

A photograph of two children lying on their backs in a snowy field. The child on the left is wearing a bright pink snow jacket and a green knit hat with pink polka dots. The child on the right is wearing a black and white camouflage snow jacket and a green knit hat with blue and yellow patterns. Both children are smiling and looking towards the camera. The background is a vast, bright white snowfield under a clear sky.

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Cover: Enjoy snow play at ski areas throughout the West this winter; photo by Tory Taglio / Idaho Stock Images.

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Brad Tilden

Born to Be Wired



Greg Mays

With our recent order for 10 more Boeing 737-900ERs, Alaska Airlines now has firm orders for 74 new 737s, including 37 aircraft to be delivered in the next three years. Greg Mays heads up our Maintenance and Engineering team, ensuring the safe operation of our aircraft fleet so that we can get you to your

destination safely and on time. This month Greg's team is completing one of our largest projects ever. —Brad Tilden, Chief Executive Officer

As you sit enjoying this magazine, perhaps you are waiting for departure or on approach to land. You may well find yourself sitting in one of our brand-new state-of-the-art Recaro seats, powering your phone or tablet in preparation for arrival before you head off to whatever adventure or business meeting brought you to our airline.

At Alaska Airlines we spend a lot of time thinking about our customers. About two years ago we had a vision for making your inflight experience even better. Through a review of industry data and feedback directly from you, we worked with business partners and industry innovators to bring you creature comforts that matter.

This month, the professional men and women in Alaska Airlines Maintenance and Engineering take center stage, as we're completing one of the biggest projects Alaska has ever taken on with its fleet. Yep, we've had our own "extreme makeover," and we think you're going to love it.

Working with Recaro, a company known worldwide for development of high-quality seats in the auto, child-safety and airline industries, we collectively designed a seat for the modern age. Along with cushioning where it matters most, a six-way adjustable headrest and our standard 3 inches of recline, the seat's innovative design gives you more personal space, especially for your feet and legs. And, while you're in your seat, we've got you wired, as Alaska Airlines is proud to offer standard 110-volt and USB power for laptops, tablets and smartphones at every seat.



Craig Johnson, hangar line technician, and Rowena Monillas, stores agent, in an aircraft enhanced with new Recaro seats.

We are just about to finish this project, with about 100 airplanes undergoing the enhancements. All of our longer-haul Boeing 737-800, -900 and -900ER aircraft are getting new seats and power, and we are also upgrading our 737-400 fleet with more-comfortable seats. We expect to have our target fleets completed by the end of 2014. (So chances are, by the time you're reading this article, you are sitting in one of our new seats!)

And we're not stopping there. We have more enhancements on the radar for you. Soon, we will offer a streaming entertainment system that will allow you to enjoy all kinds of great content on your own Wi-Fi-enabled device, on virtually all of our flights. And we recently partnered with Boeing to be the launch airline for the new Space Bins overhead-storage system, which will increase the

number of bags we can have in the cabin—keeping you closer to your bags and reducing the number of bags we need to check.

Our Maintenance and Engineering team members are working around the clock to ensure your travels are safe and enjoyable, and we are proud to bring these cabin enhancements to you. Along with our customer service agents, flight attendants and pilots, I want to thank you for ranking Alaska Airlines "Highest in Customer Satisfaction Among Traditional Carriers" in the J.D. Power North America Airline Satisfaction StudySM for seven years in a row.

As you can see, we are passionate about providing the best customer service—whether it's a smile at the boarding door or an outlet at every seat.

Thank you for flying with us today. If this is your first flight with us, please come back. If you are a veteran flier, thanks for your continued loyalty, and please tell a friend!

—Greg Mays, Vice President, Maintenance and Engineering

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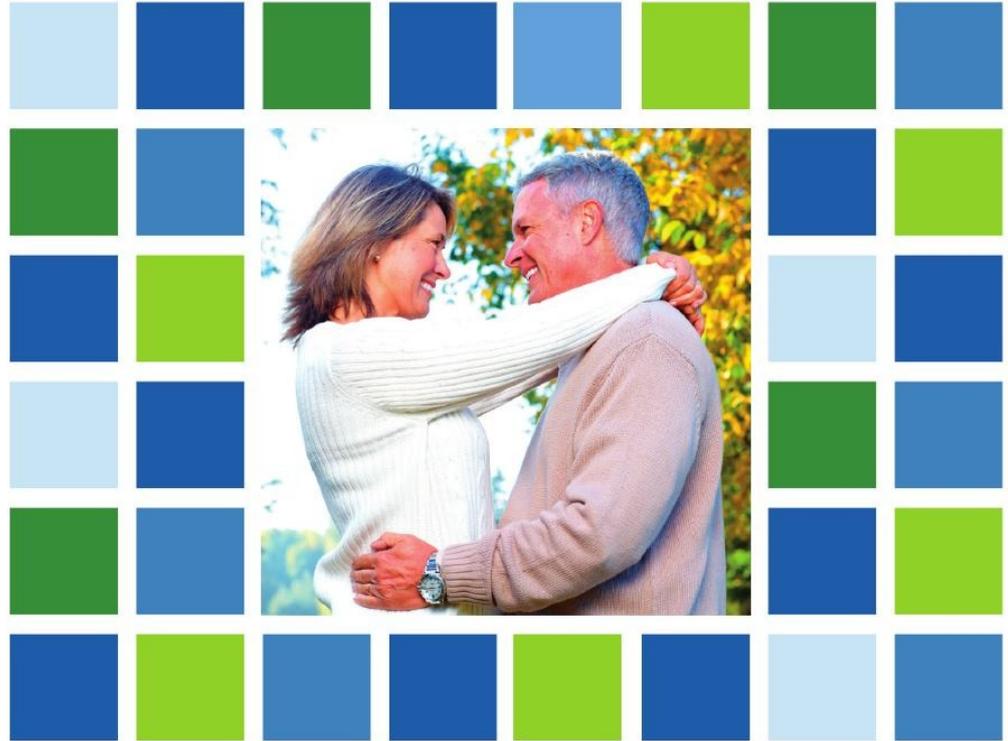
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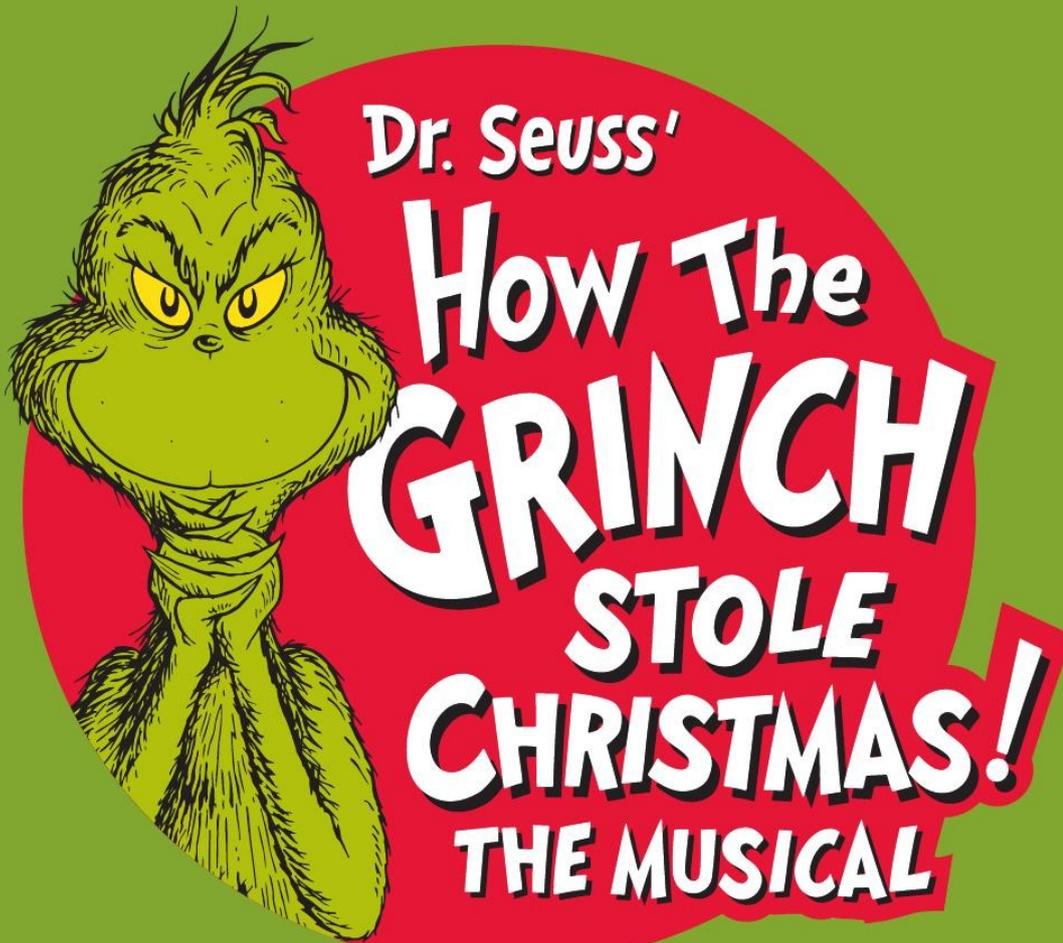
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MARK KITAOVA

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The beloved story of a grumpy Grinch who has a change of heart will be on stage at The Paramount Theatre, Dec. 2-7, as part of the **Broadway at The Paramount** series, whose sponsors include **Alaska Airlines**. Visit stgpresents.org for more information, and a related study guide for kids that contains fun activities. Upcoming shows in the Broadway series include *Dirty Dancing*, Jan. 20-Feb. 1; *Rodgers + Hammerstein's Cinderella*, Feb. 24-March 1; *Mamma Mia!*, March 24-29; *The Phantom of the Opera*, April 30-May 10; *Wicked*, July 8-Aug. 2; and *Pippin*, Aug. 18-23.



ROSS MULHAUSEN

▲ *The Christmas Revels*, Dec. 13-17, Tacoma, broadwaycenter.org.

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.

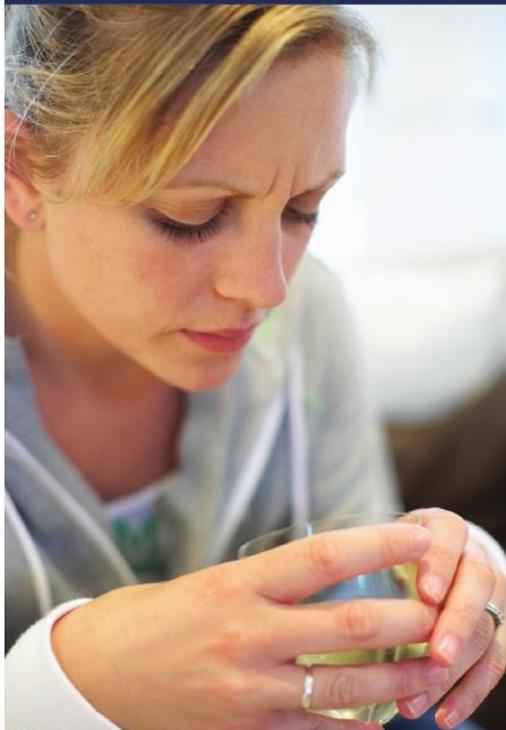
First, they developed a powerful "Counter Conditioning" methodology that "trains" the patient to hate the sight, smell, taste and thought of using the addictive substance.

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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VARIOUS LOCATIONS

Thanksgiving weekend in wine country

Willamette Valley, Yakima Valley/Tri-Cities and Sonoma County



JOHN VALLS

Special events are taking place in acclaimed wine countries over the Thanksgiving weekend.

More than 150 wineries will be participating in the 32nd-annual **Wine Country Thanksgiving in Oregon's Willamette Valley** (from the Portland area to the Eugene area), Nov. 28-30. Festivities, which vary by winery, will include special tastings, art displays, food pairings, live music and tours. Contact: 503-646-2985; willamettewines.com.

Yakima Valley's Thanksgiving in Wine Country, Nov. 28-29, will showcase 60-plus wineries located between Yakima and the Tri-Cities in Eastern Washington. Each winery will offer small bites paired with its

wines, and some wineries will have live music and/or tours. Contact: 800-221-0751; wineyakimavalley.org; winecountrythanksgiving.com.

The Heart of Sonoma Valley Winery Association, in Sonoma County, will present the 31st Annual **Holiday Open House**, Nov. 28-29, with 20-plus wineries providing tastings, and often entertainment or tours. Contact: 866-794-9463; heartofsonomavalley.com. —Anna Harmon



COFFENGL WORKSHOP

Did you know? Alaska Airlines Mileage Plan members can check a case of wine free of charge on Alaska Airlines when they fly out of any Alaska Airlines-served Oregon airport; Walla



WINE YAKIMA VALLEY

Walla, the Tri-Cities or Yakima, Washington; or Santa Rosa, California. Conditions apply. Visit alaskaair.com, oregonwinesflyfree.org, tasteandtote.com and sonomacounty.com for details.



OMSI

▲ Hands-on activities, including an animation studio and the "Planning the Action" exhibit, shown above, are featured in **"Animation,"** on view through Jan. 11 at the Oregon Museum of Science & Industry in Portland (omsi.edu).

British rock band **Bastille**, Nov. 15; **Usher: The UR Experience**, Nov. 26; and **Stevie Wonder**, Dec. 3, will be among the upcoming acts at Seattle Center's KeyArena, whose sponsors include Alaska Airlines (keyarena.com/events).

Enjoy winter festivals throughout the Northwest, including the 10th-anniversary **Snowflake Lane**, with nightly festivities Thanksgiving

through Christmas Eve, in Bellevue, WA (bellevuecollection.com/snowflakelane); the 12th-annual **Rogue Winterfest**, Dec. 4-8 in Grants Pass, OR (roguewinterfest.org); and the **50th-Anniversary Winter Carnival** in McCall, ID, Jan. 30-Feb. 8 (mccallchamber.org).



NOVA CENTER FOR THE PERFORMING ARTS

▲ The **Nova Center for the Performing Arts** in Billings, MT, will present **It's a Wonderful Life: A Live Radio Play**, Dec. 5-20, and **Amahl and the Night Visitors**, Jan. 9-11 (novabillings.org).

Washington native Kaya McLaren's new novel, **The Firelight Girls** (released in mid-October), features Lake Wenatchee in Central Washington (stmartins.com).



