



Alaska
Beyond

Horizon Edition

Magazine
November
2016

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on the slopes

HOLIDAY GIFT GUIDE: Presents designed to please, *p. 15.*

SPORTS TECH: Products to improve athletic performance, *p. 30.*

EASY SUBSTITUTIONS: Food choices for a healthier life, *p. 40.*

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Cover: A skier enjoys the Wazoo run at Mammoth Mountain in California's Eastern Sierra. Photo by Peter Morning.

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Saluting our heroes

This month, I've invited Constance von Muehlen, our managing director of maintenance and a former U.S. Army Black Hawk pilot, to tell you how our company is saluting our country's heroes. —*Brad Tilden*

As I think back on my good fortune, having benefited from a college education through an ROTC scholarship, followed by the privilege of serving in the U.S. Army as an aviation officer, I am humbled. As a young officer, I had the chance to fly UH-60 Black Hawk helicopters, graduate from Maintenance Test Pilot training, and serve in Northern Iraq's Kurdish no-fly zone during the first Gulf War—all life-changing opportunities that have shaped my personal and professional development.

The training and experience I received in the Army, as an officer and helicopter pilot, built the leadership foundation and professional expertise that I use today, every day. I learned the importance of teamwork, perseverance, focusing on the mission, supporting my team and other lessons that shaped the kind of leader I am. Most importantly, I learned that caring for my troops, and caring for their training, development and well-being, were critical to the success of our endeavors. These are also hallmarks of Alaska Airlines.

It strikes me that a common core value—caring—underlies both my service in the military and my

career at Alaska Airlines. The airline and our employees care to make a difference in the lives of those who serve and have served. We recognize that no person's service goes without sacrifice—albeit to very different degrees—and that it is important for us as a company to do all that we can to thank members of the U.S. Armed Forces and their families. I've had the privilege of putting my military background to work as co-chair of Alaska's Military Employee Group—a group of employee volunteers working to connect Alaska Airlines and Horizon Air to the military community. Our role includes recruiting veterans and helping them transition into our team. Today, nearly 12 percent of our workforce are veterans or currently serve in the Reserves or Guard.

And we're working to do more. From our Fallen Soldier Team, who ensure respectful transfer to a final resting place, to the Honor Flight Network that provides veterans of World War II, as well as of the Korean and Vietnam wars, with an opportunity to visit Washington, D.C.'s monuments, to partnering with Hiring Our Heroes and Camo2Commerce to help transition service

members into civilian jobs, we are working every day to honor our country's heroes.

To learn more about how our employees honor and support past and present members of the U.S. Armed Forces, go to alaskaairlinesmagazine.com and turn to the story on page 42.

I encourage you to join us in any way you can and salute those who serve. Thanks for flying with us.

—*Constance von Muehlen*



Brad Tilden,
Chief Executive
Officer



**Constance
von Muehlen,**
Managing
Director of
Maintenance

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Brian Bowden, Kevin Kruse and Brett Megran have been instrumental in Alaska's Fallen Soldier Program as well as in the concept and production of the airline's "Honoring Those Who Serve" aircraft livery.

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



Photo: Arlene Chambers Photography



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

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

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

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

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

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

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



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COURTESY PACIFIC SCIENCE CENTER

SEATTLE, WA

“Terracotta Warriors”

Only Western venue for new exhibit

The mausoleum of the first emperor of China, located at the foot of Mount Li near Xi'an, is guarded by at least 8,000 life-size terracotta soldiers famous for the realism of their sculpted forms. Ying Zheng, king of Qin, named himself emperor after unifying warring feudal states and founding the **Qin Dynasty** (221-206 BCE). He is also known for beginning what became the Great Wall of China. His 20-plus-square-mile burial complex was designated a UNESCO World Heritage Site in 1987.

The exhibit “**Terracotta Warriors:**

Guards for Eternity,” April 8-Sept. 4 at the **Pacific Science Center** on the Seattle Center campus, will showcase some of the famous statues, along with related artifacts. Tickets for the exhibit will become available this month. **Gary and Mona Locke** are the **honorary co-chairs of the exhibit.**

“Terracotta Warriors” will only be displayed at the Pacific Science Center and at The Franklin Institute in Philadelphia, the exhibit’s co-presenter. Alaska Airlines is a sponsor of Seattle Center. Contact: 206-443-2001; pacificsciencecenter.org.

Exhibit organizers include the Shaanxi Provincial Cultural Relics Bureau and Shaanxi Cultural Heritage Promotion Center.

*It appears that at least eight basic face molds were used for the warriors, and the artists then used clay to create individual facial features, making each figure look different, according to the book **The First Emperor: China’s Terracotta Army.***



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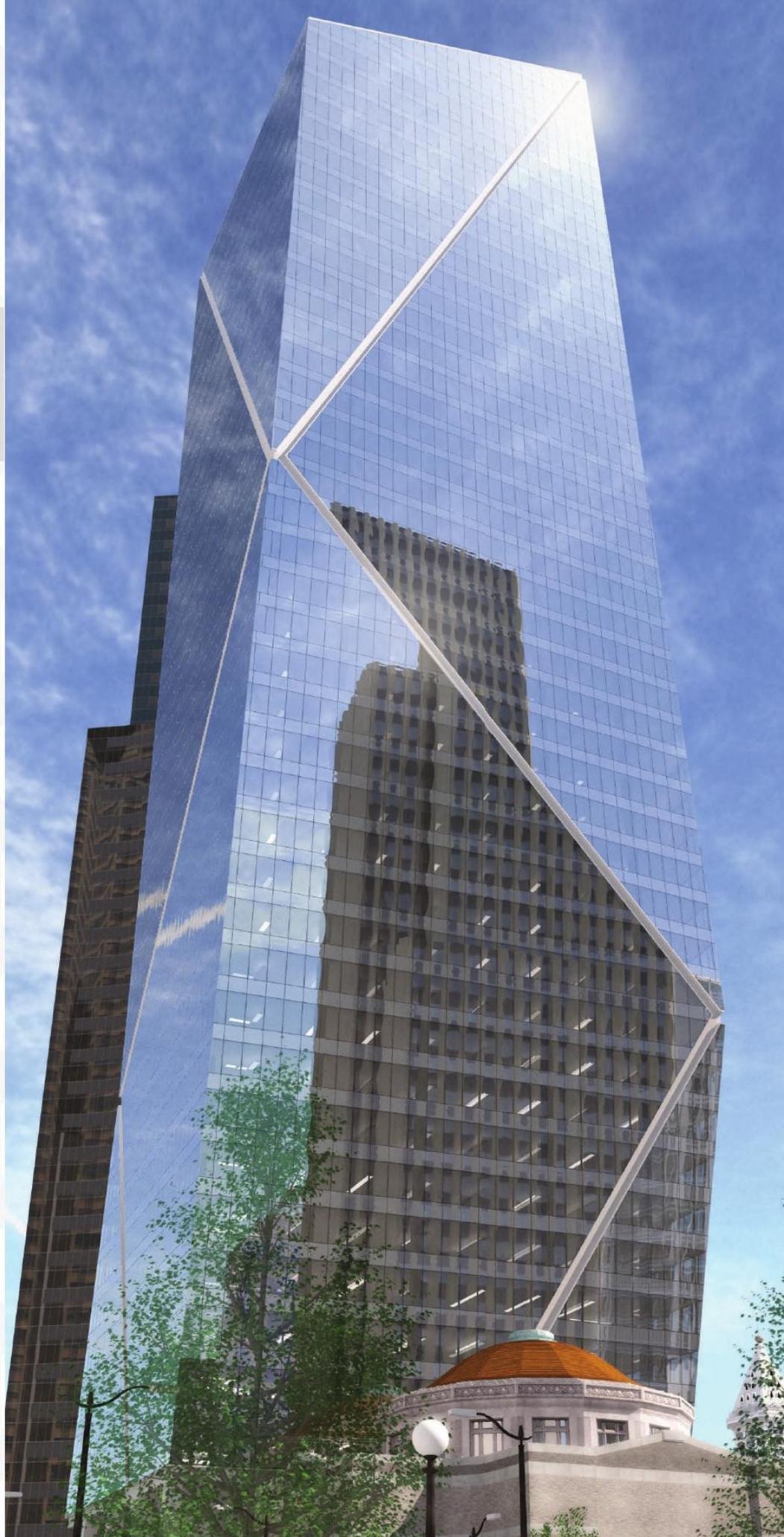
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WHISTLER, BC

Culinary cornucopia



JULIE ZONNEY / CORNUCOPIA

Enjoy gourmet food; learn how to host a tiki party; and take your taste buds on a tour around the world during **Cornucopia**, Nov. 10-20 in Whistler, BC. Celebrating its **20th anniversary** this year, Cornucopia includes seminars; wine dinners; beer dinners; chef's table luncheons; grand tastings; food-and-drink parties; painting-and-wine events; a wine summit; a

beer festival; a Comedy Kitchen; a Night Market; a World Oyster Invitational; and Champagne By Night, a 1920s Black & White Ball.

Prominent local, national and international chefs and food-industry experts are giving presentations, while the 40-plus drink-seminar topics include "A 500-Year History of Gin," "Top Value Wines," "Argentinean Wine Adventure," "New Zealand Confidential," "**Wine & Chocolate: Friends with Benefits**," "Slice Advice: Pairing Wine & Pizza" and "Sommelier Smackdown." The **Nourish Culinary Stage** will

feature workshops such as pickling, canning and preserving foods; fueling for an endurance trail run; and building a healthy family.

Contact: 877-533-3267; whistlercornucopia.com. —M. Dill

Cornucopia Junior Chef, a hands-on program, Nov. 11, "brings teens and professionals together to share in the craft of cooking and learning about food, nutrition and healthy living."

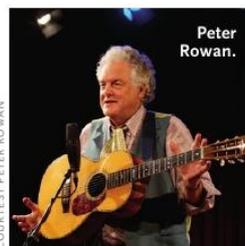


From a chorus of kittens (played by kids) to a score by the late Sir Peter Maxwell Davies, **Cinderella: A Children's Opera** provides a unique experience, Nov. 11-20, at **Billings' Nova Center for the Performing Arts**. Davies is the former Master of the Queen's Music (novabillings.org).



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COURTESY PETER ROWAN

▲ Visitors can enjoy cowboy poetry and music from performers such as Grammy-winner Peter Rowan at the **Monterey Cowboy Poetry & Music Festival**, Nov. 18-20 (montereycowboy.org).

Dance sets from DJs and from bands such as **Major Lazer** will be punctuated by pro-athlete ski jumps and tricks on a ramp next to the main stage at the **Snow Globe Music Festival**, Dec. 29-31 in **South Lake Tahoe** (snowglobemusic-festival.com).

