain and snow, making it skatable between sunrise and 11 P.M. year-round. It's immensely popular, drawing diverse groups together. Kilroy, an avid skateboarder in his early 50s, tells me and Camie that the park fills up: Skateboarders, BMX bikers, scooter riders and in-line skaters take turns in organized, well-choreographed runs over the park's numerous features—boxes, grind rails, hand rails, vertical walls, half-pipes. There's something for all skill levels.

"We're excited about the X Games qualifier," says Kilroy. He expects between 30 and 40 top athletes to compete in "Men's Skateboard Park," "Women's Skateboard Park" and "BMX Park" disciplines. In addition to being streamed live online at xgames.espn.com, the event is scheduled to air June 17 on ABC as part of the *World of X Games* content. In-person spectators are also invited.

Camie and I bid Kilroy farewell—we've got to get to a dance class—and

» Esther Simplot Park, which opened last fall, features 55 acres of trails, wetlands, boardwalks and grassy areas. Below: Rhodes Skate Park has features for all skill levels and will host the X Games qualifier in June.



he cinches his helmet strap, tightens his kneepads, jumps on his board and drops into the concrete playground.

JACK'S URBAN MEETING PLACE (AKA JUMP)

"Quick, quick; slow, slow." I call out the four-count cadence as Camie and I promenade around the Move Studio at Jack's Urban Meeting Place. Thirty-four people have come for this two-step class, and Camie and I giggle at first as we trip over each other's feet. We're awkward. By the third misstep, I blame her for trying to lead; she rightly calls me a "klutz"; and we're both a little relieved when the dance instructor, Paul Ostler, calls for us to switch partners.

The Move Studio, a stunning space on the fifth floor, has three glass walls,

letting light stream in and offering expansive views of Boise's cityscape and nearby foothills. Move Studio hosts community classes on activities such as belly dancing, hula fitness and restorative movement.

JUMP is a creative center, community gathering place and architectural marvel in the heart of downtown Boise and was funded by the J.R. Simplot Foundation. In the spectacular 65,000-square-foot interior, visitors are encouraged to explore their potential and discover new possibilities. Simplot, who passed away in 2008, left a collection of vintage tractors, and JUMP, which was designed to honor Simplot by offering people opportunities to innovate, inspire and grow, also features 51 vintage steam engines and tractors dating as far back as 1885.

Programs and classes from cooking to woodworking to multimedia editing



JUMP is a new Boise community center.

MCCULLOUGH PHOTOGRAPHY

are offered in JUMP's many designated spaces and studios, and the four-block, 7.5-acre site also includes an outdoor amphitheater, terraces and rooftop parks, and meeting and play areas.

JUMP is one of the many examples of Boise's commitment to culture and the arts. The Boise Art Museum features world-class exhibitions, including the forthcoming "When Modern Was Contem-

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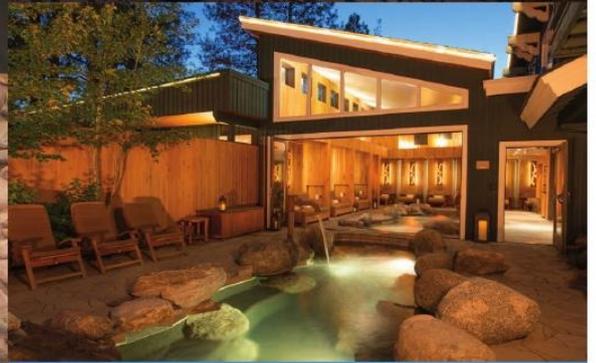
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porary,” June 10 through August 27. The exhibit will show works by 52 of the 20th century’s most influential artists, including Jackson Pollock and Georgia O’Keeffe.

The Egyptian Theatre always has interesting programming, such as film festivals and comedy shows, while Boise Contemporary Theater is focused on modern works.

BOISE BEER AND FOOD

On our last night in Boise, we decide to tour some of the area’s nearly 20 flourishing craft breweries. We head to PreFunk Beer Bar, which is a popular local growler and crowler fill station. A crowler is a 32-ounce can that can be filled with beer and sealed. The bar is also a great place to—you got it—prefunk! The electronic menu behind the bar boasts almost 40 local and regional beers, and there’s a dog-friendly outdoor patio at this unique renovated 1940s automotive-garage space.

From here, we head to Barbarian Brewing, which specializes in complex artisanal ales and barrel-aged beers. We meet up with Stacy Connelly, organizer of Boise Beer Buddies (boisebeerbuddies.com), which connects beer enthusiasts with local and regional breweries and their events.

April is Idaho Craft Beer Month, which will include events at breweries, restaurants and retailers all month long to celebrate the state’s thriving craft beer scene, featuring more than 50 breweries.

I try Barbarian’s Big Bad Wolf, an Imperial IPA bursting with hops. Camie is thrilled that the nearby family-run Meriwether Cider Company recently celebrated its one-year anniversary, and Barbarian is serving bottles of their cider.

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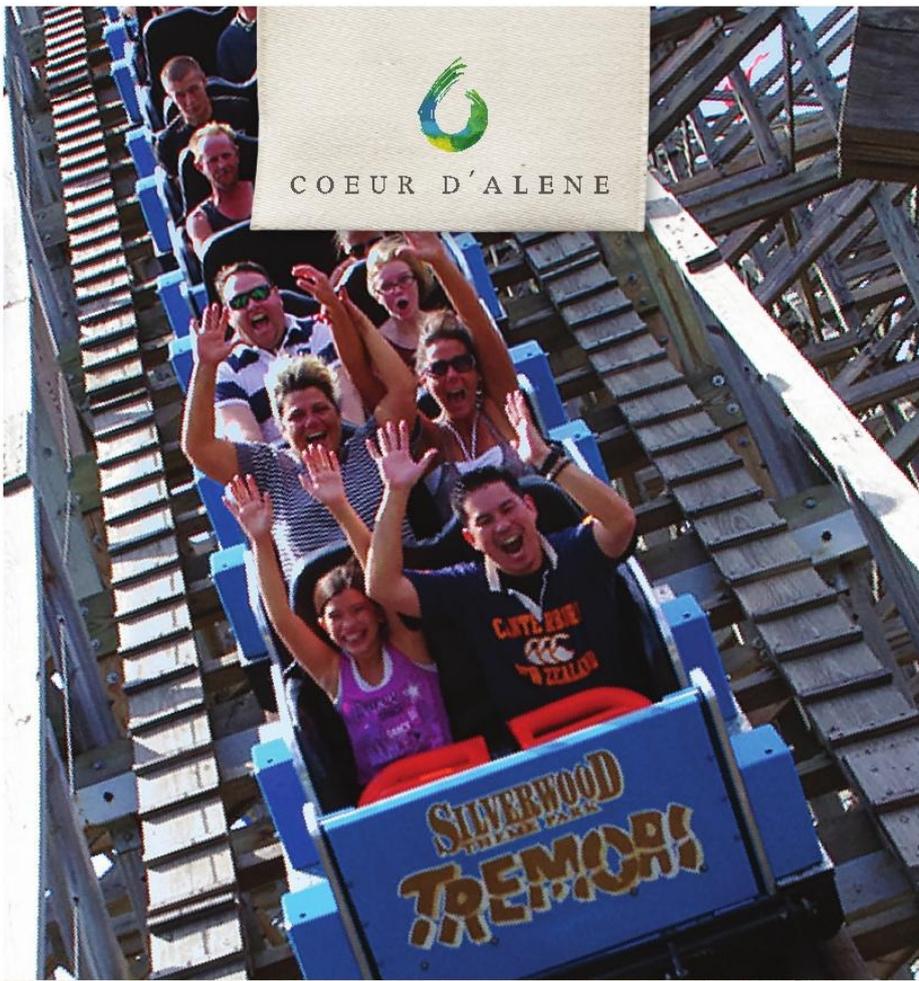


