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JUNE 2014

Horizon EDITION



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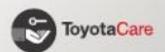
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* 2014 EPA-estimated 51 city/48 highway/50 combined mpg for Prius. Actual mileage will vary. Based on manufacturer estimates, CY 2013 sales.

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Cover: The Twilight Zone trail at Mammoth Mountain Bike Park is popular with expert riders. Photo by Peter Morning.

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Glenn Johnson

The Future of Flight



Tammy Young

The future of our aerospace industry is in the hands of today's youth, and Alaska Airlines and Horizon Air actively support institutions that prepare a diverse student population for a broad array of careers in the field. I recently accepted a trustee position with Central Washington University to do my

bit to help in this effort. Tammy Young, our vice president of human resources, delves further into this important topic below.

—Glenn Johnson, Horizon Air President and Alaska Air Group EVP

What pops into your mind when you imagine the future of flight? Coast-to-coast transport in an hour? A triple-decker luxury liner to the moon? How about your own personal spacecraft, à la *The Jetsons*?

I recently saw the future of flight, and I'm here to tell you that he's very bright and was grinning from ear to ear! I'm referring to 14-year-old Jordan Fletcher, of Newcastle, Washington, who will enter the ninth grade at Raisbeck Aviation High School this fall.

Jordan is an honors student, he's working on his black belt in taekwondo, and he serves as an usher at his church. He dreams of being a fighter pilot and design engineer for advanced and innovative airplanes. And thanks to a curriculum focused on science, technology, engineering and math (STEM), Jordan's experience at Raisbeck will position him to do just that.

Jordan was a special guest at a celebration in Seattle in late April, where Brad Tilden announced a \$2.5 million gift from Alaska Air Group to The Museum of Flight. This funding will be used to create the newly established Alaska Airlines Aerospace Education Center.

The center, which will be located in the museum's T.A. Wilson Great Gallery, will open to the public in 2015. It will be a resource center where teachers, parents and students can immerse themselves in the many K–12 education programs offered at the independent, nonprofit museum.

Designed to create pathways to STEM careers among young



Jordan Fletcher has been accepted to attend Raisbeck Aviation High School this fall.

people, the Alaska Airlines Aerospace Education Center will feature state-of-the-art technology resources such as online career-planning software, 3-D printers and flight simulators, as well as specially trained staff who will serve as “education concierges” to help visitors register for programs, apply for financial assistance and discover mentorship opportunities.

We live in an era when math and science performance among young people in the United States is lagging behind other nations: We're 21st in science and 26th in math, despite being fifth in spending per student. And so the mission of the museum has never been more important—especially in a state where aerospace is so vital.

What's the anticipated impact of the largest gift our company

has ever made? It will enable an estimated 50 percent more students to learn and plan their careers at the museum over the coming years. More than 150,000 kids visit the museum annually, all of whom will be able to enjoy hands-on discovery with the new Alaska Airlines Aerospace Education Center. The gift will also provide greatly enhanced access to students in populations currently underrepresented in STEM, specifically ethnic minorities and women. The museum's outreach to immigrant

and economically disadvantaged communities is already under way.

Through its summer camp programs, apprenticeships, volunteer opportunities, and affiliations with Raisbeck Aviation High School and the Washington Aerospace Scholars program, the museum is inspiring kids to pursue the dream of flight. Children and teens who visit The Museum of Flight today are the pipeline of our workforce for tomorrow. They are the aspiring pilots, technicians, designers and engineers who may someday work at Alaska Airlines, Horizon Air, Boeing, or across the aerospace spectrum at companies such as Aerojet Rocketdyne and Blue Origin, which aims to make the wonder of spaceflight available to more people.

Jordan Fletcher and his fellow dreamers are the next generation of innovators and explorers. They are the future of flight. And we can't wait to see them take off.

Thanks for flying with us.

—Tammy Young

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MCCALL, ID

Music showcase



Tim Fain—who played the violin on-screen and on the soundtrack for the film *Black Swan*—will be among the soloists performing at SummerFest 2014 in McCall, about 100 miles north of Boise.

Presented by the McCall Music Society, the chamber-orchestra and jazz festival, July 20–26, will feature concerts at various venues, such as scenic Shore Lodge.

Performers will also include Brandon Craswell, a talented trumpeter who spent a year touring North America with the Tony Award-winning Broadway revival of *42nd Street*, and up-and-coming musicians such as 18-year-old Boise twins Jacqueline Audas, a violinist, and Katherine Audas, a cellist.

A special family concert, *Peter and the Wolf*, will include narration.

Contact: 208-315-0905; mccallmusicsociety.org.

—Jordan Ilarde

GREAT FALLS, MT

25th Lewis & Clark Festival

Enjoy unique experiences and learn about the Corps of Discovery



You can fly kites with buffalo motifs, made by Native American artisans, during the Lewis & Clark Festival, which is celebrating its 25th anniversary this year. Taking place June 20–22 in Great Falls, the festival commemorates the Corps of Discovery's historic 1804–1806 journey to the Pacific Ocean, and pays tribute to Native American tribes who were longtime inhabitants of the regions the Corps explored.

The festival provides opportunities to talk to Native Americans at an encampment that displays different styles of lodges—constructed from materials such as tule and painted buffalo hide—and observe and participate in Native American games. In addition, you can watch the Lewis and Clark Honor Guard construct a two-person “bull



boat” made of bull-buffalo hide stretched over a willow frame. Members of the Lewis and Clark Expedition constructed bull boats—patterned after those used by Native tribes—to travel sections of the Yellowstone and Missouri rivers. The honor guard will also answer questions about the expedition's

clothing, firearms, medicine and survival techniques, and will present a black-powder shoot featuring reproductions of late-18th century and early-19th century muskets and rifles. A Discovery Day Camp and kids' trading post will teach children about the early 1800s.

Live music will include Native drumming, and bluegrass and country groups. Contact: 406-791-7732; lewisandclarkfoundation.org and genuinemontana.com. —Zachary Stringham



Learn more about the Corps of Discovery by visiting the Lewis & Clark National Historic Trail Interpretive Center adjacent to Giant Springs State Park in Great Falls; www.fs.usda.gov/recarea/lcnf/recarea/?recid=61458.

TOP LEFT: BILL BERNSTEIN; TOP RIGHT: COURTESY LEWIS AND CLARK HONOR GUARD, GREAT FALLS, MT; BOTTOM CENTER: OFFICIAL US FOREST SERVICE PHOTO

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.

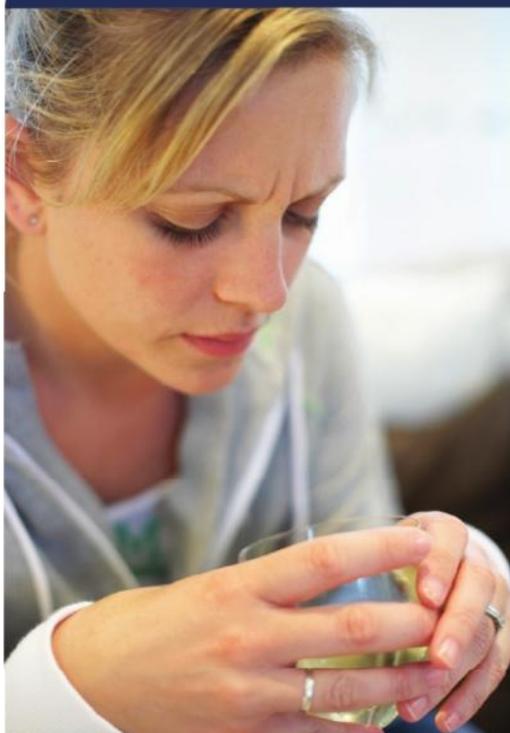
First, they developed a powerful "Counter Conditioning" methodology that "trains" the patient to hate the sight, smell, taste and thought of using the addictive substance.

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!

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*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.

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- 55 Idaho Travel Council:** Idaho. Adventures in living. Call (800) VISIT-ID for a free guide. www.visitidaho.org.
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- 59 Mono County Tourism:** Mono County, California's Eastern Sierra is along scenic Highway 395! www.monocounty.org.

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- 74 Flying Heritage Collection:** Paul Allen's exquisitely restored military aircraft and artifacts. www.flyingheritage.com.

- 75 Ghost Tree Invitational:** The premier non-profit culinary event in Central Oregon. www.ghosttreeinvitational.com.

- 76 LeMay—America's Car Museum, Tacoma, WA:** Celebrate America's love affair with the automobile. www.lemaymuseum.org.

- 77 Mammoth Food & Wine Experience:** Festive food and wine event supporting education and arts in beautiful Eastern Sierra. www.mammothfoodandwine.org.

- 78 Northwest Museum of Arts & Culture:** Long-term exhibit featuring hundreds of cultural objects from the MAC's American Indian collections. www.northwestmuseum.org.

- 79 Sky View Observatory:** 360-degree view of Puget Sound from Columbia Center's 73rd floor. Open daily. www.skyviewobservatory.com.

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- 86 Ponzi Vineyards:** Taste experience. Open daily. Willamette Valley, OR. ponziwinery.com.

- 87 Washington Wine Country:** Taste and Tote—your first case of wine flies free. Yakima Valley, Tri-Cities, Walla Walla. Details at tasteandtote.com.

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PROSSER, WA

New wine center features exhibits and a tasting room

The Walter Clore Wine and Culinary Center, which celebrated its grand opening last month, tells the story of the wine industry in Washington and showcases wines from around the state.

Located in Prosser, between Yakima and the Tri-Cities, the center is named for Walter J. Clore, known as the “Father of the Washington Wine Industry.”

In 1937, Clore became a faculty member at the Washington State University Irrigated Agriculture Research & Extension Center in Prosser. He tested more than 250 grape varietals, and in 1960 he began working with WSU microbiologist Charles Nagel to determine which fine-wine grapes would grow well in Eastern Washington. Their research helped to encourage the first large-scale commercial plantings of premium-wine grapes in the 1960s. Today, Washington ranks second in the nation in premium-wine production.

The new 15,000-square-foot center, on 16 acres



overlooking the Yakima River, is open daily, and has a tasting room and event spaces. Exhibits include a map showing Washington appellations and an aroma wheel to test wine-identification ability. The center will also offer cooking demonstrations.

Contact: 509-786-1000; theclorecenter.org. (See tasteandtote.com for information on special Eastern Washington wine-related benefits for Alaska Airlines passengers.) —Madison Cavell



BEND, OR

Uplifting event



Ten hot-air balloons will lift off at 6 A.M. on July 18 to open the Balloons Over Bend Children’s Festival, taking place through July 20. Northwest aeronauts—piloting balloons with names such as *Morning Glory*, *Art Aloft* and *Makin’ Friends*—will participate in

How much does a balloon cost? A new regular-shaped (sport) balloon system typically starts at around \$30,000. A special-shaped new balloon can cost upward of \$200,000, according to Balloons Over Bend.

morning launches each day of the festival and will also present the Friday evening nightglow—a beautiful display of lit balloons at Riverbend Park along the Deschutes River.

Activities will also include races, a bike rodeo, a science station, kite-making and flying, and inflatable bounce houses. A Healthy Life Kids Zone will have wellness resources.

Contact: 541-323-0964; balloonsoverbend.com. —Grace Marvin



■ Enjoy free wine-tasting and check a case of wine for free on Alaska Airlines flights from four Oregon airports and Walla Walla, via the renewed Oregon Wines Fly Free program, a partnership of Alaska Airlines, Oregon Wine Board and Travel Oregon; conditions apply (oregonwinesflyfree.org).



▲ The 50th Annual Cannon Beach Sandcastle Contest and associated events will be June 20-22 in Cannon Beach, OR, about 80 miles northwest of Portland (cannonbeach.org).

■ The 30th Annual Edmonton International Street Performers Festival, which will include workshops such as juggling and stiltwalking, will be July 4-13 in Edmonton, AB (edmontonstreetfest.com).

■ World-renowned musicians will perform at the Bellingham Festival of Music, July 5-20 in Bellingham, WA (bellingshamfestival.org).

TOP: ALSC ARCHITECTS; ABOVE: CANNON BEACH CHAMBER OF COMMERCE; BOTTOM: LEFT: IAN SMYTHE

PETER MORNING

MAMMOTH ADVENTURES

by Ken Van Vechten



Mountain bikers pedal the visually stunning Lakes Trail at Mammoth Mountain.



Terri points up the hill at a competition taking place in the Mammoth Mountain Bike Park. It's big air and big speeds on the mountain's steep lower flank beneath the Thunder Bound Express Chair.

Whipping out the trail map, I surmise that the helmeted and gloved combatants are racing on the track dubbed Velocity DH, an apt name since they are flying downhill—often 10 feet in the air—on a trail passing through boulders and fallen trees. Mammoth's bike park is one of the preeminent mountain-biking facilities in North America, and it attracts many of the world's greatest riders.

I'm eager to don a brain bucket and pedal the dirt tracks myself. My wife isn't so sure. "I don't know," she says. "It's the rocks that concern me."

I can't fault her logic, so I direct her attention to the other side of the Main Lodge Adventure Center, where we were just equipped with full-suspension rental bikes and lift tickets, and also could have obtained elbow and knee pads if we wanted, plus helmets if we hadn't brought the ones we use at home on those rare occasions when we get to ride our road bikes.

"Baby steps, remember?" I reassure her, and we pedal over to the Pioneer Practice Loop. Designed for first-timers and kids, the loop incorporates in starter scale some of the features—berms, rollers, uneven surfaces—to be found when riding single-track trails. Signs cover the basics of mountain biking and are QR code-equipped to provide a more in-depth video lessons when desired. Anticipation, shifting,



BIKING

Mammoth Mountain Bike Park

Beginner Terrain

If you're new to mountain biking, start with a lap around the **Pioneer Practice Loop**, which uses educational signage to teach you the right way to ride, while introducing some of the fun elements you'll find on the trail system. Once you start getting the hang of it, take a ride up the Discovery Chair to the **Discovery Zone**. Here, you'll enjoy a handful of trails built just for first-timers.

Intermediate Terrain

Mammoth's intermediate terrain is vast. At the easier end of the intermediate spectrum, **Uptown** and **Down-town** are long, winding trails through the forest that give you the option of a lung-searing climb or a gentle downhill cruise. A scenic yet mellow descent from the summit can be enjoyed via **Off the Top**, where you'll enjoy expansive views of the Eastern Sierra the whole way down. Slightly more difficult intermediate terrain can be found on trails such as **Juniper**, **Brake Through** and **Beach Cruiser**.



Difficult/Most Difficult Terrain

These are the trails that put Mammoth on the map in the '80s, including **Kamikaze**, a fast, dirt fire road; the world-class **Bullet DH**; and the freestyle features found on **Twilight Zone** and **Recoil**. Looking for your first challenging downhill? Start with **Follow Me** or **Shotgun**. Bike Park rangers at The Village Shuttle Stop or Adventure Center are happy to point you toward the right trail for your ability. *Source: Mammoth Mountain*

braking, properly distributing weight, standing slightly on approach to terrain variations—we hone our skills through three or four laps, with none of the airborne stuff that worried Terri.

“Easy, right? Fun?” I ask.

She manages a smile before it’s eyes back to looking 10 to 15 feet ahead, per instruction.

Trouper.

This Eastern Sierra resort, with a summit elevation of 11,053 feet, is justly famous for skiing when its world-class trails are swathed with the white stuff. But summer also has its say, when folks from around the globe are drawn to the region’s alpine splendor; linen-crisp skies; long, warm days; and a multitude of outdoor pursuits, such as biking, golfing and hiking.

My trips to this area started when I was just 6 months old and have

spanned many years of adventures with parents, siblings, friends and my spouse. Yet despite many visits, over many years, I always discover something

◀ **The Downtown trail at Mammoth Mountain Bike Park.**

▼ **Tenaya Lake in Yosemite National Park.**



HIKING

A few of the many day hikes in the Tuolumne Meadows area:

Easy (mostly flat)

- Tuolumne Meadows: Soda Springs/Parsons Memorial Lodge**
1.5 miles roundtrip; features the bubbling springs, the 1915 Parsons Memorial Lodge (seasonal exhibits/programs) and many wildflowers.
- Lyell Canyon** via the John Muir Trail
16 miles RT; passes through Lyell Canyon, along the Lyell Fork of the Tuolumne River, with numerous creek crossings, plus Kuna Creek cascading down the east canyon wall near the eight-mile mark.

Moderately Strenuous (moderate elevation gain)

- Gaylor Lakes**
2 miles RT; offers some of the most spectacular high-country views near Tioga Road, including Mount Dana and Dana Meadows, with its scattered ponds. At the ridge crest, the trail drops 200 feet to Middle Gaylor Lake.
- Glen Aulin**
11 miles RT; follows the Tuolumne River as it drops to Glen Aulin. Tuolumne Fall and White Cascade are four miles from the trailhead. Beyond Glen Aulin are California Fall (13 miles RT), LeConte Fall (15 miles RT) and Waterwheel Falls (18 miles RT).

Strenuous (long, with significant elevation gain)

- Vogelsang Area**
13.8 miles RT; the first two miles, on the John Muir Trail, are relatively level as they follow the Lyell Fork of the Tuolumne River. At the Rafferty Creek junction, the trail begins its 1,200-foot ascent to Tuolumne Pass. Follow the signs to Vogelsang High Sierra Camp, another 160 feet higher in elevation. Hike beyond the camp to Vogelsang Lake (0.5 miles) or to Vogelsang Pass (1.5 miles).



Source: NPS. For more information on these and other Yosemite hikes, including wildflower walks, see nps.gov/yose/planyourvisit/hiking.htm.

MAMMOTH BIKING

One of the best things about riding at Mammoth is that mountain means ski area, and ski area means lifts, and lifts mean little or no uphill pedaling if you want to avoid it.

Three lifts serve the bike park, carrying riders and bicycles upward. The bike park effectively is Mammoth Mountain, with 80 miles of single-track and downhill trails meandering or diving across the peak, leading back or down to sites such as the Main, Canyon, Eagle and Tamarack lodge complexes, and The Village at Mam-

moth. The skill levels at the park, which is scheduled to be in full operation for this season by June 21, include six beginner trails, 15 intermediate, 14

that I or my travel mates haven't done before—such as becoming acquainted with the mountain-bike park.



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advanced, five expert and eight very difficult/pro line. A boon for us “aspirational” riders (sounds better than newbs or rooks) is the Discovery Zone, with beginner trails served by the Discovery Chair. Here we further perfect balance and body position, rolling over roots and rocks, and cornering—all on true downhill tracks.

“Remember,” I call ahead to Terri. “Lean the bike the direction of the turn; don’t thrust the bars into it; weight a bit out the other direction, over the edge of the tires.”

A few wobbles and a tip-over or two, and we nail it. After an hour of practice, we head Downtown—on a trail of that name that traverses about two miles of forest from the Main Lodge area to the village.

“Can you imagine riding *up*?” I huff-puff during a break at a shelter/picnic stop mid-descent for water and a snack. There’s a parallel track called Uptown that requires a lot more oxygen, so anyone not so inclined when it comes to riding rigor can instead catch a shuttle back to the Main Lodge/Adventure Center and the three lifts. We lift up and ride down several times, our skills getting better and better.

Prior to returning our bikes, I’m hit with an inspiration: We should tackle the 10-mile cross-country trail dropping 3,000 feet from the summit as it ram-

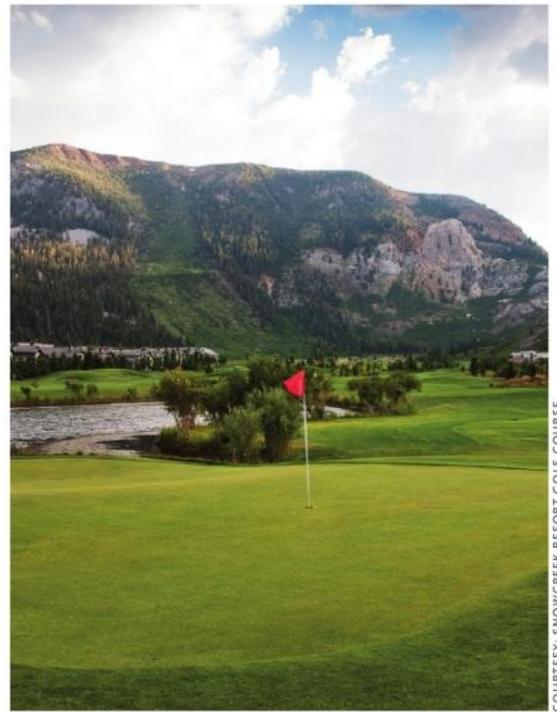
bles in blue-square fashion from Mammoth’s backside to the Adventure Center. I’m told any aspirational beginner can handle it, so I share my brilliance with Terri: “Let’s go off the top.”

“You’ll find me at the spa,” she retorts. I did say she was smart.

MAMMOTH GOLFING

“You’re casting,” my wife advises, with a chuckle. Dang it, I knew all those golf schools we attended together were a bad idea. She has the lingo down pat for my signature faulty move from the top.

I could be casting in a stream or lake—the Mammoth area has many excellent trout waters—but for reasons I can’t really explain, I long ago took to the incurable affliction that is golf instead of the calming



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SUMMER FUN CHECKLIST

See visitmammoth.com, mammothmountain.com and nps.gov/yose for more information on the following activities:

- ✓ Biking
- ✓ Bird-Watching
- ✓ Canoeing
- ✓ Fishing
- ✓ Geocaching
- ✓ Golfing
- ✓ Hiking
- ✓ Horseback Riding



- ✓ Kayaking
- ✓ Paddleboarding
- ✓ Parks Exploration (including Yosemite National Park, Devils Postpile National Monument, Bodie State Historic Park ghost town)
- ✓ Photography
- ✓ Rock Climbing
- ✓ Sightseeing Tours

travel farther at this elevation, in which direction is entirely up to you.”

It’s like they knew I was coming before I did.

How l-o-n-g? Big long. Take the short par-3 second. I’m playing it at 119 uphill. It’s a good one club of rise, which makes it a stock PW, so I back off to a gap wedge owing to the lighter air. I fly everything, and I mean everything. This time I make a textbook pass at the ball, but Terri still gets in the last laugh when I tally up a “6.”

Despite the aerodynamics, the gently rolling Sierra Star, designed by Cal Olson, is a thinker’s course. At altitude, a par of 70 and an all-the-way-back length of 6,708

yards appear tempting. Resist the urge to hit every shot for distance. It’s a tight track in spots, similar to a Grand Era course where strategy dictated better lines and hanging back for angles. So ease off the gas; calculate position; and don’t necessarily carry to a lot of pins as the greens run out.

zen of a babbling brook and a tiny-brained fish way smarter than *moi*.
The first thing to know about Sierra Star Golf Course is that it is the highest-elevation golf course in the Golden State. Holes range from 7,897 to 8,050 feet in elevation. And that leads to a case of l-o-n-g ball. Except for those sent clattering into the embracing flanks of Jeffrey pine and red fir. Don’t just take my word for it. Courses often have playing tips on their scorecards, and Sierra Star notes: “The ball will

And take time to appreciate the natural world. As we round the corner between holes four and five, we see two black bear cubs cavorting in the sun up ahead, mom nearby. My wife’s spirit animal is *Ursus*

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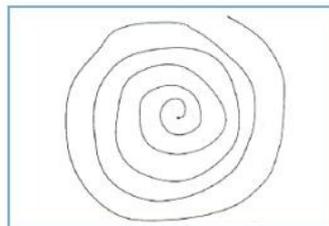
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americanus or *U. arctos horribilis* or *U. maritimus*—it matters not which species: She likes bears, and this is awesome.