PORTLAND, OR

Wild Arts Festival

Pastel and oil paintings of birds and landscapes on ornamental copper plates by Cornelius, OR-based artist **Amanda Houston**, an award-winning member of the Northwest Pastel Society, are among the 8,000 to 9,000 pieces of art being showcased during the **Wild Arts Festival**, Nov. 19-20 at Portland's Montgomery Park. More than 200 original bird-themed paintings by local artists will be available for purchase at the festival, which benefits the Audubon Society of Portland.



The event features pieces by painters, sculptors, jewelers, photographers, woodworkers, glass artists, potters and more, all with a nature theme. The festival also features poets, nonfiction writers and novelists, including internationally known Portland author **Ursula K. Le Guin**.

Portland Audubon's education birds, which are nonreleasable due to their inability to survive on their own in the wild, will be at the festival, as ambassadors for their species and Portland Audubon. They include species native to Oregon, such as the **American kestrel** and the **great horned owl**. Contact: 503-292-6855; wildartsfestival.org.

—Jeevika Verma

DISPLAYS FROM A PREVIOUS YEAR'S FESTIVAL / COURTESY AUDUBON SOCIETY OF PORTLAND



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Presidential pets



COURTESY CHARLES M. SCHULZ MUSEUM AND RESEARCH CENTER

At the Charles M. Schulz Museum and Research Center's "Snoopy Presents: Lucky Dogs and Presidential Pets," through Feb. 19, visitors can learn about our nation's colorful history of presidential pets, from George Washington's horses to Barack Obama's family dog, Bo. The exhibit includes paintings; photos (such as President Benjamin Harrison and his family with their pet goat, Old Whiskers, on the White House lawn); and trivia games for matching U.S. presidents to their animals. For instance, one interesting trivia item is that the two grizzly cubs were a gift to Thomas Jefferson from Captain Zebulon Pike.

Visitors can also chuckle at a small sample of Peanuts strips: Snoopy himself was appointed Head Beagle—dog ruler of the Peanuts world—in a 1970 storyline, but swiftly decided to return to his normal spot on the roof of his doghouse.

Contact: 707-579-4452; schulzmuseum.org.

—Lara Douglass

What do a peacock, two grizzly cubs, the first documented Siamese cat in America and numerous species of dogs have in common? They have each lived on the White House grounds, as beloved pets of various U.S. presidents.

AROUND THE ROUTE SYSTEM

Learn about Navajo Code

Talkers, the late Dan Akee and Chester Nez, who are among the veterans the Library of Congress is honoring by showcasing archived interviews during November in conjunction with **Native American Heritage Month** (nativeamericanheritagemonth.gov). November is also **Alaska Native Heritage Month**.

BOISE, ID

The renovation and construction of **Boise Centre East** is complete, creating an additional 36,000 square feet of space that increases the total convention center space to nearly **90,000 square feet** (boisecentre.com).



EUGENE, OR

The **University of Oregon Museum of Natural and Cultural History** in Eugene is celebrating the grand reopening of its "**Oregon—Where Past is Present**" exhibit, Nov. 5-6. New interactive zones include "**Paisley Caves and the First Americans**," featuring a state archaeological site that dates to 14,000-plus years ago (natural-history.uoregon.edu).

SEATTLE, WA

"**Tabaimo: Utsutsushi Utsushi**," the first major exhibition curated by globally acclaimed artist Tabaimo, will feature eight of her installations, along with works she selected for their close connection to her art, at Seattle's **Asian Art Museum**, Nov. 11-Feb. 16 (seattleartmuseum.org).

AROUND MONTANA

Alfresco ice-skating

Outdoor ice-skating rinks can provide the opportunity to glide amid a setting reminiscent of a Currier and Ives print, and Montana has several rinks that are perfect for a classic alfresco skating experience.



For example, in the city of **Missoula's Pineview Park**, volunteers have been creating a skate rink every winter since 1975 (406-552-6000; ci.missoula.mt.us).

A large pond in **Great Falls' Gibson Park** offers ice-skating throughout much of the winter, and is a great place to watch or play friendly pickup hockey games (406-771-1265; greatfallsmt.net).

In **Billings**, the Parks and Recreation Department creates a pond for skating at **Veterans Park** when temperatures drop. Groups can reserve the open-air shelter and fire up a park grill for a full day of fun, and the rink is even illuminated for night skating (406-657-8371; billingsparks.org).

—Kaitlynn Mann

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1



4



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6



10

1. Handblown tumblers and pint glasses with USGS data-based 3-D models of Mount Rainier (shown above), Mount Hood and Half Dome molded into the base of the glass, from Portland, OR's **North Drinkware** (northdrinkware.com).

2. Hats with features such as UV protection, water repellency and ventilation (and styles such as Portlander, shown above), for adults and kids, beach or mountain, from Talent, OR-based **Sunday Afternoons**, which will celebrate its 25th anniversary next year (sundayafternoons.com).

3. Award-winning artisan meats, such as salami, sausage, bacon and pork loin, from **Cured by Visconti** in Leavenworth, WA (curedbyvisconti.com).

4. Elegant wooden cooking utensils, such as spoons, cut-

ting boards and a novel modern saute tool, designed and crafted by a mechanical engineer who is the owner/maker at **Earlywood** in Red Lodge, MT (earlywooddesigns.com).

5. Truffles, chocolate bars, caramels and more from award-winning **Cowgirl Chocolates**, in Moscow, ID, with gift containers ranging from a handmade cowgirl boot to a **Western Trail Lunchbox** and a **Retro Cattle Drive Tin** (cowgirlchocolates.com).

6. Home decor, baby gifts and more—including velvet pumpkins with natural stems, crafted by Oregon's **Hot Skwash**, and wooden art-block tiles from British Columbia's Cedar Mountain Studios—from **The Gilded Lily Home Shop**, Wenatchee, WA (gildedlilyhome.com).

7. Handmade silver jewelry,

including pendants evoking botanicals and hearts, each individually crafted by the artist/owner of **Silver Cherry** at Seattle's Pike Place Market (silvercherry.net).

8. All-natural soy candles and home scents, all in varieties ranging from Evergreen and Gingerbread to Snow (vanilla/peppermint/pine) from Boise's **Lit & Co. Candles** (litandco.com).

9. New items such as the **Fire Station Playset** and **Farm Playset**, along with longtime favorites such as the **Ferry Boat with Mini Cars** and **Build-a-Bouquet**, from the San Francisco Bay Area's **Green Toys**, whose products are made in the USA from 100 percent recycled milk jugs (greentoys.com).

10. Custom gift sets from Seattle-based **Knack**, where tech

meets personal touch via a website that lets you "shop like a local" for curated products from Washington and Oregon. Items are delivered with a "Knackbook" that features your message and tells the story behind each merchant. Options include bath and body products from Seattle's **Herbivore Botanicals**, as shown above (knackshops.com).

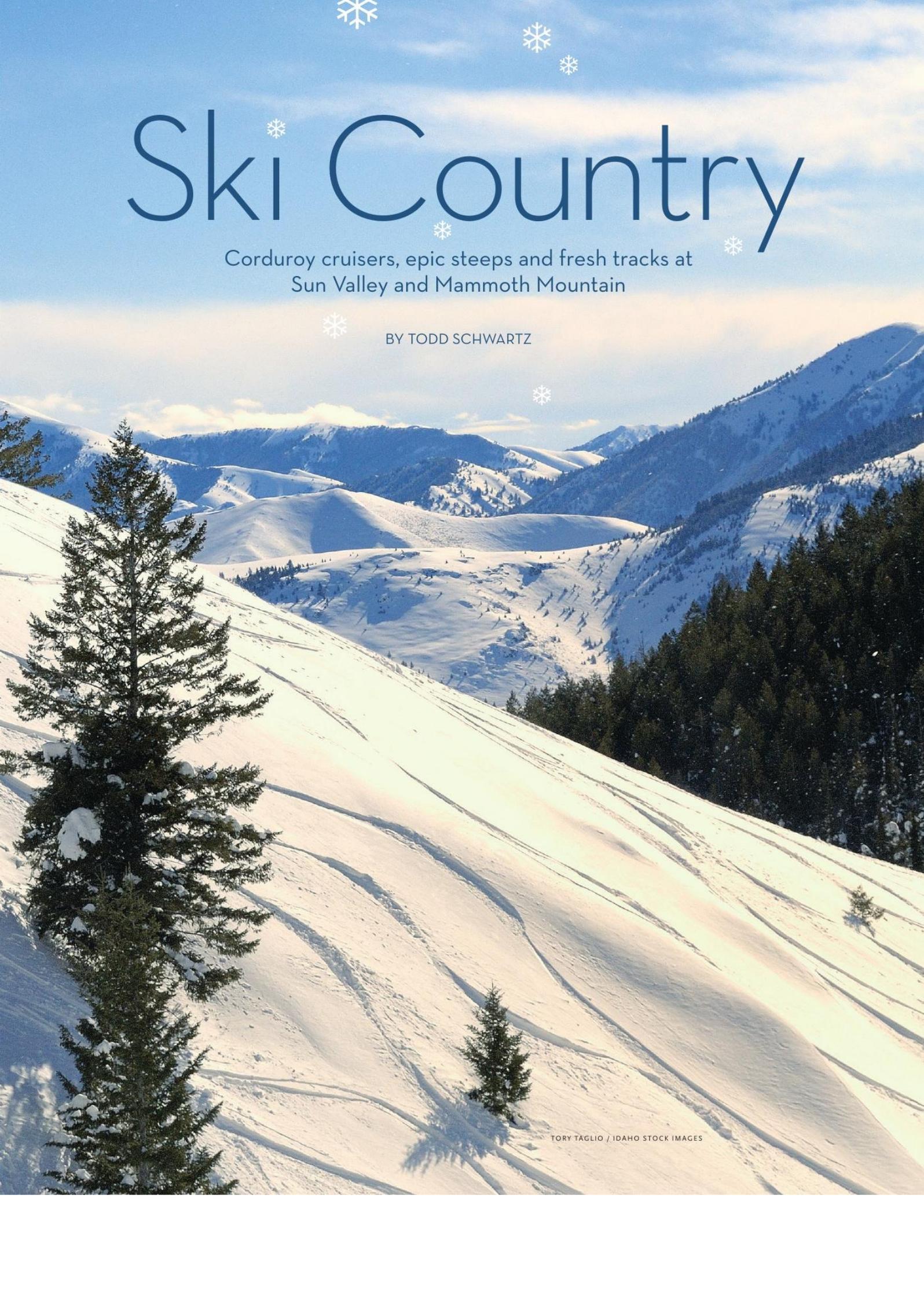
Wine-gift options:

Washington (washingtonwine.org), **Oregon** (oregonwine.org), **Idaho** (idahowines.org), **Sonoma County** (sonomacounty.com/wineries) and **BC's Okanagan** (winebc.com).

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Bald Mountain, with a 9,150-foot summit, is often painted with fresh powder and warm sunshine.