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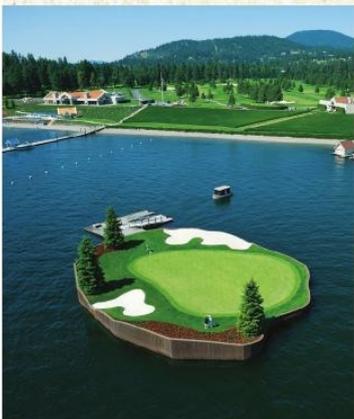
The brewery is loud and festive, with the feel of a block party—folks moving back and forth between Barbarian and Meriwether. Camie sips a Ginger Root Cider, while I decide to taste a Bourbon Barrel Sour Porter, followed by the Wolf's Bane sour IPA, oak-fermented for three months. It is sublime.

For dinner, the biggest problem Camie and I have is agreeing on a restaurant. The downtown food scene in Boise has become increasingly sophisticated and hip, ranging from the traditional Basque restaurants, such as Bar Gernika and Leku Ona, to innovative restaurants Fork and Àlavita, both of which have a "Loyal to Local" pledge.

After web browsing and reading Yelp reviews, Camie wants sushi, and I want Thai food. Miraculously, we discover Siam Orchid Thai Restaurant and Sushi Bar. Everybody wins. The food is terrific.

When we depart the next morning for our home in North Idaho, we're already looking forward to our next Boise adventure. A three-day weekend is a start, but it only scratches the surface of the unique experiences offered by Idaho's capital and largest city. ■

Buddy Levy is co-author of the recent book No Barriers: A Blind Man's Journey to Kayak the Grand Canyon. Alaska Airlines (alaskaair.com) flies daily to Boise. For more information, see boise.org, visitsouthidaho.com and visitidaho.org.



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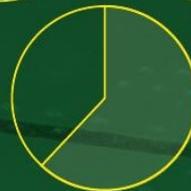
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Flight Paths

Bird-watching Walks in the Northwest

By Kathryn True



» **City sounds** are suddenly hushed behind me as I enter a world of fir and cedar trees, glowing green lichens, and mosses as thick as throw pillows. I'm on a springtime hike—and a search for birds—in Seattle's Seward Park, a 277-acre peninsula that juts into Lake Washington and contains diverse habitats that make it a favorite destination for bird-watchers. Among the bountiful greenery around me are dead trees called snags that make this part of the park a popular hangout for owls and woodpeckers—including the impressively large pileated woodpecker I spy now, showing off its bright red crest and announcing itself with a monkeylike laugh. Beneath a big pockmarked fir snag I find a rain-worn owl pellet that encapsulates the owl's dietary history: miniature bones of voles and mice—parts the bird can't digest. The forest hosts great horned owls, barred owls and barn owls.

A short detour south of the trail takes me to an amphitheater built into a grassy slope. Nearby is a prime viewing area for one of the park's two pairs of nesting bald eagles. Naturalists with

Seattle Audubon regularly set up spotting scopes to offer visitors close-up views of the adults delivering fresh fish to hungry young in one of the nearly 2-ton nests. Park naturalists say that DNA points to this as “the great mother nest” for the area; most Lake Washington eagles can be traced back to a pair that built a home here many years ago.

Soaring interest in opportunities to observe birds has spurred the creation of a network of bird-watching trails that crisscrosses the Northwest, as well as the nation. Bird-watching is now one of America's most popular outdoor pursuits, with about 47 million of us following the nondigital “tweets” on any given week-

end. Trail maps produced by the Audubon Society—and by various states, cities and organizations—provide seemingly infinite possibilities for travelers and adventurers with a birding bent.

The Pacific Northwest, in particular, is revered territory, with diverse habitats drawing airborne multitudes—more than 500 bird species in Washington state alone. Whether you're new to birding or a scope-packing veteran, you can enjoy the following parks and trails on your next visit to areas within the region.

Seward Park—Seattle, WA

Route: Shore Loop Road—

Andrews Bay Trail—Sqebeqsd Trail

Length: 2 miles, roundtrip

Difficulty: Moderate (steep in places)

Tip: See sewardpark.audubon.org/birds for resources such as a checklist/map showing likely places to find the park's birds.

» Seward Park is one of Seattle's lush pockets of wild. Its varied hikes take visitors from the shores of Lake Washington upland into the cool shade of one of the largest stands of old-growth trees in the city—called the Magnificent Forest. Along with its varied landscape, the park offers birders on-location support from the staff of the Seward Park Audubon Center.

Birding here is popular year-round, but it is especially exciting in spring, when I visit. Spring's fertile frenzy is raucously obvious in the bird world. Early each morning during mating season, males blast their relationship statuses to the skies: "Single, good nest-builder, new set of feathers!"

"Most everybody is singing; it's all about courtship and mating—all the males are displaying and singing their territorial and mating songs, and the park is alive with color and sound," says Ed Dominguez, lead naturalist for the Seward Park Audubon Center. He often offers spring

bird walks around the park, where more than 100 species have been recorded.

Taking Dominguez's advice for a route likely to deliver a long species list, I start by heading north from the learning center, clockwise around the peninsula on Shore Loop Road. This road encircles the park and is closed to vehicles but popular with joggers and cyclists. My route will take me part of the way around, and also includes trails to the park's interior.

As I walk, I pick out the staccato riff of a song sparrow, which a friend's teenage son calls "the dubstep bird" for its dynamic, repetitive tune. I hear the insistent "chickadee" of another active fellow's namesake call, followed by the "Hey, you!" whistle of the Pacific-slope flycatcher. Birding by ear is an important part of the hobby, and many nature centers—including Seward Park's—offer classes on identifying birds by song.

I scan Andrews Bay with my binoculars and find pied-billed grebes, American coots and common goldeneyes. And I see the telltale white cap of a male bufflehead. Some waterfowl remain here all summer. Others follow instinctual urges north to nest in Alaska and Canada.

After walking about a quarter mile on Shore Loop Road, I turn right at a basalt pillar marking the Andrews Bay Trail. It's here that I enter the Magnificent Forest.

As with the birds, the plant world is ebullient in spring. The blooms of salmon-berry and red-flowering currant coincide with the arrival of the feistily territorial orange-and-green rufous hummingbird, which travels all the way from Mexico each year in time to sip the plants' nectar.



» *Bird-watchers in Seattle's Seward Park, opposite and above, may see a range of species, such as the bald eagle, Anna's hummingbird and red-breasted nuthatch, above.*

I'm transported to the jungle for a moment with the surprising, grating cry of mitred parakeets—tropical birds with emerald-green bodies and red faces. Only two remain from a small flock that has persisted here for decades—a population that started with escaped pets.

High in a bigleaf maple is another boldly colored bird—this one a migrating native: the male western tanager, with its brilliant yellow body and scarlet-red head.

As I crest a hill, I take a left at another marker to head north on the Sqebeqsd Trail. The Duwamish people gave the peninsula this name meaning "nose," for its snoutlike shape. I continue north amid the chiming voices of ruby-crowned and golden-crowned kinglets, and am stopped in my tracks by the sounds of one of my



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» A giant mural faces Oaks Bottom Wildlife Refuge and depicts birds in the area, such as the great blue heron, wading toward the left.

favorite spring birds: the Swainson's thrush. Its ascending spiral song suggests a glass being filled to overflowing.