GRIZZLY & WOLF DISCOVERY CENTER

WEST YELLOWSTONE, MT

Featured creatures

Learn about grizzly bears, gray wolves and birds of prey at the family-friendly **Grizzly & Wolf Discovery Center** in the town of West Yellowstone, Montana, near the western entrance to Yellowstone

National Park. The center, celebrating its 15th year

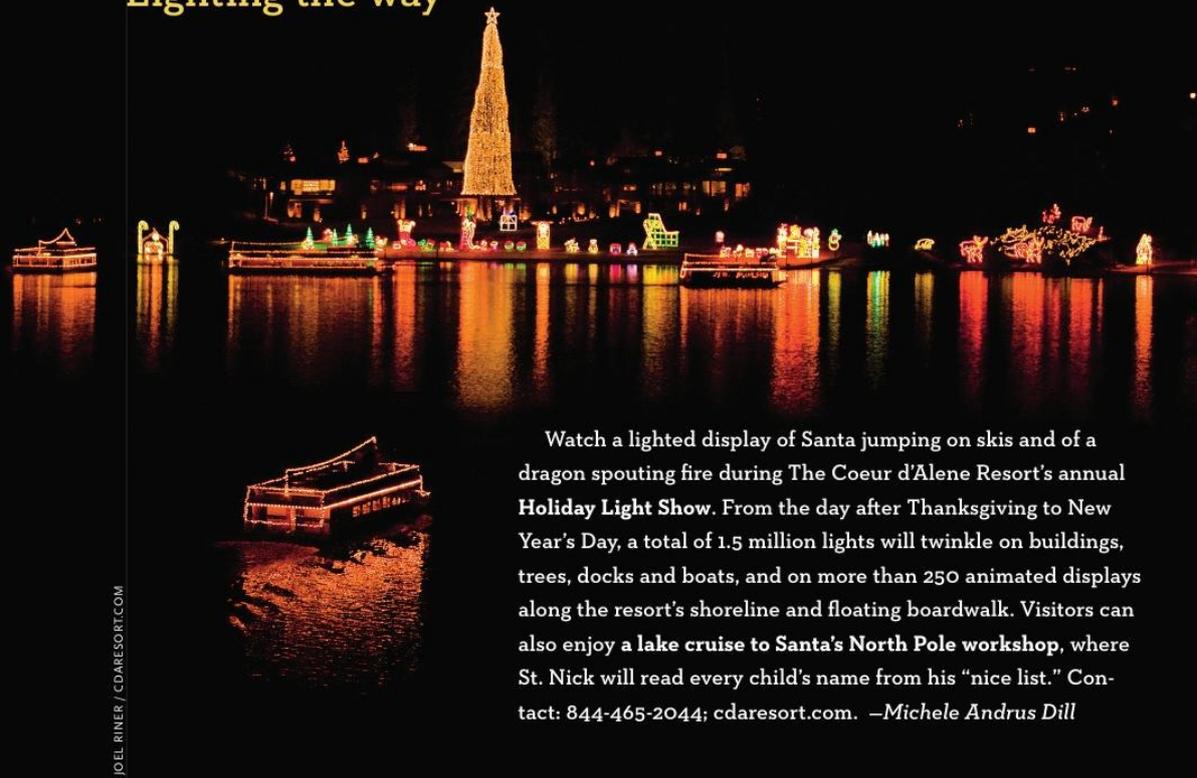
as a nonprofit, is open year-round (its bears do not hibernate) and gives visitors an up-close view of around 25 animals that were captive-born, orphaned, injured or otherwise in need of rescue.

Staff presentations about animals that reside in Yellowstone National Park take place daily, with presentations by park rangers three times a week, December-March and May-September. The center's museum displays a permanent exhibit titled **"Bears: Imagination and Reality."** Contact: 406-646-7001; grizzlydiscoveryctr.com.

—Kyle Jensen

COEUR D'ALENE, ID

Lighting the way



Watch a lighted display of Santa jumping on skis and of a dragon spouting fire during The Coeur d'Alene Resort's annual **Holiday Light Show**. From the day after Thanksgiving to New Year's Day, a total of 1.5 million lights will twinkle on buildings, trees, docks and boats, and on more than 250 animated displays along the resort's shoreline and floating boardwalk. Visitors can also enjoy a lake cruise to Santa's North Pole workshop, where St. Nick will read every child's name from his "nice list." Contact: 844-465-2044; cdaresort.com. —Michele Andrus Dill

JOEL RINER / CDARESORT.COM

PORTLAND, OR

Curious Comedy

Improvisational comedy joins acrobatic aerial performances in **Curious Comedy Theater's "Flying Fruitcake"** show, being staged weekends, Nov. 28–Dec. 20, at the company's theater north of downtown Portland.

For the **improv-comedy** part of the show, the cast will act out some of the audience members' holiday or winter memories. The **aerial performances** will feature acrobats using aerial silk and hoops to spin, climb and present short holiday scenes.



CURIUS COMEDY THEATER

While the show is open to all ages, the theater recommends ages 14-plus due to the unpredictable nature of improv.

Curious Comedy Theater is a nonprofit that also runs elementary-school comedy workshops and brings improv to assisted-living seniors. Contact: 503-477-9477; curiouscomedy.org. —Nick Thomas

talked about

SEATTLE, WA

Pike Place Market

has announced a new year-long **"At the Table" culinary program**, with events such as cooking classes,

book readings and signings, and, currently, free chef demos that show participants how to cook seasonal dishes with locally sourced ingredients, Saturdays, Nov. 8–Dec. 13 (pikeplacemarket.org).

OLIVER, BC

Tinhorn Creek Vineyards in the Okanagan region is celebrating its 20th anniversary. The carbon-neutral winery is known for pioneering green practices (tinhorn.com).



EUGENE, OR

Oregon's **Eugene Concert Choir** is celebrating its 40th season with special guests such as singer/songwriter/cappella star Peter Hollens, performing Dec. 7 (eugeneconcertchoir.org).

SPOKANE, WA

The **Inland Northwest Bluegrass Music Association** showcases musicians from around the Northwest, third Saturdays through May in Spokane Valley (spokanebluegrass.org).

FAIRBANKS, AK

The Geophysical Institute at the University of Alaska Fairbanks provides a **daily aurora borealis forecast** (gi.alaska.edu/auroraforecast).



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Jan, age 70



Photos: Gerald Pope

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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.



LIFE ASKED ME TO DANCE. I ACCEPTED!

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

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

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

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

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

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AROUND THE ROUTE SYSTEM

Gifts for happy holidays

Ideas for celebrations that are merry and bright



1



2



3



4



5



6



7



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9



10



11

1. Rosanna's award-winning Farm Belle Blue Ribbon Oregon-crafted jams, kosher and gluten-free, made with Northwest berries, in flavors such as Cranberry Pepper; Seattle; rosannainc.com.

2. Alaskan jewelry, such as a gold nugget snowflake pendant, a gold quartz whale's tail pendant and a gold quartz spirit bear pendant, from **5th Avenue Jewelers**; Anchorage; productsofalaska.com.

3. New GoPro Hero4 high-performance line of portable action cameras, with features such as 4K video resolution at 30 frames per second in the Hero4 Black; San Mateo; gopro.com.

4. Salt & Straw Classic Holiday Flavors gift packs, featuring local ingredients in flavors such as Peppermint Cocoa, Spiked Eggnog and Fruitcake; Portland; saltandstraw.com.

5. Fused-glass Lotus Flower Tea Light Holder, handcrafted by artist Stewart Scott; Moscow, ID; artisanbarn.org.

6. Cupcake Royale 12-cake Cupcaking Kits, with premium mix and frosting ingredients; Seattle; cupcakeroyale.com.

7. Pavel's Puzzles' quality, compact mechanical puzzles for adults and kids, by software architect Pavel Curtis; Seattle area; pavelpuzzles.com.

8. Montana Chalet Market "Something for Everyone" Gift Box, with Treasure State items; Belgrade; chaletmarket.com.

9. Walnut Studiolo handcrafted travel games, beer accessories, bike accessories and more; Portland; walnutstudiolo.com.

10. Fran's Chocolates Gift Collections, such as the hand-stitched-leather box with two layers of confections, and the elegant, gift-box-filled Japanese Lacquer Bowl (above), by Yamada Heiando, lacquerware purveyors to Japan's Imperial Household since 1919; Seattle; franschocolates.com.

11. CraftersCrate monthly craft-and-activities kits for kids, focused on imagination and problem-solving; Boise; crafterscrate.com.

ALSO Wine-gift options: **Washington** (washingtonwine.org), **Oregon** (oregonwine.org), **Idaho** (idahowines.org), **Sonoma County** (sonoma-county.com/wineries) and **B.C.'s Okanagan** (winebc.com).

—Michele Andrus Dill

IN NUMERICAL ORDER: JOHN GRANEN FOR ROSANNA INC.; 5TH AVENUE JEWELERS; PR NEWSWIRE; LEE LA C'YD; JULIE HARTWIG; CUPCAKE ROYALE; PAVEL CURTIS; OWEN CROGHAN; AUSTIN GOODMAN; FRAN'S CHOCOLATES; CRAFTERS CRATE LLC.

JASON M. ABRAHAM

LEGENDS OF WINTER



Squaw Valley, in the gorgeous Lake Tahoe area.



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BIG SKY WITH ITS
VAST TERRAIN - AND -

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BY TODD SCHWARTZ



Imagine several legendary skiers gathered around me as I look down into Chute 75, a black diamond off the top of the KT-22 chair at Squaw Valley in the North Lake Tahoe area. From Frenchman Jean Vuarnet, who in 1960, at this very resort, became the first athlete to win Olympic downhill gold on metal skis rather than wooden ones, to local Olympians Julia Mancuso, Marco Sullivan, Travis Ganong and Jonny Moseley, I know what these stars of Squaw Valley skiing would be thinking: What are you waiting for? Just drop in!

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Alaska



JASON M. ABRAHAM

DID YOU KNOW?

The owners of Squaw Valley purchased Alpine Meadows in 2011. A free 10-minute shuttle connects the two ski areas, and tickets are interchangeable, creating a combined ski experience with some 270 runs.



Which, after a gulp or two, I do—making sure to keep my weight down the hill and out over the boards. The snow has softened to excellent corn today. Good news for me, because this is steep, and edge-hold is key. Upper body square to the fall line, stay aggressive, keep a good rhythm.

Maybe the legends would be unimpressed by my line, but I reach the bottom without incident, smiling like someone who just won a medal.

I'm in the midst of what I call the Legends Tour—Western ski areas that have become icons: Squaw Valley, California, for its impressive Olympic history and its parade of extraordinary skiers. Big Sky, Montana, for its enormous vertical, unmatched terrain and sheer size. And Sun Valley, Idaho, for its nearly eight decades as a destination ski resort—North America's first—and its current acclaim for some of the nation's best terrain parks and features.

TAHOE TERRIFIC

Take one of the world's most beautiful lakes, surround it with mountains that often measure their snowstorms in feet rather than inches, build more than a dozen unique ski areas and hundreds of chairlifts, and put it all within about an hour's drive of Reno-Tahoe International Airport. That's Lake Tahoe skiing, and it offers everything from beginner-friendly to full-on expert terrain.

People must have scratched their heads back in the mid-1950s when Alex Cushing put Squaw Valley, his 1,200-acre virtually undeveloped ski area, into contention for the 1960 Winter Olympics—he flew to Europe with a 3,000-pound model to present to the International Olympic Committee, notes skilaketahoe.com. It was an audacious move, and somehow it worked. Squaw was awarded the Games, and all Cush-



COURTESY, SQUAW VALLEY

ing had to build over the next few years was ... almost everything.

The Olympics, the first to be televised live in the United States, both created Squaw Valley and put it on the map. The opening and closing ceremonies were produced by Walt Disney, and the now-ubiquitous instant replay was first used by Olympic officials, who couldn't tell if a racer in the men's slalom had missed a gate, so they asked CBS to review its videotape of the race.

You can still see traces of the 1960 Games around today's beautiful Squaw Valley Village, including the Olympic rings and two Olympic flames at the entry. They mark the beginning of the Squaw Valley legend.

After my Chute 75 adventure at the resort, which has expanded over the years to its current 3,600 skiable acres, I take the Headwall Express chair to the top of 8,900-foot Squaw Peak to drop into wide-open and forgiving Sun Bowl for a long, rewarding run. I work my way down into the trees of Horse Trails, then to the base of the Siberia Express chair. The lift is the gateway to nicely steep advanced runs, both groomed

Squaw Valley (top and above) not only offers great skiing, but also numerous dining options and other amenities. The resort is in the fourth year of a five-year, \$70 million capitol-improvement plan (called the Renaissance). Enhancements include \$5 million worth of new snow-making systems; upgraded lodgings in the village; a SnoVentures activity zone for kids and families; and even a Google Glass app that allows wearers to view which trails and lifts are open and closed.

and ungroomed, off the long ridge that spans Siberia Bowl.

The moguls in sun-drenched Siberia are so stellar, I lap slush-bump runs until my quads cry, my knees surrender and lunch calls. The mid-mountain Gold Coast day lodge has several restaurants (and what may be the only ski-in, ski-out Starbucks on the planet), but I'm intrigued by another option, to the north: High Camp and the Poolside Cafe.

Yes, Poolside. One of Cushing's goals

was to develop Squaw Valley in the European style, which meant creating activities on the mountain as well as at the base. So at 8,200 feet, with a stunning view of a lake that's often bluer than Sinatra's peepers, you'll find a heated pool and hot tub in the spring and an ice rink in the winter. There's also an Olympic Museum, plus restaurants from lux to laidback. Nonskiers/riders can reach High Camp directly from Squaw Valley Village via the Aerial Tram.

After lunch, I drop over to the back side

of Squaw Valley into Shirley Bowl, a nice sustained intermediate pitch that eventually leads to the base of Granite Chief chair, which serves a wealth of bowls, glades and chutes, and a couple of great groomers. I go left from the top of the chair to catch Magoo's, where I descend steeply through soft, shaded snow and stands of trees. I repeat versions of this for the next several runs, before going the opposite direction into the wonderful solitude of Hidden Bowl.

When the day is winding down, I catch the Shirley Lake Express—a sky-sofa six-pack—back over the ridge to ski the Slot, an advanced chute that requires three or four well-planned turns around the rocks at the top, then opens into black-diamond Cornice Bowl. From the bottom of the bowl, it's a long, exhilarating, eye-watering rip down to the village.

