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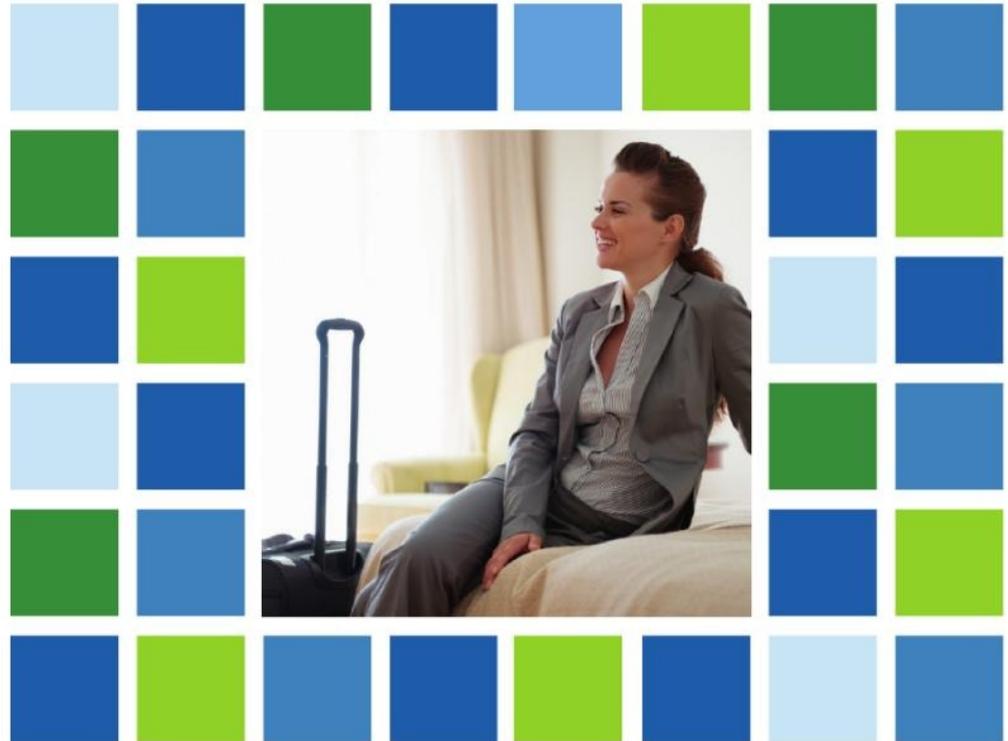
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Alaska Airlines | Horizon Edition (ISSN 1050-2440), the monthly
inflight magazine of Horizon Air, is published by Paradigm
Communications Group, at 2701 First Avenue, Suite 250, Seattle,
WA 98121. Copyright ©2015 by Paradigm Communications
Group, all rights reserved. No part of this magazine may be
reproduced without permission of the publisher. Subscriptions:
\$45 in the U.S.; \$50 elsewhere. Single-copy price: \$5. Photocopy
of individual articles: \$3.50. Publisher assumes no
responsibility for return of unsolicited manuscripts
or art. Printed in the U.S.A. Postmaster: Send
address changes to Alaska Airlines | Horizon Edition,
2701 First Avenue, Suite 250, Seattle, WA 98121-1123.



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KEN BOHN, SAN DIEGO ZOO GLOBAL

Cover: Hikers enjoy the dramatic landscape and a view of the Crooked River
in Central Oregon's Smith Rock State Park. Photo by Mike Houska/DogLeg Studios.

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Brad Tilden, Chief Executive Officer

The Courage of Our Convictions



Byron Mallott, our longtime board member, resigned this past December to serve the people and the state he loves—the great state of Alaska. Byron has been a strong and steady voice urging us to lead based on our values, and he appropriately reminds us that those values come from the state of Alaska, where people help each other and depend on one another. This month, I've asked our Shannon Alberts, who has worked very closely with Byron for the last 30 years, to reflect on what defines this great man. Byron, thank you for helping to make Alaska Air Group what it is. —Brad Tilden

Last December, after nearly 33 years of service on the Alaska Air Group board, Byron Mallott tendered his resignation to assume the role of lieutenant governor of the state of Alaska. Having had the privilege of working with Byron, I'd like you to know him as I do—if only in a small way.

Byron is a man of integrity and conviction. For example, last year he decided to run as the Democratic nominee for the office of governor of Alaska. Instead, he set aside his plan and took the lieutenant governor slot on an independent ticket with then-governor-hopeful Bill Walker. When asked why, Byron replied, "It was an easy decision, though not one I made lightly."

For Byron, it was not a question of achieving his personal aspirations. It was a question of how to best serve the people of Alaska. Walker's values, principles and genuine care for people aligned with many of Byron's own ideals, and he believed that joining forces would result in the best outcome for the state. Situations like this reveal whether we have the courage of our convictions. Byron does.

He speaks with passion about the Great Land, remarking on the powerful sense of place and history it evokes. Because the state is relatively new and in a critical stage of development, he sees oppor-

tunities to work together with all Alaskans to forge a bright, shared future.

Byron's reasons for joining our board back in the early 1980s were similar. The industry had been deregulated, and Alaska was establishing its place in the new environment, with new opportunities and challenges ahead. But what resonated most with Byron were the values, principles and spirit of the company's people and its leadership. Reflecting on that time, he noted, "Alaska Airlines had, and still has, a roll-up-your-sleeves kind of culture that values integrity and cares about people."



Former board member Byron Mallott.

Among Byron's contributions as a director was ensuring that the potential impact of business decisions on Alaskan communities was carefully considered. His knowledge and understanding of the people, cultures and unique needs of the communities of Alaska have been instrumental as our company has grown.

His understanding of Alaska's communities is shaped not only by living in the state his entire life, but by something of a more personal nature: "My drive to create a level

playing field for all comes from growing up as an Alaska Native with the realization that my mother could not achieve her aspirations because of her race."

When I asked Byron what he cares about most, he said, "That no one should feel hopeless, helpless or that there is no place for them." He notes that the state of Alaska has abundant resources due to the strength of its businesses, institutions, communities and philanthropic values. "Together we can extend our hand, thankful that we have the opportunity to reach out."

Then, with a twinkle in his eye and a grin that has become very familiar to me, he added, "Other than that, I just want to go to my home in Yakutat and fish!"

Byron, thank you for your years of dedication to Alaska Air Group, and we wish you smooth skies as you embark upon your new leadership role with our namesake state. —Shannon Alberts

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PORTLAND, OR

Kicking off the MLS regular season

The Portland Timbers expect to be a strong Western Conference contender



Interesting info

The Portland Timbers have sold out every league home game since 2011.

Western teams had impressive MLS regular-season average attendance last season, led by Seattle Sounders FC (first in the league, with 43,734), LA Galaxy (third, with 21,258) and Portland Timbers (fourth, with 20,777).

The top three MLS teams in goals during the 2014 regular season were the LA Galaxy (69), Seattle Sounders FC (65) and Portland Timbers (61).

The LA Galaxy, Seattle Sounders FC and Portland Timbers were also the western teams with players named to the 2014 MLS Best XI, including the Timbers' star midfielder Diego Valeri from Argentina. It was the second year Valeri, the league's Newcomer of the Year in 2013, was named to the MLS Best XI.

MLS started with 10 teams in 1996 and now has 20, with expansion teams expected to bring the total to 24 by 2020. Visit mlsoccer.com for information about the 2015 season.



Alaska Airlines is also a sponsor of the Portland Thorns FC, LA Galaxy, Real Salt Lake, Vancouver Whitecaps FC and Fresno Fuego soccer teams.



The Portland Timbers enter the 2015 season with an enhanced defense thanks to veteran Nat Borchers, obtained in a Real Salt Lake trade last year. Other key offseason acquisitions include goalkeeper Adam Kwarasey and winger Dairon Asprilla, while midfielder **Diego Valeri**

(above), who had offseason knee surgery, looks to return later this spring. And the team selected University of Notre Dame midfielder Nick Besler with the fifth overall pick in the MLS SuperDraft. The Timbers, whose jersey sponsor is Alaska Airlines, expect to be a top contender in the West this year. The team begins its regular season at home, March 7, against Real Salt Lake. **Alaska Airlines is offering 10 percent off flights to select Timbers away games (timbers.com/flyalaska).**

TOP: CRAIG MITCHELLDYER / PORTLAND TIMBERS; BOTTOM: COURTESY ALASKA AIRLINES

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COURTESY SUN VALLEY ARTIST SERIES

International-award-winning Taiwanese-American pianist **Steven Lin** (pictured at left), who made his debut with the New York Philharmonic at age 13, will be among the musicians performing during the 2015 **International Piano Festival** in Sun Valley, Idaho, April 22-25.

Also performing will be Russian native **Sofya Gulyak**, who in 2009 won the Leeds International Piano Competition—the first and only woman to do so. Since her Leeds-competition achievement, Gulyak has received international acclaim while presenting concerts around the world.

In addition, the festival will feature Chinese pianist **Rachel Cheung**, who has collaborated with more than 10 orchestras around the world;

American **Johnandrew Sломinski**, who earned three music degrees from the Eastman School of Music in Rochester, New York, by the time he was 21; and

Vietnamese-American pianist **Quynh Nguyen**, who was admitted to the Hanoi Conservatory of Music at age 6.

Festival attendees can hear comments from the musicians in pre-concert interviews and during panel discussions.

Contact: 208-725-5807; svartistseries.org.

—Jacob Sodeman

Today's Western classical music can be credited in part to medieval religious Gregorian chanting and to secular Middle Ages French poet-musicians, who set their poems—typically about love—to music (columbia.edu/itc/music/ito/history).

news & notes



COURTESY PACIFIC SCIENCE CENTER

▲ Renowned archaeologist Christos Doumas and volcanologist George Vougioukalakis take viewers on a journey related to ancient Greece in the IMAX film **Greece: Secrets of the Past**, on screen through May 25 at **Pacific Science Center** at Seattle Center (pacificscience-center.org). Alaska Airlines is a Seattle Center sponsor.

Dog mushing, ice-sculpting and works of art will be featured during the **Fairbanks Winter Carnival**, through March 29 (explorefairbanks.com).

The **new On-Mountain Spring Music Series** will take place March 21-April 25 at Squaw Valley | Alpine Meadows; headliners to be announced (squawalpine.com).

▼ The Whitefish Convention and Visitors Bureau in northwestern Montana invites visitors to enjoy scenic “fat-bike” (big-tire) rides on the snow in the Whitefish trail system. For information on rentals, routes and guided rides, visit explorewhitefish.com.



CRICKET BUTLER/WHITEFISH BIKE RETREAT

▼ The West Coast premiere of the National Constitution Center-curated exhibition “**American Spirits: The Rise and Fall of Prohibition**” will be April 2 at the **Museum of History & Industry** in Seattle. The exhibition will run through Aug. 23 at the museum (mohai.org).



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BOZEMAN, MT

Dancing and drumming

Watch Native American dances. Listen to powerful drumming. Sample fry bread with *wojapi*—a thick berry soup or sauce that dates to pre-European contact in the Americas. These activities will all be part of the 40th Annual **Montana State University American Indian Council Powwow** in Bozeman, April 3 and 4.



Dance performances will range from the hunterlike **Traditional Dance** to the more contemporary and acrobatic **Fancy Dance**.

The festival will also include a drumming-and-singing contest, a 5K/10K fun run, and arts and crafts from Native artisans across the country.

Contact: 406-994-4880; montana.edu/nativeamerican/club/powwow.html.

