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HORIZON EDITION MAGAZINE MARCH 2017

SPRING TIMES

Adventures bloom with the change of seasons

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THE NATURE OF NW ARCHITECTURE

Quintessential home styles

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EXPLORE

The Portland Timbers' unique game-day atmosphere

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STATE OF WONDER

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What's within you is stronger than what's in your way.

ON THE COVER: Tufa towers rise from stunning Mono Lake in California's Mammoth Lakes area.

Photo by Dennis Frates / Alamy.

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WELCOME»

WHAT'S BREWING IN ALASKA



Brad Tilden,
Chief Executive
Officer

» *There's nothing better than a cold beer once you're settled into your seat, and when it's an Icy Bay IPA, even better. Here, Marilyn Romano shares how this special beer and Alaska Airlines share some deep roots in the state. —Brad Tilden*

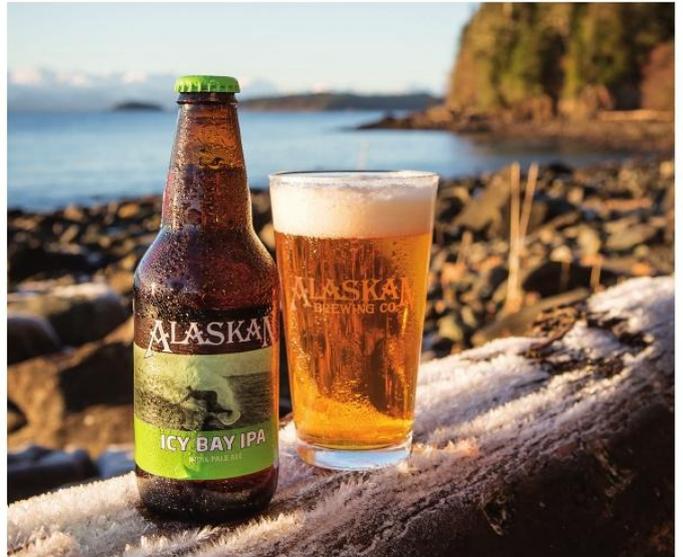
While many thought Geoff and Marcy Larson were nuts for trying to build a brewing business in Juneau, Alaska, the couple proved the skeptics wrong. The Larsons' homegrown Alaskan Brewing Company exemplifies the pioneering spirit for which Alaskans are well-known.

Some may have had similar doubts about Alaska Airlines when we began flying 85 years ago with a single airplane, between Anchorage and Bristol Bay. Today, the state of Alaska is home to more than 1,800 of our company's employees, serving our guests from Barrow to Ketchikan.

If you have not yet visited the 49th state, you may be surprised to learn that only three of the communities we serve in the state of Alaska are accessible by road. Air travel is vitally important. It is one of the reasons Alaska Airlines owns and maintains 11 rural airport terminals in the state, something you won't see in the rest of the country.

Recently, we announced we will be upgrading all 11 terminals as part of a project we call the 2020 Great Land Investment Plan. In addition to the terminals, we are also building a new Maintenance and Engineering Facility in Anchorage and adding three dedicated next-generation freighter aircraft to our fleet. With all the shipments of delicious Alaska seafood—and beer—we want to make sure we have enough capacity as local businesses expand.

As Alaskan Brewing Company has grown, so has Alaska Airlines, including new planes heading to a growing list of destinations. Personally, I still remember how happy I was the day I learned Alaska Airlines



would be flying to my hometown of Houston.

I felt that same happiness for our friends Geoff and Marcy when I stopped at the local grocery store outside of Conroe, Texas, and saw Alaskan Amber sitting prominently alongside other nationwide brands. I knew how far it had traveled. I have visited the awe-inspiring capital city of Juneau many times, and I have toured the Alaskan Brewing Company facility. It gives you just a taste of the ingenuity and hard work it takes to accomplish what the Alaskan Brewing Company team has achieved.

We feel the same way. Whether we are flying in minus 40-degree temperatures as we bring a Nome high school basketball team into Anchorage for a tournament or we hear stories of visitors catching their first king salmon while on vacation, we realize our unique role in the state. It is why we are proud to have the name "Alaska" on the side of our airplanes.

Go to alaskaairlinesmagazine.com to read more about the Larsons. Their story is about much more than beer, although if you've tried an Alaskan Amber, you would agree it is *really good beer*. If I'd had a little more space, I would have shared my Alaskan Amber Chili recipe. Always a hit at my house!

Thank you for flying with us today.

—Marilyn Romano, Regional VP of Alaska



Marilyn Romano,
Regional Vice
President of Alaska

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



Alaska



MOMENTUM TAKES FLIGHT

Employees develop a corporate culture to love

By Christy True

» **Alaska Airlines' leaders** know that corporate culture isn't created from the top down. Employees and teammates make culture happen—and lay the groundwork for creating an airline that people love.

Key to the process of integrating the Virgin America and Alaska teams is a program called "Momentum," a daylong experiential training class designed to welcome Virgin America teammates and build relationships at the two airlines. All 3,000 Virgin America teammates and 500 to 600 Alaska employees will attend sessions over a stretch of three months, giving teammates a chance to rub elbows with new colleagues and ask tough questions of company leaders.

"Since the announcement of the merger, a

lot of the information that we have received has been technical," said Michelle Floyd, a learning coordinator for Virgin America. "After today, I feel like everything will be OK. I feel much better than I did this morning."

Momentum events have a lively, upbeat feel. Interactive TV show-style games and improvisational exercises are interspersed between talks from leaders and Q&A sessions. The first program included talks from Peter Hunt, Virgin America president, and Brandon Pedersen, Alaska's CFO. They shared how the merger came about and how leaders at both companies came to see that the combined airlines would be stronger as one. They also talked about the shortcomings of previous airline mergers and

how this one would be different.

"Previous airline mergers have all been successful from a financial standpoint, even though they didn't go smoothly," Hunt said. "They were all about restructuring and cutting a lot of things. We are in a completely different situation. Both Alaska and Virgin America are really doing well. This is more about growth and stability for the future."

Virgin America attendees also got to meet their new CEO, Ben Minicucci. One teammate asked Minicucci what would make Virgin America teammates love Alaska the way they love Virgin America.

"The more you get to know us, the more you love us," Minicucci said. "You will not have an airline last for more than 80 years unless people love it. Our values say that we care about our employees, our guests and the community. Those are values that have carried us through decades." ■



TOGETHER WE LOST 104 POUNDS



"The 20/20 LifeStyles program is simple and it works. It is worth any effort to reclaim your health and well-being." ~Mike

When Mike decided to join the 20/20 LifeStyles program to lose some weight and improve his health, his wife, Jeannine, reluctantly joined as well to support him. Jeannine had struggled with weight most of her life and tried many different diets, so she thought she knew all about health and nutrition.

However, when she began watching the 20/20 LifeStyles videos, Jeannine was surprised. "They empowered me to take control of my eating and health," she says. "I see them as valuable tools that I can pull out and watch again as questions arise or when I need to make decisions about my health habits."

"We quote the videos all the time," says Mike. "I learned that 'sugar-free' is not 'calorie-free,' and why I need to eat regular meals and not consume all my calories at the end of the day. The toughest habit to break was continuing to eat after dinner until bed time. And the food was ice cream, candy, cookies – all the unhealthy stuff. It's no wonder I was in such poor health. The 20/20 LifeStyles program was so easy to follow. If I followed the program, I saw the results. It has affected my life in a very profound way. I'm active every day and I'm constantly aware of the need to make healthy choices."

"I've been a yo-yo dieter since I was 12 years old," says Jeannine. "As a result, my body was out of nutritional balance for years. I suffered from severe leg cramps for the past 20 years and had to supplement with electrolytes. Since doing the 20/20 LifeStyles program, I'm not taking any of those supplements and my leg cramps are gone. I don't have to accept that I'm getting older and, therefore, have to slow down. My personal trainer helped me strengthen my back, knee and core muscles, which alleviated my aches and pains. I'm amazed at how different my body shape is because of the strength training. I had never experienced this while losing weight in the past."

"My trainer taught me a lot about getting stronger and how to train to become a better bike rider," says Mike. "I've never ridden at this low of a weight. I can climb better and ride faster for longer, which makes the entire sport more enjoyable. I now commute to work twice a week on my bike. Also, I can do two and a half pull ups for the first time in over 20 years and have been able to start jogging without my knees hurting. In general, I haven't felt this good about myself, my appearance, my health and my activities for quite a long time. I used to work through my lunch hour. Now, because we want to get in 10,000 steps per day, Jeannine joins me for a lunchtime walk almost every day. We've logged over 2.5 million steps (over 1,000 miles) since the end of February."

"Our daily walks are not only great for the physical exercise, but they also give us quality time together and they've been a great stress reliever for both of us," says Jeannine. "Our Registered Dietitian has also helped us stay on the same page. It's been fun working with her to come up with healthy and creative recipes that taste good and keep us eating on plan. For the first time, I understand the science behind healthy eating and feel like I'm in control of my cravings and eating habits."

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LATE 1960s



BREWS ONBOARD

» In the late 1960s, Alaska Airlines President Charles Willis wanted passengers “to have an experience, not just a trip.” Among the changes introduced at the time were cabin interiors designed with a Gold Rush Gay ’90s theme. Willis had a stand-up bar installed in the rear of the airline’s 96-seat Convair 880 jet aircraft, where passengers were served free beer.

While the promotion was popular during a time in which the airline was expanding in

Alaska and adding flights south to Seattle, it was costly—not so much for the price of a free beer, but for the fact that the airline had to remove nine seats in the back of the plane to make room for the beer lounge.

Free beer remains a popular amenity aboard flights operated by our Q400 aircraft, which don’t offer a First Class cabin.

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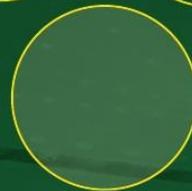
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THE REGION»

SKAGIT VALLEY, WA

TULIP TOURS

» A monthlong celebration of “millions of bulbs blooming,” the Skagit Valley Tulip Festival draws nearly half a million visitors each year to admire colorful, flower-filled fields evocative of Vincent van Gogh paintings. Visitors can view and photograph extensive displays by growers and gardens scattered throughout the area, which is located less than 30 miles south of Bellingham, WA, and around 60 miles north of Seattle. Events planned through April include an Art Bash, April 1–30, featuring a broad range of fine art and photography by local artists; multiple fun runs; and a photo contest inspired by the surrounding natural beauty. Contact: tulipfestival.org. —Lara Douglass



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TOP 10 REASONS TO MEET IN Eugene, Cascades & Coast

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- 2 NATURAL WONDERS** - Breakouts in old growth forests, clear lakes, rushing rivers or wondrous waterfalls.
- 3 ACCESSIBLE ADVENTURES** - Wheelchair-friendly paths throughout the metro area and beyond. For the adventurous, try old growth tree climbing or river rafting accessible to all!
- 4 OREGON COAST** - Dramatic cliffs, one-of-a-kind rolling sand dunes and breathtaking vistas.

- 5 CASCADE MOUNTAINS** - Meet in the mountains for a view of nature rising around you as you hike upward towards the sky.
- 6 CULINARY ADVENTURES** - Grind your own flour, tour a gluten-free chocolate factory, or in Florence, haul in crab.
- 7 BEER** - Journey down the Eugene Ale Trail, with over 20 participating breweries, for a unique prize.
- 8 SOUTH WILLAMETTE VALLEY WINE COUNTRY** - Tour our wine country in a fun, interactive way by playing Pinot Bingo!
- 9 INTELLECTUAL CAPITAL** - Industry leaders who inspire, from Olympians to game/software developers. University capital that will amaze by innovation and scientific discovery.
- 10 FORWARD THINKING** - Named one of the Next Top 10 Cities for Tech Jobs by *Fast Company* and one of the queerest cities in America by the *Advocate*.



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PETALUMA, CA

BRINGING THE BIG CHEESE

» More than 2,500 cheese enthusiasts will come together to experience new and limited-production cheeses paired with local wines during the **California Artisan Cheese Festival**, March 24–26 in the Sonoma County town of Petaluma. The annual cheese celebration will feature 43 artisanal cheesemakers and 20 winemakers, as well as farmers, chefs and brewers, for a variety of special events.

For instance, farms and cheese producers such as the Cowgirl Creamery will host **Artisan Food Tours** throughout the weekend. Guests will be guided on tours where they can learn how cheeses, ciders and other products are made; meet the producers; and taste the fruits of their labors.

The **Ultimate Best Bite** tasting event will spotlight cheesemakers, cheesemongers and chefs, who will be creating gourmet, local farm-fresh bites guests can enjoy while sipping ciders, wines and beers. After tasting, attendees will be able to vote for the best bite.

A sparkling wine-and-dine at the Sunday morning **Bubbles Brunch** will be headlined by the Food Network’s “cheese twins,” Charlie and Michael Kalish, who will answer questions from the audience while demonstrating some of their recipes, including their two favorite grilled cheese dishes (one sweet and one savory). After brunch, guests can visit the **Artisan Cheese Tasting and Marketplace**, where they can taste and purchase cheese as well as other specialty foods. Contact: artisancheesefestival.com.

—Kara Spencer



» Visitors to the **California Artisan Cheese Festival** can taste a selection of delicious cheeses, above, and tour the farms where they’re produced, left.

