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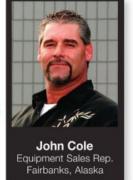
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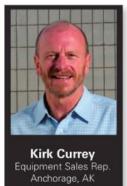
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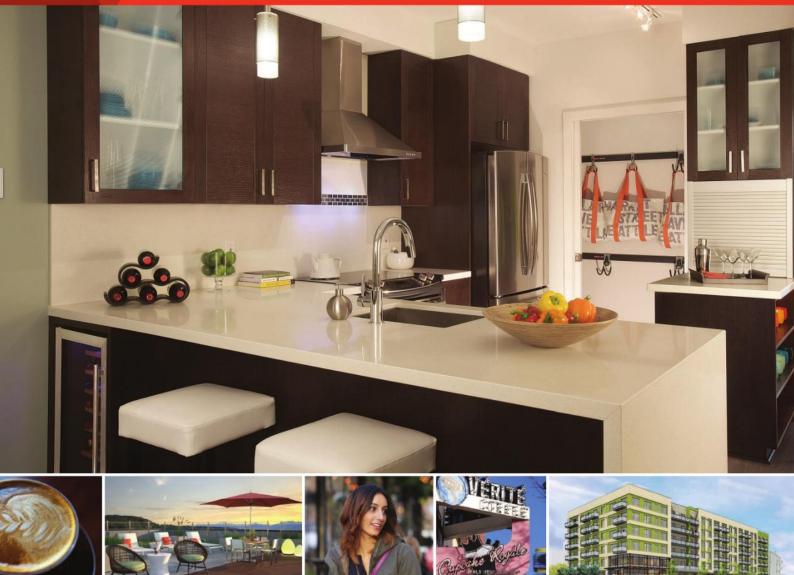




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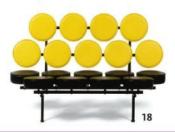
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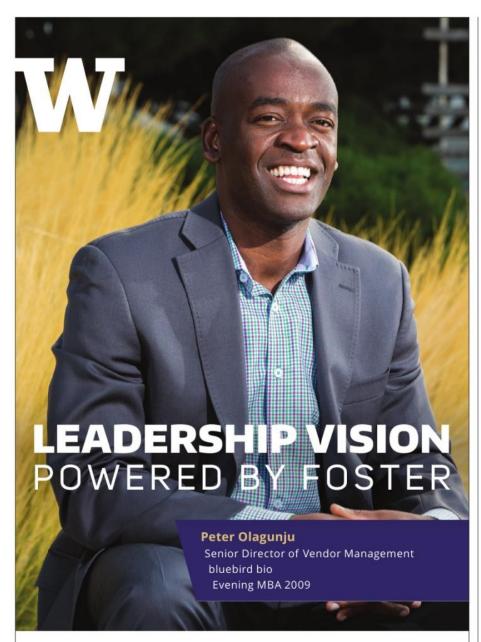
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Spirit of Alaska



Brad Tilden, Chief Executive Officer

A WORLD OF GOOD

As we celebrate this season of giving, all of us at Alaska Airlines are honored to feature Melinda Gates in this issue of our magazine. Melinda and Bill Gates have been incredibly successful in their lives—success that is perhaps matched only by their incredible generosity. The Bill & Melinda Gates Foundation has become the world's largest private philanthropic foundation. Their focus is on global health, global

development, U.S. programs (primarily related to education) and global policy. Their work is based on the simple, but important, principle that all lives have equal value.

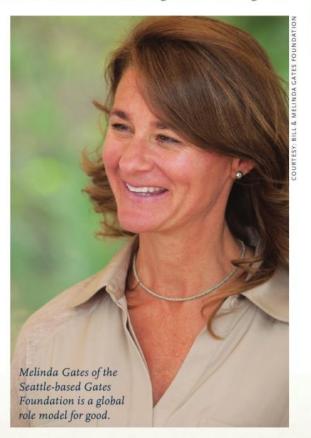
Started in 2000, the Foundation has had a profound impact on people around the world. I hope you enjoy reading about it, and also reading about Melinda's interest in helping women of all ages. Her philosophy of pushing "upstream" to find solutions to challenging global issues is proving as effective as it is inspirational.

While the scale may be different, this spirit of giving regularly comes to life at Alaska Airlines. We're doing more and more from a company perspective to give back to the communities we serve. But it's really the employees of Alaska who are leading the way. From our sixth-annual Pack the Plane food drive this month to thousands of hours volunteered with local charities, to innovative new approaches for helping those with physical challenges to more comfortably travel by air, our team is doing a lot of good. I am immensely proud to be part of a community here at Alaska Airlines that truly understands how to give back and serve others.

This December issue of our magazine is dedicated to those doing good in our world. It is fitting, then, to have one of the world's most dedicated philanthropists, Melinda Gates, on our cover, as well as featured in an exclusive interview that begins on page 42. In their own words, the Gates Foundation is "focused on the areas of greatest need, on the ways in which we can do the most good."

Theirs is generosity on a stunning scale, and their impact on the lives of people around the world is—and will continue to be—profound. Melinda, we are deeply honored to feature you and your work in this magazine, and we are grateful to you and everyone at the Gates Foundation for your amazing generosity.

To you, our customers, I hope you'll be as inspired as



I was by the article on Melinda. Thanks for flying with us, and our best to you and yours from all of us at Alaska and Horizon this holiday season.

Brad Tilden Chief Executive Officer

Buch

El Espíritu de Alaska



Brad Tilden, Jefe Ejecutivo

UN MUNDO DE BIEN

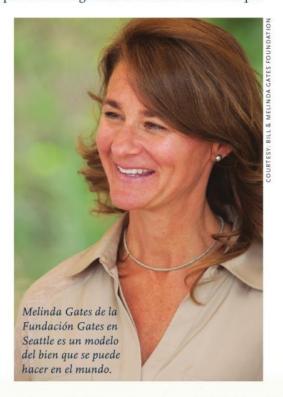
Al celebrar esta temporada de dar, todos nosotros en Alaska Airlines nos sentimos honrados en presentar a Melinda Gates en esta edición de nuestra revista. Melinda y Bill Gates han sido increíblemente exitosos en sus vidas—un éxito que únicamente podría ser igualado a su increíble generosidad. La Fundación Bill & Melinda Gates se ha convertido en la fundación filantrópica privada más grande del mundo. Su enfoque

se centra en la salud mundial, el desarrollo global, programas de Estados Unidos (principalmente enfocados en la educación), y políticas a nivel mundial. Su trabajo se basa en el simple, pero importante, principio de que todas las vidas tienen igual valor.

Creada en 2000, la Fundación ha tenido un profundo impacto en la gente de todo el mundo. Espero que disfruten al leer sobre ella, y también sobre el interés de Melinda para ayudar a las mujeres de todas las edades. Su filosofía de impulsar "hacia arriba" para encontrar soluciones a los problemas mundiales más desafiantes ha resultado ser tan efectivo como lo es inspirador.

Mientras que la escala puede ser diferente, el espíritu de dar renace frecuentemente en Alaska Airlines. Estamos haciendo más y más desde la perspectiva de la empresa para aportar a las comunidades que servimos. Pero en realidad son los empleados de Alaska quienes están liderando el camino. Desde nuestra sexta campaña anual de recaudación de alimentos, conocida como "Pack the Plane" durante este mes, las miles de horas de nuestros voluntarios en organizaciones benéficas locales, y los nuevos e innovadores enfoques para ayudar a las personas con alguna discapacidad física a viajar por aire más cómodamente, nuestro equipo está haciendo mucho bien. Me siento inmensamente orgulloso de ser parte de una comunidad aquí en Alaska Airlines que realmente entiende el significado de dar y servir a los demás.

Así pues, la edición de diciembre de nuestra revista está dedicada a todos aquellos que hacen el bien en nuestro mundo. Es apropiado, entonces, presentar en su portada a uno de los filántropos más dedicados del mundo, Melinda Gates, además de una entrevista exclusiva en la página 42. En sus propias palabras, la Fundación Bill & Melinda Gates está "enfocada en las áreas de mayor necesidad, en las formas en que podamos hacer el mayor bien." Su generosidad tiene una escala



impresionante, y su impacto en la vida de las personas en todo el mundo—es y seguirá siendo—profunda. Melinda, estamos profundamente honrados de que nos permita presentarla a usted y su trabajo en esta revista y estamos agradecidos con usted y con todos los que forman parte de la Fundación Bill & Melinda Gates por su increíble generosidad.

Para ustedes, nuestros clientes, espero que se sientan tan inspirados como lo estoy yo con el artículo sobre Melinda. Gracias por volar con nosotros, y nuestros mejores deseos para usted y los suyos de todos nosotros en Alaska y Horizon esta temporada de vacaciones.





REACHING THE SUMMIT OF ULTIMATE HEALTH

If perseverance had a name, it might be pronounced "Kurt Hunter." Kurt's climb from the low point of his health to peak physical performance is a testament of how faith and willpower can conquer insurmountable obstacles.

At age 40, Kurt had enjoyed life to the fullest with no real sense of how to take care of himself. He ate whatever he wanted, played a little golf and considered himself to be "normal" until the day he found himself at 310 pounds – off the charts for a man who is six feet tall.

Kurt's doctor told him that he had type 2 diabetes, extremely high blood pressure, high triglycerides and high cholesterol, and that his lifespan would be limited, even if he started taking a handful of drugs.

Faced with his own mortality, Kurt chose an alternative route – 20/20 LifeStyles. It immediately impressed him because it was more than just a weight loss plan. It was a complete lifestyle program supervised by renowned cardiovascular surgeon, Dr. Mark Dedomenico, along with a team of doctors, dietitians, personal trainers and counselors. That decision saved Kurt's life. He lost 110 pounds, cured his diabetes, high cholesterol and high blood pressure – all without taking a single medication.

Kurt went from a guy who had trouble climbing stairs to climbing some of the highest mountains in the world, including Mr. Rainier. He then took on the challenge of joining a climbing team on Mt. Everest in 2014, serving as the expedition's Base Camp Manager, a job which had devastating consequences. On the first day of the climb, Kurt was on the radio to his Sherpa team when an avalanche swept

through the climbing route, killing sixteen mountain workers – the worst disaster in the mountain's history.

Kurt heard the horror of the casualties of three members of his team as they occurred and was an eye witness to the terrible avalanche. To go from the heights of a dream expedition to the depths of witnessing tragedy threw Kurt into deep depression. His life hit an emotional roadblock. He stopped exercising, let his diet slip and soon found himself back up to 243 pounds.

Realizing he had to get his life back, Kurt decided to seek the comfort of the discipline he understood – 20/20 LifeStyles. As he returned to the familiarity of the program and the expert guidance of 20/20 LifeStyles personnel, Kurt nailed his goal weight of 200 pounds and regained his positive outlook on life. While re-training, he missed another Everest expedition, in May 2015, in which the team doctor with whom he would have been working side-by-side was tragically killed as a result of the earthquake in Nepal.

Saddened but undaunted, Kurt decided to continue his assault on the world's highest peaks. To add to his list, after climbing Denali in Alaska, Mt. Aconcagua in Argentina and working twice at Mt. Everest base camp in Nepal, Kurt just climbed Africa's Mt. Kilimanjaro – a vow he made soon after 20/20 LifeStyles originally helped him turn his life around in 2004. Congratulations, Kurt!



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Renowned cardiovascular surgeon **Dr. Mark Dedomenico** created 20/20 LifeStyles over 20 years

ago to help people struggling with obesity-related metabolic disorders such as high cholesterol, diabetes and hypertension.