My view of the sky opens up as I emerge from the forest and intersect another portion of the Shore Loop Road, where I turn left to follow the lake back toward the nature center. To the north, a lone cumulus cloud above the city skyline resembles a futuristic zeppelin. A great blue heron hides in a fir nearby—a cloaked elder surveying the scene. From a small heronry across the bay, these birds frequent the park for food and nesting materials.

As I near the end of my loop, I'm treated to the dramatic hovering fishing maneuvers of both an osprey—a large gray-and-white raptor just back from wintering in South America—and a belted kingfisher—a blue-gray year-round resident with a prominent crest and a chattering call that serves as a Northwest theme song. The kingfisher nabs a fish and bumps my list to 38 birds—a respectable morning total.

Oaks Bottom Wildlife Refuge—Portland, OR

Route: Bluff Trail–Springwater Corridor Trail Loop

Length: 2.3 miles, roundtrip

Difficulty: Easy

Tip: Go to theintertwine.org for maps of Oaks Bottom and other birding hot spots.

» It sounds exceedingly un-Portlandlike to say there's no place for nature in the city, but that's exactly what Mike Houck says he was told by some urban planners nearly 35 years ago.

Houck—a Portland native, executive director of the nonprofit Urban Greenspaces Institute, and co-editor of *Wild in the City: Exploring the Intertwine: The Portland-Vancouver Region's Network of Parks, Trails, and Natural Areas*—has seen his hometown do an about-face. The Metro system of parks and natural areas now encompasses 17,000 acres, and an additional 11,500 acres are run by Portland City Parks. Within the city parks are the 170 acres of wetlands, woods and meadows of Oaks Bottom Wildlife Refuge. Known as a bird-watcher's paradise, the refuge sustains more than 100 different bird species.

From Sellwood Park at the south end of the refuge, a common route heads north on the Bluff Trail. After passing a large pond, head left to connect with the Springwater Corridor Trail, popular with bicyclists. Houck's insider tip is to look west of the Springwater Corridor Trail for a wilder, lesser-known side path—an unpaved route through cottonwood, ash and willow trees for great riverside views.

Each spring the air fills with swallows, including barn swallows, with their forked tails. Greater yellowlegs can be seen in the shallows, probing the mud with their long bills to find water insects by feel. Returning migrant species ply the air with song, including the black-headed grosbeak, an orange-and-black bird with a stout beak and a song that some know as the “drunken robin” for its loopy melody.

The first Anna's hummingbird nest in Oregon was spotted in a stand of willows in Oaks Bottom in the mid-1980s. Anna's males rocket more than 100 feet into the air to make territorial dives that end with squeaks only recently determined to be the sound of tail feathers braking midair.

On your return, loop back on the Springwater Corridor Trail. Look for a 55,000-square-foot mural on a back wall of Wilhelm's Portland Memorial Mausoleum that is a tribute to the birds of the area.

Blacks Creek Bird Reserve—Boise, ID

Route: Perimeter Walk

Length: 3 miles, roundtrip

Difficulty: Easy, some muddy areas

Tip: Before or after hiking, visit The World Center for Birds of Prey in Boise to see a California condor and other live raptors.

» Blacks Creek is a cherished “jewel of the desert”—recognized as an oasis where migrants recharge during a long flight, or seek out a spot to raise their young in a protected breeding ground. Located about



5 miles southeast of Boise Airport, the Blacks Creek Reservoir and its surrounding wetlands encompass 600 acres. More than 190 bird species have been recorded in this area, including an impressive variety of waterfowl and spring migrants. Depending on the season, birders may be rewarded with views of tundra swans, American white pelicans, black-necked stilts, white-faced ibises, black-bellied plovers, long-billed dowitchers and marbled godwits. The reservoir's Perimeter Walk offers a flat, high-reward hike for bird-watchers.

» Blacks Creek Bird Reserve, near Boise, Idaho, is an important source of water surrounded by dry country. As a result, it offers chances to view stopovers of migrating species such as the black-bellied plover, right, and American avocets, far right.



ter Walk offers a flat, high-reward hike for bird-watchers.

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says Amy Silver, education chair of the local Audubon chapter. “Birds look down, see it, and stop. If you go one day, birds you see will likely be different the next day, especially in April during migration.” Silver says her spring is made when she sees one of her favorites, the American avocet. “They have a long, curved beak, and you can’t help but watch them quietly for a while.”

The reserve’s raptors include golden eagles, prairie falcons, ferruginous hawks, northern harriers and long-eared owls. In the surrounding sagebrush and grasslands, listen for the distinctive rolling warbles of sage thrashers. You can also find Brewer’s sparrows and western meadowlarks.

Kim Williams Nature Trail – Missoula, MT

Route: Out-and-back walk on a trail through various parks

Length: Up to 3 miles

Difficulty: Easy (a Mount Sentinel option is moderate-to-difficult)

Tip: 25 miles south of Missoula, the 2,800-acre Lee Metcalf National Wildlife Refuge also offers prime birding.

» Some of Missoula’s best birding starts right in town. The namesake trail of the late local naturalist and author Kim Williams begins near the southeast corner of the University of Montana campus and follows the Clark Fork River east through Hellgate Canyon. Park in the lot at Jacob’s Island Park and head east briefly on the Riverfront Trail to connect with the Kim Williams Nature Trail.

The trail, a former railway route, offers rich riverine habitat that entices a flurry of migrating warblers: yellow, orange-crowned, Nashville,

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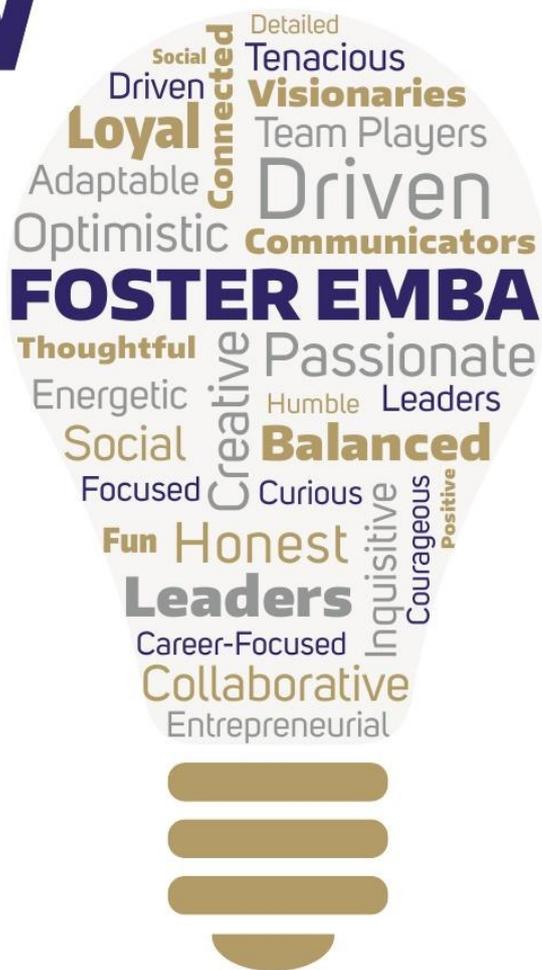
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MacGillivray's and more. Other migrants include western tanagers, black-headed grosbeaks, violet-green swallows and Vaux's swifts. This is also one of the best places in the area to see Cordilleran flycatchers sally forth from riverside perches to nab insects.