There's time for medicinal marinating in a hot tub—a perk of staying slopeside in The Village at Squaw Valley—before I savor a nicely hopped recovery beverage amid Squaw ski memorabilia at Le Chamois (nicknamed The Chammy). Then I end an exceptional day of skiing with an exceptional dinner at the upscale PlumpJack Cafe, which serves fare such as trout raised in spring water originating on Mount Lassen; free-range-chicken breast from California's Fulton Valley; and tender lamb from a cooperative of family farms in Washington, Oregon and Northern California.

REALLY BIG SKY

There isn't a lot of flat ground ahead as I step out of the Lone Peak Tram's top station. That's because it's located at the pointy 11,166-foot summit of the peak. The view spans 360 degrees, and takes in three states, along with Yellowstone National Park, about 80 miles to the southeast as the crow flies. On the horizon, beyond Yellowstone, are the Grand Tetons, and turning northeast I can see Bozeman, less than an hour's drive from Big Sky Resort. Mountains rise in every direction as the sun comes and goes in a slow-motion strobe amid the clouds.

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Below me on Lone Peak is an array of skiing choices ranging from open and fairly steep to narrow and very steep, to experts-only/register-with-patrol-first steep. Big Sky, which offers the United States' biggest skiing—measured both in vertical drop and skiable acres—is legendary for its “any terrain and pitch you want” skiing.

I opt for the “easy” way down, the huge black-diamond Liberty Bowl, which is still plenty steep enough to be exciting. This morning's 6 inches of cold new snow make it a comfy ride, and I work my way—via many, many turns—to the exit run called Screaming Left that eventually drops to the base of the Shedhorn chair.

I take the Duck Walk cat track back around the mountain to the base of the Lone Peak Triple, which will reconnect me with the tram. As massive as Big Sky is—four separate mountains; two base areas; 5,804 skiable acres, including miles of fantastic beginner, intermediate and advanced groomers; and a whopping 4,350 feet of vertical drop—it's surprisingly easy to get around. And even on a day like today, with good new snow, Lone Peak Tram is just about the only spot where you'll find any sort of lift line. Big Sky is as legendary for being uncrowded as it is for being big. I wait maybe eight minutes as the tram cars come and go.

At the top of Lone Mountain, a turn to the north offers the enormous, double-black-diamond North Summit Snowfield. The east face offers couloirs whose names should be spoken only by the most expert of experts. Being of sound mind, I turn south, following the Yeti Traverse out of Liberty Bowl and around to the double-black Lenin and Marx runs, which are sufficiently demanding for most advanced skiers. “From each according to their ski ability, to each according to their need for speed,” I believe Herr Marx said, so I glide judiciously but joyously along Marx's 1,200 feet of vertical, then fly down groomers all the way to the Mountain Village, for a refueling stop involving bison corn tacos at Whiskey Jack's.

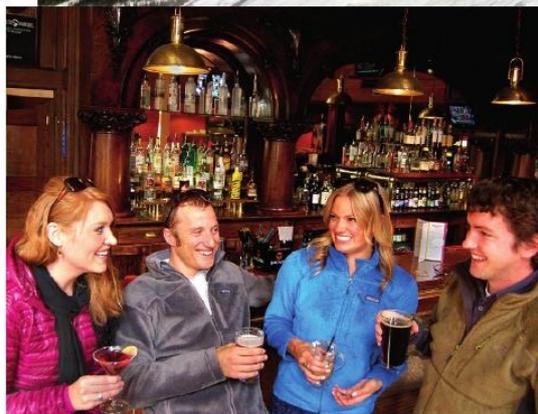
Après-tacos, I go looking for untracked afternoon snow. It isn't hard to find here, where skiers and riders are so happily spread out. On the north-facing Moonlight Basin side of Big Sky, I have a vast choice of almost untouched tree and glade lines. I just take the next right turn each time on Broken Heart, Shaftway, Moonshine, Ulery's Trace and Trapline—great tree run after great tree run in boot-top freshies. My grin is nearly as big as the sky.

Back in my room at Huntley Lodge (Big Sky was the vision of Montana native and NBC newscasting

legend Chet Huntley in 1973), I can look out the window to see people flying through the air about a snowball's throw away. They're on the Adventure Zipline Tour. Big Sky also has a lighted tube park, a Giant Swing, a climbing wall, a bungee trampoline and more, including the Montana Dinner Yurt experience, in which diners



LONGIE BALL



MICHEL TALUICHET

With Big Sky's impressive terrain, which includes Moonlight Basin, acquired last year, you can easily ski north, south, east or west. So no matter what the conditions (with 400-plus inches of dry snow annually, they are usually awesome), you'll find good snow somewhere. Après-ski activities are excellent, too.

DID YOU KNOW?

The Lone Peak Tram has played a key role in several marriage proposals and wedding ceremonies, according to Big Sky Resort.



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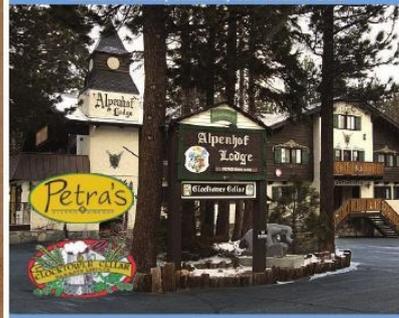
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I drive just a couple of minutes to the Moonlight Basin base area, where the Jack Creek Bar & Grille features a magnificent stone fireplace. I start my meal with a salad of organic greens, sunflower seeds, carrots, and chèvre from the Bozeman area's Amaltheia Organic Dairy, followed by a luscious elk striploin, although the bison short ribs and the risotto with Montana mushrooms looked tempting, too. Maybe I should have ordered all three dishes—to build up my strength for the 5 inches of new snow expected tomorrow.

SUN VALLEY SERENADE

If I could sing—as they do in the classic 1941 movie *Sun Valley Serenade*—I would, because it's snowing big, fat Idaho flakes on Baldy. I'm about to drop off the small cornice that leads into black-diamond Mayday Bowl, and while I can't actually see much of my line in this centermost of a line of seven connected bowls stretching across Bald Mountain, I know from past experience that the pitch falls away nicely, that halfway down I'll get to well-spaced trees, and that at the bottom I'll take a hard left out of the woods to hop back on Mayday chair, an entertainingly retro triple surrounded by the lux high-speeders and shiny gondola of what is arguably America's most iconic ski area.

This is where the world's first chairlifts—converted from a system used to move banana bunches onto ships—were installed on Dollar and Proctor mountains in 1936. This is where movie stars strapped on long wooden skis to learn from handsome Austrian instructors. Where Gary Cooper and Ernest Hemingway roamed the halls of Sun Valley Lodge and perhaps splashed in its famous circular heated pool.

Today, Sun Valley Resort is known as the place where grooming and perfecting a ski slope has been raised to an art form. This is where the ski experience is so good, the return rate for visitors is virtually 100 percent. And this is where a dynamic Dollar Mountain that would have amazed resort founder W. Averell Harriman is part of an updated winter-sports complex gaining a nationwide rep as a top park-and-pipe destination, with huge superpipes, tons of jumps and fea-

tures, and a Family Cross course. The 21st century Sun Valley makes beautiful harmony with the legendary allure of the resort, which is celebrating its 79th winter season.

During the 2014–15 ski season, famed Sun Valley Lodge will be closed for a renovation that will include expanded, modernized guestrooms defining pure comfort for years to come, but the fascinating historical aspects, such as the signed photos of celebrity visitors over the years, will remain. The warm and welcoming Sun Valley Inn, which has its own circular heated pool, will still be open during the lodge's renovation, along with many other lodging options in the area.



TORY TAGLIO / IDAHO STOCK IMAGES (2)



DID YOU KNOW? Sun Valley's Ride the Beast program lets guests go along on the big grooming machines, which transform the resort's cruisers into corduroy perfection.



The Sun Valley experience—from skiing to relaxing—is so amazing, visitors return again and again, yet the resort is also always improving. A remodel of famed Sun Valley Lodge, scheduled to be completed in June, will include a new 20,000-square-foot spa/fitness facility and modernized rooms.

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I continue to the base of the Seattle Ridge chair and zip to the top on the fast quad, among happy skiers and riders coming from perfect groomers such as Christin's Silver and Muffy's Medals. Christin Cooper won a silver medal in the giant slalom at the 1984 Olympics, and Muffy Davis earned a combined four medals in alpine skiing at the 1998 and 2002 Paralympic Winter Games, plus gold in three separate cycling events at the London 2012 Paralympic Games.

The options at the top of the lift include what must be the best group of green runs anywhere, all boasting the consistent, no-flat-spots-allowed pitch for which Sun Valley is famous. Like so many of the runs at Sun Valley, the Seattle Ridge area is served by the resort's huge snowmaking system—which can almost match the natural goods that are coming down today. And the resort plans to obtain 47 new snowmaking guns that use 90 percent less energy than the current ones and are also quieter.

This time, I go for Gretchen's Gold, a long, football-pitch-wide swath of lovely corduroy, named for Gretchen Fraser, who in 1948 became the first U.S. competitor to win Olympic gold in alpine skiing. New snow is covering the groom for some high-speed powder skiing, so I keep turning laps until my stomach demands attention.

I make my way east to that legend-with-a-menu: the Roundhouse, established in 1939. At 7,700 feet on Baldy, Roundhouse serves up endless mountain-and-valley views, plus exceptional food, from gourmet sandwiches, soups and dishes such as Grilled Idaho Red Ruby Trout at midday to perfect fondue and robust European-inspired fare on the various Friday and Saturday nights when dinner is served. The Roundhouse Gondola from River Run Plaza makes the restaurant a favorite destination even for those who aren't skiing.

By the time I lay down my napkin after lunch, all of Baldy is bathed in the fabled glow of Sun Valley. I drink it in (through SPF 30, of course) as I shift from the River Run side of the mountain to the Warm Springs side. Some 3,400 vertical feet of perfectly pitched groomers (covered in freshies today)—and untracked woods, and



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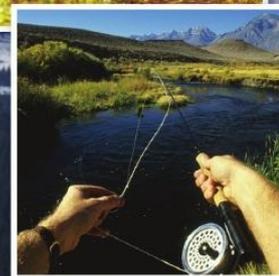
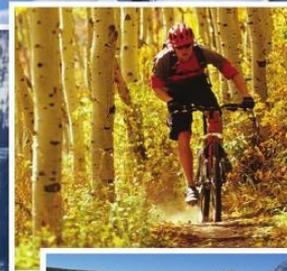
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nice round bumps—await. I begin with a powder-GS run nonstop down silky-smooth Limelight to Warm Springs to the base, then hop the Challenger high-speed quad all the way back to the summit. I test my black-diamond skills on International, then Hemingway, then Limelight again, before I launch, hooting, off the lip of Kenny's and drop onto the steep, snow-plastered face of Upper Greyhawk.

Right here, at the end of my Legends Tour, if I could go "Hollywood musical" and belt out a showstopper about the weather, snow, ambiance and service that make Sun Valley so revered, I certainly would, but I can't carry a tune—and it's snowing too hard for anyone to hear me anyway. How cool is that? ■

Todd Schwartz skis the West every chance he gets.

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Western Slopes

Alaska Airlines (800-ALASKAAIR; alaskaair.com) provides access to ski resorts throughout the West. The airline has partnered with several leading resorts to offer exclusive savings. Learn more at alaskaair.com/ski. The following listings provide basic mountain stats and contact info for many resorts.

WESTERN UNITED STATES

ALASKA

Alyeska Resort Lifts: 7. Skiable terrain: 1,610 acres—11% beginner; 52% intermediate; 37% advanced/expert. Vertical rise: 2,500 feet. Trails: 76. 907-754-7669; www.alyeskaresort.com.

Eaglecrest Lifts: 4. Skiable terrain: 640 acres—20% beginner; 40% intermediate; 40% advanced/expert. Vertical rise: 1,540 feet. Trails: 36. 907-790-2000; www.skijuneau.com.



Outstanding Mammoth Mountain.

SIERRA SUPERSTAR

There is at least one more Western ski area that must be on any list of legends: Mammoth Mountain, California. From its 11,053-foot summit—reached by the Panorama Gondola for the highest lift-served terrain west of the Rockies—to its 28 lifts and 3,500 skiable acres, this icon in the Eastern Sierra offers every kind of terrain, and often-epic snowfall.

From the high ridge that crowns Mammoth, the views are spectacular, taking in the shark-tooth spires of the Minaret Pinnacles and the Long Valley Caldera, one of Earth's largest calderas, covering some 200 square miles. The skiing is equally memorable—from the vertical, mogul-filled expanse of the

Climax run to the grooming in sweet, steep Cornice Bowl. At the base of the ridge, groomers, bowls and tree runs descend another 2,000 vertical feet down to the Canyon Lodge base. This is the takeoff point for visitors who stay in town at The Village at Mammoth in Mammoth Lakes and ride the Village Gondola up to begin their ski days. While the Mammoth Mountain Inn offers catch-first-tracks gondola-side lodging at 9,000 feet, those who prefer their digs with a bit more oxygen can stay in town at 7,800 feet and find a wide range of lodging choices, plus lots of great restaurants and retail therapy.

Visitors to Mammoth Mountain also enjoy activities such as Woolly's Tube Park and Snow Play area (a day-and-evening family fun zone with inner tube sliding served by two lifts), plus cross-country skiing, snowmobile tours, snowcat tours and scenic gondola rides to dinner in the Parallax restaurant at 9,600 feet. In addition, dogsled excursions are available in the Mammoth Lakes area from outfitters such as Mammoth Dog Teams (as snow conditions allow). See visitmammoth.com and mammothmountain.com.

Alaska Airlines provides year-round nonstop service to Mammoth Yosemite Airport from Los Angeles, along with nonstop winter service from San Diego, and new nonstop service on Mondays and Thursdays between Las Vegas and Mammoth Lakes from January 15, 2015, to April 6, 2015. —T.S.

CALIFORNIA/NEVADA

Alpine Meadows Lifts: 11. Skiable terrain: 2,400+ acres—25% beginner; 40% intermediate; 35% advanced/expert. Vertical rise: 1,802 feet. Trails: 100+. 800-403-0206; www.squawalpine.com.

Heavenly Mountain Resort Lifts: 20. Skiable terrain: 4,800 acres—20% beginner; 45% intermediate; 35% advanced/expert. Vertical rise: 3,500 feet. Trails: 97. 775-586-7000; www.skiheavenly.com.