Ski Country

Corduroy cruisers, epic steeps and fresh tracks at
Sun Valley and Mammoth Mountain

BY TODD SCHWARTZ

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❄️ THE EXPANSIVE MOUNTAINS to the west of Sun Valley stretch before me as I slide off the Mayday lift at the 9,150-foot summit of Bald Mountain. I turn south along the ridge, toward the series of nicely steep bowls that crown the ski area. ❄️ A quick drop off the waist-high cornice at the entry leads me into black-diamond Mayday Bowl, painted with sunshine and a silky fresh 4 inches of snow over a soft base. Perfect for arcing a few long GS turns before dropping into the narrow valley in the center of the bowl. Soon I have the necessary speed to go over the ridge and into neighboring Lefty Bowl.

To the southeast, I can see Seattle Ridge Day Lodge below me, and beyond that the airport and the city of Hailey, and in every direction, blue sky, white snow on green mountains and ... oops, better pay attention as I reach the bumps that eventually funnel down to the Broadway groomer. Head and shoulders quiet; look ahead down the line; knees loose to absorb the terrain; check my speed on the back of the next bump; plant my poles on the tops; smile big.

Somewhere in the one small lobe of my brain not focused on getting down the hill, I realize that what makes skiing so enjoyable is the pure nondigital, multisensory reality of it all: the weather in my face, the freedom to choose my own path and feel its terrain beneath my poles and skis; the thrill of my eyes and my muscles and my balance working in sync—much of the time, anyway.

And, most of all, I enjoy the immediate results of



Above left: Sun Valley is known for its long, continuously pitched runs and perfectly groomed cruisers.

Above: Seattle Ridge Day Lodge is a great spot for lunch, snacks or an afternoon break.

my actions, from pure deep-breath joy at the end of a run to a collar full of Sun Valley powder midbowl if I happen to get behind my boots in the bumps.

Generations of skiers have found joy at this flawless ski area, which has entered its 80th year while sitting at the forefront of resort technology and amenities. Another longtime favorite, dating back to the early 1940s, is Mammoth Mountain Ski Area, which has also continued to modernize and add amenities. Both resorts are justly renowned for their big slices of high-country heaven and terrific Western skiing.

Superb Sun Valley

After managing the moguls and reaching Broadway, I make long turns until I'm back at the base of Mayday chair, which delivers me to the center of a row of eight connected bowls, stretching from Christmas to Sigi's. I swing under the lift line and drop into Lookout Bowl. Halfway down, I dive into the woods that top each ridge between bowls. The pitch falls away nicely; the tree spacing is right; and I spend the next hour playing bowl games all along the line.

Eventually I'm ready for some luxury cruising, so I ski past the base of Mayday chair and jump on the Seattle Ridge high-speed quad that takes me up to wide boulevards of sun-splashed corduroy: Gretchen's



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Gold, Muffy's Medals, Christin's Silver—all named for Sun Valley's Olympic medal winners.

Sun Valley is justly famous for long, continuously pitched (flat spots are rare) and superbly groomed cruisers, ranging from beginner-friendly forgiving to World Cup race-course steep. The U.S. Alpine Championships, in fact, were held here last spring and will return in 2018.

Graced by as much as 230 inches of annual natural snowfall, Bald and Dollar mountains, which make up the Sun Valley resort, are also served by hundreds of high-tech, water-efficient snowmaking jets, with so much capacity that expansive runs such as Upper College can be completely covered with human-crafted powder in just three days.

Sun Valley's 18 lifts and 121 runs, spanning 3,400 feet of vertical, are almost certainly beyond what railroad baron and skier William Averell Harriman imagined back in the Great Depression when he sought a new way to attract train passengers to the West. He sent an Austrian count named Felix Schaffgotsch to find the ideal place for a winter resort, and the sovereign snow chaser eventually came to Ketchum, Idaho—known at that time for some of the largest herds of sheep in the West. The combination of perfectly angled slopes, dependable snow and lots of sunshine sold Harriman, and by 1936 he had founded Sun Valley.



Soon the world's first chairlifts were hauling well-heeled movie stars, starlets and business tycoons. Eight decades later, Sun Valley is a skiers' and riders' mountain still rich with elevated Western panache. And some youthful edge. Dollar Mountain, just southeast of the nicely renovated Sun Valley Lodge, is home to a family cross course; a larger, more challenging cross course; and three terrain parks.

I like to keep my boards within at least shouting distance of the surface, so I zoom down Lower Broadway to the Cold Springs chair, which travels to the iconic Roundhouse restaurant—7,700 feet up Baldy,

Above: Dollar Mountain is home to three terrain parks as well as two cross courses.

Where to stay at Sun Valley



Luxuriating in Room 217, which seems just slightly smaller than my entire house, it's easy to appreciate the extraordinary,

Sun Valley Lodge has opened a new 20,000-square-foot spa.

many-months-and-many-millions makeover of the **Sun Valley Lodge**. The lodge's history and casual elegance are unchanged, but everything else is brand-new, more spacious, more comfortable and more family-friendly. The rooms and their bathrooms are much bigger, beautifully designed and furnished, and 65 of them feature fireplaces. There is a gorgeous new 20,000-square-foot spa, a big new pool deck with a poolside cafe (never fear, the circular pool is still there) and an expanded lobby. Lodging at America's first destination ski resort is ready for its next eight decades. I'm ready for luscious crab tagliatelle and butternut squash bisque at the reimagined Gretchen's restaurant.

There are also many lodging options in and around Ketchum, from terrific small hotels such as the Knob Hill Inn, to condos, to luxury homes. Ketchum's newest hotel, Limelight, offers approachable luxury and is taking reservations for arrivals starting January 13, 2017. Call 855-272-5021.

When dinner calls, there are many answers, including icons such as the European-style Ram in Sun Valley Village and the authentically Old West-themed Pioneer Saloon in Ketchum. I also like Vintage Restaurant, Enoteca, the Cornerstone Bar & Grill, and the up-and-coming Warfield Distillery & Brewery. In addition, a sleigh ride to dinner at Trail Creek Cabin is always frosty, cozy fun.

For those who don't downhill ski or ride or who want a day off the slopes, there's tubing on Dollar Mountain, cross-country skiing and snowshoeing, and ample opportunities for retail therapy in both Sun Valley Village and Ketchum. ■



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77 years young, and home to exceptional food and views. I stop in for a terrific lunch, as Gary Cooper and Ernest Hemingway did before me. They probably didn't eat creamy sweet potato bisque and a luscious lamb and grilled-eggplant sandwich, but I do.

Then it's five minutes on the high-speed Christmas chair to the top, and an amazing afternoon of laps in acres of perfectly gladed terrain off the Frenchman's chair, some keep-calm-and-charge-on-style rippers down wide-open Greyhawk and Hemingway, and great drops down Limelight and Picabo's Street.

At day's end, most everyone has headed for *après*, and it's just me carving down Upper College and Flying Squirrel with the lowering sun behind me. Chasing shadows in golden light, I open it up, stand hard on the downhill ski and revel in the reality. Nothing to swipe or click, no passwords, no Game Over. Just skis and snow and slicing through crystalline Idaho air.

Sierra Superstar

A few days later I'm stepping off the Panorama Gondola at the 11,053-foot summit of California's Mammoth Mountain. This is the highest lift-served terrain west of the Rockies, and I take in 360 degrees of pretty serious skiing, and 19 degrees Fahrenheit of

slightly thin mountain air.

I could also take in a nice lunch and a geology lesson, since Mammoth's Eleven53 Cafe and Interpretive Center is right beside me, but it's still early, and there's too much to see and to ski.

California's High Sierra is spread out around me. The spires of the Minaret Range rise to the northwest. The massive granite Balloon Dome monolith hunkers to the southwest. To the east, past the town of Mammoth Lakes, a huge volcanic explosion 760,000 years ago created the bowl of the Long Valley Caldera, one of earth's largest volcanic craters. Above the caldera, a plane is on final approach to the Mammoth Yosemite Airport, about 10 minutes from town.

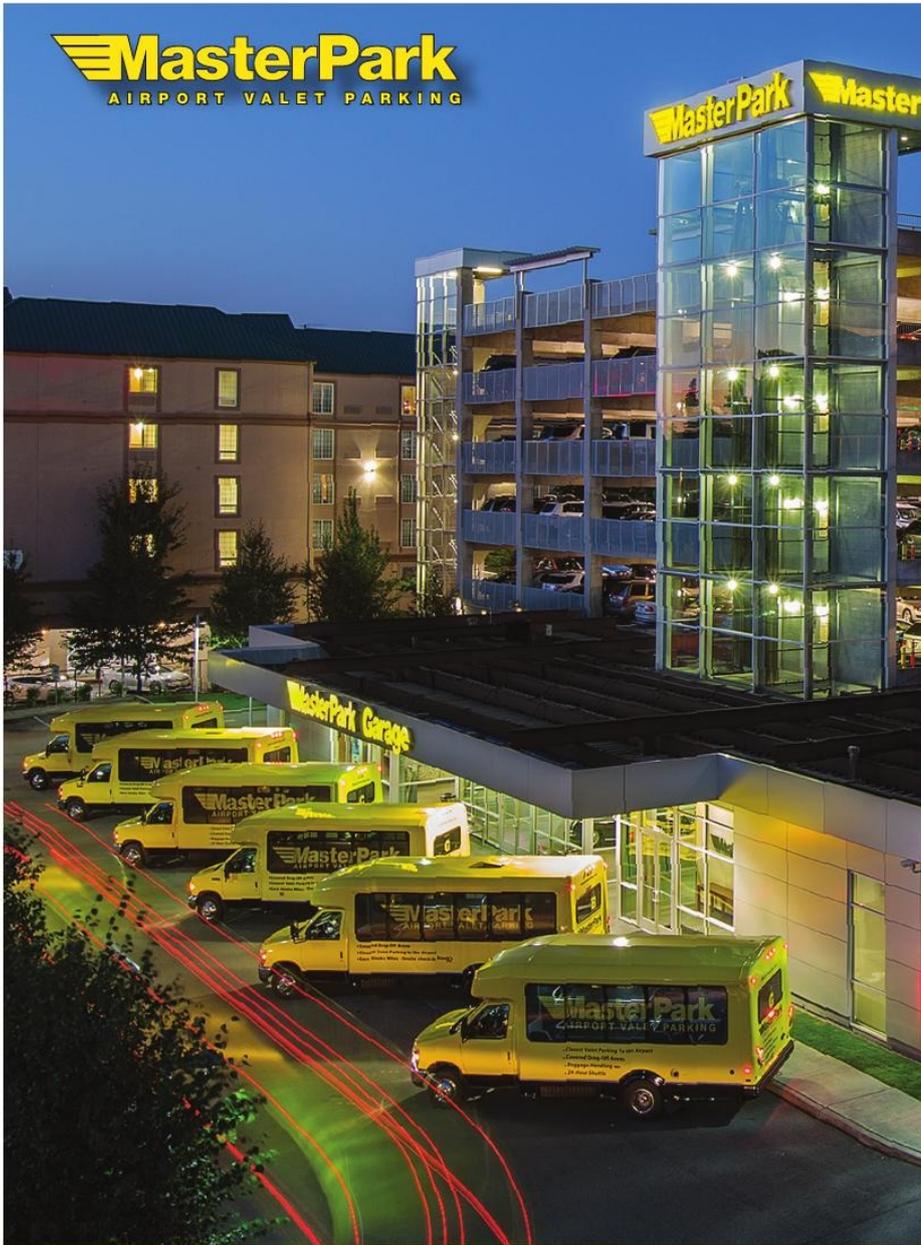
Also arrayed around me are 28 lifts and 3,500 skiable acres, from mellow cruisers to steep, narrow chutes. I take off down the long summit ridge, where the world falls away at a 40-degree pitch, and drop cautiously into Climax. It's a double-black-diamond bowl with an attention-getting entry of huge irregular bumps. Plan the first three turns, don't hesitate, stay out over the skis, breathe. After that, it's all fluffy white happiness.