For a more vigorous hike, zigzag up the nearby "M" Trail—its trail-head is located southeast of Washington-Grizzly Stadium, a short walk from the Kim Williams Trailhead. The M trail is named for the landmark whitewashed "M" at 0.75 miles, and you can extend this another mile to the top of Mount Sentinel. The area's hilly grasslands host western meadowlarks, savannah sparrows, warbling vireos and lazuli buntings. They also feature the Calliope hummingbird—North America's most diminutive bird. These tiny but tough travelers clock up to 5,600 miles each year.

Once you discover Northwest birding treasures such as the Kim Williams Nature Trail, you may be surprised by how quickly you put miles under your own wings, as each new sighting spurs you on to the next, in pursuit of the wild winged among us. ■

Kathryn True is a writer and birder based on Vashon Island, Washington.

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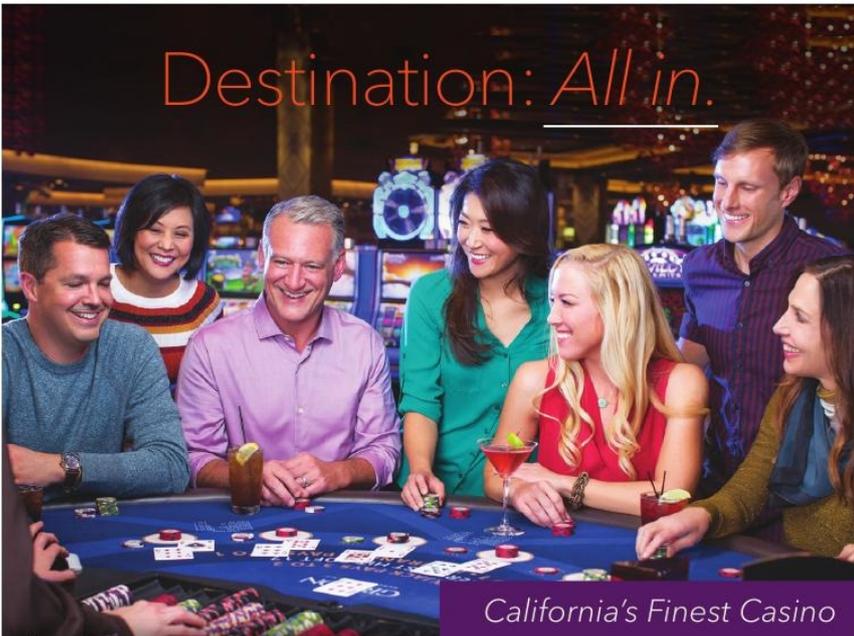
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DIY BREWING

Spend an afternoon making your own beer

By John Gottberg

» I believe in recipes. If something is written down, it's there for a reason. So when the recipe for American Pale Ale specified the measures—12 ounces of Victory malt, for instance, and half an ounce each of Cascade and Chinook hops—I focused on getting the proportions just right.

Sean Lampe laughed. “Close is good enough,” he said.

Lampe is the co-owner of Immersion Brewing, a “brew-it-yourself” pub in the craft-brewing city of Bend, Oregon. Immersion opened in May 2016 with a new spin on brewpubs: Instead of just pouring beer, the establishment teaches you how to make it yourself.

Brew it yourself

For beer lovers, Bend ranks high among destinations. At last count, in this city of 87,000 people, there were 26 craft breweries. They range from the highly successful Deschutes Brewery, which distributes through much of the United States, to tiny establishments operated out of basements and garages.

Immersion is among the newest. Yet it appears to be the first to teach visitors how to make their own beer.

“What could we contribute to the Bend beer scene? That’s the question we asked ourselves when we looked into starting our business here,” Lampe said.

Now, I know how to drink beer. I can tell the difference between a lager and a hefeweizen, a porter and a stout. I look for a generous share of hops in an India pale ale, and a higher dose of malt in an amber. But when it came to brewing beer, I was a rank novice. Lampe, along with Paul Abourezk, Immersion’s head of DIY



» Immersion Brewing provides a friendly introduction to crafting beer, above, starting with selecting the malts and hops, left.

brewing, made my first attempt at malt-beverage production easy.

About three weeks earlier, I had signed up for this opportunity on the Immersion website (imbrewing.com). At the appointed hour, I rendezvoused with my instructors at the brewery, which is located in a renovated, century-old lumber-mill warehouse known as the Box Factory. Lampe and Abourezk led me past the bar and dining area to a row of 18-gallon copper kettles, where I spotted two couples gleefully working together to produce a batch.

Grains and mash

The last time I took a chemistry class, I was 16 years old. But Lampe is a linguist,

not a scientist, so I figured it couldn't be all that complicated. He offered me a catalog of 32 different beer recipes. I chose the American Pale Ale, which he said is similar to one of my favorite commercially available beers, Sierra Nevada Pale Ale.

My first step was weighing out the grains, dozens of varieties of which were kept in dispensers. I measured the grains, including 12 ounces of Victory malt, as well as 12 ounces of light crystal malt—more or less.

Malt comes from barley, the main ingredient in almost every beer, Lampe told me. It's an ancient grain. “Beer was probably invented by Sumerian bread makers who inadvertently let something fer-

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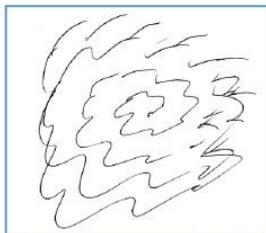
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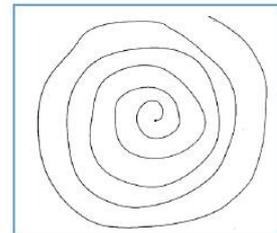
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ment,” he said. When I cracked the malted kernels in a grain mill, their unmistakable aroma emerged.

Then we moved to the kettles. After heating 7 gallons of water, I deposited my malt and oats into a cheesecloth sack and let them steep for 15 minutes, drawing out color and aromatics. After removing the bag, I turned up the heat and brought the kettle to a rolling boil, then added hops bit by bit, “like building a sauce,” Lampe said. These hops were then boiled for 50 minutes, an intermission for do-it-yourselfers that Lampe called “the opportune time to get some food.” Immersion chef Jack H. Tate offers a delicious lunch menu that includes beet salad and ahi tuna poke.

Hop to it

Appetite sated, it was time to add more hops. Cascade and Chinook hops from the Yakima Valley went into the mix, along with a small amount of Irish moss and yeast nutrients. Ten minutes later, I put in a final ounce of hops, turned off the heat and added liquid malt extracts before leaving the wort (the extracted liquid) to eddy for a short period.

A curious machine called a heat exchanger, with a cold-water pump and multiple pipes curving every which way,

» Celebrate your beermaking efforts and newly acquired skills on Immersion Brewing’s outdoor patio.

stood in the middle of the row of kettles. With Abourezk’s assistance, I moved the strained wort (the contents of my kettle) into this device, which quickly cooled the liquid. Then I poured the concoction into a fermenting jug and added organic brewer’s yeast, which would interact with the sugars in the wort to produce alcohol.

It wouldn’t take long—two weeks, maybe three, before the beer was ready to drink. Bend-area guests can schedule another session to bottle their 5 gallons of beer or to pick it up in keg form. Out-of-towners can “brew it forward,” departing their brewing session with a selection of a beer from the Immersion “library” and leaving theirs for a future visitor.

