

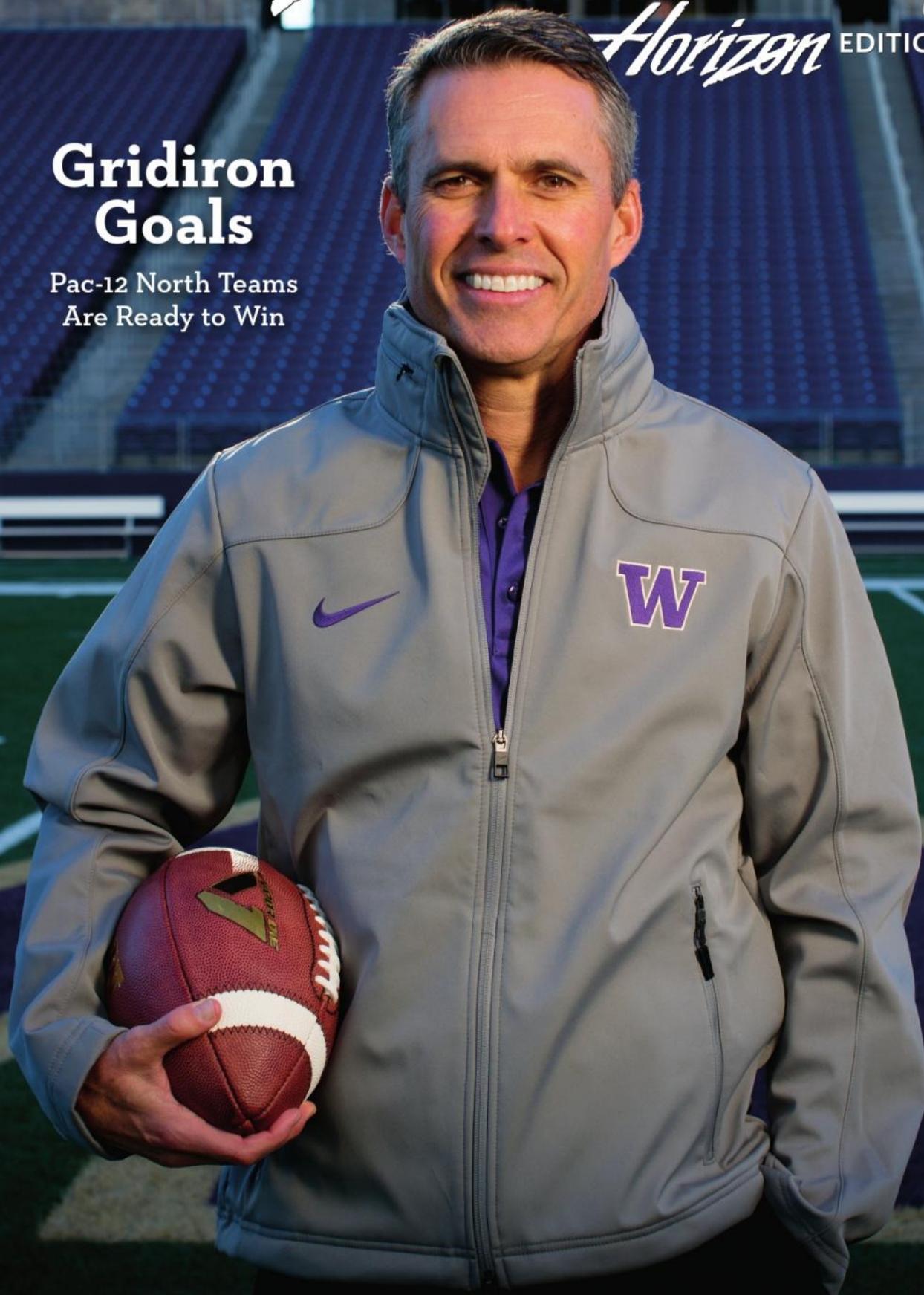
# Alaska Airlines

SEPTMBER 2014

## Horizon EDITION

## Gridiron Goals

Pac-12 North Teams  
Are Ready to Win





## Medical science and skill saved Eli. A generous community saved his family.

Born with Down syndrome, Eli Harrington spent the first days of his life in intensive care. Three months later, he had major surgery to repair a defective heart. Then came treatment for severe seizures. Most recently, he underwent major skull surgery to correct a serious cranial condition. Highly skilled specialists at Seattle Children's have saved Eli's life more than once. Even with health insurance, the Harringtons' medical bills were overwhelming. Once again, Seattle Children's was there to help—with financial relief through uncompensated care. Thousands of families benefit from the fund, which is supported by the generosity of everyday people like you. To learn more or donate, visit [seattlechildrens.org/ways-to-help](http://seattlechildrens.org/ways-to-help). Eli thanks you.



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

Hope. Care. Cure.<sup>™</sup>

NEXT TIME

# SIT NEXT TO SOMEONE YOU KNOW



GET A  
COMPANION FARE  
EVERY YEAR



#### EXPLORE MORE, TOGETHER.

Take anyone you want anywhere we fly, once a year from just \$121 (\$99, plus taxes and fees from \$22). No blackout dates. No restrictions. Just grab any travel companion, pick a destination (including Hawaii and Mexico), and start exploring more, together. With the Alaska Airlines Visa Signature® card.

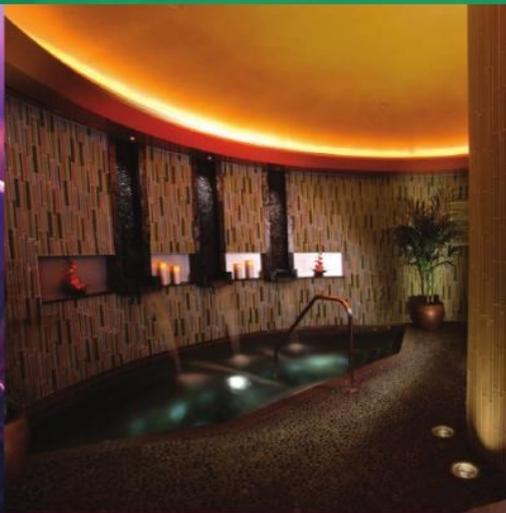
Apply today. Ask your flight attendant for an application or visit [myalaskacard.com](http://myalaskacard.com)

**Different benefits apply to Platinum Plus® and Preferred accounts. Card type is determined by creditworthiness.**

For information about the rates, fees, other costs and benefits of this credit card, visit website above and refer to disclosures accompanying application. Passenger is responsible for all applicable taxes, fees, surcharges and applicable checked baggage fees. Card benefits are subject to certain restrictions, limitations and exclusions. This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of FIA Card Services and/or its affiliates. © 2014 Bank of America Corporation.



# SO MANY WAYS TO PLAY.



- 250 OVERSIZED ROOMS & SUITES
- WORLD-CLASS GAMING
- 14 RESTAURANTS & LOUNGES
- LUXURY SPA
- 22,000 SF OF FLEXIBLE MEETING SPACE
- STAR-STUDED ENTERTAINMENT



NORTHERN **QUEST**  
RESORT & CASINO

NORTHERNQUEST.COM 877.871.6772 SPOKANE, WA  
KALISPEL TRIBE OF INDIANS

**Volume 25, No. 9**

Publisher **Mimi K. Kirsch**  
 Editor-in-chief **Paul Frichtl**  
 Editor **Michele Andrus Dill**  
 Associate Editors **Jeff Bond, Ben Raker**  
 Contributing Editor **Eric Lucas**  
 Editorial Interns **Carly Andersen, Stacie Larsen, LaVendrick Smith, Nick Thomas**  
 Contributors **Ted Fry, Craig Hill, Susan Goracke, Michelle Martin, Jeff Wallach**  
 Coordinator for Horizon Air **Susan Peterson**

Art Director **Nancy O'Connell**  
 Production Director **Paul Frichtl**  
 Advertising Production Manager **Theresa Santucci**  
 Design & Production Specialist **Whitney L. Little**

CEO **Edward B. Kirsch**  
 Accounting Manager **Holly L. Genest**  
 Advertising Data Wrangler **Liz Borovik**  
 Office Coordinator **Kimberly Knapman**

**SALES OFFICES**

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

Advertising Director: **Kenneth J. Krass, ext. 11**  
 Western Washington/Eastern Washington/  
 Florida/Canada: **Becca Conversano, ext. 21**

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

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

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

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

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

Hawaii: **Debbie Anderson, 3555 Harding Ave., Suite 2C, Honolulu, HI 96816; 808-739-2200, fax 808-739-2201**



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

Alaska Airlines | Horizon Edition (ISSN 1050-2440), the monthly inflight magazine of Horizon Air, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2014 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Subscriptions: \$45 in the U.S.; \$50 elsewhere. Single-copy price: \$5. Photocopy of individual articles: \$3.50. Publisher assumes no responsibility for return of unsolicited manuscripts or art. Printed in the U.S.A. Postmaster: Send address changes to Alaska Airlines | Horizon Edition, 2701 First Avenue, Suite 250, Seattle, WA 98121-1123.



Sustainable colleges, page 26.

**FEATURES**

**14 NORTH STARS**  
Pac-12 North Division teams are ready to win.

**26 HIGH MARKS FOR BEING GREEN**  
Colleges support sustainability.

**40 VACATION VARIETY**  
Casino resorts have something for everyone.



**54 PUZZLE CREATORS**  
The people behind the games.



Will Shortz and other puzzle constructors, page 54.

**DEPARTMENTS**

**5 UP FRONT**  
A message from Chief Executive Officer Brad Tilden.

- 7 THE REGION**
- Trailing of the Sheep.
  - Bruce Lee in the Emerald City.
  - Raptor festival.
  - News & Notes.
  - Naturally beautiful.
  - Craft brews.
  - Talked About.
  - International film fest.
  - Silver anniversary.

**62 CROSSWORD**

**65 WELCOME ABOARD**  
Flight information, Mileage Plan frequent-flier program, vacation packages, route maps and more.

**72 AIR TIME**  
Preparing to succeed.

**Cover:** New Washington Huskies coach Chris Petersen, known as an offensive innovator, had an exceptional winning record at Boise State. Photo by Scott Eklund, Red Box Pictures.

# That business trip has a silver lining:

Turn business  
miles into your  
next vacation.



**Alaska Airlines®  
Visa® Business Card**



See your Flight Attendant to  
complete an application in-flight  
or call 1.866.786.9928 to apply.

\* 25,000 Bonus Miles after you make your first purchase

\* Annual coach Companion Fare from \$121 (USD)  
(\$99 base fare plus taxes and fees, from \$22 depending  
on your Alaska Airlines flight itinerary)

<sup>1</sup>25,000 Bonus Miles offer valid only on the Alaska Airlines Visa Business Card. Offer valid for a limited time and is subject to change without notice. Bonus Miles available 6-8 weeks after your first purchase.

<sup>2</sup>Cardholders that qualify for the Visa business card will receive an annual coach Companion Fare from \$121 (USD) (\$99 base fare plus taxes and fees, from \$22 depending on your Alaska Airlines flight itinerary). The Companion Fare e-certificate is issued upon approval of a new account and on each anniversary thereafter. Individual Level Earning Plan cardholders will receive one Companion Fare e-certificate per account each year. Only one Companion Fare e-certificate will be provided each year to the Company in the Company Level Earning Plan. Mileage Plan miles cannot be used as a form of payment, however both the paying customer and the companion may accrue Mileage Plan miles. Passenger and companion are responsible for applicable checked baggage fees. Applicable taxes and fees are subject to change. The Alaska Airlines Mileage Plan program is offered by Alaska Airlines and Alaska Airlines is solely responsible for the program. All Mileage Plan program terms and conditions apply. Complete rules will be sent with account opening materials.

To receive the most recent information, please write to Bank of America, P.O. Box 53137, Phoenix, AZ 85072-3137. FIA Card Services, N.A. is the issuer of this credit card program.



Brad Tilden

## Nine Who Shine

**T**his month, I've asked Chris Lewless, Horizon Air's managing director of people and labor relations, to share with you the 2014 recipients of the airline's Pathfinder honor, which is the highest honor we bestow upon our people at Horizon. My personal congratulations to these exceptional employees who've helped make our company what it is today. —Brad Tilden, Chief Executive Officer

Launched in 2007, Horizon Air's Pathfinder program allows employees to nominate the co-workers they feel represent the best we have to offer. These are employees who work so hard on the front lines and behind the scenes, giving their all to help both customers and colleagues.

Being named a Pathfinder is the highest honor that a Horizon employee can receive. Since the program's start, 60 people have been named to that select group, including our nine-member Pathfinder class of 2014. Here are the latest honorees, along with a few words of praise from the co-workers who nominated them:



**Terry Dayton**, communications agent: "Terry is so helpful to other agents, and he does everything possible to make our jobs easier and to get our passengers to their destinations. He never leaves us if we are in need of any assistance whatsoever."



**Joe Eaton**, ground support equipment technician: "Joe has exceptional mechanical skills. He is willing to help on a moment's notice, and he does it humbly, with a smile. I personally cannot thank him enough. He has a true heart that is full of goodness."



**Jessie Jorissen**, compliance specialist: "I would be hard-pressed to find anyone who can interact with our customers in a more genuine and thoughtful manner. Her smile radiates, and she can brighten anyone's day."



**Ken McNaught**, dispatcher: "Ken is innovative with technology and creates opportunities for improvement. He always jumps in to help out, he excels in all aspects of his position, and he's always willing to teach us new things."



**Dennis Schoenberg**, flight ops project manager: "Dennis is known to all of us as dedicated, hard-working, caring and tenacious. He guides his decisions by what is best for the company and does whatever is necessary to see a project through."



**Rick Smith**, assistant chief pilot: "He has always done more than what was asked of him and has always put Horizon's interests first. He has been a simulator instructor and check airman, and in both of these positions, he educated and mentored."



**Tammy Townsend**, flight attendant: "Tammy has always had my back. She has expanded my view of customer service and helpfulness to passengers. She is a role model and someone each of us looks up to."



**Willie Tumanuvao**, ground service manager: "Through everything Willie does, he ensures our operation holds true to the commitments we have made to our customers. He keeps things running efficiently and makes sure his team is taken care of."



**Bob Wiley**, aircraft technician: "Bob is always willing to go out of town to get Horizon aircraft back into service. He is very responsible and displays his leadership abilities when in those situations. He shows a lot of integrity in all that he does."

These nine employees average 18 years of service at Horizon, but over the years we've had honorees with as little as five years. This program is all about giving those who fully personify our shared values—at whatever stage it becomes most evident—their time in the spotlight.

When a company has so many top-notch individuals in its ranks, it becomes that much easier to recruit similar people to join them. Like attracts like. Those who follow will continue writing Horizon's story in the years ahead, inspired by these aptly named Pathfinders.

Thanks for flying with us today.

—Chris Lewless, Managing Director of People and Labor Relations

# Dick Hannah



## Yes, we got ours at Dick Hannah Subaru.

Dog tested. Dog approved.®

★★★★★  
**Don't take our word for it. Ask Nicole...**  
*After visiting the Subaru dealership in the town where I live and having a very disappointing experience, I decided to drive almost 4 hours to visit Dick Hannah for their superior reputation. It was a pleasure working with them and I would do it again in a heartbeat.*

### Dick Hannah Subaru—the #1 online-rated Subaru dealer in the Northwest. <sup>[2] Source</sup>

### Featured Lease Special <sup>[1] Lease details</sup>

All-new  
**2015 Subaru Legacy 2.5i**  
**\$229** per month



Model FAB-01 [1] \$229 per month for 36 months with \$1,999 due at lease signing. \$0 security deposit. Tax, title and registration fees extra. Mileage charge of 15 cents per mile for mileage over 12,000 miles per year. Other leases available on other models. Special lease rates extended to well-qualified buyers and are subject to credit approval. Total monthly payments \$8,244. A documentary service fee in an amount up to \$150 may be added to capitalized cost. Must take delivery from dealer stock by September 30, 2014. [2]#1 online-rated sourced from total number of aggregated Google, DealerRater and Yelp reviews. Reviews sourced May 2014.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 2 | 1 |   |   |   | 4 |   |   |
| 4 | 5 | 6 |   |   |   |   | 3 | 8 |
| 7 |   |   | 4 | 2 |   |   |   |   |
| 3 |   |   |   | 4 | 9 |   |   |   |
|   |   | 2 |   |   |   | 1 |   |   |
|   |   |   | 2 | 5 |   |   |   | 3 |
|   |   |   |   | 7 | 2 |   |   | 4 |
| 6 | 4 |   |   |   |   | 5 | 1 | 2 |
|   |   | 8 |   |   |   | 7 | 9 |   |



Believe in nice.

**HannahSubaru.com/alaska | 877-240-1866**

SUN VALLEY, ID

Trailing of the Sheep

At the Trailing of the Sheep Festival, Oct. 9-12 in the Sun Valley area, discover the history of American sheep ranching; savor lamb dishes; take cooking classes; see a parade of sheep being moved to winter pastures; enjoy live entertainment; and watch championship-sheepdog qualifying trials.



In addition, you can learn how a Northwest farm provided wool for U.S. team sweaters for the Olympics.

Alaska Airlines is offering a special discount on flights to Sun Valley between Sept. 17 and Oct. 19 if you purchase by Oct. 1 ([trailingofthesheep.org/alaska\\_airlines\\_sweepstakes.php](http://trailingofthesheep.org/alaska_airlines_sweepstakes.php)).

Contact: 208-720-0585; [trailingofthesheep.org](http://trailingofthesheep.org).

SHEEP, MICHAEL EDMISTER; BRUCE LEE ON THE SET OF THE DRAGON, AND DURING HIS UW DAYS, COURTESY BRUCE LEE ENTERPRISES; SONGS OF WILLOW FROST COVER, COURTESY BALLANTINE BOOKS

SEATTLE, WA

Bruce Lee in the Emerald City

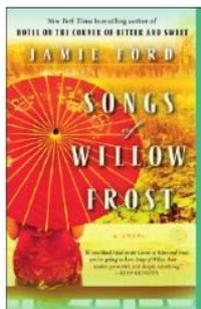
New exhibit will explore actor's accomplishments and Seattle ties



Before gaining fame in *The Green Hornet* and films such as *Enter the Dragon*, Bruce Lee (1940-1973) finished high school in Seattle and attended the University of Washington. In 1963, he opened his first martial arts school, the Jun Fan Gung Fu Institute, featuring Lee's own emerging form of martial arts, in the Emerald City. He also met and married Seattleite Linda Emery in Seattle, in 1964.

The Wing Luke Museum of the Asian Pacific American Experience, in Seattle's Chinatown-International District, will honor the martial arts legend in the exhibition "Do You Know Bruce?" expected to be on view Oct. 4, 2014, to late 2017, with a different focus each year. Items likely to be displayed during the exhibit's full run include personal letters, poems, clothing and an antique statue from Ruby Chow's Restaurant, where

Lee first worked as a live-in waiter after he moved to Seattle in 1959. Lee was born in San Francisco while his father was on tour as a Chinese-opera performer. The family returned to Hong Kong when Lee was 3 months old, and Lee became a child actor, appearing in 20 Hong Kong-made films (and also winning a 1958 cha-cha championship) before moving to the United States. Contact: 206-623-5124; [wingluke.org](http://wingluke.org). —Carly Andersen



**Did you know?** The Wing Luke Museum offers a guided **Songs of Willow Frost Tour**, based on novelist Jamie Ford's new book. The tour includes a 1930s-era Chinese meal. Also available are the **International Sweets and Treats, Touch of Chinatown**, and **Historic Hotel** tours. You can book tours online at [wingluke.org](http://wingluke.org), or call 206-623-5124, ext 133.

# I Thought I Was on Top of the World

I'd been drinking to excess for years. Being in radio and on the road with rock acts, from Hendrix to Zeppelin, The Beach Boys to Bad Company, cocaine and other things also entered the picture. Oh sure, I thought

I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where a little group of friends cornered me and demanded that I get treatment. I thought, "Are you kidding? I'm no weak, simpering alcoholic or addict. I just like to drink." The group demanded I go to Schick Shadel Hospital in Seattle, which has a unique ten-day medical treatment that halts addictions. "OK, fine," I said. In ten days, these guys will get off my back and I can drink again, socially of course. Ten days later, I walked out of Schick Shadel Hospital to never have another drink. My habit, the urges, desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed. So, may I tell you the rest of the story?

**Mr. Charles Shadel** of Seattle once said, "Something just isn't right. People are addicted to alcohol. It's wrecking lives. They want to quit, but they can't. Churches, rehab centers, counselors all try to help, but the craving seems impossible to extinguish. Soon, they're right back into drinking

or the drugs. We must be doing something wrong!" He joined with Doctors Lemere and Voeghtlin in search of a solution.

It was clear from their studies that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase the overpowering urge of dependency. These latent cravings simply become overwhelming. The doctors concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious" — And they did! Their stunning achievement created a medical treatment that has been proven to be very successful. Logically you're asking, "What is it they do?" The answer is that two powerful but painless medical innovations were combined to take away the cravings.

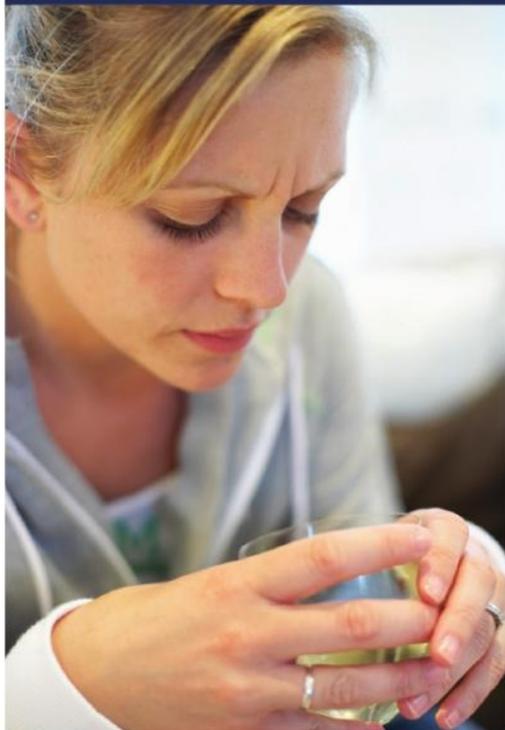
**First**, they developed a powerful "Counter Conditioning" methodology that "trains" the patient to hate the sight, smell, taste and thought of using the addictive substance.