Momma bear grunts the little ones a note to move her way. These are her kids, and this is her 'hood, so we are respectful of distance while thankful for the treat. "Amazing," Terri whispers.

Course head pro Dave Schacht told us golfers have a good chance of spotting at least one bear—just hang back and enjoy. There's never been an incident during the 15 years the course has been open, he says.

For a second round, head over to nine-hole, par-35, 3,306-yard Snowcreek Resort Golf Course. The late golf course architect Ted Robinson got the nod here, as indicated by streams, lakes and tiered greens. Snowcreek courses through an alpine meadow versus corridors of conifers, and its location between the Sherwin Range and Mammoth Mountain means front-and-center views of soaring escarpments.

When going around the second time, try another teeing ground for spice. The par-4 closer is a textbook case of options, with the hazard on the right coming fully into play as the tees push right as they move toward the rear. Golf is a game of angles, as noted above.

From the back tee, the hole plays two steps short of 400 yards. A bold drive that challenges the right side of the fairway and the water affords easier access to a green that opens from the right and now runs straight away from the player, and there is less concern with the water hazard that crosses in front of the green. On the re-try, move up front at 294, and contemplate club selection. Irons are all you need, and the fairway is open and accepting. But now the approach puts the hazard more overtly in the player's line of play and mind, and the shot must drop into the narrow waist of the green, between bunkers short and long.

Or like me most of the time, just marvel at the Sierra splendor above and around, and fret not over something insignificant like a golf score.

YOSEMITE PROXIMITY

Mammoth Lakes is just 45 miles from Yosemite National Park, giving us the opportunity to take a day trip to the National Park Service's crown jewel in California.

Terri nudges me to pull over at a turn-



Mammoth Lakes
CALIFORNIA



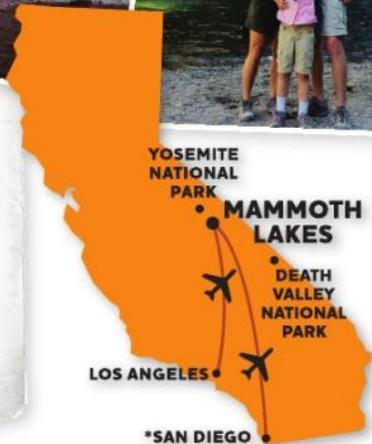
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5 Summer Itinerary Ideas:

1. Catch a rainbow at the base of 101-foot Rainbow Falls.
2. Stroll across the hexagonal roof of Devils Postpile National Monument.
3. Take a 45-minute drive to Yosemite National Park.
4. Photograph the 20-foot tufas in Mono Lake at sunset.
5. Horseback ride through the Ansel Adams Wilderness.



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out as we climb Highway 120/Tioga Road, which is typically open to vehicles from late May or early June to early November, and leads to the park's Tioga Pass Entrance.

The turnout gives us a view to the east, where a high-elevation desert of broad valleys and sky islands—isolated mountains—unfolds. One of the most notable features is Mono Lake, which may have formed more than a million years ago, making it one of the oldest lakes in North America. Shimmering golden-blue in the morning sun, the 65-square-mile lake is an alienscape of in-

land sea, spired with columns of alabaster-hued tufa. These accretions of limestone—giant, open-air stalagmites—ornament waters filled with brine shrimp that provide critical habitat along the western flyway. Eared grebes, Wilson's phalaropes and red-necked phalaropes are among the many species that depend on the lake. Guided walks and interpretive programs are available during the summer at the Mono Lake Tufa State Natural Reserve, and Caldera Kayaks offers guided tours of the lake.

It's possible to do a day drive all the way

to Yosemite Valley, just a couple of hours (if traffic flow is good) beyond the Tioga Pass Entrance, to see sites such as the Merced River, Yosemite Falls, El Capitan and Half Dome, but on this excursion, we're focusing on a relaxed itinerary: the high country along Tioga Road to Olmsted Point.

Our first stop is the Tuolumne Meadows Visitor Center, a popular starting point for hikes, including an easy 1.5-mile roundtrip stroll to admire wildflowers.

We carefully cross Tioga Road from the visitor center and pad along the path through the meadows, admiring Tuolumne River rivulets, and the blooms of penstemon, cinquefoil and other floral beauties that paint the grassy tableau. The park website tells us that wildflowers typically bloom in these meadows from late June to late August, starting with pink shooting stars and culminating in species such as blue gentians, red columbine and goldenrod.

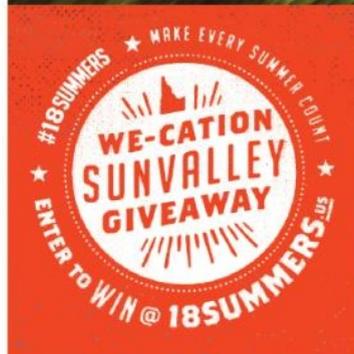
After a post-hike snack at the visitor center, we continue our drive west to Tenaya Lake, which is back-curtained by waves of granite—thrusts of ancient rock soaring upward thousands of feet, tinted scarlet or purple, silver or ebony as the sun emblazes or clouds hover over the formations during our 2.5-mile out-and-back trek along the lake shore. In fact, Tenaya was once known as "Lake of the Shining Rocks."

At nearby Olmsted Point, we see boulders that were carried here by glaciers, plus impressive Clouds Rest, likely so named because of its 9,926-foot elevation, and Tenaya Canyon, on its way to meeting Yosemite Valley. We can also see a different, rounder, side of Half Dome.

Inspired by spectacular landscapes, 19th century naturalist John Muir called the Sierra the "Range of Light." As Terri and I have been reminded on this trip, it shines with both scenery and activities. ■

Ken Van Vechten lives in Southern California.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) offers flights to Mammoth Lakes via the airline's Los Angeles hub. For visitor information, see visitmammoth.com and mammothmountain.com. For special deals related to mountain biking, golfing and YARTS service to Yosemite, go to alaskaair.com/parks.



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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.



AGED TO PERFECTION

I never thought I'd feel excited about turning 70. Like many people, I had some reservations about aging and how I'd be able to maintain my vigor as I got older. Having been a cardiovascular surgeon and seeing many of my patients and colleagues go through the aging process, it wasn't something I looked forward to.

However, at age 75, I can honestly say that I've never felt better. What's my secret? It was learning how to age successfully, with all the right tools and support.

We plan almost every major event in our lives. However, few of us actually plan on how to age well. We assume that aging is something that just happens over time and there's little we can do about it. It begins with the little aches and pains, worsening eyesight, losing interest in sex, or not being able to eat or drink as much as we'd like. And we assume this is normal and there's little, if anything, one can do about it.

I've got news for you. There is something you can do, no matter what your age. Have you considered how your lifestyle habits of eating, exercising, sleeping, and managing stress can affect your aging process? How about the impact of nutritional supplementation and hormone replacement? It is possible to age well and to plan a different outcome as you get older.

I believe that it's possible to continue to experience a high quality of life as you age, if you do the right things.

At 75, I feel healthy, vibrant, strong, alive, and happy. I have a sharp mind and am full of energy. I look forward to each and every day. Having followed an anti-aging regimen for the past 20 years, I'm living proof that it works.

For the past 20 years, I've measured the levels of my hormones and other age-related chemistry. As they began to decline, I supplemented with bioidentical hormones to keep the levels at what you'd find in a 30-40 year old man. I've also taken care of my skin by staying out of the sun and using SkinMedica skin care products and getting regular IPL treatments. Everyone in my family is bald. So I decided, 30 years ago, to fight that with Propecia and Rogaine, and it works.

My secret can be yours too. I've always believed in providing a high quality of life to as many people as possible. That's why I founded PRO Sports Club and that's why I made the decision to open the Anti-Aging Center. I now look forward to every birthday. I hope you do, too.

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ROBERT DELAHANTY PHOTOGRAPHY



PDX MFG

Clockwise: An OpConnect EV charging station; Metalcraft Fabrication tanks; a Tanner Goods belt; and part of Lucid Energy's system for generating electricity from the movement of water through a pipeline.



Dynamic Portland companies are making products ranging from craft-beer tanks to electric-vehicle charging stations | by Eric Gold

Portland is so famous for its craft-beer industry, it's become internationally known as "Beervana." One of the companies both supporting and benefiting from this success is Metalcraft Fabrication, which makes custom stainless steel tanks for breweries. The rapidly growing business is a prime example of entrepreneurial companies thriving in the Portland area's vigorous manufacturing sector, which also includes numerous major players such as Nike, Intel and Precision Castparts. ■ Manufacturing is one of the most important contributors to local, regional and national economies, with a greater multiplier effect than any other industry, according to the National Association of Manufacturers, which notes that for every \$1 spent in manufacturing, another \$1.32 is added to the economy. ■ More than 32 percent of the Portland metro area's output—the value of goods and services produced—is related to manufacturing, nearly triple the U.S. metro-area average. The Portland metro area, also known by its airport code, PDX, boasts more than 3,300 manufacturers. Its exceptional quality of life and recreational opportunities help it attract business owners and qualified employees, says Sean Robbins, director of Business Oregon, the state economic-development agency. "There are a lot of places in America that make things. Young, educated, sophisticated talent doesn't necessarily want to be there. People want to be here."



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PDX BY THE NUMBERS



6%

growth of Greater Portland's manufacturing workforce over 4 years.



115,500

Greater Portland manufacturing workers in 2013.



22%

more highly skilled workers, such as engineers and machinists, than the U.S. average.



32.2%

Portland metro area Gross Domestic Product from manufacturing in 2012 (the most recent year for which statistics are available).

The national average was 11.4% from manufacturing. In addition, 27.8% of Oregon's GDP came from manufacturing, making Oregon second in the nation in percentage of GDP from manufacturing.

That includes metal fabricator Charlie Frye and his business partner, Jennifer Baque, who started Metalcraft Fabrication in their 125-square-foot garage in 2007. They soon began focusing mainly on brewery equipment. "The brewing industry was going strong in Portland. It was kind of a no-brainer," Frye says.

Metalcraft's first tank, with a 75-gallon reservoir, was built for Portland's Upright Brewing, whose beers are inspired by French and Belgian brews but feature Northwest ingredients ranging from hops to peaches to white truffles.

Metalcraft attracted other notable clients, including Lucky Labrador Brewing Company, Lompoc Brewing, Hopworks Urban Brewery and Laurelwood Brewing Co., and by 2009 the company had moved into a 650-square-foot shop. In March 2010, it relocated again, to a 13,000-square-foot facility near Portland's Fremont Bridge. In early 2012, it took over an additional 5,000 square feet next door, and in December 2014, it acquired another 4,000 feet down the street. Today, more than 40 percent of the 50-plus craft breweries in the city of Portland have stainless steel tanks built by Metalcraft, Frye says. Its tanks are also being used in 27 other states, and Norway.

In the last four years, the company has grown significantly, notching sales of \$5.8 million last year alone. Metalcraft's 40 employees include three engineers who continually work on enhancing its products. "By improving brewing-equipment innovation and the way this type of equipment is manufactured,

we see the potential to continue to grow at the same clip, maybe even faster," Frye says.

Metalcraft makes two main categories of stainless steel brewery tanks: vessels for boiling and mashing beer ingredients (called brew houses), and cellar equipment, in which beer is fermented and conditioned. The systems vary in size from 10 to 30 barrels, and are customized for each client. For instance, short and squat tanks are made for breweries with lots of floor space but low ceilings. However, no two brewing systems are identical, Frye says. They vary with the space, process and needs of each brewery.

Metalcraft benefits from its proximity to brewing pioneers and entrepreneurs, he says. "Portland was already in the forefront of craft brewing 30 years ago, so we've been able to work with some of the more experienced brewers in the industry. Our customers

Clockwise from top left: Metalcraft Fabrication's team makes custom tanks used by breweries in 28 states and Norway.

Tanner Goods creates products sold at stores in North America, Europe and other parts of the world.

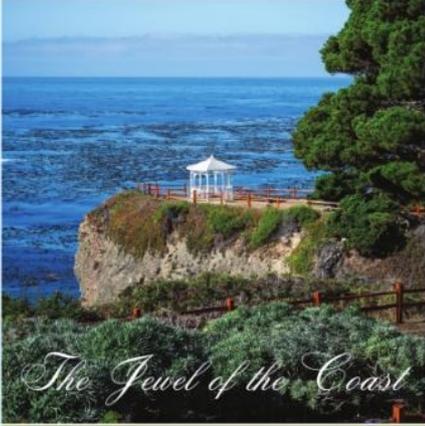
Consumers can now find OpConnect EV charging stations in seven states and Washington, D.C.

Lucid Energy's sustainable system has received international recognition.

Continued on page 81



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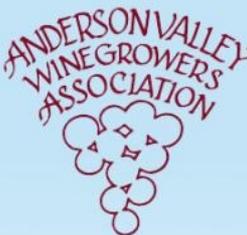
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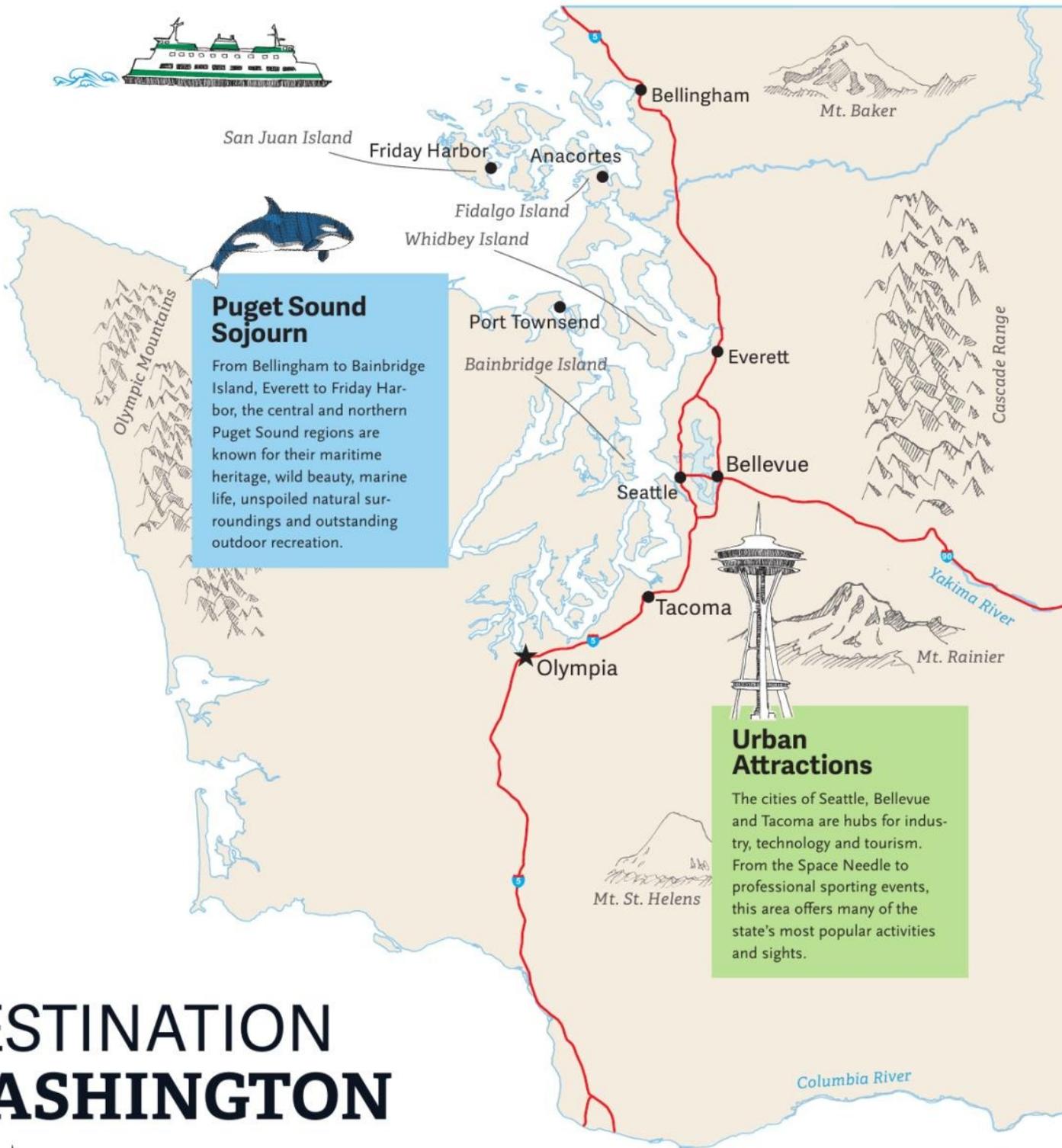
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DESTINATION WASHINGTON

A Special Section of Alaska Airlines and Horizon Edition Magazines | June 2014



Hikers walk the Spray Park Trail
in Mount Rainier National Park.
Photo by Stephen Matera



Puget Sound Sojourn

From Bellingham to Bainbridge Island, Everett to Friday Harbor, the central and northern Puget Sound regions are known for their maritime heritage, wild beauty, marine life, unspoiled natural surroundings and outstanding outdoor recreation.

Urban Attractions

The cities of Seattle, Bellevue and Tacoma are hubs for industry, technology and tourism. From the Space Needle to professional sporting events, this area offers many of the state's most popular activities and sights.

DESTINATION WASHINGTON



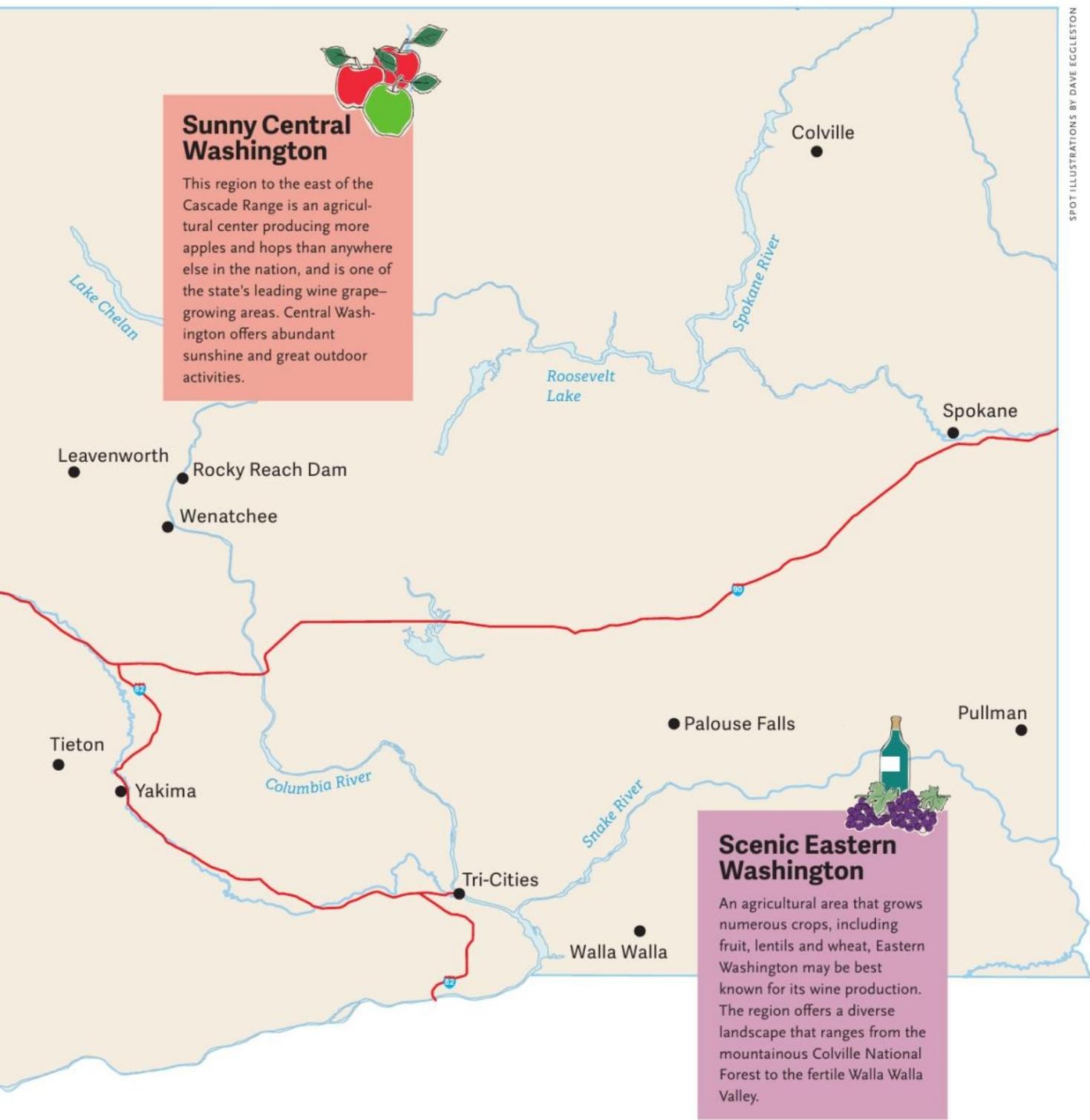
WA4 Urban Allure

Exploring the diverse attractions of Seattle, Bellevue and Tacoma
By Karalynn Ott



WA18 Puget Sound Sojourn

Memorable excursions around the area
By Terry W. Sheely



Sunny Central Washington

This region to the east of the Cascade Range is an agricultural center producing more apples and hops than anywhere else in the nation, and is one of the state's leading wine grape-growing areas. Central Washington offers abundant sunshine and great outdoor activities.

Scenic Eastern Washington

An agricultural area that grows numerous crops, including fruit, lentils and wheat, Eastern Washington may be best known for its wine production. The region offers a diverse landscape that ranges from the mountainous Colville National Forest to the fertile Walla Walla Valley.



WA30 Warm Welcome
 Exciting activities in sunny Central Washington
By Rick Stedman



WA38 Scenic Eastern Washington
 Discovering the region's many charms
By Cheryl-Anne Millsap



URBAN ALLURE

Exploring the diverse attractions of Seattle, Bellevue and Tacoma | By Karalynn Ott

Peering out the windows of our gondola as it rises a thrilling 175 feet above Seattle's waterfront, I realize that I've never seen the Emerald City from this angle before.

From our gently moving car on the **Seattle Great Wheel**, my husband, Sean, and I look to the north, admiring the bluffs of the Magnolia neighborhood and the stunning artworks of the waterfront's Olympic Sculpture Park. Below us are ferries, piers, restaurants and tour boats. To the south, we see CenturyLink Field—where the Super Bowl champions Seattle Seahawks play—and cargo ships being loaded at the Port of Seattle.

Riders are guaranteed at least three revolutions on the wheel, which opened to



Fact ▶ Washington is the only state named for a United States president.

the public in 2012 and is the tallest Ferris wheel on the West Coast. We enjoy every moment of the 15-minute ride.