SUN VALLEY, ID

FILM FESTIVAL

» The **Sun Valley Film Festival**, March 15–19, offers a look at some of the year’s most anticipated films and TV shows with **more than 60 screenings** in five theaters across Sun Valley, Ketchum and Hailey, Idaho, along with a variety of events led by industry experts. The festival offers visitors opportunities to be part of the cinematic discussion.



Aspiring screenwriters can submit their original works to the **Screenwriters Lab**, where one of three selected finalists will receive The High Scribe Award. This year’s lab and awards will be hosted by Charles Randolph, Academy Award-winning co-screenwriter of *The Big Short*, and will be judged by Chris Moore, producer of the Oscar-nominated film *Manchester by the Sea*. A scene from the winning screenplay will be performed for the crowd by several of the professional actors and special guests who attend the festival, and

visitors will also be able to listen to actors doing a table read from Randolph’s latest work. In addition, daily **Coffee Talks** give audience members an interactive look behind the silver screen as they ask questions and hear stories from award-winning media insiders.

Returning to the festival is Trevor Groth, director of programming for the Sundance Film Festival and host of this year’s **Film Lab**, where two unfinished works are selected from a pool of submissions to receive audience feedback, as well as input from Groth himself. Contact: sunvalleyfilmfestival.org.

—Amanda Easter

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

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Dr. Brian McKay

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PORTLAND, OR PDX Tech

» **Tech entrepreneurs** and companies from around the world will be coming to Portland to showcase their work, recruit, teach and compete during **TechfestNW**, March 23–24 at the Portland Art Museum. The festival’s range of categories includes virtual reality, artificial intelligence and robotics, lifestyle tech, and digital storytelling.

The weekend will feature prominent guest speakers such as YouTube star and Pitch Perfect actor Flula Borg; Shahab Salemy, director of innovation at Nike; and Antonio García-Martínez, author of *Chaos Monkeys*, an autobiography on the subject of Silicon Valley.

At the **Demo Alley**, visitors to the festival can experience virtual reality by Portland-based 360 Labs; watch The Lake Monsters robotics team, a team of students from Lakeridge and Lake Oswego High Schools, show off their robots; learn about creating a marketing persona online; and sample craft beer.

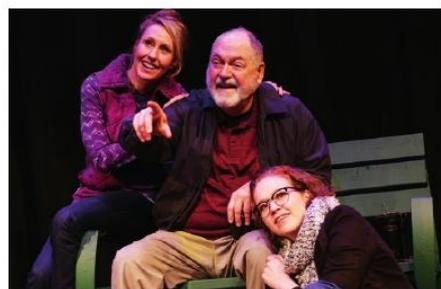
The festival’s **PitchFestNW** attracts



startups from the Pacific Northwest, Canada, Japan, Singapore, Hungary and more to present their ideas in front of a panel of investors. About 70 startups will be competing this year, from Bambinos Baby Food to SmartVineyards, a sensor system that lets users monitor and manage grapevine stress and irrigation from a desktop or smartphone.

Attendees can also enjoy **Portland Exploration Meetups**, hosted in various locations throughout the city. Join the Biketown bike ride with a special guest; explore kid tech at Oregon Story Board, a Portland nonprofit specializing in digital tools for storytelling, including augmented reality; or spend an afternoon gaming with Portland Indie Game Squad, supporters of the continued expansion of game-developer communities in the Pacific Northwest. Contact: techfestnw.com.

—Jessyca Yoppolo



SEATTLE, WA WORLD PREMIERE

» **TV and stage actor** Michael Winters, who played soda-shop owner and town leader Taylor Doose on *Gilmore Girls*, and also has been on numerous other shows, ranging from *Days of Our Lives* and *Frasier* to *NYPD Blue* and *Ally McBeal*—will star in the world premiere of *Evidence of Things Unseen*

(shown left), March 29–April 29 at Seattle’s **Taproot Theatre**. *Evidence of Things Unseen*, by local actress and playwright Katie Forgette, deals with themes of family, grief, loss, opposing beliefs and forgiveness, as two sisters take care of their bird-watching father.

Two more world premieres will be part of Taproot’s 41st season: a new musical adaptation of Jane Austen’s novel *Persuasion*, July 12–Aug. 19, and *Relativity*, Sept. 20–Oct. 21, based on the reputed real-life disappearance of Lieserl Einstein, the daughter of Albert Einstein and Mileva Marić. The production is supported by the National New Play Network’s Rolling World Premiere program and will conclude its rolling premiere in Seattle after being staged in Florida, Illinois and Iowa. Contact: taproottheatre.org. —Michele Andrus Dill



■ **Seattle Women’s Chorus** tells the inspiring stories of women and girls who are transforming our world, from Rwanda to North America, March 17–19, in the “A Woman’s World” concert—featuring a new multimedia suite of songs—at the Cornish Playhouse at Seattle Center (seattlechoruses.org). Alaska Airlines is a sponsor of Seattle Center.

■ **Florence Fest**, March 31–April 1, will showcase a juried selection of Oregon boutique wineries along with regional fine art, food and live jazz in coastal Florence, about 60 miles west of Eugene/Springfield (fraaoregon.org).

■ See notable blues musicians, such as last year’s *The Voice* season 12 finalist Laith Al-Saadi, at the **Coeur d’Alene Blues Festival**, March 31–April 2, in Coeur d’Alene, Idaho. The festival kicks off with a March 31 Blues Cruise, where passengers can listen to multiple bands. The April 1 main event features five bands for seven hours of music. Also performing at the festival will be Stacy Jones Band, winner of the 2015 International Music and Entertainment Association award for Best Blues Song, with *Can’t Do Nothin’ Right* (cdabluesfestival.com).

■ The **Reno Ukulele Festival**, April 6–9, will celebrate the growing popularity of the uke with performances by strummers such as Gerald Ross, whose stylings you may have heard on NPR’s *A Prairie Home Companion*. Enjoy a weekend of workshops, concerts, open mics, organized jams and a large vendor marketplace (renoukefest.com).



[I GROW]

with less power for more flower!



What makes the cars on a dealer's lot look so good at night or the colors of vegetables so rich and tasty looking in a grocery store? In many cases it's because the lighting they've selected is ceramic metal halide. Not only do these light bulbs make colors more vibrant and appealing they also stimulate explosive plant growth with less power! Who knew?

Sunlight Supply saw the light when no one else did and went to work testing and refining this light source believing there may be real promise for indoor gardeners. The initial results were so favorable that more development and testing followed producing what is known today as LEC® or Light Emitting Ceramic® lighting.

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LEC® is one of a long string of Sunlight Supply innovations and successes. From the company's beginnings as a small horticultural lighting manufacturer, to the ascent as the world's largest manufacturer and distributor of year round gardening supplies, Sunlight Supply has the right product for the right results. If you're looking for some bright gardening ideas, Sunlight Supply has everything you need to get growing indoors. With more than 1,500 authorized dealers nationwide, you're never far from one of Sunlight Supply's indoor innovations.

*Did you know:
Photosynthesis is a process used by plants and other organisms to convert light energy into chemical energy. Photosynthesis is largely responsible for producing and maintaining the oxygen content of the earth's atmosphere, and supplies all of the organic compounds and most of the energy necessary for life on Earth.*



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GREAT FALLS, MT
ART OF THE WEST

» **View exhibits** from more than 700 Western artists during **Western Art Week** in Great Falls, MT, March 15–19. The event attracts visitors from all over the world to peruse and purchase various works of art, from modern oil paintings to artisanal jewelry. Western Art Week will comprise 13 separate shows, at varying venues, each with a unique tone and style.

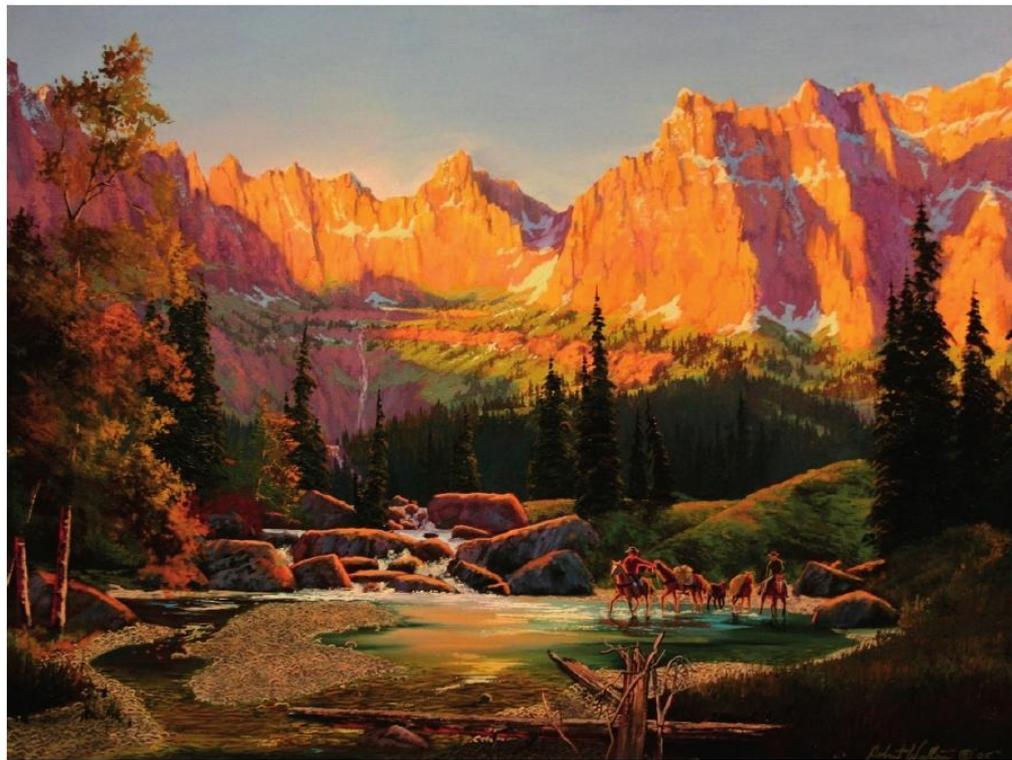
For instance, the “**Western Heritage Art Show,**” March 15–19, will present art by more than 60 contemporary Western Heritage Artists’ works, including the oil painting *As Good As It Gets* by Spokane, WA–based Robert Walton (shown top right). The event also provides live music and the opportunity to speak one-on-one with some of the artists.



At the “**Wild Bunch Art Show,**” March 15–18, visitors can enjoy homemade cookies while they admire a variety of collectibles and sculptures, such as sculptor Connie Tveten’s wooden *Lazuli Buntings* (pictured above).

Attendees can also reserve a spot for the “**First Peoples Buffalo Jump Art Exhibit,**” Saturday, March 18, when a ranger at First Peoples Buffalo Jump State Park will guide a group to Buffalo Jump, where they can view rock art dating to 900 A.D. After the hike, visitors can learn about two different rock art methods at the park’s visitor center. In addition, a March 18 exhibition at the center will showcase works by contemporary Native American artist DG House and the late, internationally recognized Blackfeet artist Kingsley “King” Kuka. Contact: westernartweek.com.

—Lara Douglass



MORE ART AROUND MONTANA

“**Intimate West: Women Artists in Montana, 1880–1944,**” through May 27 at the Montana Museum of Art and Culture, Missoula: Pioneering female artists who significantly contributed to the aesthetic and culture of the state are highlighted, including late Montana painters Josephine Hale and Fra Dana (umt.edu/montanamuseum).

“**Touching the Surface,**” through April 13 at Ravalli County Museum and Historical Society, Hamilton: This exhibit features historical Chinese objects from Montana artist Wes Mills’ collections, as well as some of Mills’ drawings that help illustrate how his travels and collections have inspired his work (ravallimuseum.org).

“**Dreaming of Fish,**” through March 15 at ImagineIf Library, Kalispell: Montana artist Dawn Duane lightheartedly portrays fish and their habitats via varying media, from acrylics to fused glass (imagineiflibraries.org).



Dawn Duane’s fused-glass salmon piece, You Crack Me Up.

AS GOOD AS IT GETS PAINTING BY ROBERT WALTON; LAZULI BUNTINGS SCULPTURE BY CONNIE TVETEN; COURTESY MONTANA STATE PARKS; YOU CRACK ME UP SALMON ART BY DAWN DUANE

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SPRING TIMES

Northwest adventures
abound this time of year

By Lee Juillerat

» The scrub oak grassland about 800 feet beneath the plateau is stitched with the purple and fuchsia of spring wildflowers—blue camas and pink fawn lilies that dance in the breeze.

My friend Ruby and I are near Medford, Oregon, hiking the Lower Table Rock Trail, which reaches a mesa top after an approximately 1.75-mile hike from the trailhead. Ten feet above us soars a kettle of turkey vultures, their wings spread wide. In the distance, the Rogue River ripples with spring snowmelt from Mount McLoughlin, and the valley floor is lined with the white flowers of blooming pear trees.

It's a great time of year in Southern Oregon. For more travel ideas, visit travelmedford.org and visitroseburg.com.

We continue our spring adventure that afternoon with a 96-mile drive north to Roseburg to sample Umpqua Valley wines, including the *Wine Press Northwest* award-winning 2013 Syrah at Reustle Prayer Rock Vineyards. The varietal is full with the flavors and aromas of blackberry, black cherry and cedar and is the perfect finish to our tour through Reustle Prayer Rock's rolling vineyards and extensive wine cave.