Photo of Pat O'Day, Seattle radio personality, celebrating the completion of Seattle's Columbia Tower with a broadcast in 1984. (Photo courtesy of Dennis Law)

**Second**, the doctors introduced a medically administered minimal sedation interview, which is designed to get at the individualized substance abuse triggers for each patient. Schick Shadel's program restores the original wonderful person and gives them a new life in just 10 days. This success is enjoyed by more than 65,000 former patients, including myself!

Call: 1-855-999-1116  
online at: [SchickShadel.com](http://SchickShadel.com)

**SCHICK SHADEL**  
HOSPITAL



## Give Us Ten Days and We'll Give You a New Life.

Drugs and alcohol will kill you. If addiction is controlling your life or the life of a loved one, it's time for an immediate change. Just 10 short days at Schick Shadel Hospital can get you back on track and free of cravings. With the #1 success rate in the nation for alcoholism,\* Schick Shadel's treatment is provided by physicians, nurses and counselors in an atmosphere of compassion and understanding.

Research-validated counter-conditioning is the cornerstone of our medical model, because it reduces the physical cravings for substances through re-training the memory and associations with the sight, smell and taste of drugs or alcohol. This counter-conditioning is provided in tandem with minimal sedation interviews which are designed to get at the individualized substance use triggers for each patient.

Schick Shadel also provides education, one-on-one counseling and group therapy along with post discharge sober support which creates a solid foundation for people to begin a new, balanced life. 65,000 former patients can't be wrong — Our treatment simply works! Patients are able to leave here poised for a life of hope, happiness and most importantly, sobriety.

Whether it's alcohol, methamphetamines, marijuana, cocaine, opioids or heroin, we can help. 10 short days at Schick Shadel Hospital is a transformational experience that is nothing short of miraculous.

**SCHICK SHADEL**  
HOSPITAL

Schick Shadel Hospital – Washington  
12101 Ambaum Blvd. SW, Seattle, WA 98146

1-855-999-1116  
[SchickShadel.com](http://SchickShadel.com)

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

**ACCOMMODATIONS**

- 1 Atlantis Casino Resort Spa:** Four-diamond resort in Reno with spa, dining and casino. [www.atlanticcasino.com](http://www.atlanticcasino.com).
- 2 Coast Hotels:** More than 40 locations throughout the Western U.S. and Canada. [www.coasthotels.com](http://www.coasthotels.com).
- 3 Heathman Hotel:** Elegant, thoughtful service. Would you expect anything less from the 88th best hotel in the world? Kirkland, WA. [www.heathmankirkland.com](http://www.heathmankirkland.com).
- 4 Heathman Hotel Portland:** Portland's premier downtown hotel—where service is still an art. Ask about our new "bed menu." [www.heathmanhotels.com](http://www.heathmanhotels.com).
- 5 Hilton Garden Inn Sonoma County Airport:** Located in Sonoma Wine Country—business or pleasure, stay at HGI tonight. [www.sonomacountyairport.hgi.com](http://www.sonomacountyairport.hgi.com).
- 6 Holiday Inn/Holiday Inn Express of Washington & Oregon:** 40 Smart choices in Washington and Oregon. Stay Smart. [www.greatnwhotels.com](http://www.greatnwhotels.com).
- 7 Pineapple Hospitality:** Pineapple Hospitality operates six, one-of-a-kind-properties, each with its own vibrant personality. Seattle, Portland, and now San Francisco! [www.staypineapple.com](http://www.staypineapple.com).
- 8 Red Lion Hotels & Inns:** Join the Red Lion R&R Club and earn 1,000 Mileage Plan Miles at participating hotels. Mention AKDOUBLE at check-in. [www.redlion.com](http://www.redlion.com).
- 9 Waimea Plantation Cottages:** Discover authentic Hawaiian hospitality. Kaua'i, HI. [www.waimeaplantation.com](http://www.waimeaplantation.com).

**CASINOS**

- 10 Coeur d'Alene Casino:** Visit, play, stay just 45 minutes from downtown Spokane. [www.cdacasino.com](http://www.cdacasino.com).
- 11 Graton Resort & Casino:** [www.gratonresortcasino.com](http://www.gratonresortcasino.com).
- 12 Muckleshoot Casino:** More than 3,100 machines and 100 tables. Located close to Sea-Tac International Airport. [www.muckleshootcasino.com](http://www.muckleshootcasino.com).
- 13 Northern Quest Resort and Casino:** Your quest for fortune and fun starts here. Near Spokane, WA. [www.northernquest.com](http://www.northernquest.com).
- 14 Silver Reef Hotel Casino Spa:** Your complete destination in Whatcom County. [www.SilverReefCasino.com](http://www.SilverReefCasino.com).
- 15 Tulalip Casino:** Gaming, entertainment, dining, shopping. [www.tulalipcasino.com](http://www.tulalipcasino.com).

**RESTAURANTS**

- 16 Churchill's Steakhouse:** Only the top 2% of all prime beef meets our standards. Exclusively in Spokane, WA. [www.churchillsteakhouse.com](http://www.churchillsteakhouse.com).

**TRANSPORTATION**

- 17 Dave Smith Motors:** Hassle-free buying. World's largest Dodge truck dealer. Low prices—high customer satisfaction. (800) 635-8000. [www.davesmith.com](http://www.davesmith.com).
- 18 Dick Hannah Subaru:** We ship Subaru vehicles across the U.S., including to Hawai'i and Alaska! (877) 240-1929. [www.dickhannahsubaru.com](http://www.dickhannahsubaru.com).

**BUSINESS SERVICES**

- 19 Avista:** Finding ways to be more energy-efficient. (800) 936-6629. [avistautilities.com/bizrates](http://avistautilities.com/bizrates).
- 20 Doyon Limited:** Family of companies: oil and gas services; government contracting; tourism; lands and natural resources. [www.doyon.com](http://www.doyon.com).
- 21 Wave Broadband:** Connect smarter. Advanced fiber network connectivity. [www.wavebroadband.com/business](http://www.wavebroadband.com/business).

**FINANCIAL SERVICES**

- 22 Alaska Airlines Visa Business Card:** Earn 25,000 Bonus Miles after first purchase. (866) 786-9928. [www.bankofamerica.com/alaskabusiness](http://www.bankofamerica.com/alaskabusiness).
- 23 Alaska Airlines Visa Signature Card:** Earn 25,000 Bonus Miles upon approval. (888) 924-7343. [www.myalaskacard.com](http://www.myalaskacard.com).
- 24 AmericanWest Bank:** Talent, at the highest levels. Nothing compares to a proven track record. [www.awbank.net](http://www.awbank.net).
- 25 BECU:** Offering better rates and lower fees to all Washington residents. [www.becu.org](http://www.becu.org).

**REAL ESTATE**

- 26 Suncadia Real Estate:** Call today to get started on your second home just 80 miles east of Seattle. [www.discoversuncadia.com](http://www.discoversuncadia.com).

**EDUCATION**

- 27 Foster School of Business—University of Washington:** Busy professional? Need an MBA? Choose wisely—choose Foster. [www.foster.washington.edu/emba](http://www.foster.washington.edu/emba).
- 28 NetCE.com-CME Resource:** Learn. Click. Done. Online continuing education for healthcare professionals. Nationally accredited. Evidence-based practice recommendations. [www.NetCE.com](http://www.NetCE.com).
- 29 University of Washington Professional & Continuing Education:** Join us anytime, everywhere. UW online. [www.online.uw.edu](http://www.online.uw.edu).
- 30 Washington State University:** Advance your career and education with an online MBA or Executive MBA program. [topmba.wsu.edu](http://topmba.wsu.edu).
- 31 Washington State University:** There's a reason why they hire Cougs. Recently listed among the Top 25 "recruiter picks" in the country! [www.wsu.edu](http://www.wsu.edu).
- 32 Western Washington University:** Location, education, reputation. [www.wvu.edu](http://www.wvu.edu).
- 33 Whitworth University:** An education of mind and heart. Spokane, WA. [www.whitworth.edu](http://www.whitworth.edu).

**HEALTH & BEAUTY**

- 34 Advanced Cosmetic & Laser Dentistry:** Award-winning, world-class care. Call today. [www.aclid.com](http://www.aclid.com).
- 35 Schick Shadel Hospital:** The world leader in addiction treatment. (800) CRAVING. [www.schickshadel.com](http://www.schickshadel.com).
- 36 Seattle Children's Hospital:** Ranked among the nation's top centers of cancer research. Hope. Care. Cure. Visit [seattlechildrens.org/cancer](http://seattlechildrens.org/cancer).
- 37 The Spa at Pro Sports Club:** Advanced medical, aesthetic and traditional spa therapies. [www.proclub.com](http://www.proclub.com).

- 38 Swedish Radiosurgery Center:** Offering CyberKnife and Gamma Knife nonsurgical treatment options for many conditions. [Swedish.org/radiosurgery](http://Swedish.org/radiosurgery).

**TRAVEL IDEAS**

- 39 MasterPark:** No. 1-rated Sea-Tac valet parking facility. Three lots and a six-floor valet garage. [www.masterparking.com](http://www.masterparking.com).
- 40 Sonoma County Tourism:** More than 375 premium wineries, organic farms, redwood forests and miles of ocean coastline. [Sonomacounty.com](http://Sonomacounty.com).

**THINGS TO SEE AND DO**

- 41 Chihuly Garden and Glass:** Immerse yourself in a comprehensive collection of Dale Chihuly's work. [www.chihulygardenandglass.com](http://www.chihulygardenandglass.com).
- 42 Space Needle:** Seattle landmark, family-friendly tourist attraction, observation deck, restaurant with Puget Sound and city views. [www.spaceneedle.com](http://www.spaceneedle.com).

**WINE & WINERIES**

- 43 3 Horse Ranch Vineyards:** "Outstanding" – *Wine Press Northwest* magazine. Eagle, ID. [www.3horseranchvineyards.com](http://www.3horseranchvineyards.com).
- 44 Wine Road Northern Sonoma County:** 150 wineries, open year-round an hour north of the Golden Gate Bridge. [www.wineroad.com](http://www.wineroad.com).

**FOR THE HOME**

- 45 Masin's Fine Furnishings & Interior Design:** Bellevue, WA. [www.masins.com](http://www.masins.com).
- 46 Smartop by Leisure Concepts:** Revolutionary new spa covers. [www.smartopcover.com](http://www.smartopcover.com).

\* If the advertiser information card is missing, and you would still like to enter the drawing, please specify by number which advertiser you want information from and write to: Alaska Airlines Magazine, 2701 First Avenue, Suite 250, Seattle, WA 98121, Attention: Advertiser Information. No purchase is necessary, and entrants need not be present to win. Entrants must be 21 years old or older and residents of the United States to win. Winner will be chosen once a year in a random drawing among completed entries. Entries for the drawing in 2014 must be received by December 15, 2014. Winner will be notified by mail. Drawing is held once a year at Alaska Airlines Magazine offices on or about December 31. Entrants may submit multiple entries. Odds of winning are based on the number of entries received. Each year one winner will receive one round-trip ticket to any Alaska Airlines destination in the continental United States. Blackout dates may apply to travel dates. Winner of the drawing in 2014 must complete travel by December 31, 2015. Prize does not include transfers, incidentals, tax, insurance, and any additional trip expenses. Prizes are nontransferable and may not be cashed in or sold. For the name of this year's winner, send a stamped, self-addressed envelope to "Advertiser Information" Ticket Drawing, c/o Holly Genest, Paradigm Communications Group, 2701 First Avenue, Suite 250, Seattle, WA 98121.



# Some banks have a business division.

# We have a business bank.

**A trusted financial partner doesn't try to be all things to all clients.** We're focused on one thing. Your business. Well-capitalized and nimble, we provide all the services you'd find at a larger bank with the attention to detail and relationship management expertise of a community bank.

If you're looking for a partner to help your company grow, look no further. We're ready to do business.



We're banking on the businesses.



BOZEMAN, MT

# Raptor festival

Golden eagles will soar in autumn skies



Peter Sherrington, founder and research director of the Rocky Mountain Eagle Research Foundation, will speak about golden eagle-migration counts.

One of the largest known migrations of golden eagles in North America takes place late-August through mid-December as the raptors travel between Alaska or Yukon breeding sites to winter ranges in the western United States and Mexico.

Up to 1,500 golden eagles travel through the Bridger flyway in southwestern Montana during the migration. The **Bridger Raptor Festival** invites bird-watchers to the **Bridger Bowl Ski Area in the Gallatin National Forest**, near Bozeman, Oct. 3–5, to view and learn about these fascinating birds of prey.

Golden eagles, which typically hunt medium-size mammals, have a wingspan of up to 7 feet, and they have been known to reach diving speeds of more than 150 mph.

More than 15 other species of



birds of prey—including bald eagles, red-tailed hawks and ospreys—also migrate through the Bozeman area each fall. The festival is expected to include raptor-identification events, educational displays, and lectures, including a keynote address by Peter Sherrington, founder and research director of the **Rocky Mountain Eagle Research Foundation**.

Contact: 406-586-1518; [bridgerraptorfest.org](http://bridgerraptorfest.org).

—LaVendrick Smith



▲ The **Montana Dragon Boat Festival**, with more than 75 teams from the U.S. and Canada competing, will take place Sept. 13–14 on Flathead Lake, south of Kalispell ([montanadragonboat.com](http://montanadragonboat.com)).

The **Tahoe Bike Classic**, Sept. 27–28, will include the timed Lake Tahoe Gran Fondo and the Hill Climb Time Trial ([tahobikeclassic.com](http://tahobikeclassic.com)).

The **Seattle-based Cabiri performance troupe**, celebrating its 15th season, will present a four-performance run of the cabaret **“Ghost Game VIII: 13 Witches,”** with aerialists and acrobats, Oct. 23–Nov. 1 ([cabiri.org](http://cabiri.org)).

▼ **Widmer Brothers Brewing in Portland** is celebrating its 30th anniversary with re-releases of memorable brews ([widmerbrothers.com](http://widmerbrothers.com)).



▲ Acclaimed musicians such as blues guitarist Ana Popovic will perform Sept. 20–21 during the **Russian River Jazz and Blues Festival in Guerneville, CA** ([russianriverfestivals.com](http://russianriverfestivals.com)).



SQUAMISH, BC

# Naturally beautiful



The new **Sea to Sky Gondola** in Squamish, between Vancouver and Whistler, British Columbia, takes visitors on a 10-minute ride to more than 2,900 feet above sea level, where they can access **three viewing platforms** for a spectacular vista of a fjord, mountain terrain and the town of Squamish. An approximately **360-foot-long suspension bridge** connects two of the platforms, and the bridge and the platforms are open year-round. In addition, **six trails** accessible from the gondola's top station offer summer hiking and winter snowshoeing adventures. The area is also known for its outstanding mountain climbing. Contact: 604-892-2550; [seatoskygondola.com](http://seatoskygondola.com).

TOP, COURTESY PETER SHERRINGTON; RED-TAILED HAWK, DOUG WALES; DRAGON BOAT, JOE NICKELL; ANA POPOVIC, MARK GOODMAN; WIDMER BEERS, POLARA STUDIOS; SEA TO SKY GONDOLA, PAUL BRIDE



h o t e l  
**ROSE**  
PORTLAND



**866.866.7977**  
**staypineapple.com**

SONOMA COUNTY, CA

## Craft brews

Enjoy one of the country's top up-and-coming beer regions

Craft-beer connoisseurs can taste varieties from 20 breweries, most of them based in Sonoma County, during the **Petaluma River Craft Beer Festival**, Sept. 13, which will also feature musical entertainment and food vendors.

Sonoma County's sales of craft beer are growing 2.5 times faster than the national average, according to the Sonoma County Economic Development Board, and in July, *Wine Enthusiast* named the **Sonoma County town of Santa Rosa one of America's Five Best Beer Cities**.

Sonoma County's craft-brew sector is part of the county's burgeoning craft-beverage industry, which



includes more than 20 breweries, five cideries and seven spirit distilleries. The county has created a **new web-based Beer, Cider and Spirits map** ([edb.sonoma-county.org/storymaps/beermap](http://edb.sonoma-county.org/storymaps/beermap)).

Notable breweries expected to participate in the Craft Beer Festival include **Lagunitas Brewing Company**, one of America's original India Pale Ale producers and now producing 500,000 barrels a year in Sonoma County; **Fogbelt Brewing Company**, whose owners have been making beer together for the last decade; and **Woodfour Brewing Company**, whose restaurant pairs beer with dishes such as duck-liver mousse and rock cod. Contact: 916-228-4260; [californiacraft-beer.com](http://californiacraft-beer.com) and [petalumarivercraftbeerfest.org](http://petalumarivercraftbeerfest.org).

For more information on visiting Sonoma County, which is, of course, already famous for its wines, go to [sonomacounty.com](http://sonomacounty.com). —*Nick Thomas*

talked about

LEWISTON, ID

Sixteen artifacts related to Abraham Lincoln have been donated to the **First Territorial Capitol of Idaho Interpretive Center**, which has officially opened in downtown Lewiston (208-790-0999).

PORTLAND, OR

Known for its green-energy sector, Portland will be the host city for what is described as the **world's largest geothermal-industry gathering**. Speakers from across the globe will discuss the latest developments during the **Geothermal Resources Council 38th Annual Meeting and Geothermal Energy Association Geothermal Energy Expo**, Sept. 28-Oct. 1 ([geothermal.org](http://geothermal.org)).

SEATTLE, WA



Seattle Opera, one of the country's most respected opera companies, is celebrating its 50th anniversary with the retrospective book **50 Years of Seattle Opera**, by Seattle writer and music critic Melinda Bargreen ([seattleopera50.com](http://seattleopera50.com)).

CARMEL, CA

## International film fest



More than 125 independent films in five

categories—narrative feature, documentary, short, animation and student—will be screened at the **Carmel International Film Festival**, Oct. 15-19, **near Monterey**. The films featured will be selected from hundreds of submissions. The festival will also honor an outstanding woman in the film world.

In addition, events will include an Opening Night Filmmakers Party, featuring numerous restaurants and wineries; Filmmakers Breakfast Talks, held in the filmmakers tent on Ocean Avenue; and a Legends Dinner at Bernardus Lodge. Contact: 831-625-3700; [carmelfilmfest.com](http://carmelfilmfest.com).

Carmel Beach is one of the many attractions festivalgoers can enjoy.

PORTLAND, OR

## Silver anniversary



Movements based on 17th century French court dances are featured in the ballet **Agon**, being performed Oct. 11-18 as the **Oregon Ballet Theatre** begins its 25th season with a program titled "OBT 25."

Choreographed by George Balanchine, the 1957 ballet showcases athleticism and was an important step in the development of modern ballet. In addition, "OBT 25" will feature a stunning dance from **Romeo & Juliet** and a to-be-announced world premiere.

The season will also include "The Nutcracker"; "Cinderella"; and "Impact," a three-piece program with another world premiere, still in development.

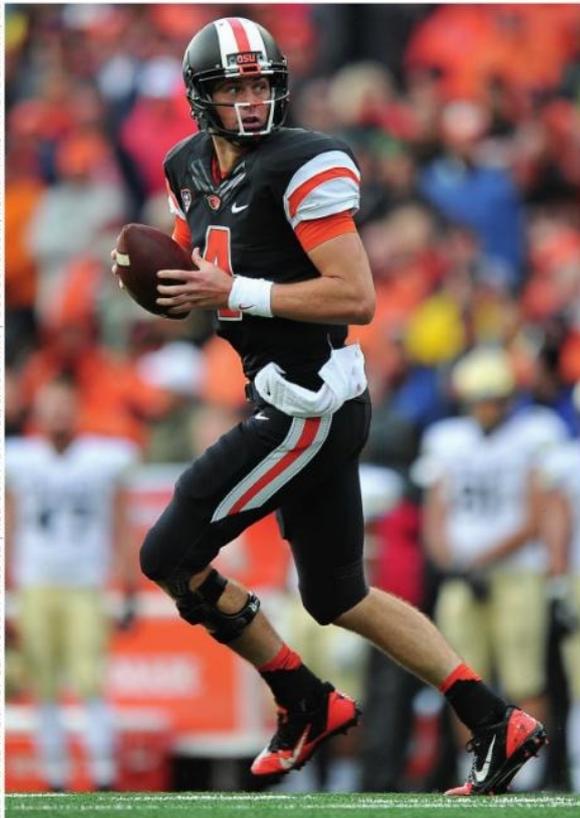
Contact: 888-922-5538; [obt.org](http://obt.org).

—*Stacie Larsen*

CLOCKWISE FROM TOP: WOODFOUR BREWING CO.; JEFF CAGLE FOR GOOD BEER HUNTING; ROMEO & JULIET DANCERS BRIAN SIMCOE AND HAIYAN WU; PHOTO BY TATIANA WILLS; BEACH; COURTESY CARMEL-BY-THE-SEA; BOOK COVER; COURTESY SEATTLE OPERA



# NORTH



CLOCKWISE FROM TOP LEFT: SCOTT EKLUND / RED BOX PICTURES; ERIC EVANS / GODUCKS.COM; KENNY KARST PHOTOGRAPHY; WSU ATHLETIC COMMUNICATIONS; MICHAEL BURNS / ISI PHOTOS.COM; COURTESY: OREGON STATE UNIVERSITY



# STARS



**Pac-12  
North  
Division  
teams  
are ready  
to win**

BY CRAIG HILL

---

Clockwise from top left: University of Washington offensive lineman **Dexter Charles** (center of photo); University of Oregon quarterback **Marcus Mariota**; Stanford quarterback **Kevin Hogan**; Washington State quarterback **Connor Halliday**; California quarterback **Jared Goff**; Oregon State quarterback **Sean Mannion**.

# THE PRIVATE SIDE *of* SUNCADIA

2600 acres of woodlands, meadows, streams and ponds and just 80 miles east of Seattle

Tumble Creek is the private, gated community set within Suncadia, the premier four-season luxury resort in the Cascade Mountain range.

Our Club members enjoy exclusive, private golf at the acclaimed 18-hole Tom Doak golf course and have member access to Suncadia's two impeccable courses and community amenities.