Exiting Climax, I carve GS turns down the groomed runs in Saddle Bowl to the Panorama midstation,

Above: Mammoth Mountain offers 3,500 skiable acres, 28 lifts and a summit at 11,053 feet in the High Sierra.

Continued on page 28.

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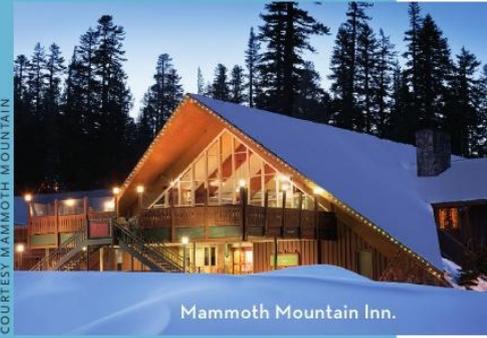
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Where to stay at Mammoth Mountain



COURTESY MAMMOTH MOUNTAIN

Mammoth Mountain Inn.

Mammoth Mountain and the town of Mammoth Lakes offer a long and varied list of exceptional places to stay and eat, and pretty much everything is linked by a free public-transportation system.

A room at the rustic, 1960s-era **Mammoth Mountain Inn** provides a catch-first-tracks location next to the gondola base at 9,000 feet. If you prefer your digs shiny new and somewhat more oxygenated, you'll find a wide range of choices 2,000 feet lower in town, and the Village Gondola will whisk you to the slopes.

Top properties in Mammoth Lakes include **Sierra Nevada Resort & Spa** and Snowcreek Resort. At Sierra Nevada Resort & Spa, modern amenities complement warm and welcoming vintage decor, including a lobby area with lots of seating around a big fireplace. The spa offers muscle-soothing treatments, and room options include spacious fireplace suites, each with a kitchenette, heated bathroom floor, and separate large shower and deep soaking tub. The resort also has three restaurants, including the excellent Mediterranean-themed Jimmy's Taverna, whose decor and gourmet cuisine are inspired by the Aegean seaside. The menu features seafood specialties and land-based choices such as grass-fed beef, free-range chicken and tender lamb.

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Snowcreek Resort is part of a 449-acre village with a meandering creek and luxurious condominiums for vacation rentals. Guests can enjoy the resort's 30,000-square-foot athletic club, including spa treatments, fitness classes and even trampoline rooms (call ahead for trampoline-use conditions and reservations). The athletic club's **Bistro East Restaurant and Lounge**, in a large, lively contemporary space open to the public, serves Japanese-style dishes, fresh fish and sushi, and its diverse menu also includes items such as ramen and beef sliders.

Seasons 4 Condominium Rentals offers spacious options near Canyon Lodge, The Village at Mammoth and the Lakes Basin, and **Mammoth Premiere Reservations** can assist with bookings for numerous properties in various locations.

For dining, in addition to great in-town resort options, you can go elegant (the wonderful Lakefront Restaurant at Tamarack Lodge on Twin Lakes), go stylish (53 Kitchen & Cocktails or tiny Skadi across from the Village), go unexpected (Mammoth Rock Brasserie, whose gourmet food is overseen by a chef from France, making this likely the best restaurant ever to reside above a bowling alley) or go unassuming but awesome (the unique but tiny Toomey's, where chef Matt Toomey serves world-class cuisine). The one thing you can't do is go wrong, with dozens of excellent options—for breakfast, lunch and dinner—in the Mammoth Lakes area.

Those looking for off-slope activities also have multiple choices, from Woolly's Tube Park & Snow Play Area (a day-and-evening family fun zone with inner tube sliding served by one lift) to cross-country skiing at Tamarack Lodge, snowmobile tours, scenic gondola rides and dinner at 9,600 feet at McCoy Station. ■



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Continued from page 23.

where I hop on and swap mostly true tales with two couples from the Bay Area. We all decide to work the ridge to black-diamond Dave's Run, which is named for Dave McCoy, the 1937 California state ski champion who first put up a rope tow on Mammoth Mountain in 1941. (The mountain is named for the late-19th century Mammoth Mining Company.) Over the ensuing years, Mammoth drew growing numbers of skiers, first from California, then from around the country and the world.

Dave's Run is steep and bumpy but with a forgiving entry. The five of us ski down, and then my new friends decide to go back up while I cruise on perfect corduroy 2,000 vertical feet to the bottom of the Stump Alley Express, where there's great barbecue to be had at the Mill Cafe.

Fortified and only a little sticky from the ribs, I take Goldrush Express up to mid-mountain, then work around to the steep trees and tight chutes served by Chair 22. The bumps are soft and sweet, so I lap this chair for several runs before skiing down to the Canyon Lodge base at 8,343 feet. This is the takeoff point for visitors who stay in lodgings at The Village at Mammoth in the town of Mammoth Lakes.

For me, it's back up to McCoy Station at 9,630 feet, then onto the Panorama to the summit. I ski along Upper Road Runner, which follows the ridgetop, until I turn left toward the Minarets and drop into Mammoth's backside runs.

I close the day with a flier down St. Anton, still finding untouched corduroy, to the Main Lodge and a cold beverage. The reality of a terrific day in the mountains sinks in. Reality doesn't always bite: On skis in the Sierra, it usually grins. ■

Todd Schwartz writes from the Portland area.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) provides regular service to Sun Valley and Mammoth Lakes. For more information about Sun Valley: visitsunvalley.com and sunvalley.com. For more information about Mammoth Lakes: visitmammoth.com and mammothmountain.com.



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Technology such as Bluetooth communications, GPS trackers and accelerometers hidden in and attached to sports equipment is improving training for many athletes. Paddle-sport participants as well as baseball, basketball and tennis players can have their performance data recorded and sent to smartphones and other devices for analysis.

SPORTS TECH

Sensors, trackers and smartphones improve athletic performance

By Jeff Layton

The ball careens off my toe and has a funky spin as it flies. It's exactly the kind of bend I'm looking for: one that starts straight, but then takes a wicked dive, fooling anyone trying to track it.

As the oldest member of an ultracompetitive adult kickball team in Seattle, I have to make tactical kicks if I'm going to keep my roster spot. I'm at the age where I can no longer rely on crushing home runs.

Instead, I have to improve my line-drive singles using kicks that curve like the one I've been practicing.

But getting a ball to arc around a defense is hard to do consistently—any soccer player can attest to that. You have to strike the ball in just the right spot with just the right swing of your leg.

It's an equation that's confounded me for years. That's why I've been playing around with a new soccer ball—it also helps my kickball game—that's designed to tell me exactly what

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I'm supposed to do.

Kick after kick, my smartphone flashes colorful diagrams showing the ball's flight and where my toe struck it. I can see what I've been doing wrong and experiment with ways to refine my approach.

The Adidas Smart Ball is part of a wave of products intended to help everyday athletes get a little bit better. Companies from startups to major corporations are following in the footsteps of the wildly successful Fitbit by

designing new technology that tracks performance, says Aren Kaser, whose Seattle-based company, Igor Institute, develops consumer electronics products.

Companies are placing tiny accelerometers, GPS trackers and low-power Bluetooth communications inside equipment such as basketballs, golf clubs and paddles to help us improve our performance. Here's a snapshot of some of the latest sports technology that's blazing trails in a fast-growing industry.



Adidas Smart Ball

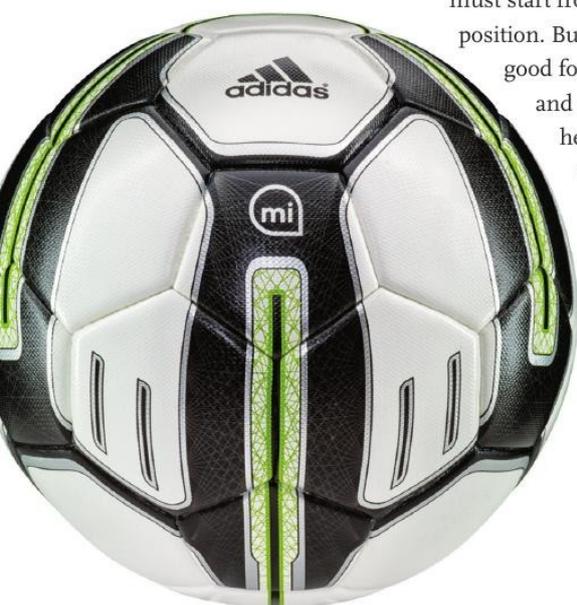
The Smart Ball system is designed to be more than a tracker. It's made to teach you through practice and instructional videos how to refine your skills.

The data are measured using an accelerometer powered by a lithium-ion polymer battery embedded in a soccer ball. The sensor package syncs to your smartphone through the companion Smart Ball App, allowing

you to track the spin, curve and force of your kicks so you can work on lobbing your shots over defensive walls. (Or, in my case, finding a patch of grass in the outfield during a kickball game.) Videos that play on your phone showcase examples of professionals and also provide tips.

The Smart Ball, which is rechargeable through contact with a base, does not record game action because the ball must start from a stationary position. But it's especially good for practicing penalty and corner kicks, and helps you find the sweet spot by sending instant feedback to your smartphone.

adidas.com/us/micoach-smart-ball/G83963.html



The Adidas Smart Ball (below) and the Wilson X Connected Basketball (above) use sensors to track performance data, including a shot's trajectory, height and distance. Smartphone apps for each product include features such as games and instructional videos.

Wilson X Connected Equipment

If you picked up a Wilson X Connected Basketball at random, you probably wouldn't know it was filled with sensors. It has a regulation size and weight, with a typical grip and bounce. But for each shot you take, sensors track your swishes and your misses as well as the shot's height and distance.

The accompanying X Connected smartphone app graphs all of the data in addition to offering games such as Buzzer Beater, which has a countdown clock and artificial crowd noise to help you imagine you're in the heat of the moment. The system does a respectable job of knowing if you've actually made your shot, but in order to do so the ball needs to be thrown at least 7 feet from the hoop (sorry, layup lovers).