Read on for more spring adventures in the Pacific Northwest.

Wenatchee, Washington

In Wenatchee, which calls itself the "Apple Capital of the World," the possibilities for getting outside are as fruitful as the region's orchards.

Located at the confluence of the Wenatchee and Columbia rivers, the city is home to the 10-mile Apple Capital



» In spring, pear trees blossom near the base of the Lower Table Rock Trail. Below, the 10-mile Apple Capital Loop Trail is a great spot for an afternoon stroll or bike ride.

Loop Trail fit for bicycling and walking. Typically from late April through mid-May, apple trees seen from the trail are abloom with pink and white flowers. The Washington State Apple Blossom Festival in Wenatchee is April 27–May 7.

Attractions along the trail include part of the Art on the Avenues sculpture garden, which in total features about 90 sculptures, including the adorable *Rock'N Roll on a Skateboard* bronze statue of a monkey sitting on a skateboard.

On weekends from the end of April

through Christmas, the 10-inch-gauge Wenatchee Riverfront Railway offers kids and adults rides past replica buildings.

After your hike or ride, treat yourself to a tour of some of the Wenatchee-area apple-themed businesses, including Liberty Orchards in Cashmere, with its tasty Aplets & Cotlets confections; Snowdrift Cider Co., known for its artisanal ciders; and Cashmere Cider Mill, which serves delicious apple butter milkshakes.

For more on the Wenatchee area, please go to visitwenatchee.org.

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>> **Giant Springs State Park**, top left, is a great place for a break along the *River's Edge Trail*. Annuals and shrubs line the *Sunken Garden* at *The Butchart Gardens*. Jetboat tours are an exciting way to explore *Hells Canyon*.



yon, which has been carved by the Snake River over the past 6 million years. From the boat, see bighorn sheep, rumbling rapids, and red, orange and yellow rock walls. For more information, please go to visitlcvalley.com.

Victoria, British Columbia

The Butchart Gardens estate near Victoria is a Canadian treasure, and during spring, flowering bulbs, shrubs and trees present some of their most colorful shows. Admire the varieties in the *Rose Garden*. Gaze out at the *Sunken Garden*, framed by deep walls that were once part of a quarry. Stroll the gentle paths in the *Japanese Garden*, which in late spring is splendid with *Himalayan blue poppies*. And discover the annuals and the *Star Pond* in the *Italian Garden*, marked by two white lattice arches.

Follow a self-guided tour through the gardens with lunch—everything from a hot dog and muffin at the *Coffee Shop* to a gourmet meal with offerings such as salmon, mussels, rack of lamb and gnocchi at *The Dining Room* restaurant. For more information, visit butchartgardens.com. ■

Lee Juillerat writes from Klamath Falls, Oregon.

Alaska Airlines (alaskaair.com) flies daily to Medford, OR; Wenatchee, WA; Great Falls, MT; Lewiston, ID; and Victoria, B.C.

Great Falls, Montana

The nearly 60-mile *River's Edge Trail* is a great way to experience the majestic *Missouri River* as it winds through the *Great Falls* area. As you bike or hike on a clear day, take in spectacular views of the *Rocky Mountain Front's* geometric ridgelines and the gently sloping prairies. Along the way, access five waterfalls, which in spring flow at their highest levels.

Other great stopping points include *The Lewis and Clark Interpretive Center* and *Giant Springs State Park*, which is home to one of the largest freshwater springs in the country. *Giant Springs* flows at a rate of 156 million gallons per day and was explored during the 1805 *Lewis and Clark* expedition.

Paved portions of the trail are wheel-

chair accessible, and mountain bikers favor unpaved miles of single track on the eastern sections.

For more on the *Great Falls* area, visit genuinemontana.com.

Lewiston, Idaho

Jetboat tours of *Hells Canyon National Recreation Area*, which features *North America's* deepest river gorge, dropping more than a mile below *Oregon's* west rim and 8,000 feet below *Idaho's* *He Devil Peak*, are a great reason to visit *Lewiston*. Spring is the perfect time because it's when the *Snake River* whitewater offers its wildest rides.

Half- and full-day tours run by companies such as *Snake River Adventures* and *Killgore Adventures* cruise into the can-

TOP, COURTESY OF MONTANA STATE PARKS; CENTER, COURTESY OF SNAKE RIVER ADVENTURES



An ironclad partnership.

Pictured above:

Bill Reynolds (front),
President, Wear-Tek

Andy Paul (left),
Mechanical Engineer, Avista

Doug Kelley (back),
Regional Account Executive, Avista

Mike Summers (right),
General Manager, Wear-Tek

Wear-Tek Inc. in Spokane, Washington, specializes in casting long-lasting, abrasion-resistant components for the aggregate processing industry. They melt high-chrome white iron, steel and other alloys at extreme temperatures and pour them into custom-built molds to cast components for rock crushers, asphalt pavers and other machinery. The company has also cast its own industry niche.

Wear-Tek is strict about selling replacement parts only to the original equipment manufacturers (OEMs) it serves. They put their customers first. It's a level of integrity that has attracted OEMs as far away as the U.S. East Coast and Midwest, and is a big reason why, during 16 years in business, sales have grown from \$2 million to \$18 million. Wear-Tek's commitment to a win-win philosophy is why the foundry likes partnering with Avista for its energy

needs. Avista is essentially made from the same mold.

Avista works closely with commercial and industrial customers like Wear-Tek to stay ahead of their energy needs and help them thrive. Whether it's offering energy advice, helping to pay for energy efficiency upgrades, or solving for immediate and future energy requirements, Avista is always proactive.

“Avista worked to understand our project needs and was a great partner in helping us plan for the future expansion of our business,” said Wear-Tek President Bill Reynolds. “Their expertise has set us up to be a strong leader in our industry for many years to come.”

Wear-Tek expanded recently because its metal-melting capacity was not keeping pace with its ability to more quickly fabricate custom product molds. The foundry casts metals in two parallel production bays that have six melting pots (furnaces) split between them. There was only enough power, however, to charge three melting pots at once, so it became necessary to keep furnaces running 24 hours a day. At times, tight production schedules even forced workers to use a crane to move molten metal between bays. They needed to be able to power a fourth melting pot, but that would require much more electricity.

Wear-Tek melts metals using electromagnetic induction. Inside each melting pot is a refractory-lined magnetic coil made of copper pipe. Cold de-ionized water is pumped through the pipe to keep it from melting as the copper is electrically charged. This creates an electromagnetic wave that is passed back and forth through the raw metal, generating resistance heat inside the object itself. It's the most efficient method to melt metals rapidly but still consumes a lot of power.



Custom molds are formed using sand and self-hardening chemicals (shown here).

To make sure Wear-Tek could get another furnace up and running quickly, Avista crews replaced the foundry's 7640-kilowatt power line with one carrying 13,200 kilowatts of electricity (which is roughly the same capacity required to run the Spokane International Airport).

“Their expertise has set us up to be a strong leader in our industry for many years to come.” – Bill Reynolds

When starting the project, Avista analyzed Wear-Tek's estimated total electricity usage and demand, and recognized that they might be eligible for a more advantageous rate (designated for very large power users). There was one dilemma, however. They were required to have their total electrical usage recorded on a single meter. And as Wear-Tek had expanded over the years, it did so by absorbing nearby buildings, adding new offices and constructing a pattern shop, which meant they had multiple meters.

Avista engineers recommended a plan to ultimately combine all of Wear-Tek's meters into one. Wear-Tek's investment was coordinated and integrated with Avista installing a vault and two new underground transformers, so Wear-Tek could wire new equipment and buildings downstream from the same meter. Thanks to Avista's coordinated planning, Wear-Tek is now ready to tackle rapid growth well into the future.

With the new enhancements in place, Wear-Tek has already added a control panel for its air and water cooling pumps. Up next will be to wire their plant to run the additional melting pot furnace. Given the new furnace's higher 600 kilowatt rating, the foundry's maximum tons of molten metal produced per hour will increase by 40 percent. With the increased power usage (Wear-Tek also has a new grinding/finishing shop in the works), the foundry should meet the load threshold to warrant the rate for large electric users very soon.

“You wouldn't think a company that sells energy would be so eager to help us get a more advantageous rate,” said Reynolds. “But time and again, Avista has proven that they want us to get the full value of every energy dollar.”

Over the past six years, Avista has provided Wear-Tek with more than \$116,000 in rebates to make energy-efficiency upgrades. “The upgrades



Wear Tek heats metals and alloys to temperatures as high as 3,000 degrees.

have resulted in Wear-Tek saving more than 1,800,000 kilowatt hours of electricity and over \$123,000 in energy costs,” said Avista regional account executive Doug Kelley.

During the recent updates, Wear-Tek took advantage of Avista rebates to install new efficient LED lighting in their managerial offices and throughout the production bays. On top of providing brighter light, the LEDs need to be changed less often than standard T-8s. Given the foundry's 30-foot ceilings and non-stop production, this eliminated a huge maintenance headache.

“Our bays are twice as bright,” said Wear-Tek General Manager Mike Summers. “That's not only good for safety, it helps boost employee morale, too.”

The foundry also benefited from Avista's natural gas expertise when it reconfigured the air/fuel mixture on its ladle torches.

For more information on Avista's energy efficiency programs for commercial and industrial customers, visit avistautilities.com/bizrebates or email accountexecs@avistacorp.com.

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Recreational
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CALIFORNIA

Locals and visitors
treasure Golden State
experiences By Christine Delsol,
Michele Andrus Dill and Carey Sweet



With a big underwater kick, the 1,280-pound polar bear darts toward the silver-and-orange tilapia tossed into his pool by a San Diego Zoo staffer. He grasps the fish in his mouth, turns on his back and glides toward me, ultimately crouching sideways, head and shoulders above the water, just one plexiglass inch from my astonished eyes. It's a thrilling close-up as Kalluk savors his lunch, seemingly uninterested in the person practically nose to cheek with him. "This is the best look at a polar bear I'm ever going to get," I comment to my husband, Michael, who's standing behind me.

Zoogoers can also look forward to impressive views of animals such as lemurs, baboons and African penguins once the zoo opens its new eight-acre "Africa Rocks" exhibit—with species "from savanna to shore"—scheduled to be completed in early June. The project complements appealing habitats for animals from other regions of the world, such as pandas and reindeer.

The famous 100-acre, 3,500-animal zoo (sandiegozoo.org), whose sponsors include Alaska Airlines, is one of the reasons people around the world are drawn to California, much as "forty-niners" from across the globe hastened here during 1800s Gold Rush days. The state's many attractions also include beaches and watersports in ocean towns such as San Diego; historical and Silicon Valley sites in San Jose; the Eastern Sierra's stunning Mono Lake; renowned Sonoma County/Napa Valley wine country—and, of course, the Golden State's usual year-round sunshine, casting a glorious glow over all your activities. —*Editor*

San Diego (sandiego.org)

By Michele Andrus Dill

» Kayaking guide Connor gives us a hearty push, and we paddle straight and hard as our white, two-person, sit-on-top craft surges into the surf at La Jolla Shores Beach, about 15 miles north of downtown San Diego. We meet the first wave break, the second, and finally the big third—which drenches us head-high with marine froth—and then we are up and over.

I praise Michael for his expert surfmanship as we paddle calmer water to the orange buoy meet-up spot for our 16-person **Everyday California tour** (adventure.everydaycalifornia.com) in a protected ecological-reserve section of the **San Diego–La Jolla Underwater Park**. When we've all gathered, with guide Steven bringing up the rear, Connor tells us about four diverse microhabitats in the 6,000-acre underwater park. We're floating above the



sandy flats, home to stingrays, guitarfish and, since it's the end of summer, even 4- to 5-foot leopard sharks. Most of these sharks are pregnant mothers and are considered harmless to humans, Connor says.

The other microhabitats include scattered kelp forests sheltering harbor seal pups; La Jolla Submarine Canyon, where gray whales migrate during the winter; and rocky reefs near cliffs we'll be visiting today.