*Call today for your private tour.*



TUMBLE CREEK  
AT SUNCADIA

*Only a limited number available:*  
ESTATE HOMESITES . CABINS . CUSTOM HOMES

DISCOVERSUNCADIA.COM | 1.866.710.4361

SUNCADIA REAL ESTATE SALES COMPANY 



Sasse Mt. Outpost –  
camping experience

River access and ponds for  
fishing, kayaking & canoeing

Large, estate homesites,  
custom homes & cabins

Miles of trails for biking,  
hiking, & skiing

Four seasons of member  
events & activities



**J**ared Goff and Jordan Richards are separated by San Francisco Bay, and one of college football's most famous rivalries, and the entirety of last season's Pacific-12 Conference standings, but there is a subject on which they are united:

The Pac-12 is one of the toughest conferences in the nation, and the North Division is one of the most competitive divisions. ■ Richards, an academic All-American strong safety for the two-time defending champion Stanford Cardinal, says: "There are no easy games in the Pac-12. Anybody can beat you." In fact, Utah, the team with the league's third-worst record, upset Stanford last season. ■ California Golden Bears quarterback Goff knows how hard wins are to come by. Last season, he didn't lead his team to a single conference victory. "The Pac-12 North is the toughest division in college football," he says. "But to be the best you have to beat the best, so we embrace that challenge." ■ Judging by the positivity around the

division, the Pac-12 North (3-0 against the south since the inception of the conference title game) will be as challenging as ever this fall. ■ Stanford and Oregon hope to build on their 11-win seasons and battle for the conference title and perhaps even a spot in the new four-team national championship playoff. ■ Cal might still be rebuilding, but it has the nation's 10th-ranked passing attack (331.4 yards per game) returning for coach Sonny Dykes' second season. ■ Oregon State has a Heisman candidate in senior quarterback Sean Mannion and designs on improving on last year's fourth-place finish. ■ At the University of Washington, the arrival of Chris Petersen, the nation's winningest coach over the last eight years, has fans expecting the Huskies to consistently be a top-25 team. ■ And the Washington State Cougars have already forgotten last season's collapse in the New Mexico Bowl and expect the program's first winning season since 2003.

Here's a closer look at the Pac-12 North:

## CALIFORNIA

**2013:** 1-11; 0-9 Pac-12; sixth in North Division.

**Coach:** Sonny Dykes, 2nd year, 1-11 (23-26 career).

**Offensive player to watch:** As a freshman, quarterback Jared Goff (6-4, 210) set the bar with 3,508 passing yards, a new single-season school record. He threw 18 touchdowns, but also 10 interceptions. He'll be expected to improve those stats for more wins this year.

**Defensive player to watch:**

After a hand injury kept him out last season, junior defensive end Brennan Scarlett (6-4, 260) is back and emerging as a leader for a defense that gave up more points (45.9) and yards (529.6) per game than anybody in the Pac-12 last season. In 12 career

games, Scarlett has 44 tackles, 6.5 tackles-for-loss and two forced fumbles.

**Special teams player to watch:** Sophomore Khalfani Muhammad (5-7, 170) adds a punch on

kick returns. He was sixth in the league last year, averaging 21.9 yards per return.

**Outlook:** Injuries and lack of experience doomed last season, but the Bears believe this year, with a healed up and more seasoned group, will be better.

"Our team is tougher and better conditioned, and in a much better place than we were last year," Dykes said during a spring conference call with reporters.

"It's night and day," says Goff, noting that the defense looks significantly better than the one that ranked 122nd nationally last season. "Brennan Scarlett is going to be a terror this year," Goff says.

He expects to make significant strides himself, too. "Everything is starting to slow down, and I'm making reads that would not even have crossed my mind last fall," he says.

With the return of receivers such as juniors Chris Harper (5-11, 175) and Bryce Treggs (5-11,



Left: Defensive end **Brennan Scarlett**. Above: Running back and kick returner **Khalfani Muhammad**.





Aishley Q. Seattle

The @BECU mobile app does everything! #handydandy

★ Favorite ☺ Retweet

Schedule  
a visit to  
switch  
to BECU

[becu.org/appointment](http://becu.org/appointment)

Judit M.L. Seattle



# SERVING OUR MEMBERS EVERYWHERE THEY GO

BECU is Washington's leading credit union, and we got here by answering to the needs of our members, not the mandates of shareholders. This for-the-people approach to banking drives everything we do—like constantly coming up with innovative new ways to save you time and money. Easy-to-use online and mobile banking, mobile check deposit and access to over 30,000 surcharge-free ATMs nationwide make day-to-day transactions quick and convenient. And, when you do need more personalized service, our member consultants are there to help you as an individual—not a number.

**SHARE > THE PERKS**

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

*more than  
just money®*

**BECU**



*All Washington State Residents Are Eligible To Join.*

*Federally insured by the NCUA. Must establish and maintain membership with \$5 minimum member share savings balance. BECU belongs to the Co-Op network. BECU transactions at these ATMs are surcharge-free. Airtime, roaming, data usage, and minutes of use may be billed by your mobile provider.*

185), the Cal passing game could be even better than last season. Harper and Treggs combined to catch 147 passes for 1,603 yards and six touchdowns.

"I'm really fortunate to have one of the top stables of receivers in the nation," Goff says.

But an improved offense will require the ability to score touchdowns once they're inside the opponent's 20-yard line. An improved running game could make that possible. If junior

running back Daniel Lasco (6-0, 210) can stay healthy, it might be the fix for a ground game that averaged just 122.2 yards per game last season. Running back Muhammad, as well as true freshmen Tre Watson (5-10, 190) and Vic Enwere (6-1, 225) are also expected to be a big part of the ball-carrying action.

"The running game is astronomically better," Goff says. "Really, we're a new team."

## OREGON

**2013:** 11-2; 7-2 Pac-12; tied for first in North Division. Defeated Texas, 30-7, in the Alamo Bowl.

**Coach:** Mark Helfrich, 2nd year, 11-2 (11-2 career).

**Offensive player to watch:** Two-time All-Pac-12 junior quarterback Marcus Mariota (6-4, 215) threw for 3,665 yards (second most in school history) and 31 touchdowns (12th most in the nation) with just four interceptions, despite being limited by a knee injury. He'll once again be among the leading candidates for the Heisman Trophy.



**Defensive player to watch:**

Senior Ifo Ekpre-Olomu (5-10, 195) is one of the top cornerbacks in the nation. He earned All-American honors last season thanks to three interceptions, 84 tackles and a reputation as one of the hardest hitters in the Pac-12.

**Special teams player to**

**watch:** Senior safety Erick Dargan (5-11, 212) brings experience to the Ducks' secondary and consistency on special teams. He earned second team All-Pac-12 honors for his special teams play in 2013.

**Outlook:** Expectations are high for Helfrich's second season. The Ducks ranked in the top 10 in most preseason polls, and *Sporting News* picked them to play in the national championship game.

And judging by the philosophy Helfrich laid out during a spring media conference call, the coach expects the Ducks to be even better this season, too.

"We want to get better every day as coaches, as people," Helfrich said. "Players, the same. Anytime you go through something more

than once, you better be more efficient and better."

Plenty of the Ducks have been through this before. With 16 returning starters, the Ducks have the talent to wrestle the Pac-12 championship away from Stanford.

The offense returns the entire line, including Mariota; standout center Hroniss Grasu; and the dynamic running back duo of junior Byron Marshall (5-10, 201) and sophomore Thomas Tyner (5-11, 215).

Marshall rushed for 1,038 yards and 14 touchdowns last season. Tyner had 711 yards and nine touchdowns. And Mariota ran for 715 to give Oregon the best running attack in the conference and the ninth-best in the nation (273.5 yards per game).

The Ducks lost their top three receivers from last season, but they return senior starter Keanon Lowe (5-9, 186) and sophomore tight end Johnny Mundt (6-4, 252). While they're experienced, they combined to catch just 34 passes last season.

The Ducks lost six starters from a defense that ranked 13th in the nation last season, with 20.5 points allowed per game. But the Ducks expect to reload and remain one of the stingiest units in the Pac-12.

While Ekpre-Olomu will lead the secondary, the return of senior defensive end Tony Washington (6-3, 250) and senior linebacker Derrick Malone (6-2, 220) also solidify the defense.

Junior defensive tackle Arik Armstead (6-8, 296) is expected to move into the starting lineup after leaving the Ducks' basketball team in January to focus on football.



Left: Cornerback Ifo Ekpre-Olomu. Above: Special teams standout Erick Dargan.

## OREGON STATE

**2013:** 7-6; 4-5 Pac-12; tied for fourth in North Division. Beat Boise State, 38-23, in the Hawai'i Bowl.

**Coach:** Mike Riley, 14th year, 88-73 (88-73 career).

**Offensive player to watch:** Sean Mannion (6-5, 220) has thrown for 10,436 career yards, putting him in position to break the Pac-12 record (12,274 yards set by USC's Matt Barkley, 2009-12). ESPN has considered Mannion a possible Heisman candidate.

**Defensive players to watch:** Senior safety Ryan Murphy (6-3, 214) and senior cornerback Steven Nelson (5-11, 195) anchor a secondary that led the Pac-12 North in interceptions, with 19 last season.

**Special teams player to watch:** Senior Terron Ward (5-7, 201) averaged 18.7 yards per kickoff return last season and had four tackles on his way to All-Pac-12 honorable mention honors.

**Outlook:** Four games into the 2013 Pac-12 season the Beavers were 4-0, in first place and averaging 49.0 points per game. But just as it appeared they might be a major player in the conference, the wheels came off. They lost their last five games before ending on a positive note, throttling Boise State in the Hawai'i Bowl.

The Beavers return 18 starters and, they hope, enough experience to finish much stronger this year.



Leading the way for OSU is Mannion, an experienced secondary and one of the best linebacker corps in the Pac-12. "We had good overall improvement of players," Mike Riley said in a spring media briefing.

Mannion passed on the NFL to return for his senior season. The Heisman candidate is almost certain to graduate as the leading passer in Pac-12 history, but he's going to have to do it without his favorite target. Brandin Cooks won the Biletnikoff

Award as the nation's top receiver last season, but passed on his senior year to turn pro. He was drafted in the first round by the New Orleans Saints.

Junior Richard Mullaney (6-3, 197) was OSU's second-leading receiver in 2013, catching 52 passes for 788 yards last season and three touchdowns. More passes will come his way this season.

The talented linebacker corps includes three seniors: returning starters D.J. Alexander (6-2, 223) and Jabral Johnson (6-1, 230), as well as Michael Doctor (6-0, 233). Doctor's return after a broken ankle last season could help the defense improve. The Beavers allowed 436.6 yards per game last season.

"Michael is poised to play his best football," Riley says. "He's poised to be one of our real team leaders, and he is a good player. ... I think it is very, very important to this year's team."

KARL MAASDAM

**IF YOU SEE ONE  
THING IN SEATTLE  
SEE EVERYTHING**

**WHERE SEATTLE STARTS**

Take your experience to new heights. Before you visit, make sure to download the **FREE** Space Needle app to enhance your viewing experience and unlock Seattle's secrets.

Save time and receive our best ticket prices by reserving your launch time online.  
**spaceneedle.com**

space needle.

## STANFORD

**2013:** 11-3; 7-2 Pac-12; tied for first in North Division. Beat Arizona State, 38-14, in Pac-12 Championship. Lost to Michigan State, 24-20, in the Rose Bowl Game.

**Coach:** David Shaw, 4th year, 34-7 (34-7 career).

**Offensive player to watch:** Senior quarterback Kevin Hogan (6-4, 228) threw fewer passes than all but two Pac-12 quarterbacks last season, thanks to Stanford's powerful running attack, but his 8.9 yards per attempt was second best in the conference.

**Defensive player to watch:** Senior strong safety Jordan Richards (5-11, 208) received honorable mention all-conference honors last season and will be called on to lead a secondary that loses two-time All-Pac-12 safety Ed Reynolds to the NFL.

**Special teams player to watch:** All-American senior return man Ty Montgomery (6-2, 215) was second in the nation with 30.3 yards per kickoff return. Two went for touchdowns. He also caught 61 passes for 958 yards and 10 touchdowns.

**Outlook:** Stanford is trying to continue one of the hottest runs in the nation. The two-time defending conference champs have won 11 or more games and played in a Bowl Championship Series game in each of the past four seasons. Only USC

(2002-08) can claim a longer streak.

Stanford's success has been the product of a dominant defense (No. 10 in the country last season, with 19.0 points allowed per game) and a dominant running game (No. 22 nationally last season, with 207.4 yards per game).

But to pick up where it left off, the Cardinal will have to replace 10 starters, including four of the best from its vaunted defense.

No problem, Jordan Richards says. "We'll be the same physical defense you've seen before."

In a media briefing following spring practice, coach Shaw said the defense controlled spring drills. Although that's typical for most programs, Shaw was particularly impressed by fourth- and fifth-year defensive linemen and linebackers. "That [experience] is exciting," Shaw said. "We have lost a lot, but we have a lot of guys coming back who've played a lot of football for us."

On offense, Stanford replaces four offensive linemen, who headed to the NFL, along with star tailback Tyler Gaffney, who was claimed by the New England Patriots. However, the return of Hogan at quarterback, and his top three receivers—Montgomery, Devon Cajuste (6-4, 229) and Michael Rector (6-1, 185)—could



Wide receiver Ty Montgomery.

KENNY KARST PHOTOGRAPHY



## IGNITE YOUR INSPIRATION

As you walk through the Galleries, Garden and Glasshouse, Chihuly Garden and Glass immerses you in Dale Chihuly's work in a whole new way.

**CHIHULY**  
GARDEN AND GLASS

LOCATED AT THE BASE OF THE  
SPACE NEEDLE, SEATTLE CENTER  
[CHIHULYGARDENANDGLASS.COM](http://CHIHULYGARDENANDGLASS.COM)

SAVE UP TO 50%  
— DURING OUR —  
87th ANNIVERSARY SALE

Aireloom  
Baker  
Councill  
Dedon  
Guy Chaddock  
Hancock & Moore  
Hickory Chair  
Stickley

Four generations of furnishing Northwest homes

**MASINS**  
FINE FURNISHINGS & INTERIOR DESIGN

10708 Main Street, Bellevue, WA | 425.450.9999 | www.masins.com

Masins Furniture @masinsfurniture

soundtransit.org

*The Voice of Reason*

*"Ride*  
**LINK LIGHT RAIL**  
*for less than*  
**RENTING A LUGGAGE CART."**

SEA-TAC to DOWNTOWN **\$2.75**

The light rail station is connected to the 4th floor of the parking garage. Trains run every 10-15 minutes, 5 a.m. to midnight, daily.

**SOUND TRANSIT**  
LET GO. RIDE THE WAVE.

mean more passing this season.

The offense, which also includes acclaimed left tackle Andrus Peat, will likely be as feared as it's ever been.

"They can make some big plays," says Richards, who spent spring drills practicing against the offense. "They're really good."

## WASHINGTON

**2013:** 9-4; 5-4 Pac-12; third place in North Division. Beat BYU, 31-16, in the Fight Hunger Bowl.

**Coach:** Chris Petersen, 1st year, 0-0 (92-12 career).

**Offensive players to watch:** The offensive line should be a strength again this year with the return of junior Dexter Charles (6-5, 311), and seniors Mike Criste (6-6, 318) and Micah Hatchie (6-5, 301). All earned All-Pac-12 honorable mention status last year as the Huskies were third in the league, with 3,107 rushing yards.

**Defensive player to watch:** Senior outside linebacker Hau'oli Kikaha (6-3, 250) earned second team All-Pac-12 honors last season



after recording 13.5 sacks, tied for second most in school history.

**Special teams player to watch:** Sophomore John Ross (5-11, 180) was fifth in the Pac-12, with an average of 23.2 yards per kickoff return. He returned a kick 100 yards for a touchdown against BYU in the Fight Hunger Bowl.

**Outlook:** Perhaps the only thing that could have made Petersen (who had two undefeated seasons, five conference titles, two Fiesta Bowl victories, and several national Coach of the Year honors while at Boise State) more excited about his new UW job would have been the return of the offensive trio that gave his Boise State team

# Fight Aging NOW

Jan, age 70



Photos: Gerald Pope

## Redefine Aging

Look and feel years younger with renewed passion, physical power, and confidence.



Get started today!  
Call 425.861.6290

**Dr. Upton**, the Medical Director of the Anti-Aging Center at PRO Sports Club, has been practicing medicine for over 17 years.

He became inspired by anti-aging through this extensive experience with preventative medicine.



## LIFE ASKED ME TO DANCE. I ACCEPTED!

You might say I was sitting on the sidelines. After all, I had been a widow for 30 years. I devoted myself to managing family assets and sharing in the lives of my family, which included six great-grandchildren.

But being a good steward didn't include time for personal love and joy. Still, I lived a life of hope. Somewhere inside me I had expectations of good things to come. I had watched my friends benefit from programs at PRO Sports Club. At age 70, I decided I wanted to make a positive change too. I knew that while some of the keys to staying younger are entrenched in the mind, the physical changes are just as important. So I pursued a change in my weight, eating habits, exercise, and skin (to avoid the horrible brown spots and alligator skin typical of older people).

Another one of my goals was to get off synthetic estrogen, which has been known to cause cancer. I learned, through the Anti-Aging Center at PRO Sports Club, that I could lead a full and healthy life by adding all the hormones that my blood test showed me being deficient like testosterone, progesterone, thyroid, and vitamin D. My body came back to life. Hormone balancing woke me up. My weight is down, my muscles are toned, and my brain is ready to tease back when flirted with. I relish

my fitness because it has made such a difference. Thanks to my outstanding trainer, I can engage in activities and not hurt myself with strained muscles and injuries. Not only am I vibrantly aware of the joy of living in the moment, but I also appreciate life to the fullest.

And now here's the kicker! Four months into the program, my life turned upside down! I attended a ball auction and met the love of my life. The theme of the ball was, "The Stars Are All Aligned" and boy, they were for me! There's no way you can make that kind of thing happen at will. Frankly, I believe this gentleman and I found each other in the middle of room filled with 800 other people because the Anti-Aging program set me free to live life fully. My attorney says, "You're a 70-year-old going on 30." That pretty well sums it up! I used to read paperback novels and now I am one. I recently retired, so if you want me, you'll find me on the golf course, fly fishing on the river, or dancing all night with the love of my life. I want to assure you that I'm dancing all night and loving it!

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

425.861.6290

4455 148th Avenue NE, Bellevue, WA

# "Outstanding"

Wine Press Northwest Magazine  
Spring 2014



"Outstanding wines have superior characteristics and should be highly sought after."



HORSE RANCH  
VINEYARDS™  
EAGLE, IDAHO

TASTING ROOM OPEN WEDNESDAY-SUNDAY  
5900 PEARL RD, EAGLE, ID  
208-863-6561  
3horseranchvineyards.com

so much stress the last two seasons.

Running back Bishop Sankey (second-round pick, Tennessee) and tight end Austin Seferian-Jenkins (second-round pick, Tampa Bay) left for the NFL, and quarterback Keith Price (undrafted free agent signed and released by the Seattle Seahawks) also has pro aspirations.

"I don't know if everybody understands how hard it is to replace those guys, but I do," says Petersen, whose Broncos beat them in 2012 but lost last season. "I've seen a lot of those guys."

Further complicating the rebuilding of

the offense was the absence of sophomore quarterback Cyler Miles (6-4, 217) from spring practice and the first game of the season because of a suspension, although he worked out with the team during the summer.

While Petersen molds the offense, he has a promising defense that returns seven starters. Among those are some of the team's best players, including Kikaha; junior linebacker Shaq Thompson (6-1, 231); senior nose tackle Danny Shelton (6-2, 332); and junior cornerback Marcus Peters (6-0, 198).

## WASHINGTON STATE

**2013:** 6-7; 4-5 Pac-12; tied for fourth in North Division. Lost to Colorado State, 48-45, in the New Mexico Bowl.

**Coach:** Mike Leach, 3rd year, 9-16 (93-59 career).

**Offensive player to watch:** Last season, senior quarterback Connor Halliday (6-4, 201) threw for the third most yards in the country (4,597) and the seventh most touchdowns (34). The Cougars need Halliday to give them more of the same while cutting back on his interceptions.

**Defensive player to watch:** Junior defensive lineman Xavier Cooper (6-4, 299) can create havoc for opposing offenses. He led WSU with 13.5 tackles for loss, five sacks and two forced fumbles last season. He also returned a fumble for a touchdown.

**Special teams player to watch:** New kicker Erik Powell (6-1, 178) will have a tall order as a redshirt freshman. He must replace the dependability provided by Andrew Furney, who made 80 percent of his field goals and all but one extra point last season.

**Outlook:** It would seem that WSU's magic number in 2014 would be seven. Seven wins should set off quite a celebration on the Palouse. Not only would it mean 100 career wins for coach Mike Leach (84 of those wins came at Texas Tech), but it would give WSU its first winning season since 2003.

But Halliday says he'll do everything he can to keep the Cougars from thinking about that party until it happens. "We're just worrying about winning one game per Saturday," Halliday says. "I know that

sounds boring, but, honestly, that's how we have to think. The last few years some of our leaders bought into a lot of the hype, and some of it was unrealistic, and those [prior] teams never came close. And we looked ridiculous for saying things like we're going to a bowl game [2012] or we're going to win eight games [2013]. So we aren't putting a number on this year. Just one game per Saturday."



Defensive lineman  
Xavier Cooper.

WSU ATHLETIC COMMUNICATIONS

Leach says the Cougars are faster, more athletic and more experienced this season. Halliday says experience will make the biggest difference.

"Maturity is so important," he says. "Last year we were experienced at being in the game for all four quarters. A stop here, a play here, and we could have been 9-3 pretty easily. We know how to make those plays this year." ■

Craig Hill writes for The News Tribune in Tacoma, Washington.

(See page 64 for additional FBS coverage.)



# MEMBERSHIP HAS ITS PERKS

Enjoy high adventure at the lowest rates.

Become a Red Lion Hotels member and always get the very best rates.

Sign up for free at [redlion.com/lowestrate](http://redlion.com/lowestrate)



[f/redlionhotels](https://www.facebook.com/redlionhotels) [@redlionhotels](https://twitter.com/redlionhotels)

Terms & Conditions: Subject to availability. Standard house cancellation policies apply, one day minimum advanced booking required. Must be a member to take advantage of this rate. Offer is only valid for stays at participating hotels. Red Lion Hotels Corporation reserves the right to amend, revise, supplement, suspend or discontinue this promotional offer at any time in its sole discretion and without prior notice. Copyright © 2014 Red Lion Hotels Corporation



RED LION  
HOTELS  
CORPORATION



# High Marks For Being Green

Colleges support  
sustainability

By Michelle Martin



LEANN ANDREWS (2)

When Leann Andrews gazes out the floor-to-ceiling windows of the office for the Green Futures Lab at the University of Washington in Seattle, she sees plants such as sword ferns, wild ginger and Oregon grape.