Unlike most trackers, Wilson's basketball uses an irreplaceable internal battery that doesn't charge. The company

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claims the product will last 100,000 shots before the battery dies, and then the X Connected becomes just another basketball.

In August, Wilson also introduced the Wilson X Connected

Football with sensors that measure statistics such as spin rate, velocity and distance.

wilson.com/en-us/explore/basketball/wx.html



Oakley Eyewear

When you ski or snowboard, the Oakley Airwave 1.5 goggles give you real-time data on a heads-up display. Similar to how drivers can check their speed and GPS while on the road, the goggles let skiers and riders view information such as vertical drop, velocity and altitude, which appear to float 5 feet in front of you. The information appearing on the dashboard is customizable and can be toggled through using a remote control that's paired to the goggles.

The GPS function has a buddy-tracking feature that

helps you find in real time your friends who have the goggles or Oakley's smartphone app. The GPS also records your routes, allowing you to review your day on the slopes using the app.

In October, Oakley introduced Radar Pace glasses for cyclists and runners. The glasses have sensors that, along with an accompanying smartphone app, track information including speed, heart rate and distance. A virtual coach even interprets the data and provides audible instruction.

oakley.com/en/collection/airwave



The Babolat Pure Drive Play Tennis Racket (above, right) is integrated with sensors that record data such as spin, power and shot angle. Oakley's eyewear products, including Radar Pace (left), provide athletes with real-time performance data.

Babolat Pure Drive Play Tennis Racket

The Babolat Pure Drive Play Tennis Racket is an integrated system that has sensors built into the racket.

When you hit a ball, the racket not only records your movement, but also knows how much spin you put on the ball, how hard it was struck and where it hit the strings.

The data-tracking system cannot be transferred to a different racket, however.

Play an entire match with Babolat and then review your data on the Babolat smartphone app that shows useful diagrams charting your total shots, hits and power.

Backhands and forehands are further broken down into flat shots, slicers and topspins.

en.babolatplay.com/play



Game Golf sensors help PGA professionals, including Graeme McDowell, and weekend golfers track information such as ball striking, distance and height. Data can be grouped by strengths and weaknesses to help players set performance goals.

after each shot, and the internal GPS knows where and how far you've hit the ball. The data are displayed on the Game Golf app.

Over time, you can compare your latest round to past rounds on the same course, and you can see how your stats stack up against other users' stats, including PGA Tour golfers' stats. About 37,000 courses worldwide have already been mapped.

You can also group aspects of your game, such as performance off the tee and on approach, by strengths and weaknesses, and set improvement goals.

gamegolf.com

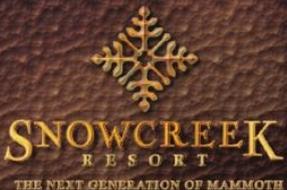


Game Golf

Small adjustments can make a big difference in golf. That's partly why the sport is at the forefront of the performance-tracking-technology industry. Plenty of devices are already out there, and Game Golf is a good example of the wearable tech

that can record your next practice or tournament round.

Insert small, lightweight plastic sensors into the end of your club grips, and clip a pagerlike device onto your belt. Then tap the sensor, which sits flush on the end of your club, to the device on your belt before or



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Zepp Sensors

Hitting a round ball with a round bat is one of the hardest things to do in sports. Tweaking your baseball swing at the amateur level is also hard because few of us own high-speed cameras to analyze ourselves.

Zepp sensors are designed to do just that. A water-resistant sensor synced to a smartphone is inserted into a rubber mount that wraps around the bottom of the bat handle.

When you swing, your motion is charted in 3-D, revealing the angle of your bat when it strikes the ball, as well as your bat speed and how well your bat passes through the strike zone. The smart coach feature offers personalized video training programs from MLB players.

Zepp sensors are especially



good at recording your prepitch bat movement to see if you're beginning your swing at the same spot every time, which is important for consistency. They also come in versions that work with a golf glove or a tennis racket.

zepp.com/en-us/

Zepp sensors attach to the end of baseball bat handles to track bat angle and positioning, among other statistics. The sensors pair with a smartphone app.

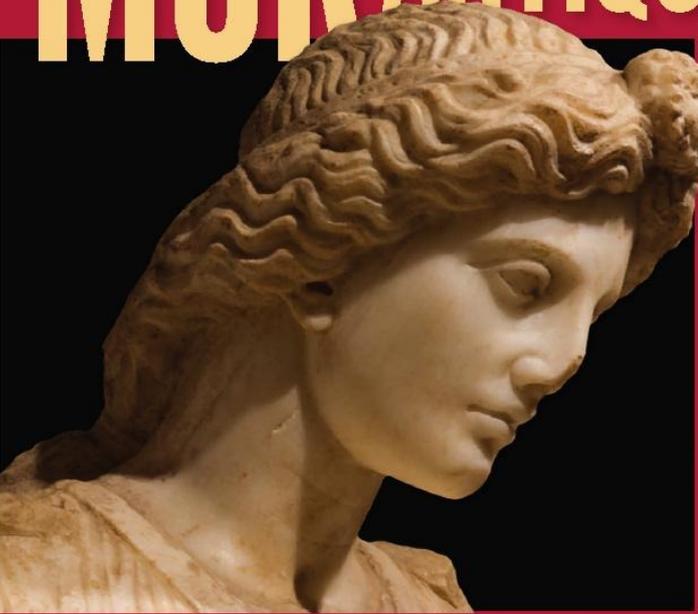
Athla Velocity

The Athla Velocity: Hands-Free Speed Radar (Ultimate Version) app turns a smartphone or tablet into a radar detector by using the device's built-in camera. The app works for multiple sports, including baseball, softball, soccer and tennis.

Set your device on the ground about 20 feet in front and 20 feet to the side of a player, with the camera pointed at the athlete, and the app announces the velocity of the player's pitch, kick or serve. You can also link to a second device to view the results rather than having to pick up the first device and reposition the camera each time.

The app designer, Athla, claims the speeds are accurate to within 0.3 mph of a professional radar tracker.

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The app is more suitable for practice than for an actual game because the recording device must be set up on the ground a fixed distance from the player.

athla.com

Vaaka

From stand-up paddleboards to dragon boats, water sports remain as popular as ever. Now Vaaka has developed rowing counters that can track your paddle cadence.

The device is waterproof and is quickly affixed with rubber straps to a single- or double-bladed paddle. It then pairs with existing GPS devices, which are available in waterproof models.

Vaaka has two versions—the most popular with paddle-sport athletes is the ANT+, which works with Garmin GPS products available in waterproof smartwatch options. The other is Bluetooth 4.0-compatible and works with most Polar, TomTom and Suunto devices, also available in waterproof smartwatch models.

While many GPS fitness trackers don't have a paddle mode, you can use the bike mode to count strokes—this mode counts revolutions per minute.

Vaaka can also be paired with smartphones using the cycling mode on the free Wahoo Fitness app. The obvious disadvantage, however, is that most smartphones aren't waterproof, so you're risking an expensive device if you use it in a boat.

Vaaka is popular with people training for world outrigger sprinting competitions and recreational rowers alike.

vaakacadence.com ■

Jeff Layton is a writer based in Plain, Washington.

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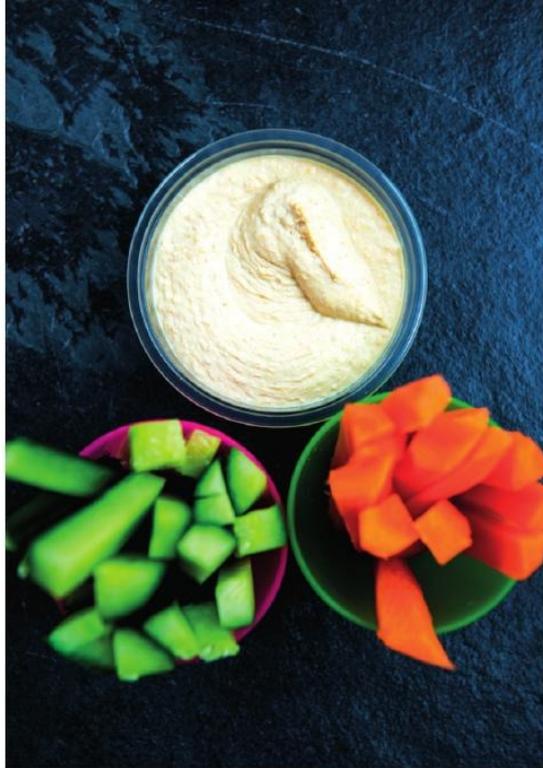
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Replace juice and sugary energy drinks with water.



Serve oats instead of sugary breakfast cereals.

Pack trail mix that includes dried fruit and nuts.



Instead of a plain bagel, eat a whole wheat one.



Choose rice cakes instead of high-fat cookies and crackers.





EASY SUBSTITUTIONS

IDEAS FOR HEALTHIER FOOD CHOICES

BY MICHELLE WALLAR MARTIN

WHAT WE EAT AND DRINK BECOMES THE FUEL THAT ENERGIZES US, AND THE MATERIAL THAT REJUVENATES AND REPAIRS OUR BODIES. GOOD CHOICES CAN BENEFIT US IN A VARIETY OF WAYS.

For instance, when a college student named Julie wasn't feeling well, including experiencing chronic headaches and stomach upset, she consulted a doctor who determined that she was sensitive to processed sugar. She replaced snacks such as muffins and cookies with carrot sticks and celery sticks. Soon her headaches were gone; her stomach felt fine; and she had lost several pounds, on her way to losing more than 50. "It was hard the first few days, but I replaced processed sugary foods with healthy foods, and I felt so much better," she says, "and the weight just started falling off."

Even small changes to substitute healthy choices for less healthy ones can make a difference. Below are some easy-to-implement substitutions from nutrition experts. (Each person has individual needs, so before making any diet changes, always check with your medical provider to determine what works well for you.)

Dr. David Arterburn, a medical doctor and researcher at the Group Health Research Institute in Seattle, specializes in internal medicine and studies obesity, among other health topics. He says if he could



recommend one thing to people, it would be to reduce the amount of sugar-sweetened beverages they consume.

On a given day, approximately half of the U.S. population consumes sugar drinks, and 5 percent of the U.S. population consumes more than four 12-ounce cans of cola a day, according to the CDC/NCHS National Health and Nutrition Examination Survey, 2005–2008.

“If someone is a regular soda drinker, and is already battling weight-related health problems, moving to a better beverage could reduce weight gain and may help them,” Arterburn says. He adds that both sugar-sweetened and artificially sweetened beverages have been linked to an increased risk of high blood pressure, as have sodas with caffeine. Because of that, Arterburn advises limiting artificially sweetened drinks to no more than two 12-ounce cans a day, and “if you could switch to flavored soda waters or tea, that would be an even healthier option,” he says, but make sure those soda waters are not sweetened with sugar. Also, if you’re cutting back on caffeine, drink herbal teas.