Kirkwood Mountain Resort Lifts: 10. Skiable terrain: 2,300 acres—12% beginner; 30% intermediate; 58% advanced/expert. Vertical rise: 2,100 feet. Trails: 80+. 800-967-7500; www.kirkwood.com.

Mammoth Mountain Lifts: 28. Skiable ter-

rain: 3,500 acres—25% beginner; 40% intermediate; 35% advanced/expert. Vertical rise: 3,100 feet. Trails: 150. 800-626-6684; www.mammothmountain.com.

Northstar California Resort Lifts: 13. Skiable terrain: 3,170 acres—13% beginner; 60% intermediate; 27% advanced/expert. Vertical rise: 2,280 feet. Trails: 97. 800-466-6784; www.northstarcalifornia.com.

Sierra-at-Tahoe Lifts: 9. Skiable terrain: 2,000 acres—25% beginner; 50% intermediate; 25% advanced/expert. Vertical rise: 2,212 feet. Trails: 46. 530-659-7453; www.sierraattahoe.com.

Squaw Valley Lifts: 23. Skiable terrain: 3,600 acres—25% beginner; 45% intermediate; 30% advanced/expert. Vertical rise: 2,850 feet. Trails:

170+. 800-403-0206; www.squawalpine.com.
Sugar Bowl Lifts: 12. Skiable terrain: 1,650 acres—17% beginner; 45% intermediate; 38% advanced/expert. Vertical rise: 1,500 feet. Trails: 103. 530-426-9000; www.sugarbowl.com.
Yosemite's Badger Pass Ski Area Lifts: 4. Skiable terrain: 88 acres—35% beginner; 50% intermediate; 15% advanced/expert. Vertical rise: 800 feet. Trails: 10. 209-372-8430; www.badgerpass.com.

IDAHO

Bogus Basin Lifts: 7. Skiable terrain: 2,600

acres—22% beginner; 45% intermediate; 33% advanced/expert. Vertical rise: 1,800 feet. Trails: 53. 208-332-5100; www.bogusbasin.org.

Brundage Mountain Resort Lifts: 5. Skiable terrain: 1,500 acres—20% beginner; 50% intermediate; 30% advanced/expert. Vertical rise: 1,800 feet. Trails: 46. 208-634-4151; www.brundage.com.

Schweitzer Mountain Resort Lifts: 7. Skiable terrain: 2,900 acres—10% beginner; 40% intermediate; 50% advanced/expert. Vertical rise: 2,400 feet. Trails: 92. 877-487-4643; www.schweitzer.com.
Silver Mountain Resort Lifts: 7. Skiable terrain:

1,600 acres—20% beginner; 40% intermediate; 40% advanced/expert. Vertical rise: 2,200 feet. Trails: 76. 800-204-6428; www.silvermt.com.

Sun Valley Resort Lifts: 17. Skiable terrain: 2,054 acres—36% beginner; 42% intermediate; 22% advanced/expert. Vertical rise: 3,400 feet. Trails: 80. 800-786-8259; www.sunvalley.com.

Tamarack Resort Lifts: 4. Skiable terrain: 900 acres—15% beginner; 44% intermediate; 41% advanced/expert. Vertical rise: 2,800 feet. Trails: 36. 208-325-1000; www.tamarackidaho.com.

MONTANA

Big Sky Resort Lifts: 22. Skiable terrain: 5,804 acres—15% beginner; 24% intermediate; 61% advanced/expert. Vertical rise: 4,350 feet. Trails: 298. 800-548-4486; www.bigskyresort.com.

Bridger Bowl Lifts: 8. Skiable terrain: 2,000 acres—25% beginner; 25% intermediate; 50% advanced/expert. Vertical rise: 2,600 feet. Trails: 79. 800-223-9609; www.bridgerbowl.com.

Whitefish Mountain Resort Lifts: 12. Skiable terrain: 3,000 acres—13% beginner; 38% intermediate; 49% advanced/expert. Vertical rise: 2,353 feet. Trails: 105. 877-754-3474; www.skiwhitefish.com.

OREGON

Mt. Bachelor Lifts: 10. Skiable terrain: 3,683 acres—15% beginner; 25% intermediate; 60% advanced/expert. Vertical rise: 3,365 feet. Trails: 88. 800-829-2442; www.mtbachelor.com.

Mt. Hood Meadows Ski Resort Lifts: 11. Skiable terrain: 2,150 acres—15% beginner; 50% intermediate; 35% advanced/expert. Vertical rise: 2,777 feet. Trails: 85. 800-754-4663; www.skihood.com.

Mt. Hood Skibowl Lifts: 4. Skiable terrain: 960 acres—20% beginner; 40% intermediate; 40% advanced/expert. Vertical rise: 1,500 feet. Trails: 65. 503-222-2695; www.skibowl.com.

Timberline Lodge Lifts: 7. Skiable terrain: 1,650 acres—25% beginner; 50% intermediate; 25% advanced/expert. Vertical rise: 3,690 feet. Trails: 41. 503-272-3311; www.timberlinelodge.com.

UTAH

Alta Lifts: 7. Skiable terrain: 2,200 acres—25% beginner; 40% intermediate; 35% advanced/expert. Vertical rise: 2,100 feet. Trails: 116. 801-359-1078; www.alta.com.

Brighton Resort Lifts: 6. Skiable terrain: 1,050 acres—21% beginner; 40% intermediate; 39% advanced/expert. Vertical rise: 2,894 feet. Trails: 66. 855-201-7669; www.brightonresort.com.

Canyons Resort Lifts: 19. Skiable terrain: 4,000 acres—10% beginner; 44% intermediate; 46% advanced/expert. Vertical rise: 3,190 feet. Trails: 183. 888-226-9667; www.canyonsresort.com.

Deer Valley Resort Lifts: 21. Skiable terrain: 2,026 acres—27% beginner; 41% intermediate; 32% advanced/expert. Vertical rise: 3,000 feet. Trails:



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101. 800-424-3337; www.deervalley.com.

Nordic Valley Lifts: 3. Skiable terrain: 110 acres—25% beginner; 50% intermediate; 25% advanced/expert. Vertical rise: 1,000 feet. Trails: 22. 801-745-3511; www.nordicvalley.com.

Park City Mountain Resort Lifts: 16. Skiable terrain: 3,300 acres—17% beginner; 52% intermediate; 31% advanced/expert. Vertical rise: 3,100 feet. Trails: 116. 435-649-8111; www.parkcitymountain.com.

Powder Mountain Lifts: 4. Skiable terrain: 2,800 acres—25% beginner; 40% intermediate; 35% advanced/expert. Vertical rise: 2,205 feet. Trails: 144. 801-745-3772; www.powdermountain.com.

Snowbasin Resort Lifts: 9. Skiable terrain: 3,000 acres—20% beginner; 50% intermediate; 30% advanced/expert. Vertical rise: 2,915 feet. Trails: 104. 888-437-5488; www.snowbasin.com.

Snowbird Ski and Summer Resort Lifts: 11. Skiable terrain: 2,500 acres—27% beginner; 38% intermediate; 35% advanced/expert. Vertical rise: 3,240 feet. Trails: 85. 801-933-2222; www.snowbird.com.

Solitude Mountain Resort Lifts: 8. Skiable terrain: 1,200 acres—20% beginner; 50% intermediate; 30% advanced/expert. Vertical rise: 2,047 feet. Trails: 65. 801-534-1400; www.skisolitude.com.

Sundance Mountain Resort Lifts: 4. Skiable terrain: 450 acres—20% beginner; 40% intermediate; 40% advanced/expert. Vertical rise: 2,150 feet. Trails: 42. 866-259-7468; www.sundanceresort.com.

WASHINGTON

Crystal Mountain Resort Lifts: 10. Skiable terrain: 2,600 acres—11% beginner; 54% intermediate; 35% advanced/expert. Vertical rise: 3,100 feet. Trails: 57. 360-663-2265; www.crystallmountainresort.com.

49° North Lifts: 6. Skiable terrain: 2,325 acres—30% beginner; 40% intermediate; 30% advanced/expert. Vertical rise: 1,851 feet. Trails: 82. 509-935-6649; www.ski49n.com.

Mission Ridge Ski & Board Resort Lifts: 4. Skiable terrain: 2,000 acres—10% beginner; 60% intermediate; 30% advanced/expert. Vertical rise: 2,250 feet. Trails: 36. 509-663-6543; www.missionridge.com.

Mt. Baker Ski Area Lifts: 8. Skiable terrain: 1,000 acres—23% beginner; 35% intermediate; 42% advanced/expert. Vertical rise: 1,500 feet. Trails: 38. 360-734-6771; www.mtbaker.us.

Mt. Spokane Ski & Snowboard Park Lifts: 5. Skiable terrain: 1,425 acres—23% beginner; 45% intermediate; 32% advanced/expert. Vertical rise: 2,000 feet. Trails: 45. 509-238-2220; www.mtspokane.com.

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800-494-4354; www.heli-ski.com.

Stevens Pass Mountain Resort Lifts: 10. Skiable terrain: 1,125 acres—11% beginner; 54% interme-



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diate; 35% advanced/expert. Vertical rise: 1,800 feet. Trails: 37. 206-812-4510; www.stevenspass.com.

The Summit at Snoqualmie Lifts: 20. Skiable terrain: 1,996 acres—14% beginner; 45% intermediate; 41% advanced/expert. Vertical rise: 2,280 feet. Trails: 101. 425-434-7669; www.summitatsnoqualmie.com.

White Pass Ski Area Lifts: 6. Skiable terrain: 1,402 acres—20% beginner; 65% intermediate; 15% advanced/expert. Vertical rise: 2,050 feet. Trails: 45. 509-672-3101; www.skiwhitepass.com.

WESTERN CANADA

ALBERTA

Lake Louise Ski Resort Lifts: 6. Skiable terrain: 4,200 acres—25% beginner; 45% intermediate; 30% advanced/expert. Vertical rise: 3,250 feet. Trails: 142. 877-956-8473; www.skilouise.com.

Marmot Basin Lifts: 6. Skiable terrain: 1,675 acres—30% beginner; 30% intermediate; 40% advanced/expert. Vertical rise: 3,000 feet. Trails: 86. 866-952-3816; www.skimarmot.com.

Mt. Norquay Lifts: 4. Skiable terrain: 190 acres—35% beginner; 21% intermediate; 44% advanced/expert. Vertical rise: 1,650 feet. Trails: 28. 403-762-4421; www.banffnorquay.com.

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Sunshine Village Ski and Snowboard Resort Lifts: 12. Skiable terrain: 3,358 acres—20% beginner; 55% intermediate; 25% advanced/expert. Vertical rise: 3,514 feet. Trails: 111. 877-542-2633; www.skibanff.com.

BRITISH COLUMBIA

Apex Mountain Resort Lifts: 2. Skiable terrain: 1,112 acres—16% beginner; 48% intermediate; 36% advanced/expert. Vertical rise: 2,000 feet. Trails: 73. 877-777-2739; www.apexresort.com.

Big White Ski Resort Lifts: 12. Skiable terrain: 2,834 acres—18% beginner; 54% intermediate; 28% advanced/expert. Vertical rise: 2,550 feet. Trails: 118. 800-663-2772; www.bigwhite.com.

Cypress Mountain Lifts: 6. Skiable terrain: 600 acres—13% beginner; 35% intermediate; 52% advanced/expert. Vertical rise: 2,010 feet. Trails: 53. 604-926-5612; www.cypressmountain.com.

Grouse Mountain Lifts: 4. Skiable terrain: 212 acres—50% beginner; 35% intermediate; 15% advanced/expert. Vertical rise: 4,100 feet. Trails: 26. 604-986-6262; www.grousemountain.com.

Mt. Seymour Lifts: 3. Skiable terrain: 200 acres—35% beginner; 45% intermediate; 20% advanced/expert. Vertical rise: 1,082 feet. Trails: 40. 604-986-2261; www.mountseymour.com.

Mt. Washington Lifts: 5. Skiable terrain: 1,700+

acres—14% beginner; 35% intermediate; 51% advanced/expert. Vertical rise: 1,657 feet. Trails: 81. 888-231-1499; www.mountwashington.ca.

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Red Mountain Resort Lifts: 5. Skiable terrain: 2,877 acres—18% beginner; 31% intermediate; 51% advanced/expert. Vertical rise: 2,919 feet. Trails: 110. 800-663-0105; www.redresort.com.

Revelstoke Mountain Resort Lifts: 3. Skiable terrain: 3,121 acres—7% beginner; 45.5% intermediate; 47.5% advanced/expert. Vertical rise: 5,620 feet. Trails: 66. 866-373-4754; www.revelstokemountainresort.com.

Silver Star Mountain Resort Lifts: 7. Skiable terrain: 3,269 acres—15% beginner; 40% intermediate; 45% advanced/expert. Vertical rise: 2,500 feet. Trails: 128. 800-663-4431; www.skisilverstar.com.

Sun Peaks Resort Lifts: 6. Skiable terrain: 4,200 acres—10% beginner; 58% intermediate; 32% advanced/expert. Vertical rise: 2,894 feet. Trails: 126. 800-807-3257; www.sunpeaksresort.com.

Whistler Blackcomb Lifts: 25. Skiable terrain: 8,171 acres—18% beginner; 55% intermediate; 27% advanced/expert. Vertical rise: 5,280 feet. Trails: 200+. 800-766-0449; www.whistlerblackcomb.com. ■



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I stand for Western.

I first came to Western to learn about culture and language. It was through WWU's study abroad programs that I found my true calling to become a teacher. Working with indigenous children in the jungles of Costa Rica, and later in the northern reaches of Alaska, ignited my passion to teach English to children from other cultures. I came back to Western for my teaching endorsement.

Since graduating from Western, I've learned we must never underestimate the power the school culture can have on a child.

I believe great things can happen in individual classrooms if the school climate as a whole is based on relational trust. We must strengthen our collaboration and trust within and between school and district leaders, teachers, parents and the community to prepare students for our new college and career-ready standards.

Katie Brown (WWU Alumna '00)
2014 Washington Teacher of the Year



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Urban Icons

Heritage architecture
tells the stories *of* our cities

by Debra Prinzing

Why does the 40-story Rainier Tower in downtown Seattle look like a sharpened pencil balanced on its tip?