The plants aren't growing on the ground, though. They're part of two installations mounted like framed foliage quilts on the wall perpendicular to the office in an L-shaped part of Gould Hall. The patchwork of hundreds of mostly Northwest species not only pleases the eye but also enhances the sustainability of the hall, which is home to the university's College of Built Environments.

The 10-foot-by-10-foot biodiversity plots, together hosting about 500 plants, are intended to provide habitat for birds such as juncos, which have built nests among the foliage; provide insulation (thereby decreasing



the energy used to heat and cool the building); and cool the outdoor air to help mitigate the urban "heat island" that cities create. Rainwater is collected from the roof to irrigate the plants, which also reduces stormwater runoff. A "green screen," on the same wall as the Green Futures Lab window, uses cables to direct vertically growing hops and kiwi vines that may one day contribute to "green-screen beer" (for those of legal age) and "green-screen fruit bowls" served at the college's regular social gatherings.



## STUDENTS SEEK SUSTAINABILITY

61% of prospective college students are interested in the environmental commitments of institutions of higher education as a factor in deciding where to apply or attend, according to The Princeton Review's 2014 "College Hopes and Worries" survey.

Jaime Van Mourik, director of higher education at the U.S. Green Building Council, says high school graduates are "savvy" about sustainability. "What we like to say at the USGBC is that we're raising a generation of sustainability natives. These kids want to be part of the solution. They don't want to hear about climate change; they want to do something about it." —M.M.





PROFESSIONAL &  
CONTINUING EDUCATION  
UNIVERSITY of WASHINGTON

# Join Us Any Time, *everywhere* **UW** Online

20 Advanced Degrees + 50 Graduate Certificates + 100s of Courses

AEROSPACE ENGINEERING // PUBLIC HEALTH // C# // APPLICATION DEVELOPMENT  
BIostatISTICS // COMPUTATIONAL FINANCE // MANAGEMENT // PROGRAMMING  
BUSINESS ADMINISTRATION // BUSINESS DEVELOPMENT // INFORMATION SECURITY  
ANALYTICS // GIS // DATA VISUALIZATION // SUSTAINABLE TRANSPORTATION  
RUBY // RISK MANAGEMENT // BUSINESS INTELLIGENCE // INFORMATION SYSTEMS  
PROJECT MANAGEMENT // CONTENT STRATEGY // ORACLE DATABASE ADMIN  
LOCALIZATION // PARALEGAL // MACHINE LEARNING // SUPPLY CHAIN LOGISTICS  
BEHAVIORAL HEALTH // GERONTOLOGY // BIOTECHNOLOGY // CIVIL ENGINEERING  
DEVOPS // DATA SCIENCE // MECHANICAL ENGINEERING // HEALTH CARE // HTML  
CONTENT STRATEGY // EDUCATION // PROJECT MANAGEMENT // INFORMATICS  
STATISTICAL ANALYSIS // E-LEARNING // CLOUD DATA MANAGEMENT // EDITING  
C++ // INFRASTRUCTURE PLANNING // LEADERSHIP // BIOSCIENCE // LINGUISTICS  
INFORMATION SCIENCE // AERONAUTICS & ASTRONAUTICS // APPLIED MATHEMATICS  
CONSTRUCTION ENGINEERING // GEOGRAPHIC INFORMATION SYSTEMS // PYTHON  
GUARDIANSHIP // GLOBAL INTEGRATED SYSTEMS ENGINEERING // WEB DESIGN

[www.online.uw.edu](http://www.online.uw.edu)

**This page:** Students place plants in a mounted biodiversity plot as part of a Green Futures Lab project at the University of Washington. **Page 27:** The mounted plots are on tracks, allowing them to be moved.



NANCY ROTTLE

“The Biodiversity Green Wall and Edible Green Screen project is my baby,” says Andrews, a professional landscape architect who moved from Cleveland to Seattle to attend graduate school at the UW. “When I was working in Cleveland, we would open almost all of our PowerPoint presentations with success stories from the Pacific Northwest to help communities imagine new possibilities,” she says. “I wanted to be in a really good program, and I wanted to learn from my environment. I very specifically moved here for that.”

Andrews has completed her master’s degree in landscape architecture and expects to receive a doctorate in 2016, with an emphasis on “built environment, design effects on human and ecological health/well-being, and climate-change resilience.” She managed the student-led, student-funded green-wall-and-screen project for the UW Green Futures Lab from conception in 2011 to completion of installation in July 2013. Seven fellow students—advised by Associate Professor Nancy Rottle, director of the Green Futures Lab—and more than 65 university faculty and staff members participated.

Starting in the summer of 2012, when the project was about 90 percent complete, students began measuring aspects of the project such as bird use, water use, plant health, and building and air temperature to determine how well the green wall is achieving its goals. Andrews, who now co-leads that research with Rottle, says that although it would take years of study to fully understand the effects of the project, the team should have enough data

after this autumn’s research to write a scientific journal article.

The plants flourished during their first winter on the wall, she says, but in their second winter, droughtlike conditions, plus a week of freezing temperatures, followed by Seattle’s wettest March on record in 2014, left nearly half the plants brown and withering.

That’s valuable data, Andrews says, because above all, the project is an experiment and a demonstration. Every success as well as every setback will help students and professionals learn so that they can develop better designs in the future. In June of this year, students and faculty replanted the green wall with some species substitutions.

**T**he project is an intriguing example of ways universities are incorporating sustainable practices into coursework, facilities development and maintenance, and even school policies. Five years ago, The Princeton Review and the U.S. Green Building Council (known for its Leadership in Energy & Environmental Design—LEED—certifications) teamed up to assess and recognize campus sustainability efforts. Their annual report considers three general areas of sustainability at colleges: operations; education and research; and campus quality of life. The first year, 286 schools earned a score of 80 or higher out of a possible 99 to be included in the list of green schools. For the 2014 *Guide to Green Colleges*, 332 schools qualified ([princetonreview.com/green-guide.aspx](http://princetonreview.com/green-guide.aspx)).

## ALASKA AIRLINES SUSTAINABILITY



◆ The International Council on Clean Transportation ranked Alaska Airlines **No. 1 in fuel efficiency** among all U.S. airlines three years in a row.



COURTESY ALASKA AIRLINES

◆ Alaska Airlines and sister carrier Horizon Air were the **first U.S. carriers to fly multiple regularly scheduled flights using a 20 percent bio-blend fuel**. In 2011, the airlines operated 75 flights with the blend to demonstrate demand and interest. The 2011 flights cost six times more than flights using conventional fuel; the airline continues to support development of cost-effective biofuel for aviation.

◆ Alaska Airlines is an **industry affiliate for the FAA’s new Center of Excellence for Alternative Jet Fuels and Environment**. (Continued on pg. 31)



## LOCATION. EDUCATION. REPUTATION.

**PUBLIC MASTER'S GRANTING UNIVERSITY IN THE PACIFIC NORTHWEST, U.S. NEWS AND WORLD REPORT**

**#1**

**MEDIUM-SIZED SCHOOL IN THE NATION FOR NUMBER OF GRADUATES WHO JOIN THE PEACE CORPS**

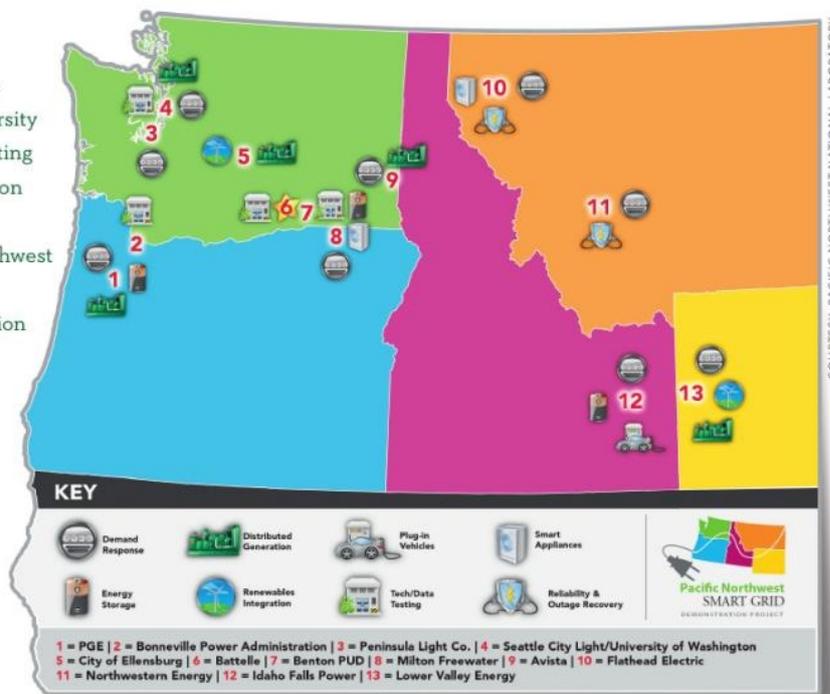
**PRODUCER IN THE NATION OF FULBRIGHT SCHOLARSHIP WINNERS AMONG PUBLIC MASTER'S GRANTING INSTITUTIONS**



**ADMISSIONS.WWU.EDU** for Admission and Scholarship Information

AA/EO

Washington State University is collaborating with Avista on part of the Pacific Northwest Smart Grid Demonstration Project.



COURTESY: PACIFIC NORTHWEST NATIONAL LABORATORY

Since sustainability can manifest in so many ways, depending on the circumstances and location, there is no ranking of the green schools, though colleges that earn a perfect score are listed in an Honor Roll.

“What we’re seeing is more happening over the past five years. Universities are making sustainability a top priority,” says Jaime Van Mourik, director of higher education at the U.S. Green Building Council. She adds that there are more than 6,200 LEED-registered and -certified projects and buildings at institutions of higher education in the U.S. “That’s impressive, when you consider that there are more than 4,300 campuses in the country.”

Numerous universities and colleges—ranging from the University of Alaska Anchorage, Western Washington University (Bellingham) and Boise State University to Montana State University (Bozeman) and Whitworth University (Spokane)—are also signatories to the American College & University Presidents’ Climate Commitment ([presidentsclimatecommitment.org](http://presidentsclimatecommitment.org)), in which the schools commit to actions such as leading and modeling ways to minimize global-warming emissions, and developing a comprehensive plan to achieve climate neutrality.

At sustainability-focused universities, not only do students in numerous fields—from environmental studies to business administration—gain skills for future work that will enhance the communities where they pursue their careers, but all students and faculty reap the benefits of spending time in healthier

buildings; eating fresher, more local food; and having more funds available because of savings related to energy conservation.

The University of Washington, Washington State University, University of Oregon and University of Idaho are just four examples of the many schools recognized in this year’s *Guide to Green Colleges*. These schools are committed to reducing greenhouse-gas emissions. They have extensive and continually improving recycling, composting and waste-reduction programs. They have teaching and research programs related to sustainability. They have working farms where students can learn to grow food in healthy soil with sustainable practices. And they have LEED-certified or -qualified buildings, with more on the way.

In addition to these achievements, each school has additional notable programs such as the examples below.

## University of Washington

◆ Students can pitch sustainability-oriented projects to the student managers of the Campus Sustainability Fund—a pool of money from student fees. A coalition of student groups campaigned to start the fund, and students voted for it in the 2009–2010 school year, with the first projects receiving money in fall 2010, says Graham Golbuff, Campus Sustainability Fund coordinator.

The fund, which now has more than \$1 million to devote to student sustainability

(Continued from pg. 29)

◆ Alaska Airlines has agreed to purchase, for use on Hawai’i flights, within five years of regulatory approval, **sustainable biofuel from Hawai’i BioEnergy**. Plans call for delivery of the biofuel to start in 2018.

◆ Alaska Air Group has **cut carbon emissions per revenue passenger mile by more than 30 percent** since 2004.

◆ Alaska Air Group has added **12 new fuel-efficient aircraft, installed energy-saving winglets on 13 aircraft, and has many electric ground-service vehicles.**

◆ Alaska Airlines and Horizon Air are **the only airlines that recycle on every domestic flight**. Over the past two years, flight attendants have kept more than 2,700 tons of paper, cans, cups and bottles out of the trash. Also, all inflight-service paper supplies are made from 100 percent recycled fibers.



COURTESY: FAA

◆ Alaska Airlines and Horizon Air pioneered, and are using on many Seattle-Tacoma International Airport flights, the new, **fuel-saving “Greener Skies” method of airport approaches**, replacing stair-stepping descents with shorter continuous descents.

◆ Each **1 job at Alaska Airlines creates another 2.5 jobs elsewhere** in the Washington state economy.

For more information, visit [alaskaairlines.com/sustainability](http://alaskaairlines.com/sustainability).



Did you know?  
The University of Washington has more than 430 alternative-fuel vehicles.

projects, makes about 11 projects possible every year. The fund contributed more than \$100,000 to make the green wall project a reality. Other student-funded projects have included transforming a neglected 2.2-acre

corner of campus into a healthy urban forest for wildlife and outdoor-laboratory use; adding a greenhouse to the UW farm; and

installing motion-activated lights for campus communal areas.

- ◆ Using a \$40 million grant from the USDA, the university is leading research on transportation fuel and other products derived from cultivated poplar trees.
- ◆ In 2013, three first-year MBA students and a second-year MBA student in the Michael G. Foster School of Business won first place in a national competition in which teams from different universities created an economically viable sustainability program for a large mining corporation.

## Washington State University

◆ The Pullman-based university is co-leading, with MIT, the new FAA-funded Center of Excellence for Alternative Jet Fuels and Environment (nicknamed Aviation Sustainability Center, or ASCENT), whose goal is to develop viable and sustainable alternative jet fuels and deal with environmental challenges facing the aviation industry. The center, whose administrative office will soon be set up in Richland, Washington, involves the efforts of 14 additional universities (including Oregon State University and the University of Washington), and an advisory committee comprising leading fuel-sustainability companies such as Alaska Airlines.

The center is currently working on more than 30 projects, such as researching the biofuel-feedstock potential of various items, ranging from straw and algae to forestry waste products, says Ralph Cavaleri, WSU associate vice president for alternative energy, who is the director of the center and also of the Northwest Advanced Renewables Alliance.

◆ The university is using a separate \$40 million grant from the USDA to lead research on wood-based jet fuel and other products from sources such as wood that is burned after forests are harvested, or is removed during thinning, or that winds up in landfills after building demolitions. (The USDA grant to WSU is separate from the USDA grant to the UW, although the universities partner on some aspects of their respective USDA-funded projects. Both schools' USDA grants are also separate from the FAA Center of Excellence work.)

◆ WSU, which has an Energy Systems Innovation Center, is part of the Pacific Northwest Smart Grid Demonstration Project, designed to decrease and shift power usage to keep electricity flowing even during peak periods. For example, in collaboration with Avista, WSU has implemented a system to turn off the HVAC system in certain rooms for 15 minutes while people are typically in the rooms, and also to turn the system off for hours-long stretches when no one is in the rooms. The ongoing research is designed

# Your MBA, your way.

Options for  
working  
professionals  
and executives

Degree completion  
in 18-22 months

100% Online

Optional 10-day  
international  
field study

Personalized  
student  
support



**Ranked No. 7** for Best Online  
Graduate Business Programs

– U.S. News & World Report



WASHINGTON STATE UNIVERSITY

info@wsumba.com | 1.877.960.2029 ext.3608 | omba.wsu.edu

SMARTOP ™  
by Leisure Concepts

# Tired of Replacing Your Spa Cover?

Introducing Smartop –  
a revolutionary new spa cover that's  
water-tight, moisture-retention-free,  
and **lasts 5 times longer** than  
traditional vinyl covers.

Unlike traditional vinyl hot tub covers that retain moisture,  
become heavier over time and require replacement every  
few years, Smartop provides maximum energy efficiency. By  
keeping the insulating foam dry, Smartop eliminates the need  
for regular cover replacement. Smartop is not only stylish – it's  
built to last.

Order Now:

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

888.965.6694

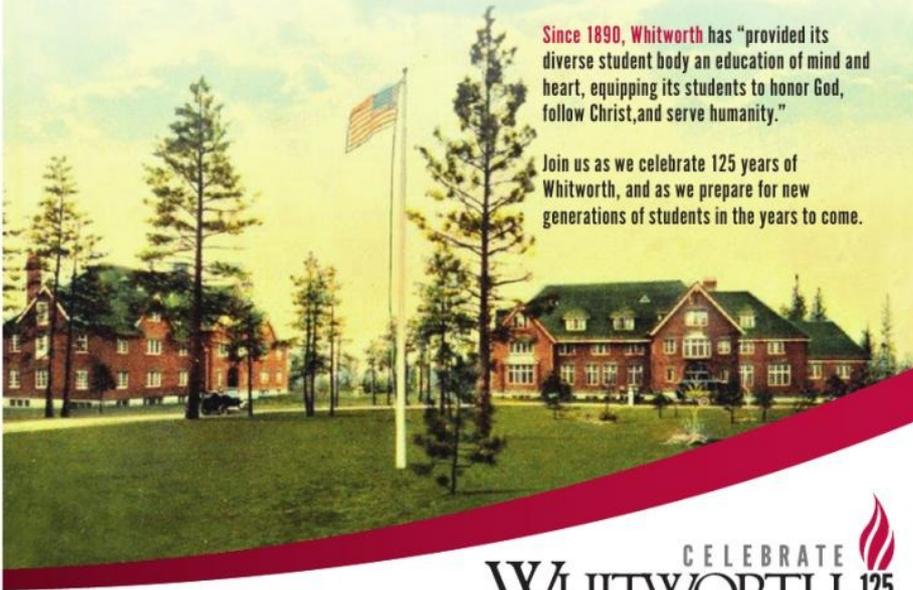
Mention this ad and receive expedited  
production of your order.



Colors match leading spa manufacturer cabinets



125 YEARS. 25,000 ALUMNI. COUNTLESS STORIES.  
CELEBRATE WITH US.



Since 1890, Whitworth has "provided its diverse student body an education of mind and heart, equipping its students to honor God, follow Christ, and serve humanity."

Join us as we celebrate 125 years of Whitworth, and as we prepare for new generations of students in the years to come.

CELEBRATE  
WHITWORTH 125 YEARS

[www.whitworth.edu/125](http://www.whitworth.edu/125)

to help engineers create a better, more sustainable power grid, especially since flexibility is key in systems that incorporate energy from inconsistent yet sustainable sources such as solar power and wind.

The Pacific Northwest Smart Grid Demonstration Project is also developing new devices, software and advanced analytical tools that will give homeowners more information about their energy use and cost, thereby allowing them to manage their energy usage. The project involves utilities such as Avista, plus cities and companies in five western states, along with WSU and the University of Washington.



Did you know? Many universities offer free or low-cost bike-sharing, such as WSU's Green Bike Program, whose bikes have been checked out more than 80,000 times since the program began in 2010.

◆ In May, a team comprising WSU students and one University of Idaho student—involved in academic tracks ranging from mechanical engineering to economics and public policy—won first place in an international student competition to design a transportable, stand-alone, economical refueling station for hydrogen fuel cell-powered cars, whose use may help reduce carbon dioxide emissions.

## University of Oregon

◆ The Eugene-based university is nationally known for its Sustainable Cities Initiative, a cross-discipline effort that researches and encourages sustainability in the community. For instance, SCI's Sustainable City Year Program is a year-long partnership of students and faculty in 20 to 30 different university courses, from a dozen disciplines, and a chosen city, county, special district or partnership of governments in Oregon. In a typical year, the students contribute a total of more than 40,000 hours of work to help the civic partner attain sustainability and livability goals.

For one Sustainable City Year project, for example, a group of MBA students wrote a business plan in 2010 for the City of Salem to make use of extra capacity in anaerobic digesters the city already owned

THE  HEATHMAN HOTEL  
PORTLAND, OREGON

TEA ... FOR TWO

An icon of Portland, the Tea Court has been restored to its original splendor. Sip tea by the marble fireplace, surrounded by artwork from the Vanderbilt Estate.

RESERVATIONS:  
800.551.0011 • [HeathmanPortland.com](http://HeathmanPortland.com)  
1001 SW Broadway, Portland, OR 97205

Another Northwest Masterpiece  
The Heathman Hotel • Kirkland, WA

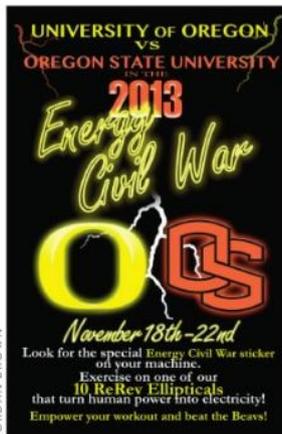
and operated. The city was using them to turn waste sludge into fertilizer for non-food crops, and into biogas—a mixture of gases such as methane and carbon dioxide—that the city uses to generate its own electricity.

The students proposed that by processing sludge waste from Salem-based SeQuential Pacific Biodiesel, the city could get additional revenue from fees charged to accept the waste and could also produce more biogas.

Just two years after starting to accept waste from SeQuential and other new sources, the city is receiving \$400,000 in additional annual revenue from waste hauled to the processing plant, says Greg Eyerly, manager of the city's Wastewater Treatment Division. The city is also currently saving about \$1,000 a day in electricity by using power generated from biogas.

Nearly 20 other universities have adapted the University of Oregon's Sustainable City Year program, and several more universities have programs in the planning stages.

◆ The university hosts three student-run conferences each year that focus on green business practices, green design, environmental justice, and green law and policy.



◆ In conjunction with the big rival football game against Oregon State University each year, students at both schools participate in an "Energy Civil War." For a week in late fall, the students compete to generate the most energy when using elliptical machines designed to capture the electric-

Can I earn an *MBA* while I work?

Is an *MBA* worth it?

Is *now* the right time?

When it comes to an MBA, there's no one right answer.

Big decisions are worth talking about. And the decision to get an MBA is no exception. As you decide if an MBA is in your future, personalized, one-to-one guidance goes a long way toward helping you make the right choice.

At the UW Foster School of Business, our engagement consultant is here to help you along your MBA journey – whether you're just starting the consideration process or ready to take the first step.

Get in touch to learn about our three work-compatible MBA programs.

Engage in the possibilities:

Joe Adams

206.543.8225 | [jja7@uw.edu](mailto:jja7@uw.edu)

[foster.washington.edu/engage](http://foster.washington.edu/engage)

**W** | Foster  
School of Business



# A mill for a new century.

When Francis Luerssen III took over as facility technician at the Flour Mill, the 120-year-old brick building was something of a time capsule. Inside was a mishmash of machinery, old and new, cobbled together since renovations began to make it a retail space for multiple tenants about the time of the world's fair in 1974. Air conditioning units had been jammed in windows, and some were run all winter long. Machine timers were simply broken. Components of the HVAC system hadn't been touched in 30 years.