—Jacob Sodeman

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SEATTLE, WA

Four decades of fostering discovery and creativity

Seattle Children's Theatre celebrates its 40th anniversary



MATT WOLFE IN GOODNIGHT MOON 2009; PHOTO BY CHRIS BENNION

In 2007, **Seattle Children's Theatre** presented the world-premiere stage adaptation of the beloved book *Goodnight Moon*. This year—as the theater celebrates 40 years of “empowering young people to make new discoveries about themselves and the world around them while building a lifelong interest in the arts”—SCT will reprise the **Goodnight Moon** musical, March 5–April 26, introducing a new generation to Bunny. The season also

includes **Robin Hood**—one of the most popular plays SCT has staged over the years—which is being presented April 16–May 17.

In addition to the professionally acted plays, SCT stages **Summer Season plays** (*Gulliver's Travels*, *Dracula*, *Into the Woods Jr.* and *Urinetown: The Musical* this year) that star actors from grade 4 to age 21 as part of an extensive Drama School program. And SCT's **Young Actor Institute** provides theater training with top Seattle-area professionals.

Contact: 206-441-3322; sct.org. —M. Dill

Known for new and innovative works, as well as theater education, SCT is one of the top regional theaters in the U.S. By the end of last season, SCT had produced 239 plays, including 108 world premieres. Acclaimed **Artistic Director Linda Hartzell** has been guiding the theater since 1984.



JANIS MICLAVS

WILLAMETTE VALLEY, OR

The Willamette Valley Wineries Association is celebrating the **50th anniversary of the first Pinot Noir plantings in Oregon's Willamette Valley**. Related events include **Memorial Weekend in the Wine Country**, throughout the Willamette Valley, May 23–25 (willamettewines.com/50-years).

LEWISTON, ID

The 2015 North Idaho

Fly Fishing Expo, including workshops, classes and outdoor activities, will be March 20–21 in Lewiston, ID (niffe.org).

SEATTLE, WA

Seattle Seahawks quarterback **Russell Wilson** is captaining the **Seattle Children's Strong Against**

Cancer team to fund clinical trials of a promising immunotherapy developed by the Seattle Children's Research Institute's Ben Towne Center for Childhood Cancer Research. **Alaska Airlines is the lead sponsor** of Strong Against Cancer (strongagainstcancer.org).

talked about



COURTESY SEATTLE CHILDREN'S

HEALDSBURG, CA

'Art of Gastronomy'

The culture, mystique and passion surrounding food and drink will be showcased via paintings, photography, sculptures, mixed media and other works in the exhibit **"Art of Gastronomy"** on display March 18–April 19 at the Healdsburg Center for the Arts in Sonoma County.

The juried exhibition—featuring pieces from



C.K. ITAMURA

Passionflower and canapés.

approximately 75 artists across the United States—is part of a monthlong celebration, also titled the Art of Gastronomy, that will include a **presentation by well-known cookbook author Michele Anna Jordan**; performances of gastronomy-related **poetry and fiction**; the opportunity to **create and taste hors d'oeuvres** with chef Anne Cornell of Healdsburg-based Relish Culinary Adventures; and a **celebratory tea** featuring local ingredients.

Contact: 707-431-1970; healdsburgcenterforthearts.com/art-gastronomy. —Jacob Sodeman



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SAN DIEGO COUNTY, CA

New at the zoo

Many baby animals are on view at the San Diego Zoo and San Diego Zoo Safari Park

Learn more about wildlife while being entertained by the numerous youngsters at the San Diego Zoo and San Diego Zoo Safari Park. Here are just a few of the many additions now on public view. The information below is courtesy of the zoo (sandiegozoo.org).

1. The zoo's new **western lowland gorilla**, born on Dec. 26, likes being carried by his mom, and will be nursed for up to three years. A male reaches maturity at about 13 years. Western lowland gorillas are mainly native to equatorial Africa.



2. A **Masai giraffe** was born on July 31, joining his 3-week-old half brother at the safari park. Masai giraffes, native to Kenya and Tanzania, are the world's tallest land animals. About 6 feet tall at birth, they can reach 19 feet.

3. The **black rhino** is a critically endangered species, with only about 5,000 left in the wild, making zoo births particularly important. This black rhino calf weighed around 100 pounds when



he was born at the safari park on July 12. Rhinos can sunburn, and like to wallow in mud to reduce irritation from biting insects.

4. One male and three female **African lion cubs** were born on June 22 at



the safari park. Full-grown males can weigh up to 570 pounds, while agile females, which can sprint up to 33 mph, may reach 400 pounds.

5. Born at the zoo on Oct. 7, the male spotted **African serval kitten** below already displays impressive ears. Found primarily south of the Sahara Desert, the serval uses its large ears to pinpoint the location of prey.

(Other youngsters at the zoo range from an Eastern Angolan colobus monkey to a Francois' langur and four cheetah cubs.)

Alaska Airlines is the official airline sponsor of the San Diego Zoo and San Diego Zoo Safari Park.



DID YOU KNOW?

Ancient Egyptians worshipped the serval for its power and grace.



PHOTOS BY KEN BOHN, SAN DIEGO ZOO GLOBAL

A man in a light blue short-sleeved shirt, dark shorts, a cap, and sunglasses is hiking on a rocky trail. A brown dog is running alongside him. The background features a dense forest of evergreen trees and mountains under a clear blue sky. The scene is bathed in the warm, golden light of late afternoon or early morning.

UNIQUE AND VARIED ACTIVITIES
MAKE BEND / CENTRAL
OREGON A GREAT
GETAWAY

RECREATION CENTER

BY MICHELE ANDRUS DILL

Hikers enjoy the outdoors at a meadow near Sparks Lake. Right: Explorers tour fascinating Skeleton Cave.



Scrambling over piles of boulders, ducking underneath arches, crawling through narrow slots and striding through passageways big enough to accommodate a subway train, our tour group follows Wanderlust Tours owner and guide Dave Nissen through extraordinary Skeleton Cave in Central Oregon.

The approximately 3,500-foot-long lava tube, nearly 20 feet tall in places, is in the Deschutes National Forest, whose attractions include the 56,400-acre Newberry National Volcanic Monument, a land of cinder cones and buttes whose star is a caldera created by the eruption and collapse of the Newberry Volcano. The shield volcano and its “extensive apron of lava flows” cover nearly 1,200 square miles, about the size of Rhode Island, according to the U.S. Geological Survey. In 1966, Apollo astronauts used this dramatic landscape to train for their mission to the moon. This year the U.S. Forest Service is celebrating the 25th anniversary of the monument’s designation.

My three sisters and I are enjoying the region on a weekend girls’ getaway, having met up in Central Oregon from our homes in Las Vegas, Portland and



COURTESY WANDERLUST TOURS



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Nancy Musgrove, Zanna Satterwhite, and Claudia De La Via: The Gas Works Park Project
Nancy, Zanna, Claudia and their team of scientists and engineers have worked tirelessly with local officials and landowners to understand the geology of Gas Works Park and its complex industrial history. Using this knowledge, they are now working to ensure the long-term health of the park. To learn more about Nancy, Zanna and Claudia and Gas Works Park, visit geoengineers.com/horizon.

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Seattle. Our cave tour, with seven people signed up today, started at the Bend headquarters for Wanderlust (wanderlusttours.com), whose fun excursions have made it No. 1 among Bend activities on Trip Advisor. Wanderlust adventures include spelunking; snowshoeing; canoeing (including by moonlight or starlight); craft beer-tasting; and even customized tours, to sites such as Crater Lake National Park.

After driving us to the cave in a company van, Dave outfitted us with helmets and head lanterns, and led us down metal steps into the underground cavern, whose temperature is a constant 45 degrees. The cave forks, he explained, allowing guides to tailor explorations to the interests and abilities of the group. We voted for the more adventurous tour.

Dave tells us the cave was formed after the Newberry Volcano began erupting about 400,000 years ago and basaltic lava streamed out. The outer layers of the lava cooled first and hardened into a crust through which molten lava continued to flow. When the

molten lava finally drained out, it left tunnels known as lava tubes.

Skeleton Cave got its name from the animal skeletons found inside. Creatures such as a bear, a hyenalike dog and a Pleistocene horse were discovered here. The animals apparently jumped or fell through the same “skylight” opening we used to enter, but they couldn’t scale the sleek lava sides to get out.

Moonshiners had better luck. They hid stills in the cave during the Prohibition period.

During one of his interpretive stops, Dave hands out Wint O Green Life Savers. As we bite into them,

Above: Paulina Lake is a peaceful place to paddle.

Below: Horseback riding is one of the many activities available at Sunriver Resort.

When You Go

Lodging

Black Butte Ranch (blackbutteranch.com), **Sunriver Resort, A Destination Hotel** (sunriver-resort.com) and **Tetherow Lodges** (tetherow.com) offer exceptional accommodations, dining and golf courses.

Black Butte and **Sunriver** also have extensive onsite activities and amenities, including swimming pools, sport courts, trails, horseback riding and water-sports. **Tetherow** is convenient to many activities, and has car-charging stations. **The Oxford Hotel** (oxfordhotelbend.com) is a top-rated downtown choice.

Dining

Popular restaurants include **Ariana** (arianarestaurantbend.com), emphasizing Northwest and Central Oregon ingredients in classic dishes; the **McKay Cottage Restaurant and Bakery** (themckaycottage.com), serving items such as award-winning scones and the Three Sisters club, “piled high, just like the [Three Sisters] mountains”; and **Zydeco Kitchen & Cocktails** (zydecokitchen.com), whose notable wide-ranging menu appeals to varying palates.



blue-green sparks fly out. Sugar crystals release electricity when they're crushed, and wintergreen oil is fluorescent, letting you see that electricity—which has been described as mini-lightning—when you're in the dark, Dave explains.

My favorite part of the tour occurs about 2,000 feet into the cave when we duck into a compact, low-ceilinged section. Dave invites us to sit down, turn off our headlamps and experience total darkness for several minutes. "There are not very many spots on earth where you can be in a place that is completely without light and completely without the sounds of civilization," he notes.

For me, being bathed in blackness turns out to be a serene, contemplative experience. I think about nature ... and life ... and this fascinating part of the amazing universe we live in.

Cave tours are just one of the many great reasons to escape to Central Oregon. Here are 10 more:

Mount Bachelor: Regarded as one of the top ski resorts in North America, Mount Bachelor has 10 lifts serving 88 trails on more than 3,600 acres of skiable terrain.

The resort also has **terrain parks, cross-country skiing, tubing, snowmobile tours, snowshoeing tours and sled-dog rides.**

Mount Bachelor is open in summer, as well, when visitors enjoy mountain biking, disc golf, hiking and sunset dinners.

Bend Ale Trail: The 14 breweries along the trail—among the 26 breweries in Central Oregon—have contributed to Bend's reputation as "**Beer Town USA.**"



Tour options include Wanderlust's Bend Brew Bus and Local Pour tours, JD's Beer Tours and the Cowboy Carriage tour.

High Desert Museum: Set on 135 forested acres, the museum is home to animals such as tortoises, otters, raptors and a bobcat.



Above: Mount Bachelor is one of the top ski resorts in North America.

Left: Three Creeks Brewing pours range from Firestorm Red Ale to Fivepine Porter.

Above right: Black Butte Ranch's acclaimed Glaze Meadow course.

Far right: Central Oregon has excellent mountain biking.



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Exhibits include a stagecoach that served passengers such as Ulysses S. Grant; a restored Oregon Trail wagon; and recreations of a Northern Paiute shelter, a Hudson's Bay Company fort, a settler's cabin, a hard-rock mine and part of a mining boomtown. Reenactors give presentations at a pioneer cabin on weekends. Special exhibits include "Brewing Culture: The Craft of Beer," spotlighting the history and culture of craft brewing, on tap through May 31.



water course and Tetherow Golf Club are on *Golf Digest's* list of America's 100 Greatest Public Courses for 2015-16.