Our waterfront adventure is part of a long weekend of experiencing many of the activities and attractions available here in Seattle and the nearby cities of Bellevue and Tacoma. The trip allows Sean and me to enjoy the many distinctive aspects of this metropolitan area of Puget Sound.

Seattle sights

We began our Seattle trip earlier in the day with a stop at the revolving **SkyCity Restaurant** at the top of the iconic **Space Needle**. Located 500 feet above the ground, the restaurant makes a complete revolution every 46 minutes, offering a 360-degree view of Seattle and the surrounding mountains and waterways as we eat.

After an exquisite brunch, we visit the 520-foot observation deck located above the revolving restaurant, where maps identify the main landmarks that are visible in each direction.

The Space Needle is one of many attractions at Seattle Center, a 74-acre cultural hub and gathering spot located just north of city center. The Seattle Center campus, first built for the 1962 World's Fair, still encourages a sense of exploration and fun.

We visit the striking Frank O. Gehry–designed **EMP Museum**, where we see rare rock 'n' roll artifacts, visit the "Icons of Science Fiction" exhibit and examine other displays involving popular culture. One of my favorite activities at EMP is the On Stage program, where I play out my rock-star fantasies by getting up on stage under the hot lights and before a (simulated) screaming crowd and belting out a terrible version of the Joan Jett and the Blackhearts classic *I Love Rock 'N' Roll*.

Next to the Space Needle is the stunning **Chihuly Garden and Glass**, a museum that traces the history of glass art master and Tacoma native Dale Chihuly. If you feel inspired, you can create your own works of glass art at the nearby Seattle Glassblowing Studio (seattleglassblowing.com).

Another favorite is the **Pacific Science Center**, where interactive exhibits offer fascinating information about science, math and technology. The Seattle Center grounds, with ample green spaces, theaters, the restaurant-filled Armory building and a skate-



Above: Fresh seafood, produce, flowers and crafts are just some of the items you can find at Pike Place Market. Opposite page top: The Seattle Great Wheel is one of the newest attractions on the city's waterfront. Opposite page bottom: The Observation Deck of the Space Needle provides amazing views.

▶ A Sporting Good Time

Baseball fans can see the Seattle Mariners play this summer at Safeco Field, which is considered one of the best outdoor venues in the sport. To experience a game like a local, check to see when pitching ace Felix Hernandez is scheduled to be on the mound, and then buy a



ticket to sit in the King's Court, an entire seating section devoted to this Cy Young Award winner. Included in the ticket price are a special T-shirt and "K" card to help you cheer on every strikeout. The summer training camp for the NFL's Seattle Seahawks is held in the Seattle suburb of Renton, Washington. The Seahawks usually hold mini-camps in June, and full-training camp from late July through mid-August. The camps are open to the public (though you'll need to reserve space in advance) and will give fans an early look at the 2014 Super Bowl champions.



park, make for a pleasing stroll. On a hot day, the **International Fountain**, in the heart of the center, welcomes young and old to cool down in its musically timed spray.

The center also hosts several big festivals each year, including the foodie fete Groupon Bite of Seattle (July 18–20) and Bumber-shoot, one of North America's largest urban arts festivals, which is held on Labor Day weekend.

Sean and I leave Seattle Center and travel downtown in one of the coolest modes of transportation anywhere: the **Seattle Center Monorail**. Another element of the World's Fair, the elevated monorail whisks us about a mile south to the center of the downtown shopping district (at the Westlake Station on the second floor of the Westlake Mall), where we walk three blocks west to Seattle's **Pike Place Market**. The year-round public market, which first opened in 1907, offers fresh produce, seafood, meats, flowers and many other items. We start our



visit by dropping a few coins into Rachel, the large bronze piggy bank located at the south market entrance (near the famous fish-throwers at Pike Place Fish Market). The money raised from donations helps support social services in the market. Rachel is also a favorite spot to pose for photos.

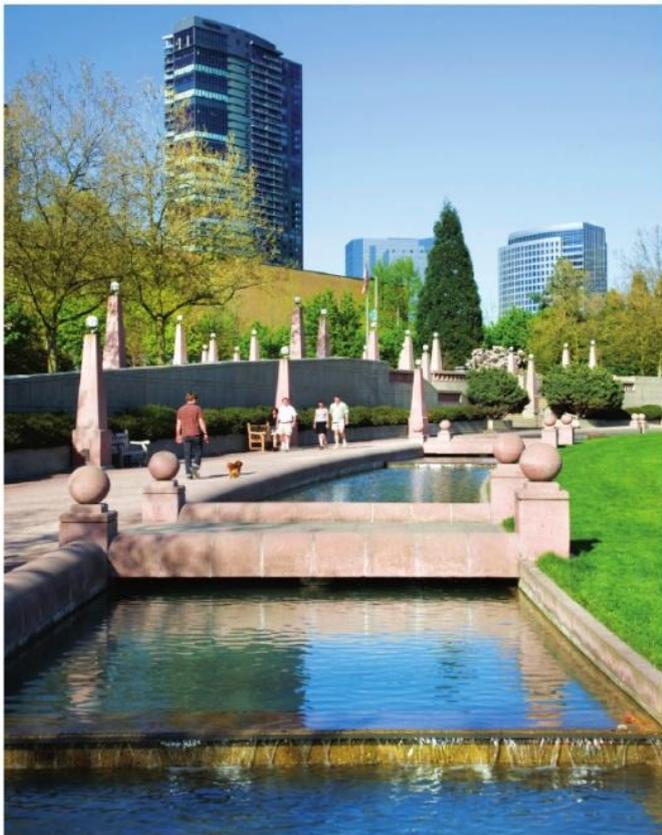
We peruse the various stands that offer artworks, handcrafted jewelry, clothing, foods and other items. The market is also home to one of the earliest Starbucks locations, which has become a tourist landmark, with visitors from around the world lining up to buy a drink and take pictures outside

▶ Summer Events

Bellevue hosts several popular events and festivals each summer, including the Strawberry Festival, June 28–29, which celebrates Bellevue's agricultural heritage, at Crossroads Park; Bellevue Arts Week, July 25–27, which includes the Bellevue Arts Museum ARTSfair (the longest-running fair in downtown Bellevue); the Bellevue Festival of the Arts and the 6th Street Fair in downtown Bellevue (for more information, go to bellevue.com/summer-guide.php).



Above: Customers enjoy drinks at Rachel's Ginger Beer, located in Post Alley, near Pike Place Market. Left: The Space Needle is reflected in the smooth surface of the EMP Museum, designed by famed architect Frank Gehry. The museum and the Space Needle are two of the many attractions visitors will find at Seattle Center, the city's cultural hub that was originally constructed for the 1962 World's Fair.



Left: The promenade and canal at the Bellevue Downtown Park are popular destinations. Above: The Bellevue Botanical Garden features 10 different types of gardens. Below: Canoers paddle along the Mercer Slough Nature Park canal.

▶ Bellevue Walking Tours

Downtown Bellevue boasts nearly 130 works of public art—many readily seen by simply walking down the street or through city parks. To find them, pick up a free Downtown ArtMap at Bellevue's City Hall or the information kiosk at Meydenbauer Center (you can also download the Downtown ArtMap at bellevuewa.gov). Similarly, the Eastside Heritage Center offers a fun self-guided Early Bellevue Walking Tour (much of which is centered around Old Bellevue); find the map here: eastside-heritagecenter.org.

the shop. For something a little more unique, I recommend a stop at **Rachel's Ginger Beer**, opened last summer in the Post Alley section of the market. Rachel's serves original nonalcoholic brew, made with fresh lemons, ginger root, organic cane sugar and water. Seasonal varieties include blood orange and blueberry flavors, among others.

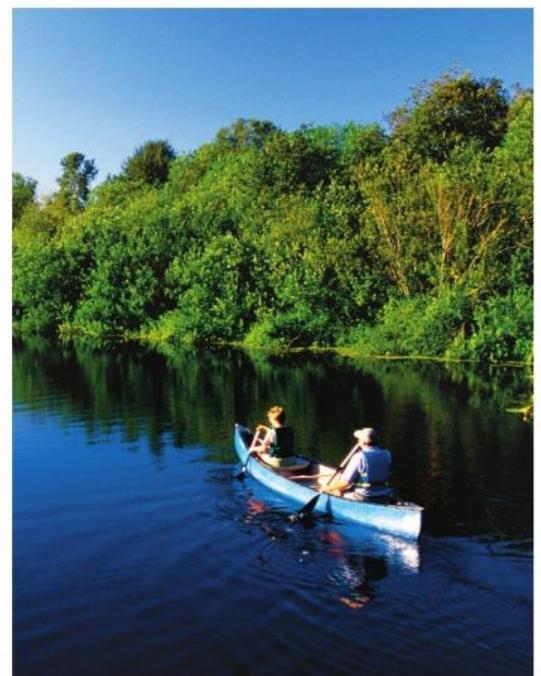
Re-energized, we head for the waterfront, but not before visiting one of Seattle's quirkiest tourist attractions: **The Market Theater Gum Wall** (1428 Post Alley, under the south end of the market). For more than 20 years, people have been adorning the wall with thousands of wads of chewed gum that, when viewed together, create a colorful mosaic.

Once we reach the waterfront, Sean and I visit the **Seattle Aquarium**, where I always enjoy watching the antics of the whisker-faced otters. We then take our ride on the Seattle Great Wheel and stroll south along Alaskan Way, visiting such locations as **Ye Olde Curiosity Shop**—a Seattle landmark and every tchotchke lover's dream store.

Nearby piers are bustling with travelers getting out on the water: At Pier 69, the **Victoria Clipper**

passenger ferry offers year-round service to Victoria, Canada. At Pier 55, **Argosy Cruises** runs various tours of the area, including to Blake Island's Tillikum Village, famous for its salmon bakes and Native American cultural performances.

At Pier 52, the **Washington State Ferry Terminal** runs numerous ferry routes, including to Bremerton and—the most popular—Bainbridge Island, a pleasant 35-minute cruise that offers terrific views of the city and Mount Rainier (for those walking on the ferry, the return ride is free). On this day, we decide to ride the **West Seattle Water Taxi**, one of Seattle's



LEFT PAGE FROM TOP, KYLE JOHNSON; TIM THOMPSON; RIGHT PAGE FROM TOP LEFT, JAMIE & JUDY WILD / DANITADELIMONT.COM; DARRELL GULIN / DANITADELIMONT.COM; RANDY WELLS/IMAGES-OF-AMERICA.COM

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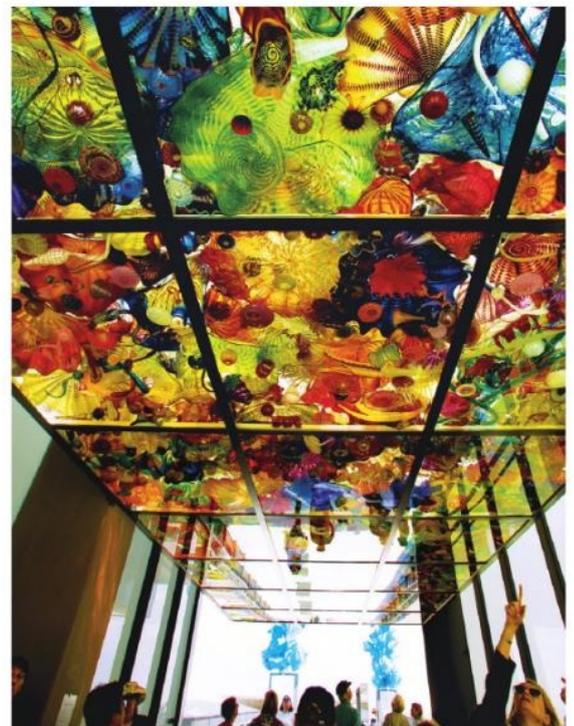


best-kept secrets, which leaves from Pier 50. One-way cash fares to West Seattle's Seacrest Park are \$4.75 for the 10- to 15-minute cruise that runs regularly across Elliott Bay. From the dock, you can take a free bus shuttle to Alki Beach and other parts of West Seattle. However, we decide to walk the mile and a half along the picturesque pedestrian and bike path to reach Alki Beach, one of Seattle's summer playgrounds located on the northern waterfront of West Seattle. As we make our way to the heart of Alki, we are

Northwest Art

The Tacoma Art Museum is home to one of the largest collections of glass art by Dale Chihuly and works by some of the West's most famous artists. It is constructing a new wing, the Haub Family Galleries, to house a recent gift of approximately 280 works of

Western American art that include pieces by George Catlin and Georgia O'Keeffe. While the new addition will open in November, some of the works are being featured in the exhibition "Northwest in the West: Exploring Our Roots." Also on exhibit through October is Project 562, a collection of images and audio clips of contemporary American Indians by Puget Sound-area artist and photographer Matika Wilbur, a member of the Swinomish and Tulalip tribes.



Left: Kayaking is among the outdoor activities available at Point Defiance Park in Tacoma. The park includes many attractions such as an aquarium, beaches and a zoo. Above: More than 2,000 pieces of Dale Chihuly's glass artwork make a beautiful design in the ceiling of the *Seaform Pavilion* at Tacoma's Bridge of Glass.

passed by cyclists, in-line skaters and joggers. We even see people riding two-person surreys. Sean and I reach the main section of the beach in time to watch part of a volleyball tournament and then walk down the beach to the surf and wiggle our toes in the chilly salt water. We soak in the dazzling views of the Olympic Mountains and Seattle and also watch as sailboats and ferry boats pass by on Elliott Bay.

We continue our leisurely stroll along the water, and as evening settles in, we walk back to the water taxi dock for the return trip back to downtown Seattle. I sigh, thinking about how this is a great way to end a day of touring the Emerald City.

Beautiful Bellevue

The next day, Sean and I travel the 11 miles east of Seattle, across Lake Washington, to the city of Bel-



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levee. With Microsoft headquartered nearby and many other high-tech firms in the area, Bellevue has become one of the region's major technology centers. However, we are here to enjoy the sights, shopping and outdoor adventures.

We start our trip at the 320-acre **Mercer Slough Nature Park**, where we walk along the greenspace's boardwalk and trails. The slough's canal is limited to human-powered watercraft, making for a peaceful experience that often rewards paddlers with views of bald eagles, beavers, great blue herons, green herons and muskrats. In July and August, you can pick plump and juicy berries for a small fee at the nearby **Mercer Slough Blueberry Farm**, which is managed by the Bellevue Parks & Community Services Department.

Next we travel to the 53-acre **Bellevue Botanical Garden**, which is completing a \$10 million visitor and education center expansion slated to open this month. We tour the facility's many popular beautiful gardens, which receive about 300,000 visitors a year.



COURTESY: FOSS WATERWAY SEAPORT

Hungry after our busy morning, we travel west to **Old Bellevue on Main Street**, a few blocks of the city with a small-town feel. We nibble our way along the street, visiting Gilbert's on Main delicatessen; for sweeter fare, try Belle Pastry. We also make quick tours through Two Sisters Olive Oil, a small olive oil and balsamic

The Foss Waterway Seaport museum in Tacoma celebrates the city's past, present and future maritime heritage.

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Those looking for classic Seattle gifts need look no further than the Sub Pop Airport Store, a shop on Concourse C at Seattle-Tacoma International Airport. The new shop features books, clothing, merchandise, music, special travel items and art from the legendary record label, which is best known for helping to develop the grunge sound in the 1990s with such bands as Nirvana, Mudhoney and Soundgarden. More recently, Sub Pop has promoted bands such as Fleet Foxes, The Postal Service and The Shins. For more information, visit subpop.com.



COURTESY: SUB POP

vinegar tasting room, and Hedge & Vine, which offers fine wine, home goods and specialty foods.

Afterward we are ready to visit one of Bellevue's main attractions—its shopping district. To get there, we walk a few blocks north from Main Street through the city's 20-acre **Bellevue Downtown Park**, enjoying its promenade and canal. The park's large lawn provides a central gathering place for picnicking, as well as outdoor movies in summer.

At **The Bellevue Collection** (which includes Bellevue Square, Bellevue Place and Lincoln Square), we find a wide-ranging mix of shops, restaurants and venues, with Bellevue Square, alone, being home to more than 200 retail outlets. We also walk the short distance to **The Shops at The Bravern**, which in July will add a Gucci store to its tony lineup of boutiques. The development



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also includes John Howie Steak, one of the region's top steakhouses, which also offers an excellent vegetarian menu.

Following our shopping excursion, we visit the nearby **Bellevue Arts Museum** (BAM). Currently, BAM is hosting a fascinating exhibition on origami art, through September 21.

We end our day with a trip to one of Bellevue's newest attractions—**Bellevue Zip Tour** (reservations required; bellevueziptour.com). The facility, located in Eastgate Park, about 10 minutes from downtown Bellevue, offers seven ziplines, ranging up to nearly 600 feet in length; the highest is about 80 feet above the ground.

The course is designed to be family friendly and comfortable, but still offer excitement, says Scott Andrews, owner and operator of Northwest TeamBuilding, which helped design and now runs the tour.

Tacoma: The City of Destiny

The following day we visit Seattle's neighbor to the south, Tacoma. Located 34 miles from Seattle, The City of Destiny, the nickname bestowed upon Tacoma around 1875 when the Northern Pacific Railroad agreed to locate its western terminus within the city's boundaries, was once a center for the region's timber industry.

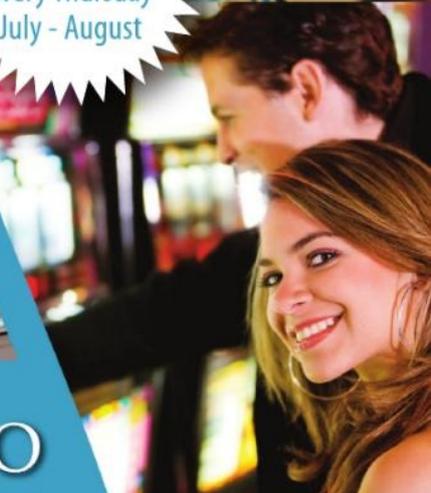
Today, Tacoma remains a busy seaport and also boasts exceptional natural beauty and a postcard-perfect setting on Commencement Bay.

“I love the accessibility of Tacoma,” says my friend Janell Brown, who has lived just outside the city for 14 years. “And there's a big focus on art here, which I also love.”

Sean and I begin our tour of the city by heading to the **Foss Waterway Seaport museum**. Part of a major redevelopment of the Thea Foss Waterway area, the museum is housed in the century-old **Balfour Dock Building** and is open during the spring and summer seasons.



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The museum offers exhibits that examine the history of the city's waterfront and also hosts several events, including **Paddle Away** on July 12, in which visitors will be able to try various nonmotorized vessels, and the annual **Tacoma Maritime Festival**, September 20–21, which celebrates the city's 46 miles of shoreline and "nautical life"—from shipping to food to recreation. Nearby, we stretch our legs on the paved **Ruston Way Path**, which runs along Commencement Bay, passing through several waterfront parks and offering views of Mount Rainier to the southeast.

About five miles northwest of the museum, we reach **Point Defiance Park**. This 765-acre gem of a public space at the tip of the Point Defiance Peninsula could be a day trip in itself.

The park includes a zoo, an aquarium, hiking trails, saltwater beaches, several gardens and spectacular views. Owens Beach is a great place to bring a picnic or rent a kayak for a pleasant Northwest summer afternoon.

In addition to its many outdoor activities, Tacoma is also known as the hometown of renowned glass artist Dale Chihuly. Our visit includes an exploration of his monumental, dreamy and fantastical installations, many of which are in public places and available to view for free. Some of the most impressive pieces are part of the 500-foot-long pedestrian **Chihuly Bridge of Glass**, which include the blue *Crystal Towers* and the luminous *Seaform Pavilion*—a glass ceiling that houses 2,364 separate Chihuly pieces. The free **Ear for Art: Chihuly Glass CellPhone Walking Tour**, sponsored by the Tacoma Art Museum, gives a great overview. The tour (which is accessed by calling 888-411-4220) features 12 audio-narrated stops throughout the downtown **Museum District** (a map of the sites can be found at tacomaartmuseum.org).

After surveying so many master glass works, you may want to try your own

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hand at glass art. **Tacoma Glassblowing Studio**, a few blocks south of the **Tacoma Art Museum**, allows beginners to create their choice of 13 different objects, such as a glass float, a bird feeder or even a pumpkin (reservations required; tacomaglassblowing.com).

In the nearby Museum District, six major museums line Tacoma's downtown core, including the Tacoma Art Museum, which is dedicated to exhibiting and collecting Northwest art. The museum is home to a premier collection of Dale Chihuly's work, dating from 1977 to the present. The conical **Museum of Glass** features 20th and 21st century glass works by a variety of artists and live glassmaking in its "hot shop."

Tacoma also is home to the **Washington State History Museum**, which highlights the people and events that have impacted the state's development and direction; and the **Children's Museum of Tacoma**, which focuses on early childhood activities to spur imagination and encourage creativity.

The newest member of the Museum District is **LeMay—America's Car Museum**, which opened in 2012. It includes a rotating display of hundreds of rare cars, trucks and motorcycles from private owners, corporations and the LeMay family, which at one time had one of the world's largest collections, with more than 3,500 vehicles.

The trips through Seattle, Bellevue and Tacoma have been so fun, we are already planning our next excursion. These communities offer such a mix of urban excitement and natural beauty that I always find something new to surprise me. I'm guessing you will, too. ▲

Karalynn Ott is a Seattle-based freelance writer.

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Puget Sound Sojourn

Memorable excursions around the area
 By Terry W. Sheely

Every trip needs a surprise and Everett is ours.

I never anticipated that this historic mill town that is perhaps best known as the home of the Naval Station Everett and the assembly of Boeing planes such as the 787 Dreamliner would also be one of the biggest go-see-do surprises as my wife, Natalie, and I made our annual tour around Puget Sound.

Everett's charms include buying Dungeness crab fresh off a fishing boat in the big bustling marina at the mouth of the Snohomish River, finding organic vegetables and fruits bursting with flavor from vendors in tents lined up at the Sunday dockside farmers market, getting away to a little-known island, and taking an impressive 90-minute tour of Boeing's Everett plant, which includes a visit to the world's largest building by volume.



Fact ▶ An estimated 10,000 rivers and streams flow into Puget Sound.

All of this, and our annual summer trip through Puget Sound is just starting. Our plan is to tour communities in the central and northern Puget Sound, including Everett, Anacortes, Friday Harbor, Bellingham, Whidbey Island, Port Townsend and Bainbridge Island. We are out to find the treasures, attractions and homegrown charms that make these communities so special.

Everett

Both Natalie and I are pleasantly surprised by Everett's ongoing waterfront makeover. This is that rare port town with shoreline frontages on both salt and fresh water. Such a special vantage point is being maximized with a large public-access renovation project along **Port Gardner Bay** and the Snohomish River. Brewpubs and restaurants overlook the center of the makeover—a 2,300-slip marina. The complex of boat launches, docks and piers is built into an estuary where the waters of the Snohomish River flow into Puget Sound at Port Gardner Bay.

On this Sunday, we spot the tents of the **Everett Farmers Market** overlooking the marina. Musicians play while vendors sell farm-fresh produce, flowers, crafts, artwork and tasty ready-to-eat snacks that are perfect for a waterfront picnic.