Dan Temkin, a local real estate executive and volunteer guide who's leading me and several visitors on the Seattle Architecture Foundation's "Greatest Hits" walking tour, explains that architect Minoru Yamasaki—a Seattle native who also designed the Pacific Science Center for the 1962 World's Fair at Seattle Center—wanted more open space, light and air at the street level, where humans come in contact with the skyscraper. >>>

The design for the 1977 tower—described by the Pacific Coast Architecture Database as “one of the most unorthodox skyscrapers in the world”—was a pedestrian-friendly approach in an era when tall buildings were increasingly defining cityscapes.

The tapered-base design also reduced the “canyon effect” of strong winds that occur between high-rise buildings, Temkin says.

“Personally, I love this building,” he enthuses. “Its beauty is in what’s not there. I call the point the ‘part that the beaver ate.’”

Going Places

I’ve lived and worked in Seattle for nearly three decades, so Fifth Avenue and University Street, where the tower is located, is quite familiar to me, but taking the “Greatest Hits” tour is giving me a newfound appreciation for landmarks I’ve so often rushed past. The tour is “designed to showcase buildings that were significant for their time, place and history in Seattle,” according to Stacy Segal, executive director of

the Seattle Architecture Foundation.

I’m realizing that a heritage-architecture tour can tell the story of a city via beautiful or interesting buildings; provide a great sense of place for residents and visitors; and offer insights about a city’s past and present, along with its values and personality.

For instance, at Seattle Center (seattlecenter.com/tours/ has self-guided-tour info), the iconic Space Needle, built for the 1962 World’s Fair—the “Century 21 Exposition”—was joined in the year 2000 by the futuristic-looking, curvilinear EMP Museum, dedicated to exploring popular culture, including the music of local innovators such as Jimi Hendrix and of groundbreaking local bands such as Nirvana. Then in 2012, Chihuly Garden and Glass opened near the Space Needle to showcase the spectacular works of Puget Sound–area glass-art pioneer Dale Chihuly. And last year, the Center House food court became the Seattle Center Armory (reflecting its 1939 origins as the Seattle Field Artillery Armory), with new food purveyors such as Plum Pantry and Bigfood BBQ that

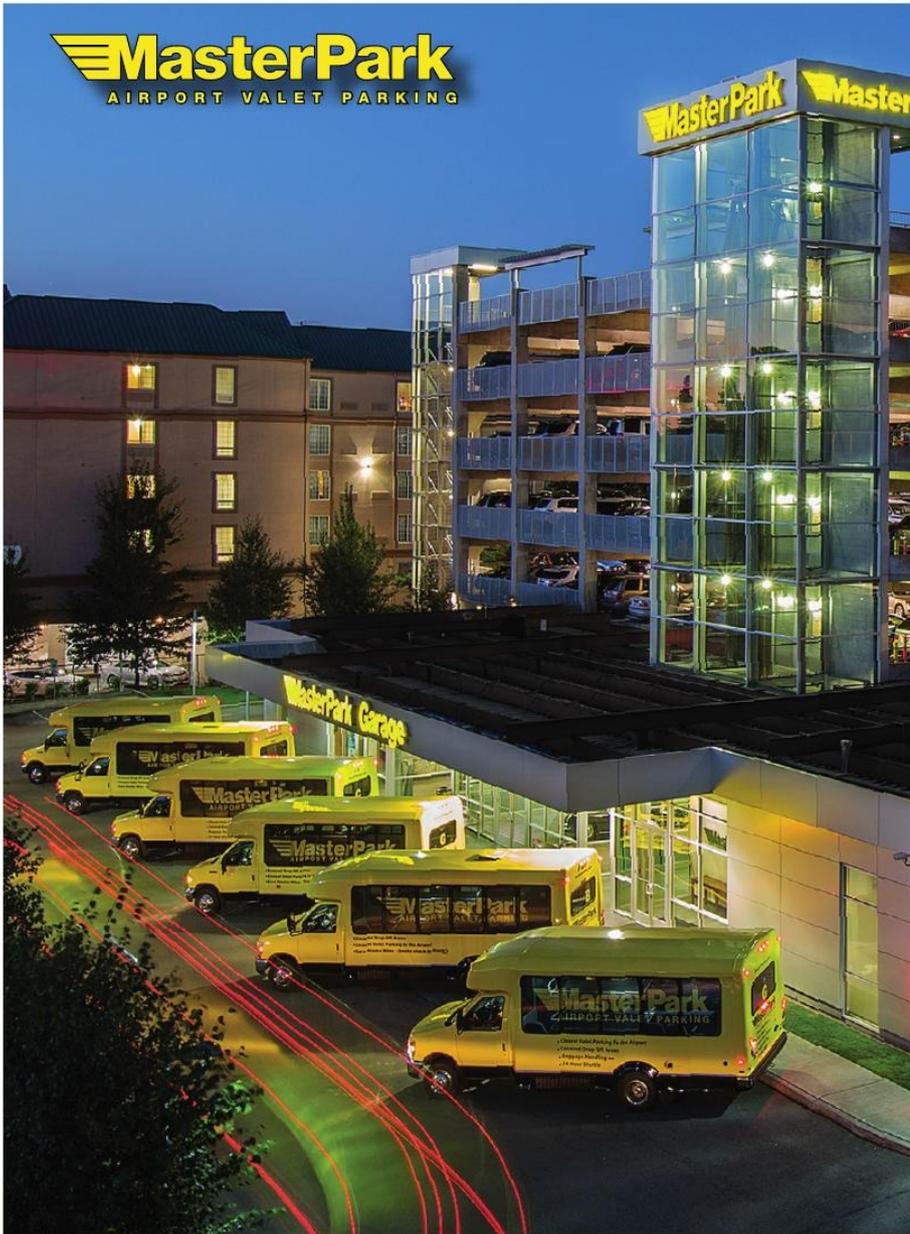
Seattle Public Library

- **Details:** Eclectic Modern style; designed by Rem Koolhaas and Joshua Prince-Ramus; completed in 2004; 1000 Fourth Ave.
- **Interesting information:** In an attempt to avoid the cubelike appearance that buildings occupying full city blocks often have, the architects staggered alternating floors of the steel-and-glass, LEED Silver-rated, 11-story library, with some floors jutting out farther east and others jutting out farther west, to capture light and views. The abstract shape is covered by an exterior “skin” of insulated glass and steel mesh. **On the 10th floor, a semi-hidden viewing platform allows you to peer all the way down to the main floor, for a great overview of the design concepts.** An interior “books spiral” design lets you wind your way up or down through the collections without having to take stairs or go to another part of the building.



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These new Seattle Center attractions indicate the value the city places on cultural and culinary experiences, complementing Seattle's longtime pride in showcasing—via the view from structures such as the Space Needle—the area's gorgeous natural surroundings and recreational opportunities.

Soaring Interest

Self-guided and docent-led walking tours are offered in communities around the country, including Northwest cities such as Seattle, Portland and Boise, that have intriguing buildings. And there's growing interest in urban architecture—in hearing the stories of the structures that define a city—among people of all ages, says Eric Wheeler, an architectural historian and retired real estate appraiser who now volunteers as a guide for Portland's Architectural Heritage Center.

Wheeler says the enthusiasm for architecture among younger people is exciting. "Forty years ago there was nowhere near the level of interest in architecture that there is now. It's not just the gray-haired oldsters like me, but also the 20-, 30- and 40-year-olds who are hip to architecture."

Heightened awareness of historical buildings might help to save significant structures from the wrecking ball, note preservationists such as Val Ballestrem, education manager of the Architectural Heritage Center. "The more people understand and appreciate architecture in all its forms, the more likely they will want to save what they have."

SEATTLE

Those of us on the "Greatest Hits" tour (just one of the many tours offered by the Seattle Architecture Foundation, which also takes participants to sites such as Pioneer Square, the University of Washington and "hidden treasures") get swept up in Temkin's passion for the stories of each building we visit. "I've discovered that most people do not look up when they walk around a city," Temkin says. "They see little more than what is going on at street level. On our



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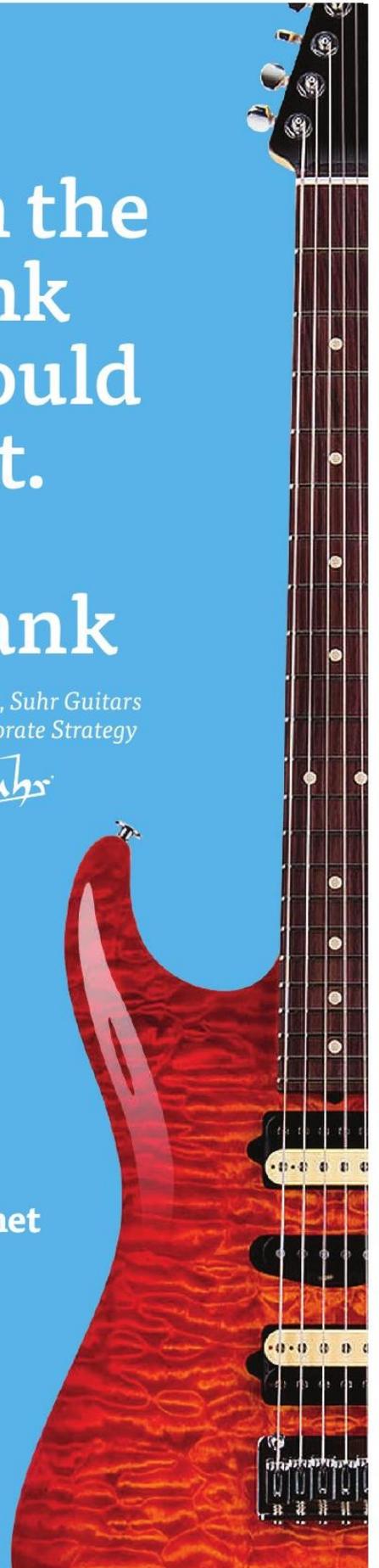
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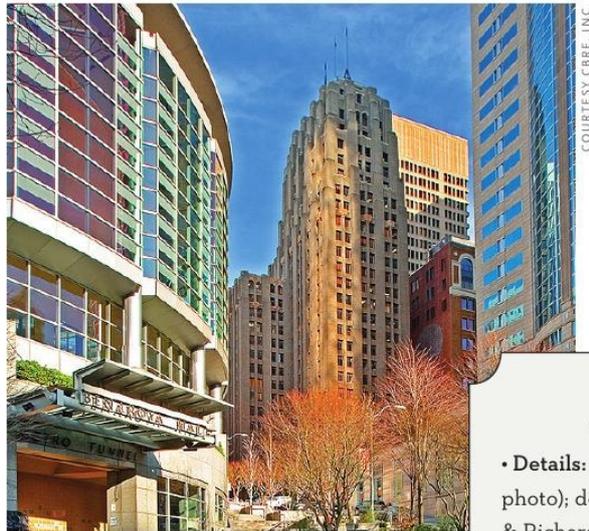
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Seattle Tower

• **Details:** Art Deco style (center of photo); designed by Albertson, Wilson & Richardson; completed in 1929; 1218 Third Ave.

• **Interesting information:** The 27-story building, one of Seattle's earliest and finest Art Deco towers, reflects the post-World War I prosperity enjoyed throughout the country. "There was a search for a modern style more representative of the time," says Seattle Architecture Foundation tour guide Dan Temkin. In its heyday, the Seattle Tower was called the Northern Life Tower. **During construction, all of the bricks were sorted and installed from darkest to lightest.** Look closely and you'll notice the subtle gradation. Darker bricks visually "anchor" the building at street level and the subsequent rows lighten toward the top.

tours, we look up above the street level to the middle and tops of the buildings—there is a lot going on up there."

Over the course of two hours, the "Greatest Hits" tour spans almost a century and more than a dozen buildings. We begin with the 1910 11-story Beaux-Arts Cobb Building, which boasted innovations such as high-speed electric elevators and a rooftop garden, Temkin says; continue to sites such as the 1929 Art Deco Seattle Tower and the avant-garde 2004 Seattle Public Library; and end with Seattle's sustainable City Hall, opened in 2003, which has a vegetated, runoff-slowng green roof.

PORTLAND

On a visit to the City of Roses to explore its architecture, I meet Val Ballestrem and Eric Wheeler from the Architectural Heritage Center, along with docents John Doyle

HAPPY BIRTHDAY, SMITH TOWER

Forty-two-story Smith Tower, once one of the tallest office buildings in the world, is celebrating its centennial. The city's first skyscraper, whose frame required nearly 8 million pounds of steel, opened to the public on July 3, 1914.

Smith Tower's crown jewel is the 35th-floor Chinese Room, a lavishly decorated space with a carved teak ceiling, ornate carpeting and walls, and beautiful antique furnishings. The Chinese Room is open to the public most days, and the adult admission fee of \$7.50 includes a ride in an old-fashioned copper-and-brass elevator car. The 35th floor also has an **Observation Deck** that provides a 360-degree view of the city and beyond (smithtower.com).



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HISTORIC SPOKANE

Spokane is also known for impressive heritage architecture. More than 50 percent of its downtown buildings are federal, state or city historical landmarks. Guided tours are listed at historicspokane.org. You can view beautifully restored structures such as the Neoclassical-style, early 1900s Carnegie Library (now private); European-inspired Davenport Hotel (below), celebrating its centennial; and 1931 Art Deco Martin Woldson Theater at The Fox, home to the Spokane Symphony.

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BRIAN LIBBY

and Ellen Shapley, who provide highlights from some of the nonprofit's walking tours. "Skidmore–Old Town Historic District," featuring cast iron buildings, and "Terra Cotta Downtown Portland," two of the center's most popular tours, include heritage structures in the downtown core. Doyle says that only Manhattan's SoHo District has more cast iron–fronted buildings than Portland.

From 1853 to 1889, 90 percent of the commercial buildings constructed in Portland used local or imported iron in a significant or decorative way. "Affordably cast from molds, the flourishes and embellishments

Commonwealth Building

Details: Modern style; designed by Pietro Belluschi; completed in 1948; 421 SW Sixth Ave., Portland.

Interesting information: Belluschi, recognized as a leader in the U.S. Modern Movement, was first trained as an engineer, which explains why he was more concerned with mechanics and structural details than ornamentation. Called the Equitable Building when it was constructed, **the 15-story glass-and-metal office tower is known as the first aluminum-and-glass "flush curtain-wall" type of building in the United States.** "With our eyes today, it looks rather nondescript," Wheeler says. "But it's an important building in the history of modern architecture."