Luerssen found himself in the middle of it all, and he was prepared to take the aging facility into the 21<sup>st</sup> century—with some collaborative help from Avista. He had his work cut out for him. But as an ex-Navy man, he was used to getting things in shipshape condition.

Over time, he has swapped out traditional lighting for LED and compact fluorescent bulbs, upgrading

T8 lamps and ballasts in the common areas. He has installed light sensors and timers outside and in restrooms. And he has put in insulation, sealing walls penetrated by pipes with expanding foam and adding weather stripping to the entrances.

But the aging HVAC system was Luerssen's primary focus. Valves and damper actuators were stuck open or closed. Steam traps, probably

Pictured above:  
Francis Luerssen III  
Facility technician  
The Flour Mill  
(Pictured with Avista Commercial / Industrial  
Engineer Bryce Eschenbacher, on left.)

of original vintage, were rebuilt. Machinery timers weren't functioning correctly. The motor controllers were either set to hand operation vs. auto, or the start-stop pins hadn't been installed on the timer wheel.



Improved traps no longer let steam escape.

When he aligned all the belt-driven machinery, it caused a drop in load.

Yet the biggest change within the HVAC system came with the installation of the direct digital control system, a \$20,000 investment.

"It's really helped everything," Luerssen says of the DDC. "It gives you a lot of control. It also lets me see a problem from a remote computer."

In place of handset thermostats, the building is now ruled by an always-thinking, always-monitoring digital brain. The DDC system governs when boilers, pumps and chillers turn on and off. Plus, it regulates hot water temperature between floors. This keeps the easily melted goods of the Chocolate Apothecary at a cool 70 degrees while shoppers in the Kitchen Engine enjoy a comfortable 73 degrees.

The amount of control the DDC allowed was extraordinary but Luerssen asked for more. He upgraded to control the hot water circulating pumps so they would turn off based on temperature, not boiler pressure. Now the DDC raises the boiler water temperature as it gets colder outside instead of running at full temperature all the time.

Another encouraging aspect of the DDC upgrade is the lengthened

## "It's going to make equipment last longer so you're not going to be spending as many man-hours going in and replacing it."

lifespans of the building's machinery. Fans running 24 hours a day before are now on just half the time. And the boiler, which used to run nine hours a day in winter, runs just four and a half thanks to the DDC controlling the boiler's two separate fan coils.

"It's going to make equipment last longer so you're not going to be spending as many man-hours going in and replacing it," he says.

Electrical upgrades have also made a difference, and much of it came down to simply changing light bulbs. 175-watt metal halides were changed out to 26-watt LEDs. LED lights were also installed in the parking lot.

"It's a better light quality; it's instantaneous and I'm never going to have to mess with it again. Those



The Alerton® direct digital control system.

have like 35,000 light-hours," says Luerssen. "The amount of energy those saved us is fantastic."

It's costly to upgrade a building. But for many of his upgrades, Luerssen was able to take advantage of rebates from Avista. And the added efficiency should make everything worthwhile.

Luerssen estimates the boiler upgrades alone will save a couple billion dollars. The Flour Mill's natural gas costs were reduced by

50 percent. Electrical costs were also cut by ten percent, while adding more load to the system. In the end, these savings can be passed on to tenants by the building's property manager, Kiemle and Hagood.

With help from Avista, Luerssen has transformed a leaky old building cobbled together over the years into



The boiler upgrades alone will result in significant savings.

a 21st-century facility — the envy of any building owner looking to save some money on energy bills. He says any company can do the same.

Avista gives rebates and incentives for energy-efficiency upgrades to many types of businesses and organizations, from retail stores and restaurants to manufacturing plants and municipalities. The energy company's goal is to better manage the region's growing energy needs by promoting ways for its large customers to use less. Those that have participated so far have not only saved energy, but have seen increased productivity and safety and lowered maintenance costs. Avista thinks it's energy well spent.

(For more, visit [avistautilities.com/bizrebates](http://avistautilities.com/bizrebates))

**AVISTA**

ADVERTISEMENT



Did you know?  
The University of Oregon offers an Oregon Leadership in Sustainability graduate certificate.

ity the students produce and feed it into the power grid.

◆ In May, a student group called LiveMove, comprising student volunteers from many different degree programs, won an award from the Oregon Chapter

of the American Planning Association for a design that would create a more bicycle-friendly street-corridor connection

between the university and downtown. The City of Eugene endorsed the plan in June and has designated it a high-priority project.

## University of Idaho

◆ Stephen Love, a researcher and consumer-horticulture specialist at the Moscow-based university's offsite Aberdeen Research and Extension Center, is making it easier for homeowners in the arid Intermountain West to conserve water and garden more sustainably. He selects the hearti-

est, healthiest, most desirable wild native plants; domesticates them; and passes them along to Native Roots LLC, a Kimberly, Idaho, company that has licensed the use of university intellectual property related to plant domestication and that produces seeds on a commercial scale.

Love says domestication consists of choosing the best plants from the wild; making incremental improvements by planting and observing the chosen plants, then using seed for the next generation only from the best plants; and repeating this selection process as many times as needed to develop a superior strain of plants that are more uniform, attractive and adapted to landscape conditions while at the same time retaining much of the genetic background of the wild progenitors. Many heritage vegetable varieties were developed in this way, he notes.

His labor of love began in 2005 when he was teaching public classes through the university's extension office, praising the virtues of native plants because they need far less water, fertilizer and pesticides than traditional landscape plants. He discovered that his students couldn't follow through on his advice because there were few native plants for sale, and the ones available were unpredictable and often failed to thrive.

Today, he and his team have provided about 110 domesticated plants, many of them drought-tolerant, to Native Roots, with another 50 nearly ready and about 240 in process. Native Roots started selling seeds last October. To date, cultivation of the domesticated plants appears to be having no detrimental effect on wild-plant gene pools, Love says, adding that domesticated native plants are far preferable to nonnative exotic species that, among other things, may require more water and don't support local pollinators.

◆ Other researchers at the university are figuring out how to keep crops healthy and

# Tomorrow begins here.



Landmark studies demonstrating the importance of healthy sleep for managing fatigue.



New vaccines to halt animal diseases that spread devastating illnesses to humans.



Leading-edge approaches to healthcare, including the teaming of nurses, pharmacists, dieticians, and others.

Big ideas, for sure.  
But these research efforts simply continue our legacy of commitment to you.

After 124 years, we're still fanning the flames of innovation to deliver a brighter tomorrow.

the **CAMPAIGN** for  
WASHINGTON STATE  
UNIVERSITY



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



Did you know?  
The University of Idaho has converted 84 acres of campus from lawns and other landscaping to vegetation that includes native plants, thus decreasing the water, fertilizer, fuel and staff time needed for maintenance.

bountiful despite the changing climate in the Northwest. Along with Washington State University, Oregon State University and the USDA, University of Idaho students and faculty are developing research and grower-education projects via a program called Regional Approaches to Climate Change—Pacific Northwest Agriculture.



Stephen Love, researcher and consumer-horticulture specialist at the University of Idaho, is making it easier for residents of the arid Intermountain West to garden more sustainably.

Professor and entomologist Sanford Eigenbrode serves as director of the \$20 million federally funded program. His research includes, among other things, studying insect-carried viruses that affect crop plants. Jodi Johnson-Maynard, professor of soil science, is leading research on earthworms—the great aerators and nutrient recyclers of the land. She also advises students who operate an organic vegetable farm. John Abatzoglou, who has expertise in the weather-climate continuum and how that affects drought, wildfire and agriculture, is working on climate modeling.

◆ Students have planted 11 different native wild species on Moscow Mountain and along the Bill Chipman Palouse Trail from Pullman to Moscow in order to help restore the native Palouse landscape.

◆ Last year, student Wieteke Holthuijzen, then the project coordinator and now the director of the student-led and student-funded University of Idaho Sustainability Center, was chosen by the congressionally established Udall Foundation as one of 50 Udall Scholars nationwide, based on criteria in the foundation's environment category. ■

Michelle Martin is a freelance journalist in Seattle.



## Take the hassle out of airport parking.

We know that air travel can be a trying experience. MasterPark's 4 Valet Parking locations and MPark Self-Parking, provide SeaTac Airport's premier parking service. 24-hour shuttles, provide the shortest time from your vehicle to airline departure gates. Avoid the high cost of airport terminal parking, MasterPark is the fast, easy, safe and reliable choice. Please visit [masterparking.com](http://masterparking.com)



## SUMMER SIZZLER!

Valid at all MasterPark Valet Parking Locations. Must present coupon to receive discounted rate. Offer not valid in conjunction with any other offer.

- LOT A 18220 International Blvd.
- LOT B 2907 South 170th St.
- LOT C 16025 International Blvd.
- Garage 16826 International Blvd.

**20%\***  
OFF  
Valid thru  
January  
31, 2015

MasterPark

\* 20% Off With Saturday Night Stay, 10% Off Without Saturday Night Stay. Code #2141

Try MasterPark's New **MPark** Self Park Location. \$9.99 per day for long term and discount parking. For more information visit [mparkseatac.com](http://mparkseatac.com)





**Far left:** Tulalip Resort Casino's outdoor amphitheater.

**Left:** Circling Raven Golf Club, owned by the Coeur d'Alene Casino Resort Hotel.

**Center:** Gourmet pizza from Tony's of North Beach at Graton Resort & Casino.

**Below:** La Rive Spa at Northern Quest Resort & Casino.

BY SUSAN GORACHE

# VACATION VARIETY

CASINO RESORTS  
HAVE SOMETHING  
FOR EVERYONE

Thinking about a getaway? One of the best options might be a casino resort. With amenities such as live entertainment, gourmet dining, award-winning golf courses and luxury spas, today's casino resorts appeal to a broad range of guests seeking recreation and relaxation.

Atlantis Casino Resort Spa, Coeur d'Alene Casino Resort Hotel, Graton Resort & Casino, Muckleshoot Casino, Northern Quest Resort & Casino, Silver Reef Hotel Casino Spa, Spirit Mountain Casino, Suquamish Clearwater Casino Resort, and Tulalip Resort Casino are examples of the numerous Western resorts that have most or all of the above amenities and more onsite, or they are available nearby. Below we highlight just one of the many amenities each resort offers. Visit the websites for more information on a destination that might be the perfect choice for your next great escape.

## ENTERTAINMENT

At **Tulalip Resort Casino** ([tulalipresort.com](http://tulalipresort.com)), about 35 miles north of Seattle, the 3,000-seat outdoor Tulalip Amphitheatre showcases national acts from early July to early September. Creedence Clearwater Revisited will be on stage September 7.

Year-round, you can enjoy live music—such as classic rock, '70s funk, '80s new wave, Motown, Celtic and R&B—plus weekly comedy shows, at Canoes Cabaret. Upcoming headliners include The Beatniks, September 27; The Rhythm Nation, October 4; Oncore, October 11; Country Rock Association, October 18; and Sin City, October 25. The resort's Orca Ballroom, which seats 1,200, often features adult-comedy acts.

In addition, the Tulalip Tribes, which own and operate the resort, provide insight into their heritage at the Hibulb Cultural Center, just three miles from the resort. This fascinating 23,000-square-foot facility ([hibulbculturalcenter.org](http://hibulbculturalcenter.org)) features exhibits in the



**Above:** Spa Atlantis at Atlantis Casino Resort Spa.

**Left:** Muckleshoot Casino's restaurant "8."



# BEYOND MARVELOUS

RATED  BY AAA



## FOUR-DIAMOND LUXURY

Indulge in the luxury & entertainment of Tulalip. Unrivaled amenities, impeccable service and the most excitement in Washington State await your arrival.

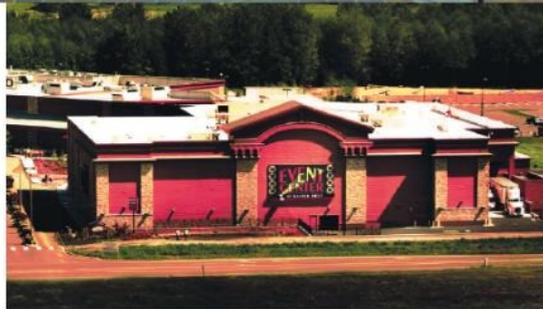


JUST 30 MINUTES NORTH OF SEATTLE

RESERVATIONS: 866.716.7162 | [TULALIPRESORTCASINO.COM](http://TULALIPRESORTCASINO.COM)



HALEY YOUNG

**Clockwise from top:**

The Hibulb Cultural Center near Tulalip Resort Casino.

The new clubhouse at White Horse Golf Club, near Suquamish Clearwater Casino Resort.

Hey Marseilles will perform at Spirit Mountain Casino in October.

The Event Center at Silver Reef Hotel Casino Spa.

Main Gallery, with displays such as baskets and photos; the Canoe Hall, with vintage canoes; and the Longhouse, where you can listen to stories recorded by tribal storytellers. You can also learn about the history, construction and importance of canoes in a new exhibit, "Coast Salish Canoes," which will run through spring of 2015. An annual film festival, September 20 this year, screens feature films, shorts, documentaries and music videos related to Tulalip Tribes culture.

"Great entertainment adds diversity to someone's visit to Tulalip," says George Haldeman, Tulalip Resort Casino's vice president of marketing. "Great entertainment is part of the overall experience."

**Silver Reef Hotel Casino Spa** ([silverreefcasino.com](http://silverreefcasino.com)) in Ferndale, Washington, near Bellingham, has a 1,000-seat Event Center that presents headline entertainment year-round. For instance, The Beach Boys performed in August.

"At Silver Reef Hotel Casino Spa, we're committed to bringing the very best experience to our guests both on and off the casino floor, and that includes entertainment from world-class performers," says Director of Marketing Aaron Thomas. "We know our guests are looking for a memorable visit each time they walk through our doors, and quality entertainment is an important part of that overall package."

Entertainment is also a star attraction at **Spirit Mountain Casino** ([spiritmountain.com](http://spiritmountain.com)), a business venture of the Confederated Tribes of Grand Ronde. Nestled in Oregon's Yamhill Valley wine country, about 65 miles southwest of Portland, Spirit Mountain is one of the state's most popular destinations, thanks in part to a regular lineup of headlining entertainers in the 1,600-seat ballroom.

Hey Marseilles, known for its feel-good music and big-band sound, is scheduled to perform October 4. Originally from Seattle, this group has steadily gained international fame since its 2013 album, "Lines We Trace," was released. On November 22, alternative-rock group A Silent Film, from Oxford, England, will perform selections from its album "The City That Sleeps," a chart-topper in England and Portugal. Both shows are part of Spirit Mountain's "Songbook Series ... Discover!" which is a showcase for new and emerging singers/songwriters.

"Tickets to these shows usually start at \$10, so audiences get to see really great entertainment at a very affordable price," says Spirit Mountain Advertising Manager Angela LaBarbera. "Before the end of the year, we'll have three to four additional premier headliners."

Superstars also take the stage at Spirit Mountain, including Patti LaBelle, on September 27; Kenny Log-

**CIGAR *SR* LOUNGE**  
AT SILVER REEF

**WASHINGTON'S NEWEST  
PREMIUM CIGAR LOUNGE IS NOW OPEN**

Wide Selection of Cigars • Custom Humidors  
Big Screen TVs • Full Bar Service  
Appetizers • Cocktails • Fully Enclosed  
Quiet Comfortable Seating

**EXPERIENCE EVERYTHING**

24/7 ACTION • [SilverReefCasino.com](http://SilverReefCasino.com)  
(866) 383-0777 • Ferndale, WA  
Minutes from the Bellingham International Airport

Must be 21 or over to play. Management reserves all rights.  
©2014 Silver Reef Casino

**SilverReef®**  
HOTEL • CASINO • SPA

**Tablet friendly**

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

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

**Alaska Airlines** **Horizon** EDITION  
MAGAZINE MAGAZINE

gins, on October 18; and Penn & Teller, on November 8 (starting ticket price varies by performer). The casino's Mountain View Sports Bar also often showcases musical groups.

Kids ages 3 to 11 can enjoy PlayWorld, which is supervised by friendly staff members, while the Spirit Mountain Arcade is available for older kids, although children under 12 are welcome if accompanied by someone 18 or older.

## DINING

Choose from 12 dining options, including several full-service restaurants boasting menus created by top San Francisco Bay Area chefs, at **Graton Resort & Casino** ([gratonresortcasino.com](http://gratonresortcasino.com)) in the city of Rohnert Park in Sonoma County wine country. The resort and casino are owned by the Federated Indians of Graton Rancheria and operated by Las Vegas-based Station Casinos.

At M.Y. China, owned by TV celebrity chef and cookbook author Martin Yan, diners can watch master noodle pullers in action in the exhibition kitchen. Nearby, chefs prepare steaming plates of dim sum and exquisite stir-fry dishes that blend fresh seafood and succulent meats with colorful vegetables and spices. Don't miss the Peking Roast Duck.

Tony's of North Beach is a gourmet Italian restaurant and pizzeria featuring the cuisine of world pizza champion Tony Gemignani, whose passion for Italian cuisine has launched several restaurants, as well as his namesake cooking school. Gemignani's extensive pizza menu includes two of his award winners—his Neopolitan-style Margherita pizza, which won a first-place award in the 2007 World Pizza Cup in Naples, and his spicy Sicilian-style La Regina, which won a gold cup award at the 2013 World Pizza Championship in Parma, Italy. At the 2007 World Pizza Cup in Naples, he also became the first U.S. chef to claim the World Champion Pizza Maker title. In addition, he is the co-founder of a three-time winning team at the annual International Pizza Championships held in Lecce, Italy.

For steak and fresh-seafood lovers, Graton's offers the classic 630 Park Steak-



Fresh, flavorful ingredients are hallmarks of dishes at Muckleshoot Casino restaurants.

house, featuring Chef Jerrett Davis' "impeccable" prime rib and tender, aged prime steaks, along with expertly prepared lobster, ahi and salmon. There's also an extensive wine list with selections from Sonoma County wineries, as well as from other famous wine regions, ranging from France to Argentina.

"Graton has truly become a culinary destination with all of the award-winning restaurants we have assembled here," says Lori Nelson, vice president of corporate communications.

**Muckleshoot Casino** ([muckleshootcasino.com](http://muckleshootcasino.com)), owned and operated by the Muckleshoot Indian Tribe, and located in Auburn, Washington, about 35 miles south of Seattle, is home to six restaurants (plus a coffee shop and a sweet shop) that offer a medley of international cuisines as well as traditional American comfort food.

The restaurant named "8"—a number that is a symbol of luck and wealth in some Asian cultures—serves cuisine from China, Vietnam, Japan, Cambodia and Thailand. The offerings include fresh sushi, Vietnamese pho, and Chinese specials.

The family-friendly Spice Bay Buffet has six international cooking stations that serve dishes with locally sourced crab and salmon, and housemade, hand-rubbed brisket that's been smoked for 17 hours. One of the most popular stations is the Mongolian Grill; another is the old-fashioned soda fountain, where you can make your own shake, split or sundae.

Muckleshoot's popular BSB (Burgers Spirits Beer) restaurant reopened in August after a major renovation that included the addition of a raw bar, with items such as chilled shrimp, Pacific oysters and seafood towers. Of course, the eatery also offers gourmet burgers with artisanal buns, plus a long list of ingredients and sides so you can build your own creation.

# Great Times Await.

CALIFORNIA'S FINEST CASINO.  
ROHNERT PARK @ US 101 EXIT 484

288 Golf Course Drive West | Rohnert Park, CA P 707.588.7100



Rohnert Park, CA. © 2014 Graton Resort & Casino



**GRATON**  
RESORT & CASINO™

[GRATONRESORTCASINO.COM](http://GRATONRESORTCASINO.COM)



It's about time for a Reno getaway!

Wake up to sweeping views of the Sierras in your luxurious resort room. Rejuvenate at Spa Atlantis with a unique treatment. Delight in exquisite dining from gourmet to buffet. Feel the thrill of big wins on the hottest games in Reno. It's about time you enjoyed yourself!

- Reno's *only* Concierge Hotel Tower
- Action-packed casino
- Eight award-winning restaurants
- *Top ten spa in the world*\*\*

**Book a getaway today!**  
 Visit [atlantiscasino.com/horizon](http://atlantiscasino.com/horizon)  
 or call 800.723.6500

\*Subject to promotional availability. A valid credit card is required and must be presented upon check-in. A nightly resort fee of \$15 plus 13% room tax applies. Must be 21. May not be combined with any other offer. Management reserves all rights. Not valid for groups. \*\*SpaFinder's Readers' Choice award, Best Casino Spa.



Play 18 by day. Play 21 by night.

**GOLF PACKAGES** Starting at \$79\* per person

Tee-off on the most breathtaking golf courses in the region.




3800 S. Virginia Street | Reno NV 89502 | 800.723.6500 | [atlantiscasino.com](http://atlantiscasino.com) |



**BELLADONNA BREAST IMAGING CENTER**

Call for your appointment today

(425) 974-1044 • [WWW.BBIC.COM](http://WWW.BBIC.COM)  
 BELLEVUE WASHINGTON

Puzzle on page 62.

|          |           |          |         |
|----------|-----------|----------|---------|
| ERGS     | ABODE     | SPAMS    | SAMS    |
| DORA     | NOLOS     | NOVAE    | ETAT    |
| ADAM     | DRIFT     | ELAND    | VANE    |
| MEMOIR   | SOFAGE    | ISHA     | ERIE    |
| ALEC     | STER      | TUTORIAL |         |
| HAM      | ASHY      | ERST     | NIB     |
| ADAD     | STAR      | MAID     | TOORDER |
| GOMER    | SLIT      | TEE      | NEARLY  |
| ABACUS   | EDEN      | RIB      | STAKE   |
| RESOLES  | GRAS      | GAP      | AYES    |
| ELLA     | ENCHANTED |          |         |
| DAMP     | LIL       | SHIN     | STEEPLE |
| ELIOT    | DAD       | ORTS     | ENDEAR  |
| PARSEC   | MAD       | REEF     | TORSO   |
| PRETTY   | WOMAN     | STUD     | MOSS    |
| RCA      | EVAN      | ASEA     | TOE     |
| OVERALLS | IVES      | EBBS     |         |
| NILE     | ACINDER   | RELLA    | STORY   |
| ESTA     | DODOS     | ELIAS    | ALEE    |
| ATOM     | ETHNO     | IMAGE    | MEAL    |
| LANS     | STEEN     | DARED    | POLL    |

PUZZLE © 2014 PENNY PRESS, INC.