Another surprise is **Jetty Island**, a sliver of a park to the west of Port Gardner at the mouth of the Snohomish River. Built with dredgings from the river and created to protect the harbor from storms blowing inland from Puget Sound, Jetty Island is one of the best-kept secrets in the region. Locals boast that the island offers the longest and warmest sandy beaches in Puget Sound. From July 5 through Labor Day, a 60-passenger foot ferry travels the short distance from the Jetty Landing and Boat Launch at 10th Street and West Marine View Drive to the island for the suggested donation of \$2 for adults and \$1 for children.

The island offers two miles of grasslands, fine sand beaches and driftwood. You can have a picnic, go swimming, kiteboard, bird-watch or just enjoy the scenery.

After exploring Jetty Island, we ferry back to the mainland and walk a short distance along Everett's waterfront to reach the new **Pigeon Creek Trail**. The path takes us past warehouses to a public beach and waterfront viewpoint that overlooks a wildlife area.



Above: An array of flowers greets visitors to the Everett Farmers Market. Opposite page top: A couple stroll along the Everett Marina. Opposite page bottom: A fisherman casts into the waters off Jetty Island, located to the west of Everett.

Olympic National Park

The crown of the Olympic Peninsula, Olympic National Park is a beautifully diverse wilderness of nearly 1 million acres that includes glaciers, rugged mountains, lakes and meadows. The park is a Northwest rarity in that it doesn't include volca-

noes. The topography makes a dramatic shift, rising from beaches and sea stacks along the Pacific Ocean to lush rain forests, to glacier-covered peaks, including the 7,980-foot summit of Mount Olympus. The most developed and popular accesses are Hurricane Ridge Road from Port Angeles and the Upper Hoh Road located on the coast, near the town of Forks.





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At a little more than half a mile in length, the trail is short, paved and almost always within sight of the area's many barking seals and sea lions.

We then travel the six miles south of the Pigeon Creek Trail to the massive Boeing manufacturing plant, where we join the **Future of Flight and Aviation Tour**. I find it overwhelming to be inside the largest building by volume in the world, the 472 million-cubic-foot Boeing airplane-manufacturing facility where we watch workers assembling such planes as the Boeing 787 Dreamliner right before our eyes. Among the highlights of the 90-minute tour is the opportunity to strap in and fly a virtual jet on a simulator at the facility.

Anacortes

We leave the buzz of the Boeing plant behind and travel north. After passing the Skagit Valley's famous tulip fields, we arrive at the town of Anacortes, located on the northern tip of **Fidalgo Island**. After a quick stop to pick up a meal at Bob's Chowder Bar & BBQ Salmon, we set off for a picnic and find that many of the activities in Anacortes are connected to the area's unique geography and relationship to the water. Fidalgo Island is sometimes



referred to as the first San Juan Island, but more often is not recognized as an island at all, although the area is cut off from the mainland (to the east by the 11-mile-long Swinomish Channel and to the south by the turbulent waters of Deception Pass).

The parks of Anacortes run from the native wonders of **Washington Park** to little **Tugboat Beach Park** and the stonework amphitheater of **Causland Memorial Park** in the heart of old Anacortes. The town's docks at **Cap Sante Marina** offer postcard views of the North Cascades and Fidalgo Bay, which is known for its excellent kayaking and salmon fishing. Visitors will enjoy the **Anacortes Museum and Maritime Heritage Center**, which traces the history of the area and offers an estimated 50,000



Above: A Washington state ferry leaves picturesque Friday Harbor, the largest city in the San Juan Islands. Below left: A father and daughter paddle a kayak in the waters near Deception Pass.

▶ North Cascades National Park Service Complex

This complex of protected lands, including **North Cascades National Park**, is composed of more than 681,000 acres along the Cascade Range from Lake Chelan to the Canadian border. The vast wilderness area features spectacular peaks, 312 glaciers, the **Ross Lake National Recreation Area** and an extensive web of trails. This area of parks and preserves is believed to support eight distinctive life zones, more than 1,400 plant species and some of the rarest animals in the **Lower 48 states**, including cougars, black and grizzly bears, lynx, moose, wolverines and wolves.



photographs of the town and its prominent citizens through the years. On the city's waterfront, you can visit the **W. T. Preston Museum**, which houses the last stern-wheeler to ply the waters of Puget Sound.

On this day, Natalie and I lay out our blanket at Washington Park and enjoy our lunch while taking in the views of Rosario Strait. The 220-acre Washington Park occupies a forested peninsula west of the **Anacortes Ferry Terminal**. A 2.2-mile twisting loop road runs through woods and meadows, and past campgrounds and beaches.

A short distance from Washington Park is the large parking lot where we wait for one of the fleet of huge Washington State ferries that will take us, along with hundreds of other passengers and dozens of cars, across Rosario Strait to the San Juan Islands or to Canada's Vancouver Island.

In the summer, this parking lot gets mighty busy, but we don't mind the wait. We are already on what locals euphemistically call "island time," which is a frame of mind where time has little meaning and it's best to just ignore your watch, slow down and enjoy the moment.

We take a ferry that stops at Lopez, Orcas and San Juan islands, which, including Shaw, are the islands served by the Washington State Ferries system. However, these four are just the largest members of the more than 400 islands that compose the San Juan Archipelago.

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San Juan Island

We disembark at **Friday Harbor**, the largest community in the San Juans and the bustling heart of the islands, and go to the nearby San Juan Island Chamber of Commerce to learn about the island's many attractions.

The list seems almost endless: from art galleries and pottery studios to beachcombing and bicycle riding, from boats and salmon fishing to golf and whale-watching. Accommodations include the venerable **Roche Harbor Resort**, bed-and-breakfasts and numerous campgrounds.

It's an island that always seems to inspire me. One particular visit a few years ago speaks to its magic. I was sea kayaking on the west side of San Juan Island near Lime Kiln Point with a local outfitter when we encountered a large pod of orcas. The whales approached our group and circled for several minutes, staring at us as they swam. One large bull dove deep into the water and swam below me. The water was so clear that I could see him as he swam by. It is a wildlife encounter I will never forget.

Bellingham

After a restful night at Roche Harbor Resort, located on the north end of the island, we take a ferry back to the mainland and travel north to Bellingham.

Just getting to this seaport and university town proves to be a treat as we take in the views along twisting **Chuckanut Drive**, which lives up to its designation as a scenic byway. The two-lane road runs between the cliffs of Chuckanut Mountain and Chuckanut Bay and skirts parks, trails and a Japanese garden. It is a delightful alternative to Interstate 5.

Bellingham also lives up to its reputation as an art and music center that offers a variety of outdoor activities, from skiing at nearby Mount Baker to boating, fishing and kayaking on the many local lakes and Puget Sound.

Our first stop is at the **Whatcom Museum's** state-of-the-art **Lightcatcher Building**—so named because of the use

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of glass in the architecture of the facility and the way it captures natural light. Here, new and rotating exhibits are housed, including the current show “Radical Repetition: Albers to Warhol” (through August 17), which examines recurring imagery in art since the 1960s with works by such artists as Josef Albers and Andy Warhol. The museum also offers the **Family Interactive Gallery**, which includes hands-on activities for children. Visitors in Bellingham on the first Friday of the month can take part in the Downtown Art Walk, which showcases the city’s variety of art on display at local galleries.

Our favorite Bellingham museum is the **Spark Museum of Electrical Invention**, which celebrates the history and the science of electricity. The museum contains rare artifacts involved with the discovery and production of electricity through the ages, including a large collection of electromagnetic devices.

Music lovers are drawn to this city for events such as the **Bellingham Festival of Music** (July 5–20) held mainly at the Western Washington University Performing Arts Center. The festival presents top classical artists and young rising stars as well as performances by the **Bellingham Symphony**. The **Mount Baker Theatre** in downtown Bellingham also is a great venue for seeing national acts and local performers throughout the year.

More galleries, bookstores, pottery stores and painting and

▶ Mount Rainier National Park

Mount Rainier is the 14,410-foot centerpiece of its namesake park and rises from the Cascade Range southeast of Seattle and Tacoma. On clear summer days the mountain is visible for great distances as it towers dramatically above surrounding peaks. Its more than 25 glaciers glow icy white in the summer sun.

The park covers 369 square miles, 97 percent of which is wilderness. However, an extensive trail system and two primary access routes allow visitors to explore the mountain. Highway 706 on the mountain’s south flank will take visitors to the breathtak-



ing Paradise Inn and the Henry M. Jackson Visitor Center at the 5,400-foot elevation level, where most ascents of the mountain begin. Here you will find paved trails and numerous meadows. Highway 410 travels through Enumclaw and enters the park from the north flank, taking travelers to either Paradise or the Sunrise Visitor Center, at the 6,400-foot level, the highest point you can drive to on the mountain.

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A family enjoys a beachfront picnic at Wildcat Cove, near Bellingham.

woodworking shops can be found in the **Fairhaven** area on the south side of Bellingham Bay. For something truly unique, visitors can go to Camel Safari, located about 10 miles northeast of the downtown area, where you can ride camels and learn how to take care of the exotic creatures.

Whidbey Island

Natalie and I leave Bellingham and make our way south. We turn onto State Route 20 and follow the road to the bridges at **Deception Pass**, which connects Fidalgo with Whidbey Island, one of the nation's longest islands. A popular activity is to park near this two-bridge pass and walk across one or both of the spans to observe the roiling waters below.

Rosario Beach, near the north end of the bridges, and **Deception Pass Park**—to the south—both offer great beachcombing, hikes and breathtaking sunsets. We admire the pass's beauty and then continue traveling to rustic Whidbey Island, which includes a scattering of about a dozen small towns, plenty of festivals and a great supply of fresh seafood.

The beaches and waterways also draw many beachcombers, kayakers, kite-fliers and scuba divers, and whale-watchers who often catch glimpses of passing gray whales and orcas. At the south end of Whidbey, on a calm late afternoon, we watch the sky and water meet off of Pos-

session Point. The spot is considered one of the best salmon and crabbing areas in Puget Sound.

In July, we plan to return for the 39th-annual **Choochokam Arts Festival** held in downtown Langley, July 12–13 this year. Our drive down Whidbey has resembled a pinball ricocheting from one “ooh-and-ahh” attraction to the next, with stops to fly kites at Fort Casey State Park and later to buy fresh crab, shrimp and local honey in Langley.

Port Townsend

We board a state ferry at Coupeville on Whidbey Island and cross the **Strait of Juan de Fuca**, accompanied by a pod of black-and-white Dall's porpoises. We arrive on the Olympic Peninsula in Port Townsend and marvel at the town's stately Victorian architecture.

Port Townsend is part romantic seaside getaway (the movie *Officer and a Gentleman* was filmed here), part old mill town. More recently, it has gained a worthy reputation as a food town. More than 30 restaurants operate here, including standouts such as Silver Water Cafe and Fins Coastal Cuisine.

Many of the storied Victorian homes that line nearby hillsides were built in the 1800s, mostly by shipping magnates and speculators. Today, a number of them are popular bed-and-breakfast locations.

Small shops open to the sidewalks in a downtown that has been designated a **National Historic Landmark District**. In July, the city will welcome world-class jazz musicians during **Jazz Port Townsend** (July 20–27), with performers playing in local venues and at the nearby Fort Worden State Park.

Farther down the waterfront, past the harbor entrance, we come to **The Northwest Maritime Center** and the **Wooden**

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Boat Foundation, where we can see artisans and amateurs building wooden boats. The town swells with wooden-boat lovers from across the country during the **Wooden Boat Festival** (September 5–7). Hundreds of wooden boats will be on display, showing the artistic work involved in creating these seaworthy beauties.

Bainbridge Island

We finish our tour of Puget Sound by driving 40 miles south to Bainbridge Island, located on the Kitsap Peninsula, across the sound from Seattle.

The island is known for its world-class views, including sunrises silhouetting the Cascade peaks and sunsets backlighting the jagged Olympic Mountains.

We make a stop at the **Bloedel Reserve**, a 150-acre public garden on the north end of the island that offers a blend of natural woodlands and landscaped lakes, lawns and gardens. The Bloedels' stunning French chateau-style home is now the reserve's visitor center. Bainbridge is also home to a thriving arts community, with galleries and art walks helping to support numerous backyard potters, woodworkers and painters. The town of **Winslow** is a center of galleries, homemade ice cream shops, pubs and a boardwalk to a well-kept marina park.

For me, one of the summer highlights is **Paddle Kitsap** (August 9–10), in which canoers, kayakers and rowers must navigate the nearby 20-mile-long Kitsap Water Trail from Silverdale to Poulsbo.

Bainbridge also offers seven wineries, a brewery and an organic distillery. We spend the last evening of our trip wine-tasting at the Harbor Square Wine Shop. As the day comes to a close, Natalie and I toast the end of another successful sound sojourn. ▲

Terry W. Sheely is a Black Diamond-based freelance writer.

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Warm Welcome

Exciting activities in sunny Central Washington By Rick Stedman

Standing on the 17th tee at Apple Tree Golf Course in Yakima, I am reminded just why I bring friends and relatives to this fun and challenging layout. The famous island green before me is in the shape of a nice, plump apple, indicative of this being one of the world's top fruit-growing regions.

Every golfer may say they are trying to take a bite out of this picturesque par 3, but in reality, they are just hoping their ball lands on the green.

"Go get 'em, Jeff," I suggest to my longtime golfing partner. He confidently swings away on the elevated tee box, aiming at the world's largest green apple. He breathes a sigh of relief while watching his ball land safely on dry land. I, on the other hand, am not so lucky.



Fact Washington state produces about 4 billion pounds of apples each year.

Central Washington's many sunny days and many course options have long beckoned golfers from all over the state and beyond. In addition to Apple Tree, they'll find quality courses scattered throughout the region, from Bear Mountain Golf Course at Lake Chelan to the Highlander Golf Course in East Wenatchee, and many places in between. Layouts also include the Prospector and Rope Rider courses at the resort community of Suncadia, about 80 miles east of Seattle.

Golfing, wineries and the great weather are just some of the reasons that visitors flock to Central Washington. As a former tour guide, I plan many itineraries for family members and friends visiting the region, and I include lots of activities. With so much to do and see here, you never know when a two-day getaway might become a weeklong vacation.

Wenatchee

For those traveling to Wenatchee, known by locals as "the Apple Capital of the World," you will find a community that is replete with outdoor adventures. The town is located along the Columbia River, and also near the Bavarian-themed town of Leavenworth. The region boasts fishing, golfing, hiking, horse-back riding, mountain climbing, wine tours and whitewater rafting.

The city is also a gateway to recreational destinations such as the 55-mile-long Lake Chelan, the state's largest natural lake, which is located about 40 miles north.

I explore one of the newest offerings in the Wenatchee area—the **Pybus Public Market**, which opened last summer in a football-field-long warehouse in the heart of the city's waterfront neighborhood. The market features 20 year-round tenants and is open seven days a week, offering many locally produced goods, such as bakery items, fruits, vegetables, meats, cheeses and wines. The Almond Blossom Roasted Nuts store has an amazing array of small-batch varieties, with flavors such as Latin Spicy and European Sweet (pybuspublicmarket.org).

I leave the market and stroll a section of the nearby **Apple Capital Loop Trail**, which runs along both sides of the Columbia River and is popular with cyclists, runners, skaters and strollers. Just north of Wenatchee along Highway 97A, I visit the **Rocky Reach Dam**, which includes 15 acres of beau-



Above: The Pybus Public Market draws a crowd of shoppers. Opposite page top: Apple Tree Golf Course is best known for the island green at the par-3 17th hole. Opposite page bottom: People walk along Wenatchee's Apple Capital Loop Trail.

Experiencing an agricultural oasis

Bountiful orchards, farms and vineyards can be found throughout the sun-drenched Yakima Valley region. With more than 40 commercial crops grown in the valley, farm-fresh produce is available almost year-round, from asparagus in April to apples and potatoes in November.

Local produce stands are plentiful throughout the summer months. You can also get up close and personal with a "U-pick" experience. Johnson Orchards, which has been owned and operated by

the Johnson family since 1904, is one of the agricultural mainstays in west Yakima, offering visitors opportunities to pick cherries, peaches, apples, pears and other fresh tree-ripened fruit in season. In addition to picking your own fruit, Johnson Orchards offers fresh-baked pies made with its own fruit at the on-site bake shop.



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tiful grounds and exhibits that show the history of life along the Columbia River. I always make sure to visit the fish-viewing room, where I watch salmon work their way up the dam's fish ladder. The gardens, arboretum and play area make this a great stop for the whole family (chelanpud.org/visitor-center.html).

The Yakima Valley

When planning an itinerary for the Yakima Valley, located about 100 miles south of Wenatchee, I usually start with wine. After all, this community is a gateway to Washington wine country, which now boasts more than 800 wineries, most of which are located east of the Cascades.

The Yakima Valley American Viticultural Area (AVA) was recognized in 1983, becoming the first wine region established in the state. Today, about 40 percent of all Washington wine grapes are grown in the Yakima AVA, which stretches southeast from Yakima to Toppenish and runs to just west of the Tri-Cities. Within this region are more than 100 wineries that offer some of the finest vintages in Washington.

A tour of local wineries begins in downtown Yakima, where a few tasting rooms and wineries can be found mainly along West Yakima Avenue. A favorite is Gilbert Cellars, which has been serving its excellent wines in an elegant tasting room since 2008 and offers live music on many weekends.

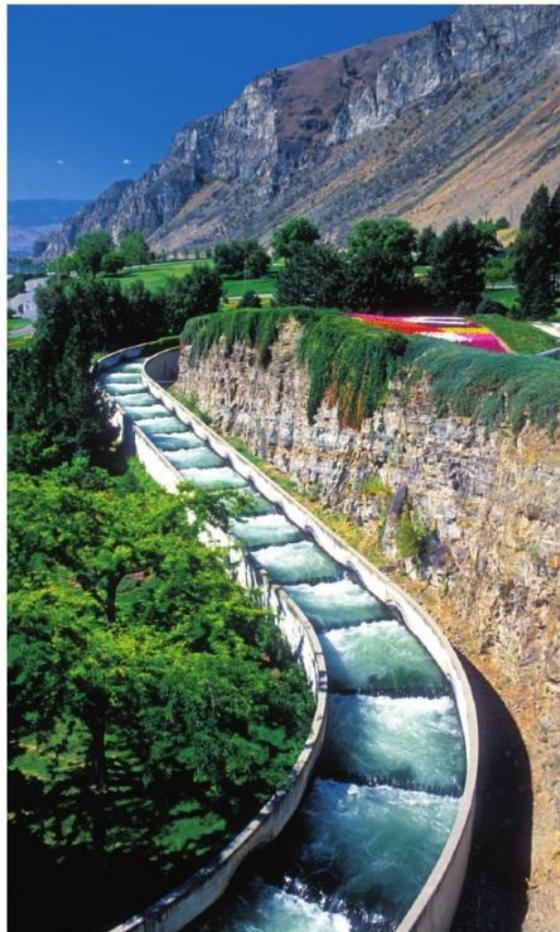
While in the downtown area, I visit the historic **Northern Pacific Railroad Depot** on North Front Street, where I explore the North Town Coffeehouse and Russillo's Pizza & Gelato, an authentic New



A Splash of History in Toppenish

The town of Toppenish is keeping the Old West alive through more than 75 larger-than-life murals that depict the visual history of the area.

Named one of the 20 best places to live in the West by *American Cowboy* magazine, Toppenish is home to three engaging museums: The American Hop Museum, tracing the region's hop and beer industry; the Northern Pacific Railway Museum; and the Yakama Nation Cultural Center. Also, the Toppenish National Wildlife Refuge is home to thousands of waterfowl.



Above: The fish ladder at the Rocky Reach Dam north of Wenatchee winds through the countryside.

Below: The Garden Girl plant nursery is one of the businesses that is located in the historic Northern Pacific Railroad Depot in downtown Yakima.

York-style pizzeria. Newly opened in May is Local Yoke!, which features fresh Yakima Valley fruit and produce, as well as locally produced dairy and food products. Also in this historic district are the restaurants 5North and Carousel French Cuisine.

The **Yakima Farmers' Market**, located on Third Street in front of the Capitol Theatre, is held on Sundays from mid-May through the end of October and features locally grown fresh produce, crafts and various specialty products.

The Yakima area also offers a number of outdoor activities, including the **Yakima Greenway**, located a short distance east of the downtown area. The greenway has more than 15 miles of paved pathways that link the Yakima River, lakes, parks, trails and protected conservation areas. It is the perfect place for walking, bird-watching, running, biking and enjoying the outdoors. The lakes and



Washington state has more than 50,000 acres of vineyards producing about 210,000 tons of fruit.

river that are near the greenway are popular spots for fishing.

Another great way to see the local landscape is to drive on **Canyon Road**, which runs parallel to the Yakima River. It won't take long to appreciate the peacefulness that abounds along this 22-mile scenic roadway that connects Yakima with Ellensburg. The meandering Yakima River, along with numerous jagged cliffs and constantly changing shadows, offers plenty of photo

▶ Did You Know?

Washington state is the nation's second-largest wine producer, after California, and is home to more than 800 wineries. More than 50,000 acres of vineyards produced about 210,000 tons of wine grapes in 2013. The number of wineries has increased by 400 percent in the last decade, and the industry is estimated to have an \$8.6 billion economic impact in the state each year, which includes more than \$1 billion being spent on wine-related tourism.

opportunities. The beauty of this area has attracted many professional photographers and much of the landscape has remained the same over the decades. Along this scenic area you may encounter a variety of wildlife, including eagles, bighorn sheep, deer and elk.

There are several campsites right on the river that make for excellent experiences. However, I prefer the creature comforts of Canyon River Ranch Lodge, an upscale, rustic resort located 21 miles north of the city along the Yakima River. This unique property, with more than 1,000 feet of private riverfront, features condominiums with full kitchens, gas fireplaces and private patios. The main lodge also has a great room with a large stone fireplace, a library, a game room and an outdoor terrace (canyonriver.net).

Many visitors try their hand at fly-fishing, while others leisurely float the river in rafts or inner tubes. Those wishing for more exhilaration return in September when state officials release irrigation water from Rimrock Lake.