Bicycling: Mountain bikers relish Central Oregon's 300 miles of singletrack, with routes such as the 13.2-mile **Funner-Tiddlywinks loop**, which combines smooth and technical sections. A local favorite is the "Paulina Plunge" ride, which can be experienced via a guided

Golf: With more than two-dozen courses to choose from on the **Central Oregon Golf Trail**, you can enjoy outstanding golf-vacation variety, along with spectacular views of area peaks and the high desert. Among the options: **Tetherow Golf Club**; **Black Butte Ranch's Big Meadow** and **Glaze Meadow** courses; the **Jack Nicklaus Signature Course at Pronghorn** in the Auberge Resorts Collection; and **the four courses at Sunriver Resort**, A Destination Hotel, including **Crosswater**. Pronghorn's Nicklaus course, Sunriver's Cross-

water course and Tetherow Golf Club are on *Golf Digest's* list of America's 100 Greatest Public Courses for 2015-16. **Bicycling:** Mountain bikers relish Central Oregon's 300 miles of singletrack, with routes such as the 13.2-mile **Funner-Tiddlywinks loop**, which combines smooth and technical sections. A local favorite is the "Paulina Plunge" ride, which can be experienced via a guided tour. It features a 6-mile downhill glide in the Paulina Mountains (vehicle transportation is provided to the top of the slope), with up to six waterfall stops and two natural waterslides. Central Oregon's numerous road routes include the 36-mile **Twin Bridges** ride and the 3-mile to 22.8-mile **Metolius River Loops** (which can include a stop at a fish hatchery).

Cog Wild offers mountain-biking tours, vacations, shuttles and rentals. Mountain-bike and/or road-



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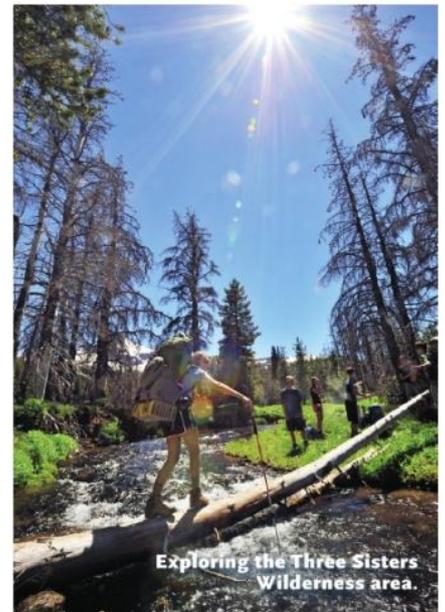
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bike rentals also are available at shops such as Hutch's Bicycles and Sunnyside Sports. At Let It Ride, you can rent an electric bike or go on an electric-bike guided tour, including a Brew Pub Tour.

Hiking and climbing: Bend has something for everyone when it comes to exploring by foot. For example, the easy 4-mile out-and-back **Tumalo Falls** hike along Tumalo Creek comes with a view of a nearly 100-



foot waterfall. The moderate 9- to 12-mile roundtrip **Green Lakes** trek features several lakes, along with wildflowers in the spring. And the **Pacific Crest Trail** passes through the **Three Sisters Wilderness**. For rock climbing and bouldering, **Smith Rock State Park** is internationally famous, with 1,800 routes to choose from and rock faces that reach more than 500 feet. Several outfitters offer instruction and guided climbs.

Lakes and rivers: Information on canoeing or kayaking along the 66-mile **Cascade Lakes Scenic Byway** is available at bend-paddletrailalliance.org, which also has information on the **Deschutes River Paddle Trail**. Numerous resorts and marinas offer watercraft rentals, and **guided Sparks Lake paddles** are available from Wanderlust. Sun Country Tours' **Big Eddy Thriller** is a popular whitewater trip on the Deschutes River. Fly-fishing enthusiasts can cast in various lakes, and in waterways such as the

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Dr. Upton, the Medical Director of the Anti-Aging Center at PRO Sports Club, has been practicing medicine for over 17 years. He became inspired by anti-aging through this extensive experience with preventative medicine.



AGED TO PERFECTION

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

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

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

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

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

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

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

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

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READ MY PINS

The Madeleine Albright Collection



MARCH 13 – JUNE 7

Images: Madeleine Albright wearing *Liberty* designed by Gijs Bakker, Photo: Diana Walker, Designer unknown, *Serpent*, Anton Lachmann, *Bluebird*, Photos: John Bigelow Taylor.

Read My Pins: The Madeleine Albright Collection has been organized by the Museum of Arts and Design, New York. Generous support for this exhibition was provided by Bren Simon and for the exhibition catalogue by St. John Knits. The local presentation of this exhibition is curated by Stefano Catalani.

Presented by: Fred Meyer Jewelers

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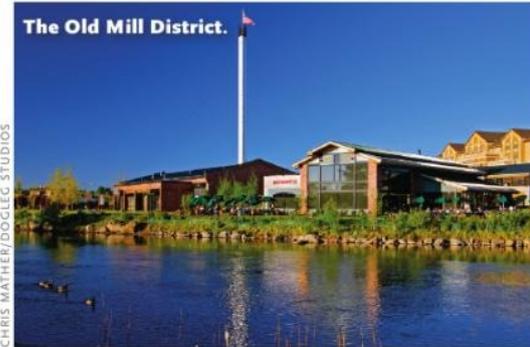
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Deschutes River, which provides more than 250 miles of fishing. The **Crooked River** and **Metolius River** are additional top trout waters.

Spas: The Bend area boasts nearly 20 spas. At **Jinsei Spa**, the massage choices include Indonesian and hot stone, and many of the products are handcrafted and organic. **Anjou Spa** is touted for its organic oils and scrubs. **Sunriver Resort's Sage Springs Club & Spa** uses indigenous Oregon ingredients in many of its products, and the **Spa at Black Butte Ranch** offers treatments ranging from the Salt Glow to the Men's Back Treatment.

Old Mill District: Big sawmills began operating in this area, just south of downtown Bend, in 1916. The district was revitalized in the 1990s, and the 270-acre complex is



CHRIS MATHER/DOGLE STUDIOS

now a prime place for shopping; dining (including **Anthony's at the Old Mill District**, with its Deschutes River views); art classes and galleries; a riverside trail; and special events such as the summertime concert series at the **Les Schwab Amphitheater**.

Unusual opportunities: **Goody's Chocolate and Ice Cream Factory** self-guided tour; **The Well Traveled Fork Farm and Ranch Tour**; **Photo Walk of Bend**; and **Airborne Outback Adventures**, flying an open-air trike. ■

Michele Andrus Dill is the editor of the Alaska Beyond Magazine Horizon Edition.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Redmond/Bend. For more information on Central Oregon, including events, go to visitcentraloregon.com and visitbend.com.



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EXPLORING NORTHWESTERN
WASHINGTON'S VIBRANT
AND APPEALING
BELLINGHAM REGION

COUNTY FLAIR

BY LAUREN KRAMER

"Incredible view," I call to my three kids and husband as we pedal through Bellingham's Zuanich Point Park overlooking Squilicum Harbor and Bellingham Bay. A light breeze ripples the sails of boats sailing in the bay, and they move across the water in an aquatic ballet. Families on the park's lawn tug the strings of kites that soar into the air, and distant Mount Baker, still encased in snow in early summer, reminds us that Whatcom County combines the best of mountain and ocean.

When my family and I visit northwestern Washington's Bellingham area, we almost always go bicycling, because there are many fabulous routes to choose from. Galbraith Mountain, offering more than 50 miles of singletrack mountain-biking trails, and spectacular city and water views, has been ranked one of the top places to ride in the country by singletracks.com. In-city mountain-biking trails include part of the 7-mile Interurban Trail from the charming Fairhaven Historic District to Larrabee State Park. The park has an additional 13 miles of biking trails, along with 8,100 feet of saltwater shoreline and two freshwater lakes.

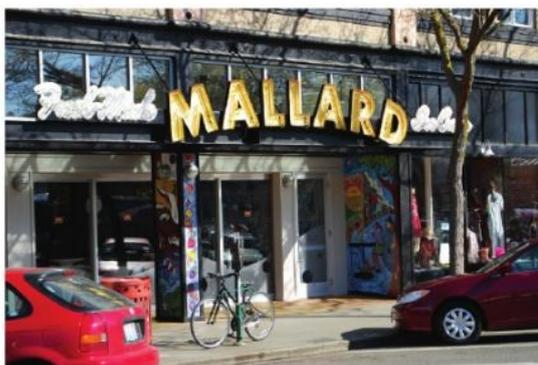


BELLINGHAM WHATCOM COUNTY TOURISM (2)

Mountain and/or road-bike rentals are available from shops such as Fairhaven Bicycle, Fanatik Bike Company and Jack's Bicycle Center.

The Bellingham region is also famous for the Tour de Whatcom, described as “the Northwest’s most beautiful ride,” which is celebrating its 10th anniversary this year. Participants have their choice of scenic 22-mile, 44-mile and 105-mile routes, all finishing at the Boundary Bay Brewery. The 2015 Tour de Whatcom (tourdewhatcom.com) will be July 18.

Today our family is combining park and road riding with an approximately 4-mile roundtrip pedal from Zuanich Point Park to downtown Bellingham. We ride along Roeder Avenue, crossing a bridge over Whatcom Creek before turning east to Maritime Heritage Park. The park has a fish hatchery and a Native Plant Trail, with species such as black twinberry



Clockwise from left: Cyclists ride at waterfront Zuanich Point Park. Mallard Ice Cream is a longtime local and visitor favorite. Picturesque Bellingham Bay shelters a variety of boats.



GETTY IMAGES

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DEANNA STYRET

and Pacific ninebark. The park's Whatcom Creek Salmon Art Trail commemorates local history, with sculptures, paintings and totems. Coast Salish people landed canoes, camped and fished on the creek as early as 8,000 years ago, according to the City of Bellingham, and in 1852, Lummi people and Euro-American pioneers met along the creek.

From the park, we take West Holly Street to West Champion and turn on West Magnolia to cycle the rest of the way into downtown, where art galleries and boutiques provide lots of window-shopping opportunities.

A relaxed weekend mood prevails as we pedal leisurely, turning onto this street or that.

On Railroad Avenue, we stop at Mallard Ice Cream to enjoy hand-crafted treats that feature fresh, local and organic ingredients whenever

possible. Flavors vary by season. We take our time tasting samples such as rhubarb, grape, cardamom, chocolate black currant and the nondairy blueberry-olive oil ice before making our selections.

With the sweet coolness lingering on our tongues, we bike happily back to Zuanich Point Park for more sailboat-watching—a fabulous finale to a fun afternoon.

The Mount Baker area has many visually stunning hiking routes.

When You Go

Lodging

The Chrysalis Inn & Spa (thechrysalisinn.com) on Bellingham Bay, **Semiahmoo Resort, Golf, and Spa**

on the spectacular Semiahmoo Spit in Blaine (semiahmoo.com), and the **Fairhaven Village Inn** (fairhavenvillageinn.com) are among the popular accommodations in Whatcom County. In addition to well-regarded spas, **The Chrysalis** and **Semiahmoo Resort** have excellent fine-dining restaurants and waterside locations, and **Semiahmoo Resort** (shown above) also has numerous onsite activities, including top-ranked golf courses, a health club/classes, a swimming pool, sports courts, bike rentals and water sports. **Fairhaven Village Inn** is a cozy, relaxing, water-



SEMAIHMOO RESORT

view property in Bellingham's historic Fairhaven neighborhood, and provides a complimentary continental breakfast for guests.

Dining

Respected restaurants include **Anthony's at Squalicum Harbor** (anthonys.com), known for great views and fresh fish; **Ciao Thyme** (ciaothyme.com), spotlighting fresh local flavors (as shown above) for lunch and, on select days, serving themed dinners; and **Chuckanut Manor Seafood and Grill** (chuckanutmanor.com), overlooking Samish Bay, with "inventive Northwest fare and creative takes on the classics."