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The Art of Hair Restoration

Artistry is what you get when you see Dr. Brian Goertz. As a board certified hair transplant surgeon and the founder of Hair Transplant Seattle, he takes great pride in his artistry of creating natural hairlines, achieving amazingly natural results and helping his patients regain the appearance they've been looking for.



Brian O. Goertz M.D. Founder of Hair Transplant Seattle

Patients meet directly with Dr. Goertz who takes a very holistic approach to caring for his patients. He counsels each individual on appropriate diet and supplements not only for their "hair health" but also for their general well-being and longevity.

Today there are still many misconceptions about hair transplantation, the results that can be achieved and the process by which the procedure is performed. With Dr. Goertz those misconceptions are gone; people will only know you've had a hair transplant if you tell them.

"It is important for today's patients to understand that the results that can be achieved can look completely natural and amazing when done properly," says Dr. Goertz. But patients should not be fooled with promises of new machines or instruments doing hair transplants. "The instruments are developed to aid the doctor," says Dr. Goertz. "Ultimately, natural results are achieved by the surgeon who has the surgical and aesthetic skill to create results that are completely natural." When a hair transplant can pass the scrutiny of a hair stylist, you know you have a great hair transplant. "Dr. Goertz has an eye for artistry in making it look natural, which is why I refer my clients to him," says David Cheung, master designer and owner of MARGIDAVID SALON in Seattle.

"My goal is to be sure that my work is completely natural and undetectable," says Dr. Goertz. "I recently had a physician come to me because a mutual patient finally revealed to him that he'd had a hair transplant. When that physician realized that he couldn't detect the transplanted hairs, he decided to come in for his hair transplant. It is a great compliment when a physician chooses me as the hair transplant surgeon for themselves and their patients."

Hair transplantation is not just for men. Many women also experience hair loss or are born with a high hairline that can be treated with hair transplantation. As difficult as it is for men to lose their hair, women often suffer in silence experiencing emotional pain. After all, society tells us that women are not supposed to lose their hair. Hair transplantation can make

a dramatic change in a woman's life. In some cases, hair transplantation is even appropriate for children with areas of hair loss caused by trauma, burns or radiation treatment. Hair transplantation can also be performed for eyebrows, sideburns, mustaches and beards.



Eyebrow Transplantation Before & After

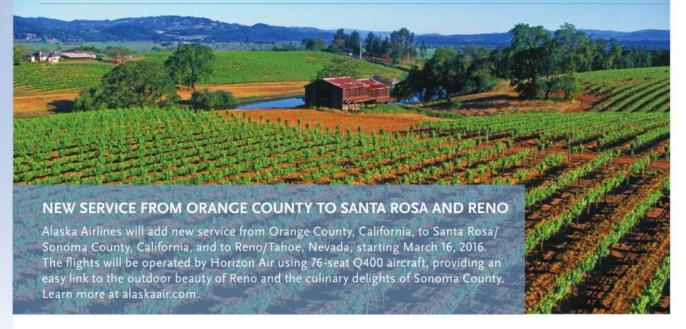
Whether you are a man, woman or child, Dr. Goertz is dedicated to creating results that are so natural that the only way someone will know you have had a transplant done is if you tell them.

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WHAT'S NEW





SECOND BOARD ROOM OPENS IN SEATTLE

Alaska opened its second Board Room at Seattle-Tacoma International Airport in November. Located in the airport's North Satellite terminal between gates N1 and N2, the new Board Room boasts a modern look, great views, award-winning customer service, and warm and delicious pancakes from Alaska's famous pancake machine.

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Going for that extra legroom is easier than ever on Alaska's award-winning mobile apps. When you're checking in for a flight, the app will offer the chance to upgrade your seat in just a few easy steps. Alaska's mobile apps also help you reach your destination faster. The app will alert customers who are within one mile of certain airports when there is an earlier flight available. Participating locations include Seattle, Portland, San Francisco, Spokane, Los Angeles, San Jose, Las Vegas, San Diego and Boise.



FOCUS ON SUSTAINABILITY

Alaska is the most fuel-efficient carrier for the fifth year in a row

Alaska Airlines ranked No. 1 in fuel efficiency for U.S. airlines in a report recently released by the International Council on Clean Transportation (ICCT), an independent, nonprofit research organization based in Washington, D.C.

This is the fifth year in a row that
Alaska has ranked No. 1 in the ICCT
studies. Alaska led all 13 major U.S. carriers in 2014, outperforming the least fuel-efficient carrier by 25 percent.

Key contributors to the ranking included the airline's young



Boeing 737 and Bombardier Q400 fleets; aerodynamic improvements such as split-scimitar winglets; and innovative flying efficiencies such as the Greener Skies procedures employed for more precise landings using Required Navigation Performance (RNP) techniques pioneered by Alaska Airlines. The airline also is

saving energy on the ground with new operational measures that reduce idling at the gates and with the use of electric ground-support vehicles.

PEOPLE BEHIND THE SPIRIT

Wired for Service

Each year, Alaska Airlines recognizes a handful of its most celebrated employees as Customer Service Legends—the airline's highest honor. We invite you to learn about one of our Legends, Information & Technology Field Services Manager Jeff Monroe.



Jeff Monroe, Alaska Airlines Legend

Four days before an Alaska Airlines jetliner pushed back from an LAX gate to begin the airline's inaugural flight to Liberia, Costa Rica, Jeff Monroe breathed a sigh of relief. New phones for the ticket counter in Liberia had finally arrived after days of delays and the installations that morning had gone well. Phone calls from Seattle sounded as if they were coming from the next room. Computer terminals, printers, radios-everything in the intricate network of electronics needed for an airline station was finally starting to fall into place, and the introduction of service to Alaska's first new international destination in 25 years would roll out smoothly.

That's the way it typically works for Jeff, Alaska's information & technology field services manager for the southern United States, Mexico and Hawai'i. Organized, patient, resourceful, he's a go-to technician critical to the airline's everyday operation, whether he's setting up a new facility or helping one recover from the unexpected. When a hurricane shut down

airport operations in Los Cabos, Mexico, Jeff supported Alaska IT Field Services staff from Seattle, Anchorage, Portland and Phoenix to help restore communications within hours—communications that were vital to not only the airport, but to local recovery efforts, as well.

Jeff is a respected manager who knows he needs to earn people's trust. Co-workers note his outgoing personality and infectious enthusiasm, and say he always comes to the table with a positive attitude.

Randy Daymunde, a senior field services specialist, tells how Jeff jumped in when a hurricane hit Hawai'i a few years ago. Randy says he was ensuring that the company's equipment was safe and undamaged when Jeff asked him to call the customer service managers at each station to first make sure that employees at the airports were safe. The equipment could be replaced, Jeff told him, but the people couldn't.

During a 2008 winter storm that brought Portland to a standstill, Jeff and

his wife brought pizzas to PDX for stranded passengers and co-workers.

Jeff grew up in Flagstaff, Arizona, got his communications training in the Air Force, and joined Alaska in 1983 in Phoenix, where he managed communications for the airline's Southwest U.S. and Mexico operations. He transferred to the Portland station in 2000. He is as old-school as he is hi-tech. At home, he's a ham radio operator. Around the office, he'll help with a flight-crew iPad, or help with the airline's newest technology, such as self-tag baggage systems or the company's experiments with fingerprint readers for passenger check-in.

Jeff is quick to deflect credit to other people more knowledgeable in specialty technical areas than he is. In fact, one of his greatest assets, he says, is knowing who to call and when. It's about helping people so they can do their jobs better, with the tools they need to be efficient, he says. "When they need something and I can help right away, that really makes my day." —Paul Frichtl

VOLUNTEER SPIRIT

Reaching Out to the Future

Last month, leaders at Alaska met with nearly 600 students at the University of Washington as part of Alaska Airlines Day. The event was geared toward giving business students an opportunity to make connections and to gain insights into the Seattle community and its importance to the future of the airline.

"This kind of engagement aligns with Alaska's values of engaging youth in the education arena," says Joe Sprague, senior vice president of communications



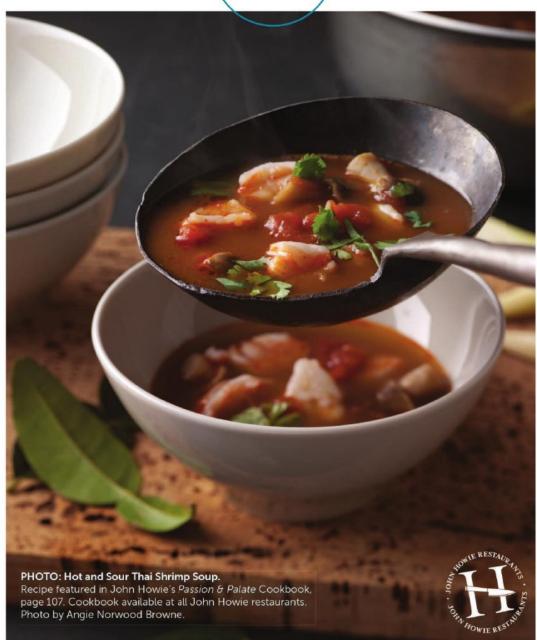
Alaska leaders meet with business students at the University of Washington.

and external relations.

He and other airline representatives focused on exchanging ideas and networking with students from the Michael G. Foster School of Business and its Executive Master of Business Administration program.

"The opportunity provided us with a glimpse of the type of leadership and talent that UW is developing," says Brandon Pedersen, executive vice president of finance and chief financial officer.







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CHICAGO, IL

MAKING THINGS POP

A fresh perspective on popular art and design from the 1950s, 1960s and 1970s is being presented at the Museum of Contemporary Art Chicago via the concurrent exhibitions "Pop Art Design" and "The Street, the Store, and the Silver Screen: Pop Art from the MCA Collection," both showing December 19, 2015, through March 27, 2016.

Installed in adjacent galleries, the paired exhibitions explore relationships between two-dimensional Pop Art works (prints, paintings and photos) and three-dimensional designed objects connected to the style. Museumgoers can reflect on masterpieces such as Andy Warhol's print Campbell's Soup Cans II

(1969) and commercial designs of the era such as *Marshmallow, Sofa* (1956) by George Nelson.

"Pop Art Design" will display more than 150 pieces, including artworks as well as examples of furniture, lamps and other decorative objects. "The Street, the Store, and the Silver Screen" will showcase the museum's own Pop Art works.

Visit mcachicago.org or call 312-280-2660 to learn more. — Francesca Steele

Also at the MCA Chicago ...

"Surrealism: The Conjured Life," through June 5, 2016; 100-plus paintings, drawings, photographs and sculptures from the avant-garde art movement.

LOS ANGELES, CA

An Automotive Classic Gets a Tune-Up

A revved-up facade and remodeled galleries are the focal points of the reopening of the **Petersen Automotive**Museum (shown at right) in Los Angeles on December 7.

Designed by the award-winning firm Kohn Pedersen Fox Associates, with the facade built by the A. Zahner Company (known for complex steel fabrication such as at Frank Gehry's EMP Museum in Seattle), the project has left intact much of the original structure but reconfigured it inside and outside. Most noticeable is the new exterior of shining metal ribbons that convey motion and celebrate steel.