The gush of water turns the nearby Tieton

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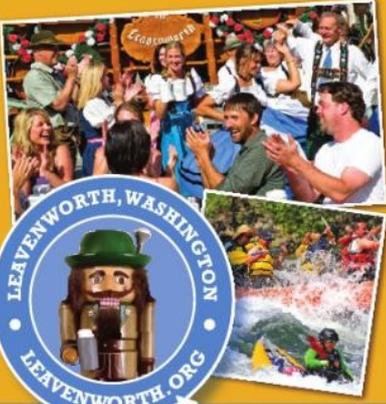


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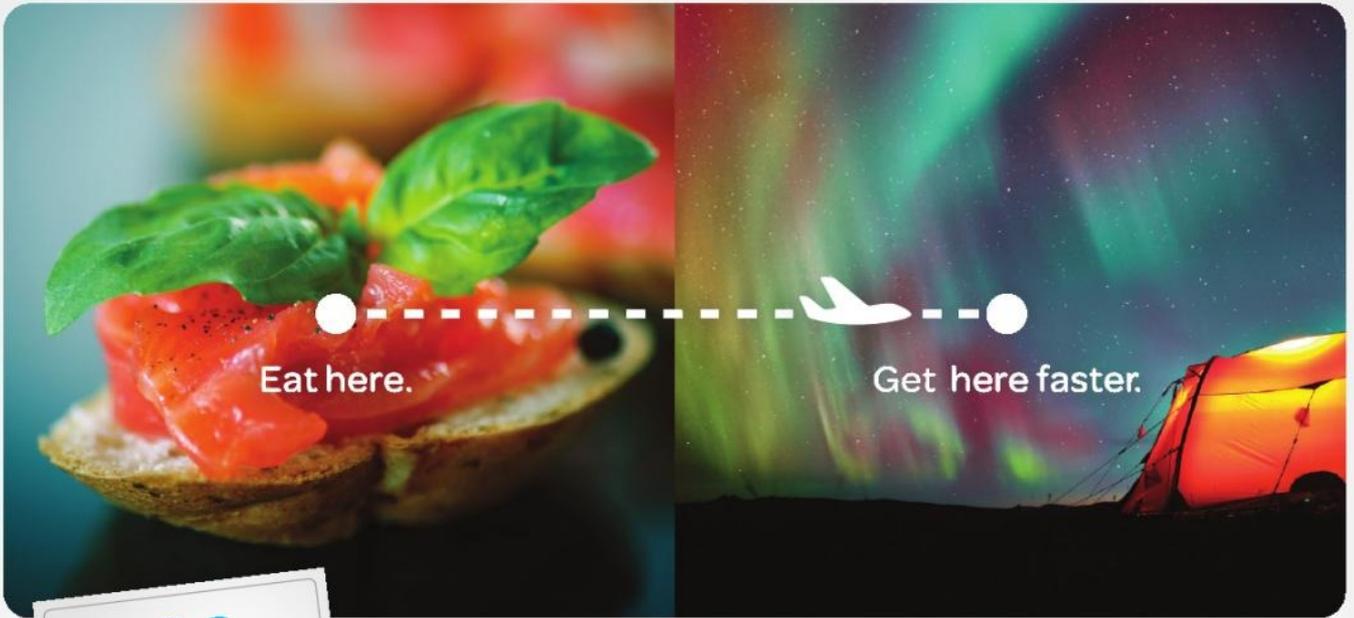
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Central Washington is best known for its vineyards, but the region is also the nation's largest producer of hops, which has spurred the development of a craft beer movement. The Bale Breaker Brewery in Yakima is one of the local brewers creating small-batch beers.

River into a Class 3 whitewater adventure. The release also creates one of the state's fastest-moving rapids.

Wine Country

Yakima offers a variety of ways to explore the local wine scene. There are many professional wine tours available, but this region also lends itself to just going out and exploring such areas as the Rattlesnake Hills Wine Trail.

The tour starts in the town of Wapato, 14 miles south of Yakima, and includes more than a dozen wineries in the area. Locals say the trail's name is a bit of a misnomer. There are no rattlesnakes on the tour, just great wine. It is true that I have yet to meet a rattler, but wines in this hilly setting are to be savored. Maps of the trail can be found online (rattlesnakehills.org), and the route is also good for cyclists riding through the area.

A new attraction in the area is the Walter Clore Wine and Culinary Center in Prosser. Named after the late Walter J. Clore, a pioneer in the state's wine industry, the center has a wine-tasting facility, various displays, exhibits and culinary demonstrations (theclorecenter.org).

Though Central Washington is best known for its vineyards and apple orchards, the local hop industry is actually

the nation's largest, producing 78 percent of the hops grown in the United States. The American Hop Museum in Toppenish, about 20 miles south of Yakima, features murals, displays, photos and other information about the history of the plant and the brewing industry (american-hopmuseum.org).

To help celebrate harvesting of the crop, the small town of Moxee, adjacent to Yakima, holds an annual Hop Festival,

August 2-3; also, Yakima's 12th-annual Fresh Hop Ale Festival will take place October 4.

You might also consider a visit to the Bale Breaker Brewing Company. Opened last year, the new craft brewery features an on-site taproom. You can also take a tour of the facility, which is set right in the heart of the hop fields (bale-breaker.com).

Whether exploring a farmers market in Wenatchee, golfing in Yakima or sipping wine in Wapato, there is always plenty to do all summer long in Central Washington. ▲

Rick Stedman is a freelance writer in Yakima, Washington.

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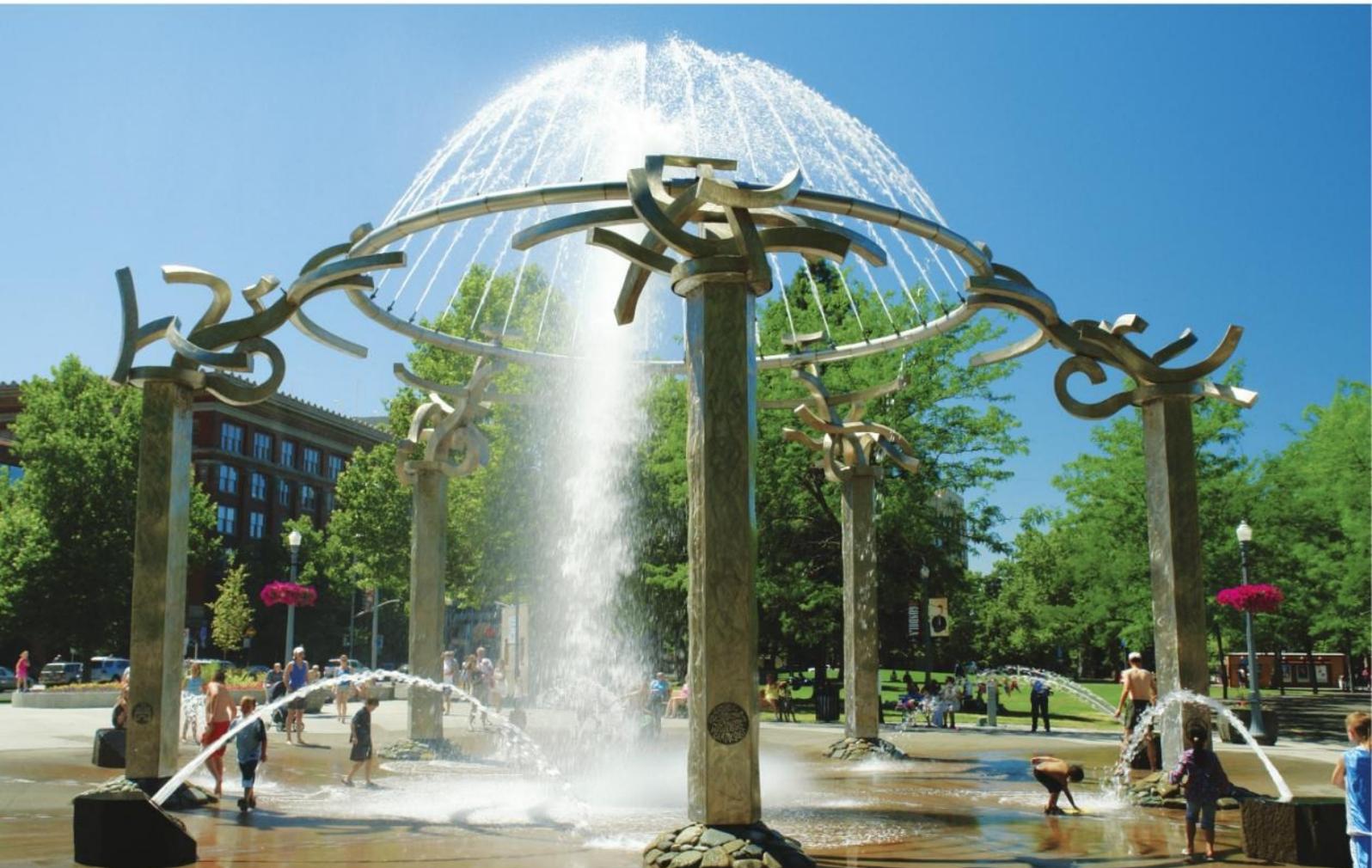
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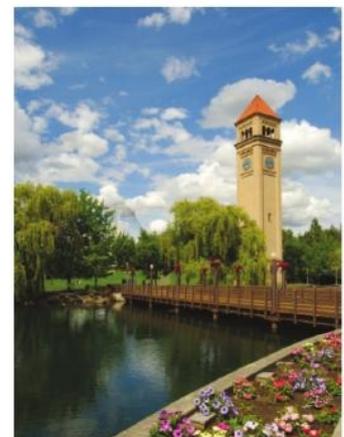


Scenic Eastern Washington

Discovering the region's many charms
By Cheryl-Anne Millsap

It is still early, and the morning air is cool as I walk along the path at Spokane's Riverfront Park, the 104-acre green space in the center of the city's downtown area.

When I reach the pedestrian bridge that crosses the Spokane River, I stop to enjoy the waterfall and the roiling waters of the river around which the city was built. I've been coming to this spot since I first moved to Spokane in 1999, and think of it as the heart of the community.



Fact ▶ The Palouse is one of the top lentil-growing regions in the nation.

As I stand watching the falls, I can see the city begin to stir. Soon the **SkyRide Over the Falls**' wires will hum quietly as the cabins—painted in Spokane's signature lilac color—dip low over the churning water in the jagged basalt canyon. The SkyRide was included on *Condé Nast Traveler* magazine's 2013 list of the world's incredible gondola rides and has been one of the city's top attractions since Expo '74—Spokane's World's Fair, which was held 40 years ago.

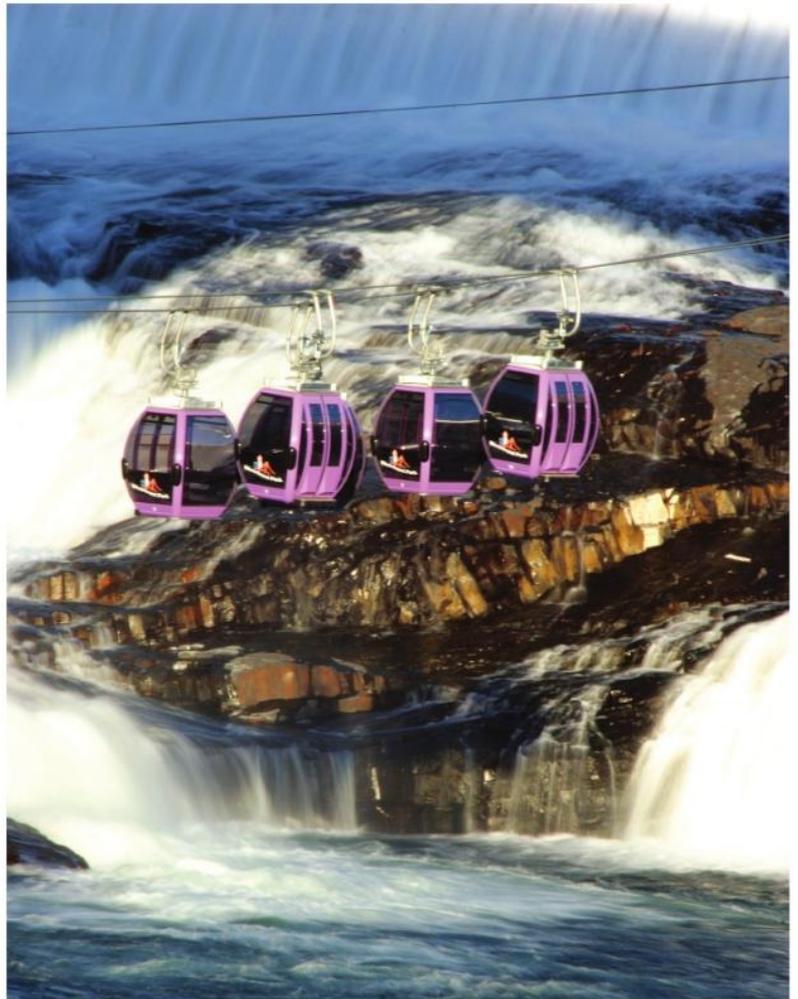
On this morning, the sky is a brilliant blue as the sun begins to paint the top of Riverfront Park's historic clock tower and cast shadows on the iconic pavilion, another Expo '74 legacy. Joggers and cyclists are on the **Centennial Trail**, the 37-mile paved trail that runs through the city and stretches from Riverside State Park west of here, all the way to Coeur d'Alene, Idaho, to the east.

During my 15 years as a resident of this city, I've come to appreciate Eastern Washington's four distinct seasons, abundant sunshine and semi-arid landscape that includes everything from mountains to sagebrush-dotted scrublands to fertile farmlands and some of the world's finest vineyards.

Here in Spokane, the state's second-largest city, residents love to get out and play, whether it's running, sports or just enjoying the outdoors. In early May, as many as 50,000 runners, joggers and walkers of all ages converge here for the annual 12 km **Lilac Bloomsday Run**. In June the city hosts the Spokane Hoopfest, the largest three-on-three street basketball tournament in the world, with more than 450 courts and 7,000 teams taking part. This also is a golfer's playground. More than a dozen golf courses, including the award-winning Indian Canyon Golf Course, offer time on the links.

In the summer, ROW Adventure Center offers fishing, paddleboarding and whitewater rafting on local rivers, including through the Spokane River Gorge. And later in the summer, as the river flow calms, ROW leads four-mile floats that take participants past a landscape marked by towering ponderosa pines and weathered basalt columns.

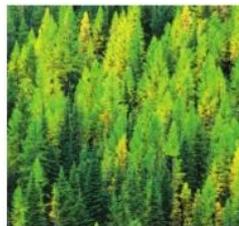
Bicycle riding is a popular pastime here from spring to fall, reaching its height with September's **Spokefest**. The event brings families out on two wheels with routes from a 1-mile park loop to a 9-mile or 21-mile river loop. For the more adven-



Above: The SkyRide Over the Falls passes by the roiling waters of the Spokane River. Opposite page top: Both adults and children enjoy the Rotary Fountain in downtown Spokane. Opposite page bottom: The historic Clock Tower in Spokane's Riverfront Park was built in 1902.

Colville National Forest

The Colville National Forest, located about 70 miles north of Spokane and adjacent to the Little Pend Oreille National Wildlife Refuge, encom-



passes 1.1 million acres of pristine wilderness. The forest offers campgrounds, almost 500 miles of hiking trails, and an abundance of lakes, rivers and streams. The Colville National Forest is also home to a variety of wildlife, including grizzly and black bear, mountain lions, bald eagles and one of the last remaining caribou herds in the United States.



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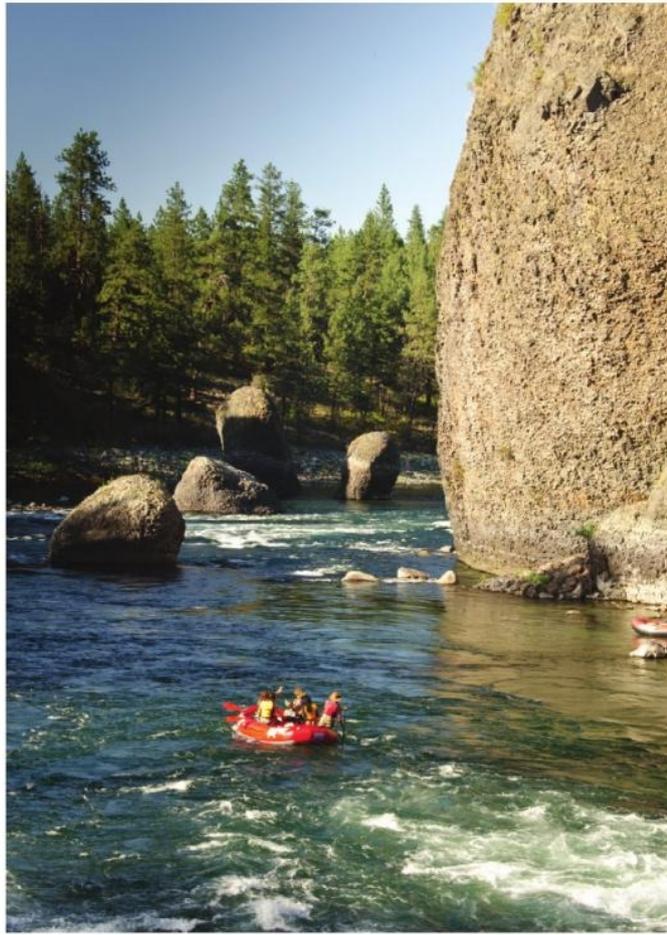
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Once back from such outdoor activities, I like to talk over the day's adventures with friends at one of the many craft breweries to be found in or near Spokane. My husband and I have been diligently working our way along the **Inland Northwest Ale Trail**, a self-led craft-beer tour that includes 16 local breweries. Maps of the trail are available online or at local breweries, and the trail runs from River City Brewery in downtown Spokane to the Selkirk Abbey brewing company about 25 miles away in Post Falls, Idaho. Spokane also boasts 20 wineries, and a growing number of downtown wine bars and tasting rooms in its burgeoning "Cork District," which combines art, entertainment and wine-tasting in the downtown area.

Date nights for Bruce and me often include cocktails and dinner on the small brick patio at the sophisticated Mizuna Restaurant and Wine Bar, or a sumptuous meal at Central Food in the Kendall Yards area, where we can look out at the city's skyline from the restaurant's setting on a hill above the Spokane River, north of downtown.

Spokane's history is vividly depicted at various local museums, including the **Northwest Museum of Arts and Culture** (the MAC), which houses an



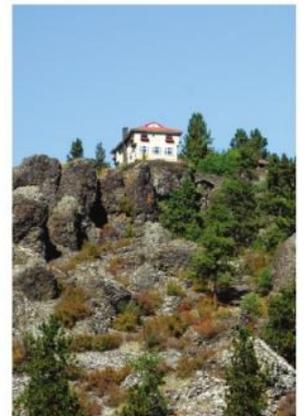
▶ Exploring the Snake and Columbia Rivers

Adventure companies in Washington, Oregon and Idaho offer boating tours of many sections of the Snake River, including popular Hells Canyon, a length of the river along the Idaho and Oregon border that is known for its whitewater rapids and steep cliffs. The tours can include fishing trips and jetboat excursions. [Un-Cruise Adventures](#) and [The American Queen Steamboat Company](#) are two of the companies offering multiday cruises up the Columbia and Snake rivers, highlighting the history and unique geology of the area.

expansive collection of local art. The current exhibition, "100 Stories" (through January 31, 2016), showcases 100 unique items from the museum's collection that help illustrate stories about the Eastern Washington's history and various cultures.

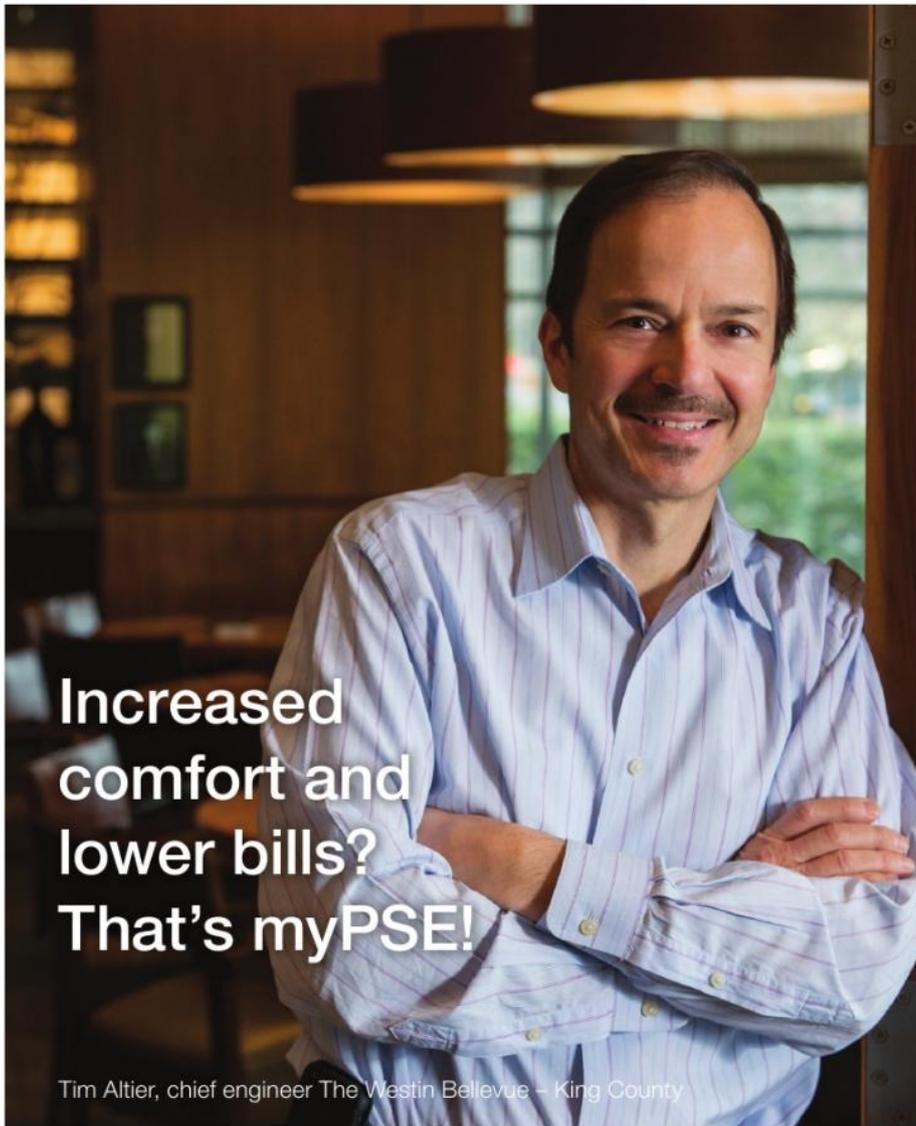
Another favorite venue for enjoying the local arts scene is the venerable Cliff House Estate, headquarters of **Arbor Crest Wine Cellars**, where summer means live concerts at the cliffside Florentine mansion located 450 feet above the Spokane Valley. One of the finest locations in the area to appreciate the breathtaking summer sunsets, Arbor Crest Wine Cellars schedules concerts on Thursday and Sunday throughout the summer. The historic property offers a sweeping view of the valley and the Spokane River's curving path through the area.

We buy a bottle of chilled Sauvignon Blanc—deliciously crisp with a hint of grapefruit and spice—and settle into a shady spot on the cool grass to enjoy the picnic dinner I've packed. While we sip and eat, the band starts playing and smooth jazz fills the air, perfect for a warm summer evening. We raise a glass to toast the moment.



Above: The Cliff House at Arbor Crest Wine Cellars offers dramatic views of the Spokane Valley. Left: The Museum of Arts & Culture in Spokane has exhibits that depict the history of the region.

CLOCKWISE FROM TOP: CHAD CASE; COURTESY: ROW ADVENTURES; COURTESY: VISIT SPOKANE; DEAN DAVIS; COURTESY: MAC



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Palouse Falls

About 70 miles north of Walla Walla and 25 miles northeast of the Snake River's Lower Monument Dam is the spectacular 198-foot Palouse Falls, the state's official waterfall. Created by a series of cataclysmic floods during the last Ice Age that carved the deep valley out of layers of basalt, the falls are most dramatic during the late spring and early summer when the Palouse River swells with snow-melt and spring rain.