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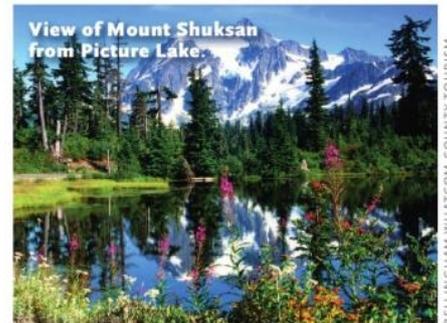
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Whatcom County has numerous outstanding activities and attractions. Here are 10 more reasons the area is a great escape:

Mount Baker—Snoqualmie National Forest:

Enjoy skiing on a mountain that set a world record in 1998-99 for the most snowfall in one winter: 1,140 inches. Average annual snowfall is 701 inches. Eight lifts serve 1,000 acres of skiable terrain, with 38 trails. The Forest Service's Canyon Creek Road (#31) and Glacier Creek Road (#39) are often open for winter **snowmobiling**, while **snowshoeing** trails include the scenic Salmon Ridge and Bagley Lakes routes.

The 58-mile **Mount Baker Scenic Byway** (State Route 542; closed at mile marker 54.5 in winter) winds along the North Fork Nooksack River and climbs to more than 5,140 feet, providing access to many hiking trails before ending at **Artist Point**. Legendary for its views of Mount Baker and Mount Shuksan (which is also visible from scenic



BELLINGHAM WHATCOM COUNTY TOURISM

sites such as Picture Lake), Artist Point is open seasonally, snowmelt permitting. Summer recreation also includes fishing, watersports and **climbing Mount Baker** (guide services such as Alpine Ascents, American Alpine Institute and the Northwest Mountain School lead excursions). The Wild & Scenic River Tours company guides **whitewater trips on the Nooksack River** that begin in the town of Glacier on S.R. 542.

Western Washington University

Public Art Collection: The collection includes dozens of **outdoor sculptures**, by prominent artists such as Richard Serra and Isamu Noguchi. Pick up a brochure at the Campus Services Visitor's Center (weekdays) or at the Bellingham Whatcom

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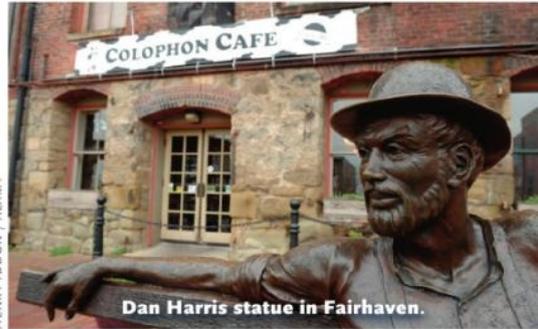
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County Visitors' Center (daily except major holidays) for a self-guided tour.

Historic Fairhaven District: This walkable shoppers' haven was founded as a town in the late 1800s by Dan Harris, an entrepreneur and ex-rumrunner later nicknamed Dirty Dan because he wasn't keen on bathing. Two companies—the Bureau of His-



HENRY IDDON / ALAMY

torical Investigation and the Bellingham Observers of the Odd and Obscure—offer walking tours that include Fairhaven sites.

Golf: With 12 courses in Whatcom County, there are plenty of greens for avid golfers. One favorite is the Rick Dvorak–designed **Shuksan Golf Club**, whose terrain ranges from steep ridges to gentle meadows, and provides views of Mount Baker. **Semiahmoo Golf & Country Club** and **Loomis Trail Golf Club**, open to the public on alternating days at Semiahmoo Resort, also offer tremendous views. Trees line the fast, rolling fairways at the Arnold Palmer–designed Semiahmoo Golf & Country Club, while the Graham Cooke–designed Loomis brings water into play on all 18 holes.

Hiking: Year-round hiking is a hallmark of Whatcom County, notes Bellingham Whatcom County Tourism. The American Hiking Society and the National Park Service designated Bellingham as a "Trail Town USA" in 1996. Trails take hikers along mountain ridges; by meadows; past lakes,



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Barred owl.

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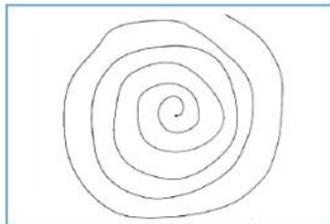
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bays and harbors; to waterfalls; and through an arboretum. Along the 6 miles of trails in the **Sehome Hill Arboretum**, you might see more than 15 species of birds, ranging from woodpeckers and barred owls to the Cassin's vireo songbird.

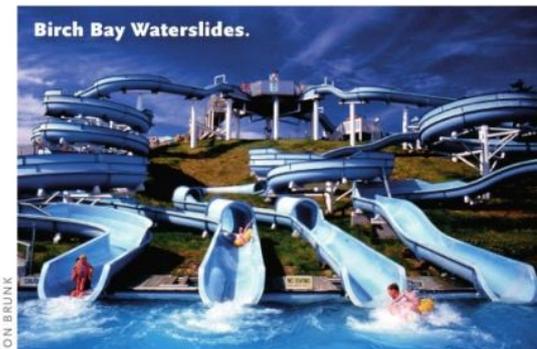
Bellingham Tap Trail: Bellingham is home to seven breweries, with five on the tap trail, launched in September, which provides maps, event listings, beer reviews and more. The Elizabeth Station shop along the trail sells gluten-free bottled beers.



Bellingham Beer Week showcases craft breweries, September 11–20 this year.

Whatcom County also has eight boutique wineries, a mead maker and three distilleries.

Bayside Beauty: More than 300 acres of tidelands can be explored in **Semiahmoo Park**, where visitors often spot waterfowl such as great blue herons. At **Birch Bay**, a 194-acre state park allows camping and has a summer interpretive program. About 3 miles north of the park, **Birch Bay Waterslides** is a popular family attraction, with thrill slides and gentler options. Along



Birch Bay Waterslides.

Bellingham Bay, city-owned green spaces such as Boulevard Park provide pocket beaches and picnic tables from which to watch glorious sunsets. The 2.5-mile **South Bay Trail** runs through the park and also (with a short road section as well as a paved trail) to the Fairhaven Village Green.

Watersports: Paddling tours are available from companies such as **Moondance Sea**



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Puzzle on page 54.

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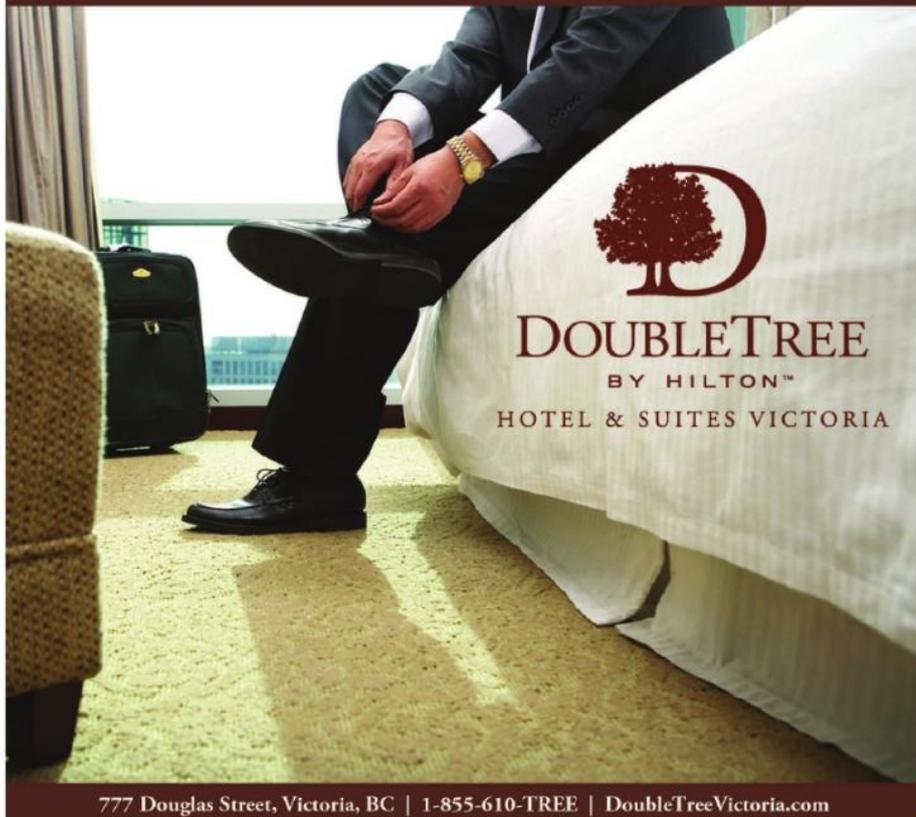
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Kayak Adventures, and **The Community Boating Center** rents sailboats, kayaks, rowboats and paddleboards. It also gives classes and guides summer sunset paddles and a bioluminescence evening paddle. Anglers are hooked by the 20-plus Whatcom County lakes, Nooksack River and six creeks where **fishing** is allowed. In addition, chartered saltwater fishing trips are available.



TAYLOR HODGES

Boat Tours: Seasonal excursions seek sealife such as whales in the San Juan Islands; tour companies include Island Mariner Cruises, Outer Island Expeditions, San Juan Cruises, and the 1924, 160-foot Schooner Zodiac.

Unusual Opportunities: Camel Safari (camel encounter/rides); **Spark Museum of Electrical Invention**; Lynden and Ferndale **u-pick berry farms**; and **Mud to Suds** obstacle race (Aug. 29). ■



BELLINGHAM WHATCOM COUNTY TOURISM

Writer Lauren Kramer is a frequent visitor to the Bellingham area.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Bellingham. For more information on visiting Bellingham and Whatcom County, including events, go to bellingham.org.

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Going Green





Homeowners are choosing sustainability



LINCOLN BARBOUR



By M. Sharon Baker

When “salvage designer” Shannon Quimby and her husband, Glenn Hoffinger, wanted to build a new home on an attractive lot in Portland, Oregon, they first had to get rid of a decaying 660-square-foot bungalow on the site. The couple and a deconstruction team painstakingly saved every nail, plank, toilet and sink from the old building.

Construction crews incorporated the salvaged materials in the new home, such as repurposing the flooring in the old house as flooring and cabinetry for the new house. Reclaimed items such as ceramic electrical insulator knobs were used as drawer pulls. Landscapers incorporated some of the original-foundation chunks and broken-sidewalk pieces into a new patio and garden bench. And Quimby crafted a wine-and-beer-bottle kitchen chandelier from refuse found on the lot.

She also purchased as many eco-friendly materials as

A tour for housing-industry professionals provides a look at a beautiful new home (left), constructed with materials salvaged from a deteriorating bungalow (top). The bungalow was on a lot owned by Portland resident Shannon Quimby (above), who is also a designer, and even created a wine-and-beer-bottle chandelier for her kitchen.



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she could, including energy-saving appliances, dual-flush toilets, LED lighting and a tankless water heater. She bought strong, easy-to-clean, stain-and-scratch-resistant PaperStone laundry-room countertops—made of recycled paper and petroleum-free resin—from Green Depot’s Portland store. She obtained antique lighting sconces and vintage doorknobs from Old Portland Hardware & Architectural, and she chose eco-friendly, zero-VOC paint from Portland manufacturer Colorhouse.

Her all-natural carpets are 100 percent wool, and she used cork for flooring in several rooms. Cork is a renewable resource, harvested from the trunks of trees that remain living to produce more cork, and it is also mold-, insect- and microorganism-resistant, she says.

Her living-room furniture is eco-friendly, too. “I bought my sectional couch at the neighbor’s estate sale and had it reupholstered with burlap I found at Goodwill,” Quimby says. “I also have two swivel chairs in the living room, reupholstered with coffee-bean sacks and denim jeans.”