"Everything at all our restaurants is made fresh," notes resort chef D. Clinton Jones. "Our guests can really have their order, their way."

## GOLF

The expansive deck of White Horse Golf Club's new, upscale, 20,000-square-foot clubhouse ([clearwatercasino.com/golf](http://clearwatercasino.com/golf)), completed last year, is an excellent spot to share a drink or a meal with friends while overlooking the 18-hole, par-72 course with its marvelous mountain views.

Designed by Cynthia Dye McGarey, niece of legendary golf course designer Pete Dye, White Horse is in Kingston, Washington, about 30 miles northwest of Seattle, on the Kitsap Peninsula. Open year-round, the course includes five sets of tees that allow play of 5,022 to 7,093 yards.

When White Horse was completed in 2007, *Golf Digest* named it one of the country's best new public courses. A round takes golfers through more than 450 acres of old-growth cedar, spruce, fir and hemlock, and cart paths wind past preserved wetlands. It's not unusual to see wildlife such as bald eagles, black bears, ospreys, coyotes, black-tailed deer and rabbits, and "once in a blue moon, you might spot a cougar," according to White Horse's PGA director of golf, Bruce Christy.

The course is one of the premier layouts in the state, he says, adding that White Horse has also been renovated over the past three years to make it less difficult. "It is the type of layout that is compelling to golfers of all skill levels," he says. "The course is very fortunate to have an amazing soil structure that allows it to drain extremely well."

The new clubhouse provides an outstanding view of White Horse's 435-yard, par-4 No. 18, the course's signature hole. "This beautiful finishing hole requires an accurate tee shot," Christy says. "From the landing area, players are faced with the decision to hit their shot across the 2.5-acre pond that guards the undulating green or lay up short right. Par is definitely a great score on this hole, and it's the type of hole that is perfectly fitted at the end of the players' round when the game is on the



ONE OF THE *BEST* HOTELS IN THE WORLD  
is just across the lake *from* Seattle.

Selected by Condé Nast as one of the world's top hotels. Please visit [heathmankirkland.com](http://heathmankirkland.com)



THE HEATHMAN HOTEL  
KIRKLAND, WASHINGTON

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

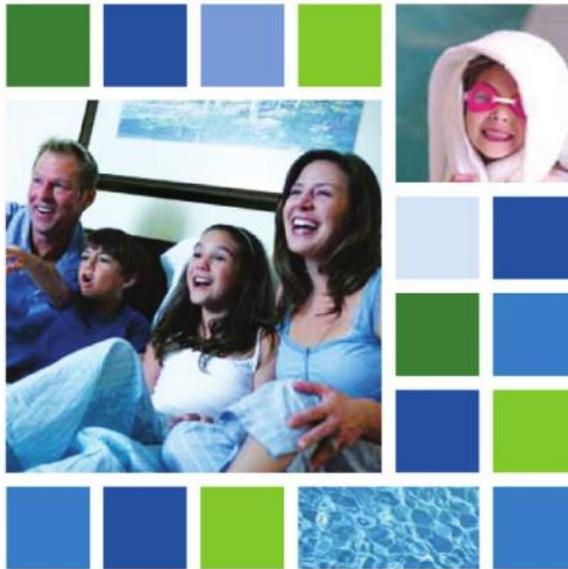
### WASHINGTON

- **BELLINGHAM**  
(360) 671-4800
- **BOTHELL**  
(425) 483-8100
- **EVERETT**  
(425) 609-4000
- **LACEY**  
(360) 491-7985
- **LYNNWOOD**  
(425) 672-1234
- **PASCO-TRICITIES**  
(509) 543-7000
- **PUYALLUP-TACOMA**  
(253) 848-4900
- ▲ **SEATTLE**  
(206) 728-8123
- **SEATTLE CITY CENTER**  
(206) 441-7222
- **SEATTLE SHORELINE**  
(206) 365-7777
- **SEATTLE-SEATAC INTL AIRPORT**  
(206) 824-3200
- **SEQUIM**  
(360) 681-8756
- ▲ **SPOKANE**  
(206) 828-1170
- **TACOMA**  
(253) 272-2434
- **VANCOUVER**  
(360) 253-0500
- **VANCOUVER-SALMON CREEK**  
(360) 576-1040
- **WALLA WALLA**  
(509) 525-6200

### OREGON

- **ALBANY**  
(541) 928-8820
- **ASTORIA**  
(503) 325-6222
- **GLADSTONE**  
(503) 722-7777
- **KLAMATH FALLS RUNNING Y**  
(541) 850-5500
- **MEDFORD**  
(541) 732-1400
- **ONTARIO**  
(541) 889-7100
- **PENDLETON**  
(541) 966-6520
- **PORTLAND SOUTH LAKE OSWEGO**  
(503) 620-2980
- **PORTLAND HILLSBORO**  
(503) 844-9696
- **REDMOND EAGLE CREST**  
(541) 923-2453
- **SEASIDE**  
(503) 717-8000

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



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

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

Visit [WWW.GREATNWHOTELS.COM](http://WWW.GREATNWHOTELS.COM) or call 1-800-HOLIDAY (1-800-465-4329) and ask for the Visitors Guide Rate.

Like us on facebook at [greatnwhotels](http://greatnwhotels).

line and almost any score can be made when the pressure is applied. Many a great round has experienced the watery depths of the surrounding pond, as it almost has this trancelike pull on the players' golf balls."

White Horse Golf Club and nearby **Suquamish Clearwater Casino Resort** ([clearwatercasino.com](http://clearwatercasino.com)) are owned and operated by Port Madison Enterprises (PME), the business arm of the Suquamish Tribe.

In the Coeur d'Alene, Idaho, area, Circling Raven Golf Club ([circlingraven.com](http://circlingraven.com)) and **Coeur d'Alene Casino Resort Hotel** ([cdcasino.com](http://cdcasino.com)) are owned and operated by the Coeur d'Alene Tribe on its 345,000-acre reservation at the postcard-worthy



western edge of the Idaho panhandle.

Designed by Gene Bates, the par-72 course,

with five sets of tee boxes, from 4,708 to 7,189 yards, consistently wins awards. In 2013, during the course's 10th-anniversary season, *Golfweek* named Circling Raven one of the "Best Resort Courses" and one of the "Best Casino Courses," and *Golf Digest* placed it on the "America's 100 Greatest Public Golf Courses" list.

What makes Circling Raven so great? "The layout of the course meanders majestically through roughly 620 acres of stunning North Idaho prairie and woodlands," explains PGA Director of Golf Tom Davidson. "Such a massive scale results in one of the most serene and isolated rounds of golf you will play anywhere." Deer are plentiful, he says, and golfers might also catch sight

The Spa Tower hotel entrance at Coeur d'Alene Casino Resort Hotel.



**IHG® Rewards Club**

**H**  
Holiday Inn

**H**  
Holiday Inn Express

**H**  
Holiday Inn Resort

*Alaska Airlines*  
MILEAGE PLAN

\*Kids Eat Free is available for kids 12 and under, see website for full details.  
\*\*For complete IHG Rewards Club terms & conditions visit [ihgrewardsclub.com](http://ihgrewardsclub.com) or call 800-315-2605.  
©2010 InterContinental® Hotel Group. All rights reserved. Most hotels are independently owned and/or operated.

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

Dr. Thomas Kang

Dr. Brian McKay

Advanced  
Cosmetic  
& Laser  
Dentistry

1-877-346-0600

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

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

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

Word is spreading about the quality of care and the efficiency of these dentists. If you've been told it could take months to complete your care, relax. We can usually accomplish everything

with just a few visits. We reduce your time in the dental chair to only what is absolutely necessary. We use advanced sedation techniques so you don't feel a thing. Folks love it.

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

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

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

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



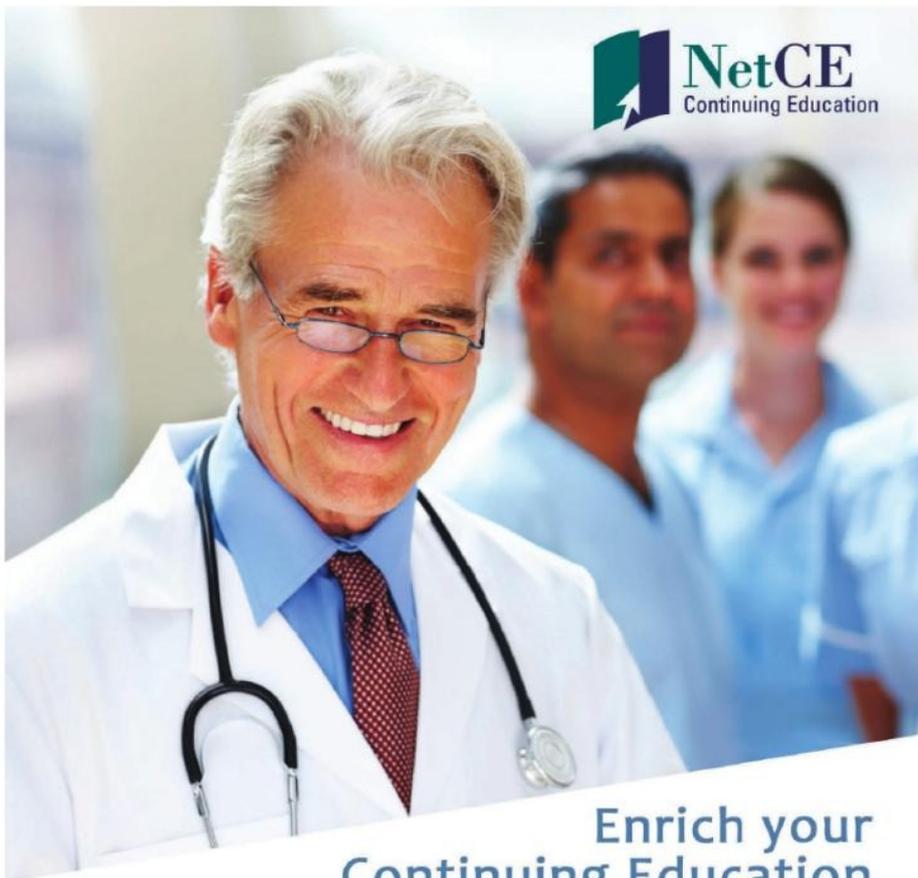
Chris K.



Laura B.



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



## Enrich your Continuing Education Experience with NetCE.

At CME Resource – NetCE.com, we believe that continuing education is a lifetime commitment. Because we know you are dedicated to improving patient health through education, we are proud to offer our free resource, *What Every Healthcare Professional Should Know*. This valuable series of brochures helps practitioners communicate effectively with patients about common health problems. As a provider who has received Accreditation with Commendation from the Accreditation Council for Continuing Medical Education (ACCME), you can be assured that all of our content is of the highest quality and always evidence-based.

### *What Every Healthcare Professional Should Know*

#### Topics include:

Advance Healthcare Directives, Obesity, Hand Hygiene, Managing Pain, Smoking, Stroke, Acute Coronary Syndrome, Rheumatoid Arthritis, Community-Acquired Pneumonia, and many more.

For free copies of this valuable resource, contact us at 1-800-232-4238 or access electronically at [www.netce.com/resources](http://www.netce.com/resources).

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



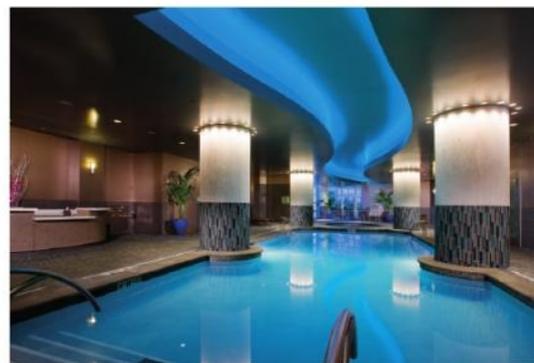
of an elusive elk, moose or black bear.

Davidson says one of the most renowned holes is No. 12, a challenging par 5 that plays 581 yards from the back tee. Its fairway is split by a stand of about a dozen 80-foot ponderosa pines. Golfers must make a precise tee shot to miss those trees as well as two large bunkers, one on each edge of the fairway. Farther ahead are three more bunkers and a lateral hazard guarding the large but narrow green.

“If the beauty and isolation of this hole have not caused you to lose focus, you may walk away with a birdie,” says Davidson, adding that the 3,500-square-foot clubhouse is equipped with a dazzling selection of gear to enhance your game. The course typically opens in early April and closes in late October.

## SPA

For many people, a relaxing spa treatment is one of the best ways to unwind. La Rive Spa at **Northern Quest Resort & Casino** ([northernquest.com](http://northernquest.com)), owned and operated by the Kalispel Tribe and located near Spokane, Washington, offers guests an extensive menu of treatments ranging from massages to body wraps. *Forbes* gave the



spa a four-star rating for both 2013 and 2014.

La Rive, which is French for “riverbank,”

is a 14,000-square-foot sanctuary with meandering hallways and soothing waterfalls. “The men’s and women’s locker rooms and lounges are shaped like S’s to mimic the feel and flow of a river,” explains Spa Director Yvonne Smith. “Additionally, the main

The attractions at La Rive Spa, part of Northern Quest Resort & Casino, include a beautiful indoor pool.

# The only thing missing ... is you.



**TOP 100 RESORT COURSE IN U.S.**  
– GOLF WEEK MAGAZINE (2008-2014)



**STAY & PLAY  
FOR TWO**

Starting at  
**\$249\***



Worley, Idaho | 25 miles south of Coeur d'Alene | 1 800 523-2464 | CDACASINO.COM  

\*Must be a Rewards member. Based on availability, Sunday through Thursday. Spa Tower accommodations when available. All packages incur a 7% Tribal Tax. Offer valid during golf season only.

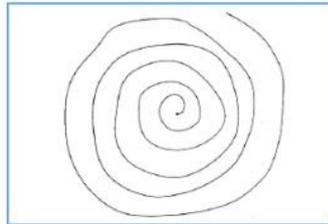
# Does Your Hand Shake When You...

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

If so, you may be suffering from Essential Tremor. Dr. Ronald Young from the Swedish Radiosurgery Center has successfully treated over 1,000 patients — more than any other physician worldwide — using Gamma Knife, a non-surgical approach to treat Essential Tremor.



DRAWING SAMPLE BEFORE TREATMENT



DRAWING SAMPLE AFTER TREATMENT

Learn more about Essential Tremor and find out if Gamma Knife treatment is right for you.

1-206-320-7187 [Swedish.org/essentialtremor](http://Swedish.org/essentialtremor)



hallway to our spa treatment rooms has wall coverings, carpet and light fixtures all designed to create that languorous feeling of a river, water and nature. Our indoor-pool area also includes an architectural 'river' of light and color on the ceiling that runs from one end of the pool room to the other."

Many of the spa's customers take advantage of special treatments such as the Kalispel Companion Massage and the Loving Retreat, both offered in the Camas Duet Suite. Smith says the treatments and the room—"an oasis of relaxation"—are popular with couples, sisters, mothers and daughters, and girlfriends.

Also popular is La Rive's 90-minute Moroccanoil Rejuvenation Ritual, which begins with a body buff for gentle exfoliation and revitalization. The Moroccanoil-brand Intense Hydrating Treatment is then applied during a relaxing and therapeutic Pend Oreille Hot Stone Massage. Finally, Moroccanoil's Scalp Treatment and Hydrating Mask are warmed, and the scalp treatment is massaged into the scalp while the mask is worked into the hair.

Complementing the treatment rooms and indoor pool, La Rive Spa has a state-of-the-art fitness center, and a Co-Ed Relaxation Lounge featuring a whirlpool with three waterfalls flowing into it, inspired by caves on the Kalispel Tribe reservation. Cedar saunas and experiential showers with a choice of music, light and sound are located in the men's and women's locker rooms.

Spa Atlantis at **Atlantis Casino Resort Spa** ([atlantiscasino.com](http://atlantiscasino.com)), owned and operated by Monarch Casino & Resort Inc., in Reno, Nevada, won Spafinder Readers' Choice Awards for Best Casino Spa in 2010, 2011, 2012 and 2013 (the final year Spafinder gave Readers' Choice awards), in addition to 10 other Spafinder awards.

"Guests who have treatments booked at Spa Atlantis can arrive early and stay late—the spa is theirs to enjoy for the entire day," says Tracie Barnthouse, publicist. "Some guests arrive at 8 A.M. and stay until closing at 9 P.M. They enjoy our poolside menu and just spend the day going from the various coed lounges or relaxing by the year-round indoor atrium pool or the outdoor pool."

In addition to the two swimming pools,

PRIME  
[re-defined]

ONLY THE TOP 2% OF ALL PRIME BEEF MEETS OUR STANDARDS

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

EXCLUSIVELY SPOKANE

a heated whirlpool and a cold-plunge pool, Atlantis offers 15 different treatment rooms; several couple's suites; the coed Brine Inhalation Light-Therapy Room and the Laconium Relaxation Lounge; and separate men's and women's tea lounges.



Spa Atlantis at Atlantis Casino Resort Spa has unique areas such as the Brine Inhalation Light-Therapy Room.

One of the spa's more popular treatments is the elegant, indulgent Cleopatra Milk and Honey Cocoon, which

begins with a milk-and-honey/sugar scrub. "This is followed by application of a secret recipe of warm milk, honey and oils that is regenerating, nourishing and provides a protective treatment for your skin," Barnthouse says. "The crowning touch is a pampering scalp and facial massage while you float in the warmth of our Soft Pack cocoon bed."

The cocoon contains a plastic, waterproof, disposable liner that is changed for every guest. While the cocoon is gradually half-submerged horizontally in a tank of warm water, the guest has the sensation of floating weightlessly, without actually getting wet.

The spa's separate men's and women's locker rooms have herbal steamrooms (eucalyptus for men and lavender for women), plus cedar saunas, for a marvelous beginning and/or ending to a luxurious spa day at the resort. ■

*Susan Goracke lives in the Portland, Oregon, area.*

*Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to destinations with outstanding casino resorts.*

Get first-class service from SEA to SFO with advanced fiber network connectivity.



Reliable

Scalable

Flexible

Local

### Who knew fiber could take you so far?

We did. In fact, we've invested in a fiber network that stretches from the Canadian border all the way down to San Francisco, with the simple goal to provide our customers with the fastest and most reliable connectivity in the area.

### From Business Class to Enterprise, we'll connect you.

Wave offers comprehensive solutions for the most complex network needs to off-the-shelf business-class internet and phone service that can scale up as your business expands. Not sure what you need? We can help.



Connect to Wave's advanced fiber network.

**1-844-232-5715**

**WAVE**<sup>®</sup>  
BUSINESS SOLUTIONS

[wavebroadband.com/business](http://wavebroadband.com/business)

**SEATTLE | PORTLAND | SACRAMENTO | SAN FRANCISCO**

# THE PEOPLE BEHIND THE GAMES

**S**ometime in early 2000, Will Shortz came across a crossword submission with the entry OOPSI-DIDITAGAIN. The beloved editor of the gold-standard *New York Times* crossword puzzle told the constructor, "I'm not convinced this has staying power." *Oops*. Six months later, the Britney Spears meme was buzzing in everyday vernacular, making it perfect as the 15-letter anchor for a Tuesday *Times* puzzle. Its eventual publication is an indication of how crossword constructors juggle playfulness and pop culture as well as language and logic.

"Every day I'm learning stuff. Every day I laugh a lot. And it's genuinely fun," says Shortz, describing a response familiar to any puzzler. Fun was a fundamental theme of the memorable 2006 documentary *Wordplay*, which featured Shortz and others involved in the world of crossword puzzles, and probably did as much for crosswords as *Sideways* did for Pinot Noir.

"A lot of mental exercise is not fun," notes Shortz, who is also NPR's puzzlemaster. "No matter how good your intentions are, you're going to stop doing something [as an avocation] that feels like work."

For people who construct crosswords, sudoku, and other types of word, numeric or logic puzzles, the endeavor is not only fun, but also a passion and a craft, with publication the ultimate goal. Teenager David Steinberg, former stand-up comedian Andrea Carla Michaels, bioengineer



BY  
TED  
FRY

C

R

Z

L

E

A

T

O

R

S



CHAMPIONS NEVER REST.

---

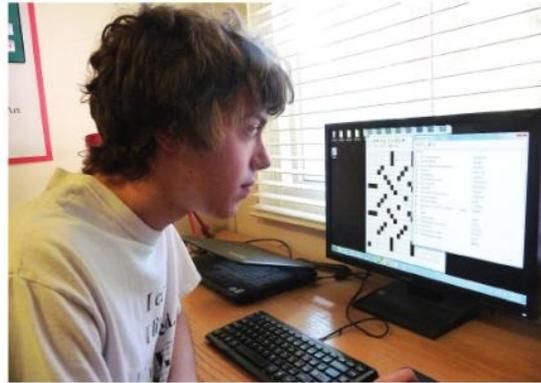
Whether in the air or on the field, champions are constantly working hard to be better. We couldn't be more inspired to have you on board, Russell. And good luck this season. We'll be cheering you on from 30,000 feet.

**RUSSELL WILSON**  
CHIEF FOOTBALL OFFICER

*Alaska*<sup>®</sup>  
#iFlyAlaska



Thomas Snyder, and the team of math educator Henri Picciotto and music critic Joshua Kosman are among the West Coast brain-game aficionados succeeding in the fascinating and competitive field of puzzle construction.



COURTESY DAVID STEINBERG

Teen crossword expert David Steinberg has already had 30 puzzles published in *The New York Times*.

## DAVID STEINBERG

With a broad grin to match his bright, shining intellect, Palos Verdes Peninsula High School senior David Steinberg is one of the most endearing and interesting puzzle constructors. “He’s a very impressive kid,” says Will Shortz. “He started sending me puzzles when he was 12. He sold me his first one when he was 14 1/2 years old, and he’s the second-youngest constructor I’ve published.” (The youngest person to have a puzzle published by Shortz was Ben Pall, who was just two months past his 14th birthday when *The Times* published the New Jersey resident’s submission in 2009.)

Today, Steinberg, now age 17, boasts a *Times* puzzle

count of 30, along with puzzles run by publications such as *Newsday* and *The Wall Street Journal*. At age 15, the Southern California resident became the editor of the *Orange County Register* associated newspapers’ crossword. He’s also an entrepreneur who creates custom crosswords for all kinds of businesses and occasions, and he has been a judge at the American Crossword Puzzle Tournament, a competition Will Shortz founded in 1978 and continues to direct. In addition, Steinberg is the founder of the Pre-Shortzian Puzzle Project, an online database of *Times* grids published between 1942 and 1993, the year Will Shortz began a new era at the paper.