Pullman

It seems to be impossible, for me at least, to visit the rolling fields and farmland of the Palouse without taking a few photographs. It's no wonder artists and photographers are drawn to the Palouse to capture the undulating, verdant fields, and the constantly changing colors and shadows that mark this uniquely fascinating landscape.

The largest community in the Palouse is Pullman, home to Washington State University. The school's classically styled buildings and tree-lined streets anchor this bucolic town situated on four major hills and surrounded by wheat fields.

Whenever I visit Pullman, I make it a point to buy some of the WSU Creamery's Cougar Gold cheese, which has developed a dedicated national following. To pick up your own supply of the award-winning creamery's sought-after cheeses—which include eight different



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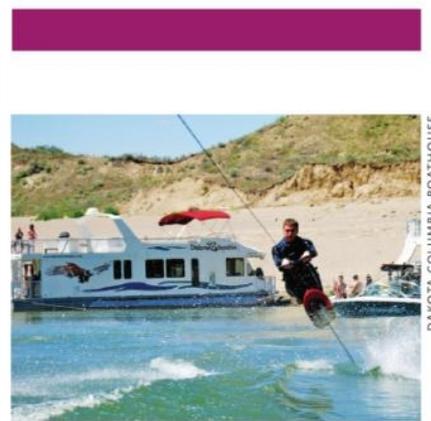
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Vacationers enjoy Eastern Washington's Franklin Delano Roosevelt Lake.

Lake Roosevelt

When the massive Grand Coulee Dam was completed on the Columbia River in 1942, the resulting reservoir, named Franklin Delano Roosevelt Lake, quickly became one of the most popular recreational areas in Eastern Washington. With more than 600 miles of shoreline, the lake covers 80,000 acres and offers excellent camping and prime fishing. A popular way to experience the lake is by renting a houseboat. With queen-size beds, satellite TV, air conditioning and even a fireplace, the houseboats can feel like a stay at an upscale resort.

flavors—drop by Ferdinand's Ice Cream Shoppe on the Pullman WSU campus (2035 Ferdinand Lane).

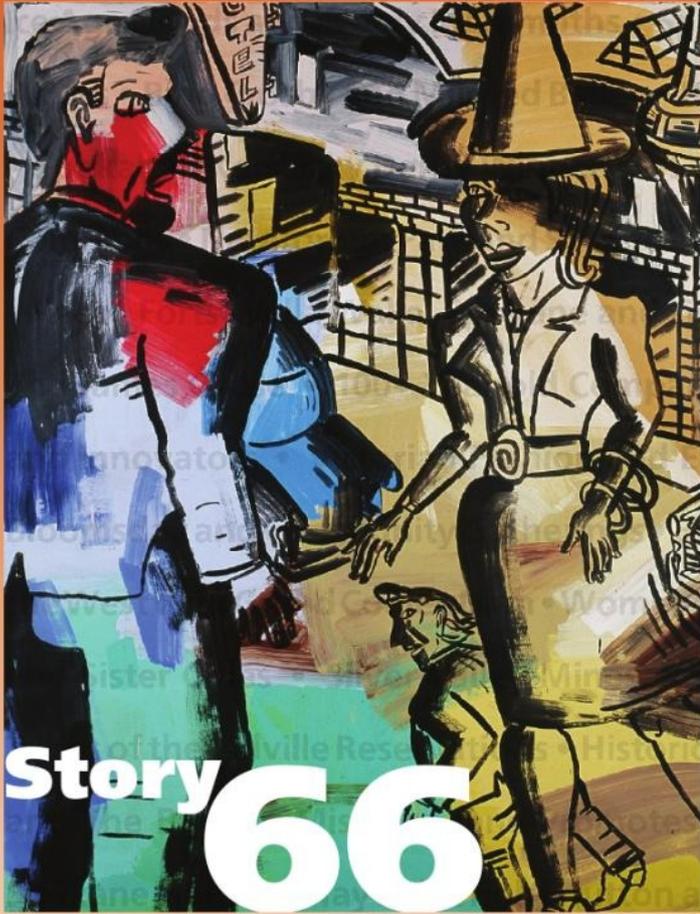
Golfers come from near and far to play the **Palouse Ridge Golf Club**, considered one of the nation's finest public courses. The home course for the WSU Cougars, this Scottish links-style layout runs more than 7,300 yards and has won praise for bold styling.

Cyclists can rent bicycles from the town's B&L Bicycles and take a leisurely ride along the popular eight-mile Chipman Trail connecting Pullman and its Idaho sister city, Moscow.

The Snake River winds through the countryside less than 25 miles southwest of Pullman, offering boating, fishing and other activities.

The microbrewery movement is also

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JERRY PROUT, COURTESY: NATIONAL LENTIL FESTIVAL



Visitors enjoy Pullman's Lentil Festival.

a growing part of life in Pullman. Wine tours are available, and the **Paradise Creek Brewery**, located in the city's historic U.S. Post Office–Pullman building, offers everything from pale ale to a delicious Belgian Dubbel.

Those interested in tasting something a bit more unique may want to drop by The Cider House and try one of the various flavors of artisanal hard cider being developed at the **Whiskey Barrel Cider Company**.

The **Pullman Farmers Market** is held every Wednesday from mid-May through mid-October and supports the farm-to-table effort. With one-third of all the lentils grown in the United States from the Palouse area, Pullman celebrates by holding the annual **National Lentil Festival**. This year's festival will be August 22–23 and will include the crowning of a Lil' Lentil King and Queen, the world's largest bowl of lentil chili, a fun run, a parade and the **Legendary Lentil Cook-Off**.

Tri-Cities

Arriving in the Tri-Cities (a combination of the adjacent cities of Pasco, Kennewick and Richland), I am struck by the growth in the local wine industry.

With more than 200 wineries within less than an hour's drive, the Tri-Cities have become a center for wine tourism.

However, there is much more to the Tri-Cities than wine. This community,

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which grew to be a regional metropolitan center during World War II when the nearby Hanford Nuclear Reservation was developed, is home to a number of outdoor events, with the largest being the **Tri-Cities Water Follies**, July 25–27. One of the region's major summer celebrations, the follies include an air show, various events and the 49th running of the HAPO Columbia Cup, one of the top hydroplane races in the country.

Another popular outing is to boat, hike, kayak or take a jetboat tour along the **Hanford Reach National Monument**, a stretch of the Columbia River that runs for about 50 miles north of the Tri-Cities and is one of the last free-flowing sections of the river in the United States.

The Hanford Reach Interpretive Center in Richland will open July 1, offering information about the natural and cultural history of this section of the Columbia River.

Walla Walla

Every time I visit Walla Walla, a picturesque town about two and a half hours south of Spokane, I am impressed by how it blends culture, history and the burgeoning wine industry.

Known to oenophiles around the world for its exceptional wine varieties, Walla Walla is now home to more than 120 wineries and more than two dozen tasting rooms.

It has become a premium tourist destination without losing its small-town charm. *Wine Enthusiast* magazine ranks the town as one of 2014's "10 Best Wine Travel Destinations."

Once I arrive at the **Walla Walla Regional Airport**, I make sure to visit the cluster of wineries in the airport neighborhood, which is where a number of award-winning establishments, including Buty Winery and Dunham Cellars are located.

When in Walla Walla, I always try to stay at the grand Marcus Whitman Hotel & Conference Center. Originally built in



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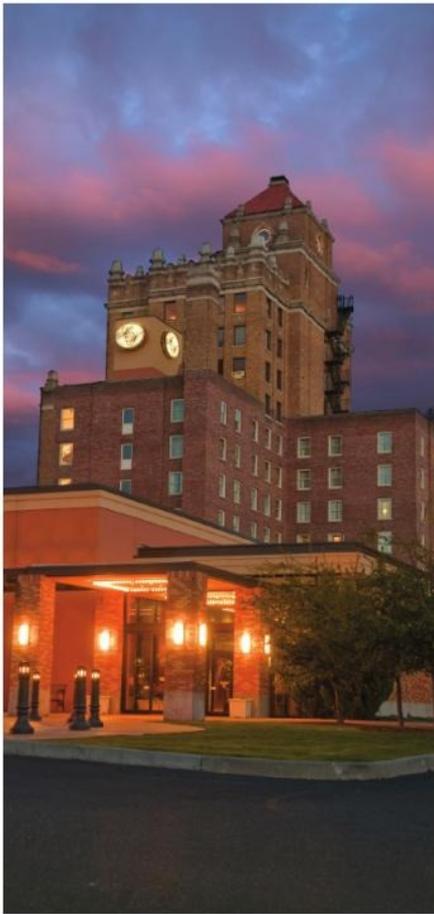


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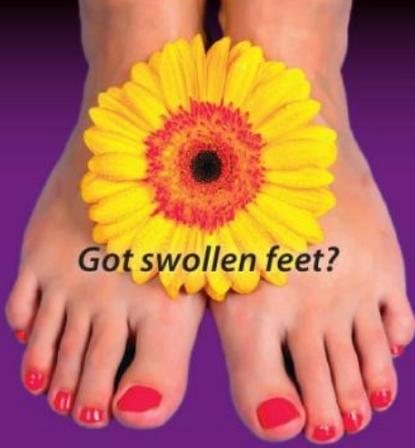


Conveniently located in the heart of downtown Walla Walla, the Marcus Whitman Hotel & Conference Center offers luxurious accommodations, just steps away from an abundance of wine tasting rooms. Savor award-winning dining at The Marc Restaurant, with James Beard recognized Chef Antonio Campolio, or visit the Vineyard Lounge which features an extensive local wine menu. Business, pleasure or a combination of both, are the perfect reasons to stay at the Marcus Whitman Hotel & Conference Center.

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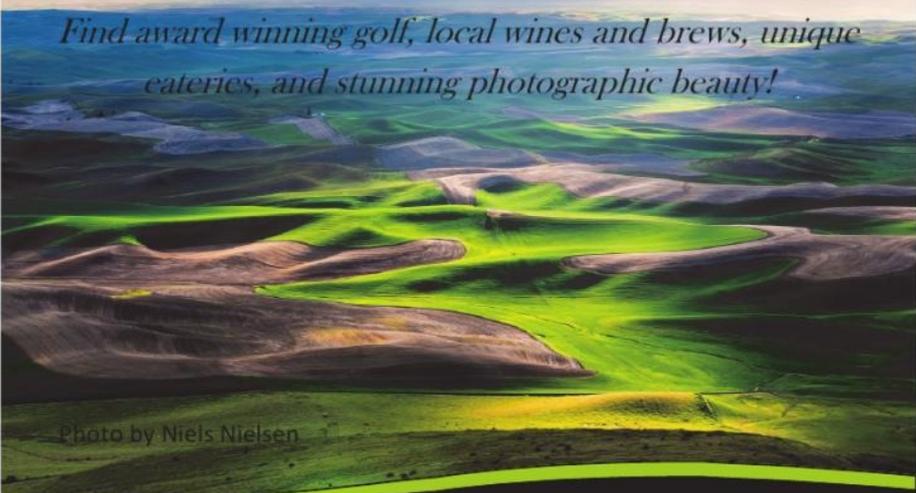
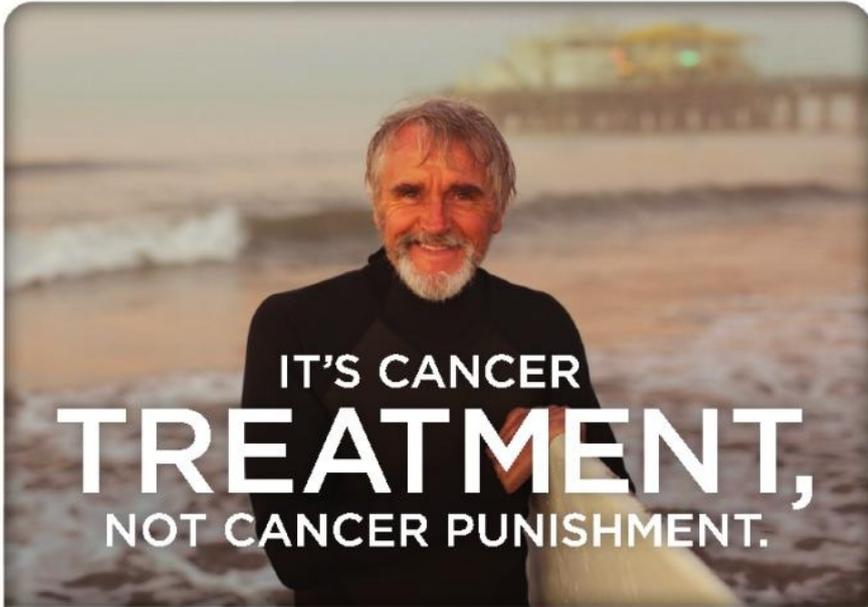


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1928, the hotel continues to be a luxurious link to the history of the region.

After checking in at the hotel, we visit some of the city's many tasting rooms, including Foundry Vineyards, located a little more than a mile west of the hotel. In addition to the wine, the Foundry offers a fascinating collection of art and a wonderful outdoor sculpture garden.

In addition to the local wine culture, Walla Walla has also become a center for outdoor activities—from cycling to golf. During the spring and summer, cyclists of all abilities can be seen touring country roads on various cycling routes detailed on the **Walla Walla Bicycle Map**. The links-style layout of Wine Valley Golf Club offers a fun and challenging round of championship golf amid the low hills to the west of the town.

To experience some of the history of the area, visit the **Whitman Mission National Historic Site**, located about 10 miles west of town. The mission was established by Marcus and Narcissa Whitman in 1836, and became an important stop for travelers following the Oregon Trail.

The **Fort Walla Walla Museum**, located in Fort Walla Walla Park on the western edge of the town, displays artifacts and items that illustrate the history of the town and its agricultural legacy.

After a busy day of sightseeing and wine-tasting, Bruce and I settle into our seats at the **Gesa Power House Theatre**, a performing arts center housed in a 102-year-old former power plant that has been lovingly renovated.

As I watch Walla Walla's Whiskey Creek Band perform, I am reminded of what a good decision we made 15 years ago to make this region our home. ▲

Cheryl-Anne Millsap writes from Spokane.

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Continued from page 27

are innovators. They continually strive to make better beer, and they push us to make better brewing equipment.”

Just as the brewery-equipment maker reflects the region’s strong craft-beer scene, various local manufacturers support and benefit from other standout Portland business clusters. For instance, OpConnect, which makes electric-vehicle charging stations, is part of Portland’s clean-technology and software sector. Tanner Goods, which crafts leather accessories, is one of the city’s numerous apparel-related companies. Lucid Energy, whose turbines convert the movement of water through big pipes into electricity, reflects the area’s expertise in renewable energy.

Alisa Pyszka, vice president of recruitment and expansion at Greater Portland Inc, a regional public-private economic-development agency, says Portland is attractive to manufacturers thanks to assets such as relatively inexpensive and very reliable power sources; an abundant water supply; a prime location and strong transportation system that provides easy access to Asian and West Coast markets; and a relatively low cost of living—desirable to the growing population of young, well-educated residents.

July is Oregon Craft Beer Month, with about 450 events in 60 cities, including world-renowned Portland events such as the Oregon Brewers Festival, July 23-27 this year (oregonbrewfest.com). The Portland International Beer Fest will take place August 8-10 (portland-beerfest.com).

Sean Robbins, the director of Business Oregon, sees especially great potential related to the metro region’s strength in advanced technology. “There are a lot of places across the country that claim to be manufacturing powerhouses, but most have nowhere near the concentration of semiconductor, electronics and software clusters that we have in this region,” he says.

Greater Portland Inc, Business Oregon and public agencies such as the Portland Development Commission continually work with business owners and prospective owners to maximize the region’s potential. The metro area is even receiving national

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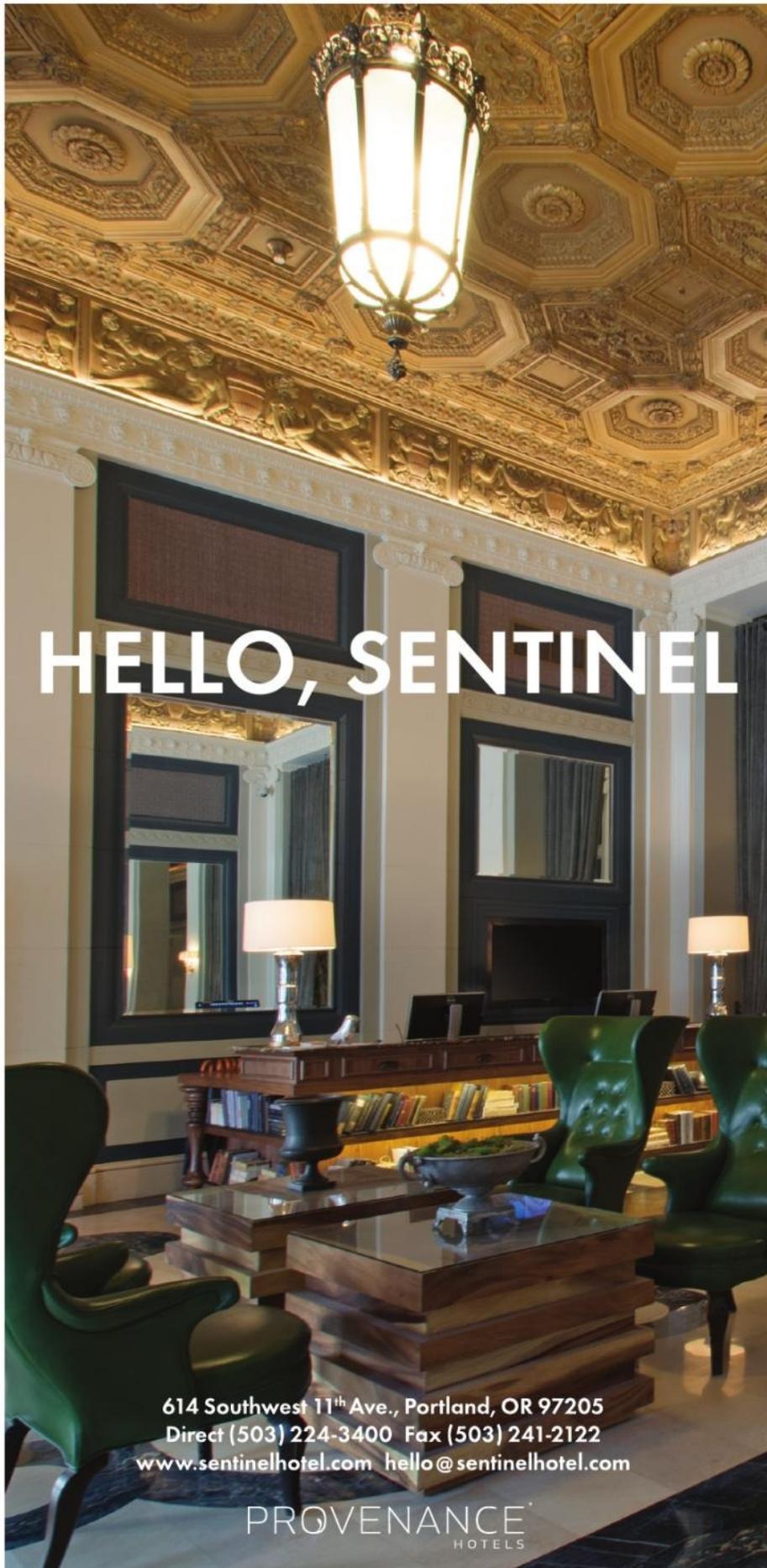
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attention. In March, Chandra Brown, the U.S. Department of Commerce's deputy assistant secretary for manufacturing, came to Portland on a National Export Initiative listening tour and attended a manufacturing-specific White House Business Roundtable event in the city. "I wanted to come out here and listen to what the manufacturers had to say," she explains after the event. "What can the federal government do better to really provide them the best benefit we can?"

Brown is no stranger to Portland manufacturing—before her federal appointment, she was CEO of United Streetcar, a subsidiary of Oregon Iron Works, and had been part of the Portland area's manufacturing community for almost 20 years. "If we're going to prioritize funding where it gets you the biggest return—to try to increase jobs and help the economy—manufacturing is a pillar," she says. "I think the perception of manufacturing has to change. It's innovative. It's fun. And Portland doesn't always buy into the standard perception of things. So I would like to hope that because we have a community here of younger folks who are doing innovative, creative things, that [energy] will also flow into innovation in the manufacturing community."

OpConnect

One of Portland's most interesting up-and-coming manufacturing companies is OpConnect, founded a few years ago by software engineer Dexter Turner, who had already created a successful manufacturing and software company in 2001.

Turner drove a hybrid car. So did one of his employees. Both were considering converting the vehicles to run on electricity only. Turner and his team realized that software they'd written for another purpose could be adapted to help networked electric-vehicle (EV) charging stations run smoothly, including letting them talk to automobile computers and the power grid.

The first vehicle charge provided via an OpConnect station took place in August 2011 near Portland State University. By early 2014, OpConnect was operating about 200 one- or two-port charging stations—at military bases, shopping malls, and other locations in Oregon, Washington, California, Michigan, Maryland, Virginia, Washington, D.C., and Hawai'i.

OpConnect's smart system of networked charging stations helps the country move toward wider adoption of the vehicles, says Sales and Marketing Manager Nathan Isaacs. Although the company focuses on quality rather than quantity in its growth strategy, he says, he foresees as many as 25,000 OpConnect stations by 2020.

OpConnect's latest model, the Mark II, introduced last fall, can fully charge a typical EV battery in about four to six hours, much faster than a regular "level 1" 120-volt household outlet. Some consumers upgrade to a "level 2" 240-volt charger at home, which is the same level as the Mark II.

The latest in the EV Roadmap series of workshops—one of the leading electric-vehicle-conferences series in the United States—will take place July 24-25 in Portland. "EV Roadmap 7" will feature national and international experts, as well as Oregon early adopters of EV technologies (evroadmapconference.com).

The OpConnect units aren't for use at a house, though, and they aren't really aimed at drivers who need a full charge. That's best done at home overnight, or at work, when people can leave their cars for long periods. Instead, the Mark II is designed for public places such as malls or college campuses, so people can "top off" while shopping or at class. The company's software system includes a reservation function that lets drivers find a station near their destination and reserve a time slot or be placed in a queue for when a slot is available. When it's a given driver's turn, the driver receives a text or email indicating the station is now available, and is given 30 minutes to get there.

The EV station purchaser decides whether to offer the electricity for free, recoup power costs or charge for the convenience of topping off. In addition to selling stations, OpConnect collects fees for operating the network.

In spring 2013, OpConnect acquired a 77-station network in the Hawaiian Islands and is completing replacement of the previous charging stations with OpConnect Mark IIs. The units are mostly on O'ahu, with some on Hawai'i Island, Kaua'i and Maui. The state of Hawai'i is a great loca-



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tion for EV adoption, Isaacs says, because gas is relatively expensive and because drivers living in island communities typically aren't taking long road trips, so they have less "vehicle-range anxiety."

He says Portland's quality of life and software talent pool make it the right place for the company to grow as it seeks to serve more markets throughout the country. OpConnect designs and produces the electronic components, and installs them in Mark II bodies fabricated by Parks Metal Products, just outside Portland. Companies and public officials in the City of Roses, and in the state of Oregon, are supportive of and knowledgeable about businesses involved in green industries, he says. "We have four decades of policies and laws built around sustainable living."