Green Trend

More and more homeowners are considering sustainability when they build, purchase or remodel a home, and when they choose furnishings for those homes. The number of LEED-certified green residential units worldwide more than doubled, to an estimated 150,000, between 2011 and 2013, and is steadily growing, according to the Washington, D.C.-based U.S. Green

Building Council. Dodge Data & Analytics estimates that the U.S. green-single-family-home-building market alone could be a \$75 billion to \$95 billion market by next year.

Seattle-based Porch.com and Washington, D.C.-based Home Innovation Research Labs partnered in 2014 to gather, review and report statistics from various sources that showed that approximately 25 percent of U.S. remodels had a green emphasis in 2013, with the number of remodeling firms doing largely green work expected to double within the next five years. And a 2013 survey by the Sustainable Furnishings Council showed that 49 percent of respondents were “definitely interested” or “very interested” in buying green home furnishings if the style and cost was about the same as other options.

Homeowners are seeking green homes for reasons such as greater durability, better air quality, lower maintenance costs and a reduction in water use, according to statista.com. Green homes, whether single-family residences, condos, townhouses or apartment units, also benefit the overall environment by reducing energy consumption, pollution, water usage and materials waste.

Even simple steps—such as recycling, choosing energy-saving appliances, using earth-friendly cleaning supplies and purchasing eco-friendly furniture/decor items, or repurposing items from secondhand stores and garage sales—are creating greener abodes. Below are a few more examples of homeowners going green.

Boise homeowner Marjie Jacobs remodeled her house with sustainability in mind, including reusing 75 percent of the original wood for items such as interior walls in the kitchen and the rest of the house.

Remodel

Marjie Jacobs, a retired school social worker in Boise, Idaho, remodeled her approximately 2,000-square-foot 1953 ranch-style home with the help of Josh Bogle, owner of Boise-based Green Remodeling. They gutted the structure and rebuilt it more sustainably, including reusing 75 percent of the wood from the original home.

Jacobs and Bogle also incorporated eco-friendly features such as new insulation that's 42 percent better than code; low-flow plumbing fixtures; zero-VOC (volatile organic compounds) paint; various bathroom counters made of reclaimed, ground-up glass; and even repurposed mahogany doors that had been discarded after the state Capitol Building was remodeled.

"We tried to figure out an economical way to redo the house to make it as green as we could," Jacobs says. The project won the Best Green Residential Remodel honor in the City of Boise's 2011 Building Excellence Awards competition.

Flooring

Susan Diana Harris, owner of Susan Diana Harris Interior Design in San Francisco, designed a brightly colored pattern of Flor modular carpet tiles for a high-impact hallway in a client's Mountain View, California, home. Flor carpet squares can be arranged in custom designs, and are mostly made from renewable and recycled materials, such as discarded fishing nets. They are easy to clean, and are designed to stand up to foot and pet traffic, Harris says, plus an installation system of connecting squares lets homeowners replace individual squares versus the whole floor if a just-can't-get-the-stain-out wine spill or pet accident should occur. In addition, once the carpet is worn out, the homeowner can recycle the whole thing through Flor's Return & Recycle program.

"I prefer to use sustainable materials when possible," says designer Harris.

In the Mountain View home, the long hallway needed a welcoming touch that reflected the homeowners' creative aesthetic, could be carried into other areas of the home, and protected the underlying hardwood floor from the dog, she says.

"I chose Flor carpet tiles because their color palette is so grand that I could create this wonderful design. It wears and washes well, reuses materials sustainably, cuts into curves and other shapes, and covers as much, or as little, of a unique space as you desire."

Another flooring company receiving attention for its products is Shaw Floors, a Berkshire Hathaway-



LUCAS FLANDINSKI

owned business that makes tile and stone flooring with up to 40 percent recycled materials, and also produces EnviroCore hardwood made from post-industrial wood fiber.

Furniture

Eric Duerr, owner of a communications agency in Seattle, and his wife, Darla Cardwell, a musical-theater performer, turned to the Emerald City's Urban Hardwoods for a dramatic yet sustainably produced element for their home on the shore of Lake Washington.

"We love being outside and wanted to bring some of that feeling inside with us," Duerr says. At Urban Hardwoods, they found a long oak bench handcrafted with Oregon-sourced salvaged wood. Urban Hardwoods obtains its wood from trees that required removal due to hazard or declining health. The bench allows the Seattle couple's two young children and many guests to gather around the dining-room table. "The traditional four- or six-chair arrangement felt

A bright pattern of Flor modular carpet tiles enhances a hallway in a Mountain View, California, home.



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stifling,” Duerr says. “We were looking for something that would bring our family and friends together.”

For their living room, they replaced a rectangular steel-and-glass coffee table with a gnarled, one-of-a-kind cedar stump that Urban Hardwoods sourced from Washington. “This is an anchor piece for us,” Duerr says. “We didn’t just get a new coffee table; we got a new living room.”

Another notable company that crafts furniture from salvaged trees is Portland, Oregon–based Urban Timberworks. The company crafts items ranging from doors to dining tables, from countertops to works of art, and will also create custom pieces. After Portland designer Shannon Quimby removed a problematic holly tree in her backyard, she turned to Urban Timberworks to craft the wood into beautiful blond coffee tables and side tables.

“We actively work with arborists hired to remove Portland’s trees, to source the material before it is tossed out, turned to mulch or burned,” says Urban Timberworks co-owner Stephen Aiguier, who also owns the Green Hammer design-build firm. “Our local craftsmen draw on woodworking traditions and techniques from past and modern masters who sought ways to express the inherent beauty of the wood.”



URBAN TIMBERWORKS

Energy

Many homeowners have found that the U.S. government’s Energy Star program is a good place to start when it comes to saving energy. The program identifies, with an Energy Star label, products that meet strict energy-efficiency requirements set by the U.S. Environmental Protection Agency.

You can look for the Energy Star label when you shop, and also consult the Web link energystar.gov/index.cfm?c=most_efficient.me_index, which provides listings in various product categories—including clothes washers, refrigerators, televisions and com-

Portland-based Urban Timberworks crafts handsome items from salvaged urban trees.

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puter monitors—of items recognized as “Energy Star Most Efficient” for 2015. The overall energystar.gov site even has information on various Canadian models.

One of the most visible ways to go green is to switch to solar energy. Janet Perry, a needlepoint expert with a popular Internet blog, had a solar system installed in February 2014 after she moved to Mare Island, about 45 miles north of San Francisco, in 2009. She and her husband had been experiencing high air-conditioning and heating bills in the house, and they finally decided the time and price were right to install a solar system.

“Our total energy bill—gas and electric—has gone from about \$200 a month to under \$50 at most,” Perry says. “We were able to run the air-conditioner much more this summer with it having no effect on our bill.”

The solar roof system was installed by a Solar Universe franchise in California’s Diablo Valley, and cost about \$30,000 before rebates. “With tax incentives and rebates, the savings should be a net gain in less than five years,” she says.

Nationally, residential solar systems have skyrocketed in the past four years, growing, on average, 50 percent annually from 2010 to 2014, says Ken John-

son, vice president of communications for SEIA, the Solar Energy Industries Association. Prices for residential solar photovoltaic systems have fallen 46 percent since 2010, fueling that rapid adoption, he notes.

The Perrys also installed a water-saving Kohler toilet, replacing an old toilet to save an estimated \$75 on their bimonthly water bill. Next on the list was replacing the fescue lawn with drought-tolerant native plants, including California wild rose, Douglas iris and various varieties of California poppies.

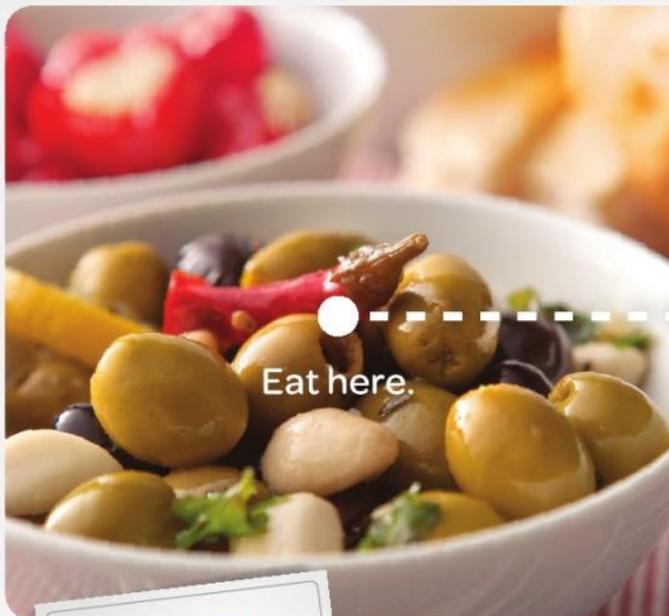
“Last year, we watered the lawn with sprinklers three times a week for 20 minutes, costing us up to \$100 per month,” Perry says. “With drip irrigation and native plants, we’ll water once every 15 days at most during the summer, saving us \$50 or more each month.”

Like many homeowners, the Perrys have discovered that going green can save time and money, in addition to saving the environment. ■

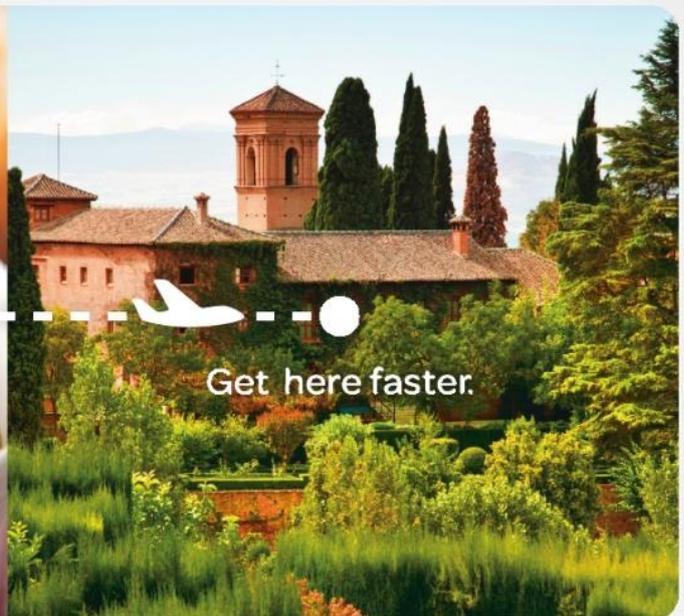
M. Sharon Baker lives in Seattle.



Solar systems have been gaining in popularity for residential use.



Eat here.