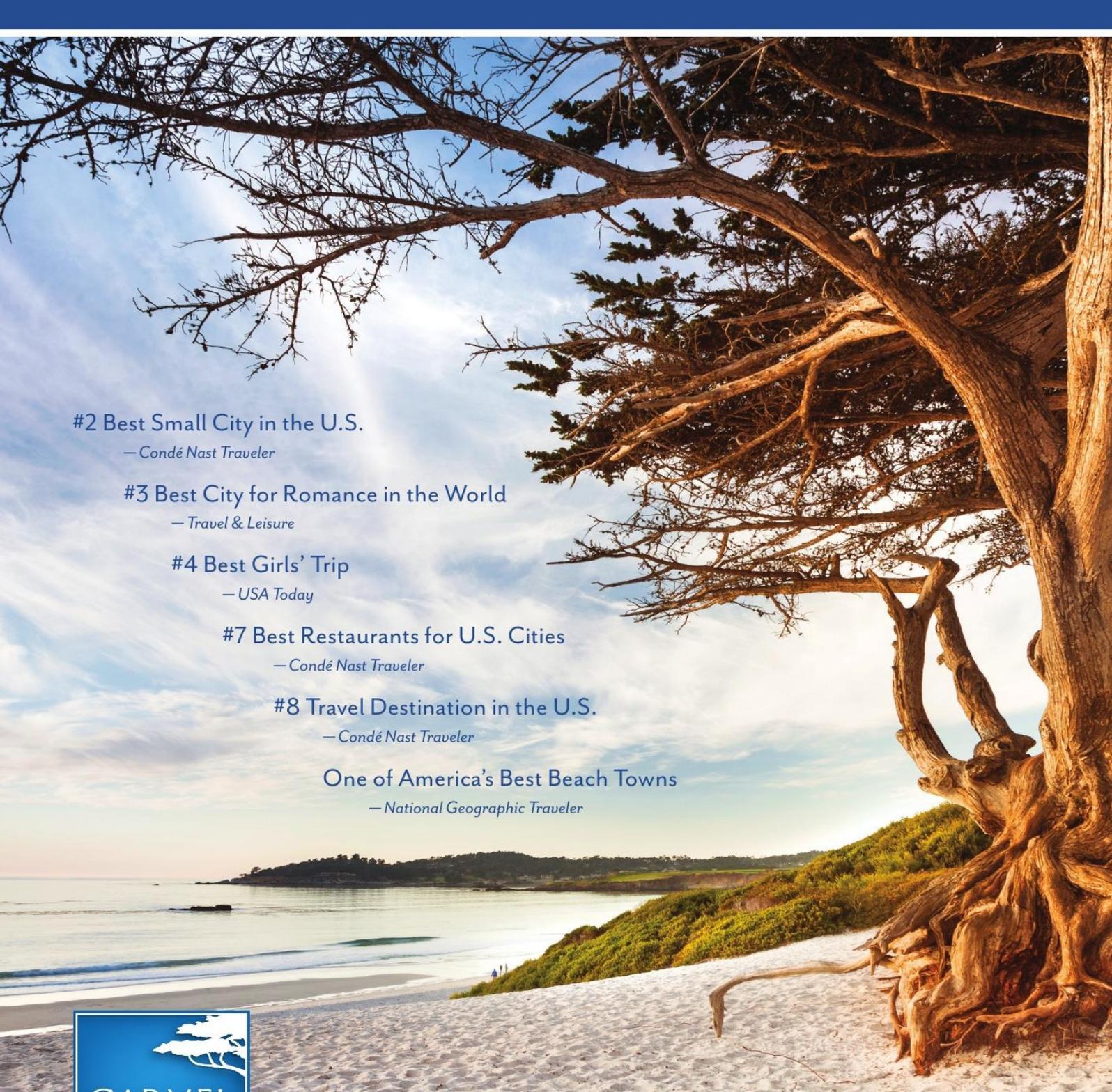
Connor points to palm trees atop a cliff to the southwest. La Jolla's iconic palms are said to have inspired one of the area's most famous residents, Theodor Geisel—Dr. Seuss. The palms resemble his Truffula Trees, Connor says, while the underwater park's Garibaldi—the official marine fish of California—are believed to have inspired Gustav the Goldfish.

We kayak toward the palms, which tower atop a wall of sandstone cliffs and a site Connor calls the **Seven Sea Caves**. California brown pelicans fly overhead, and as we near the caves, we're greeted by the sight and sound of barking, bickering sea lions lounging on rocks above and below the caverns.

Two kayaks at a time, Connor leads us into a cave aptly named "The Clam," where an alpha sea lion male has a palatial rock formation all to himself. He seems cool and serene, and takes

» One of the three polar bears at the San Diego Zoo strikes an impressive pose.

The La Jolla area, left, is a popular place for watersports ranging from surfing to kayaking.



#2 Best Small City in the U.S.

— *Condé Nast Traveler*

#3 Best City for Romance in the World

— *Travel & Leisure*

#4 Best Girls' Trip

— *USA Today*

#7 Best Restaurants for U.S. Cities

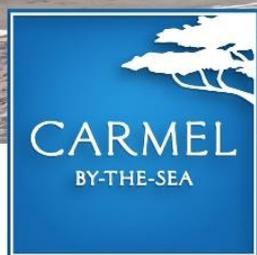
— *Condé Nast Traveler*

#8 Travel Destination in the U.S.

— *Condé Nast Traveler*

One of America's Best Beach Towns

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A group prepares to launch their watercraft from a La Jolla beach.

no notice of us. A visitor from another tour group has swum into the cave, and she perches in her wetsuit on a different rock. “A mermaid,” Michael says.

Back outside in the sunshine, Steven notes that moonshiners used these caves during Prohibition, and then he entertains us with jokes.

“What is a mermaid’s favorite subject in school? Algae-bra.” ■

Michele Andrus Dill is the magazine editor. Alaska Airlines (alaskaair.com) provides regular service to San Diego.

More San Diego Highlights

Balboa Park (balboapark.org): Museums, performing-arts venues, gardens, the San Diego Zoo and more.

Embarcadero: Stroll the waterfront, and stop along the way to visit attractions such as the spectacular USS *Midway* Museum and the historic ships that make up the floating Maritime Museum of San Diego. Also enjoy the splash fountains at the 12-acre Downtown Waterfront Park.



The Unconditional Surrender sculpture, near the USS Midway.

LODGING

Hotel Z (staypineapple.com/hotel-z-san-diego-ca): Fun modern boutique hotel in downtown’s popular, conveniently located Gaslamp Quarter; amenities include complimentary bicycle use and complimentary signature pineapple cupcakes.

SpringHill Suites San Diego Downtown/Bayfront (springhillsuitessandiegobayfront.com): New contemporary

property on the Embarcadero, near the USS *Midway*, with spacious suites, including water-view options; an outdoor pool; and extensive complimentary daily breakfast.

DINING

Bracero Cocina de Raíz (bracerococina.com): An acclaimed new restaurant in Little Italy, serving deliciously innovative Cali-Baja cuisine.

Carnitas’ Snack Shack Embarcadero (carnitassnackshack.com): Sit on the waterfront along the Embarcadero to savor farm-fresh and slow-food-inspired items.

Mess Hall Bar (messhallsd.com): Located at the lively, hip, new Liberty Public Market at Liberty Station, the Mess Hall showcases seasonal fare, with many ingredients sourced from the market (libertypublicmarket.com).

—M.D.



San Jose, CA (sanjose.org)

By Christine Delsol

» As a California native who remembers when San Jose was a humble burg subsisting on crops such as prunes and apricots, my favorite place to linger is San Jose’s **History Park** (historysanjose.org), a couple of miles southeast of downtown.

The park’s 32 houses and businesses (including a few replicas), many built between 1850 and 1880, were rescued and relocated, and populated by local museums and other cultural organizations.

Laid out with paved streets like a bucolic 19th century town, the park includes a gas station, a hotel, a dentist’s office and a post

office. Historic homes include the Umbarger House, built by a California Gold Rush forty-niner from West Virginia who remained in the Golden State and turned to farming wheat and grain on a San Jose homestead to make a living. His home was relocated to the park in 1970.

The kitchen garden behind the home represents a common way that Santa Clara Valley residents have supplied vegetables, fruits and herbs for their meals.

Trolleys run on weekends in the park, and there is a reproduction of the city’s **1881 electric light tower**, said to have been inspected by Gustave Eiffel during research for his eponymous tower in Paris.

This cutting-edge lighting source was perhaps a harbinger of the San Jose area’s later fame as the Silicon Valley home of technology enterprise.

On a weekend visit to the history park, I enjoyed poking around the print shop, roaming through the Pacific Hotel, and indulging my sweet tooth at O’Brien’s Ice Cream Parlor and Candy Shop.

Various buildings are open on weekends, and almost every day, visitors can enjoy the broad lawns, abundant tall trees, plots of persistent roses and a pretty plaza.

Insider tip: Though the mailing address is 1650 Senter Road, the entrance at that address is open only sporadically. The main



CELEBRATE 20 YEARS RUNNING IN SAN DIEGO

2008

Jenny Masche runs the Marathon in San Diego, just one year after giving birth to sextuplets.



1998

The inaugural Rock 'n' Roll Marathon took place in San Diego, forever changing the sport of running.



2014

Olympic marathoner, Meb Keflezighi, paces the 90-minute group and is named our Vice President of Running.



2016

"The most powerful mile in running" debuts in San Diego with the wear blue mile, a tribute to military members who have died during service, displaying American Flags and portraits of the fallen soldiers for one mile.



2017

At 84, Beth Petersen will be one of our 81 Rock 'n' Roll Legacy participants who will have run all 20 years in San Diego. She has finished 55 marathons to date, despite her battles with emphysema, asthma and chronic bronchitis.



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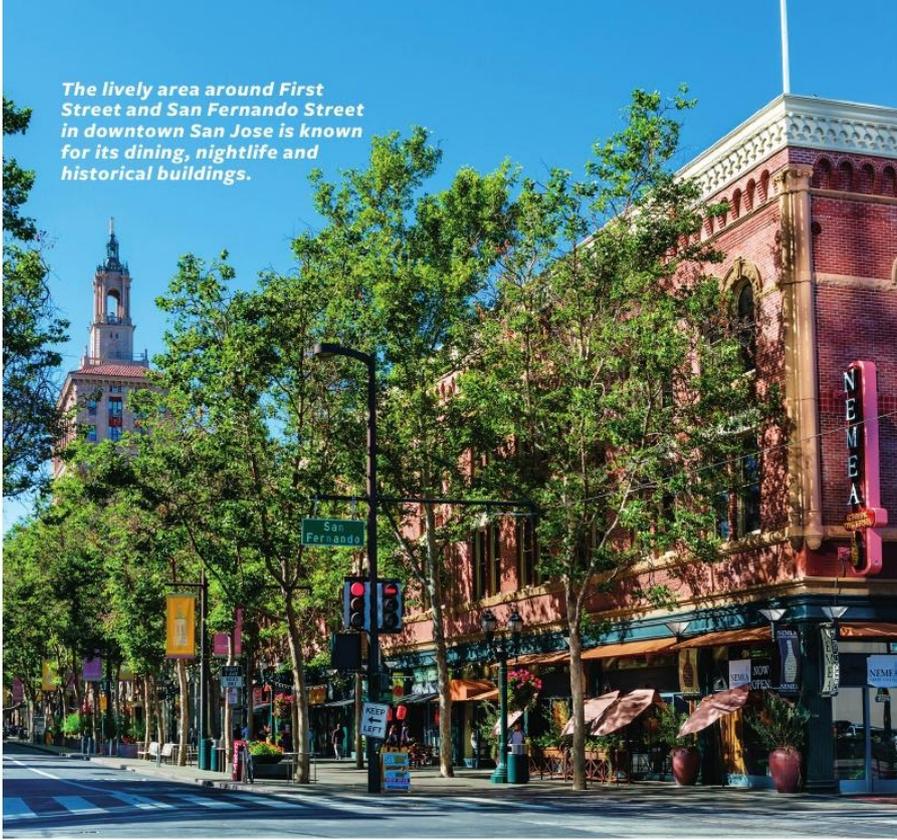
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The lively area around First Street and San Fernando Street in downtown San Jose is known for its dining, nightlife and historical buildings.



entrance, around the corner at 635 Phelan Avenue, is open regularly. ■

Writer Christine Delsol lives in the San

Francisco Bay Area. Alaska Airlines (alaskaair.com) provides regular service to San Jose and other airports in the Bay Area.

Mammoth Lakes (visitmammoth.com)

By Michele Andrus Dill

» Several osprey are diving for breakfast. We watch as their splashes distract fishermen with rods bending in June Lake, which has been described by Mono County Tourism as “one of the best places to land a rainbow, brown and cutthroat trout all in one day.”

My husband and I stand on the lake’s sandy beach, watching the sky-diving show during the June Lake Loop part of a full-day tour guided by Lucas Ropke, owner of Mammoth All Weather Shuttle (mawshuttle.com). The tour will also include Mono Lake and the Bodie State Historic Park gold-mining ghost town, plus a lunch stop for us to buy “world-famous fish tacos” and wild-buffalo meatloaf at the insider-favorite Whoa Nellie Deli, seasonally open in the community of Lee Vining. Since the tour can be customized, we decide to add pre-lunch caramel malts at also-seasonal Mono Cone, another local favorite in Lee Vining.

The Lake Loop features June, Gull, Silver and Grant lakes, known for fishing or water-



Mono Lake is known for its dramatic tufa towers.

sports, and all located in a glacially formed valley that has been called “the Switzerland of California” because of its natural beauty and its charming villages with Swiss-style buildings.

Lucas says that after their breakfast the osprey will likely beat us to our next stop, **Mono Lake**, where about a dozen of the raptors like

More San Jose Highlights

Lick Observatory (ucolick.org/main): Sweeping views from 4,200 feet and the opportunity to look through the original 1888 telescope. Summer night programs include concerts and lectures, and viewings through two of the active telescopes.

Rosicrucian Egyptian Museum (egyptianmuseum.org): One of the largest displays of authentic ancient Egyptian artifacts in western North America, with more than 4,000 artifacts, along with a planetarium.

The Tech Museum of Innovation (thetech.org): Hands-on displays demonstrating technology’s impact on everyday life. The new BioDesign Studio lets visitors learn about DNA in hands-on labs.