Tanner Goods

Portland's apparel and design acumen are showcased at Tanner Goods, founded in 2006 by industrial designer Sam Huff, experienced marketer Jevan Lautz, and a third partner who has since left the company. They wanted to make quality, hand-crafted items incorporating durable natural materials such as leather, waxed cotton twill and felted wool, Huff says. Tanner's belts, wallets, bags and other products are now in 75 retail stores in North America and another 100 globally. Tanner also sells its wares online and through the company's retail locations in Portland and Los Angeles. The LA store opened in February, reflecting growing demand for the company's products.

Tanner hopes to add several new stores in the next five to 10 years, says Huff, depending on the success of new product categories such as the women's collection launched in April 2014, as well as acetate eyewear frames, paper goods and time-pieces—items Tanner is working on in-house and with partner businesses.

The 30-employee company has had a three-year partnership with Portland heritage manufacturer Danner, founded in 1932, which makes a boot featuring leather, trim, outsoles and eyelet styles chosen in collaboration with Tanner. And in April 2014, Tanner released a bicycle-bag series first produced in partnership with the Cielo subsidiary of Portland bicycle-component



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manufacturer Chris King Precision Components, which was founded in 1976 and moved to Portland in 2003, drawn by the city's bicycle culture.

Tanner's approximately 20 factory-floor employees craft all the company's products at a single Portland facility. "Since the beginning," Huff says, "the goal has always been to own the entire process."

'We want to design timeless products, using materials and techniques so it's something you can use for 10, 15, 20 years.'

Having designers and marketing staff just one glass wall away from the production area integrates the creative and manufacturing phases of Tanner's operation, Lautz says. If a designer has a question, "You can go out on the floor and make a quick little sample right there."

Tanner's tagline, "Worth Holding Onto," is meant literally, and as a spur to asking questions, Huff says. "We want to design timeless products, using materials and techniques so it's something you can use for 10, 15, 20 years. But it's also an idea that you apply to life. When people are focused on quality and durability, they're more likely to invest in a product that may cost more than a mass-produced item, but has more long-term value. I think Portlanders are already in that mindset."

The Oregon College of Art and Craft, based in Portland, educates some of the specialized manufacturing workers Tanner needs, Huff adds. "We're trying to find folks who enjoy using their hands, but can also think critically about the product. When we get together to do some tweaks on it next season, they can come to the table, too, and have really valued opinions on how we can change the design of something."

Lucid Energy

Metro Portland's flourishing manufacturing sector and pool of venture capitalists with clean-technology experience led to Lucid Energy's relocation to the City of Roses from the Midwest, where it was founded in 2007.

Lucid Energy's director of engineering, Rod Schlabach, had adapted the work of

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professors at two universities to develop a turbine that generates electricity from the movement of water through a pipeline. Northwest Pipe—based in Vancouver, Washington, just across the Columbia River from Portland, and one of the largest pipe manufacturers in North America—invested in the startup. In 2011, Northwest Pipe hired Portland venture capitalist Gregg Semler as CEO and brought the company west. The venture-backed company completed an initial investment round of \$7.2 million in February 2014.

Learn more about the properties of H₂O by filling, pouring, splashing and experimenting at the five hands-on Water Tanks in the Oregon Museum of Science and Industry in Portland. Then build an aqueduct at an Innovation Station in the museum's Turbine Hall, and create a mini-river in the Watershed Lab (omsi.edu).

As drinking water flows downhill from a reservoir, a water utility may use valves to release some pressure along the way. This ensures that the water flows out of home faucets at a manageable rate. But when Lucid Energy's patented turbines are installed in the pipeline, some of that excess water pressure can instead generate electricity.

The Portland Water Bureau installed LucidPipe Power System turbines last year during an approximately \$103 million upgrade to the pipe system from Southeast Portland's Powell Butte reservoirs. The technology is best incorporated into new pipes or upgrades because it would be prohibitively expensive to dig up existing pipes to install turbines in them, Semler says.

Each of the four turbines in the Powell Butte system generates about 50 kilowatts, and produces electricity 80 to 90 percent of the time, Semler says. Lucid Energy and the water agency share the proceeds from the sale of the electricity to a local energy utility. The money contributes to funding ongoing Portland Water Bureau operations, such as maintaining pumps that help move the water through other parts of the predominantly gravity-fed system, as well as lighting, purification and monitoring equipment.

The Powell Butte project helps to demonstrate the system's effectiveness, but the real opportunity is in places with higher energy

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prices, Semler says. Water is essential, and distributing it requires energy. Globally, energy prices can be 10 or 20 times higher than in Oregon, he says. Generating energy from the water-distribution process can help offset some of those costs.

He notes that he's been visited by representatives of water agencies and other water-system users from Australia, Brazil, Chile, China, Israel, Mexico and the United Kingdom. In addition to discussing potential projects with foreign water companies, Lucid Energy plans to do installations in three or four U.S. cities this year, he says.

In 2013, the global think tank Sustainia, based in Denmark, put Lucid Energy's LucidPipe Power System on its list of 100 of the world's most promising sustainability projects and technologies.

Portland suppliers and partners have made the City of Roses the right place for Lucid Energy to develop and prove its technology, Semler says. While the power components come from the multinational firm Siemens, he says, the pipe is made by Northwest Pipe, and the fiberglass-composite turbine blades are made and assembled by Composites Universal Group, a company 20 miles north of Portland that has manufactured products ranging from a space shuttle nose cone to theatrical costume masks. "We'd be hard-pressed to find a better manufacturer than Composites Universal," Semler says.

The Portland region is an ideal location from which to grow Lucid Energy, he says. "I just think this is the best area in the world to build an innovative company. No matter what you're doing, if you're trying to change the world and make the world a better place, there are people here who will listen to you, back you, and want to be part of that success." ■

Writer Eric Gold lives in Portland. For more information on doing business in the Portland area, go to greaterportlandinc.com, oregon4biz.com and pdc.us.

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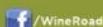
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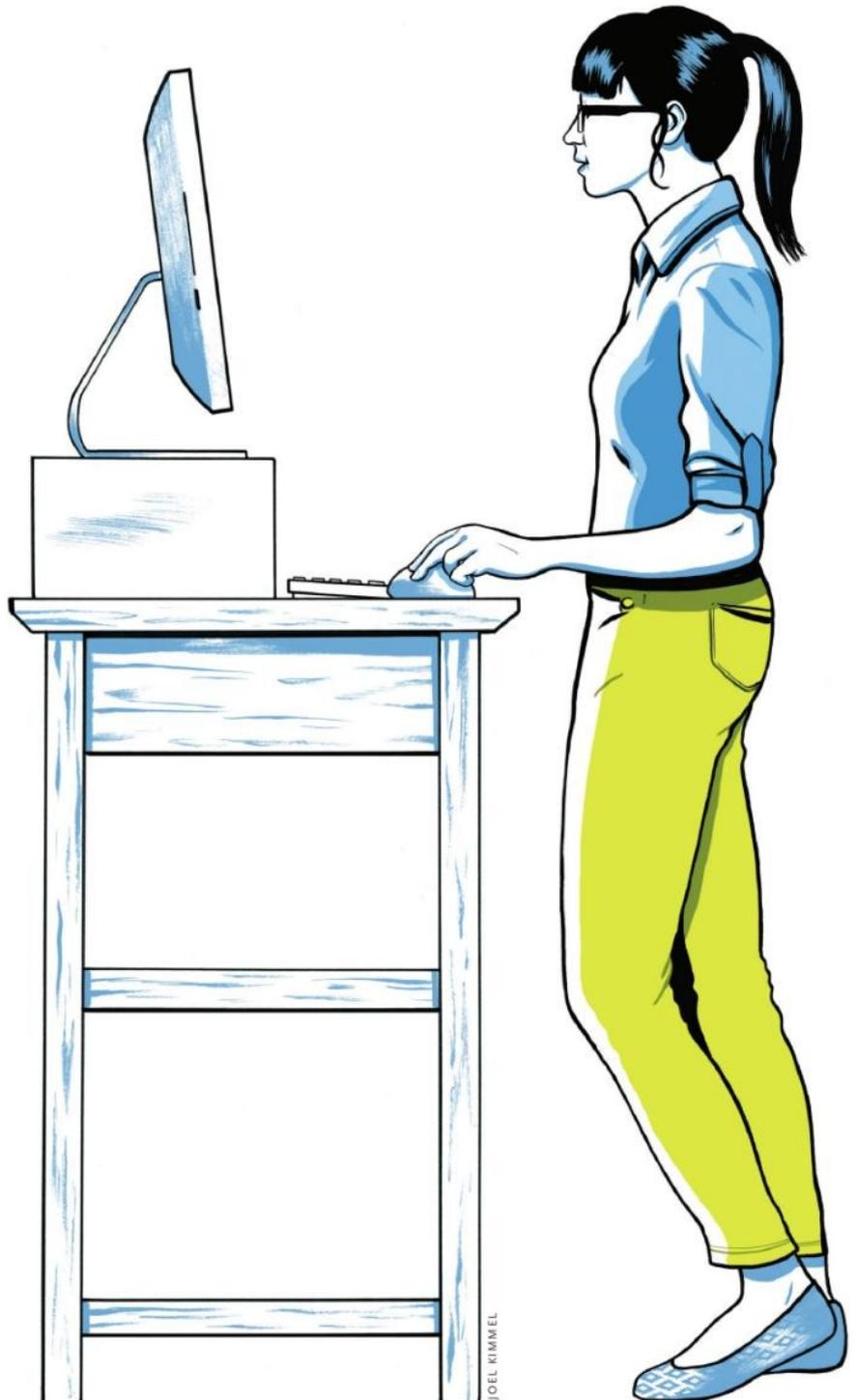
Tips for problem prevention and peak performance during screen time

by Michelle Martin

After throwing out his back during a touch football game with family and friends on Super Bowl weekend 13 years ago, Shannon Hubler could barely walk, let alone work at his computer. The biologist with the Oregon Department of Environmental Quality took painkillers and anti-inflammatory medicine prescribed by his doctor, and the pain dulled to a chronic low-level ache, but sitting for extended periods, such as at the computer, would make his back worse, he says. "If I was able to move around, my muscles wouldn't scream out so much."

About a year after his injury, Hubler decided to get a desk for stand-up work. The desk looked somewhat like a robot and was a bit rickety—it was a tallish metal stand with a keyboard tray and a place to set the monitor, he says. It also had wheels, and could be adjusted up and down. People at his office stopped by to ask why he had such a curious setup, but standing for 75 percent of each day meant the difference between significant pain and being able to continue to work, he says.

He also got an MRI that showed he had no disk damage, which gave him the confidence to treat his back more aggressively. He found a sports therapist who helped him with specific core-strengthening exercises. Today he stands up a quarter to a





COURTESY: HÅG

The HÅG Capisco saddle chair is designed for sitting in many positions.

third of the time that he's computing, and uses a newer-design tall desk with a high lab chair when he wants to sit down.

"Now I don't even necessarily need to stand for my back, but I have the urge to get up and move," Hubler says. "I have more energy, and I think it improves productivity."

He says having shoes with good support makes a difference in how comfortable it is to stand, and periodically taking his shoes off is helpful, too. "Using different sets of muscles throughout the day by changing it up is better for me," he says.

Many people spend hours working and playing on digital devices each day—often more time than they spend on other activities. From desktop com-

puters to laptops, from tablets to smartphones, computing is increasingly widespread, and it is important to approach digital-device use in the healthiest way. Below are some of the tips experts offer for improving peak performance and wellness.

1 Maximize movement

Research shows that it's important to avoid what's popularly called "sitting disease," which includes increased risk of diabetes and heart disease. Even people who exercise the recommended 30 minutes a day may not be as healthy as they could be, because sitting for long periods can have negative health effects.

When Joan Vernikos, who retired as NASA's director of life sciences in 2000, researched the effects of space exploration and microgravity on astronauts, her study participants were subjected to stints of strict bed rest. Among other results, she found that the act of changing position from lying or sitting to standing helped to regulate blood pressure and metabolism.

"Our body needs perpetual motion," Vernikos said during a lecture at NASA's Ames Research Center in 2012. "The good news is that there are

Research showed that the act of changing position from lying or sitting to standing helped to regulate blood pressure and metabolism.

unlimited free opportunities for movement all around us."

How often you change your posture, such as standing up, is more important than how long you stand, Vernikos says. When you're using a computerized device, stand up periodically, walk to get water or talk to someone, and shift weight from foot to foot to

Helpful Exercises

These are just a few of the suggestions from the National Institutes of Health Office of Research Services Division of Occupational Health & Safety; ors.od.nih.gov/sr/dohs/HealthAndSafety/Ergonomics/Pages/exercises.aspx.

(Illustrations are by Seattle artist Secily Zepeda and not associated with NIH. Visit the NIH website for a more extensive list of exercises and for photos depicting various exercises.)



Executive Stretch

While sitting, lock hands behind head. Bring elbows back as far as possible. Inhale deeply while leaning back and stretching. Hold for 20 seconds. Exhale and relax. Repeat 1 time.

Focus Change

Hold one finger a few inches away from the eye. Focus on the finger. Slowly move the finger away. Focus far into the distance and



then back to the finger. Slowly bring the finger back to within a few inches of the eye. Focus on something more than 8 feet away. Repeat 3 times.

Hand Massage (perform very gently!)

Massage the inside and outside of the hand using the thumb and fingers. Repeat frequently (including before beginning work).

Wrist Stretch

Hold arm straight out in front of you.



Pull the hand backward with the other hand [so fingers are facing up]. Then pull [the hand] downward [so fingers face down]. Hold for 20 seconds. Relax. Repeat 3 times each.

Wall Slide (this exercise strengthens your back and leg muscles)

Stand with your back against a wall and your feet slightly apart. Slide into a half-sit. Hold as long as you can; then slide back up. Repeat 5 times.

incorporate posture change and movement into your screen time.

2 Consider software aids

“It’s easy to get lost in your work,” says Dr. David Rempel, a professor of medicine at the University of California, San Francisco, and a professor of bioengineering at the Berkeley campus. “My recommendation is to set a timer or use some kind of software that reminds you every 30 to 45 minutes to get up and just walk around for a few minutes. Break up that fixed posture, then go back to work.”

Examples of break-reminder software are Dejal Time Out, RSIGuard, Workrave and Scirocco Take a Break.

Rempel adds that if his patients have severe pain and they have to use a computer for schoolwork or their job, he often has them utilize voice-recognition software. Although it is a good solution

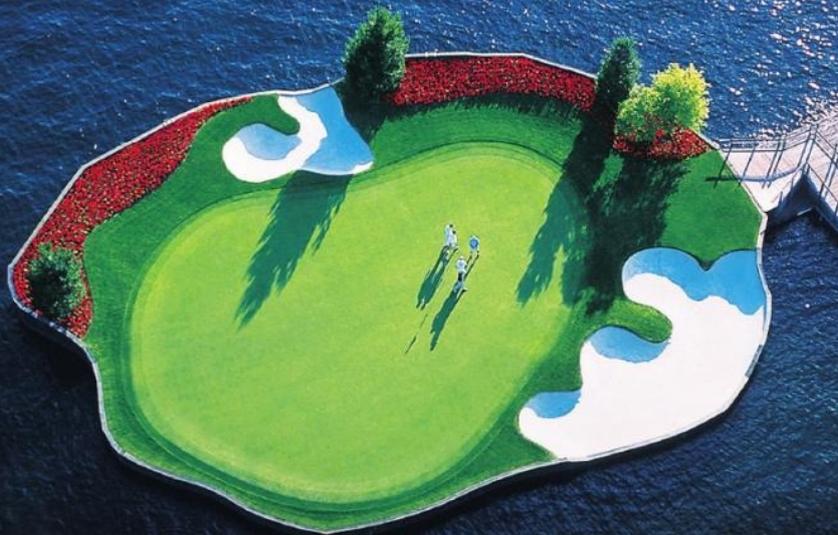


for many, he cautions that it takes a significant investment of money and time to learn how to use it properly.

Larry Swanson, an office-fitness expert and massage therapist in downtown Seattle, says it’s easy to slouch or lean forward at a digital device, or get so involved in your work that you don’t

Remember to periodically get up from the computer and walk around for a few minutes.

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get up for hours. A wearable monitor called Lumo Back will gently vibrate if you slouch. It can also keep track of how long you sit, stand or move, and even provide information about sleep patterns.

The new Stir Kinetic desk uses software programming to make height adjustments. Periodically, the desk gently rises then falls an inch to remind you to stand up for a certain amount of time. You can also program it for a certain amount of standing time, and it can calculate extra calories burned by standing, as well.

3 Ensure a good setup

Rempel says that it's important to have a really comfortable chair. "Then adjust the chair so it's right for you—your keyboard should be slightly higher than your elbows [when your arms are in typing position]," he says.

The top of the monitor should be approximately at eye level, unless you use bifocals or PAL (progressive-addition-lens glasses without a midline); then you should adjust the monitor lower to where it's most comfortable for you. In addition, the screen should be close enough that you could reach out and touch it with your fist, he says. "If it's not close, you'll likely not even know it, but you'll lean forward, and that bad posture can lead to neck pain."

Materials you need to look at while using the computer should be positioned so that you don't have to move your head much between the materials and the screen. This might mean getting a document holder that sits next to the screen or between the screen and the keyboard.

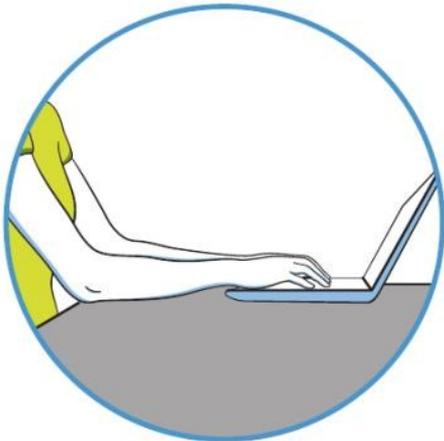
Next, Rempel says, adjust the font size on the monitor. "I use the rule of the \$20 bill. Take a \$20 bill. Put that on your screen. There's a green serial number on the bill that is 3.5 millimeters tall. The text you look at all day long should be at least that tall. Your text should be easy to read and comfortable to see, and then you won't have your head close to the screen."

If you experience pain in your wrists, try using a really thin keyboard as well as an alternative mouse—one in which your palm is not pointing toward the ground but more toward the keyboard, as if you were shaking hands with your mouse. The tradi-

tional palm-down position stretches muscles and tendons, leading to fatigue and pain in some people, Rempel says. Be sure to talk to your health care provider before using a wrist brace, to avoid causing more damage, he adds.

Rempel praises the ease and speed of touchscreens for occasional use; however, he cautions against using them if you have to work on a computer all day, because your hand must be held too high for too long.

As for avoiding “text neck,” from constantly looking down at mobile devices,



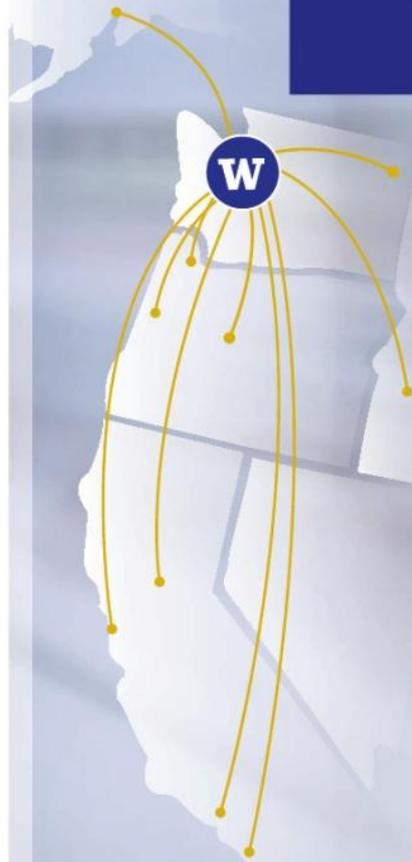
If you work on a laptop more than 20 hours a week, it's a good idea to dock your laptop and plug in a separate monitor and keyboard.

Rempel suggests resting your elbows on a high surface, such as a bar or counter, so that you don't have to bend your neck to see your device.

A common mistake people make, Rempel says, is to put their computer screen right in front of a big window, so they can have a nice view. The glare makes it hard to see. It's typically best to situate the monitor perpendicular to windows so there is no glare, he says. To test the glare factor, turn your monitor off. If you can see anything reflected really well in your monitor when it's off, then there's too much glare.

Sit-stand desks “are fabulous,” Rempel says. “They're one of the best things you can get, for two reasons: First, alternating between sitting and standing every hour or two helps reduce pain in the back and shoulders. Second, sit-stand desks may also contribute to heart health. It turns out that it's much better for the heart if you're not sitting eight hours a day. The longer you stand, the better it is for your heart. So if

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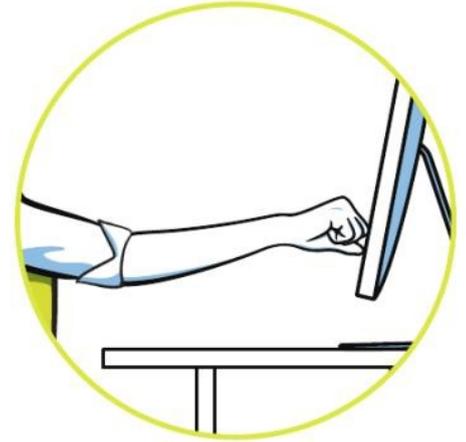
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you can reduce your sitting to just half the day, you're doing well."

Larry Swanson, the office-fitness expert, tells of a friend who had serendipitously purchased a Focal Upright Furniture Locus Workstation right before she broke her hip in a cycling accident. The standing-desk workstation has a perching stool. So instead of standing upright, she leans back, and the



The screen should be close enough that you could reach out and touch it with your fist.

stool supports about half her weight while she supports the other half.

Another popular chair model is the HÅG Capisco saddle chair, which is designed for sitting in many positions, and also for perching for use with a taller desk.

Swanson points out that you can make your own standing workstation for next to nothing by placing your current desk on cinder blocks, or stacking books or boxes to the appropriate height for your laptop, or other creative arrangements.

4 Listen to your body

Rempel says that people who have screen time for more than 20 hours a week need to pay close attention to how they feel—to what their bodies are telling them. "If you begin to experience pain in your neck, back, elbows or wrists, make a change. You should especially pay attention if the pain persists—if you have it in the evening, and it's still with you in the morning. Make some kind of change with your workstation setup, your keyboard, your mouse, the number of hours you use the computer."

If you're working on a laptop computer for more than 20 hours a week, as Rempel

Puzzle on page 98.

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does, he recommends docking your laptop and plugging in a separate monitor, as well as a separate keyboard and mouse. You can also use keystrokes instead of the mouse for common tasks such as saving a document, undoing typing, calling up font and paragraph menus, and checking spelling and grammar.

One of Rempel's patients developed carpal tunnel syndrome in his second year of law school. Like other law students, he used his laptop intensively—to take notes in class, to take tests and to work on homework in the evening. His symptoms gradually improved after he changed his setup at home to have a large monitor, keyboard and mouse, along with a better desk chair, Rempel says. The student borrowed notes from other students instead of typing notes himself during class and was given more time to take computer-based exams. Now in his third year of law school, he is relatively symptom-free, Rempel says.