The price of Immersion’s “brew-it-yourself” experience ranges from \$180–\$220, depending upon the style of beer brewed and, thus, the cost of ingredients. That’s certainly more than a couple of cases of beer will set you back, but, hey, you’ve now learned how to make it yourself. ■

John Gottberg writes from Bend.

Other DIY Opportunities

Do-it-yourself experiences abound throughout the West, wherever you may be traveling. In fact, travel-to-learn excursions are becoming more and more popular, whether as part of a longer vacation or as a reason to go somewhere. Here are a handful of additional options:

■ **Blow your own glass art** at Seattle Glassblowing Studio (seattleglassblowing.com) and Tacoma Glassblowing Studio (tacomaglassblowing.com) in the Puget Sound area, and at Jennifer Sears Glass Art Studio in Lincoln City, Oregon (jennifersglassart.com).

■ **Build your own skiff** at the Gig Harbor Wooden Boat School, near Seattle, the first weekend of every month (gigharborboatshop.org).

■ **Craft your own guitar** in a hands-on workshop at Portland, Oregon’s American School of Lutherie (americanschooloflutherie.com).



■ **Make cheeses**, such as chèvre, at Farmcurious in Emeryville, near Oakland, California (farmcurious.com).

■ **Shuck your own oysters** at Taylor Shellfish Farms in Samish Bay near Bellingham, Washington (taylorshellfishfarms.com).

■ **Create your own apple butter**, including batches made from heirloom apples, in Cashmere, Washington, 6 miles from Wenatchee (gourmetcider.com/culinarytravel).

■ **Become a winemaker** for one day, Oct. 14 this year, at Two Mountain Winery in Washington’s Yakima Valley (twomountainwinery.com). —J.G.

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Walla Walla's Allegro Cyclery, below, offers information and equipment for riders wanting to tour the area.

CYCLING IN WALLA WALLA

Vineyards, wheat fields and the Blue Mountains provide an enchanting backdrop for riding the country roads of southeastern Washington

By John Nelson

» "Where you headed?"

I look up from my cycling map on a Walla Walla street corner to see an older gentleman out for a morning walk. He is standing before me with a smile on his face, waiting to help.

I'm biking in this bucolic southeastern Washington town and I've stopped to check my directions. We chat pleasantly for a few minutes, then the man helps me get my bearings, and I'm off.

Before my ride is complete, I'll meet more friendly people, including two walkers who take my picture, and a driver who actually stops her car to have a chat and ask if my ride is going well.

A big-city resident, I'm a little taken aback by such hospitality. "This is one friendly town," I say to myself.

It's also a delightfully picturesque location for a cycling tour. Fertile green fields cover the hills outside of town; the snowcapped Blue Mountains rise to the



east; and sunny skies greet me as I ride along the area's rural roads. I've come to the Walla Walla Valley to experience some of the best cycling in the Northwest, and there's a bonus—after spinning a world-class ride, I get to swirl some of the region's world-class wines. There are about 120 wineries in this valley alone.

Wheat and wine are two of the things that have put this town of about 33,000 on the international map. The same generally mild climate that makes this valley perfect for growing a variety of crops

TOURING CENTER

The Walla Walla Valley is home to the Tour of Walla Walla Stage Race, April 21–23. In its 21st year, the race includes a variety of events and racing categories. The valley also offers dozens of bike rides for all skill levels. For group rides, the town's two bike shops, **Allegro Cyclery** and the **Bicycle Barn**, organize regular rides open to all. To ride on your own, pick up the free Walla Walla Valley Bicycle Map at the local bike shops, where employees will help you find the right route for you. —J.N.

also makes it great for cycling during the spring, summer and early fall months.

I start my bicycle tour at Allegro Cyclery, one of two excellent and helpful bike shops in Walla Walla. Co-owner Michael Austin fits me with a rental road bike, discusses possible routes and

sends me on my way. With the help of the friendly locals, the warm early spring weather and wide roads, I feel like I'm in bicycle heaven.

As houses give way to horse ranches and vineyards, I continue south out of Walla Walla to Cottonwood Road and start a gradual climb east toward the foothills of the Blue Mountains. I pass vineyards, emerald fields of winter wheat and also fallow land, with soil the color of dark chocolate.

My 20-mile ride, known as The Cottonwood Loop, takes me past rich farmland and eventually along a foothill ridgeline on 5 Mile Road, which offers a commanding view of the valley. I continue along the road and enjoy an exhilarating downhill stretch that takes me across Mill Creek, full with spring runoff.

All too soon, I'm heading back to the

city along a newly paved section of roadway with a wide shoulder that makes a fine bike lane.

After another gentle hill or two, I cruise into the backstreets on my way into the historic town center, where I finish at Allegro Cyclery on Main Street.

"How was the ride?" Austin asks as I walk in. Sporting a broad grin, I offer a rush of superlatives about the wonderful route and the beautiful landscape.

Austin just smiles back, knowing he's made another convert to the beautiful Walla Walla Valley cycling experience. ■

John Nelson writes from Seattle.

Alaska Airlines (alaskaair.com) offers daily flights to Walla Walla. For information on wine-tasting and other activities in the Walla Walla Valley, go to wallawalla.org.

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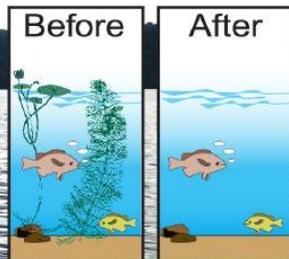
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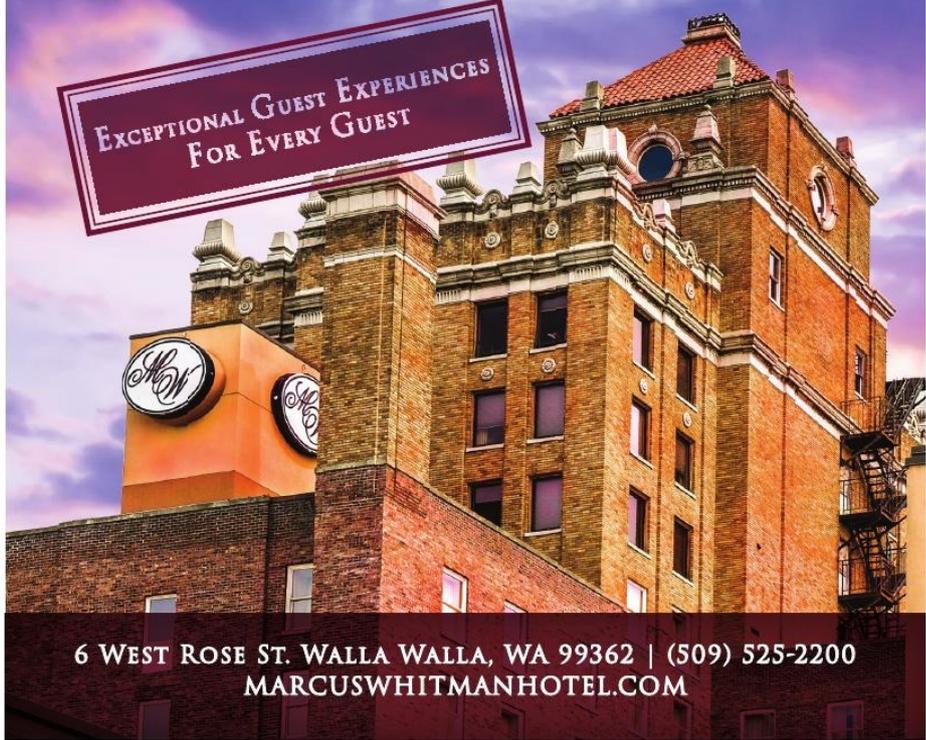
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Puzzle on page 78.