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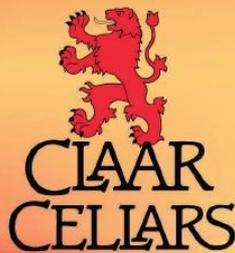
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on our buildings gave the impression of a Venetian streetscape, but instead of marble or stone, cast iron pieces were bolted onto the front of wood-framed and brick buildings,” according to Ballestrem.

Doyle says Portland’s terra-cotta legacy is equally impressive. “We have what we consider the finest and most concentrated [within a few blocks’ radius] terra-cotta-sheathed buildings in the U.S.,” he says. Used for windowsills and other ornamentation from the 1890s through the 1920s, unglazed and glazed terra-cotta tiles lend glamour to the exteriors of commercial buildings all around the downtown business district, he notes.

One of the most significant examples is the Meier & Frank Department Store, designed by A.E. Doyle, and completed in phases over the next 20 years or so, primarily between 1909 and 1915. Today it’s home to a Macy’s store. The 15-story glazed-terra-cotta structure—which had Portland’s first escalator and whose employees included Clark Gable, who sold ties there in the early

Portland Building

Details: Post-Modern style; designed by Michael Graves; completed in 1982; 1120 SW Fifth Ave.

Interesting information: Many historians link the launch of Post-Modernism to buildings by Graves, including the Portland Building. One of Graves’ first large commissions, **the building is instantly recognizable to viewers of the TV show *Portlandia*.** “Portland loves to hate the building,” says Val Ballestrem of the Architectural Heritage Center. “But consider that more often than not, the first of a kind isn’t always the best of its kind.”



NIRREATES / ALAMY

1920s—is a prominent example of early Portland’s vibrant pre-WWI economy.

A city’s architectural landscape is ever-changing and allows us to study each period for its distinct aesthetic qualities, says Shapley. “Every generation of architect wants to

do something different. They want to throw aside what the previous generation did and do something new—that’s what happened with Modernism, which began 70 to 80 years ago.”

The docents guide me to interesting icons ranging from the 1948 Commonwealth Building, designed by Pietro Belluschi (he also designed the Portland Art Museum), to the 1982 Portland Building, designed by



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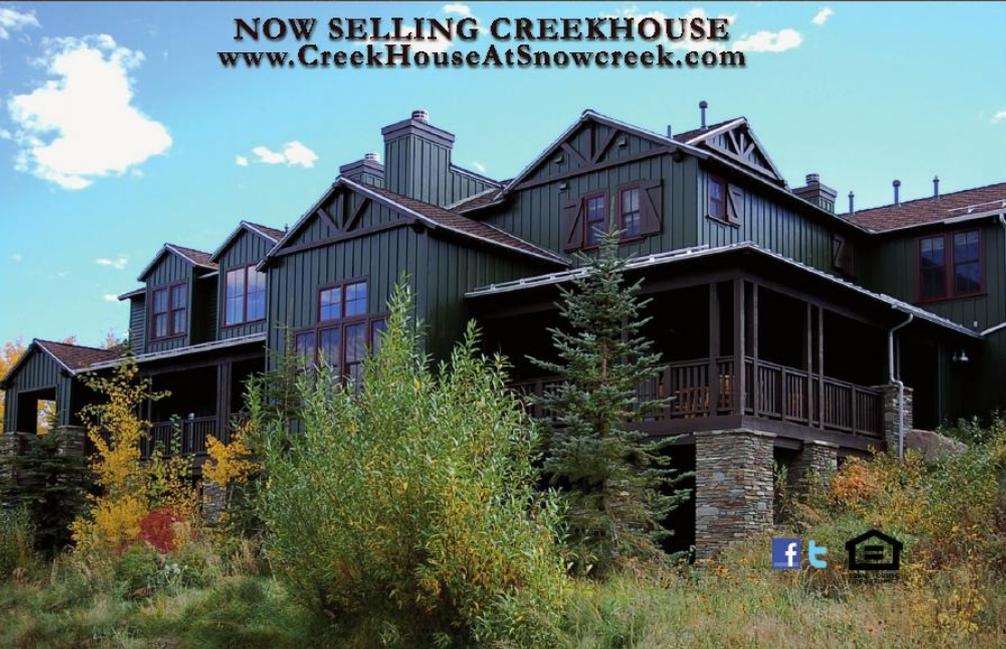


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another renowned architect, Michael Graves. Graves embellished the Portland Building with vertical ribbonlike bands and tiny square windows, which the city had asked him to minimize in order to save money, Ballestrem says.

Another icon of Portland architecture is the Pioneer Courthouse, the namesake of Pioneer Courthouse Square, a popular community gathering spot known as "Portland's Living Room." The 1875 Italianate courthouse, the second-oldest federal courthouse west of the Mississippi, features beautiful arched windows on every side of the cupola, and is open for self-guided tours.

BOISE

In the City of Trees, the Boise Architecture Project, a program of Preservation Idaho (which offers seasonal WalkAbout Boise tours), spotlights different sections of the city, including more than 90 notable downtown buildings, such as the 1864 Cyrus Jacobs-Uberuaga House in the Basque Block and the early 1900s Adelmänn Building on Capitol Boulevard.

The Cyrus Jacobs-Uberuaga House, now part of the Basque Museum and Cultural Center, is the oldest brick residence in Boise. It's believed to have had the Treasure Valley's first indoor bathtub.

The Romanesque Adelmänn Building—whose tenants have ranged from a car dealership to a brothel to a Chinese restaurant—features many different types of details. For instance, a pagoda turret was added in 1937 when Fong's Tea Garden was the tenant. The building now houses two restaurants and an event center.

Two other signature Boise structures are the 1871 Italianate Federal Assay Office and the Renaissance Revival-style 1912 Idaho Capitol Building. The Assay Office was created after major gold strikes in the 1860s, and the Boise Architecture Project reports that several years ago a cleaning lady said she saw a miner ghost, clad in a plaid shirt and boots, late at night in the building, while State Historic Preservation Office workers have heard the mysterious sound of mining boots in the building.

The Idaho Capitol Building, whose



People

Projects

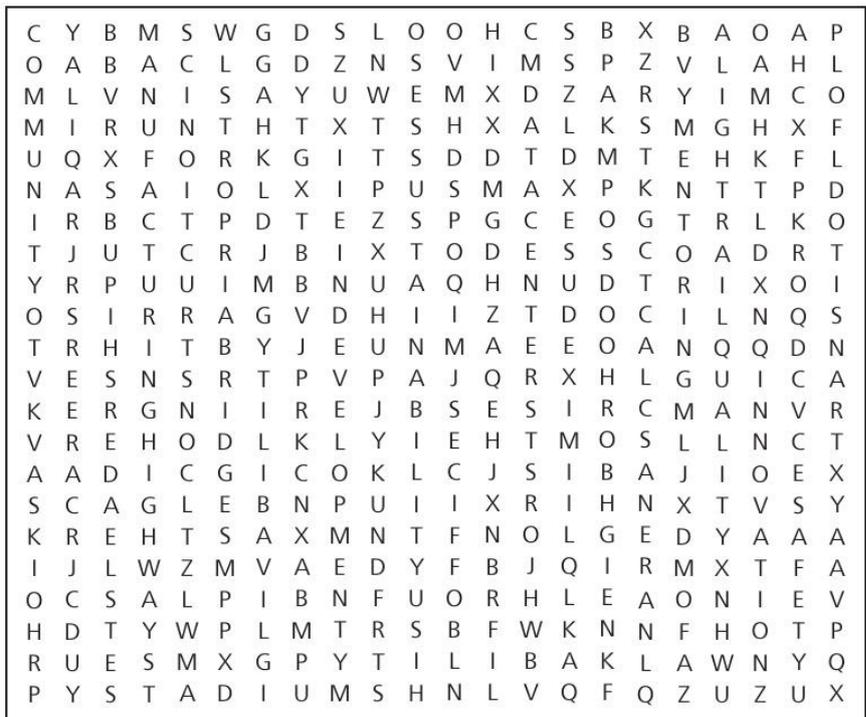
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Idaho Capitol

• **Details:** Renaissance Revival style; designed by John E. Tourtellotte and Charles Hummel of Tourtellotte & Co.; central portion completed in 1912; 700 W. Jefferson St., Boise.

Interesting information: The architects were inspired to create a building that emphasized natural light and used it as a decorative element, says Michelle O'Brien, special projects coordinator for the state's legislative service offices. Light shafts, skylights and reflective marble surfaces direct sunlight into the interiors.

Native sandstone from the nearby Table Rock quarry was used for the outside walls. Inside, walls of white marble with green veining were made with "American Pavonazzo" marble from Vermont. Floors throughout the building feature gray patterned marble from Alaska, red stone from Georgia and black marble from Italy.

rotunda dome features 13 large stars to represent the original colonies, and 30 smaller stars for a total of 43 to signify Idaho's admission as the 43rd state in the Union, retains many of the original light fixtures—they have been converted from gas to electricity—and is the only capitol building in the country that uses geothermal heat.

FOR MORE INFORMATION on heritage architecture, visit the websites below:

Seattle: seattlearchitecture.org;

Continued on page 60

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HEALTH LESSONS



Tips for losing and keeping off unwanted pounds By Michelle Martin

She Brown lost 52 pounds in 52 weeks, starting at age 52. And she's also accomplished one of the hardest parts of weight loss—keeping the pounds off. Seven years later, she's still at her ideal target weight.

“To have a healthy life, it's not a life of deprivation, but it's a life of adding things in,” says Brown, an East Coast information-technology manager who in 2011 also became a certified health coach so that she could help others. “When you look at it from the point of view of adding things to your life, you're able to maintain a healthy lifestyle going forward, because you're doing pleasurable things—such as hiking, kayaking, biking, and playing softball with your kids or grand-kids—that may have been challenging be-

fore. You look forward to doing the things you can do.”

The things Brown has added to her life include walking at least an hour every day, yoga, Zumba, journaling, meditation, gratitude exercises, cooking meals at home—and adding more vegetables to her plate.

One of the most important pieces of her success was to “crowd out sugar,” she says. Little by little, she began to incorporate more fruits and vegetables into her diet as she gradually took sugar out. By making the gradual changes, she was able to avoid feeling deprived.

She says that if you imagine the center of a plate filled with vegetables and other healthy options, the unhealthy sugary things get crowded out, and eventually they fall off the edge—at least symbolically.





Exercising and eating well to maintain weight loss takes less effort as these changes become a habitual part of your lifestyle.

olism after losing weight. Even though people must continue to exercise and eat well to maintain weight loss, it takes less effort, and is less of a struggle, as these changes become a habitual part of your lifestyle, he adds.

Get Moving

Brown's achievement is one of the success stories featured by the National Weight Control Registry (nwcwr.org), a joint venture between researchers at the University of Colorado in Denver and the medical school at Brown University in Providence, Rhode Island. The registry, created in 1994, follows the progress of people who have lost a significant amount of weight. Based on the experiences of more than 10,000 participants, who have lost 30 to 300 pounds and kept the weight off for an average of 5.5 years, researchers have been able to draw conclusions about the techniques and strategies that "successful losers" use.

Not surprisingly, success mainly has to do with eating well and exercising, says Graham Thomas, assistant professor in the Weight Control and Diabetes Research Center at Brown University, but "the striking thing is the level of physical activity that successful participants engage in," he says. "They are doing the equivalent of 45 to 60 minutes of brisk walking per day. They're very physically active."

While researchers don't know exactly why this is so important, Thomas says, some hypothesize that it may have to do with preventing a slowdown of metab-

When the registry was developed, the researchers weren't even sure that long-term weight loss was possible, he says. "Now we know it is: The message of the registry is that it may be very difficult, but it can be done, and here are some things that can help you."

Key recommendations indicated by the registry study include the following, says Jennifer Adler, a certified nutritionist with a master's degree in clinical nutrition and counseling, who has authored the book *Passionate Nutrition* and owns a Seattle company of that same name:

- Move—90 percent of registry participants exercise, on average, about an hour daily.
- Weigh yourself—75 percent of registry participants weigh themselves at least once a week.
- Unplug—62 percent of registry participants watch fewer than 10 hours of TV per week.
- Eat breakfast—78 percent of the successful weight losers followed by the national registry eat breakfast every day.

"For the average person, there's no magic wand. We need to eat less and move more," notes Dr. Paula Lozano, medical director of Seattle-based Group Health's Department of Preventive Care, who is also a

pediatrician and a senior investigator at the Group Health Research Institute.

Start small, she suggests. That could mean going for a 15-minute walk a few times a week, then increasing the frequency and length of time as exercise gets easier. Also look at all the activities you do during the day, and convert the ones that are usually sitting to standing when you can, such as having a stand-up or walking meeting.

While the strategies for losing weight are generally simple, that doesn't mean losing weight is easy, Lozano acknowledges. We live in a society in which cultural norms invite obesity, she says. It's easy to find inexpensive, convenient, high-fat and high-sugar processed foods, and there are many opportunities to be sedentary. Therefore, it's important to identify people in your life who will be supportive of your new efforts.

The Set Point

One reason maintaining weight loss is not easy is "the set point," says registered dietitian Diane Stadler, assistant professor of medicine at Oregon Health & Science University in Portland. "When you lose weight, there are counterregulatory mechanisms—a whole slew of hormonal changes that take place that try to preserve your current weight status."

Those mechanisms can lead to feeling hungry, which makes weight loss challenging, she says. "It takes a concerted effort to be successful, and it typically works best to take it slowly and make small changes. Be aware of portion sizes. And be aware of foods that are just empty calories—these foods will satisfy your hunger, but they don't help you achieve your nutrient needs."