Inside, the museum's galleries are newly arranged on three floors according to the themes "History," "Industry" and "Artistry." Interactive elements have been added, and new sections include the Mullin Grand Salon (featuring pre–World War II classics from Bugatti) and the Armand Hammer Foundation Gallery (which will include autos on loan from the famed BMW Art Car collection). Among the highlights planned for display at the reopening are two Art Cars: the Alexander Calder 1975 BMW 3.oCSL and the David Hockney 1995 BMW 85oCSi. Call 323-930-2277 or go to petersen.org/visit. —Francesca Steele



AUTO AFICIONADOS can also join LeMay—America's Car Museum in Tacoma on December 27 as it sends three American collector cars on "The Drive Home," a 13-day, multistate journey to Michigan (where they were made). A 1957 Chevy Nomad, 1966 Ford Mustang and 1961 Chrysler 300G are due to arrive in Detroit in time for the opening of the 2016 North American International Auto Show, January 11–24. Visit americascarmuseum.org/

thedrivehome and naias.com.

—Francesca Steele

MULTIPLE LOCATIONS

The Processes of Pixar

This winter, two major East Coast museums are offering behind-the-scenes looks at popular Pixar films through exhibitions exploring the studio's work. "Pixar: The Design of Story" (through August 7, 2016), an exhibition at New York's Cooper Hewitt, Smithsonian Design Museum, focuses on art and design. Activity stations allow visitors to create emotion-based characters, inspired by the film *Inside Out*, or to make squiggly lines and adapt them into characters. A touch-screen table allows museumgoers to explore sketches and production art linked to notes from creators, as well as to other Cooper Hewitt items—such as clothing patterns from the film *Brave* that are related to items in the museum's textile collection. Call 212-849-8400 or visit cooperhewitt.org.

In Boston, the Museum of Science is hosting "The Science Behind Pixar" (through January 10, 2016, before a national tour), with hands-on activities that examine how Pixar's process ties to science, technology, engineering and math concepts.

Interactive displays allow explorations of techniques artists use and challenges they face, such as adding textures and colors to film digitally, and creating realistic animated water.

To learn more, call 617-723-2500 or visit mos.org. — Grace Qian

Man-19

A sketch by artist Ricky Nierva for Pixar's Inside Out (2015) shows the main character and her emotions.









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PLAYOFF THRILLS

In 2015, fans were treated to the inaugural College Football Playoff, which saw four top teams compete for the national championship title. This season's showdowns should feature similar excitement. The two Playoff Semifinals will



The Ohio State Buckeyes triumphed over the Oregon Ducks in the 2015 College Football Playoff National Championship.

be held on New Year's Eve-in Arlington, Texas, in the Cotton Bowl Classic, and in Miami Gardens, Florida, in the Orange Bowl. The winners each earn a spot in the College Football Playoff National Championship in Glendale, Arizona, on January 11. For a full bowl schedule, visit ncaa.com/sports/ football/bowls. —Jeffrey Giuliani



M.C. Escher, Belvedere (1958), lithograph.

Also of note ...

North Carolina Chinese Lantern Festival Cary, through Jan. 3, 2016; more than 20 lantern displays, thousands of LEDs; Booth Amphitheatre, Cary, NC; 919-462-2025; boothamphitheatre.com.

RALEIGH, NC

Escher Exhibition

Museumgoers gain insight into the mind-bending work and methods of artist M.C. Escher at the North Carolina Museum of Art, through the exhibition "The Worlds of M.C. Escher: Nature, Science, and Imagination," on display through January 17, 2016.

The artist is best-known for his optical illusions, and this exhibition showcases Escher's most iconic pieces, along with others that have never been publicly displayed. Visitors can explore more than 130 pieces, ranging from sketches to lithographs and watercolors. Activities include looking through a viewer to find proper perspective on a 3-D sculpture to re-create the print *Belvedere* (1958).

The exhibition ticket also includes "Leonardo da Vinci's Codex Leicester and the Creative Mind," a concurrent display of da Vinci notebook pages.

Admission to permanent-collection exhibits and the outdoor Museum Park is free. Call 919-839-6262 or visit noartmuseum.org. —Grace Qian



Korean Art in Seattle

For the first time in a decade, a major exhibition featuring contemporary Korean art is on display in Seattle, at the Asian Art Museum. "Paradox of Place," showing through March 13, 2016, displays the work of six artists addressing topics of interest in modern Korean society, including the ideological division between North and South. The artists' work is presented in a "new media" fashion, which includes photography, video installations, mixed media and a sculpture created with a 3-D printer. The exhibition's curator, Xiaojin Wu, notes that she and the artists are intrigued by today's economic and social atmosphere in Korea, making this the appropriate time to present the exhibition. For more information, call 206-654-3100 or go to visitsam.org. —Jeffrey Giuliani





Jung Yeondoo, Bewitched #2 Seoul (2002), paired digital silver prints.



The downward spiral came faster than I would have ever imagined. And given that it was my older brother, at the wheel of a life on a collision course with disaster, I was sure there wasn't much I could do. I was always reduced to the role of 'little brother.' He had been living with me for five days, but it felt like six months. I was having a hard time asking him to leave. He spent most of his time passed out on a leather chair in front of the television—not a pretty picture for a husband and a father.

So, I had to sit him down and explain to him what his alcoholism was costing him: his wife, his family and his friends. I told him he was no longer welcome in my home. This was not an easy thing for me to tell my childhood idol — he was someone I had looked up to my entire life.

A friend of mine suggested that I have him contact Schick Shadel Hospital. I knew about their reputation for helping people overcome addiction during 10 days of inpatient treatment.

Rather than depending on a patient's willpower alone, Schick Shadel's approach involves medical detox, counterconditioning, counseling, education and sober support.

Counterconditioning helps people break the cycle of addiction through behavior modification that changes how people think about their addictive substance. By treating the addiction on a psychological and physiological level, Schick Shadel gives their patients the ability to spend their time and energy on rebuilding their lives, medically conquering the physical dependency and allowing counseling to heal the emotional damage that assists the addiction.

Fortunately, he listened and checked in the day before Thanksgiving. As I spoke to him throughout his stay, I began to notice a change in his attitude and physical well-being.

Day four: He sounds different.

Day six: He's making real progress. It's working! He is beginning to self-assess and reevaluate his life. He is eager to complete his treatment and fix his broken relationships.

Day ten: I picked up my brother today. His cravings are gone due to the unique and powerful medical model Schick Shadel uses. He was touched by the care and support he received during his stay. He described the highly skilled counselors who made a difference.

He said the staff allowed him to see the world as a responsible, accountable sober adult.

Thank you Schick Shadel Hospital for your professionalism, compassion and kindness. My brother can now live alcohol-free.

I feel blessed to have had such a wonderful place to treat my brother. In 80 years, they have treated more than 65,000 men and women. I am proud to be able to count my brother among them.

- As told by the grateful brother of a former patient

About us

Schick Shadel Hospital is an inpatient hospital and medical detoxification facility founded 80 years ago by those that understand alcoholism is a medical problem that cannot be conquered by traditional methods alone. Our staff works to treat addiction on the level that it exists; as a life-threatening disease. We have a 65% success rate for treating alcoholism* during our 10-day program.

If you need help or have a friend or loved one that has an addiction problem, please call us today at 888-802-4206.

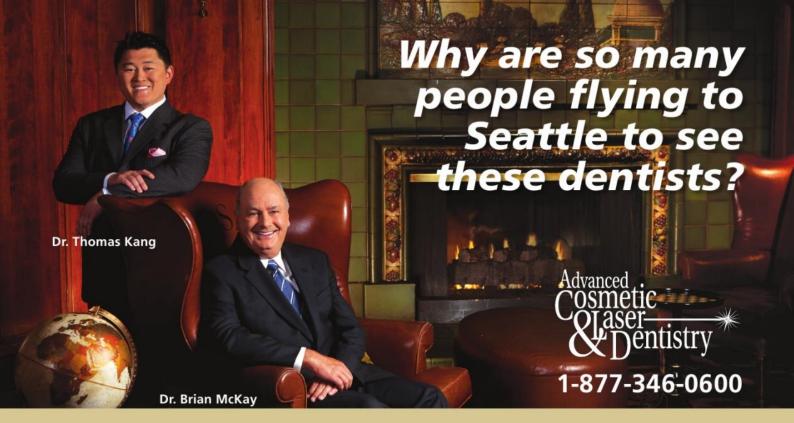


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ADVERTISEMEN'

*#1 success rate for treating alcoholism based on results of a verified survey of former patients (success being measured as total abstinence for one year and assessed by self-evaluation), as against published success rates from verified, comparable studies of other medical institutions.

** Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.



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There is a difference when it comes to the dentist you choose. Experience counts, not just in what you have done but who does the work. In Seattle, at Advanced Cosmetic & Laser Dentistry we have the fussiest patients from all over the world plus we feature unique, luxury surroundings and an attentive and professional staff. Designed on purpose to meet the needs of our out-of-town guests. Convenient overnight accommodations arranged for you at Hotel Sorrento or another of our fine hotels.*

Our total focus is on you. We only treat one patient at a time. You are pampered from the very start with a limo ride to the office.* Whether you need **Teeth By Tonight** Dental Implants or a **Smile Makeover** using cosmetic techniques imagine how you'll feel when you finally get the most beautiful smile you've ever desired.

Word is spreading about the quality of care and the efficiency of these dentists. If you've been told it could take months to complete your care, relax. We can usually accomplish everything with just a few visits. We reduce your time in the dental chair to only what is absolutely necessary. We use advanced sedation techniques so you don't feel a thing. Folks love it.

Concerned about cost? Be assured with our <u>NEVER PAY AGAIN</u> policy. If any restoration we place in your mouth breaks or is damaged we'll replace it for free.*

Our world-class dentists are trained and experienced in making the impossible happen everyday. You can relax and feel comfortable. Sit back, enjoy the limo ride and we'll take care of the rest.*

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NIKKI LOST 15 LBS & 10 YEARS IN 10 WEEKS



I think women everywhere can probably relate to my story. I had reached a threshold in my life – the big 40th birthday, when many of us pause to reflect on where we've been and where we're going.

Where I'd been was a hard-working, multi-tasking

mom who habitually put herself and her health last. I was sleeping poorly, eating poorly and constantly felt stressed. Sound familiar?

Like many of you who put family first, I had made my "self" my last priority. And I accepted it as just the way things are. Fortunately, I have a wonderful partner, who understood that it was finally time to put my "self" at the top of the list.

For some women, that's hard to do, and I get it – there's guilt associated with making your "self" the focus. But when my husband and I learned about My Best 10 and the impact it has made on the lives of so many other women, he was the one who insisted on giving me the program as a birthday gift.

I wasn't quite sure what to expect. I was a bit worried about being restricted with food and being hungry all the time. But what a surprise! The program was so well structured that I lost weight naturally, without being hungry.

What I loved about the program was the holistic and scientific approach to every aspect

of my health and well-being. The personal training, the nutrition, the counseling, as well as the spa treatments – the entire experience was a wonderful package. And I didn't have to think about anything, I simply made use off all the resources available to me, like calling my dietitian or counselor anytime I had a question.

Everyone on my My Best 10 team was constantly accessible with everything I needed to stay on track. I just did what I was told and kept seeing results.

Those results came in various forms. By prioritizing myself, my health and fitness affected my entire family. We're all eating healthier as a result of the diet changes I adopted during the program.

I'm treating my "self" better than I have in years, and my state of mind shows it. As part of my 40th birthday makeover, I quit my old job to start my own company. ThinkFiend is a website and app that enables readers to go beyond the news and find thoughtful, in-depth articles on topics they care about.