Steinberg has a \$25,000 Davidson Fellows Scholarship, and college (he’s not sure which one yet) beckons with potential majors in classical languages or computer science. (An acquaintance suggested enigmatology—the study of puzzles. Right now, Shortz holds the world’s only college degree in enigmatology, received in 1974 from Indiana University, where he designed his own major.)

Steinberg says the key to constructing crosswords is knowledge that’s “very broad and shallow.” He sometimes struggles with references that predate him, such as writing a clue for, say, SEXYSADIE or REDSKELTON. “I do a lot of research when I’m doing clues,” he says. “Otherwise, my shallow knowledge comes largely from having done so many crosswords.”

On a recent puzzle that Steinberg submitted, Shortz tweaked the clue for JAILBREAK, turning it away from Steinberg’s reference to hacking a smartphone. Shortz had a cooler idea—he changed the clue to “Cooler idea?” At first, Steinberg was stumped. “I didn’t know that cooler was slang for jail,” he says.

The teen came to crossword construction after viewing *Wordplay* when he was a tween. He was intrigued enough to give puzzle creation a try. Just a couple of years later, he began reaping the rewards of seeing his name in print, watching others laugh over what he had written, and having Will Shortz as a mentor.

As Steinberg mulls career options, a dream job comes to mind. “It would be awesome, of course, to be crossword editor at *The New York Times*. But there’s only one person for that.”

## ANDREA CARLA MICHAELS

The author of 40-plus solo and co-constructed *Times*-published puzzles, Andrea Carla Michaels developed her wordplay prowess as a stand-up comic in the 1980s, later parlaying her lightning wit into writing for sitcoms and game shows. Appearing once as a contestant on *Wheel of Fortune*, she won a motorhome for speed-solving CABBAGE based on only two included letters (“G” and “E”).

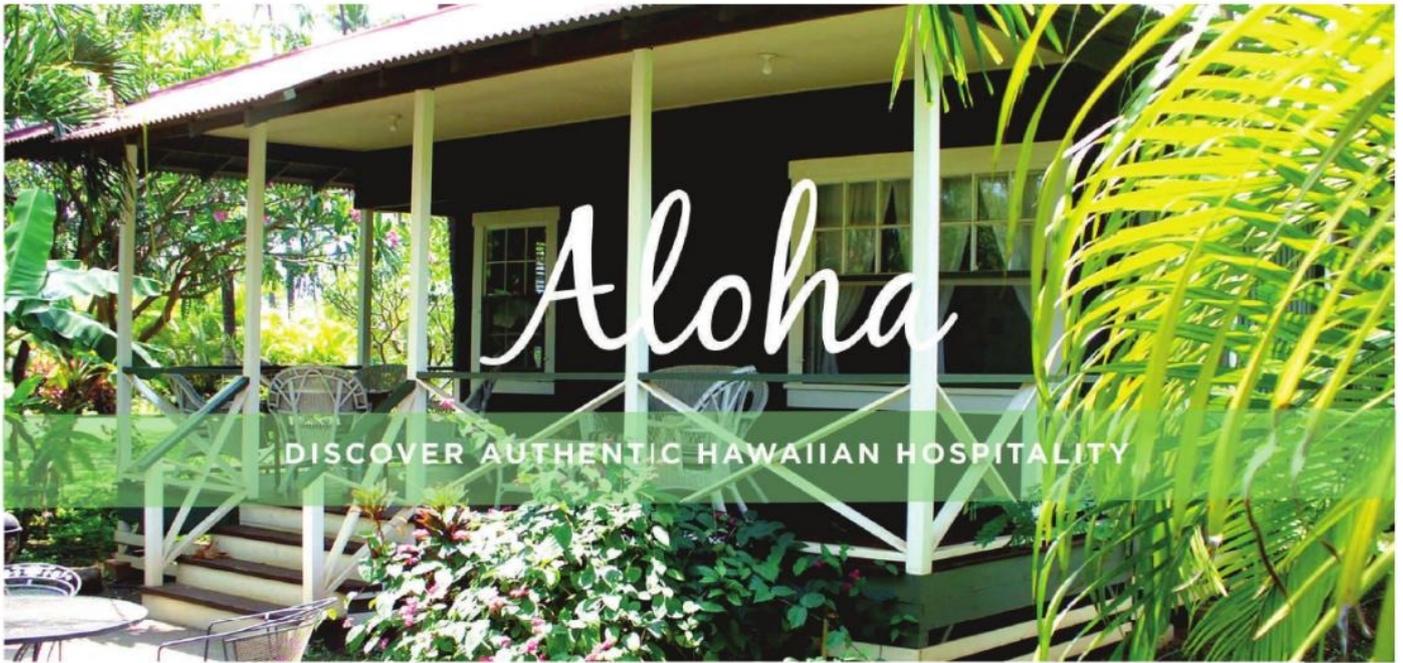
Her day job is creating ear-catching business and

### “I’m a terrible solver,”

says Eugene, Oregon, computer scientist Matt Ginsberg, but that’s not what led him to build the celebrated solving program Dr.Fill, whose artificial intelligence often surpasses the human kind.

Even though Ginsberg is a long-time *New York Times* constructor—“I have my own list [of possible answers] with about 13.7 million words, which I do not share”—he created Dr.Fill solely for exhibition and to flex his coding muscles. With

a wry worldview and disarmingly arid wit, Ginsberg has clued-in and entertained crossword enthusiasts with amusing presentations of Dr.Fill’s abilities at the American Crossword Puzzle Tournament since unveiling Dr.Fill 1.0 in 2012. The A.I. program, which as a nonhuman was not an officially registered competitor and was ineligible for prize money—finished 141st out of 592 competitors that year. In 2013, Dr.Fill’s score qualified for 92nd out of 572. In 2014, Dr.Fill tied for 67th out of 580. —T.F.



DISCOVER AUTHENTIC HAWAIIAN HOSPITALITY

WAIMEAPLANTATION.COM



1.800.9WAIMEA (1.800.992.4632)



**COAST**  
wenatchee  
center hotel™

ADJACENT TO THE  
WENATCHEE CONVENTION CENTER



- |                      |                         |
|----------------------|-------------------------|
| <b>Anchorage</b>     | Coast International Inn |
| <b>Seattle</b>       | The Roosevelt           |
|                      | Coast Gateway           |
| <b>Bellevue</b>      | Coast Bellevue          |
| <b>Wenatchee</b>     | Coast Wenatchee Center* |
| <b>Portland</b>      | The Benson              |
| <b>Santa Barbara</b> | West Beach Inn          |
| <b>Burbank</b>       | The Safari Inn          |
|                      | Coast Anabelle          |

We are also proud to offer 34 distinct properties in Western Canada and the U.S.

COMING SOON  
TO OLYMPIA, WA

*refreshingly local™*



*Alaska Airlines*

MILEAGE PLAN

*coast rewards™*

COASTHOTELS.COM / 1.800.663.1144

\*photo: River Top Bar & Grill, Coast Wenatchee Center Hotel

product names for corporate clients, and she's been a North American Scrabble Players Association tournament competitor for decades. "I play with words," says the San Franciscan. "I look for and notice patterns and synchronous events in my life, and they often take



DON CHRISTENSEN

the form of words. For instance, I might become aware of someone's name, then later hear it used as the punchline of a joke, and still later see it on a store name. So puzzles are a perfect fun manifestation of that, a way to give meaning to coincidence."

She's been delighted over the years when Shortz has invited her to construct puzzles for the American Crossword Puzzle Tournament, which is held each March, but she's also been a little dismayed as

she's watched champion solvers at work. "As a constructor, it's heartbreaking to see someone do your puzzle in three minutes," she says.

Michaels' specialty is the "easier" Monday and Tuesday *Times* puzzles, which is not to say she's a slacker. Most constructors agree that doing easy can be pretty hard. Shortz recently rejected ELLO ("Eliza Doolittle's greeting?") as too much of a stretch. "He was right—it's not really a word," Michaels says. "I just liked the sound of it because I like my puzzles to be chatty—like me!"

Pop culture cleverness is a trademark of the whimsical esprit in her puzzles. Take, for instance, the 15-letter seed entry GILLIGANSISLAND. (Seed entries are answers that the constructor places in a puzzle early on, building subsequent entries around them.)

Her *Times* grid cleverly hid four other themed answers: BOBDENVER, JIMBACKUS, TINALOUISE and ALANHALEJR, in homage to castaways Gilligan, Mr. Howell, Ginger and the Skipper.

"It's wonderful when that little light goes on—the little aha moments," Michaels says. "I like being an early-week constructor because a lot of people tell me my puzzles are the only ones they can do."

## THOMAS SNYDER

Many puzzle makers and solvers also like number play, such as in sudoku, which surged in popularity in the USA in 2005. Sudoku's grid format is a touchstone

for puzzlers, but that's where the crossover with crosswords ends. Sudoku is based on the seemingly simple task of filling the rows and columns with nonrepeating numerals. That old chestnut, "a minute to learn, a lifetime to master," couldn't be truer for legions of zealous constructors, solvers and competitors.

As a bioengineer working on decoding the immune system, Thomas Snyder has a career based on logic. But he has a website and a publishing company named Grandmaster Puzzles, and he titled a 2012 book *The Art of Sudoku* and a book due out this year *The Art of Puzzles*, reflecting the creativity behind an elegant construct. "Puzzle-solving itself may be very analytical, but when I'm going about construction, creativity is exactly the right expression," says the boyishly genial Seattle scientist. "That's sort of a hallmark of my puzzle design."

For instance, he constructed a letters-based varia-



COURTESY THOMAS SNYDER

tion of sudoku in which instead of 3x3 boxes, sections ("regions") of the grid were shaped like states, and two of the letters in each region were the postal code for a state (e.g., NV for Nevada).

Snyder had been a casual puzzle solver most of his life, but it wasn't until graduate school that he encountered sudoku. "I didn't know if I was any good; I was just curious about what other kinds of puzzles people did," he says. Now in his mid-30s, he's already considered a master solver, having won the World Sudoku Championship three times, in 2007, 2008 and 2011.

He started constructing sudoku puzzles in 2006, and his creations were being published by the next year. Since 2008, he's also authored or co-authored eight books, six of them with sudoku puzzles.

"I never thought it was going to change my life or be something I was uniquely suited for," says

Andrea Carla Michaels is a former comedian and current business-and-product-name creator who has constructed puzzles for the American Crossword Puzzle Tournament.

Bioengineer Thomas Snyder is also known as Dr. Sudoku. He's authored many books containing sudoku puzzles, and he's also a three-time winner of the World Sudoku Championship.

the man now known as Dr. Sudoku.

"I quickly went from never having made a puzzle to having books and magazine columns."

Snyder connects the popularity of sudoku with the same boost people get from finishing any puzzle. "It's a lot of little aha moments together, and that can be really rewarding."

The nature of constructing sudoku also holds a kind of cosmic intrigue, he says. Because of the variable extremes of combination and structure, he finds endless wonder in the limitless possibilities.

After sudoku, Snyder's favorite puzzle is the cryptic crossword, a close cousin of regular crosswords, but with both clues and answers that are jokes or wily riddles.

Consider this example, cited in *The New York Times'* 2010 obituary for Frank Lewis, who was known for following his own idiosyncratic rules. "S" was the clue Lewis gave. That's it, just an uppercase "S." Knowledge and vocabulary are important to solving a cryptic crossword,

### Competition

For Tyler Hinman, 2005 was a very good year: At age 20, he won the American Crossword Puzzle Tournament, and then he became famous in the movie *Wordplay* for doing it. "I'm a competitive guy in general," he says. "If I spend a lot of time on something, I want to be doing it well." Hinman, a software developer and game designer at San Francisco-based Lumosity, also won the tournament in 2006, 2007, 2008 and 2009. He placed second in 2011, 2012 and 2014, and third in 2013. And although he didn't win overall in 2010, he did place first in the Junior Division for solvers 25 years and younger. He's missed only one ACPT since his first in 2001 at age 16. (The 2015 ACPT will take place March 27–29 in Stamford, Connecticut.)



Other notable puzzle competitors include Nick Baxter, a Bay Area software-product manager who has captained Team USA to World Puzzle Championship victories 14 times in 22 years, most recently in 2013. The team placed third in 2014. (Sometimes the captain competes; other times his role is determining the team's makeup.) The 2015 WPC will take place in Bulgaria in September. The WPC—where solving speed is as important as accuracy—features many different kinds of culture- and language-neutral puzzles. The brainchild of Will Shortz, it is overseen by the World Puzzle Federation (which also runs the World Sudoku Championship). More than 30 countries vie for solving honors. "We are all very good at solving puzzles, so the competition provides a needed challenge," Baxter says. —T.F.

The Doyon Family of Companies

Oil Field Services  
Government Contracting  
Natural Resources  
Tourism

**DOYON**  
Limited

f t in  
www.doyon.com

**LEADER In All We Do**

but so are wit and a willingness to take a fanciful leap of wordplay. Hence, the answer: LARGESS (insert forehead slap here).

A more typical cryptic clue and answer, Snyder says, would be as follows. Clue: An aim for some Alaska Airlines' passengers: "Let's eat nuts." In the world of cryptics, words such as "nuts," "bananas," "twisted" or "mixed" suggest that the wordplay is an anagram. Savvy cryptic solvers will rearrange the nearby letters—in this case—"let's eat" to get the answer, which in this cryptic is the name of a city that is an aim for some passengers (Seattle).

### HENRI PICCIOTTO AND JOSHUA KOSMAN

For more than three years, Henri Picciotto and Joshua Kosman have been creating cryptics for *The Nation*. Picciotto is a retired teacher who is currently a math-education consultant and freelance curriculum developer. Kosman is a classical-music critic for the *San Francisco Chronicle*.

The Bay Area residents' collaboration began when they met as members of the



## Crossword Construction

Crossword-creation requirements often vary by publication and location (for instance, North American puzzles typically have different constructions than puzzles in Great Britain or India), but below are a few general rules of the grid for North American crosswords, provided to the website [crudiverb.com](http://crudiverb.com) by *New York Times*



Will Shortz.

COURTESY WILL SHORTZ

Crossword Editor Will Shortz.

1. The pattern of black-and-white squares must be symmetrical. Generally this rule means that if you turn the grid upside-down, the pattern will look the same as it does right-side-up.
2. Do not use too many black squares. In the old days of puzzles, black squares were not allowed to occupy more than 16% of a grid. Nowadays there is no strict limit, in order to allow maximum flexibility for the placement of theme entries. Still, “cheater” black squares (ones that do not affect the number of words in the puzzle, but are added to make constructing easier) should be kept to a minimum, and large clumps of black squares anywhere in a grid are strongly discouraged.
3. Do not use unkeyed letters (letters

that appear in only one word across or down). In fairness to solvers, every letter has to appear in both an Across and a Down word.

4. Do not use two-letter words. The minimum word length is three letters.
5. The grid must have all-over interlock. In other words, the black squares may not cut the grid into separate pieces. A solver, theoretically, should be able to proceed from any section of the grid to any other without having to stop and start over.
6. Long theme entries must be symmetrically placed. If there is a major theme entry three rows down from the top of the grid, for instance, then there must be another theme entry in the same position three rows up from the bottom. Also, as a general rule, no nontheme entry should be longer than any theme entry.
7. Do not repeat words in the grid.
8. Do not make up words and phrases. Every answer must have a reference or else be in common use in everyday speech or writing.

The above rules apply to the crosswords in almost all publications. *The New York Times*’ Crossword Specifications sheet lists some more special rules of *The Times*.

National Puzzlers’ League; their connection comes from a shared adoration of whimsy and caprice.

“I didn’t choose cryptics; cryptics chose me,” Kosman says. “They’re the ultimate flowering of my love for wordplay and trickery.”

Picciotto says that cryptics seem more difficult because most people can’t immediately grasp the rules. Consequently, information on how to solve

and/or create a cryptic is almost always passed on person-to-person. “I know very few people who taught themselves how to do cryptics,” Picciotto says. “One person explains it to another, because it’s too much to absorb sitting by oneself.”

The enigmatic nature of cryptic clueing can be based on anagrams, palindromes, homophones, reversals, deletions and most any other word-puzzle device imaginable. Picciotto grew up in Lebanon voraciously solving regular (aka “vanilla”) crosswords in French before learning the sly intricacies of cryptics from his British brother-in-law. His twinkly personality, creativity and love of teaching contribute to his cryptic expertise.



COURTESY HENRI PICCIOTTO

Math-education consultant Henri Picciotto (left) and classical-music critic Joshua Kosman (below) team up to construct cryptic crosswords.

“For constructors, filling the grid is an exacting, logical, precise, very unforgiving thing,” he says. “But there’s really no way of finding cryptic crossword clues by just applying logic.

You have to be open to lateral thinking and unexpected ideas. The best clues come when you can relax enough to let inspiration strike.”

Inspiration and completion satisfaction are dividends common to makers and doers of all kinds of puzzles. A big part of a constructor’s motivation is being able to share that pleasure with puzzle solvers.

“You don’t want to construct a puzzle that the solver can’t solve,” says Picciotto. “Unlike many of the problems life throws at us, you know there’s a solution, and that perseverance will probably pay off.”

PERSEVERANCE. ... A perfect entry for 24 across. ■

Ted Fry writes, and solves puzzles, from the Seattle area.



MARK WIENER



## HAPPILY EVER AFTER

### A C R O S S

- 1 Sandy tracts
- 5 Dwelling
- 10 Sends junk e-mail
- 15 Waterston and Neill
- 19 Mrs. Copperfield
- 20 Legal pleas
- 21 Some twinklers
- 22 Coup d' \_\_\_\_\_
- 23 First person
- 24 Purport
- 25 African antelope
- 26 Weathercock
- 27 2005 Ziyi Zhang film
- 30 Famed canal
- 31 Fish sauce
- 32 Prank ender
- 33 Intensive course
- 35 Kosher no-no
- 38 Wan
- 40 Formerly, formerly
- 42 Penpoint
- 43 Babylonian storm god
- 45 Celebrity
- 47 1987 Ally Sheedy film
- 53 "\_\_\_\_\_ Pyle: USMC"
- 55 Skirt feature
- 57 Team has one
- 58 Almost
- 59 Counting device
- 61 Genesis site
- 63 Tease
- 65 Bankroll
- 66 Cobbles, in a way
- 68 Pate de foie \_\_\_\_\_
- 70 Aperture
- 72 Naval assents
- 73 2004 Anne Hathaway film
- 77 Dank
- 81 Diamond gal
- 82 Leg front
- 83 \_\_\_\_\_ headdress (hen-nin)
- 88 "Silas Marner" author
- 90 Family guy
- 92 Table scraps
- 94 Make beloved
- 95 3.26 light years
- 97 Insane
- 99 Coral shelf
- 101 Trunk
- 102 1990 Julia Roberts film
- 105 Earring
- 107 Tree growth
- 108 TV brand
- 109 \_\_\_\_\_-Picone
- 111 Confused
- 113 Corn site
- 114 Bibbed pants
- 119 Currier's partner
- 121 Recedes
- 123 Ramses's river
- 124 2004 Hilary Duff film
- 130 Como \_\_\_\_\_?
- 131 Extinct birds
- 132 Walter \_\_\_\_\_ Disney
- 133 Not aweater

|     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |     |    |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|
| 1   | 2   | 3   | 4   |     | 5   | 6   | 7   | 8   | 9   |     | 10  | 11  | 12  | 13  | 14  |     | 15  | 16  | 17  | 18 |
| 19  |     |     |     |     | 20  |     |     |     |     |     | 21  |     |     |     |     |     | 22  |     |     |    |
| 23  |     |     |     |     | 24  |     |     |     |     |     | 25  |     |     |     |     |     | 26  |     |     |    |
| 27  |     |     |     |     | 28  |     |     |     |     |     | 29  |     |     |     |     |     | 30  |     |     |    |
|     |     |     | 31  |     |     |     |     | 32  |     |     |     | 33  |     |     | 34  |     |     |     |     |    |
| 35  | 36  | 37  |     | 38  |     |     | 39  |     | 40  |     | 41  |     | 42  |     |     |     |     |     |     |    |
| 43  |     |     | 44  |     | 45  |     |     | 46  |     | 47  |     |     | 48  |     |     | 49  | 50  | 51  | 52  |    |
| 53  |     |     |     | 54  |     | 55  |     |     | 56  |     | 57  |     |     | 58  |     |     |     |     |     |    |
| 59  |     |     |     |     | 60  |     | 61  |     |     | 62  |     | 63  |     | 64  |     | 65  |     |     |     |    |
| 66  |     |     |     |     |     | 67  |     | 68  |     |     | 69  |     | 70  |     | 71  |     | 72  |     |     |    |
|     |     |     |     | 73  |     |     |     | 74  |     |     |     | 75  |     |     |     | 76  |     |     |     |    |
| 77  | 78  | 79  | 80  |     | 81  |     |     | 82  |     |     |     | 83  |     |     |     | 84  | 85  | 86  | 87  |    |
| 88  |     |     |     | 89  |     | 90  |     |     | 91  |     | 92  |     |     | 93  |     | 94  |     |     |     |    |
| 95  |     |     |     |     | 96  |     | 97  |     | 98  |     | 99  |     |     | 100 |     | 101 |     |     |     |    |
| 102 |     |     |     |     |     | 103 |     |     |     | 104 |     | 105 |     |     | 106 |     | 107 |     |     |    |
|     |     |     |     | 108 |     |     |     | 109 |     |     | 110 |     | 111 |     |     | 112 |     | 113 |     |    |
| 114 | 115 | 116 | 117 |     |     |     | 118 |     | 119 |     |     | 120 |     | 121 |     |     | 122 |     |     |    |
| 123 |     |     |     |     | 124 |     |     | 125 |     |     |     | 126 |     |     |     |     | 127 | 128 | 129 |    |
| 130 |     |     |     |     | 131 |     |     |     |     |     | 132 |     |     |     |     |     | 133 |     |     |    |
| 134 |     |     |     |     | 135 |     |     |     |     |     | 136 |     |     |     |     |     | 137 |     |     |    |
| 138 |     |     |     |     | 139 |     |     |     |     |     | 140 |     |     |     |     |     | 141 |     |     |    |

- 134 Potent particle
- 135 Prefix for "culture"
- 136 Effigy
- 137 Ground grain
- 138 PC-linking systems
- 139 Dutch painter
- 140 Ventured
- 141 Canvass

### D O W N

- 1 Waxed cheese
- 2 Motored
- 3 Mung bean
- 4 Pacific island group
- 5 Bond girl Ursula \_\_\_\_\_
- 6 Beet soups
- 7 Medley
- 8 Removes
- 9 Manor
- 10 Shows contempt
- 11 \_\_\_\_\_ sci
- 12 Nautical command
- 13 Search
- 14 Calmed state
- 15 Lop

- 16 PONG maker
- 17 Craze
- 18 Hard metal
- 28 Stevedore's org.
- 29 Microbe
- 34 Hautboys
- 35 Helga's cartoon hubby
- 36 Yellow clay
- 37 Papas' partners
- 39 Harvard's rival
- 41 Stratum
- 44 Art \_\_\_\_\_
- 46 Crest
- 48 Condescend
- 49 Pro \_\_\_\_\_
- 50 Sledge
- 51 Ms. Sommer
- 52 Some whiskeys
- 54 Regulation
- 56 Shorebirds
- 60 Vend
- 62 Mexican snack
- 64 Hits
- 67 Skidded
- 69 Bake eggs

- 71 Tennis's Sampras
- 74 San Antonio shrine
- 75 Pays
- 76 Ding
- 77 Scissorhands portrayer
- 78 Winglike
- 79 Fen
- 80 Billet
- 84 Biblical nation
- 85 H. Ross \_\_\_\_\_
- 86 Wrangler's rope
- 87 Jagged
- 89 Aquarium fish
- 91 Baronet's wife
- 93 Bristle
- 96 Greek island group
- 98 "That's Incredible!" host
- 100 Airplane body
- 103 Boxer Jersey Joe \_\_\_\_\_
- 104 Church part
- 106 Adulterated
- 110 Neptune satellite
- 112 Pecs neighbors
- 114 Ryan or Tatum
- 115 Prospect

- 116 Singer John
- 117 Scolds, with "out"
- 118 Fairy hills
- 120 Alabama city
- 122 Letter affix
- 125 Zip
- 126 Make up artist?
- 127 Fake butter
- 128 Authentic
- 129 Shout

Solution on page 46.