5 Work with a therapist

People with neck and upper-back pain may want to work with a physical therapist who can provide focused strengthening exercises with weights, Rempel says. Your primary-care provider or massage therapist may be able to recommend a licensed physical therapist.

Swanson, who has written a book, *Scared Stitless* (scheduled to be published this month), to provide information and tips, says: "I see a lot of back and neck and shoulder pain that is typically a consequence of the interaction of bad posture and bad ergonomics."

He coaches clients on the importance of standing, and shows them how practicing a poor posture all week at a computer can lead not only to pain, but also to limited range of movement, thus impeding participation in weekend sports such as those that involve throwing a baseball or swimming.

6 Rest your eyes regularly

The American Optometric Association recommends resting your eyes to avoid computer-vision syndrome. The syndrome is a collection of symptoms related to staring at a screen for many hours. These symptoms

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SHAKE A LEG

ACROSS

- 1 Famous plantation
- 5 Lover of Narcissus
- 9 Post
- 14 Open-_____
- 19 Food thickener
- 20 Earth's crust
- 21 747 or DC-10
- 22 Marilyn, originally
- 23 Cycle support
- 25 Tiny person
- 27 Caribou kin
- 28 Ages and ages
- 29 Radials, e.g.
- 30 Scents
- 31 Ensnore
- 33 Tolerates
- 35 Sped
- 36 Two-syllable foot
- 38 Malt dryer
- 39 Troubadour's instrument
- 40 Model of patience
- 43 Introductory discourse
- 46 Latin love
- 48 Sandwich filler
- 49 Solid figure
- 50 Neo-impressionist
- 51 Matisse
- 51 Evasive treatment
- 54 She really liked Ike
- 55 Selects
- 56 Potion portion
- 57 Drape
- 58 _____ beetle
- 59 Medical research gp.
- 60 First-rate
- 61 "Wake Up Little _____"
- 62 Hippy dance
- 63 Gusto
- 65 Hoses
- 66 Long-legged coastal bird
- 69 Oat eater
- 70 Elaborate tapestry
- 71 Get out of bed
- 73 Matlock's concern
- 74 Typewriter roller
- 76 Sweetie
- 77 Flag
- 78 Elevator car
- 79 Cliff nest
- 80 Driver's panel
- 82 Pacific republic
- 83 Pedro's rich
- 84 Tatters
- 85 Place
- 86 _____ in on
- 87 Powdery residue
- 88 Rooster locale
- 89 Lassies
- 91 Shadowbox
- 93 Center of activity
- 94 Piano piece
- 96 Passionate
- 100 Artificial waterway
- 103 "_____ of the Kalahari"
- 104 It goes with the floe
- 106 Apply henna to

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						
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100	101	102						103					104	105					106		
107								108				109							110		
111								112					113						114		
115								116					117						118		

- 107 Take advantage of
 - 109 Calculating device
 - 111 Private
 - 112 Put on a pedestal
 - 113 Mr. Saarinen
 - 114 Clickable item
 - 115 NASCAR's Rick _____
 - 116 Ankle bones
 - 117 Small songbird
 - 118 Say it isn't so
- D O W N**
- 1 "The Road Not _____"
 - 2 Like a gymnast
 - 3 Store displays
 - 4 Ararat visitor
 - 5 Prize
 - 6 Ta ta!
 - 7 "Tom and Jerry" animator
 - 8 Long in the tooth
 - 9 Plant lice
 - 10 Broccoli spear
 - 11 Records
 - 12 Slaughter of baseball

- 13 Stipe's band
- 14 Antipasto follower
- 15 Not a chance
- 16 Snare, for one
- 17 Jane Austen's match-maker
- 18 Taps
- 24 Hero staple
- 26 1945 conference site
- 29 Elegant headgear
- 32 Rows
- 34 "April Love" singer
- 35 Finance
- 37 Nobleman
- 39 Fencer's move
- 40 Seize another's mining rights
- 41 Acting award
- 42 Borscht vegetable
- 43 Ring
- 44 Fasten again
- 45 Advancing
- 47 Erato or Clio
- 48 North African capital
- 49 Monte _____

- 52 Quarrel
- 53 Caravan stops
- 54 Purplish
- 56 Senior member
- 58 Pursue
- 60 Concur
- 61 Twilled silk fabric
- 64 Proportion
- 65 Locket keepsake
- 67 Top Scout
- 68 Infamous Boss
- 70 Saw
- 71 Hard to come by
- 72 Kashmir river
- 74 Graph or site starter
- 75 Island garlands
- 77 Sash site
- 78 Key series?
- 80 Copenhagen native
- 81 Stew pots
- 82 Choose plastic over paper?
- 84 "Bolero" composer
- 88 Clergymen
- 89 Hopeless souls

- 90 Peace Nobel Sakharov
- 92 Excuse
- 93 Backpacker
- 94 Enjoy
- 95 More fit
- 97 Extract
- 98 Hosiery fabric
- 99 Quite small
- 100 Tread water
- 101 Narrow passage
- 102 Radius neighbor
- 103 Ginger ale, e.g.
- 105 Chlair's place
- 108 Opposite of long.
- 109 Make a quilt
- 110 Free

Solution on page 96.



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THE FUTURE IS NOW

2014 F-150



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

Ford F-150 Word Search

HOW TO PLAY:

The words listed all appear in the puzzle.
CIRCLE THE WORDS BELOW

FIND THESE WORDS:

Advancetrac, Builtfordtough, Cruisecontrol, Ecoboost, Foglamps, Hauls
Models, Payload, Regularcab, Supercab, Supercrew, SYNC, Weownwork

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include eyestrain, fatigue, headaches, dry or irritated eyes, blurry distant vision, double vision, and neck and shoulder pain.

The symptoms typically clear up after a break from the lit computer screen, and there is little danger of permanent damage, but it's best to avoid these problems, according to Dr. Ryan Nielson, an optometrist in Meridian, Idaho, near Boise.

Screens are different from, say, staring at a book all day, he explains. "People blink less when they look at a computer, which dries out the eyes more and can cause problems with focusing.

"Kids can get it, too," Nielson notes, "especially kids who are texting and playing videogames that are held close to their eyes. Closer is probably worse, because it requires more focusing power from the eyes to see it."

His biggest tip is to break up screen time. "Take visual hygiene breaks every 20 minutes, and look somewhere in the distance, past 10 feet or so, and let the ciliary muscles—the focusing muscles—relax for at least 20 seconds," Nielson says.

His other tips include remembering to blink, and using artificial tears to help with dry eyes. Make sure you have proper vision correction, preferably with anti-glare coating on eyeglass lenses. You may also want to ask about glasses specifically for computer use. Remove contact lenses if your eyes are irritated. If you have bifocals, make sure that the ergonomics of your workstation are such that you can easily look through the correct part of your glasses to see your monitor. And in addition to avoiding glare from natural light, if you are working in a dark room, have light behind your monitor, so that the light does not reflect off your screen and create glare.

THE COMMON THEME for being well at your computer—for promoting healthy metabolism, for taking care of your eyes and for avoiding pain—is change. Change position on a regular basis; correct your posture; look into the distance every so often. Computers provide expanding opportunities for work and play—just remember to also be active along the way. ■

Michelle Martin is a freelance writer based in Seattle.



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Taking pleasure in continuing to serve you: Chris Miller, ground operations instructor in Portland, Oregon.

involves going well beyond the essentials of ensuring safe, reliable transportation. For example, on regional flights operated by Horizon Air, we offer you a refreshing glass of Northwest wine or microbrew at no additional charge. And our highly skilled and committed employees truly go the extra mile in taking care of you. It's our people who bring our longtime motto to life: "It's our privilege to serve you."

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Glenn Johnson,
President

FEATURES

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Mileage Plan™	A3
Route Maps	A4-6
Customs and Immigration Forms	A7
Airport Gate Location Maps	A7

ONBOARD AMENITIES

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- | | |
|-------------------------------|-----------------------|
| Premium Liquor \$7 USD | Liquor \$6 USD |
| Sun Liquor Vodka | The Glenlivet |
| Sun Liquor Gin | Crown Royal |
| Sun Liquor Rum | |



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Tazo® Awake® black tea
Tazo® Wild Sweet Orange herbal infusion (caffeine-free)



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Apple Juice
Cranberry Juice
- Sodas & Mixers:**
Coca-Cola Classic
Coke Zero
Diet Coke
Sprite
Sprite Zero
Fanta Orange
Ginger Ale
Tonic Water
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Bloody Mary Mix
Athena Bottled Water
Club Soda



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Bombardier Q400

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**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.

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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.



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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, taking care of your bag transfer, and providing assistance at any stage of your journey should you have questions.

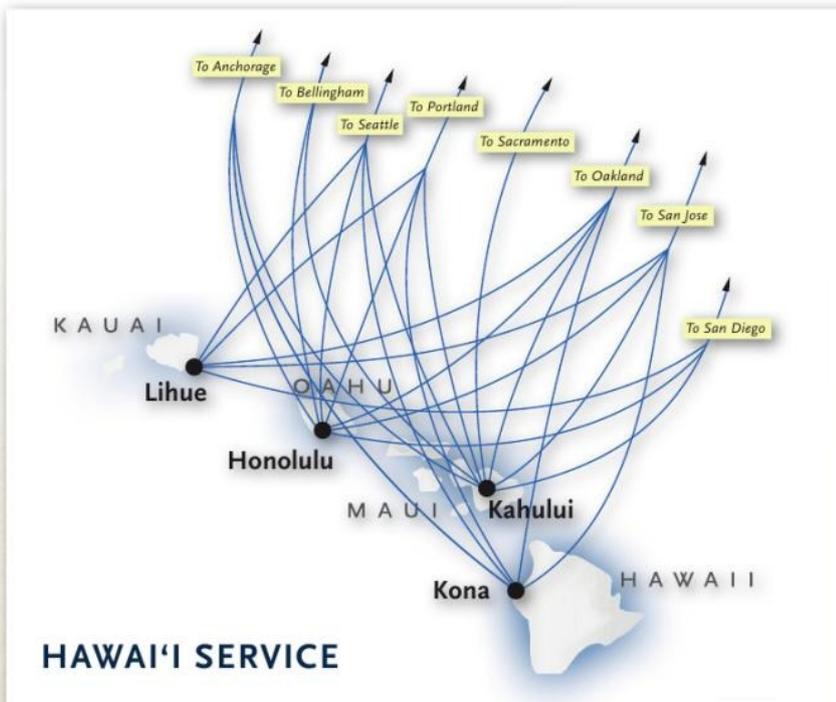
What's more, all our codeshare partners are also Mileage Plan partners, allowing generous opportunities to earn Bonus Miles. And with reciprocal elite-status benefits, you can enjoy several enhancements to your journey. Learn more at alaskaair.com.

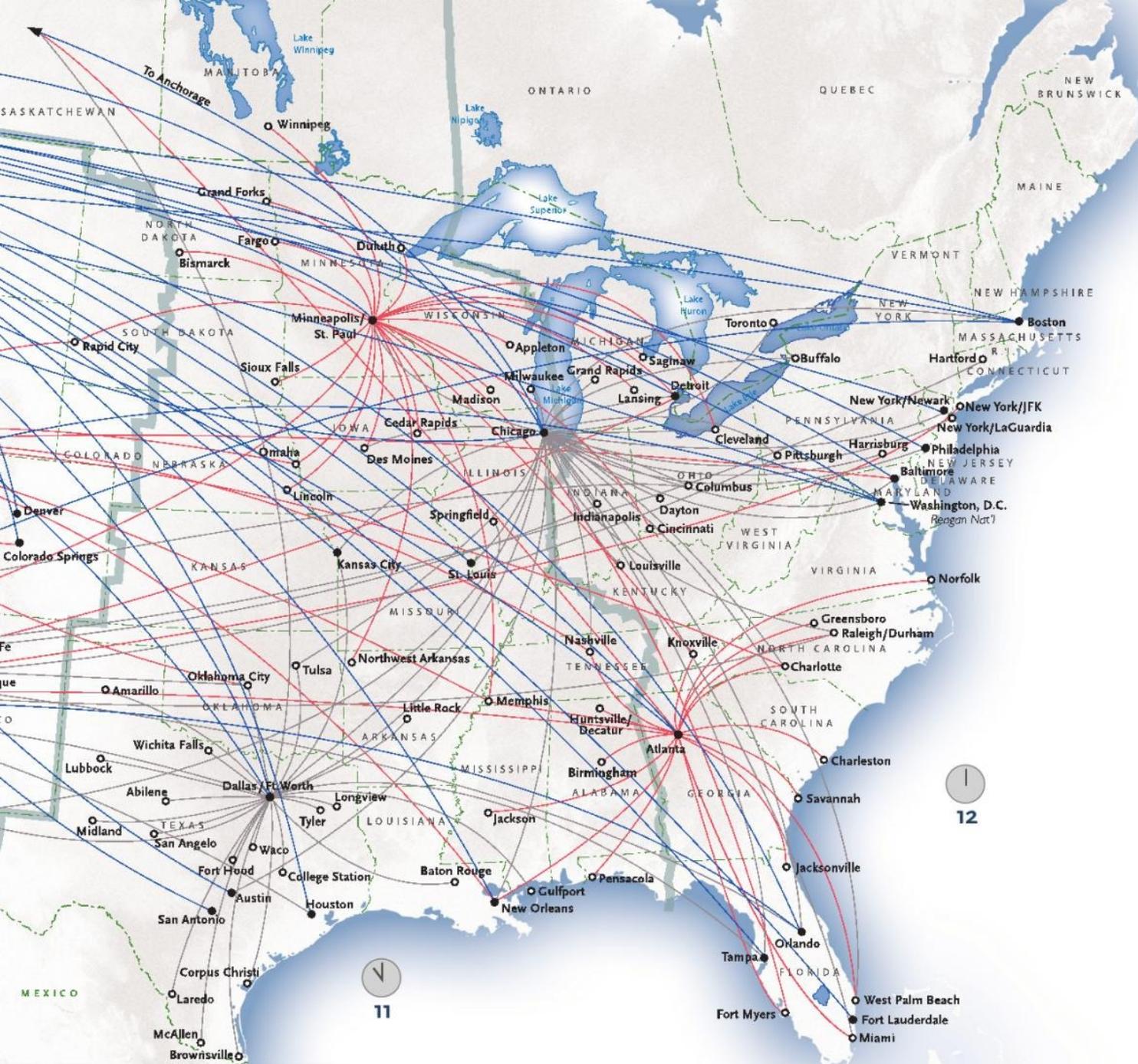
LEGEND

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
Seattle &	
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
Portland &	
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
Salt Lake City–Portland	June 9, 2014
Portland–Kalispell	June 9, 2014
Salt Lake City–San Diego	June 10, 2014
Salt Lake City–Los Angeles	June 11, 2014
Seattle–New Orleans	June 12, 2014
Salt Lake City–San Jose	June 12, 2014
Salt Lake City–Boise	June 16, 2014
Salt Lake City–Las Vegas	June 16, 2014
Salt Lake City–San Francisco	June 18, 2014
Seattle–Tampa	June 20, 2014
Seattle–Baltimore	September 2, 2014
Seattle–Detroit	September 4, 2014
Seattle–Albuquerque	September 18, 2014
Seattle–Cancun	November 6, 2014

ALASKA



ALASKA MILEAGE

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

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

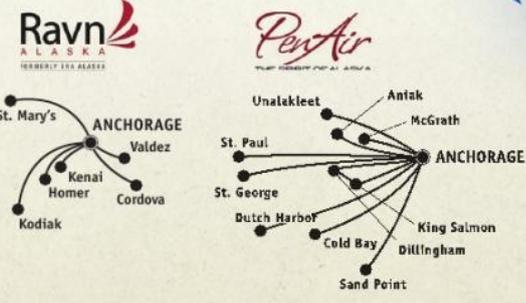
Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

● Alaska Airlines Cities

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

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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.)

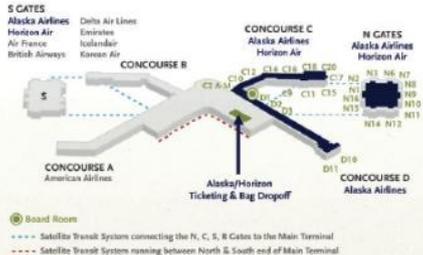
Datos de ayuda

- 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)



Liquid Asset

Swimming lessons bring dad and daughter together | BY CRAIG HILL

I've never won the Great Father-Daughter Doughnut Race, but today I like my chances. ■ I'm starting at the south end of our local pool, and my 15-year-old daughter is starting from the locker room, peeking out the door so she knows when to begin. She gets to leave the locker room when I start swimming. My goal is to go 25 yards to the other end of the pool before Kenzie can cross the pool deck, dive in and catch me.

If she does, we're stopping for doughnuts on the way home. But if I win, it's straight to the kitchen table for homework.

I glance at the lifeguard—he's amused by this weekly event and promises to stop Kenzie if she tries running to the pool.

I remember how my daughter and I used to come here when she was a toddler. She wrapped her arms around my neck and squeezed tight, shaking as if letting go meant certain doom.

Eventually, she let me hold her away from my body, first with two hands, then with one. Then she'd grab my shoulders from behind, and we'd move around the pool like a father-daughter conga line.

She kept progressing. Dunking her head. Making her way around the edge of the pool without me. Swim lessons. A club team. Then, last fall, she made the high school varsity team while still attending junior high. Then she won a race, doing the breaststroke. I watched with pride.

Over the years, she's made similar progress in life. Moving from parent-dependent toward her eventual independence in what has seemed like one impossibly gigantic baby step after another.

Movie night with Dad turned into sleepovers with friends. "That's cool, Dad," gave way to, "Please don't try to be funny." Running to the door when I got home evolved into barely noticing my presence. And our swims were replaced by her team's swim practice.

It's a natural progression, of course, but I missed our time together.

So I hatched a plan.

Last year, shortly before I turned 40, I decided I needed to challenge myself. Keep on my toes. Learn something new. I decided it was finally time to do a triathlon. I signed up for the 2014 Lake Stevens Ironman 70.3, taking place August 17. It's a 1.2-mile swim, a 56-mile bike and then a half-marathon run to the finish.

I'm a strong cyclist and a solid runner, but I had one major obstacle to overcome. Despite raising a talented swimmer, my own water skills were on par with those of our living room sofa.

I needed some serious help. It was time for the student to become the teacher.

I enlisted Kenzie.

At the first lesson, she handed me a paddleboard and told me to kick my way to the end of the pool and back. I kicked easily, then harder, then frantically. I hardly moved.

She showed me how I was supposed to do it. She tweaked my form. I still hardly moved.

She dove underwater to watch from a different angle. She gave me more examples.

Finally she popped up and said, "OK, Dad, I see your problem."

"What is it?" I asked.

"You stink."

This, I already knew.

I needed so much help that I eventually got instruction from other sources, as well. But as the Ironman 70.3 draws near, Kenzie remains my favorite training partner.

And each session together ends with the latest installment of the Great Father-Daughter Doughnut Race.

Today, I'm going to win. I know this, because my form is improving. My head is down, and I feel as if I'm high in the water, the way Kenzie looks when she swims freestyle. Plus, my competition started from the locker room.

I touch the wall and whip my head around to see how far behind she is. She's not. She's standing in the lane beside me.

She wins again.

And so do I.

I just got an hour of one-on-one time with my daughter, and all it cost me was a doughnut.

Craig Hill writes for The News Tribune in Tacoma.



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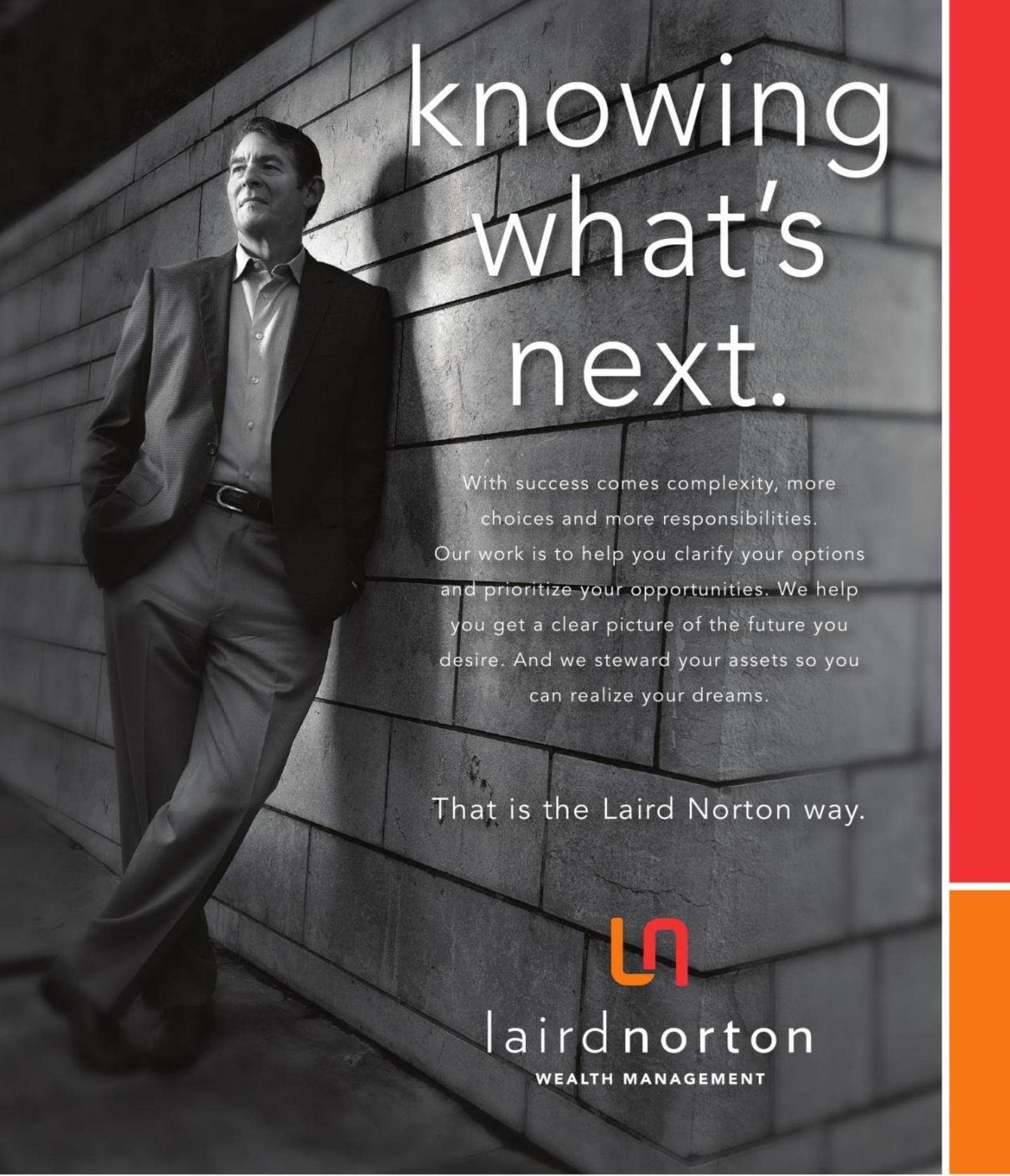
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