Yes, I used to look admiringly at the My Best 10 stories, and now I'm one of them. But, My Best 10 not only changed me on the outside, it gave me a new "self" on the inside. Thanks to My Best 10, I feel an empowerment and confidence that will be with me for the rest of my life. What do you think? Isn't it time to rejuvenate your "self"?

Homegrown Performances in PDX

In January, thousands of theater and dance lovers will attend the seventh-annual, citywide **Fertile Ground** festival in Portland, January 21–31, 2016, highlighting various forms of locally created performance art.

More than 50 original works will be featured, ranging from dance to theater to lunchtime play readings. Among the highlights will be the **Groovin' Greenhouse dance performances** at Polaris Dance Studios (shown at right is a performance from this series).

Visitors can experience all festival events with a Fertile Ground Festival Pass, or sample performances by purchasing tickets "a la carte." Reservations should be made in advance. For more information, visit fertilegroundpdx.org. — Francesca Steele



DECEMBER 10 IS HUMAN RIGHTS DAY. This date honors the 1948 Universal Declaration of Human Rights by the United Nations, and provides a time to learn about and support ongoing efforts to secure universal freedoms. Visit un.org/en/events/humanrightsday.

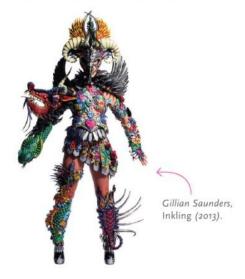


HONOLULU, HI

Wearable Wonders

Step into a realm of fantastically creative fashion as the Bishop Museum in Honolulu hosts the U.S. debut of the "World of WearableArt" exhibition, through February 1, 2016. This exhibit is tied to the WOW competition in New Zealand that attracts global talent with its mission to meld art and fashion in beautiful costumes and a dazzling stage show.

The Bishop Museum will showcase 32 awardwinning fashion pieces from past competitions, accompanied by hands-on activities. Visitors can



marvel at the garments on display, design and print their own wearable-art paper dolls, or try lighting a display modeled after a recent stage performance. A theater at the museum will give guests a taste of the live New Zealand event, with film footage from past shows.

In 2016, the "WOW" exhibition is scheduled to open at Seattle's EMP Museum, on July 1. To learn more about the Honolulu showing, call 808-847-3511 or visit bishopmuseum.org. —*Grace Qian*

CALENDAR

Through Dec. 31

"Winterfest 2015,"
ice-skating, ice-sculpting,
caroling and other festive
activities; Seattle Center
(an Alaska Airlines—
sponsored venue), Seattle,
WA; seattlecenter.com/
winterfest

Through Jan. 6, 2016
"Michelangelo: Sacred
and Profane, Masterpiece
Drawings from the Casa
Buonarroti," works from
the artist's family home in
Florence, Italy; The Frist
Center for the Visual Arts,
Nashville, TN; 615-2443340; fristcenter.org

Jan. 6–10, 2016
Hyundai Tournament of
Champions, a PGA Tour
event; The Plantation
Course at Kapalua,
Kapalua, Maui, HI;
pgatour.com/hyundai

Jan. 16-June 5, 2016
"Stradivarius: Origins and Legacy of the
Greatest Violin Maker,"
10 string instruments, including a 1728 Stradivarius violin; associated performances; Musical Instrument Museum, Phoenix, AZ; 480-478-6000; mim.org

Jan. 22–24, 2016 ChocolateFest, tastings from the Northwest and beyond; Oregon Convention Center, Portland, OR; chocolatefest.org

Someone you know had a little work done

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Dr. Fredric Stern is the Northwest leader in laser and microsurgical techniques and is on the cutting edge of the latest treatments to naturally restore your youthful appearance, with minimal downtime.

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Fold Time's Sake The Origami Holiday Tree at the American Museum of Natural History is an annual tradition that has heralded the start of the holiday season for more than 30 years. The 13-foot tree features 1,000 origami creations that volunteers begin folding in March each year. Viewing this fascinating tree may just inspire you to get crafty and try your own hand at origami folding. Central Park West at 79th Street.

'TIS THE SEASON!

The Holidays in New York City

The always-bustling city of New York takes on a special kind of energy during the holiday season. The city is festive and merry and there are plenty of opportunities to make lasting memories. The shopping and sightseeing, the colors and sounds, even the crowds—it's all so exciting! Whether you're looking to find the ultimate gift or just want to stroll through an urban winter wonderland, here are some must-see activities while in the city.

— Janene Mascarella



To Market, to Market

The Union Square Holiday Market (November 19— December 24, 2015) offers a collection of more than 100 merchants selling truly unique treasures. The market features

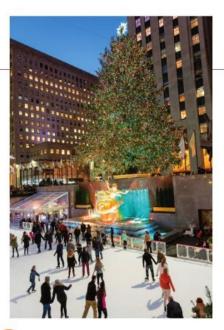
local, handmade artisan gifts, home goods, sweet or savory treats, specialty items and a lot more. This year you'll see plenty of savvy New Yorkers buzzing around the Bee Raw honey stand. The company is known for its single-variety, high-quality honey. The White Tea & Orange Blossom Honey duo makes quite a gorgeous and delicious "sweet gesture" gift. Union Square at 14th Street.



On Display

Few activities are more uniquely New York than walking along the city's busy sidewalks this time of year and being wowed by the exquisite window

displays. Stylish, stunning and spectacular scenes come to life, and each artistic display appears more whimsical and brilliant than the last. Be sure to add these dazzling department-store displays to your agenda: Barneys New York (660 Madison Avenue), Bloomingdale's (59th Street and Lexington Avenue), Saks Fifth Avenue (611 Fifth Avenue), Lord & Taylor (424 Fifth Avenue at 39th Street), Macy's (34th Street and Sixth Avenue) and Bergdorf Goodman (754 Fifth Avenue at 58th Street). Bundle up and wear sensible shoes.





Rocking Around

When celebrating the holidays in Manhattan, the most iconic spot to visit is Rockefeller Center, the setting for some of New York City's most cherished holiday traditions. You can shop, dine or simply stroll through the area to experience the holiday joy. Lace up a pair of ice skates and glide around the Rockefeller Center rink. Later, you can admire the towering Christmas tree and go to the Top of the Rock observation area on the center's 70th floor and enjoy the view. (The 2015 tree will be lit for the first time on Wednesday, December 2, at Rockefeller Plaza, between West 48th and 51st streets and Fifth and Sixth avenues.)

Bright Lights
The self-described
World's Largest
Menorah has been
towering over the Grand
Army Plaza in Park Slope,

Brooklyn, since 1985. The menorah stands 32 feet tall (the maximum height allowed by Jewish law). The eight-day lighting ceremony begins on the first night of Hanukkah (this year, it falls on Sunday, December 6) at 6 P.M., with one light added each proceeding night for the following seven days. The evening lighting celebrations include live music, hot latkes and gifts for children.



It's rare to hear about a love story that starts on an airplane. When single, we all secretly wish that the romance of meeting someone while traveling just might happen to us.

ennie Bowen Steed's idea of finding love changed on a flight when she saw an ad for It's Just Lunch, a personalized matchmaking service for busy professionals. The ad read like a good friend who could introduce her to single, professional men she wouldn't have the opportunity to meet on her own. Today, Bowen Steed is married to her IJL match Greg Steed. We sat down with Greg and Jennie to learn about their dating experience, lifestyle, and why they chose to invest in their pursuit of relationship happiness.

Why did you join IJL?

G: I'd been divorced for about two years, and it was a hectic time career wise. My company was in a transitional phase, and it demanded a lot of my time and effort, so I didn't have time for much else.

Favorite first date memories?

G: I was attracted to her right away. On the second date there was a real chemistry. Then it evolved very, very quickly.

J: When Greg and I started talking, I discovered we had similar careers. I remember the conversation was so easy and comfortable. When I shared my date feedback with my IJL matchmaker, I let her know that Greg and I had made arrangements to attend a big award dinner at his country club. The minute I walked in, I knew he was a consummate gentleman. He was attentive and made sure I was introduced to everyone.

How did IJL compare to your online dating experience?

G: Online dating isn't easy, it's work. I've got a fulltime career; I didn't need another job. With IJL they did everything for me. You're busy with your career and everything else going on – IJL was just easier. The caliber of matches was much higher.

Best part about dating thru IJL?

G: Besides choosing all my matches I would say the scheduling of my dates. They call you and ask what your schedule is like, so you don't have to worry about it. If I said I was available Wednesday or Thursday this week and Sunday next week they would find a way to fit dating into my schedule.

What would you tell a friend who was interested in IJL but was tentative about making the investment?

G: At the end of the day what is your end goal? Then I'd ask, what's the cost of being happy worth to you? The kinds of people who choose IJL aren't fooling around. It's not someone on the Internet just looking to meet a ton of people and date up a storm. It was definitely worth it for me.

It's Just Lunch has been matching busy singles since 1991. Find out what an It's Just Lunch matchmaker can do for you by calling 1.800.858.6526 or visiting ItsJustLunch.com.



DATE BY NUMBERS

When it comes to personalized matchmaking, our success is unmatched!

24 YEARS

Of changing lives one match at a time.

+ 2 MILLION

Dates arranged by IJL matchmakers. (They know how to bring the right people together.)

52%

Of singles think a smile is the most attractive feature of the opposite sex.

48 HOURS

Time it takes for the majority of men to ask for a 2nd date if they like someone.

40%

Of singles believe talking about your ex is the biggest "don't" on a first date.

4 OUT OF 5

Singles would be open to a kiss on a first date.

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A Small World, Then and Now

Revisiting Disneyland at the 60th anniversary By Susan G. Hauser

out of the MISTS of MEMORY, a green Ford station wagon arrives at its storied destination, carrying two parents, five kids and a whole lot of excitement. It is the summer of 1959. By this time, a long period has already passed since the century's most important event (at least in the minds of the Ford's five younger passengers): the opening of

Disneyland.



My family had finally reached the gates. Yes, it was four years after the park opened on July 17, 1955. But, as I found out recently, it's never too late

for a visit to Disneyland.

On a brilliantly sunny fall day this year, I again looked beyond the gates to a land that still stirs my imagination. The magic, it seems, is always fresh. I was there to celebrate Disneyland's 60th anniversary (which extends through Labor Day 2016), but I was filled with the same awe and delight I felt in 1959.

I spotted Sleeping Beauty Castle, rising high above Main Street, U.S.A., as majestically as ever—or maybe even more so. Decorated for the Disneyland Resort Diamond Celebration, the roof sparkled with crystals. A gleaming Disneyland Monorail zipped overhead. In 1959 it was a new, modern marvel. The train is still modern. In fact, it's now in its fifth generation.

Nothing stays totally the same at Disneyland, even if my experience felt timeless. Peter Pan's Flight, one of my favorite childhood rides, took me soaring again, as I remembered it had. Yet the ride has been enhanced with state-of-the-art projections that make those flying sensations seem more real than ever.



Of course, there are the special attractions of this 60th-anniversary year: daytime adornments such as the castle roof, and nighttime shows such as the Disneyland Forever fireworks, Paint the Night parade, and World of Color—Celebrate! film-water-laser event.

When Walt Disney dedicated Disneyland, 18 attractions filled 107 acres. Now what used to be the parking lot is Disney California Adventure Park, and the two parks together have 80 attractions. There's also separate Downtown Disney outdoor dining and shopping, with stores selling anniversary souvenirs.

Call me old-fashioned, but I took home one of those flat pennies cranked out of a machine. Disney introduced 60 new coin-press designs for the 60th anniversary, and I chose one with

Mickey Mouse celebrating in a tuxedo.