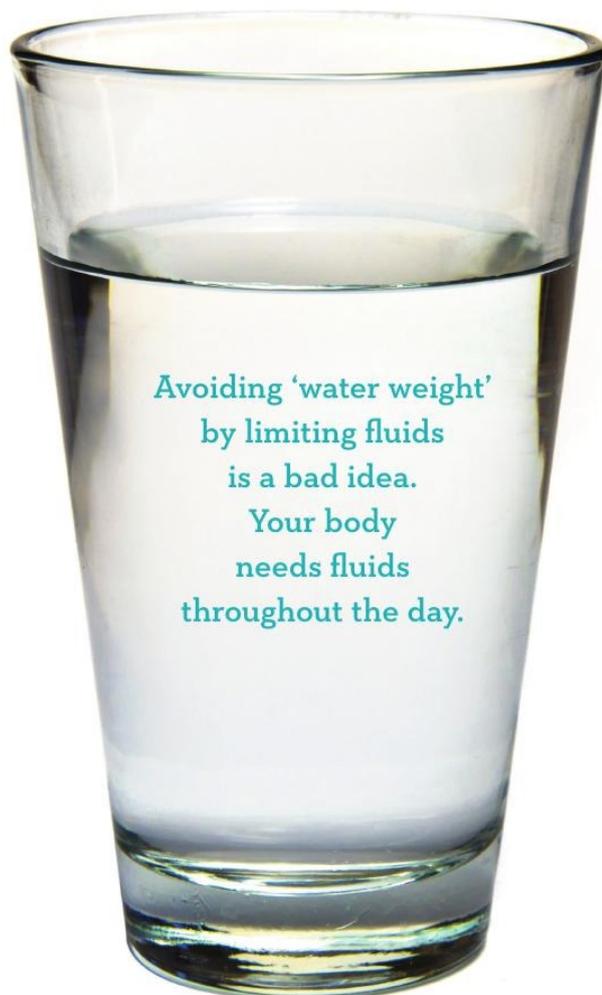
Lose Fat, Not Muscle

The goal should be to lose fat and to minimize muscle loss related to inadequate or poor nutrition and a sedentary lifestyle, says Dr. Katy Brown, an osteopathic physician and endocrinologist at Providence Medical Group—Endocrinology, Diabetes and Nutrition Center in Missoula, Montana. Dieters focused on calorie intake that is too low risk harming their health, she says. If you don't get enough nutrient-dense calories, you risk malnutrition, and your body will increasingly tap into healthy muscle tissue for energy. Physical activity is important to help you maintain muscle mass and to mitigate the natural decline in metabolic rate that occurs when you are losing weight, she says. Eating smaller, frequent, nutrient-dense meals may also help you mitigate the decline in metabolic rate related to weight loss.

Be sure to consult a licensed health care professional to determine the minimum number of calories you should be eating each day, and the healthiest foods for obtaining those calories, for your gender, age and lifestyle, to ensure you are maximizing fat loss and not compromising your health while you lose weight.

Some people may also endanger their health by trying to get a better number on the scale via limited water intake, but avoiding "water weight" by limiting fluids is a bad idea, Brown says. Your body needs fluids throughout the day, and restricting fluids can lead to dehydration, whose symptoms can include lightheadedness, dizziness, fatigue, muscle cramps, constipation and, ultimately, in the most severe form of dehydration, organ failure, because not enough oxygen- and nutrient-carrying blood is flowing through your tissues.

"In addition, a key reason it doesn't work to skimp on water or adopt a starvation diet is that successful, maintainable weight loss comes from sustainable, healthy lifestyle changes—which inadequate food and water are not," Brown says.





If you're just focused on the scale and don't get enough nutrients for a healthy body, you're missing the point.

She recommends using a scale to hold yourself accountable with an objective measure, but keeping in mind that the scale can't distinguish between fat mass and lean mass. "If you're just focused on the scale and restrict your water, or don't get enough nutrients for a healthy body, you're missing the point entirely."

For someone who fixates on the numbers on the scale, she suggests alternative measures such as inches lost or clothing sizes dropped, because she says those numbers better reflect lost fat mass.

Help for the Holidays

November and December are often times when people gain weight, but a few simple strategies can help your waistline during the celebratory season. Here are some of the USDA's "10 tips for a healthier holiday" (choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet32MakeHealthierHolidayChoices.pdf):

- * Enjoy all the food groups at your celebration, such as using whole-grain crackers with hummus as an appetizer; adding unsalted nuts and black beans to a green-leaf salad; using low-fat milk in casseroles.
- * Choose lean proteins, such as turkey, roast beef,

fresh ham, beans, and fish such as cod and flounder. Trim away fat before cooking, and go easy on sauces and gravies.

* For beverages, drink water with lemon or lime slices, and offer seltzer water with a splash of 100 percent fruit juice.

* Use unsweetened applesauce or mashed ripe bananas whenever possible in baked goods. Try cutting in half the amount of sugar listed in recipes. Use spices such as cinnamon, allspice and nutmeg, instead of salt, to add flavor.

* Tweak the dessert by choosing baked apples with cinnamon and a sprinkle of sugar instead of apple pie, or inviting guests to make fruit parfaits with colorful sliced fruit and low-fat yogurt.

* Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal, and give gifts that encourage others to practice healthy habits, such as workout DVDs, running shoes and reusable water bottles.

* Give to others, such as donating to a local food bank or volunteering to serve meals at a shelter.



Smoked Yukon River Keta Products



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Words to Live By

Tips from registered dietitian Diane Stadler, assistant professor of medicine at Oregon Health & Science University in Portland

- It can be eye-opening to see how many calories you drink. Cut out high-calorie sweet drinks.
- Consume three meals and two or three snacks a day as a way to reassure yourself that you will not suffer from hunger. If you know you will get a snack at 10 A.M., it is easier to wait until then to eat something healthy. Eating throughout the day will also help to avoid excessive hunger that might lead you to walk to the nearby vending machine and eat something you normally wouldn't eat.
- Include a significant source of protein in meals, such as low-fat or nonfat dairy, lean meats, or



legumes such as black beans. Eat whole fruits and vegetables, and add salads to meals.

- Greek yogurt is a good snack. It's high in protein and lower in sugar, and can be something that really staves off hunger.
- Choose a bread that has at least 3 grams of fiber per slice; these will often have more protein, as well.
- Choose dark-green, leafy vegetables, black or pinto beans and whole-grain products, for more fiber.
- Replace bad habits. Learn what your triggers are for overeating, so you can find other activities instead, such as walking.
- Avoid temptation. Remove foods from your environment that you eat just because they are there.
- Own up to how many calories you are really consuming. Write down everything you eat, then figure out where you can make some simple substitutions,

such as a different beverage or snack.

- At restaurants, order salad dressing on the side so you can control the portion. Ask for a to-go box before you eat, and put a portion of your meal aside right from the beginning. Choose grilled instead of fried, and choose leaner cuts of meat.
- When losing weight, it's recommended to be physically active for 30 to 60 minutes a day. And then, to keep it off, be even more active, as much as 60 to 90 minutes a day.
- Tools such as desks that allow you to stand while working, and wearable devices that track daily steps, stairs climbed, distance, calories burned and activity level, can help keep you motivated to be more active.
- Understand good fat versus bad fat. Our bodies need good fats, such as olive oil and omega-3 fatty acids.



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Nutrition Know-How



Tips from

Heidi Ochsner,

a registered dietitian, with a
master's degree in nutrition, at
the Tummy Temple in Seattle

Most people can eat as many fruits and vegetables as they want and still lose weight. Instead of portions, look at proportion: half the meal as vegetables, or two-thirds veggies with some fruit, and just one-third meat or grain or carbohydrate.

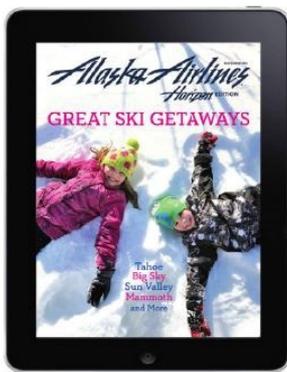
Quality counts. Organic whole foods that you prepare yourself are typically healthier than packaged foods with additives.

Say goodbye to sugar. If you cut out refined sugar, give it two to three weeks for the cravings to go away. Without refined sugar in your diet, other things will taste sweeter over time.

Avoid feeling “hangry”—a mix of hungry and angry—by boosting fiber intake that will help to stabilize blood sugar.

A piece of fruit has fiber, moves through your system more slowly than juice, and releases sugar at a slower, more manageable pace for your body. Fiber can also make you feel full; for example, you could easily drink the juice of five oranges in one sitting, but to eat five oranges would be much more unlikely. And fiber in general decreases cravings for sugar and carbohydrates.

Relax. High levels of stress can lead to more cortisol, which has been correlated to fat storage. When you're constantly worried about your job or money or breaking up with →



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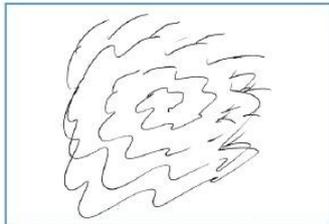
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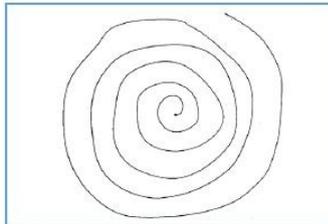
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someone, your body is responding like you're being chased by a bear. In such a dire situation, your body doesn't want you to lose weight. Lowering your stress will help you to lose weight.

Eat breakfast within the first hour of waking, and choose a protein and a good fat, such as a small piece of lean meat and avocado, or an egg on a bed of steamed spinach, instead of a big bowl of sugary cereal. Think of the carbohydrates as a paper fire that gives you energy hot and fast, and then burns out, and you want more. Protein is more of a wood fire that is more sustained, while good fat is a coal fire that is sustaining and makes you feel full.

Eat your last food of the day a couple of hours before bed.

Be mindful. Don't multitask when you eat. When people eat when they are distracted, they chew less and eat more. Don't eat while driving. Don't eat at your desk. Just sit and eat. You can tune in to how you feel and know when you start to feel full.

Stop when you're 85 percent full, because it takes your body time to realize that it's had enough.

DIET EXPERTS AGREE that when it comes to weight loss and control—during the holidays and beyond—little things can mean a lot. By gradually adding healthy choices and reducing or eliminating unhealthy ones, it's possible to lose weight and keep it off as part of a rewarding and sustainable fitness-focused lifestyle. ■

Writer Michelle Martin lives in Seattle. For more tips, go to choosemyplate.gov. Be sure to consult a qualified health professional to ensure any diet/weight-loss strategy or plan is appropriate for your particular situation.

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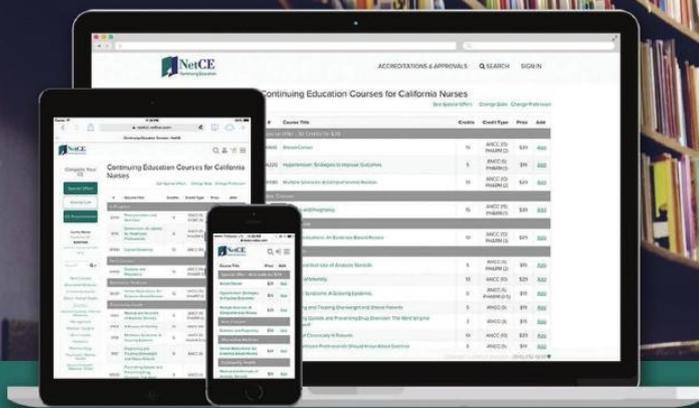


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Continued from page 48



CLAY ALMQUIST

Federal Assay Office

Details: Italianate style; designed by Alfred B. Mullett; completed 1871; 210 Main St., Boise.

Interesting information: The discovery of gold in the 1860s brought miners to what is now the state of Idaho; between 1862 and 1866 alone, the territory's gold output totaled about \$52 million, notes the Idaho State Historical Society website. Because it was costly to ship gold to the U.S. Mint in San Francisco, the U.S. Congress in 1869 appropriated \$75,000 to build the U.S. Assay Office in Boise. Alexander Rossi, a Boise rancher, donated a city block of desert sagebrush for a building site. Subsequent gold discoveries along the Wood River generated vast new mining activity. **By 1917 the Idaho mines had yielded some \$400 million in gold, silver and lead.** In 1972, ownership of the building was transferred to the Idaho State Historical Society.

seattle.gov/tour/historicdistricts (virtual walking tours of five Seattle neighborhoods); visitseattle.org.

Spokane: historicspokane.org; visitspokane.com.

Portland: visitahc.org/content/ahc-walking-tour-information; tagwhat.com (download the app and search for the AHC channel for history and descriptions of more than 150 Portland buildings); travelportland.com.

Boise: boisearchitecture.org; preservationidaho.org/walkaboutboise; boise.org. ■

Debra Prinzing lives in the Seattle area.

Puzzle on page 62.



PUZZLE © 2014 PENNY PRESS, INC.

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RULES: Submissions—**limited to three images**—should be printed on paper media no larger than 8.5 x 11 inches · Digital manipulation that changes the content or meaning of a photograph is not allowed · Minor adjustments to brightness and color are acceptable · **ENTRIES WILL NOT BE RETURNED** · Photos must have been shot within, or near, the cities and regions served by Alaska Airlines · Photos that have been previously published, accepted for publication, or are under consideration by other publications are not eligible · Photos must have been taken on or after January 1, 2014 · Print the photographer's name, address, phone number, and location of the photo on the back of each print or slide mount · Finalists may be asked to submit original materials for publication; these originals will be returned · Photographers retain all rights to their photographs · *Alaska Airlines/Horizon Edition* magazines reserve one-time rights to publication of winning photos, as well as rights to reprint and use photos in the magazines and on the websites of Paradigm Communications Group and/or Alaska Air Group for editorial and promotional purposes · Entrants agree that Paradigm Communications Group has the right to publish photo entries without compensation · All prize-award travel must be booked and completed within one year of award notification · Restrictions and blackout dates do apply to prize-award travel · Winner(s) will be responsible for submitting an Affidavit of Eligibility and will be subject to all applicable federal, state and local income taxes resulting from the acceptance of the prize · Employees of Paradigm Communications Group, Alaska Air Group and their agencies or immediate families are not eligible to participate.