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Flyer guide

Your overview of the Alaska experience.

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- A6** Global Partners
 - Travel the world with our airline partners
- A8** Where we fly
 - 118 destinations and counting
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Enjoy a drink

Refreshing selections, for free or for purchase.

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COMPLIMENTARY BEVERAGES



Sodas

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

Other

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

Coffee

- Proudly serving Starbucks®
- Pike Place® Roast



LIQUOR



Craft USD \$7

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

Classic USD \$7

- Dewar's White Label Scotch
- Crown Royal

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Your safety and comfort

AT YOUR SEAT

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

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- 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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- 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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- Pre-reserve meals

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



The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.*

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- Eligible for complimentary First Class upgrades
- 50% bonus miles and more

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- Waived ticket change fees on Alaska
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MVP GOLD 75K

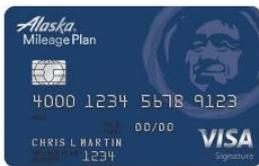
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 - Four Alaska® Lounge day passes
 - 125% bonus miles and more

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7,500 miles	12,500 miles	701 to 1,400 miles	Los Angeles–Portland
10,000 miles	12,500 miles	1,401 to 2,100 miles	Portland–St. Louis
12,500 miles	12,500 miles	More than 2,101 miles	New York–Seattle

* Plus taxes and fees from \$5.60 each way. Award availability and pricing may vary.

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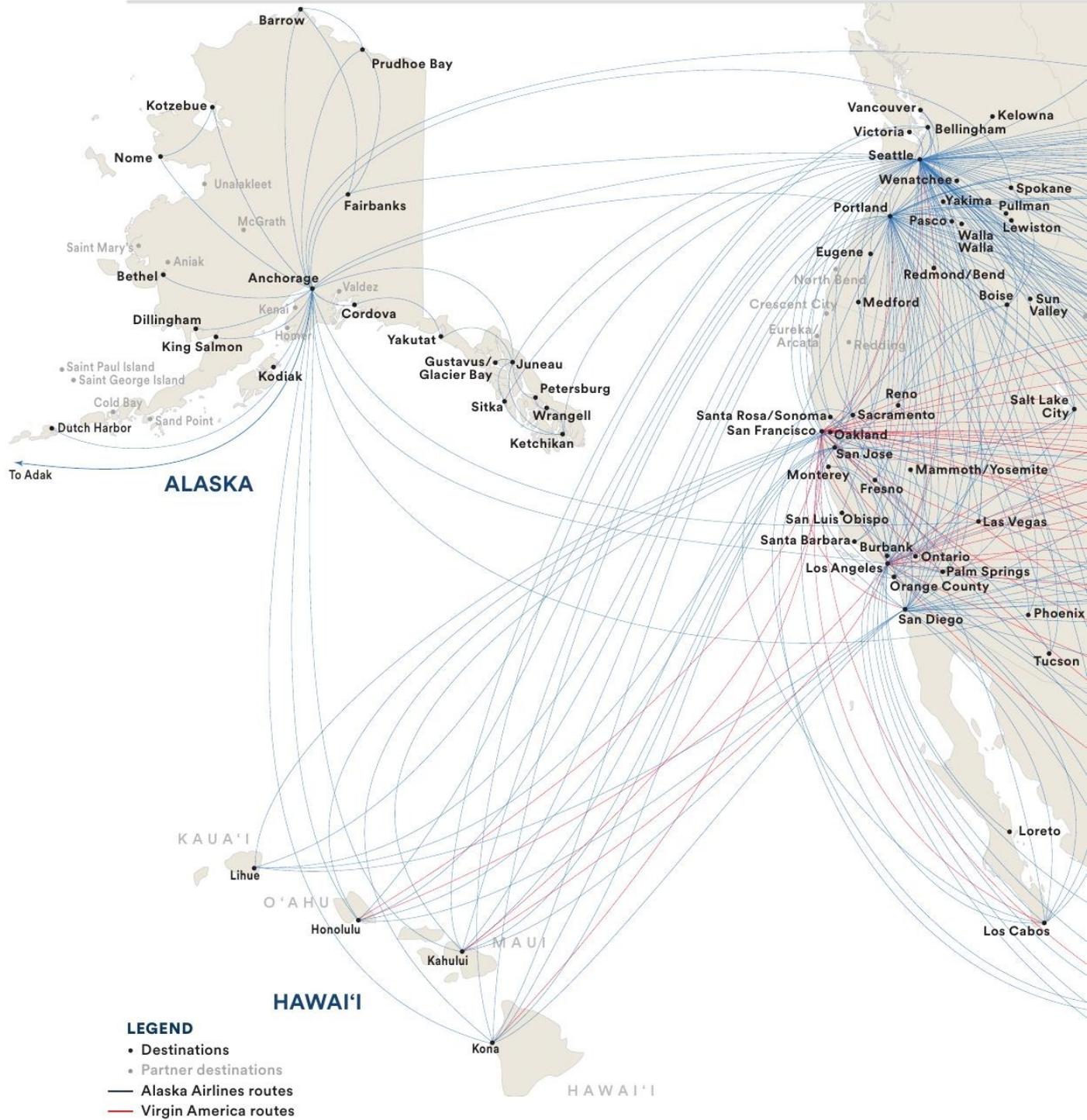
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Where we fly