Of course, my favorite Disneyland mementos are those nestled snugly in my mind ... my happy memories from 1959. Now I find my wonder refreshed, with new memories from this land built on imagination and dreams.

Clockwise from left: Children run into Sleeping Beauty Castle in Fantasyland on Opening Day (1955); Minnie Mouse and Mickey Mouse wear 6oth-anniversary costumes (2015); Walt Disney rides Disneyland Railroad (1966); Matterhorn Bobsleds, Disneyland Monorail and Submarine Voyage open (1959).



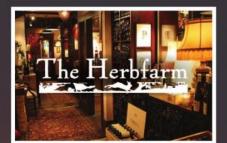
TIPS FOR VISITORS

- Download the official Disneyland App for free from the App Store or Google Play to purchase tickets, check wait times for favorite rides, learn more about special events and access GPS maps.
- Try CityPASS (citypass. com) for 14-day access to Disneyland Park, Disney California Adventure Park, SeaWorld San Diego and Legoland California with savings off of regular admission prices.
- Use FASTPASS tickets for late-day, quicker visits to popular rides, and Single Rider passes that put solo visitors at the head of the line. —S.G.H.



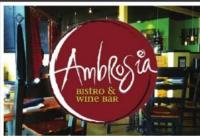
TOP RESTAURANT FAVORITES IN:

Seattle

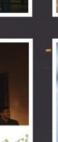


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Spokane



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ROOM

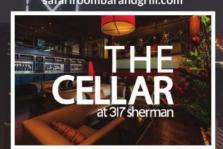
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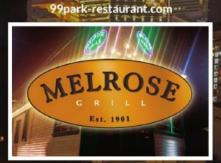




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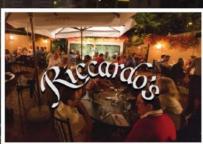
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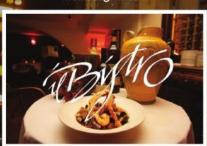
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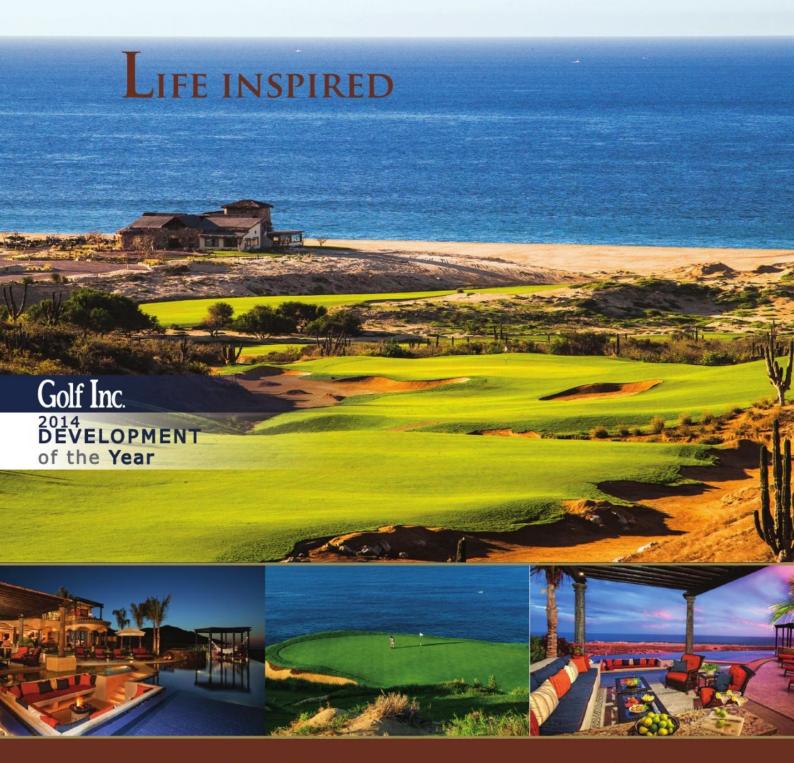


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GRAND DAD'S FURNACE

11/2 oz. bourbon 5 oz. unfiltered apple cider 1/8 oz. demerara syrup (see below) 1 whole clove 1 dash cinnamon



Preheat a toddy
mug or other large
mug by rinsing with boiling water.
Heat the cider until steaming and
add all ingredients to preheated
mug. Stir to combine; garnish
with a dried guajillo chile.

Demerara syrup: Combine 1 lb. of demerara sugar (unrefined cane sugar) with 1 cup water over medium heat. Stir until dissolved; let cool and bottle for use.

Winter Warmth

Seasonal cocktails for holiday entertaining By Paul Clarke

BOB CRATCHIT HAD THE RIGHT IDEA. On Christmas

Eve, after a day stuck under the withering eye of Ebenezer Scrooge, Cratchit returned to hearth and family to celebrate the holiday. And while he surely could have made do with a glass of beer or a touch of Madeira, Cratchit had other plans; as Dickens relates in A Christmas Carol, "Bob, turning up his cuffs—as if, poor fellow, they were capable of being made more shabby—compounded some hot mixture in a jug ... and stirred it round and round and put it on the hob to simmer."

Of course, Dickens was writing in an era before central heating and polar fleece, but the hot drink remains a useful element for holiday celebrations, pulling double-duty as winter warmer and ice-breaking conversation piece.

Mulled wine (variously known as glögg or glühwein) is a holiday staple in parts of Europe, and hot punches mixed with rum, brandy and even malty Dutch genever

(an ancestor to gin) have a long history on both sides of the Atlantic. While such hot mixtures can require elaborate preparation—the Tom & Jerry, a winter standard from New England through the Upper Midwest, has rum, brandy, eggs, milk and spices compounded in a complex recipe—they can also follow an avenue of appealing simplicity, as exemplified in Grand Dad's Furnace from Seattle bartender Anu Elford.

At Rob Roy, Elford's bar in the city's Belltown neighborhood, each holiday season sees the return of the Cocktail Advent Calendar—a day-by-day progression through a selection of holiday drinks. Grand Dad's Furnace is prepared in the same manner as a mulled cider—but with the crucial addition of bourbon. The drink is finished with a dried guajillo chile, adding a rich complexity of flavor and a welcome spark of warmth. Just right to help celebrate the season—whether or not you've been cooped up all day with Scrooge.

Preparing for a holiday party takes a little strategic planning. It's a good move to offer a fairly simple centerpiece drink, such as a **punch** or **eggnog**, that can be prepared beforehand, but

it's wise to have some options in reserve, as well as a creative nonalcoholic mixture for the nondrinkers and the drivers.

A classic **Stinger**, with brandy and mint liqueur (Giffard's Menthe Pastille is a good pick) is both simple to prepare beforehand and flavorfully appropriate for the holidays, as is a more contemporary drink such as the **Reveillon Cocktail**, with apple and pear brandies, vermouth and allspice liqueur. And chilled

Champagne or sparkling wine can fill a couple of roles: It's festive on its own, right from the bottle, or you can add extra frills with a splash of a favorite liqueur or by adding a sugar cube doused in bitters to create a **Champagne Cocktail**.



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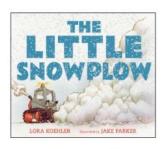


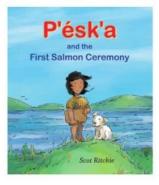


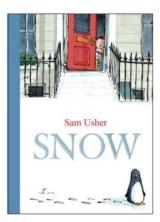
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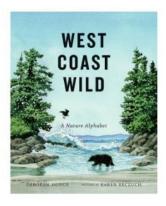














Picture Books Worth a Thousand Smiles

New titles for children showcase the season with charm By Francesca Steele

From winter dreams to timeless themes, this season's illustrated-book releases offer intriguing topics and beautiful art for early readers. Some books tell their tales with a regional twist: Parents can introduce a traditional Alaska Native village to children via *P'ésk'a and the First Salmon Ceremony* or enjoy a rootin'-tootin' yuletide in Texas with a new take on *The Twelve Days of Christmas*. The following new and recently published books will surprise and delight young readers receiving the books as gifts. They're also bound to put smiles on the faces of adults who are reading along.

THE BEST PARTS OF CHRISTMAS

By Bethanie Deeney Murguia; Candlewick Press Fritz is reluctant to let a Christmas tree go but discovers a way to make the holiday spirit linger.

THE GINGERBREAD MAN LOOSE AT CHRISTMAS

By Laura Murray,
Illustrated by
Mike Lowery;
G.P. Putnam's Sons
The Gingerbread Man
of Murray's popular
graphic-novel series
returns, this time with
friends making gifts.
Comes with a poster.

THE LITTLE SNOWPLOW

By Lora Koehler,
Illustrated by Jake Parker;
Candlewick Press
The title character
prepares to join the big
trucks for winter work
and is challenged with a
job that the other trucks
can't do.

P'ÉSK'A AND THE FIRST SALMON CEREMONY

By Scot Ritchie; Groundwood Books Readers follow a boy of British Columbia's Sts'ailes people as he celebrates a first salmon ceremony.

SNOW

By Sam Usher; Templar Books Anticipation builds in this delightfully illustrated story about a boy waiting for his granddad to play outside in newly fallen snow.

TWELVE COWBOYS ROPIN'

By Susan Holt Kralovansky; Pelican Publishing Company Celebrate the 12 days of Christmas Texas-style with this Southwest take on the classic carol.

WEST COAST WILD

By Deborah Hodge, Illustrated by Karen Reczuch; Groundwood Books Children learn about the wildlife of the Pacific coast through this realistically illustrated, alphabetically arranged book.

WINTER

By David A. Carter; Harry N. Abrams From the paperengineering master of the "Bugs in a Box" series comes this pop-up about animals in winter.

Also of Note ...

Ada Byron Lovelace and the Thinking Machine By Laurie Wallmark, Illustrated by April Chu; Creston Books. An artful biography of a precomputer mathematician.

If You Love Honey

By Martha Sullivan, Illustrated by Cathy Morrison; Dawn Publications. Interconnections in nature.

The Sparrow and the

Trees By Sharon Chriscoe, Illustrated by Susan Ditwiler; Arbordale. Folktale lessons about science, kindness.



Alaska and Hainan Airlines Partner to Take you Farther

Alaska Airlines is proud to announce a new partnership with China-based Hainan Airlines.

Together we'll provide expanded access to Shanghai and Beijing and dozens of destinations within China – all with the exceptional service and amenities you'd expect from a five-star airline. If you're a member of our top ranked loyalty program, Mileage Plan™, you can now earn miles on Hainan flights. Join us, along with our new partner Hainan Airlines, as we make your travel experience exceptional.

SEATTLE-TACOMA INTERNATIONAL AIRPORT

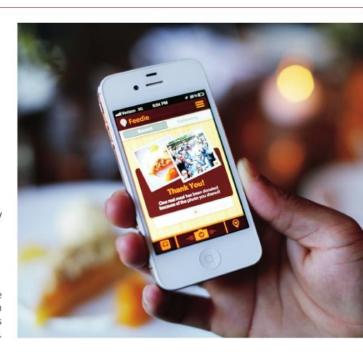
Port Port

Tech for Good

Spreading charity with the power of mobile apps By Grace Qian

Today, there are many ways to lend a helping hand or give to charities and nonprofit organizations—whether by volunteering time, donating items, making direct financial contributions or performing acts of kindness. And generosity has been boosted recently by the myriad charity apps that are available, putting the power to help others right at your fingertips. The following apps can help you integrate giving and acts of charity into your lifestyle-often in convenient, sustainable ways.