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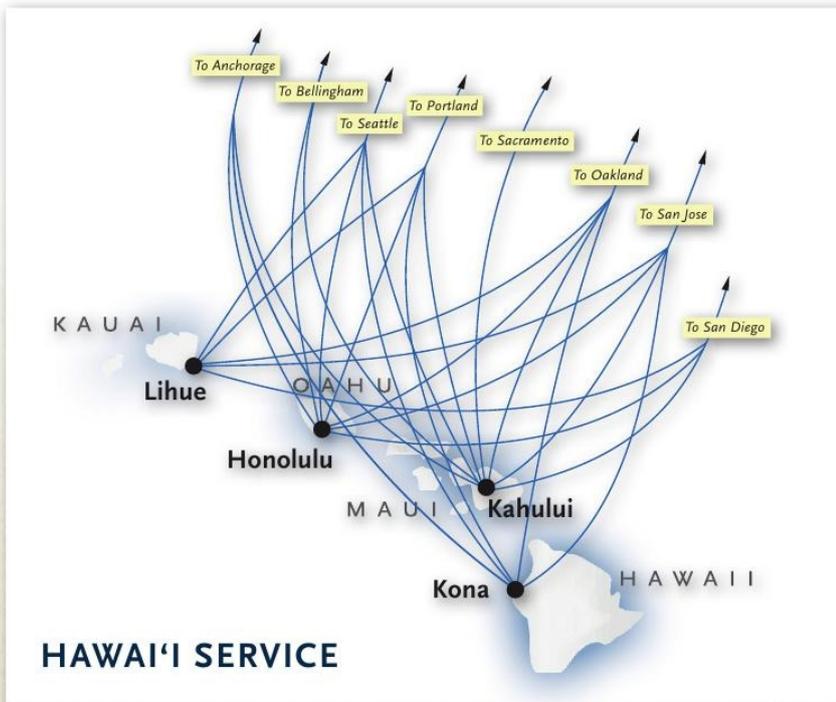
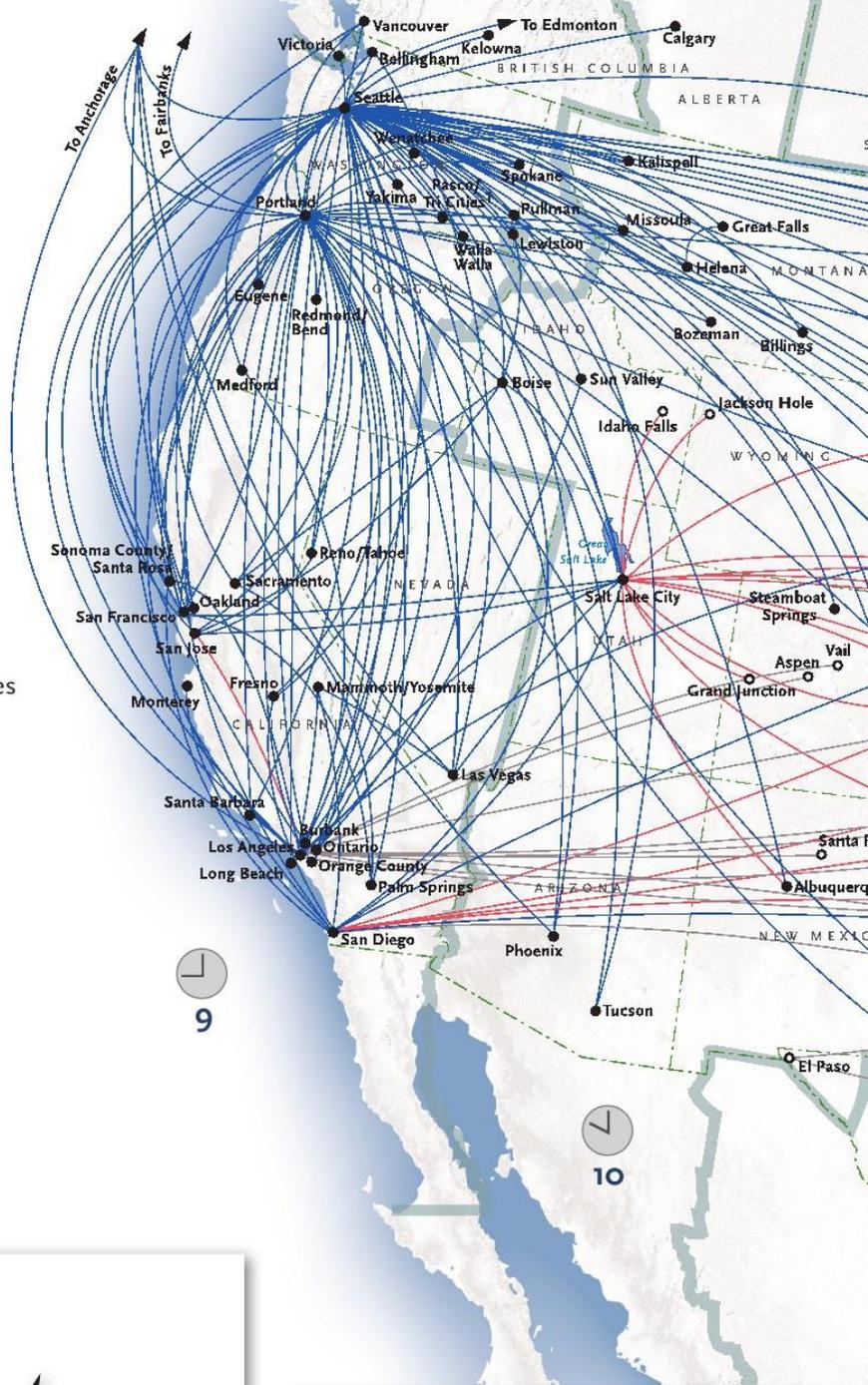
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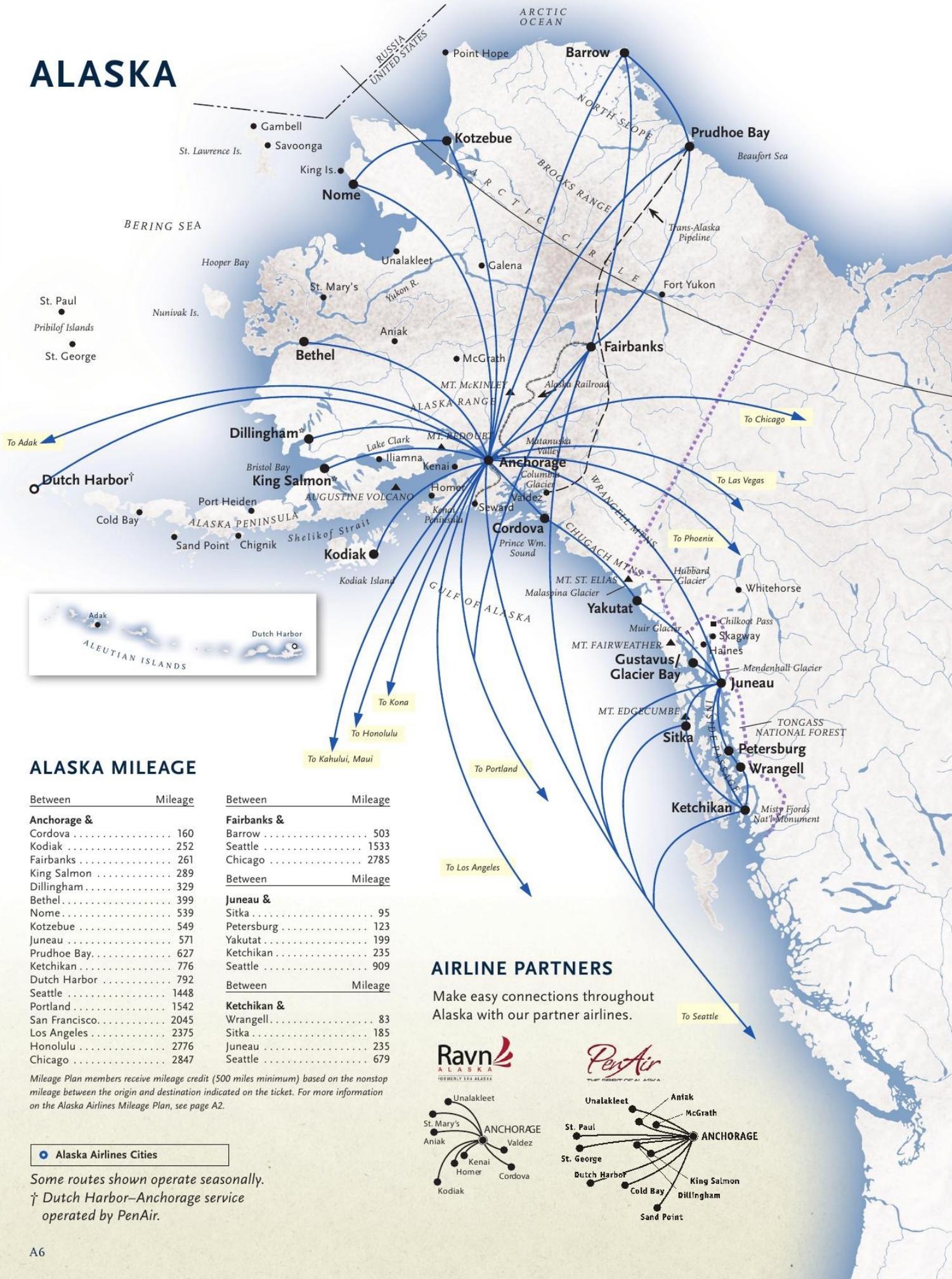
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Portland–Puerto Vallarta	November 4, 2014
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Kotzebue	549
Juneau	571
Prudhoe Bay	627
Ketchikan	776
Dutch Harbor	792
Seattle	1448
Portland	1542
San Francisco	2045
Los Angeles	2375
Honolulu	2776
Chicago	2847

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

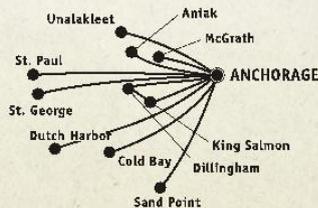
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● Alaska Airlines Cities

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 † Dutch Harbor–Anchorage service operated by PenAir.

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- Line 9 — Enter "AS" for Alaska Airlines
- Sign at the "X"



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- Línea 9 — Use "AS" para Alaska Airlines
- Firme en la "X"

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¿Quién debe completar esta forma?

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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)



Coming Up Shortz

My fun-filled, frustrating week with Will | BY PATRICK MCINTYRE

Ah, another crossword for me to test?" ■ Despite my wife's near-Oscar-worthy attempt to project a sense of pleasant anticipation, her words and demeanor betray a bit of dread and fatigue.

And how could they not? After all, together with a carefully selected crew of friends and colleagues, Jane has "volunteered" to review my crossword-puzzle creations on countless occasions. I suspect she feels a lot like the parent who repeatedly professes to be mystified by an offspring's nowhere-near-perfected magic act.

In a sense, she and the rest of the test crew are all unwitting enablers of my slavish devotion to cruciverbalism, which is a fancy word for the art of creating crossword puzzles. Like most obsessions, this one begins innocently enough, and then gradually overpowers you. Having long enjoyed and shown some ability to solve crosswords—especially those run in *The New York Times*—I set out to achieve a challenging, yet attainable, post-retirement goal: to construct and sell at least seven crosswords to *The New York Times*.

Why seven puzzles and not three or 10? Well, it's because *Times* puzzles are constructed and edited differently depending on the day they are published. Mondays are the easiest, and Saturdays are the most challenging, both in terms of the words used in the solutions (called "fill"), and the degree of erudition and/or cleverness required to parse the clues. Sunday puzzles are bigger (21 squares by 21 squares instead of 15 by 15) but are essentially equal in difficulty to those that run on Wednesdays or Thursdays. Having one of your puzzles published for every day of the week is somewhat akin, in sports terms, to performing the hat trick, hitting for the cycle or winning the Triple Crown.

I also joined The National Puzzlers' League, an organization for word nerds that has been in existence since 1883. I'd heard

Will Shortz, the renowned *Times* crossword editor, talk on NPR about his involvement with the league, and it sounded like a great source of information and contacts.

In 2010, when the group held its annual convention in Seattle, where I reside, I attended, and an NPL acquaintance who knew Mr. Shortz quite well was kind enough to introduce us. We had a brief, congenial chat, during which I mentioned my seven-day goal. After several seconds of awkward silence, he responded simply: "Well, that is awfully ambitious."

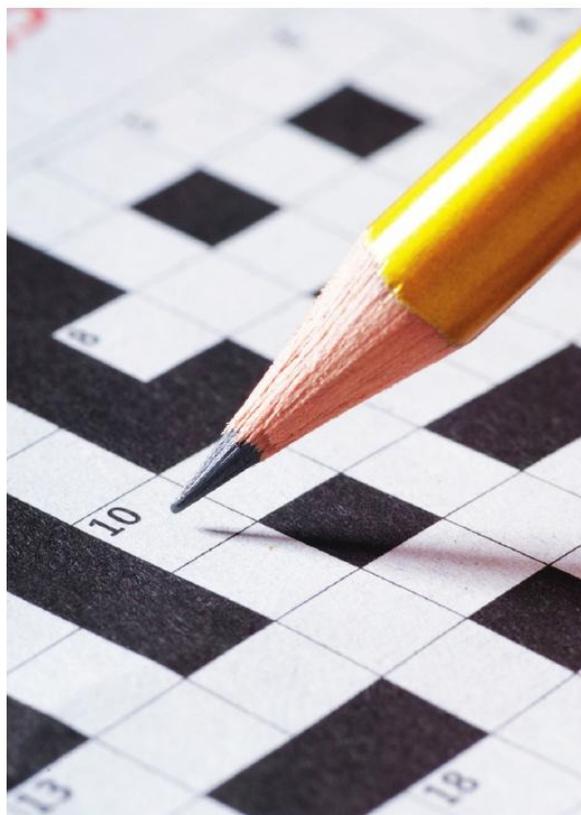
And, indeed, it certainly has proved to be awfully ambitious. I have now submitted more than 100 puzzles. Mr. Shortz has run four. And how's my week going? Well, I've managed to knock off Monday, Tuesday (twice) and Thursday (although I have also constructed and submitted many puzzles with the idea that they would be suitable for use on the remaining days).

Occasionally, someone who thinks they might want to try their hand at this asks me whether it's been a worthwhile experience. The answer is: Absolutely! On the one hand, the learning curve is steep, and the competition is sizable. The rejection rate, even for seasoned constructors, can be brutal. And the pay is not so great; at \$300 for a daily or Saturday and \$1,000 for a Sunday, cruciverbalism has to rank as the world's worst-paying construction job.

But the company I get to keep—Mr. Shortz, his staff and my fellow constructors—is terrific, and the joy of success is unparalleled. Seeing your name on a puzzle in *The New York Times* or having occasional email or telephone conversations with Will Shortz is great. Most of all, it's just enormously enjoyable to come up with a great puzzle-theme idea or a new tricky clue, like this one for a three-letter answer: Soccer squat.

Can't figure it out? You will—there's really nothing to it.

This month, Patrick McIntyre expects to submit at least five puzzles to The New York Times. (11N :3E3VNY)



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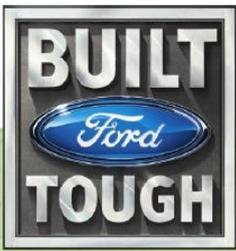
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