He notes that it’s also important, especially for parents, to recognize that because of the high sugar con-

If you're cutting back on caffeine, drink herbal teas.



tent, juice is not necessarily a healthy choice. “Really, children should be looking to consume lower-calorie beverages most of the time. **Replace juice and sugary energy drinks with water.**”

Jenny Montague, a registered dietitian and previously the food-service director for Kalispell Public Schools in Montana, recommends **trying lentil hummus instead of ranch dressing** if you’re looking for a dip. One-third of her budget went to purchase food from within 200 miles of the school, she says, including Montana lentils. This helped to get fresh food to the

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MOVE IT OR LOSE IT

Simple activity choices can help you become healthier and more fit, says Josh Fitchitt, senior director of fitness services at PRO Sports Club in Bellevue, Washington, east of Seattle. For example, a woman came to him last year wanting to lose eight pounds in eight weeks for her wedding. She was already exercising five days a week and eating well. At Fitchitt's recommendation, she began to track her steps, drink more water and increase her nightly sleep to up to nine hours a night, with a minimum of seven



hours. She increased her average 3,000 steps a day on nonworkout days to 5,000 and aimed for 10,000 on workout days. Her goal for water was 64 ounces on nonworkout days and 80 ounces on workout days. "In



eight weeks she lost 10 pounds by making some easy substitutions," Fitchitt says.

Here are his top five easy activity substitutions for a healthier life:

1. Substitute walking for screen time. For every 60 minutes of TV or computer screen time, get up and walk for 10 minutes. Try starting with a goal of 4,000 steps a day the first week. Work up to 10,000 steps daily.

2. Turn one hour every day into a power hour. Accumulate as many steps as possible during one hour of the day. This hour can be part of a regular workout, or it can be a separate power hour of walking or jogging. The ultimate goal is to move as much as possible and accumulate the maximum number of steps in one hour.

3. Make food at home. Cooking in your kitchen helps to burn calories,



and you can more easily eat healthier and track your food. Additionally, since research has linked dehydration with a drop in metabolism, Fitchitt says to drink at least one cup of water every one to two hours.

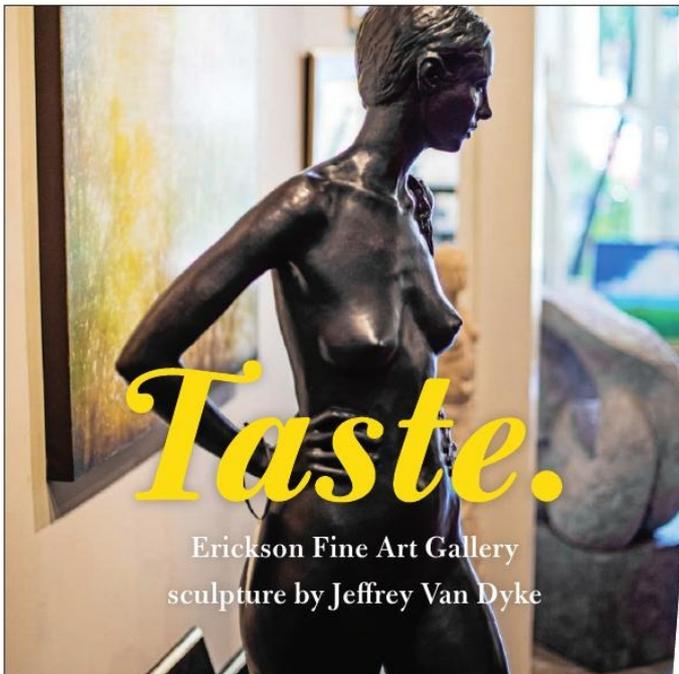
4. Substitute a clean home for a messy home. Adding daily cleaning such as vacuuming, doing dishes, wiping down countertops, dusting, and taking out the trash burns calories. Having a clean home can also reduce stress by helping you feel relaxed.



5. Substitute movement for nonmovement whenever possible. Walk up stairs instead of taking an escalator or elevator. Walk or bike instead of driving.

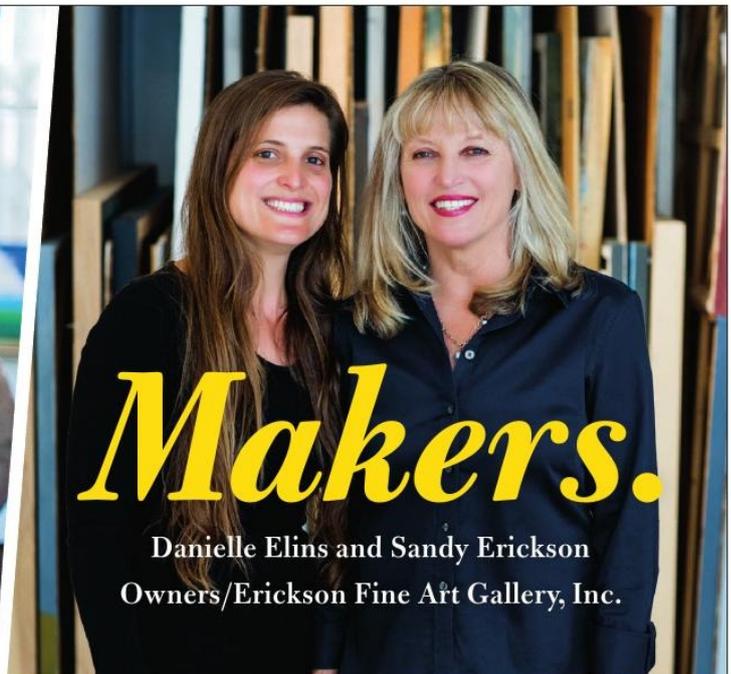


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kids, as well as to support local agriculture. Lentils provide both soluble fiber and protein, she says.

Montague also suggests changing what you think of as a dessert. **Bake cinnamon-sprinkled apple slices**, with the skin on, instead of making a traditional fruit pie that uses lots of sugar in the filling and has a lard-based crust. Pack **dark-chocolate-covered dried mango** in place of a candy bar. Dried fruit is better than a more processed option with added sugar, she

hot water. Lots of oats are pretty quick cooking, and you can eat them out of a coffee thermos. Add nuts or pumpkin seeds and a splash of maple syrup for variety.”

Another breakfast substitution Montague used for the students was a **breakfast wrap**: a 50 percent whole-wheat tortilla with nut butter and sliced apples inside. It’s easy to munch on and doesn’t get soggy. Finding a fresh tortilla that has whole grains is important, she says, so you don’t miss out on the most nutritious part of the grain.



Bake cinnamon-sprinkled apple slices with the skin on.

says, noting that it’s important to drink extra water whenever you eat dried fruit, even raisins, in order to stay hydrated and feel more full.

Serve **oats instead of sugary breakfast cereals**, she says. “All you need is

Jeri Finn, registered dietitian and an instructor in the graduate programs in human nutrition at Oregon Health & Science University, says healthy snacks are important. “Many of us are prone to making poor food choices when we become overly hungry,” she says. “Eating small snacks between meals helps to keep our blood sugar levels steady and to avoid extreme hunger.”

Instead of purchasing a bag of chips, she packs **trail mix that includes whole-grain cereal, nuts and dried fruit**. “And because I have a sweet tooth,” Finn says, “I like to add a small handful of chocolate or peanut butter pieces to my trail mix—about ½ cup chocolate



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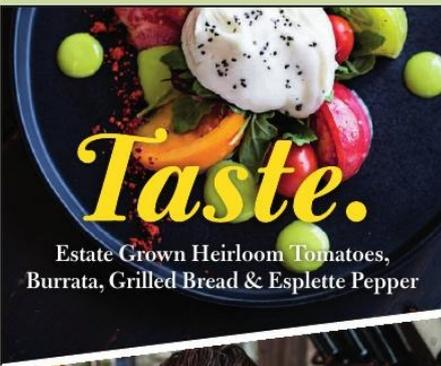
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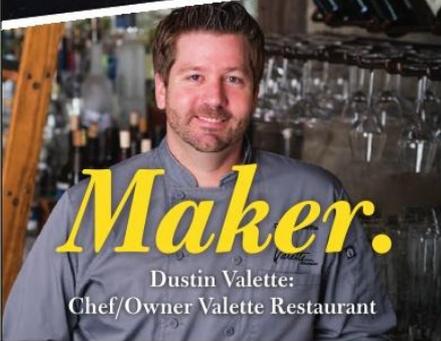
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chips in a four-cup batch of trail mix.

Choose baked chips over the fried variety, Finn says. They are lower in fat and calories. As with any snack, she says, the trick is to watch portion size.

To keep track of her portions and avoid overeating, Finn packs her snacks in small preportioned sealable bags. "If I reach for a second bag," she says, "I know that I am moving onto my second portion."

Simple switches help us get more fiber in our diets, Finn says. For example, instead of a plain bagel, eat a **whole-wheat bagel**, which gives added dietary fiber. Similarly, choose **brown rice** over white rice in stir-fries or curry dishes to boost fiber intake. Dietary fiber, found in whole grains, fruits and vegetables, and beans, helps us feel full after eating and keeps our digestive system working smoothly, Finn explains.

The American Heart Association offers many easy-to-implement substitution suggestions, including **graham crackers, rice cakes, fig bars, ginger snaps and molasses cookies** instead of high-fat cookies and crackers; **angel food cake** versus devil's food cake; **frozen fruit bars** instead of ice cream bars; and **sherbet or low-fat yogurt** instead of ice cream.

When you're at a food counter, choose a **small bagel** versus a Danish, a **grilled-chicken sandwich** instead of a jumbo cheeseburger, and **baked potato with vegetables** versus french fries, the association recommends. At a sit-down restaurant, **whole-grain rolls** are a better bread choice; **broth-based soups** with vegetables are healthier than cream-based soups; and **peel-and-eat shrimp** is better than buffalo chicken wings.

"Swapping out just a few items each day can make a big difference in your heart health. The easiest swap is water for sugary drinks," says Penny Kris-Etherton, a registered dietitian and a nutrition professor at Pennsylvania State University, and volunteer for the American Heart Association's Nutrition Committee.

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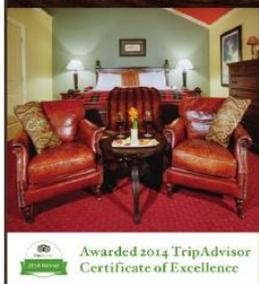
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Heart disease is largely preventable, stresses the association, which provides information at heart.org/nutrition. "Risks can be lowered by adhering to what we call Life's Simple 7: not smoking, being physically active, maintaining a healthy body weight, eating a healthy diet, controlling blood pressure, controlling cholesterol and controlling blood sugar," according to the association.

Daily substitution of healthier options is an easy way to make progress toward the goal of a longer, healthier life. ■

Michelle Wallar Martin lives in Seattle.