> Restaurants give to charity when Feedie app users share photos.





APPS FOR GIVING BACK

Charity Miles

Android, iOS; charitymiles.org Add charitable giving to your exercise regimen, at no cost. When you track miles you run, walk or bike, the app's sponsors donate money to a charity of your choice.

Charity Navigator

Android, iOS: charitynavigator.org Charity Navigator, an independent review organization, provides information and ratings on more than 8,000 charities, helping users choose which to support.

Elbi

iPhone; elbi.com Elbi's app for "little actions, big difference" allows users to perform small acts of kindness and charity that add up when many users participate. Acts may be as simple as drawing a picture or taking a photo, to brighten people's days. The app also has options for monetary donations.

Feedie

Android, iOS: wethefeedies.com Share pictures taken at participating restaurants via the Feedie app, and the restaurants donate to The Lunchbox Fund. which feeds children in need in South Africa.

GiveGab

iOS; givegab.com This app focuses on "social volunteering." Create a profile, state your skills and find volunteering opportunities. Log your hours and achievements in one easy spot and share them to inspire others. GiveGab's website also provides nonprofit organizations with tools to effectively market and fundraise.

Goodshop

Android, iOS; goodsearch.com/goodshop Shop favorite brands through Goodshop, and a percentage goes to the nonprofit or school of your choice-while you save with coupons. The

Goodshop developer's online search engine, Goodsearch, also donates to charities when you use it to surf the Web.

Kivadroid/KivaBridge

Android (Kivadroid), iOS (KivaBridge); chimpler. com/kivadroid; kivabridge. maynebridge.com Individuals acting as lenders can change lives through the Kiva microfinance platform and associated apps, including Kivadroid and KivaBridge, made by independent developers. Find a borrower's story that resonates and finance a loan portion as small as \$25. Once the loan is repaid, you can cash out or pass credit on to another borrower.

One Today

Android, iOS; onetoday.google.com Highlighting a new nonprofit each day, One Today, developed by Google, makes it easy to give small amounts of money to worthy causes.

MORE CHARITY APPS AND WEBSITES

Charity Miles alaskaair.com, accessed under

Alaska Airlines

"Mileage Plan"; Mileage Plan members can donate miles to causes.

Budge thebudge.com; Challenge friends to varied contests; pledge to donate if you lose.

Free Rice freerice. com; Play a game that donates rice for correct quiz answers.

My Life as a Refugee mylifeasarefugee.org; Build empathy via this game developed by the United Nations.

VolunteerMatch

volunteermatch.org; Find causes to donate time and energy to, locally or online.



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Investing involves risk, including possible loss of principal. The Saturna Sustainable Funds limit the securities they purchase to those consistent with sustainable principles. This limits opportunities and may affect performance. Distributor: Saturna Brokerage Services, a wholly-owned subsidiary of Saturna Capital Corporation, investment adviser to the Saturna Sustainable Funds.

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GIVING SPIRIT

Melinda Gates

IT IS EARLY MORNING IN SEATTLE and several hundred teachers from across the United States are gathered in a hotel ballroom for the Elevating and Celebrating Effective Teaching and Teachers conference (ECET²). That's an acronymic mouthful, but this morning's surprise guest is Melinda Gates, and as she arrives on stage the teachers rise together and cheer like sports fans. From the back of the room I can see hundreds of tiny images of Melinda illuminated in the cellphone and tablet screens that rush photos off to social media channels everywhere. We're caught up in a star sighting: She's here, and she's real.

The ensuing conversation on stage is personal between Melinda and Vicki Phillips, the Bill & Melinda Gates Foundation director of college-ready education. Wearing a Caribbean-blue dress and wedge sandals, hair draped over her shoulders in her signature style, Melinda keeps her hands in constant motion, like a conductor—guiding and expressing, not fidgeting. Her ease, informality and candor make us all feel like we're just old friends catching up.

Phillips leads discussion of the foundation's work in education, but Melinda also shares stories about her family and her own education. She loved her computer science program in school, she tells us,

By Kristianne Huntsberger









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Teachers attending a July 2015 conference in Seattle offer Melinda Gates their feedback on improving the American education system.

but the art history and literature classes are the ones she remembers most. Books were always important to her and even played a charming role in her courtship with her husband, Bill Gates, who told her on an early date that The Great Gatsby was his favorite book and wanted to know not only if she'd read it, but whether she would read it again.

"Well, I've read it three times," she told him, "but I'll read it again if you want."

The crowd chuckles. We feel closer to the famously private couple on hearing that they connected over books and that each time they traveled together they picked a book to share. They shared their love of literature with their three children, and Melinda said it gave her opportunities to read Lois

"If [you] go in and give three hours... that makes a difference."

Lowry's The Giver aloud with her son and to pick up John Green's The Fault in Our Stars at the recommendation of her daughters.

Melinda's openness about her family makes the gathering of hundreds feel intimate. And her encouragement of the ECET2 teachers' ability to transform American education feels equally personal. The Gates Foundation likes to call community leaders change agents, and it labels its approach to

change "going upstream"-that is, getting close to the source of a problem. Melinda commends the teachers in the room for playing that role in children's lives. Teachers are the experts who should be asked frequently how to help students, she explains: "You know what needs to be done in the classroom." The room fills again with cheering, and the crowd looks honored. Later, as

Melinda waits in the restroom line with us, teachers share their book recommendations for her and Bill and the kids. She listens cheerfully to them all, smiles at tidbits of advice.

Because I live in Seattle, I've naturally followed the Gates Foundation over the past 15 years. Some of my friends got jobs there on fascinating projects around the world, and I watched the headquarters rise between the Space Needle and Highway 99. But it all seemed rather distant, geographically and metaphorically, and I didn't start truly noticing the foundation's work until Melinda stepped up in 2012 to advocate for women and girls. I'd just returned home after a few years living and teaching in Myanmar, where my female students were removed from class for their arranged marriages, and my friend in her early 30s explained that since she'd had three children and wasn't able to support more, a hysterectomy was her only option. Melinda Gates' new family planning mission resonated with me, as for millions of women.

Melinda's urge to serve her community started near the upstream headwaters of her own life. As a young student at a Catholic girls school in Texas, Dallas' Ursuline Academy, the school motto, Serviam (I will serve), was taken seriously. Melinda volunteered at the local hospital, at local public schools and at the Dallas county courthouse. The experience convinced her that one person can change the world-or a part of it anyway. Her math teacher, Mrs. Bauer, who was raising her three sons alone and taking night classes to get her Ph.D. in computer science, particularly motivated Melinda.

Mrs. Bauer brought computers into the school and into Melinda's life and encouraged the girls to



Making a Difference

Each of us can contribute in all kinds of ways. Melinda Gates suggests getting involved in your own community. Food banks and shelters always need volunteers to make sandwiches or transport food. You can donate things you think would be useful to a family in transition or maybe give a few hours of your day to a local organization. "Just get out in the community and see all these amazing organizations that do their work, and you'll realize: OK, if I go in and give three hours of my time, that makes a difference,"

Melinda urges. "And you start to meet people who are in the community who aren't in circumstances that you're in, and you get drawn in by them and their stories."





Since 1964, the U.S. Capitol Christmas Tree has been a national source of pride and holiday spirit. This year's tree grew to 80' tall in the Chugach National Forest near Seward, Alaska - the first U.S. Capitol Christmas Tree to come from the Last Frontier.

TOTE Maritime Alaska was honored to provide the critical ocean transport of this holiday tradition - a gift that will bring smiles and wonderment to our nation's capitol and millions of Americans.

Season's greetings from our crew to yours.







their children. Observing intentional practices such as family dinnertime proved crucial: Melinda and Bill kept track of their schedules

not only learn from her as a teacher, but to surpass her. Melinda was inspired to pursue a bachelor's degree in computer science, followed by an MBA, both at Duke; and, ultimately, to start her career at the then-fledgling Microsoft company. Clearly, neither Mrs. Bauer nor Melinda could know that the company would become a global corporate titan; that she'd meet and marry its cofounder, one of the world's wealthiest individuals; that together they would create a \$44 billion philanthropy, the world's wealthiest private foundation.

Melinda's devotion to serving has channeled the significant fortune she and her husband Bill share toward helping some of the most disadvantaged people in the world. The couple started the Bill & Melinda Gates Foundation in 2000 to advance their belief that "all lives have equal value. And we're very serious about that," she adds. "All lives, anywhere on the planet." At the beginning, Melinda felt most comfortable behind the scenes, especially wanting to maintain some privacy for her children. She and Bill traveled frequently for the foundation, but she didn't want that to interfere with their relationships with

to ensure one parent was always home to share the evening meal with the children. They banned reading and electronic devices from the table, and focused on inclusive conversation.

Task equality was also important, Melinda explains, so cleanup was a group job: "Nobody leaves the kitchen until Mom leaves the kitchen."

It was almost a decade before she herself left the foundation's kitchen, metaphorically. By 2012, when Melinda delivered her now-famous keynote address to the London Family Planning Summit and set an outspoken course for the foundation to help answer the needs of women and girls around the world, she was prepared to take a more public role. She'd spent years making room for her family to keep its anonymity but, she recalls, she was also asking herself: "Am I role modeling for my daughters? If I'm telling my daughter to use her voice in the world, to stand up and be a strong woman, am I doing that myself?"

Today, Melinda Gates is a role model to more than just her own daughters; she's an inspiration to women and girls across the world—and, let's assume, to millions of men as well. For the past "Nobody leaves the kitchen until Mom leaves the kitchen."



Recovery Cafe

A retreat offering recovery support for low-income and homeless Washington state adults in need of substance abuse treatment. recoverycafe.org

Eastside Baby Corner

Over 100 people, ages 7 and up, volunteer with weekly community drives for baby goods to support families who are rebuilding their lives in King County, Washington. babycorner.org

Hopelink

Ongoing volunteer opportunities are available to assist with food banks, donation pickups and deliveries, moving assistance, adult education and child care for low-income and homeless families, seniors and people with disabilities in King County. hope-link.org

Nothing But Nets

A global campaign to try to eradicate malaria. Contributions as small as \$10 help provide longlasting, treated bed nets to communities in need around the world. *nothingbutnets.net*

DonorsChoose.org

A way to help alleviate the prevailing educational disparity in the United States. Give as little as \$1 and you can then choose where the funding goes, whether it is toward needed books, technology, supplies or field trips. donorschoose.org

Boys & Girls Clubs

Donate or volunteer time and support young men and women who need safe places to learn and grow. bgca.org

Global Citizen

The Global Citizen community is a virtual platform supported by the Bill & Melinda Gates Foundation. Here you can learn about the world's most significant challenges, get involved and spread the word. globalcitizen.org three years she has been dubbed third among the 100 Most Powerful Women, named annually by *Forbes*. Her 2015 placement rests just behind German Chancellor Angela Merkel and Hillary Clinton.

"You have to take bold steps."