**PennyPress**®

Puzzle © 2014 Penny Press, Inc.  
www.PennyDellPuzzles.com

# 40,000 SQUARE FEET SMOKE FREE GAMING

On behalf of the crew at Muckleshoot Casino, we would like to welcome you to Washington's premier destination for fun! With over 1,000 video gaming machines, 35 table games, great dining options and two bars, your arrival to smoke-free gaming is only 35,000 feet below.

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



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



# HEAVEN CONDENSED

**WINE ROAD**  
Northern Sonoma County, CA  
190 wineries and 50 lodgings  
within a 30 mile radius.



Explore With Our  
"TICKET TO THE WINE ROAD"

visit [wineroad.com](http://wineroad.com)  
1-800-723-6336



Mention Promo Code: **ALASKA** and save \$5



**Hilton  
Garden Inn®**  
Sonoma County Airport

- Indoor Pool & Hot Tub
- Complimentary WIFI
- Fitness Center
- Restaurant and Bar
- Evening In-Room Dining
- Complimentary Airport Shuttle

**(707) 545-0444**



do you speak  
**SONOMA?**

## Playground

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



### Start playing in Sonoma Wine Country.

Just 45 minutes north  
of San Francisco.

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

Start planning your  
play date today.



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

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

(Continued from page 24.)

## ALSO OF FBS INTEREST

At **Boise State University**, the job of replacing Chris Petersen goes to Bryan Harsin, a beloved Boise State assistant for a decade. Born and raised in Boise, Harsin coached Arkansas State to a Sun Belt Conference co-championship last season and spent the two



Running back Jay Ajayi.

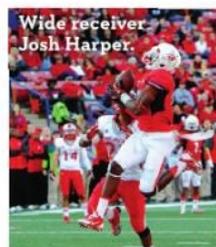
BOISE STATE SPORTS INFORMATION

previous years as an assistant at Texas.

Broncos fans hope Harsin's leadership will mean a quick rebound from last year's 8-5 record, Boise State's first five-loss season since 1998. The Broncos' stout offensive line and their junior running back Jay Ajayi (6-0, 215) are expected to set the tone for an always-threatening offense that also returns quarterback Grant Hedrick (6-0, 195). The senior threw for 1,825 yards, 16 touchdowns and five interceptions last season. Senior receiver Matt Miller (6-3, 220) is back, as well, after leading Boise State last season with 88 receptions for 1,140 yards and 12 touchdowns.

Success will also hinge on shoring up a defense that ranked 75th in the nation last season, allowing 413.4 yards per game.

If the **Fresno State Bulldogs** are going to repeat as Mountain West Conference champs, despite the exit of key players to the NFL, they will need to rely on players such as senior wide receiver Josh Harper (6-1, 185) and senior running back Josh Quezada (5-11, 217), who each amassed more



Wide receiver Josh Harper.

RICK DODD / FRESNO STATE ATHLETICS

than 1,000 yards last season. Junior Brian Burrell (6-4, 221) was the backup quarterback last season but could be pushed for the starting job this season by senior Brandon Connette (6-2, 213), who is a recent transfer from Duke.

The defense returns eight starters, led by preseason All-American Derron Smith (5-11, 197), the current NCAA career active leader in interceptions, with 14. —C.H.

# DISCOVER ALASKA AIRLINES FEATURES & AMENITIES

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



## TABLE OF CONTENTS

|    |  |
|----|--|
| A2 | Onboard Amenities                                |
| A3 | For Your Safety                                  |
| A3 | <a href="http://alaskaair.com">alaskaair.com</a> |
| A3 | Mileage Plan™                                    |

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

# ONBOARD AMENITIES

## SNACKS & BEVERAGES Available for purchase on select flights

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



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

### Premium Liquor \$7 USD    Liquor \$6 USD

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

- The Glenlivet Crown Royal



## COMPLIMENTARY BEVERAGES

### Hot Beverages:

- Proudly serving Starbucks®
- Pike Place® Roast
- Tazo® Awake® black tea
- Tazo® Wild Sweet Orange herbal infusion (caffeine-free)



### Juices:

- Orange Juice
- Apple Juice
- Cranberry Juice

### Sodas & Mixers:

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



## FEATURED REGIONAL WINES & MICROBREWS

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

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

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

## BETTER TOGETHER

### Alaska Airlines and Horizon Air

As sister carriers in Alaska Air Group, Alaska Airlines and Horizon Air are dedicated to bringing you the highest possible level of service. Together, we serve more than 90 cities throughout the United States, Canada and Mexico. To make your travel simple and seamless, you get one ticket, one low fare and one easy check-in that includes seat assignments on both airlines.



### Horizon's Fleet



Bombardier Q400

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

**comfortably  
Q400 greener**

## FOR YOUR SAFETY

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

### PLEASE TAKE YOUR SEAT

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

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

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

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

### USING YOUR DEVICES

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

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



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

#### Not Allowed During Flight



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

### IT'S THE LAW

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

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

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

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

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

### UPON LANDING

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

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

## DISCOVER ALASKA AIRLINES

### ALASKAAIR.COM

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

### MILEAGE PLAN

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

### ONBOARD RECYCLING

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



### ALASKA AIRLINES VISA® CARD

With the Alaska Airlines Visa® Signature card, you can earn one Bonus Mile for every dollar you spend. Plus, each year you will receive a coach Companion Fare from \$118 (\$99 base fare plus taxes and fees from \$19 depending on your Alaska Airlines flight itinerary), redeemable anywhere Alaska Airlines flies.

# U.S., HAWAI'I AND MEXICO

Alaska Airlines is proud to serve more than 90 locations throughout the United States, Canada and Mexico. We serve many other cities with our codeshare partners American Airlines, American Eagle, Delta Air Lines and Delta Connection.

On routes that require a connection to one of our partners, we strive to ensure a smooth transition, which includes the ease of purchasing your ticket with just one call or a visit to [alaskaair.com](http://alaskaair.com), taking care of your bag transfer, and providing assistance at any stage of your journey should you have questions.

What's more, all our codeshare partners are also Mileage Plan partners, allowing generous opportunities to earn Bonus Miles. And with reciprocal elite-status benefits, you can enjoy several enhancements to your journey. Learn more at [alaskaair.com](http://alaskaair.com).

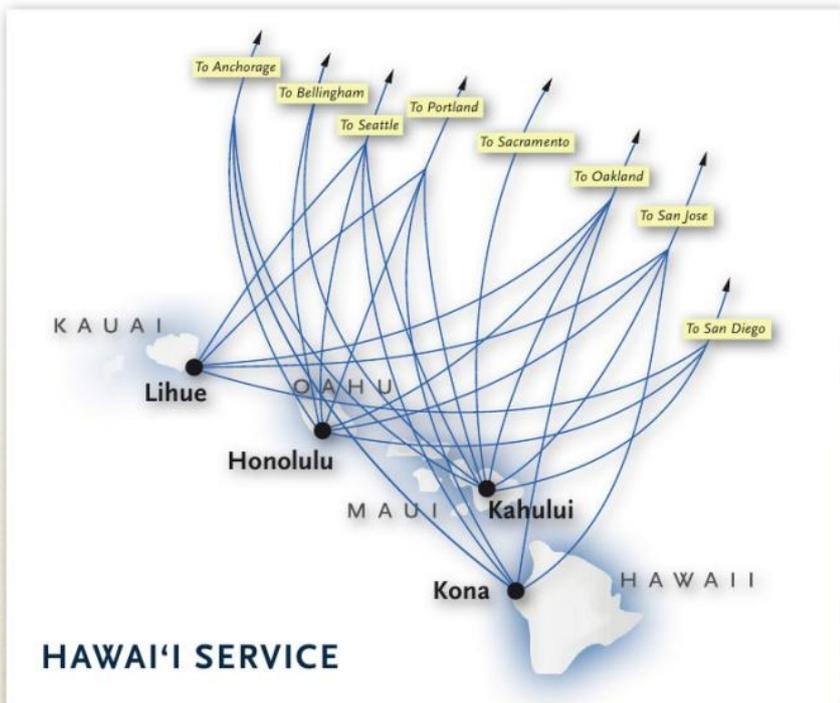
## LEGEND

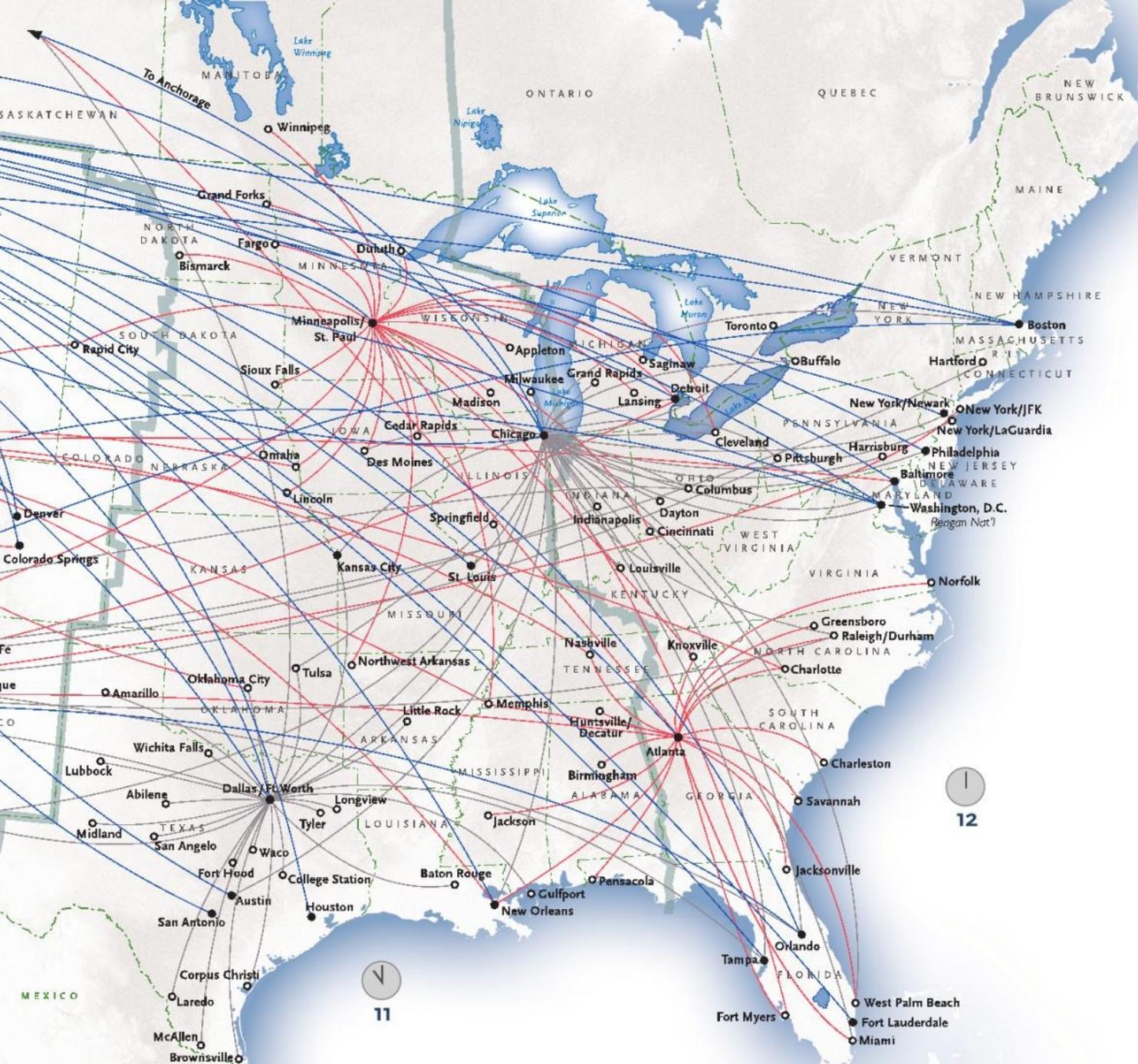
Routes served by:

-  Alaska Airlines
-  American Airlines
-  DELTA

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

Some routes shown operate seasonally.





### U.S. MILEAGE

| Between               | Mileage |
|-----------------------|---------|
| <b>Seattle &amp;</b>  |         |
| Boston                | 2496    |
| Denver                | 1024    |
| Honolulu              | 2677    |
| Los Angeles (LAX)     | 954     |
| Fort Lauderdale       | 2697    |
| New York City/Newark  | 2401    |
| Phoenix               | 1106    |
| San Diego             | 1050    |
| San Francisco         | 678     |
| Washington, D.C.      | 2306    |
| <b>Portland &amp;</b> |         |
| Los Angeles (LAX)     | 834     |
| Phoenix               | 1009    |
| San Diego             | 933     |
| San Francisco         | 550     |

Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket.

### UPCOMING NEW SERVICE

| Route                    | Service Begins   |
|--------------------------|------------------|
| Portland–Los Cabos       | November 3, 2014 |
| Portland–Puerto Vallarta | November 4, 2014 |
| Seattle–Cancun           | November 6, 2014 |
| Las Vegas–Mammoth        | January 15, 2015 |

# ALASKA



## ALASKA MILEAGE

| Between                | Mileage | Between                | Mileage        |
|------------------------|---------|------------------------|----------------|
| <b>Anchorage &amp;</b> |         | <b>Fairbanks &amp;</b> |                |
| Cordova .....          | 160     | Barrow .....           | 503            |
| Kodiak .....           | 252     | Seattle .....          | 1533           |
| Fairbanks .....        | 261     | Chicago .....          | 2785           |
| King Salmon .....      | 289     |                        |                |
| Dillingham .....       | 329     | <b>Between</b>         | <b>Mileage</b> |
| Bethel .....           | 399     | <b>Juneau &amp;</b>    |                |
| Nome .....             | 539     | Sitka .....            | 95             |
| Kotzebue .....         | 549     | Petersburg .....       | 123            |
| Juneau .....           | 571     | Yakutat .....          | 199            |
| Prudhoe Bay .....      | 627     | Ketchikan .....        | 235            |
| Ketchikan .....        | 776     | Seattle .....          | 909            |
| Dutch Harbor .....     | 792     |                        |                |
| Seattle .....          | 1448    | <b>Between</b>         | <b>Mileage</b> |
| Portland .....         | 1542    | <b>Ketchikan &amp;</b> |                |
| San Francisco .....    | 2045    | Wrangell .....         | 83             |
| Los Angeles .....      | 2375    | Sitka .....            | 185            |
| Honolulu .....         | 2776    | Juneau .....           | 235            |
| Chicago .....          | 2847    | Seattle .....          | 679            |

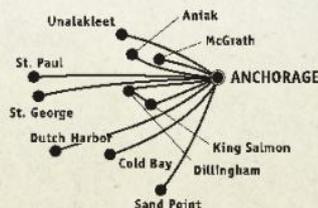
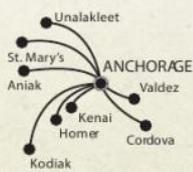
Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

● Alaska Airlines Cities

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

## AIRLINE PARTNERS

Make easy connections throughout Alaska with our partner airlines.



# CUSTOMS AND IMMIGRATION

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

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

## TO THE UNITED STATES

### U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

#### Helpful tips

- One form per person or one per family with same address
- Lines 5, 6 — If not using a passport, leave these lines blank
- Line 9 — Enter "AS" for Alaska Airlines
- Sign at the "X"

### DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

#### Datos de ayuda

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



### DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

#### Datos de ayuda

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

### FMM

Who must complete this form?

All travelers except citizens of Mexico

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México



## TO MEXICO

### MEXICO CUSTOMS DECLARATION

Who must complete this form?

All travelers

#### Helpful tips

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



### FEM FOR MEXICAN NATIONALS

Who must complete this form?

Citizens of Mexico

### FEM PARA MEXICANOS

¿Quién debe completar esta forma?

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

#### Datos de ayuda

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



# AIRPORT GATE LOCATION MAPS

## Seattle/Tacoma International Airport (SEA)



## Portland International Airport (PDX)



## Los Angeles International Airport (LAX)



## San Francisco International Airport (SFO)



# Thought Process

Adult writer retakes the SAT | BY JEFF WALLACH

Let's say that you and several friends are considering buying a beach house together, and the cost of the house is  $X$ . In terms of a percentage of  $X$ , how much less will each person need to contribute if there are three couples and one individual in the group versus two couples and two individuals? ■ It's easy to see why you might someday need to answer a question like this: To figure out whether you can even afford a beach house, and to compute the least number of friends you will need to partner with.

But let's also say that you are a high school junior: Why would you care?

A) You're tired of your family and ready to strike out on your own.

B) You're a precocious entrepreneurial wizard planning for retirement.

C) You wouldn't.

D) You're preparing to take the SAT and this is exactly the kind of question you'll need to know how to answer.

I recently woke early on a Saturday morning and crowded into a high school classroom along with a passel of teenagers armed with No. 2 pencils to face down the SAT—37 years after I first took the test. Why would I care?

A) I was supporting my godson, Chamden, whom I'd been tutoring.

B) After 25 years as a professional writer, I was curious how I might perform on the verbal section compared to how I performed as a bored high school student.

C) Math might be a defense against Alzheimer's.

D) Pure sport.

The fact that I remember my exact scores from almost four decades ago speaks test packets about the long-term impact of exams such as the SAT and ACT—if not specifically on college and career prospects, then certainly on psyche. Would the test results suggest that I'd be a solid candidate for the kind of education that

I've already had? And could I beat the score I achieved the year that *Rocky* won the Oscar for best picture?

Such considerations were, of course, peripheral as Chamden and I met weekly with a math tutor and also persevered through sometimes-incomprehensible reading-comprehension exercises. What mattered most was getting Chamden a good score. But something happened on the way to this forum. We found the logic puzzles, and the reading passages with their buried treasures of points, counterpoints and nuances—and even the quadratic equations—challenging in the way that an episode of *Sherlock* is challenging. We grew to love the sentence-correction questions, which provided the satisfaction inherent in cleaning up a messy spill.

Although criticisms have been leveled at standardized tests,

I've found studying for the SAT relevant because the questions cause you to learn a variety of skill sets and problem-solving tools that likely will serve you well. The process of preparing for the test is what learning should be: Not memorizing the date of the defeat of the Spanish Armada but figuring out how to best solve a wide range of problems and challenges.

Studying for the test requires you to understand and apply knowledge you've acquired over the years, and in some cases to search for information you didn't previously receive or retain. Prepping for the SAT is like preparing for any endeavor, whether you're figuring how much paint you should buy to cover a round room, or you're evaluating a report for subtle biases before you decide what action to take.

The test's subtext reveals that success also depends on learning when it's mathematically advantageous to guess, which instructions you don't need to waste time reading, and other strategies that represent the kinds of efficiencies that make people successful. To me, studying for the SAT is like preparing to launch an IPO or getting the most out of a great book. Preparing for the test forces students to think about thinking.

Our experience proved to be a great test run for Chamden, who will take the exam again to see if he can better his initial score. And I discovered that life experience does make a difference. If I decide to apply to colleges again, I've got a pretty good chance of getting in.

Writer Jeff Wallach lives in Portland.





**Hundreds of Dave Smith customers say**  
**“Excellent! The best experience I have had with a dealership.”**

# DAVE SMITH MOTORS ONLINE

World's Largest Chrysler Dodge Jeep Ram Dealer  
Shop Online 24 hours a day at [DaveSmith.com](http://DaveSmith.com)

Check out our inventory of more than **2,500** new and quality pre-owned vehicles from your computer, tablet or smartphone. **Why Pay More Anywhere Else?**



The Northwest's Largest GM Dealer for 19 consecutive years.



**Warning: This ad may save you money**



**DaveSmith.com 800-635-8000**



# STICK WITH THE BEST.

FORD F-150 STX



**37 YEARS FORD F-SERIES**  
AMERICA'S BEST-SELLING TRUCK\*

Your Local Ford Stores have an incredible deal on one amazing truck. The Ford F-150 STX. This truck delivers a no compromise combination of power and fuel economy. So whether you're hard at work or enjoying the weekend, F-150 keeps you on the road and away from the pumps. Plus, F-150 outhauls the competition with best-in-class payload\*\*. Don't settle for second best. Hurry in now and save a ton on an F-150 STX. These trucks won't last, so see Your Local Ford Store today.

**VISIT COMPAREFORD.COM FOR  
GREAT OFFERS ON THE F-150 STX**

\*Based on CY sales. \*\*When properly equipped. Class is Full-Size Pickups under 8,500 lbs. GVWR.



Your Local Ford Store  
CompareFord.com