LODGING

Fairmont San Jose (fairmont.com/san-jose): Popular for business or leisure, due in part to a location opening onto bustling Plaza de Cesar Chavez and surrounded by museums and restaurants.

Hotel De Anza (destinationhotels.com/hotel-de-anza): Elegant, recently remodeled Art Deco landmark downtown in the city’s entertainment district.

Hotel Valencia (hotelvalencia-santanarow.com): This modern hotel, which hosts two of the city’s hottest bars, rises among Santana Row’s post-card-worthy European-style “village” that’s really an upscale shopping mall.

DINING

Casino M8trix (casinom8trix.com/restaurants): Choices include a sports bar with an eclectic international menu; a casual cafe; and a traditional Asian noodle kitchen.

Día de Pesca (diadepesca.net): Standout fish tacos and plates of ultra-fresh halibut and other great seafood.

Vung Tau Vietnamese Restaurant (vungtaurestaurant.com): Sleek but casual restaurant with an expansive lineup of savory traditional dishes, complementing options southeast in San Jose’s Little Saigon neighborhood. —C.D.



MasterPark
AIRPORT VALET PARKING

CALIFORNIA

to nest on 30-foot tufa towers. The tufas were formed when freshwater springs containing calcium bubbled up through Mono Lake's alkaline, carbonate-rich water, creating calcium carbonate—white limestone. Hence the tufas' nickname of "petrified springs."

We're awed by the otherworldly looking inland sea, where the tufa formations rise in spires and knobby clumps from a 695-square-mile basin. The 760,000-year-old lake—one of North America's oldest—is so alkaline because it doesn't have an outlet, Lucas explains as we stroll down a boardwalk trail to the shore. Minerals flowing in from streams remain here, while evaporation removes fresh water. The salinity is more than twice that of the ocean, precluding fish, but supporting trillions of tiny brown alkali flies and brine shrimp. The shrimp buffet attracts millions of migrating and summer-breeding birds, from California gulls to sage thrashers.

Clint Eastwood's *High Plains Drifter* was shot on the north shore of the lake, Lucas tells us. Its plot revolved around justice dispensed in a frontier mining town, a good segue to the **Bodie mining ghost town**. Bodie has been assessing any damage that may have occurred from a December earthquake to the east in Nevada, so be sure to check that the state historic park is open before you visit.

Bodie's boom years were 1877 to 1881, when the population soared to an estimated 8,000—hopeful miners coming from as far away as France and Italy—in a true Wild West town served by 60 saloons, as well as brothels and opium dens, but also four daily newspapers. The 1,100-acre site became a state park in 1962.

More than 200 historical buildings or mining-related sites remain, with 50 included on a self-guided walking tour. We wander the dusty streets, stopping to explore late-1800s houses, hotels, the jail,

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a church, and the Boone Store and Warehouse. One wall of the store's siding was created with food cans and gas cans, and inside, a sign in front of a shelf of vintage bottles says, "Please do not ask for credit."

At the **1878 Miners' Union Hall**, now a museum and gift shop, the interesting artifacts include a photo of local madam Rosa May. "She was reputed to be a really good person who took care of injured workers and gave dinner to kids," Lucas says.

Michael is tickled to see a T-shirt that says, "Bodie Mutts 1879," commemorating the frontier town's baseball team. Since our day tour has been a home run, the shirt's a fitting souvenir. ■

Michele Andrus Dill hopes to catch a lot of fish in June Lake some day. Alaska Airlines (alaskaair.com) provides regular service to Mammoth Lakes.

More Mammoth Lakes Highlights

Snowcreek Resort Golf Course and Athletic Club (livesnowcreek.com): Located between two mountain ranges; 3,306 yards with fast, bent greens; lots of water hazards; and an 8,000-foot elevation to lend loft support. The resort's 30,000-square-foot athletic club has spa treatments, sports courts, indoor and outdoor pools, and fitness classes, all open to the public.

Yosemite National Park (nps.gov/yose): The eastern entrance, open in summer, is just 40 miles from Mammoth Lakes, making it easy to explore the park wonderland.

LODGING

Sierra Nevada Resort and Spa (thesierranevadaresort.com): Warm and welcoming, with amenities such as three restaurants; a lovely new spa; free minigolf for guests; and spacious

suites with fireplaces, kitchenettes, soaking tubs and heated toilet seats.

Snowcreek Resort (livesnowcreek.com/vacation-rentals): Luxurious condominiums in an alpine village offer floorplans for every need.

The Westin Monache Resort (westinmammoth.com): Upscale resort with studio, one- and two-bedroom suites; an outdoor heated pool; a restaurant; and a free local shuttle.

DINING

Jimmy's Taverna (jimmystaverna.com): Mediterranean decor accents and delicious Mediterranean-West Coast fusion cuisine help create an Aegean seaside ambiance.

Mammoth Rock Brasserie (mammothrocknbowl.com/restaurant): Your surprise at finding a gourmet restaurant—run by a French chef—above a bowling alley will soon be exceeded by your appreciation for the world cuisine. —M.D.

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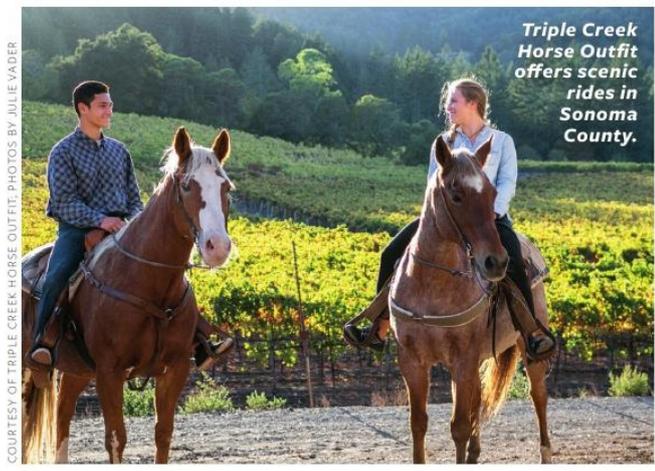
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*photo - The Benson Hotel in downtown Portland



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Triple Creek Horse Outfit offers scenic rides in Sonoma County.

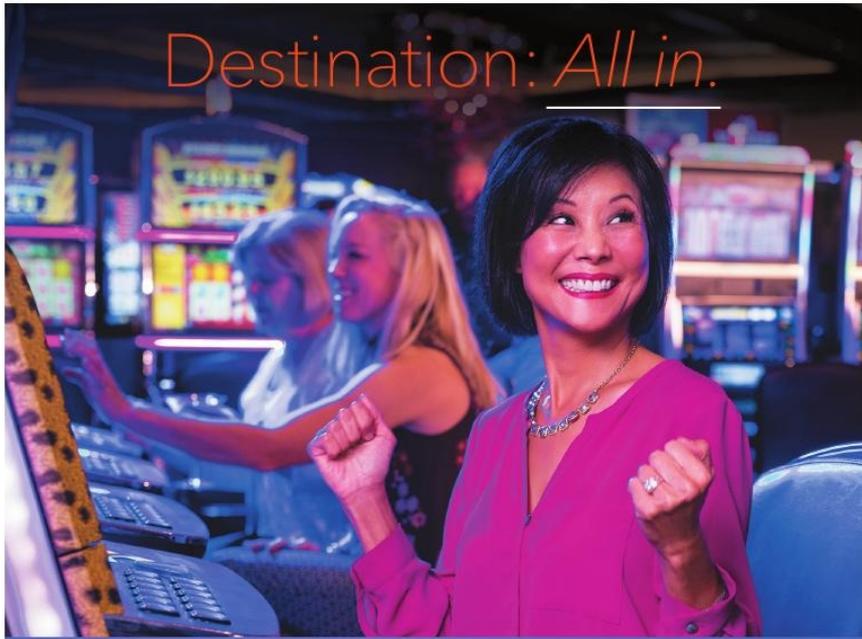
Sonoma County (sonomacounty.com)
and Napa Valley (visitnapavalley.com)

By Carey Sweet

» My noble gray steed, Daisy, clearly knows her way through Jack London State Historic Park's oak-studded meadows and towering redwood groves, and I barely need to touch her reins as she navigates meandering cliffside trails toward Sonoma Mountain's 2,370-foot summit. The preserve's historical buildings include

an 1860s cottage where author Jack London lived. He added on a room in which he wrote his novels beneath a clothespin line tacked with notes. The writer christened the land "Beauty Ranch" when he began purchasing his 1,400 acres in the early 1900s, and today, one of the best ways to appreciate the space is as he often did, on horseback. The park's wranglers, **Triple Creek Horse Outfit** owners Erin Ellis and Dominic Bettinelli (triplecreekhorseoutfit.com) are Sonoma Valley natives, and they share stories of the land's rich history and London's architectural genius as they lead private or group trail rides. London created still-standing stone barns for his beloved Shire horses, Erin tells me. He de-

signed the nearby "Pig Palace," a circular stone-and-concrete abode, for his prized Red Duroc Jersey hogs, and sloping up the mountainside, he created some of the country's first terraced crop fields. He used part of a former stone winery building as a carriage house and ranch-hand living quarters. The winery was built by Hungarian immigrant Lajos Csomortanyi, who planted vineyards in the mid-1800s and also built the four-room cottage that became London's living quarters. Today, parkland surrounds about 125 acres of private vineyards in the same general area as Csomortanyi's plantings. The park (jacklondonpark.com) opened to the public in 1960 and was declared a National Historic Landmark in 1963. We cross creek bridges and explore a mountaintop apple orchard, then Erin takes Daisy and me down a little-known



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path to the Grandmother Tree, an approximately 2,000-year-old redwood boasting a 14-foot-diameter trunk.

Midway through our 2.5-hour ride, we rest our mounts, and feast on a picnic lunch, with local cheeses and meats. We relax, soak up the blissful quiet, and—as I’m sure London would have wanted—we share our apples with our horses. The Triple Creek excursion also includes complimentary post-ride wine-tasting at a winery near the park. ■

Carey Sweet lives in Sonoma County.

Alaska Airlines (alaskaair.com) provides regular service to Santa Rosa, gateway to Sonoma County and Napa Valley, and wine flies free. For details, see sonomacounty.com/wine-flies-free-when-visiting-san-francisco-wine-country and alaskaair.com/content/deals/special-offers/wine-flies-free.aspx.

More Sonoma/Napa Highlights

Charles M. Schulz Museum, Santa Rosa (schulzmuseum.org): Celebrates the longtime former Sonoma County cartoonist, with 27,000 square feet of whimsy and art, including about 7,000 original cartoons.

Napa Valley Vintners (napavintners.com): Click on the website’s interactive map for information on 325 Napa Valley wineries, with details and tools to create a self-guided tasting tour. Also: The **Vineyard to Vintner** event, April 28–30 this year, will feature open houses at exclusive Stags Leap District Winegrowers Association wineries—some typically closed to the public—and at luxurious private homes.

Napa Valley Wine Train’s Private Reserve Train (winetrain.com): The train debuted last fall: Guests relax in a 36-seat,

self-motored Pullman railcar in retro-luxe style with leather and stained glass. Each 3.5-hour outing is hosted by a top-name winemaker—on my trip, there were two: legendary husband-and-wife team Jean-Charles Boisset and Gina Gallo—and the experience includes a wine-paired meal.

Winegrowers of Dry Creek Valley, Sonoma County (drycreekvalley.org): More than five-dozen wineries make this pastoral region a wine-taster’s dream, and the Winegrowers of Dry Creek Valley’s interactive map makes planning an itinerary a breeze. Also: **Passport to Dry Creek Valley**, April 29–30 this year; 45-plus wineries will host open houses.

LODGING

The Cottages of Napa Valley, Napa (napacottages.com): A garden compound of eight adorable luxury cottages in a former fruit orchard near Yountville; complimentary in-room wine, and wicker-



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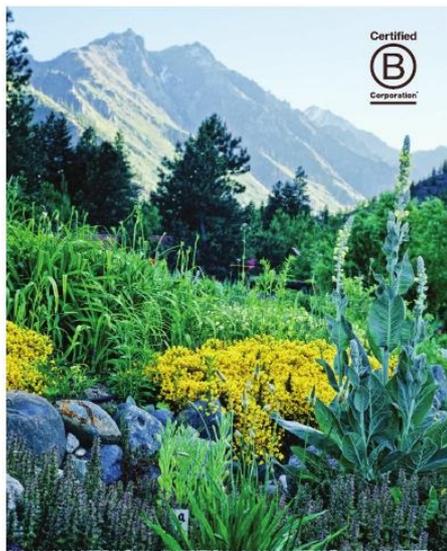
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Dry Creek Inn Villa Toscana, Healdsburg (drycreekinn.com): Value-priced Tuscan-style oasis, yet also first-class room amenities such as elegant fireplaces, spa baths, private patios or balconies, and complimentary breakfast.

Graton Resort & Casino, Rohnert Park (gratonresortcasino.com): The \$175 million hotel opened adjacent to the \$825 million casino this past fall, with breathtaking glamour, including a lobby with an onyx fountain and a handblown-glass leaf chandelier. Rent a cabana next to the resort-style pool, and sip a cocktail after a massage in the spa.

Sonoma Valley Inn, Sonoma (sonomavalleyinn.com): Cozy hotel extensively upgraded, including most rooms with wood-burning fireplaces, and private patios or balconies. Complimentary amenities include breakfast.