Looking directly to teachers for solutions is a way of going upstream and working at a point closest to an issue. Melinda seeks this upstream approach across the 27 diverse program strategies at the Gates Foundation, which range from eradicating dread diseases through universal vaccination, to empowering women and girls by

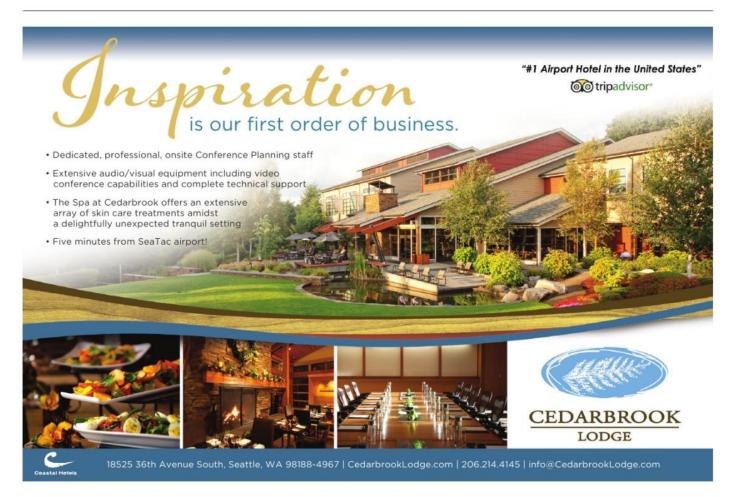
broadening access to contraceptives.

Like the offices on every floor at downtown Seattle's Gates Foundation headquarters, Melinda's is bright with light from the many windows. Foundation team members, who frequently travel across the globe, benefit from natural light to help alleviate jet lag. Melinda's windows look out over the fishing net sculpture, Impatient Optimist, created for the campus by Janet Echelman. The nets, suspended from the tops of the surrounding buildings, billow and breathe like airy jellyfish. Patterns of daylight, recorded from the many worldwide locations where the foundation works, are projected on the sculpture to unite the locations together in a centralized form.

Melinda and Bill Gates have frequently called themselves impatient optimists.

When I sit down with her in her office, I ask Melinda how she maintains optimism when faced with some of the world's tough-

est problems. Finding meditative moments to be still, she explains. Even despite her busy schedule: Amid foundation strategy reviews, meetings with program presidents, learning sessions with experts, and a dozen annual trips to meet grantees, beneficiaries and leaders around the world, she makes time to reflect on the results of the work. She savors the positive changes she can see, like Nigeria marking its momentous first polio-free year this past summer. She also focuses on the change that remains possible, such as the proven benefits for communities when women are given greater value. "If a girl is educated," Melinda explains, "she's twice as likely to educate her daughter. The way she interacts with the health system changes significantly if she's educated. And when a woman gets an extra dollar in her hands, 90 percent goes to her family. That sort of information helps me stay optimistic."





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Seattle's most extraordinary residential community is making history (again). Originally established in 1900, the homes at Fort Lawton have been thoughtfully restored in 2015 for modern living in a boutique community set amidst the 534-acres and natural majesty of Discovery Park. Just 15 minutes to Downtown.

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Melinda brings to the Gates Foundation a highly tuned radar for data and efficiency—in person, when numbers come up she gets a gleam in her eyes and it's easy to remember she's a computer scientist. She believes it is important to help, but essential to know that the help is actually effective. When they were first envisioning the foundation, Melinda and Bill approached the endeavor with careful thought. "We totally believe in innovation and so when we looked around, we asked what organizations are really moving things in a huge way for the poor through innovation? We found some smaller organizations, but we didn't see anybody doing it to the scale we thought we wanted to do. That meant we needed a very hands-on approach, so we could live out our belief in our mission statement." Each year the couple participates in rigorous foundation-wide strategy reviews to focus and implement more efficient approaches. Good philanthropy, Melinda believes, involves collecting and comparing both personal experience and empirical data. "It's on the ground that I go and meet people and make the connections. You see the needs and you see where the gaps are, but then you see what's possible."

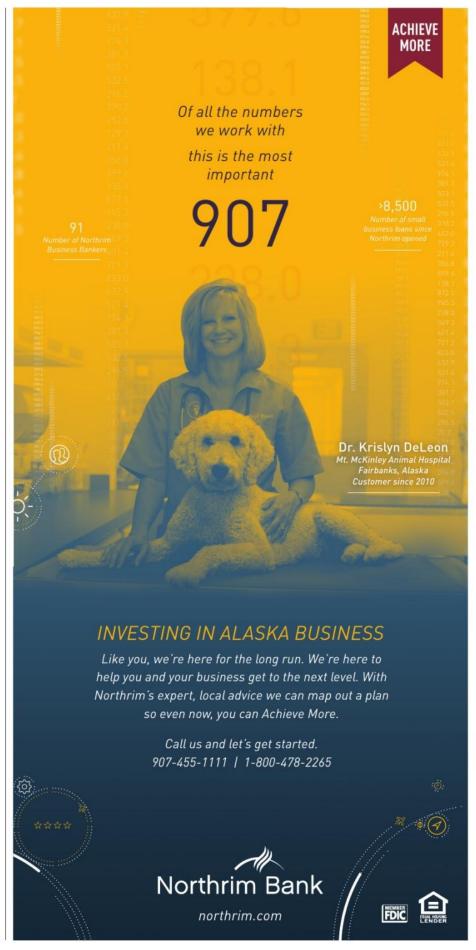
The upstream approach was an important lesson taken from the failure of their early Sound Families Initiative, which didn't solve the problem it was intended to. The houses that were built didn't stop families from becoming homeless, so the foundation learned to look upstream and develop assistance for families on the verge of homelessness, rather than treating the symptoms too late. Another valuable lesson she said they learned involves delivery. The focus on innovation created great resources, but without the efforts upstream within communities, the resources couldn't help. "You can have the best vaccine or polio drops," she explains, "but if the mother won't accept the polio drops in her child's mouth or the father won't

accept the vaccine, that great piece of medical science isn't going to help a child." Focusing on delivery, getting personal and working closely with communities at the source of an issue have become keys to the foundation's work.

As the foundation began looking upstream, Melinda noticed a significant factor that was personally meaningful to her. The root of many problems was the fact that women and girls were missing from the conversation. The research was clear: When women are educated and make family decisions, the entire community prospers. Melinda saw it face-toface on her travels, and saw it reflected in the data. What she didn't see was global advocacy for key issues that women ask for, such as family planning. Eventually, despite her inclination to stay behind the scenes, she decided the improved health and agency of women deserves a voice on the global stage. The stories and data matched, which was the conjunction the Gates Foundation had learned makes change most valuable and most possible. "We raised \$2.3 billion for contraceptives to give 120 million women voluntary access by 2020," Melinda explains. "We put it back on the global health agenda; we're making our way toward our goal, measuring very closely."

The foundation built its own data using networks of women in communities interviewing other women about their needs.

"In fact 220 million women are saying they want to have access to contraceptives," Melinda points out. "We weren't doing anything because of controversy in our own country. And there was extremely little research being done in the area of family planning on behalf of women. I was thinking, this is so important for women: It saves their lives, it saves babies' lives. And I couldn't find an advocate. So—you have to take bold steps. If you really want something to change in the world, you have to be willing to show leadership, even when it's



bold, even when it's uncomfortable, but it's the right thing to do."

As a global role model, Melinda has a voice that's valuable, but she's not one to sit back and use speaking points; her goal is action, "getting women and girls the tools or the education or the peace they need to lift themselves up." She emphasizes, "It's not about the West coming in and doing, it's

about [the women]—the access they need, or the tools or education." It is also about investment, which is where Melinda has used her voice most. The foundation is contributing significantly to develop new health, education and business tools for women, but Melinda knows funding for something as transformative as lifting the social presence of women around the world

requires more than just the Gates Foundation. It needs the global community to make direct investments that declare the value of women and girls.

In her own youth Melinda had strong models who helped show her she had value; those foundational experiences led her to where she is today.

"So how do we make sure we empower women and girls today? I'm particularly interested in how do we get more girls to go into STEM fields? I graduated at a time when we thought computer science for women was on the rise; but it turns out when I was in college it was at its peak and now we're down to 18 percent female computer science graduates. That makes absolutely no sense. ... But I'm still optimistic."

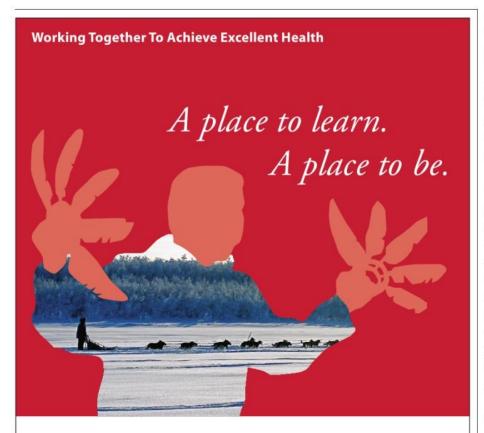
It does not require a fortune to change the world; we all can help (see page 47). And there is no small part to play. The 2014 World Giving Index ranked the United States and Myanmar as tied at No. I for philanthropy. Yes, one of the world's least developed countries, the nation where my girl students were taken from class for arranged marriages; and one of the world's wealthiest countries, home of the world's biggest private foundation, created by the marriage of two computer virtuosos.

Melinda feels the foundation, like a healthy ecosystem, needs a complex network of partners to thrive. Whenever she speaks to groups, whether homelessness service providers or policy leaders, she emphasizes that the work wouldn't succeed without its many partners. With that network, I ask, can the Gates Foundation change the world? She smiles and says yes, she thinks it can.

Melinda Gates may be just one person—an exceptional one, true—but she'd like to belong to a very large club of change agents.

"Let's not be afraid to fail. In fact, let's be afraid to not try."

Kristianne Huntsberger is based in Seattle.



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OFFERING A HAND



How to match your personal interests with a world of giving

By Susan G. Hauser

IT'S DECEMBER, AND FOR PATRICK REYNOLDS THAT MEANS IT'S TIME TO BE AN ELF. As he

makes his annual trek to the main post office in Los Angeles, he prepares for an experience that moves him to the core every holiday season: reading letters addressed to Santa.

Some of them, he says, are real tearjerkers. Those are the letters he is likely to "adopt," letters written by children living in disadvantaged areas and identified by the U.S. Postal Service as candidates for Operation Santa Claus, a program that's been active since 1912.

Reynolds is founder and president of **Be An Elf** (beanelf.org), a nonprofit organization that facilitates would-be elves' participation in Operation Santa Claus. Every year around December 1, he posts on his website the list of the 20 or so post offices across the country that have screened letters to Santa and made some available to elves willing to buy, wrap



and mail gifts to children in need. He offers a gift guide and other tips; for example, how to throw an Elf Party to wrap gifts with friends.

Elf Patrick, as Reynolds calls himself, got the idea for Be An Elf after helping a fellow elf deliver gifts to needy children in December 2004. The post office now protects children's privacy by requiring the volunteers to mail the gifts, but the satisfaction from bringing joy to children in need is still great.

"Basically, it's rewarding," says Reynolds. "It fills me with true Christmas spirit every year. People discover the real meaning of Christmas by participating in this program."

WHETHER YOU CHOOSE TO VOLUNTEER AS AN ELF

or an athlete, a citizen scientist or a carpenter, there are many ways to become involved in giving this holiday season and over the course of the coming years. Gone are the days when giving to charity meant only signing a check and sealing it in a stamped envelope. Now givers often feel extra good about their giving when they can make it more personal.

On the athletic side, there are running and walking events all across the nation that allow participants to pledge money to a favorite charity. For Honolulu's **Hapalua Half-Marathon** (thehapalua. com), coming up on April 10, runners get a 13.1-mile tour of the island paradise. Even better, those who raise money for their chosen charity get a big discount on the entry fee. In 2015, thousands of dollars were raised for charities supporting children, women, the military, animals, medical research and even the round-the-world voyages by two traditional Polynesian sailing canoes.