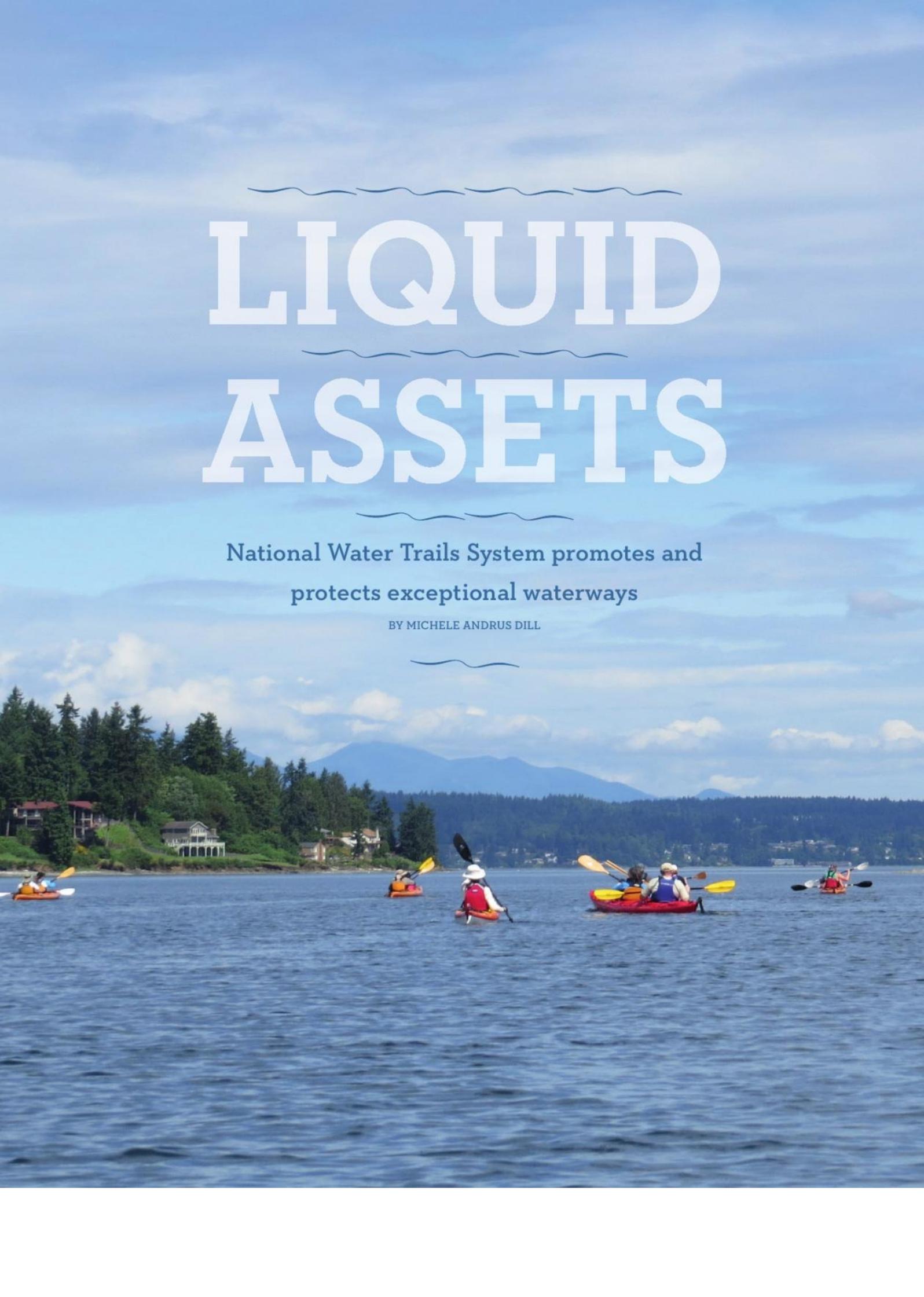
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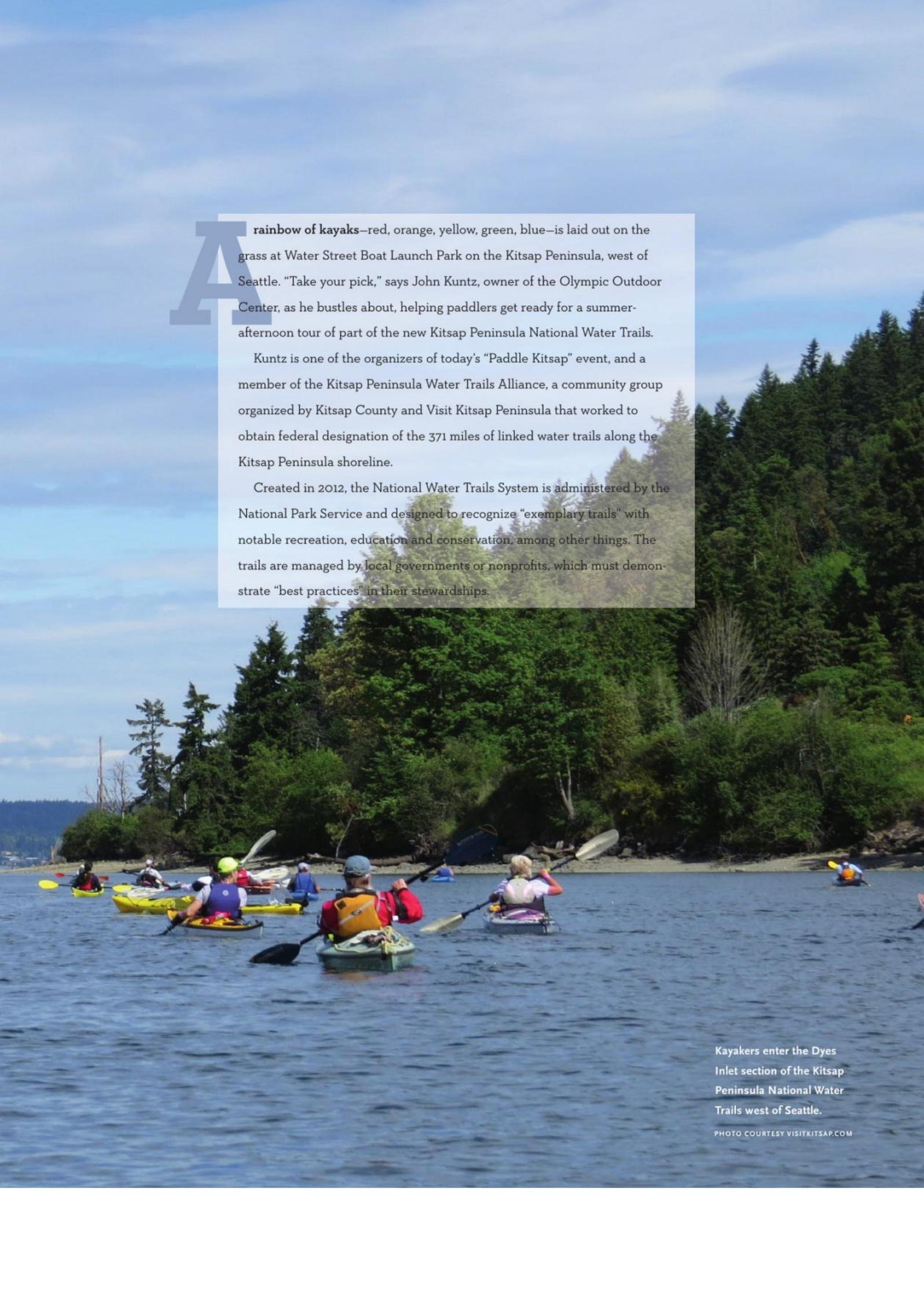
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National Water Trails System promotes and
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BY MICHELE ANDRUS DILL



A rainbow of kayaks—red, orange, yellow, green, blue—is laid out on the grass at Water Street Boat Launch Park on the Kitsap Peninsula, west of Seattle. “Take your pick,” says John Kuntz, owner of the Olympic Outdoor Center, as he bustles about, helping paddlers get ready for a summer-afternoon tour of part of the new Kitsap Peninsula National Water Trails.

Kuntz is one of the organizers of today’s “Paddle Kitsap” event, and a member of the Kitsap Peninsula Water Trails Alliance, a community group organized by Kitsap County and Visit Kitsap Peninsula that worked to obtain federal designation of the 371 miles of linked water trails along the Kitsap Peninsula shoreline.

Created in 2012, the National Water Trails System is administered by the National Park Service and designed to recognize “exemplary trails” with notable recreation, education and conservation, among other things. The trails are managed by local governments or nonprofits, which must demonstrate “best practices” in their stewardships.

Kayakers enter the Dyes Inlet section of the Kitsap Peninsula National Water Trails west of Seattle.

PHOTO COURTESY VISITKITSAP.COM



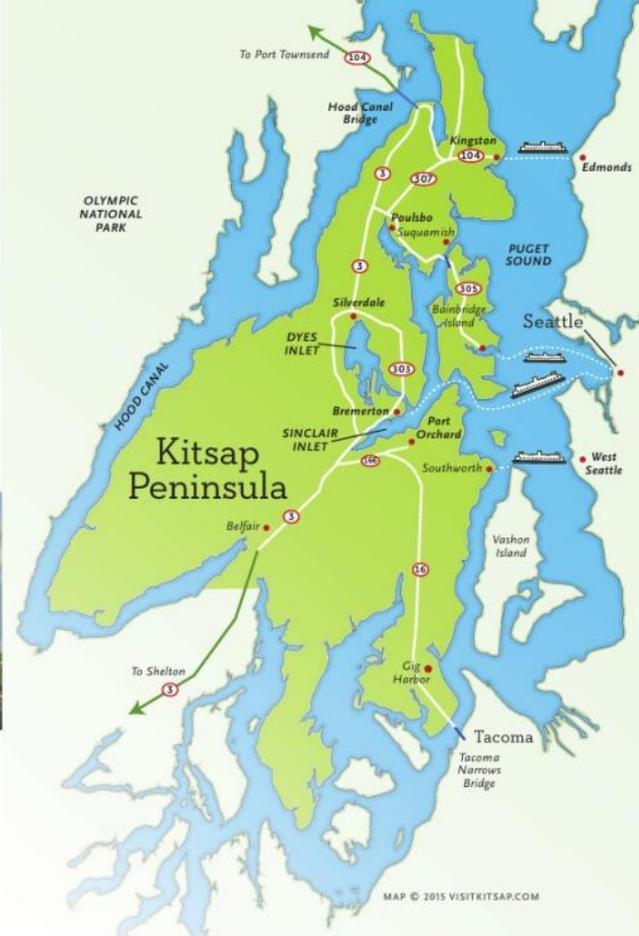
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Alaska



The Kitsap Peninsula Water Trails—designated in June 2014, and managed by Kitsap County in partnership with other local entities—provide the only saltwater paddling among the current 18 federally recognized waterways. The Kitsap Peninsula also boasts the only National Water Trails designation in Washington state, and joins the Willamette River Water Trail in Oregon and the Black Canyon Water Trail in Nevada/Arizona as the only national water trails in the western United States. The trails in all three states offer boating, swimming, fishing, wildlife observation, tours and camping.

(The separate National Recreation Trails system, designed to recognize trails that “connect people to local resources and improve their quality of life,” spotlights 1,200-plus trails—land and water—such as the Cascadia Marine Trail, whose segments, along 2,200 miles of shoreline, include the Kitsap Peninsula Water Trails.)

“A National Water Trails designation draws attention to an area’s unique natural and cultural resources, and emphasizes sustainable use of the trail,” notes Sue Abbott, a staff member in the National Park Service Rivers, Trails and Conservation Assistance program who works on projects in Idaho, Oregon and Washington. Abbott is participating in today’s excursion, the first official paddle along the Kitsap Peninsula route.

Michael and I walk among the tandem-kayak choices, evaluating them based on appearance. “Red? It’s bright and cheerful,” I suggest. “Let’s go for gray—it looks sleek and sophisticated,” my spouse (and paddling muscle) proposes.

About 65 fellow paddlers—from elementary-school

to retirement age—are readying their own kayaks or standup paddleboards, or, like us, making rental-craft decisions, before heading over to a picnic table to pick up snack packs of beverages, bananas, granola bars, potato chips and trail mix. We might not need quite that much sustenance, since we’ll “ride the tide” north from the boat launch in the town of Port Orchard to Silverdale Waterfront Park in the town of Silverdale. It will be an easy 8-mile kayak through Sinclair Inlet, the Port Washington Narrows and Dyes Inlet.

Above: A map of part of the Kitsap Peninsula National Water Trails. Above left: Paddlers enjoy scenery and marine life along various segments of the trails.



willamettewatertrail.org

This 217-mile trail includes the entire length of the 187-mile Willamette River as it flows north from the Coast Range, passing Eugene and going through Portland before merging into the Columbia River. The

trail also includes sections of the Coast Fork Willamette, Middle Fork Willamette and McKenzie rivers.

The trail takes paddlers past many parks and natural areas; rural farming regions; and small and large communities. Paddlers might spot birds ranging from egrets to osprey, and maybe even animals such as black-tailed deer and otters.