Vintners Inn, Santa Rosa (vintnersinn.com): Luxurious 44-room wine country retreat with manicured gardens, brilliant flower plantings and a panoramic vineyard backdrop. All the spacious rooms and suites have private patios and balconies for lovely views.

DINING

SingleThread Farm—Restaurant—Inn, Healdsburg (singlethreadfarms.com): A tribute to Japanese splendor, it opened in December, and serves marvelous 11-course *kaiseki*-inspired meals.

Two Birds One Stone, St. Helena (twobirdsonestonena.com): Acclaimed California chefs Douglas Keane and Sang Yoon have partnered to create a contemporary California twist on Japanese cuisine with this restaurant in the Freemark Abbey Winery. —C.S.



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The Nature of **NORTHWEST ARCHITECTURE**



By M. Sharon Baker

» **John and Tina** love their rustic mountain lodge-style home north of Boise, Idaho, so much they plan to build their next home in the same style, with hand-carved screen doors and quintessential architectural features that include large exposed beams, a stone fireplace and a great room with grand views.

In the Puget Sound area, Kayti and her husband, Fred, are turning to an iconic architectural style embraced by Seattle—the Craftsman. Low-pitched rooflines, overhanging eaves, large front porches and handcrafted stone and woodwork will guide the design of the home they are building this year in Woodinville, northeast of Seattle.

In Portland, Oregon, architects Hunter Williams and Lisa McClellan, husband and wife, recently completed their energy-efficient “green” home, becoming some of the latest homeowners to further reinforce Portland’s eco-friendly image.

Welcome to Northwest architecture, where appreciation for nature and for natural materials helps to inspire popular home styles such as the green home, the rustic mountain lodge and the Craftsman.

Going Green

Portland’s growing number of energy-efficient homes makes the city one of those at the forefront of the eco-friendly green-built movement.

Portland-based green-building non-



profit Earth Advantage, which promotes the growth of energy-efficient construction through certification, research, education and product development, estimates as much as 30 percent of Portland’s homes are at least 20 percent more energy-efficient than homes built to meet standard construction codes. But that number goes up to as much as 50 percent in suburbs such as Beaverton and Hillsboro, says Erik Cathcart, director of marketing and strategy at Earth Advantage.

The organization has seen an increase in homes with rooftop solar panels and homes outfitted for electric-car charging, and an increased interest in communities that are green-certified.

Cathcart says the next wave for Portland is zero-energy homes, which are

» **High-performing glass, left, helps make homes more energy-efficient in Portland. Rustic mountain lodge homes, above, are built with natural materials. Craftsman homes, below, in the Seattle area feature gabled roofs.**





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“We never have the lights on during the day, and the light quality is amazing.”



» **Tightly sealed construction in passive houses helps to hold in heat and save energy.**

homes with reusable energy systems that generate as much energy as the house consumes.

“We’d like to see them become the standard by 2030,” he says. “We currently certify 12 to 15 a year between Portland and Bend.”

Passive houses have also seen increased interest, says Hunter Williams, a passive-house consultant and owner of Lyons Hunter Williams: Architecture. Passive homes are buildings that are primarily heated through “passive” energy gains, such as the occupants’ body heat and sunlight, and combine with good insulation and tightly sealed construction to prevent heat from going out in the winter and from coming in during the summer.

“There’s a growing community learning about, asking for and building higher-performance housing,” Williams says.

“I’ve been trying to specialize in modern, high-performance houses, and I am now getting a lot of interest.”

It helps that Williams and McClellan

recently completed their own green house in Portland’s Sabin neighborhood. Acting as their own general contractors to save money so they could afford more sustainable options, they designed an L-shaped, 1,971-square-foot house with passive strategies.

For instance, they used exterior insulation and tight air-sealing products such as caulks, foams, weatherstripping, gasket seals and door sweeps to seal the building envelope to prevent air leaks, and added deep overhangs so that the windows are in the shade during the summer but still allow the winter sun to help heat the home during colder months.

They also used certified lumber, which is extracted in a way that has the smallest environmental impact, and they used advanced framing techniques to cut down on the amount of lumber needed to build the house. Examples of advanced framing techniques are eliminating headers on non-load-bearing walls and spacing wall studs up to 24 inches apart.

The couple also installed LED lighting, a high-efficiency heating system and high-performance glass, and designed the house for cross ventilation so they don’t need air conditioning.

“We have a green roof, and we also capture all our stormwater,” Williams says.

As for his favorite feature of the green home? That’d be the natural light streaming into the living room.

“We never have the lights on during the day, and the light quality is amazing,” he says. “It’s just beautiful. We get to appreciate the beautiful sky that’s moody

and ever-changing and that most people who are huddled inside their house miss.”

Rustic Lodges

The rustic mountain lodge style is prevalent not only in Boise but also in mountain areas across the state and the West, including Sun Valley, Idaho, and Salt Lake City, Utah, says Jevon Truex, a Boise architect known for designing rustic lodge homes. “It’s a style that’s used in a lot of ski resorts and mountainous areas, and often it’s a second or vacation home.”

Rustic-lodge owners want a place that offers ambiance that is warm, cozy and nostalgic, Truex says. “They want something that feels like it’s been there for 100 years, with big beams, lots of stone, big fireplaces, antler chandeliers, and giant windows with sweeping views of mountains, lakes and rivers.”



J. TRUEX ARCHITECTURE

That description certainly fits John and Tina’s home, which was designed by Boise architect Amber Van Ocker in 2005. The couple, owners of a Gem State automotive-related business, bought the two-story, 3,000-square-foot home in 2010. It features a great room with 20-foot ceilings, large log beams and a large rock fireplace.

In addition, big windows frame expansive mountain views, and a spacious deck

» *Rustic mountain lodge homes often feature a great room with high ceilings and a big fireplace. Large windows typically look out onto an expansive vista or wooded setting.*

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They added items unique to their vision, such as a handmade mantel with bear cubs carved into it.

provides the perfect space for entertaining family and friends.

The home also includes a finished three-car garage, a 20-foot man-made waterfall, a fire pit and a log-cabinlike storage shed. A herd of elk often grazes in the front yard.

“I’ve always liked older, rustic-type homes,” says Tina, a former medical assistant who grew up east of Lewiston in a town where her parents owned a small resort. “This is the best house ever for entertaining; everyone loves coming here.”

John is impressed by the home’s off-

the-grid systems such as a 1,000-gallon propane tank, sophisticated generator system and private well, as well as its strong, powerful log bones.

“It is very rustic, very warm and has lots of wood accents,” he says.

Tina and John decorated their home with the accoutrements one might expect to find in a lodge, including vintage snowshoes and rustic lanterns.

They also added some items unique to their vision, such as a mantel with bear cubs carved into it, a fireplace with bear paw and elk hoofprints lasered into the

rocks, and a hand-carved screen-door frame with a scene of a bear standing in pine trees.

Truex is currently designing rustic mountain lodge homes with contemporary features, including modern decor with leather couches and chairs, theater rooms with surround-sound and wall-size screens, and smart home systems that allow homes’ electricity, heat and other devices to sync to and be controlled by a smartphone or tablet.

Tina and John may consider such amenities if they build a second mountain lodge, but right now they greatly enjoy the home they have.

“It was real fun to decorate it with wildlife and outdoor rustic pieces,” Tina says. “My grandson, who is 6 and was here for Christmas, said, ‘Grandma, this house is just magical.’”

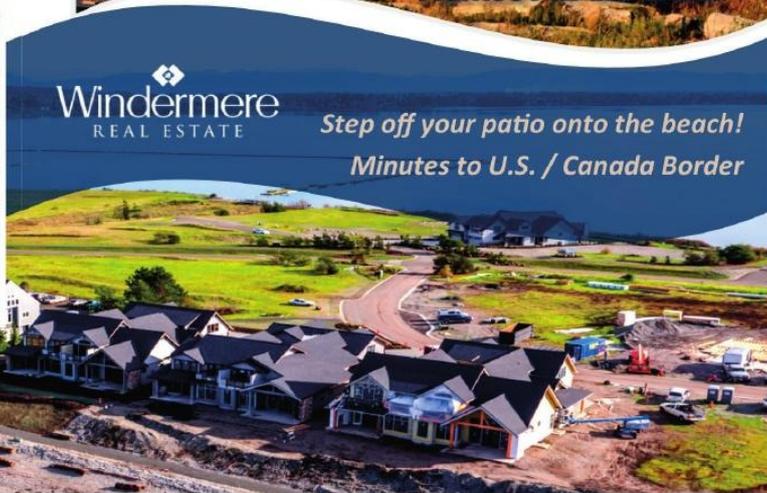


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CARL COLSON | ARCHITECT

The Craftsman

Across Seattle, in neighborhoods such as Queen Anne, Magnolia, Ravenna and Mount Baker, the Craftsman, such as the one pictured above, can be easily spotted. Carl Colson, a Seattle-area architect known for his Craftsman practice, is currently working on three Craftsman homes: Kayti and Fred's home in Woodinville, one in North Seattle and a third in Arlington about 50 miles north of Seattle.

The Craftsman dates back to the early 20th century and is known for its gabled roofs, overhanging eaves and wide front porches, which are visually welcoming, says Colson. Exterior finishes—often stone, wood or stucco—along with large doors and windows, pedestal columns, and clean lines, are meant to help bring the outside landscape inside.

Inspired by England's Arts and Crafts movement that began in the 1880s, early 20th century designer Gustav Stickley first coined the term "Craftsman."

The movement was a response to England's class system and Victorian architecture, and Craftsman bungalows were developed for the working class who dreamed of affordable

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homeownership. Seattle was quick to embrace the Craftsman because the style was becoming popular just as the development of the streetcar enabled people to move outside the city's downtown. The Craftsman's simple design also fit with Northwest ideals.

"Since the 1920s, the welcoming porches, cozy wood interior, and natural stone and timber exteriors have been linked to our need for nature in the Pacific Northwest," Colson says. "Our region's vast supply of timber and rock inspired these visually appealing and relatively affordable homes."

Kayti and Fred, in their 30s, have always wanted to own a Craftsman. "I was born and raised on Seattle's Eastside in a Craftsman, and my husband grew up in Magnolia, which has a lot of older houses," says Kayti, who is a stay-at-home mom while her husband owns a local financial firm. "We were really drawn to the nostalgia of the style and its history. It feels warm and welcoming and simple, but well-built."

Colson designed a 5,800-square-foot home for the couple, with a grand entryway that's accessed through a big front porch with exposed beams and columns.

The home, currently under construction, will be skirted with rockwork. Inside, there will be tapered beams, stonework around the fireplace and large windows that will bring in natural light, Kayti says.

"We will have white kitchen cabinets and warm wood floors," she adds. "We're big entertainers, so curb appeal and the inviting warm nature of the Craftsman style was important to us." ■

M. Sharon Baker writes from the Seattle area.



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EXPLORE»



TIMBERS GAME DAY

A unique match-day atmosphere helps make Portland soccer special

By Jim Moore

» This month, the sound of a chainsaw will once again mingle with the roars of 21,000 fans as The Rose City's beloved Portland Timbers begin the 2017 season at downtown's Providence Park.

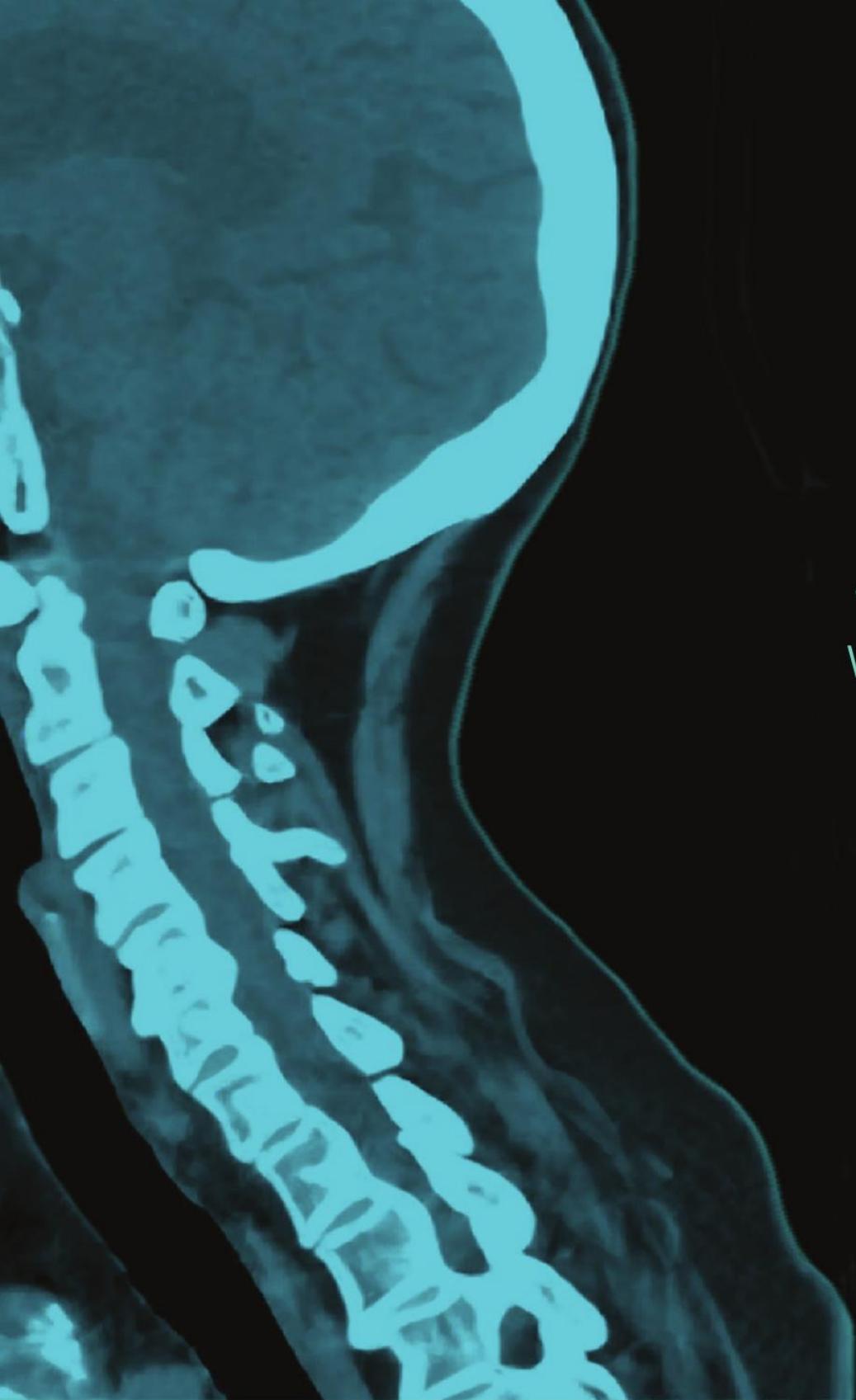
The games have become one of the city's biggest sporting events, with more than 100 consecutive sellouts. The Timbers earned the 2015 MLS Cup championship, and the excitement surrounding the team gives the city a unique match-day atmosphere.