SMART SUBSTITUTIONS

FROM THE AMERICAN HEART ASSOCIATION

Eating healthy doesn't mean you have to give up flavor. When you are craving something "not-so-good," here is a list of satisfying, healthier alternatives.

Instead of: Pastries

Try: 1/2 almond butter or peanut butter sandwich on whole-grain bread with a piece of fruit, or a handful of almonds

Benefit: The sandwich contains less saturated fat and sugar and has more nutrition. Almonds are high in several nutrients and polyunsaturated fat that helps reduce LDL or "bad" cholesterol within the context of a healthy diet. Whole-grain bread, almonds and many types of fruit are high in fiber.

Instead of: Soft drinks

Try: 1 cup low-fat or skim milk, [or] 1/2 cup fruit juice (try mixing it with sparkling water for a little pizzazz)

Benefit: Milk or fruit juice "sparkler" contains fewer calories. Milk's calcium will help protect against thinning bones.

Instead of: Fried tortilla chips and processed cheese

Try: Baked corn tortilla chips and salsa

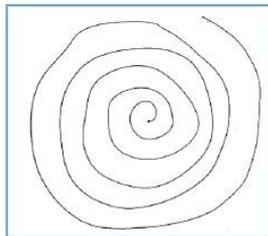
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Benefit: Baked corn tortilla chips contain less fat and fewer calories per serving than fried tortilla chips. Try adding low-sodium seasoning to your chips instead of salt. Salsa is lower in calories and more nutritious than processed cheese dip.

Instead of: Ice cream bars

Try: Frozen 100% fruit bar

Benefit: The fruit bar is fat-free, and has fewer calories; watch out for added sugars though.

Instead of: Candy bars

Try: Homemade trail mix with raisins, whole-grain cereal (low sugar) and dried fruit

Benefit: The trail mix is low in saturated fat, and when combined with dried fruit it adds fiber.

Instead of: Whole milk

Try: Fat-free or 1% milk

Instead of: Chips

Try: A small handful of almonds or a medium piece of fruit

Instead of: Cheese made with whole milk

Try: Low-fat or reduced-fat, low-sodium cheese

Instead of: Fried ground beef

Try: Browning lean ground sirloin and rinsing away fat with hot water in a colander

Instead of: Croissant

Try: Pita bread or a slice of whole-grain bread

Instead of: Salted pretzels

Try: Homemade snack mix with low-sodium seasonings

Instead of: Regular mayonnaise

Try: Low-fat mayo or mustard

For more information on heart-healthy eating, including information on smart substitutions for recipes, visit heart.org/nutrition or contact the American Heart Association at inquiries@heart.org or 800-242-8721.



For the Holidays.

Check your holiday list twice! It will meet its match in Bellevue with bountiful shopping options. Bellevue's Magic Season includes six weeks of holiday events, including: the Magic Season Ice Arena; holiday performances at the Meydenbauer Center Theatre; Snowflake Lane; KidsQuest Children's Museum's Gingerbread Lane; and Garden D'lights at Bellevue Botanical Garden. Many Bellevue hotels offer special holiday rates and packages too! For more information, go to: visitbellevuewashington.com/hotels.



1 KidsQuest Children's Museum

Bring the whole family to play at KidsQuest, a hands-on, interactive children's museum! KidsQuest encourages learning through play with an emphasis on science and art. The museum offers over 650 programs and events throughout the year, including Gingerbread Workshops November 25-26. Look out for KidsQuest's new home in downtown Bellevue opening Jan., 2017! kidsquestmuseum.org



2 The Bellevue Collection

The one place where snow falls every night at 7 pm.



Snowflake Lane at The Bellevue Collection

November 25 – December 31

Every night, the streets at The Bellevue Collection are filled with live toy soldier drummers and dancing snow characters, music, glittering lights and falling snow! This magical evening performance is a delight for the entire family. SnowflakeLane.com

3 Hyatt Regency Bellevue

There's plenty of holiday cheer inside and outside Hyatt Regency Bellevue's doors — for yourself and the kids too! Book their Shop & Stay Holiday package and enjoy a \$50 gift certificate at The Bellevue Collection, guest room internet, and a 2 pm late check-out. It's good not to be home. Visit bellevue.regency.hyatt.com and use offer code MAGIC for more details.

4 Meydenbauer Center Theatre

Create a holiday tradition by attending the Nutcracker, Magical Strings — A Celtic Yuletide or other seasonal performances. For events schedule: Meydenbauer.com/theatre



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Puzzle on page 50.



Flyer guide

Your overview of the Alaska experience.

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 - Travel the world with our 17 airline partners
- A8** Where we fly
 - 100+ destinations and counting
- A10** Airport terminal maps



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Coke Zero
Diet Coke
Sprite
Sprite Zero
Seagram's Ginger Ale
Seagram's Seltzer
Seagram's Tonic



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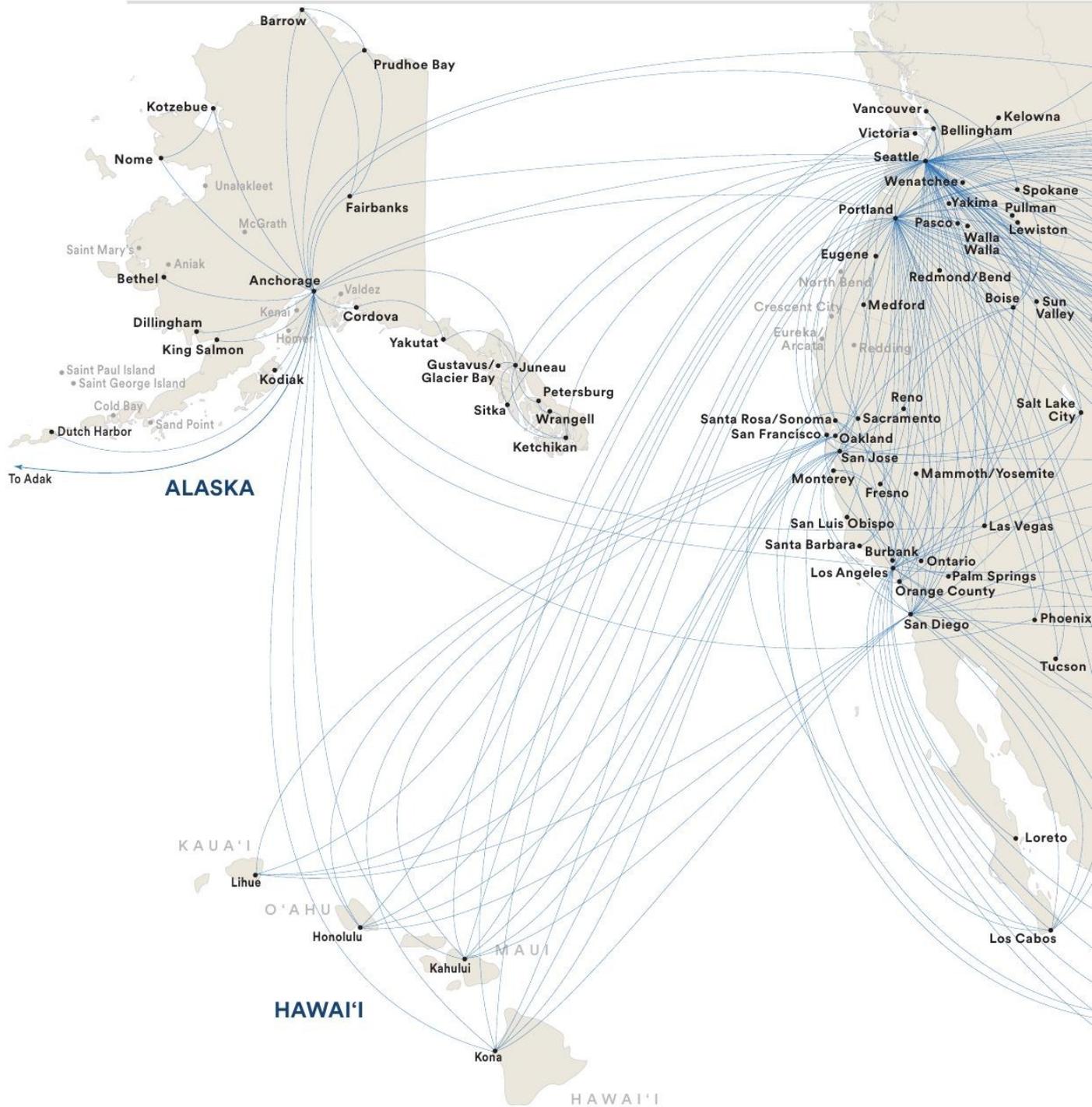
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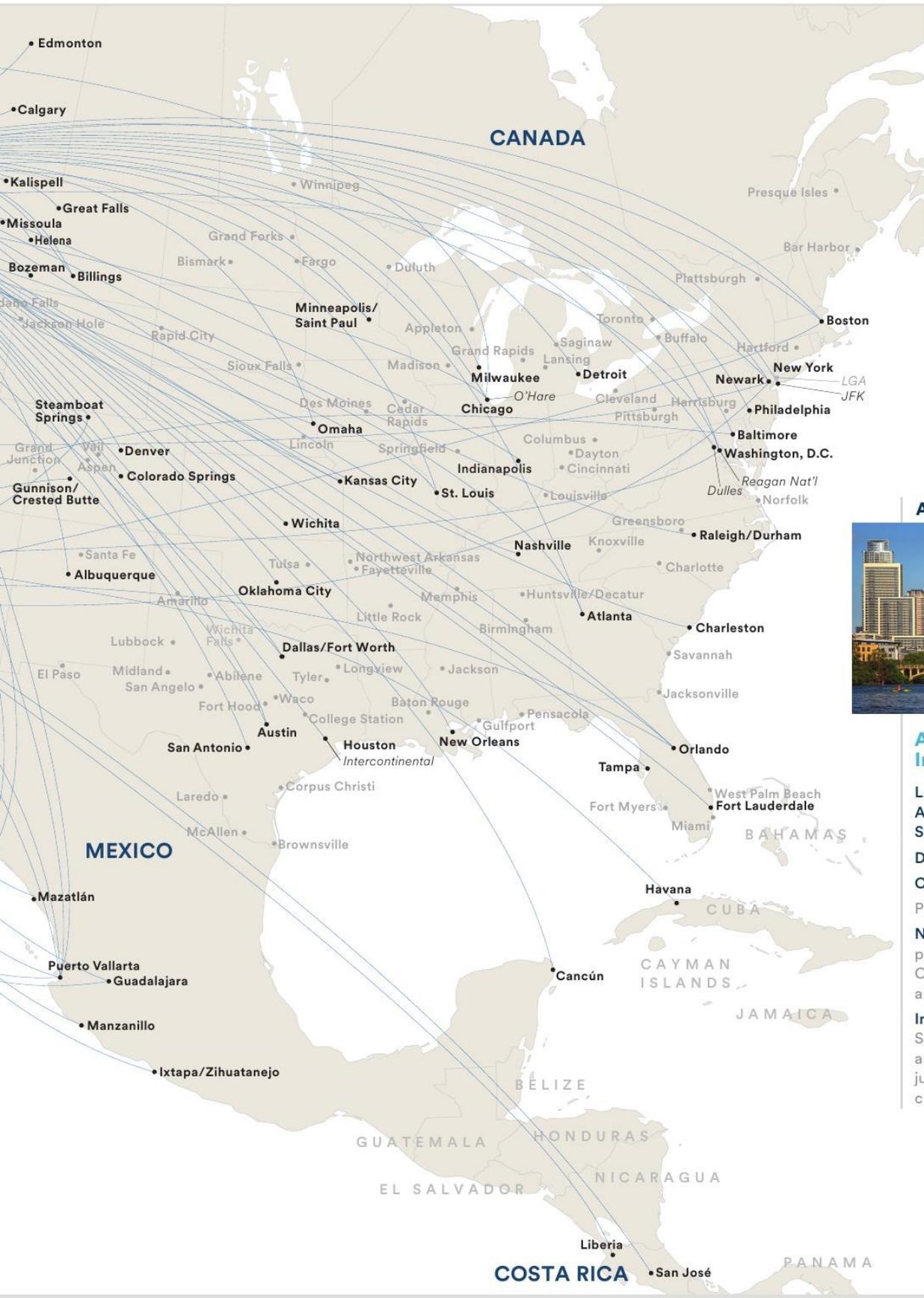