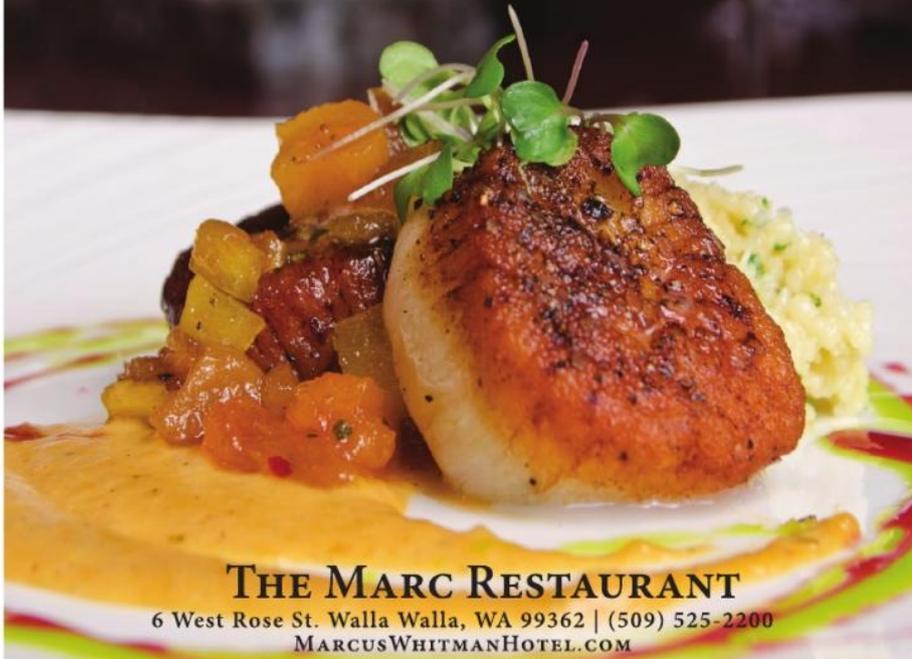
Beginner, intermediate and expert routes are possible.

Willamette Riverkeeper (willametteriverkeeper.org) holds an annual multi-day Paddle Oregon event along part of the Willamette River.

Jetboat cruises, boat tours and dinner cruises are also offered along the Willamette. For more information, see travelportland.com.

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Michael and I are celebrating my birthday by celebrating this part of the scenic new Kitsap Peninsula Water Trails. When an 84-degree day was forecast, I knew this tour was how I wanted to mark another year—with an invigorating yet relaxing afternoon of quality time together.

I stop mid-paddle to point out diving ebony cormorants and a gliding great blue heron.

A cheer goes up when all of the kayaks have been carried down to the beach and the group is ready to launch. One by one, each single or tandem craft slides into the water. The sun warms my shoulders as my husband and I smoothly sync our strokes, although I soon stop mid-paddle to point out diving ebony cormorants and a gliding great blue heron.

On the north shore of Sinclair Inlet, we can see still-in-service submarines and decommissioned aircraft carriers at the Puget Sound Naval Shipyard. Nearby is Washington State Ferries' Bremerton Terminal, where boats arrive with passengers who boarded in Seattle.

Waves roll toward us from the ferry as it turns north in front of our paddling group to dock, and Michael skillfully maneuvers our kayak prow to meet the swells while remaining a safe distance from the big boat. I start to compliment him on his steering skills, but I'm interrupted by a big "BOOOOOOM!"

"What in the world is that?"

Looking east down Sinclair Inlet, I see the towering masts and huge white sails of the *Lady Washington* and the *Hawaiian Chieftain* tall ships, which are staging a mock cannon battle. The ships, owned by the Grays Harbor Historical Seaport Authority in southwestern Washington, travel the West Coast, offering tours, battle sails, adventure sails and evening sails. The *Lady Washington* is particularly famous, having appeared in films such as *Pirates of the Caribbean: The Curse of the Black Pearl*.

Paddling past the ferry dock and near

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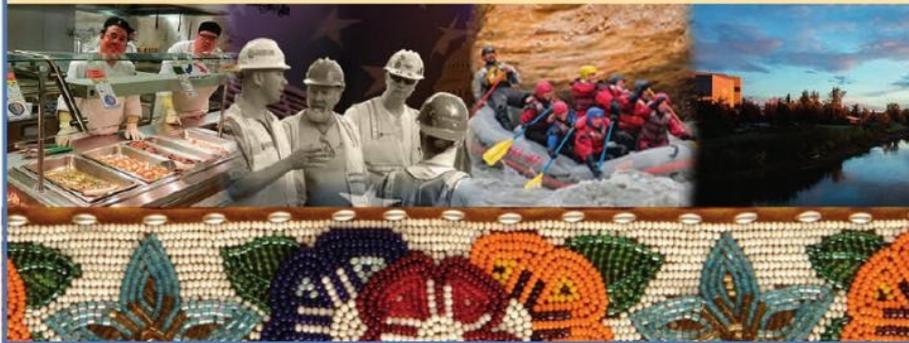
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the adjacent Bremerton Marina, Michael and I pause for a better view of the USS *Turner Joy* Navy destroyer permanently anchored at the eastern end of the marina. The 1958 ship, which was built in the Puget Sound area and served in the Vietnam War, is open for tours.

As we turn north into the Narrows, Michael reminds me that gray whales and orcas are sometimes spotted in this area and elsewhere around the peninsula.

Near Evergreen Rotary Park—home to the seasonal Thursday Bremerton Farmers Market—I'm thrilled to see a blue-belted kingfisher swoop down to nab a fish.

The Narrows widen into Dyes Inlet,

blackcanyon-watertrail.org

Black Canyon National Water Trail

Attractions along this 30-mile south-flowing Colorado River/Lake Mohave trail, which runs along the Nevada and Arizona border in the **Lake Mead National Recreation Area**, are numerous and varied. They include Hoover Dam (at the trail's usual starting point); rugged cliffs towering up to 2,000 feet above the river; Sauna Cave; Arizona Hot Spring; Class I Ringbolt Rapids; the Willow Beach National Fish Hatchery; and the Monkey Hole formation.

Bald eagles sometimes soar the skies over the canyon, and visitors might also see mergansers, rock wrens, western tanagers—and desert bighorn sheep.

Many outfitters offer guided paddling tours, while an easy-does-it way to experience the water trail is via a **Black Canyon River Adventures** motorized-raft tour. The rafting tour and many paddling tours offer transportation from various Las Vegas hotels.

Go to nps.gov/lake, lvcva.com and visitarizona.com to learn more about the Lake Mead National Recreation Area.

The Kitsap Peninsula Water Trails Festival, June 27, will take place at Silverdale Waterfront Park, and will include standup-paddling and sea-kayaking demonstrations; games; and an organized paddle from Bremerton's Evergreen Rotary Park to Silverdale. Paddle Kitsap is an annual event, occurring August 15 this year (olympicoutdoorcenter.com).

once called caqəd by the Suquamish people, and renamed by U.S. Navy officer Charles Wilkes, who entered the inlet in 1841 and chose to honor his expedition's assistant taxidermist, W.W. Dyes. Periodically while we're paddling, seals pop their heads up to see what's going on, and at one point Michael turns our kayak to the south to provide a stunning view of Mount Rainier, just as spectacular as the Olympic Mountains we can see to the west.

Mostly, though, we just enjoy the sunshine ... and the water, which is sapphire-blue today ... and the rhythm of our paddling ... and the opportunity to talk with each other or drift peacefully.

All too soon, the three-hour paddle is over, and we pull up on the rocky beach at Silverdale Waterfront Park. Volunteers from Visit Kitsap Peninsula have a barbecue going as part of the paddling-event festivities, and we sit on a bench, savoring Polish sausages and water-trails-celebration cake as the sun descends in the sky.

"It's nice that they have cake in honor of your birthday," Michael jokes.

"I'm happy to share it with the birth of the new water trails," I tell him with a smile. "It was a fantastic paddle." ■

Michele Andrus Dill is the magazine editor.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Seattle, gateway to the Kitsap Peninsula Water Trails, and to numerous other cities that are gateways to National Water Trails explorations (nps.gov/watertrails). For more information on the Kitsap Peninsula Water Trails, go to visitkitsap.com/kpwatertrails. Visitors can reach the Kitsap Peninsula via one of four Washington State Ferries routes or via the Tacoma Narrows Bridge.