While season tickets are officially sold out, the Timbers sell single-game tickets through their website, timbers.com. If you do get a ticket, be prepared for an immersive experience. Pregame rituals include free face-painting for kids and a photo booth before each match. You'll be surrounded by frenzied fans waving Timbers scarves (synchronized during the national anthem), holding up their own signs and standing throughout the match.



» Timbers fans, top, offer raucous support for the Portland soccer team. Star midfielder-forward Darlington Nagbe, above, keeps the ball from a defender during the 2016 season.

The Timbers Army is a group of zealous fans that sit together, lead nonstop chants and songs, unfurl new *tifos*—massive handmade banners—for select matches and set off



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EXPLORE

» PDX MATCH DAY

smoke buckets after goals. Their website (timbersarmy.org) lists chant lyrics and advice for creating signs.

And then there's the one-of-a-kind goal celebration, in which mascot Timber Joey—a real-life logger—chainsaws a slice of wood off a giant Douglas fir



tree log and then parades it before Timbers fans, who swarm to touch it. After the match Joey gives the tree slices to each Timbers player who scored a goal.

Of course, no cultural experience in Portland is complete without food and drink. That's why you'll find plenty of options at the stadium, such as food from a rotating lineup that includes Boke Dokie, 8o8 Grinds and Nong's Khao Man Gai. Bunk Sandwiches will also have a concession stand at the stadium.

The Timbers website also lists nearly two dozen pub partners where you can watch the match with fellow fans. The locations include Blue Moon Tavern & Grill, McMenamins Mission Theater & Pub and Marathon Taverna (for a full list, go to timbers.com/matchday/timbers-pub-partners). The atmosphere can be comparable to the stadium, with plenty of cheering, chanting and even some face paint. ■

Jim Moore writes from Portland.

Timbers jersey sponsor Alaska Airlines (alaskaair.com) flies daily to Portland, OR. For more information on visiting the area, go to travelportland.com.



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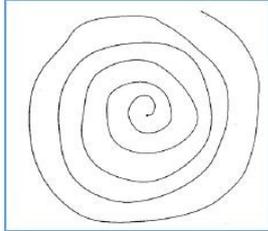
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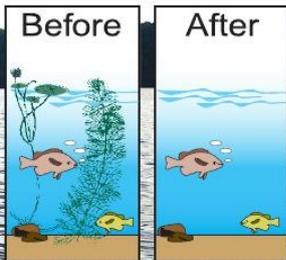


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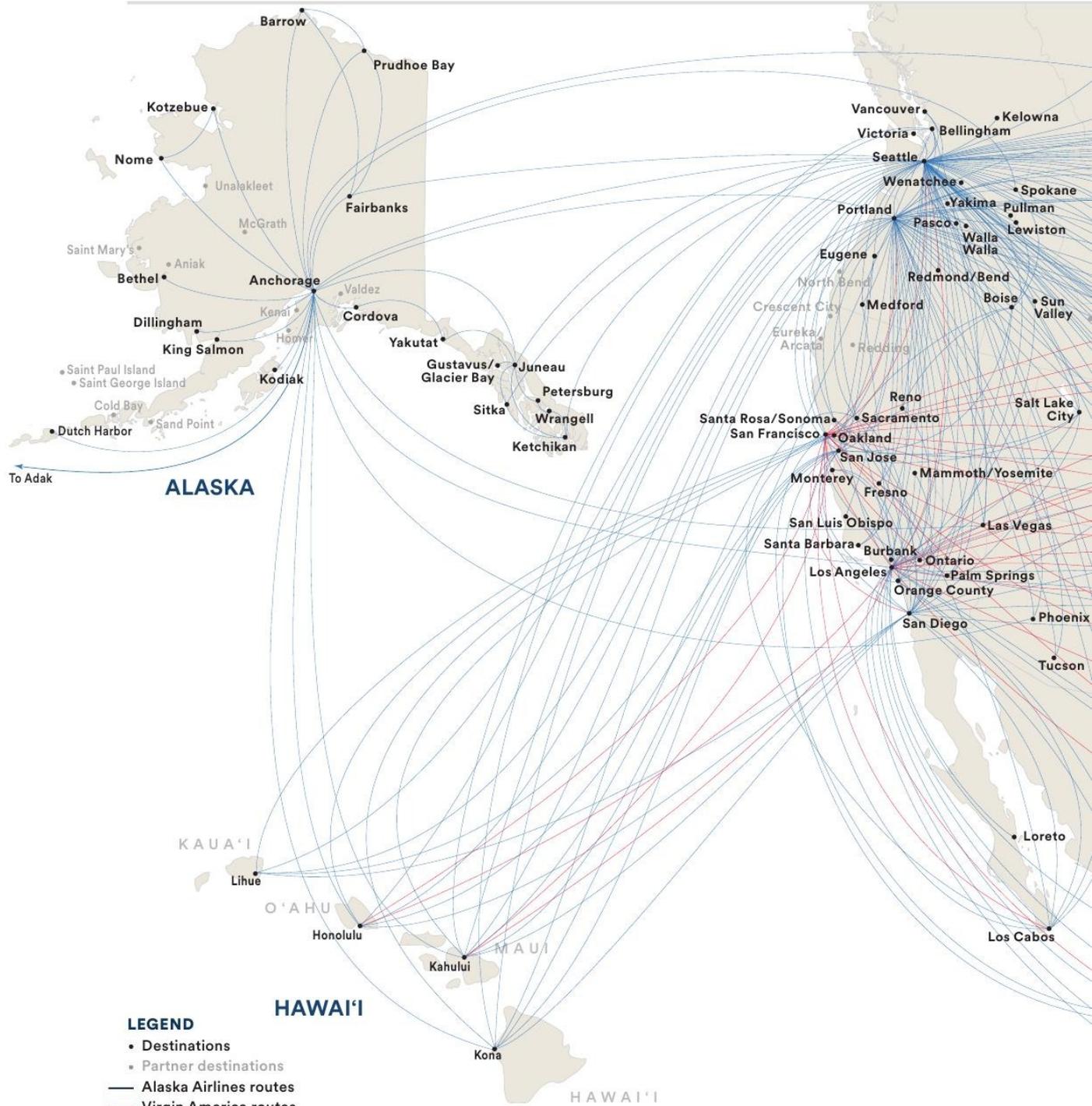
Beijing, China
Hainan Airlines



Dubai, UAE
Emirates

Where we fly

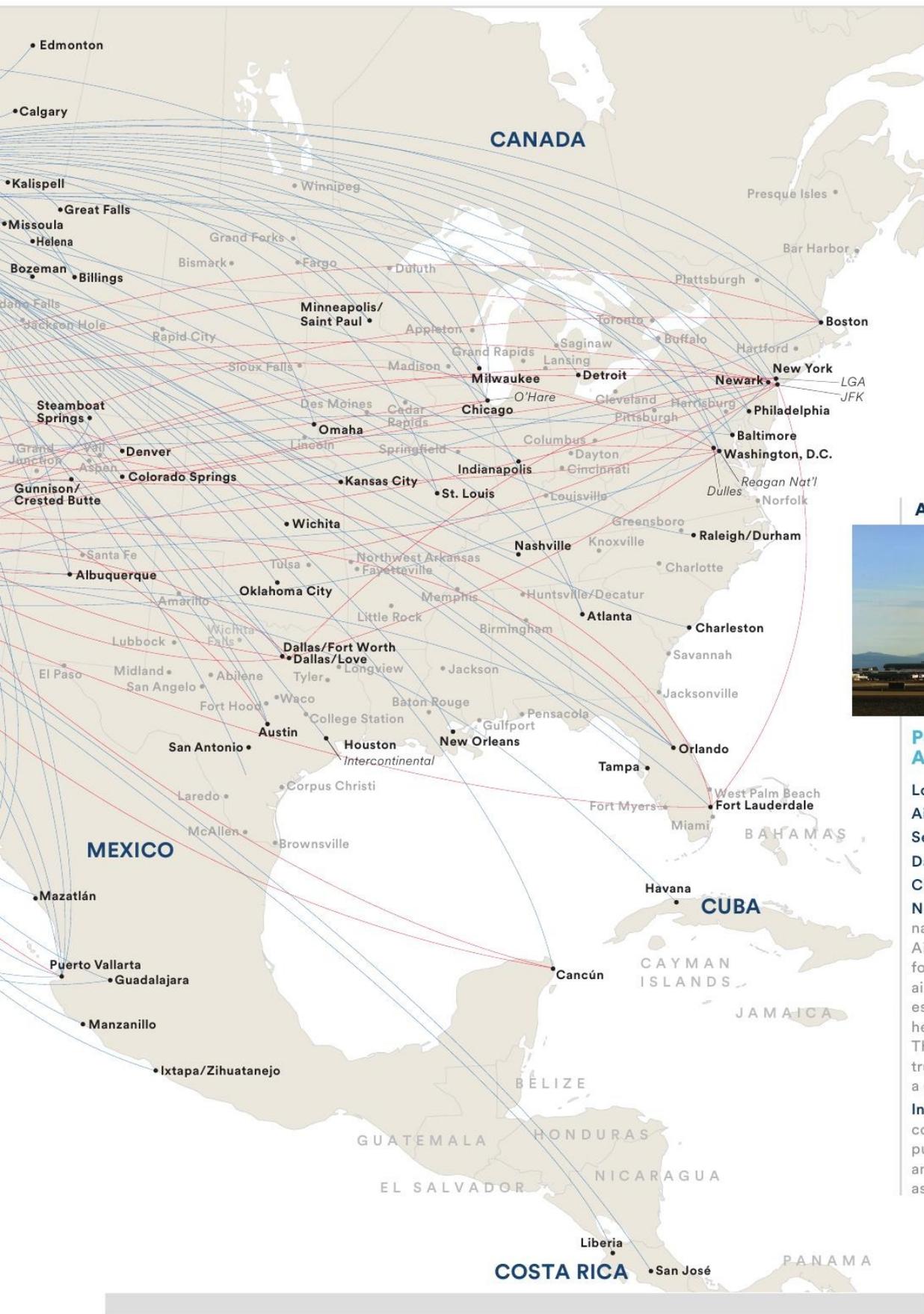
118 destinations and counting.



UPCOMING NEW SERVICE

Route	Service Begins
Seattle, WA—San Luis Obispo, CA	April 13
Seattle, WA—Wichita, KS	April 13
Seattle, WA—Indianapolis, IN	May 11
Portland, OR—Philadelphia, PA	May 22*
Portland, OR—Milwaukee, WI	June 5*
Sacramento, CA—Los Cabos, MX	June 10*

*Seasonal service



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

Some routes shown operate seasonally.