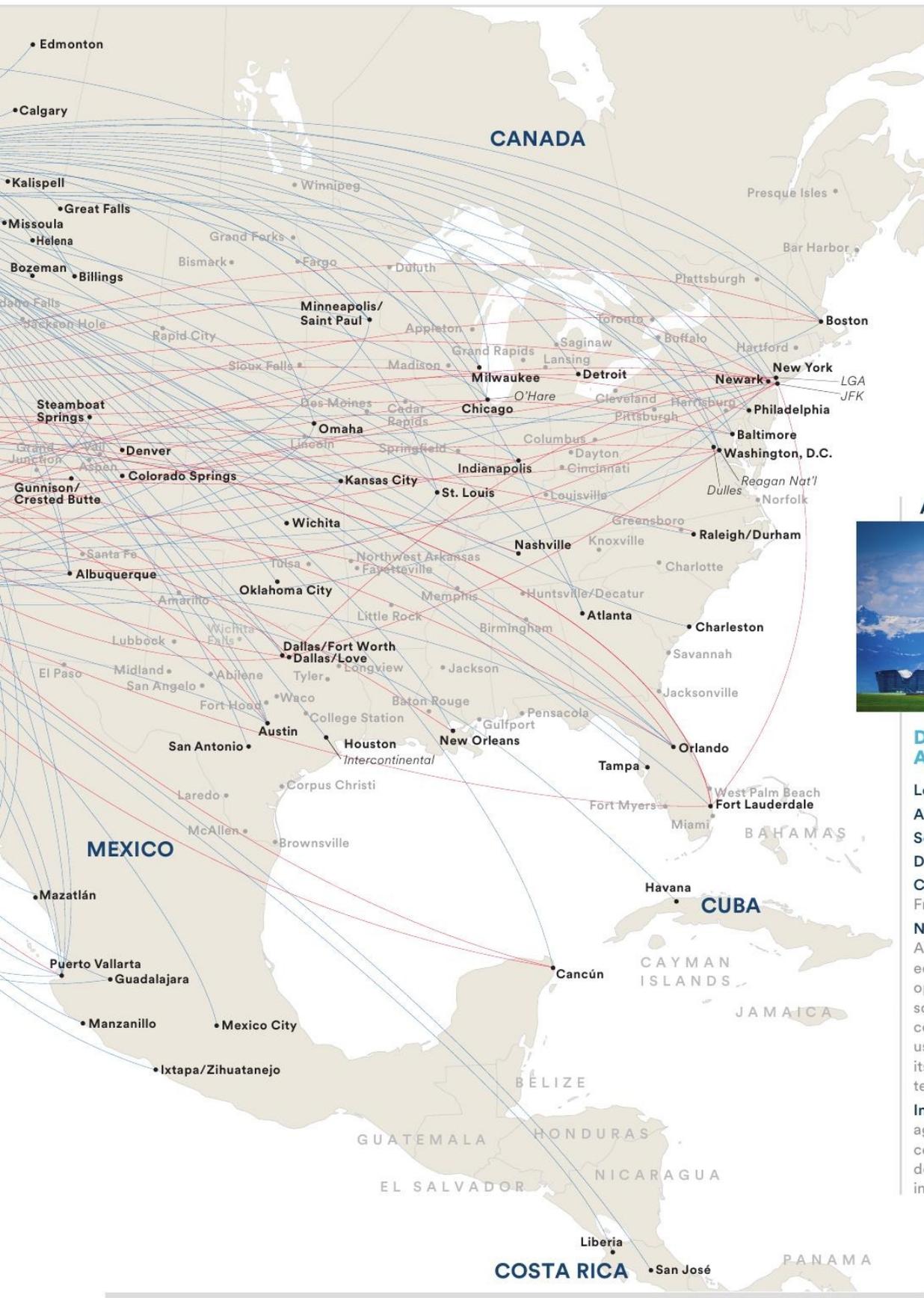
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Seattle, WA—Wichita, KS	April 13
Seattle, WA—Indianapolis, IN	May 11
Portland, OR—Philadelphia, PA	May 22*
San Francisco, CA—Orlando, FL	June 14

*Seasonal service



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

Some routes shown operate seasonally.

Airport of the Month



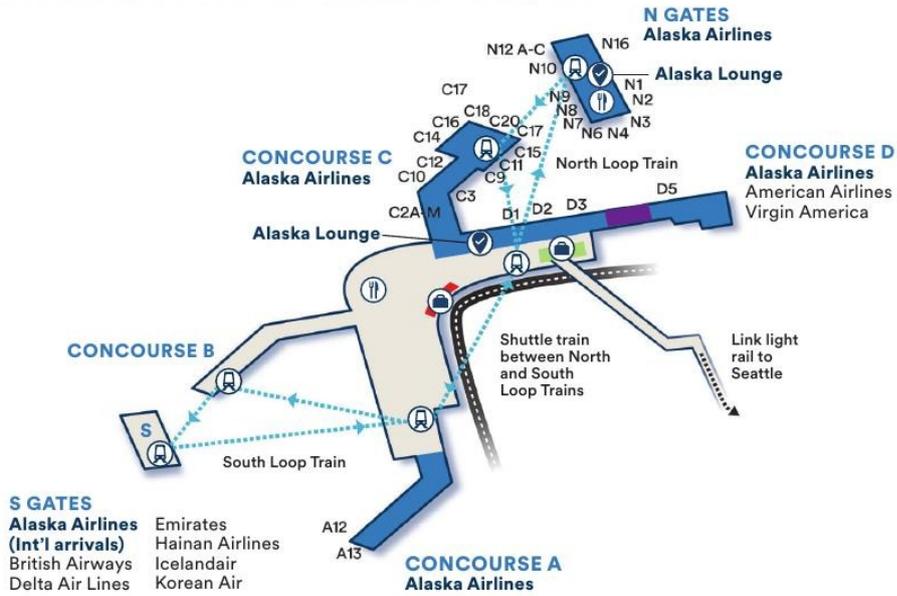
Denver International Airport

Location: Denver, CO
Airport code: DEN
Served since: 2002
Daily flights: 8
Cities served: Seattle and San Francisco (Virgin America)
Notable: Denver International Airport is one of the most eco-friendly in the world, operating the largest solar-energy system at a U.S. commercial airport. It also uses clean natural gas to heat its 5.5 million square feet of terminal space.
Insider info: Just a year ago, Denver opened a new commuter rail line connecting downtown Denver with DEN in just 37 minutes.

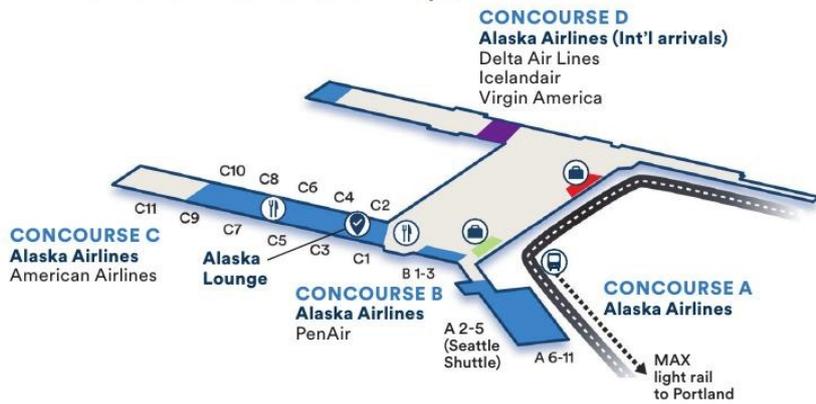
Airport terminal maps

SEA Seattle/Tacoma International Airport

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



PDX Portland International Airport



SFO San Francisco International Airport

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



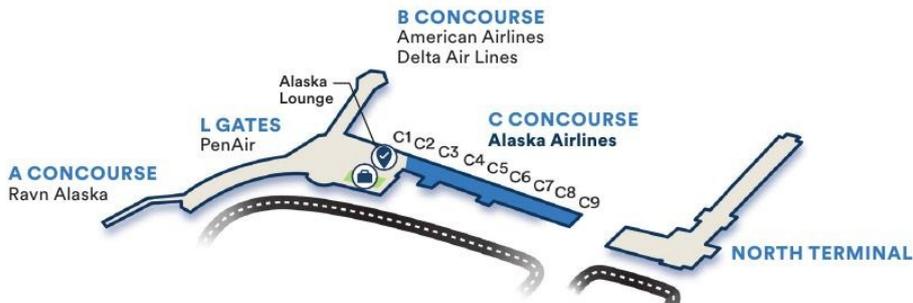
- Legend:**
- Lounge
 - Dining Options
 - Alaska Airlines check-in
 - Virgin America check-in
 - Public transportation
 - Airport transportation
 - Underground walkway

LAX Los Angeles International Airport

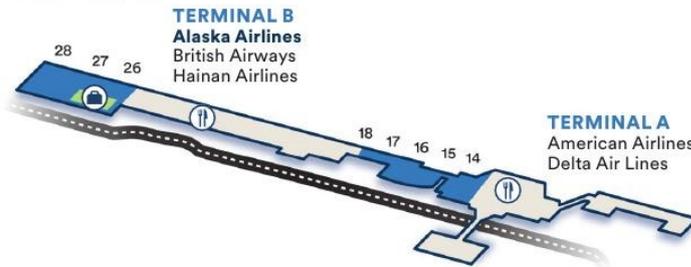


Tip: Connecting between Alaska and Virgin America? Shuttles connect the two airlines' LAX terminals every 30 minutes between 7 A.M. and 9:30 P.M.

ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



POETIC QUOTES

» CROSSWORD

ACROSS

- 1 There ought to be ____
- 5 Little bits
- 9 Identify
- 13 Lintel's companion
- 17 Succotash ingredient
- 18 Data transmitter
- 19 Succession
- 21 Margarine
- 22 Roundish
- 23 Kitchen drawer?
- 24 New Zealand native
- 25 Skater Brinker
- 26 Command, formerly "The best laid schemes"
- 29 Sparks and Rorem
- 30 Talk back
- 32 Record
- 33 Investigate
- 35 Attention
- 37 Doctrine
- 39 Head lock?
- 42 Perplex
- 46 Day at the movies
- 48 Sounds off
- 50 Gray's subj.
- 51 Neither's mate
- 53 Parts
- 55 Hot box
- 56 Crooner Mel ____
- 58 EMT's word
- 60 Airport abbrs.
- 62 Lot
- 63 Heir piece?
- 65 "No man is an island"
- 69 Funny pair
- 70 Gymnast Comaneci
- 73 Classic opening
- 74 Biology beginning
- 76 Clio nominees
- 79 "She walks in beauty"
- 82 Jacket style
- 86 Gauzy fabric
- 88 Manner
- 89 Raid the fridge
- 92 Verbal attack
- 93 Potential princes?
- 95 Renowned
- 98 Fizzle out
- 99 Lamented
- 100 Positive poles
- 102 Handles
- 104 Soup accompaniment
- 107 Ship section
- 108 Located
- 110 Dull
- 111 It's a gas
- 113 Bayou denizen
- 115 On cloud nine
- 119 Medical procedure
- 122 "Whose woods these are"
- 126 Harvard rival
- 127 Soft rock?

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131									132												134	
135										136												138

- 128 Earth
- 129 Moroccan metropolis
- 130 Holiday time
- 131 They need refining
- 132 Bias
- 133 Roman magistrate
- 134 Impersonated
- 135 Rave
- 136 Snick and ____
- 137 Many years
- 138 Clothing department

DOWN

- 1 Warm welcome?
- 2 Brighten (up)
- 3 Stockpile
- 4 "I sing the body electric"
- 5 Spanish bull
- 6 Building block?
- 7 Make mad
- 8 Hurt
- 9 Tijuana topper

- 10 Indonesian sailboat
- 11 Funk
- 12 Aquatic fowl
- 13 "A thing of beauty"
- 14 Wings
- 15 Fix
- 16 Supervisor
- 18 Blemished
- 20 ____ the occasion
- 28 Choir voice
- 31 It's slippery when wet
- 34 Does wrong
- 36 Playrooms
- 38 Like some floors
- 40 Took badly
- 41 Heptad
- 42 Reduce
- 43 Adam's grandson
- 44 Skin woe
- 45 Go bad
- 47 ____ Hall University
- 49 Stitches
- 52 British rule of yore

- 54 Lucid
- 57 Etc.'s kin
- 59 Chic
- 61 Slight
- 64 Esau's land
- 66 That girl
- 67 When two hands meet
- 68 Love god
- 71 Treat pleats
- 72 Extra charge
- 75 "A jug of wine"
- 76 ____ Romeo
- 77 Bruce and Laura
- 78 Schnoz
- 80 Greek letters
- 81 Bean dip?
- 83 Down
- 84 Always
- 85 Staffs
- 87 "Candy is dandy"
- 90 Command to Fido
- 91 Rosemary, e.g.
- 94 Desiccated

- 96 Leave one's country
- 97 Coup ____
- 101 Quick drinks
- 103 Release
- 105 Arch support
- 106 Nev. neighbor
- 109 Dolphin
- 112 December tunes
- 114 Spring harbinger
- 116 Brown shade
- 117 Ms. DeGeneres
- 118 Actions
- 119 Untidy type
- 120 "Fame" star
- 121 Birds' class
- 123 Wheat husk
- 124 Coastal flier
- 125 Mr. Mineo et al.

Solution on page 65.

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BORN TO RUN

Mom realizes her daughter is right on track

By Debra Vaughn

» Alex pounded around the last curve of the track, her face set in a determined grimace.

Coaches and parents screamed as the rush of high-school girls flew across the finish line, vying to qualify for the Washington State Cross Country Championships. My 15-year-old daughter's mud-caked legs flashed across the line, and then I saw the results. She'd finished in the top 25 out of more than 100 competitors and qualified for the state competition.

What mom wouldn't be proud? But to me, the fact that Alex is even able to show up feels like a victory.

Alex was born with hip dysplasia, a condition that if untreated would have left her permanently disabled. At ages 4 and 5, she underwent major surgeries at Swedish Medical Center in Seattle to rebuild her hip sockets. Few things in life have been more difficult than watching my tiny, feisty, cherub-cheeked 4-year-old being wheeled away into the operating room. I remember her confused and pained cries when she woke up from that first surgery, encased in a body cast with pink sparkles—our caring surgeon thought a little girl needed more than a plain white cast.

We brought her home, and she quickly adapted to the cumbersome cast. She hauled herself up and down stairs and into a cardboard spacecraft we built so she could fly away from her hurting body. When the cast came off, she spent months in physical therapy learning to walk again, barely ever complaining.

I thought we were putting it all behind us. But soon, we were told that Alex would never be able to participate in high-impact sports, especially running. Listening to the doctor, I recognized we were lucky to have an otherwise healthy kid when many families were put through much more harrowing circumstances, but I couldn't help feeling a twinge of disappointment. We're an active, outdoorsy family. Alex's dad is a competitive triathlete and swim coach. I was a collegiate distance runner for Seattle Pacific University. Running helped awkward me survive high school; it

helped pay for college; and it taught me how to work hard. So I was sad that my daughter wouldn't have the same lanes open to her. She wouldn't feel the breeze against her cheeks and those endorphins pumping through her body as she hit her stride.

Then one day in first grade, Alex surprised me. She came bouncing through the door and handed me a "first place" certificate. It said that Alex was the champion of pacers, a test of endurance in which students run timed laps back and forth across the school gym. In this exercise, Alex had beaten not just all the

girls in her grade, but all the boys, too. She loved beating the boys.

In middle school, she treated every cardio day in gym class as if it were her personal Olympics. While most of her classmates trudged through the workout, she raced it *Chariots of Fire* style.

Still, when she came home one day in seventh grade and begged me to let her run track, I told her no about 327 times, the doctor's voice from all those years ago still ringing in my head. But I couldn't say no 328 times. We consulted her specialist, and he surprised me by saying we should let her try and see how it went. Turns out, he was right.

Alex is now a sophomore in her fourth season of track. She's never been sidelined by an injury. She runs up to 40 miles a week year-round.

She approaches grueling track workouts the same way she handled the painful recovery from surgery: with minimal complaint. "I like to win; I'm competitive," she says. Her coach, Eric Peterson, agrees.

"She is a hard-working, high-achieving athlete," he says.

As Alex begins a new track season, she's already got her mind set on qualifying for the state meet again. Every time she toes the starting line, I'll be there to root her on, confident that my daughter has what it takes to compete. And whether she finishes first or last doesn't really matter. Alex is already my champion.

Debra Vaughn writes and cheers Alex on in Western Washington.



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