UPCOMING NEW SERVICE

Route	Service Begins
Portland, OR—Newark, NJ	November 10
San Diego, CA—Newark, NJ	November 21
San Diego, CA—Steamboat Springs, CO	December 17 [†]
Los Angeles, CA—Havana, Cuba	January 5, 2017*
San Jose, CA—Newark, NJ	March 12, 2017

[†]Seasonal service through Spring 2017.

*Pending final government approval.



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

Some routes shown operate seasonally.

Airport of the Month



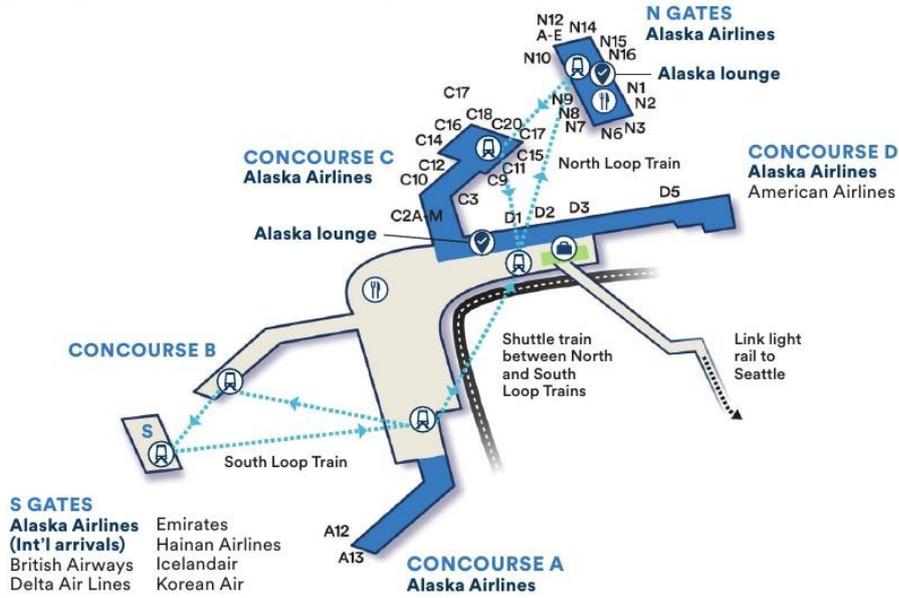
Austin–Bergstrom International Airport

Location: Austin, TX
Airport code: AUS
Served since: 2009
Daily flights: 2
Cities served: 2
 Portland and Seattle.
Notable: The self-proclaimed “Live Music Capital of the World” is also the state capital.
Insider info: The legendary Salt Lick Bar-B-Que has an outpost at the airport, just past the central TSA checkpoint.

Airport terminal maps

SEA Seattle/Tacoma International Airport

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

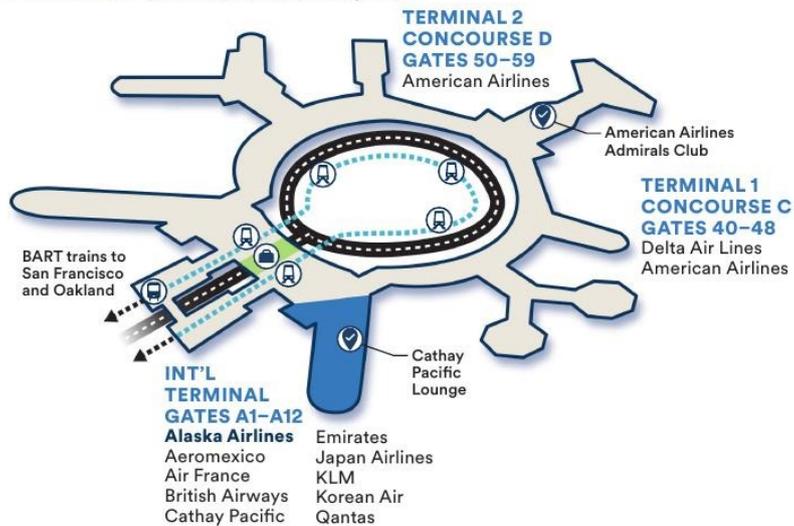


PDX Portland International Airport



SFO San Francisco International Airport

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



Legend:

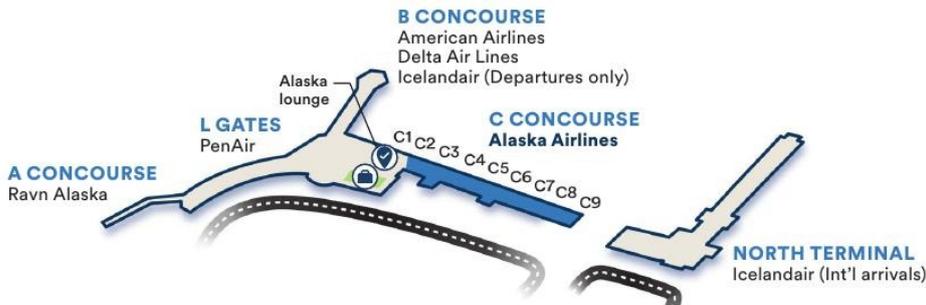
-  Lounge
-  Alaska Airlines ticketing & bag dropoff
-  Public transportation
-  Dining Options
-  Underground walkway
-  Airport transportation

LAX Los Angeles International Airport

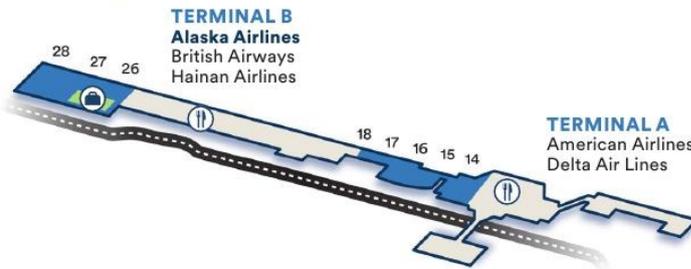


Tip: Alaska lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.

ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



Pedal Mettle

Bicycling energizes seventh-decade duo | **BY BETH WEIR**

My husband, Bruce, and I bought bicycles in our seventh decade, an act that seemed rational at the time. They were sturdy no-nonsense versions promising a comfortable ride. Since neither of us had ridden since high school, these seemed like desirable characteristics. Better yet, we had a flat place to use them—a section of Seattle’s Burke-Gilman Trail that runs close to our home and more or less parallels Lake Washington.

This trail is iconic in the Emerald City and much loved by its citizens. It is named in honor of two lawyers, Judge Thomas Burke and Daniel Gilman, who were among the original late-1800s investors in the Seattle, Lake Shore and Eastern Railroad, according to the Seattle Department of Transportation. The line the company built snaked north around Lake Washington and enabled efficient transport of timber and coal.

After bringing the bikes home from the store, Bruce and I donned red helmets and set off under our own power, extraordinarily impressed that we were joining the cycling fraternity at our age. I did experience a moment of worry as we headed into the mass of dog walkers, joggers, skaters and moms with babies traveling the trail. I confess that I had previously been among the pedestrians who complained about cyclists whizzing by at great speed, often in groups, engaging in conversation at high decibel levels.

Now I found myself concerned that I couldn’t pedal fast enough to get past pedestrians without inconveniencing them too much. Or that I wasn’t moving over quickly enough when fellow cyclists shot past, low in the saddle, focused on cardio and speed goals. I wobbled along, fearful that the next poor innocent I met would be the one I’d take down with me.

“You seem to be having trouble staying level,” Bruce said, when we stopped halfway through our ride—demonstrating his usual ability not to sound accusatory.

“I figured that once having ridden a bike with no difficulty—even with no hands—I could always ride a bike,” I said, as I reclaimed my

seat and turned my cycle up a small hill where the potential for wobbling was even greater. “I’m here to tell you it ain’t so.”

But when we returned from our maiden ride and dismounted to secure our bikes in the garage, hope rose to meet me. “Look, my seat was sideways,” I pointed out to Bruce. “No wonder I was all over the landscape.”

My supportive husband straightened the seat ... and my emotional balance with it.

Still, I was a woman of a certain age, and hadn’t ridden since Caesar wore short pants. Fixing the seat wasn’t going to be the only answer to my riding trepidation. So the next afternoon, I confronted my doubts, hauling my cycle off its stand with a show of gusto I didn’t actually feel. I glided down our hilly driveway without inci-

dent, and up to the trail, which I pedaled at high speed for 5 miles out and 5 miles back.

When I arrived home, the sun was descending, the sky pink as cotton candy. As I slipped off my seat, I felt like my 5-year-old self—who was joyous and triumphant after my older brother wheeled, then pushed, me out into the street and into independence on my two-wheeler.

Now, when Bruce and I get our bikes out, we take a great deal of

satisfaction in knowing that we can still ride as we move along in our decade. That confidence is liberating. And I ride without the teenage angst of my high school years. My bike back then had the same oversize tires as my current model. They looked huge and conspicuous next to those of my peers, who, of course, all had skinny tires. These days I could care less how my spoked steed compares to its trail-traveling neighbors.

Riding on a sunny day, next to sparkling Lake Washington, with views of spectacular mountains, settles the soul. We have not yet managed to ride all 27 miles of the Burke-Gilman Trail and connecting Sammamish River Trail, but we like to think we could do so—particularly if we were sustained with liquid refreshment at an appropriate pausing place. We will definitely need to take that rest break, because while the tires are still soft, the seats appear to have gotten much harder.

Beth Weir is the executive director of Dunn Gardens in Seattle.



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