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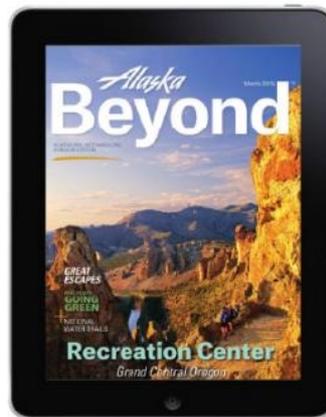
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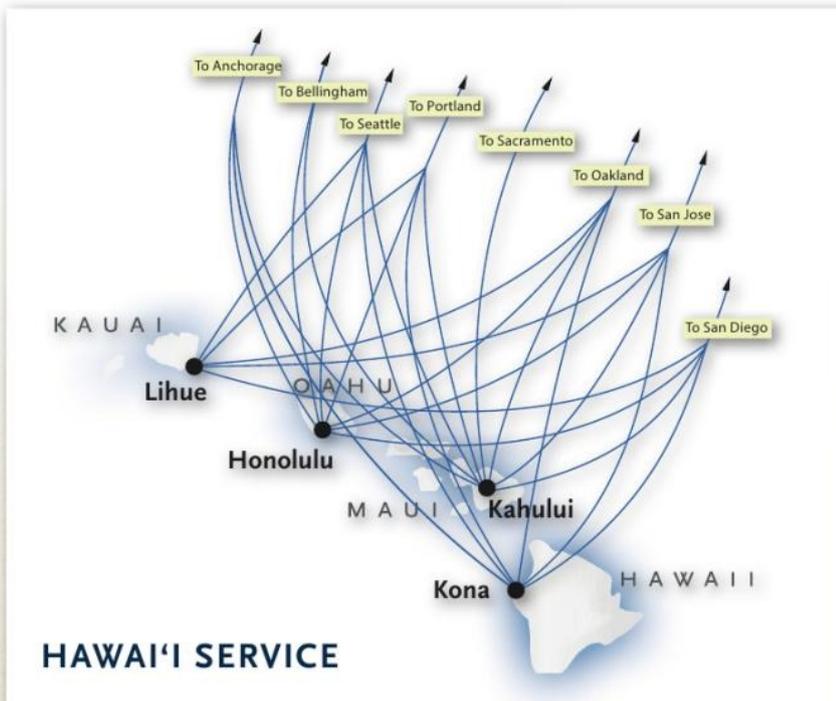
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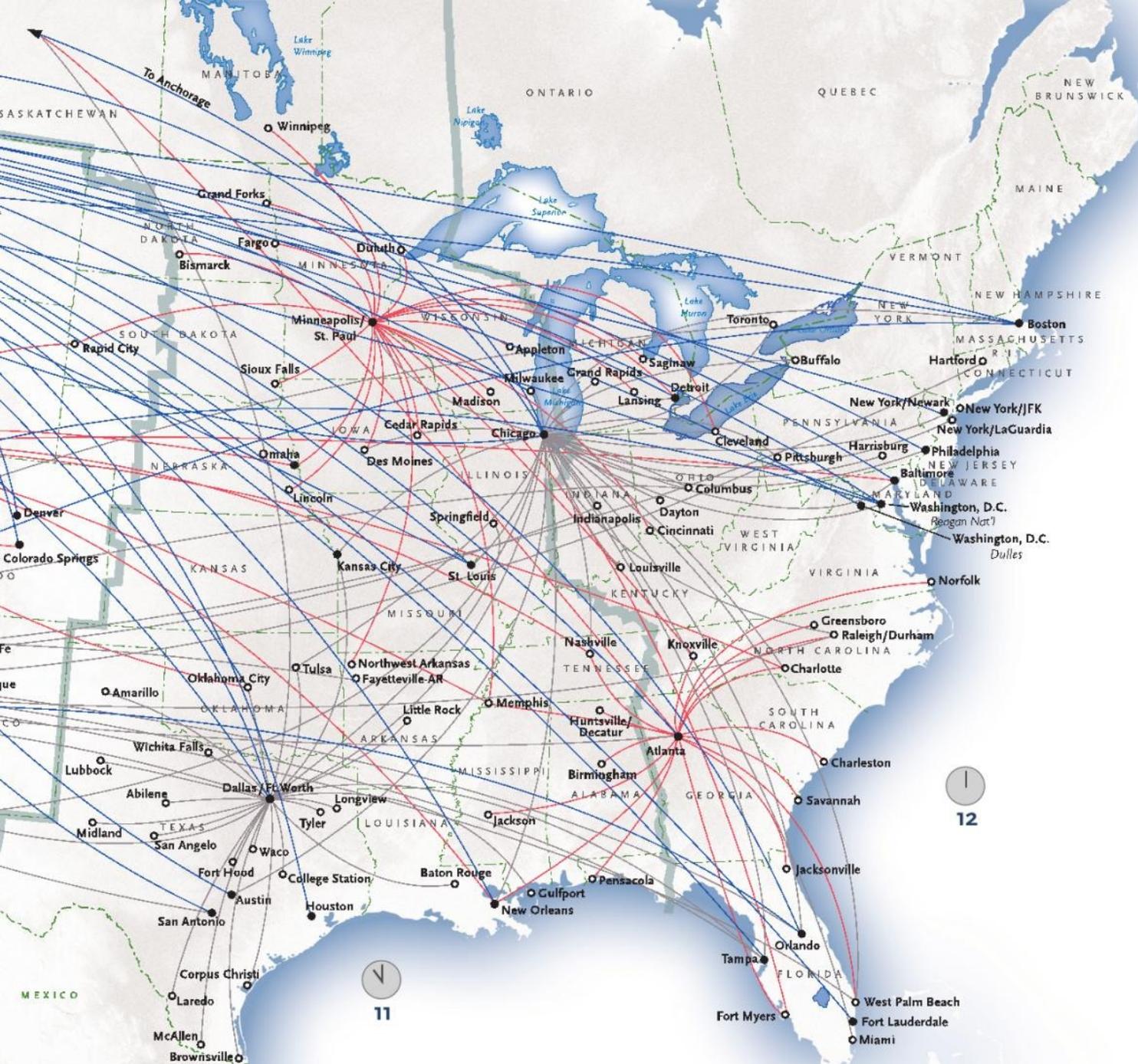
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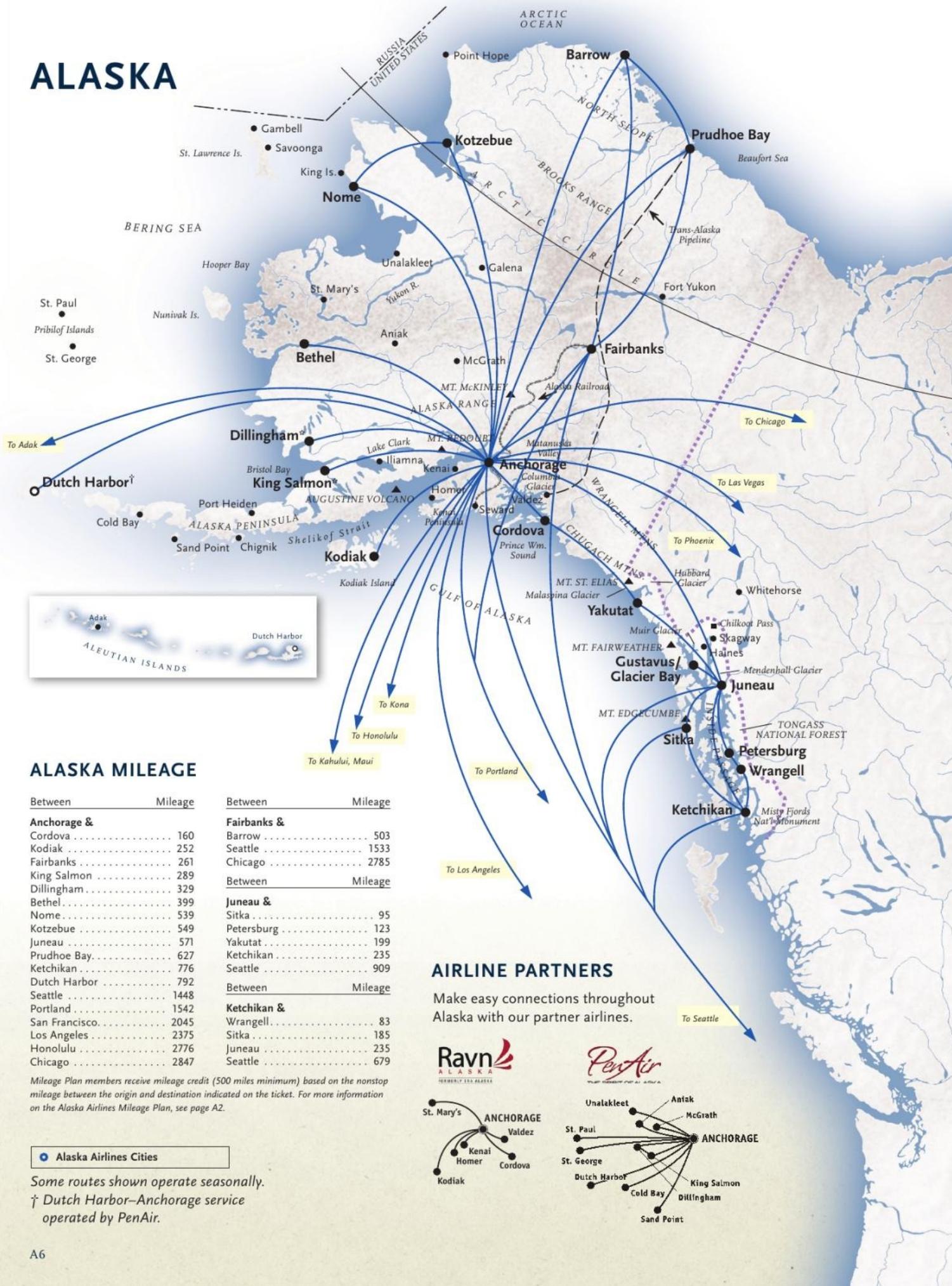
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Seattle-Washington/Dulles	March 11, 2015
Portland-St. Louis	July 1, 2015
Seattle-Milwaukee	July 1, 2015
Seattle-Oklahoma City	July 1, 2015

ALASKA



ALASKA MILEAGE

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

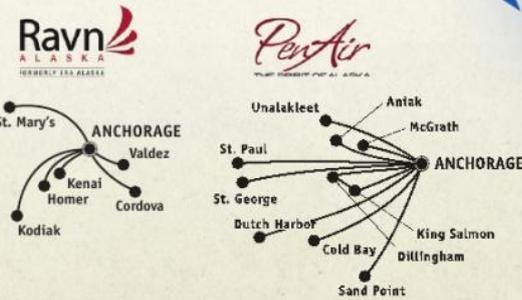
Mileage Plan members receive mileage credits (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

● Alaska Airlines Cities

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

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CUSTOMS AND IMMIGRATION

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

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

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption)
- Lines 5, 6 — If not using a passport, leave these lines blank
- Line 9 — Enter "AS" for Alaska Airlines
- Sign at the "X"



DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

Datos de ayuda

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

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

Datos de ayuda

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

FMM

Who must complete this form?

All travelers except citizens of Mexico

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México



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.



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



AIRPORT GATE LOCATION MAPS

Seattle/Tacoma International Airport (SEA)



Portland International Airport (PDX)



Los Angeles International Airport (LAX)



San Francisco International Airport (SFO)



What's that in the air?

Must be baseball | BY JIM GULLO

What was it, I wonder, that made me wake up early last week and think that my arm was feeling pretty good? “I bet I could strike out Tim (my archrival in several sports) with a Wiffle ball,” was my first sentient thought.

Lying in bed, I pictured how I'd throw him heat, high and tight, twice; tie up his arms; bust him inside so that the best he could do was foul the pitches off. And then a slider away to finish him.

I don't care that he's 10 years younger and 50 pounds lighter than me, and that he was a Division I college ballplayer in his day, and I wasn't. “We can strike him out,” my shoulder whispered. “We still have something left in the old wing. We have another season in us.”

What was it that made my youngest son, Henry, rummage through the toy chest the other day and come out with the long-forgotten plastic box that held a miniature green-felt baseball diamond and plastic ballplayer figurines? He had plenty of other toys with which to play—fire trucks and *Star Wars* characters and the Transformers action figures that he got for Christmas. Why the ballplayers? Which he lined up on the base paths and put through an imaginary game that he narrated in a voice that would have made Vin Scully proud.

Why did I rummage through the back of my sweater shelf in the closet to find the old, stiff glove that Randy Johnson signed for my eldest son, then a little boy, many years ago when I happened to be on hand while Johnson was shooting a commercial? I haven't felt any particular need to see that mitt in quite some time. The glove and signature may actually be worth something now that The Big Unit has been voted into the Hall of Fame (his induction, along with those of the great Pedro Martinez and John Smoltz, will take place in Cooperstown in July). But I'm not selling the mitt. I just wanted to feel it in my hand, pound the webbing a little bit, and admire the autograph across the palm that we got when Johnson could hardly find the plate with his wicked fastballs, much less baseball immortality.

Why is it that retired University of Washington politics professor Don McCrone's eyes light up when, late in my conversation with him about the vineyard he and his wife, Carole, planted in

Oregon's Willamette Valley in 1992, I change the subject to baseball? He launches into a story.

“It was 1979, our first week in Seattle, and we're at the Kingdome [the former Seattle Mariners stadium],” he begins, remembering the scene as if it happened yesterday. “Two outs, top of the ninth, and the Mariners clinging to a one-run lead. Runner on second. And the guy singles to center. Ruppert Jones charges, comes up with the ball and fires a strike to the catcher, who tags out the runner. And the whole place erupts. ‘RUPPE! RUPPE!’ they cheer.”

For those of you who don't know Ruppert Jones, he was a rookie Kansas City Royals outfielder who was selected by actor Danny Kaye, then a part owner of the Mariners, as the first overall pick in the 1976 expansion draft, when the Mariners were putting together the roster for their first season. Jones hit 24 home runs and 76 RBIs in 1977. He had to have an appendectomy in June the next year, but in 1979, he hit 21 home runs and 78 RBIs, and remains a Seattle “10th-man” favorite.

Why is it that my friend Dave, an otherwise rational fellow who lives in Tucson, is once again convinced that if the New York Mets can

just coax another great season out of David Wright and keep the young arms healthy, and maybe come up with another left-handed bat, the team actually has a chance in the National League East?

Why do I think the same thing about the Mariners in the American League West—hoping that this season they might find a first baseman with some pop (come back, Tino Martinez, all is forgiven!) and dreaming of them running down the Angels?

It's spring, that's why. Baseball is starting again. Everybody's team has a record of zero-zero and is thus on top of the standings. Henry can hit a plastic ball over the roof of our house if I pitch it to him just right; he'll be starting T-ball soon. I still have some zip left in my arm and can't wait to test it against my friend Tim. The Dodgers' Clayton Kershaw and the Giants' Madison Bumgarner are going to reach new levels this season, you'll see, and I predict Dodgers-Mariners in the World Series six months from now.

It's baseball, and it's back. Everything will be going my way. See you at the ballpark.

Jim Gullo lives in the Portland area.



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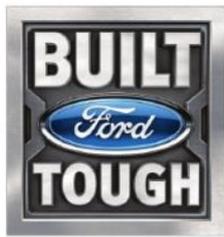
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