Airport of the Month



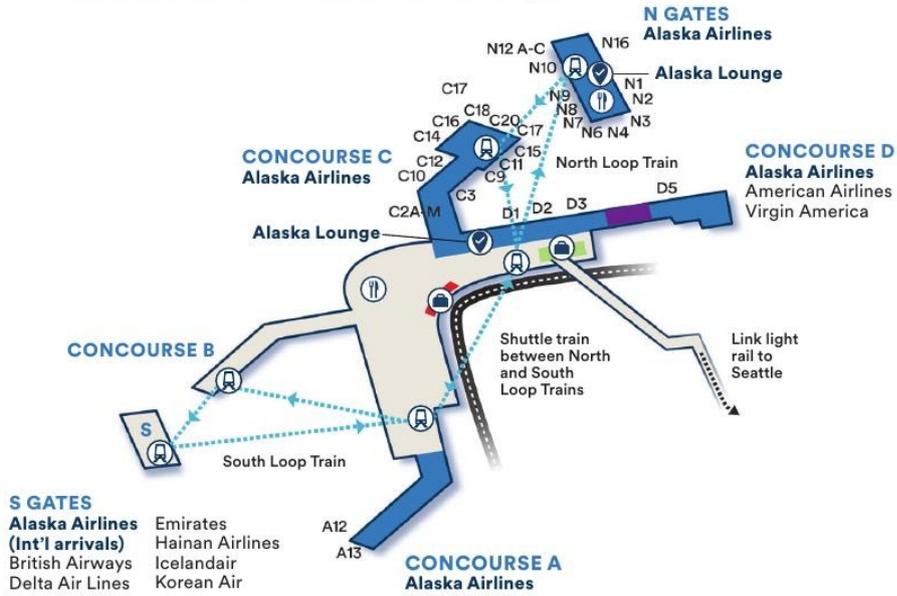
Portland International Airport

Location: Portland, OR
Airport code: PDX
Served since: 1979
Daily flights: 130
Cities served: 49
Notable: PDX has been named "America's Best Airport" by *Travel + Leisure* for the past four years. The airport's unique dining establishments certainly helped it earn that rating. The airport features food trucks, brew pubs and even a distillery.
Insider info: Stringent price controls ensure the prices for purchases at airport shops and restaurants are the same as off-airport prices.

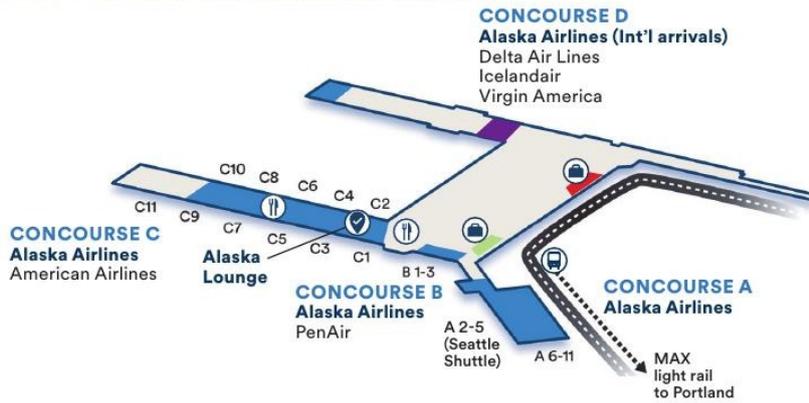
Airport terminal maps

SEA Seattle/Tacoma International Airport

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



PDX Portland International Airport



SFO San Francisco International Airport

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



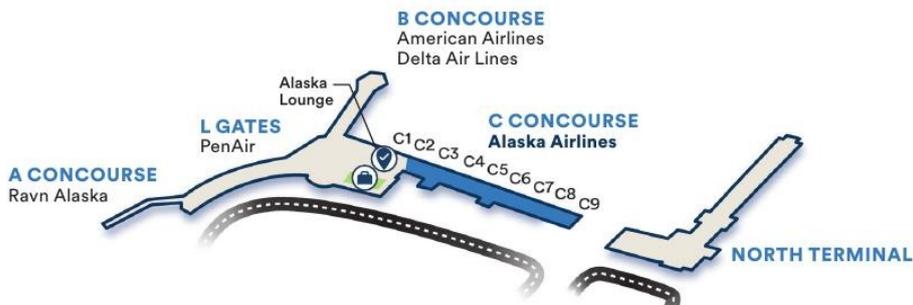
- Legend:**
- Lounge
 - Dining Options
 - Alaska Airlines check-in
 - Virgin America check-in
 - Public transportation
 - Airport transportation
 - Underground walkway

LAX Los Angeles International Airport

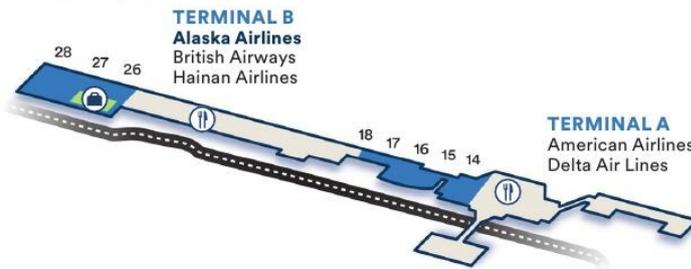


Tip: Connecting between Alaska and Virgin America? Shuttles connect the two airlines' LAX terminals every 30 minutes between 7 A.M. and 9:30 P.M.

ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



FRUIT SALAD

» CROSSWORD

A C R O S S

- 1 Interprets
- 6 Pull a lever
- 10 Plod heavily
- 14 School gp.
- 17 Mistake
- 18 Writing on the wall
- 19 Tip at a casino
- 20 Granular
- 22 Cape Ann neighbor
- 24 Laryngeal prominence
- 26 Long trailer
- 27 It may be a lot
- 28 Mice, to owls
- 29 Excitement
- 30 Soft drinks
- 32 Rods
- 33 Metamorphic rocks
- 34 Endeavored
- 37 Japanese aborigine
- 38 Bare
- 39 Bob Hope flick
- 42 Induction unit
- 46 Flax fabric
- 47 Sharp cry
- 48 Digression
- 50 Fire
- 51 Change for a five
- 52 Hot spot
- 54 More indolent
- 56 Beach blanket?
- 57 Edible tuber
- 58 Toys for tots, e.g.
- 59 Punish arbitrarily
- 61 Newark suburb
- 66 Bitterness, of sorts
- 69 Rose relation
- 70 Sound
- 72 Towboats
- 73 Theater award
- 74 Japanese prime minister (1927-29)

1	2	3	4	5		6	7	8	9		10	11	12	13		14	15	16				
17						18					19					20				21		
22						23					24				25							
26						27					28				29							
			30	31						32				33								
34	35	36						37					38									
39								40				41			42		43	44	45			
46								47				48			49			50				
51						52	53				54	55					56					
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61	62	63	64						65			66		67	68							
69									70		71			72								
73						74	75	76				77					78	79	80	81		
82						83						84	85					86				
87				88				89			90				91	92						
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102									103					104					105	106	107	108
109									110					111					112			
113									114					115					116			
		117							118					119					120			

- 77 Ivied
- 78 Lion's share
- 82 Piece of work
- 83 Ruhr Valley hub
- 84 Blueprint detail
- 86 Conductor of note
- 87 Forbidding
- 89 Rosy, as a complexion
- 93 Urged
- 95 Leftovers
- 96 Speechifiers
- 97 Iranian tongue
- 100 Stag
- 101 Persona non ____
- 102 Apply oil to
- 103 Bivouac beds
- 104 Ms. Moore
- 105 Colleen
- 109 Time goal
- 111 Bicycle saddle
- 113 British guns
- 114 Finished
- 115 Jannings of films
- 116 Sad song

- 117 Common couple
 - 118 Sets
 - 119 Drivings stands
 - 120 Meddler
- D O W N**
- 1 Exercise amount
 - 2 Perry's creator
 - 3 Plant family
 - 4 Homes
 - 5 Madras mister
 - 6 Fiery mount
 - 7 Bradley and Sharif
 - 8 Combining form meaning "ribbon"
 - 9 Break off
 - 10 New company
 - 11 Metal veins
 - 12 So-so
 - 13 Masterpiece
 - 14 Amino-acid compound
 - 15 On the ____ (under consideration)

- 16 Ration
- 20 Now, that's a knife!
- 21 Hankerings
- 23 Oregon locale
- 25 Ax
- 28 Dazzling display
- 31 Roast place
- 32 Boy's pal
- 33 ____ Hawkins Day
- 34 WWII battleground
- 35 Like a dime
- 36 Painter Magritte
- 37 Yemeni port
- 38 Not final, legally
- 40 Chute material
- 41 Buzzing instrument
- 43 Cliff line
- 44 Knight stick?
- 45 Condor country
- 49 Dull
- 52 Gold-purity measures
- 53 CD collection?
- 55 Church niche

- 56 Abundance
- 57 Hallux
- 58 Ship wood
- 60 Robinson's address
- 61 Senator Kefauver
- 62 It's left to the captain
- 63 Burn a bit
- 64 Guess
- 65 Accra's land
- 67 New York city
- 68 Stocking mishap
- 71 Binders
- 75 Trembling poplar
- 76 Must have
- 77 Police protection?
- 78 Catholic's misdeed
- 79 Bread spread
- 80 The sun, notably
- 81 Curry and Robbins
- 83 Motors
- 85 Pain in the neck
- 86 Fitzgerald's forte
- 88 Quits

- 90 Moon features
- 91 Perpendiculars
- 92 Sink hole?
- 94 Commerce org.
- 97 Strokes
- 98 Maternal relative
- 99 Composer Ned ____
- 100 Suite venue
- 101 Bottled spirit
- 103 Give in
- 104 Titled lady
- 106 Dynamic leader
- 107 Starchy foodstuff
- 108 Pace
- 110 Follow
- 111 Ante matter
- 112 Junk mail, usually

Solution on page 56.

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WHAT'S WITHIN YOU IS STRONGER

Than What's in Your Way

By Buddy Levy

» **Fourteen years ago**, I sat on the side of Polhem, a nearly 3,300-foot peak rising from Tasiilaq Fjord in East Greenland, watching as icebergs calved far below into the aquamarine water of the fjord. I'd gone to Greenland to write about adventurer Erik Weihenmayer, who had recently become the first blind person to stand atop Mount Everest. Now I slumped beside him, my legs quivering, my body wracked with fatigue. I'd been embedded with his expedition racing team for two days of trekking and bushwhacking across glaciers and loose scree as part of the Arctic Team Challenge. The Polhem summit was less than an hour's hike more, but I was spent. "I'm done," I said. "I'll hang here until you summit and return."

Erik put his hand on my shoulder. "Look up, Buddy. My team says the summit is right there." Then he gestured to his three teammates. "We'll be with you. Come on."

I rose and went with him. Erik followed a jingling bell on his teammate Jeff's trekking pole, and I followed Erik. The irony wasn't lost on me: It was the blind leading the sighted to the top of a mountain.

Over the next decade, I became friends with Erik. I was inspired by his positive attitude and tenacity. In 1981, he'd lost his eyesight at age

14 to a rare disease called juvenile retinoschisis. The week before his freshman year of high school, the sighted world he'd known was extinguished. He told me that as he was led into school by a teacher's aide, what he feared most wasn't blindness. It was being shoved aside, swept into a dark place, and left there alone, forgotten.

With the help of his family, Erik climbed out of that dark place. Then, at a summer camp, he discovered rock climbing. "I learned that the beauty of climbing was discovering clues in the rock face, the nubs, edges, knobs and pockets I could hang on to," he says. "I loved the sensation of being in the mountains. ... I felt an intoxicating freedom and the possibility that the adventure in my life was just beginning."

One climb led to another until he finally made those famous final steps to the summit of Mount Everest in 2001. On the descent, his expedition leader, Pasquale, said, "Don't make Everest the greatest thing you ever do." Erik responded to that challenge. He co-founded the nonprofit No Barriers, whose motto became, "What's Within You Is Stronger Than What's in Your Way." Now people from all over the world have taken No Barriers pledges to conquer challenges

ranging from dealing with anxiety to graduating from high school.

To help people develop self-confidence in their ability to face obstacles, Erik has also organized various ambitious excursions. On one of these, he took blind and sighted teens on a rafting trip down the Grand Canyon, where he met river guide and expert kayaker Harlan Taney. Erik tried out Harlan's kayak, and at the trip's conclusion, Harlan quipped to Erik, "You should come back someday and kayak the canyon."

In September 2014, six years after Harlan's offhand remark, I found myself sitting next to Erik at the bottom of the Grand Canyon, listening to the colossal roar of the Colorado River. Erik had invited me to write about his historic "kayaking blind" adventure, an attempt to paddle, in a solo kayak, all 277 miles through the canyon.

On the morning of a particularly demanding day early in the trip, Harlan talked Erik through what lay ahead: four challenging rapids in succession, all difficult and dangerous. Erik nodded and put on his helmet, listening for Harlan's voice in his earpiece through the wireless radio.

"Check, check, testing, testing." The radios, which allowed Harlan to call out commands to Erik, were working. Erik climbed into the cockpit of his kayak, pulling

the neoprene spray skirt tight to seal out water.

"In my years of learning to kayak," Erik had told me that morning, "of slamming into rocks, of bleeding, of ... swimming for my life, I've come to realize that if you decipher the river carefully, you can discover a hidden map through the chaos. Boaters call this map 'the line,' the safest and easiest way through."

As he pushed into the current and paddled downstream toward the unknown, it occurred to me that he wasn't only talking about rivers. The chaos, turbulence and churning maelstrom of a whitewater rapid is dictated by inexorable forces swirling and colliding, just like the forces in our daily lives. I leaped into the support raft, and we sped downstream, following Erik as he plunged into the raging white-water. I realized that both on the river and off, Erik was showing me that it's worthwhile to keep striving until you find the way through.

Buddy Levy is co-author, with Erik Weihenmayer, of the recently released No Barriers: A Blind Man's Journey to Kayak the Grand Canyon (Thomas Dunne Books, New York, Feb. 7, 2017).



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