In Anchorage and Fairbanks, the Alaska Visitor Industry Charity Walk (alaskacharitywalk.org), also known as the "Graze to Raise," is scheduled in both cities for May 16. Walkers find tasty detours along the 5k route (4k in Fairbanks), with treats prepared by local restaurants. Since 2000, the event has raised more than \$1 million for Alaska charities.

Check to see if your hometown has a charity walk



or run. Or investigate a destination you'd like to visit, and research local events. Then start training!

ELIZABETH LUMSDEN IS A REAL ESTATE BROKER

living in Victorville, in close proximity to nearly half a dozen military bases in Southern California. Her two youngest sons are U.S. Marines. Two years ago, she spread the word among her sons' friends that she would give any Marine free rides to or from the airport, or the bus or train terminals. She got lots of takers.

Last year, she said she'd give rides all through the holidays—this time to members of any branch of the military, as well as to their dependant family members. On top of that, she said she'd be willing to take any veteran to VA Hospital appointments scheduled during the holiday season.

Her offer went viral.

"I got so many requests I couldn't really afford all the gas," Lumsden recalls. "But I didn't want to turn any of them down. That's when I decided to create **Operation Destination Homebound** (operationdestinationhomebound.org)."

Now, as a registered charity, she's been able to recruit other volunteer drivers (most of them military Left: Elf Patrick reviews letters addressed to Santa through the Be An Elf project he founded.

Above: The Hapalua Half-Marathon raises money for a diverse range of charities selected by the runners themselves.



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The Alaska Visitor Industry Charity Walk, also known as the Graze to Raise, has generated more than \$1 million in Anchorage and Fairbanks for a variety of local charities. The 2016 walks take place May 13.

parents, like her) and to accept donations to cover expenses such as gas and the snacks she provides.

"We put virtually all the money back into giving rides," she says. This year, for the holidays, she's presenting each rider with a Christmas stocking filled with goodies and essentials such as toothpaste and shaving cream.

"Our young service members just don't make enough money to afford taking cabs," says Lumsden. "They're so appreciative when we give them a ride."

There are many charitable organizations set up to benefit the country's active and reserve military members, as well as veterans. Some of those with top ratings from the military include Homes for Our Troops (hfotusa.org), which builds adapted homes for severely injured veterans; Injured Marine Semper Fi Fund (semperfifund.org), which supports injured and ill service members from the post 9/II era; and Intrepid Fallen Heroes Fund (fallenheroesfund.org), which helps injured service members return to a productive life.

IN THE DARK OF NIGHT, Kathie Kelly stood up in the bow of a large canoe. Another woman, one of a dozen people hunkered down inside the boat, called out to Kelly that she should use her "subway stance" to maintain balance as the canoe, propelled by an outboard motor, cut through the dark water of the Amazon River. While Kelly fanned a large spotlight from side

to side, the other passengers

focused their eyes on the wide beam of light.

"Bat!" cried one of the passengers. Then another and another: "Bat!" "Bat!"

"It was like playing Bingo," Kelly says with a laugh, recalling the sudden appearances of fishing bats, each with a wingspan of about a foot.

The late-night excursion was one of several wildlife surveys Kelly did here during her two-week visit to the Amazon last year as a volunteer for the Earthwatch Institute (earthwatch.org). A former science teacher with a background in zoology and biology who lives near Boston, Kelly said she went on her first Earthwatch expedition 18 years ago, and then promised herself that she'd do more after retirement.

In the past year, Kelly has paid to go on eight expeditions, each time as a member of a small international team of researchers ranging in age from teens to 8os. She says she has the satisfaction of knowing that her contributions to science are actually doing some good in preserving the environment.

"Earthwatch provides you with the opportunity to



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—S.G.H.



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do some real science and work with scientists," Kelly says. "You feel like you're getting to do something really concrete. It makes me feel really good."

CITIZEN SCIENTISTS

are in great demand by numerous nonprofit organizations and federal agencies related to nature and the environment. The National Park Service (nps.gov/getinvolved/volunteer. htm) and the U.S. Forest Service (fs.fed.us) welcome assistance, as do organizations such as American Rivers (americanrivers.org), which supports the

National River Cleanup, and the Sierra Club (sierraclub.org), which seeks volunteer leaders for outings into the wilderness to help members connect to nature. A sense of adventure is the main requirement—even genuine scientists participate, along with ordinary citizens who see fieldwork as a smart vacation that helps others.

In September 2015, the U.S. government released the Federal Crowdsourcing and Citizen Science

Above: More than 1.2 million volunteers have participated since National River Cleanup began in 1991.

Below: Using an online tool called Nature's Notebook, citizen scientists all over the country can log their observations of plant and animal life cycles for the USA National Phenology Network.



Toolkit, which helps federal agencies manage projects by which volunteers participate in the scientific process. One organization that has put these tools to good use is the USA National Phenology Network (usanpn.org). Using an online tool called Nature's Notebook, citizen scientists all over the country can log their observations of plant and animal life cycles. Scientists, policy makers and natural resource managers use the collected data to better understand the plant and animal worlds' response to climate change.

The city of Tucson, Arizona, makes phenology a community affair by presenting an annual Phenology Week in October. Schools, organizations and individuals help collect data along the Tucson Phenology Trail, a total of almost 75 miles at a variety of locations.

Put your thinking cap on and come up with a community science project to involve members of your town.

Charitable Trust

There are a number of resources available that can help donors identify the charities that give them the biggest bang for their buck. It can be difficult to know which charities are truly worthwhile and which are so bogged down in overhead costs that a relatively small portion of funds raised actually reach those in need. Some fundraisers are just blatant scams.

Before making a donation, check in with one of the helpful rating services, including Charity Watch (charitywatch.org), part of the American Institute of Philanthropy, and Charity Navigator (charitynavigator.org).



Fresh Air Fund gives inner-city kids summer vacations in rural settings.

BEFORE SETTLING DOWN in Vermont to raise a family, Amy Kamb and her husband were in the Peace Corps. Because of that adventure, they valued opportunities to share life experiences with people from diverse backgrounds. However, there was just not much diversity in their bucolic little village of Woodstock.

So they brought diversity to them and their two children by volunteering for the Fresh Air Fund (freshair.org), a charity established in 1877 to give inner-city kids from New York a fun summer vacation in a rural setting.

Woodstock, it turns out, is designated a "Friendly Town," by the Fresh Air Fund, due to the high level of participation by families who welcome the same child back year after year. As for Kamb, an elementary school teacher, she is "Mom No. 2" to Michael, an African-American boy who has been coming by bus from the Bronx to Vermont since he was 7. Now 15, he is best friends with Kamb's 16-year-old son, Jack.

"We love him like a son," says Kamb.

"Michael's always going to be a son to us."

In 2014, Michael had to forgo his two-week stay because of summer school. So the Kambs sent him a train ticket for a visit during winter break. For the first time in his life, Michael skied, snowshoed and rode a sled down an actual hill.

"He told us the only time he'd sledded was on the huge drifts left by snow-





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plows in parking lots," Kamb says. "That's why sharing different life experiences is so great."

IF PROVIDING A SUMMER VACATION for a

city kid doesn't work for you, then how about helping to build a home for a whole family? Since its 1976 founding in Americus, Georgia, Habitat for Humanity (habitat. org) has relied on volunteer help to build, renovate and repair affordable homes. Often prospective homeowners join in the construction. These days the organization is creating needed shelter all over the world, giving volunteers several options. Anyone who can swing a hammer is welcome at projects in their own community, while the more adventurous can volunteer for building projects abroad.

There's even a team of RV owners who



Habitat for Humanity projects around the country offer volunteers a chance to help build homes for those in need.

drive from site to site, where they pitch in as part of the RV Care-A-Van.

TO MATCH YOUR PROFESSIONAL SKILLS

with a nonprofit that needs them, go to Catchafire (catchafire.org). Nonprofits in your community have already listed their needs. You may be the person they've been waiting for.

Take your professional skills a bit further afield, without leaving the comfort of your home, through the United Nations' UNV Online Volunteering service (onlinevolunteering.org). In developing countries around the world, your online professional assistance can help United Nations agencies, international NGOs, local governments, educational institutions and grassroots organizations.

On a more basic level, Family-to-Family (family-to-family.org) will match your family with another U.S. family, one that is in need of a helping hand. You and your kids can take this family under your wing to help put food on their table and clothes on their backs.

The organization helps the linked families make a genuine connection, with open communication and a budding friendship between them.

Start planning your adopted family's Christmas dinner now and have a jolly, feel-good holiday.

Susan G. Hauser is a freelance writer living in Portland, Oregon.







Dr. Shawn Keller is the Northwest leader in Implant and Cosmetic Dentistry





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Focus on a Partnership That Works

Fremont Brewing Company & HomeStreet Bank

By David Parr

att Lincecum was done. He'd had it with banks. And that was a problem, because, as the founder and owner of Fremont Brewing Company, Matt felt that it was time to grow his business.

Matt had built Fremont Brewing Company into a thriving Seattle craft brewer. He had built a community gathering spot and urban beer garden where locals could grab a handcrafted beer and enjoy life. He knew it was time for more.

But he couldn't get a banker to understand his new vision.

"I was told by several banks that they would only work with me if I put up my own home as collateral," Matt said. "They looked at my business and tried to fit it into a prefabricated loan product instead of bothering to learn about the industry or my business."

That was when he met with lending expert, David Parr, a commercial lender from HomeStreet Bank.

"David was different from other lenders," Matt said. "He came down to the brewery and he asked the right questions, about the business, about the neighborhood, about my vision for what the brewery could be. I was impressed — it was like the way you thought banking should be. It was old-school, no doubt. No one else had ever done that before."

David dug in. He started to learn about the craft-beer

sector. The dialogue with Matt went back and forth over the days and weeks following their first meeting.

"David and his team were a solid group of people," explained Matt. "They came through, and I made my first significant expansion."

But the relationship didn't end with the first deal. David and Matt continued to talk, and Matt found himself turning to David for advice on a regular basis.

"David was always willing to share his thoughts and perspective. I was surprised at how much work he'd done learning about craft brewing. There was a growing level of trust."

That level of trust was important. Like many small business owners, Matt was heavily involved in the actual running of the business. He left the financials to a bookkeeper. But as time went on, Matt was concerned that he couldn't trust his own books. Most business owners wouldn't think of taking such concerns to the lender that held their loan, but Matt trusted his lending team.

"I was in a hard place, but I called David and his team made some recommendations, and the situation was worked out. That was when I knew they believed in me, and believed in what my team was trying to do."

Since 2013, HomeStreet Bank and Fremont Brewing Company have been working together. Several

more deals were done, the brewery was busy and business was expanding. In September 2015, Fremont Brewing Company broke around on a new facility that will consist of a tasting room and large office area, and it is adding new brewing equipment for his ever-growing business. Matt is in awe of the "hundreds of hours" HomeStreet did in preparation for financina the deal.

Today, Fremont Brewing Company is one of the best craft brewers on the West Coast. One of their hand crafted beers, Interurban, is the best selling craft beer in Washington State.

"We make craft beers," Matt said. "It's what we do and we're good at it. It's good because we take the time to get it right. And our customers love it. When I think of David and his team at HomeStreet, I think of them in the same way. They are craft bankers. Looking back, I see that my relationship with David and HomeStreet was a major turning point for Fremont Brewing Company. I'm grateful for their help, but more than that, I trust them."

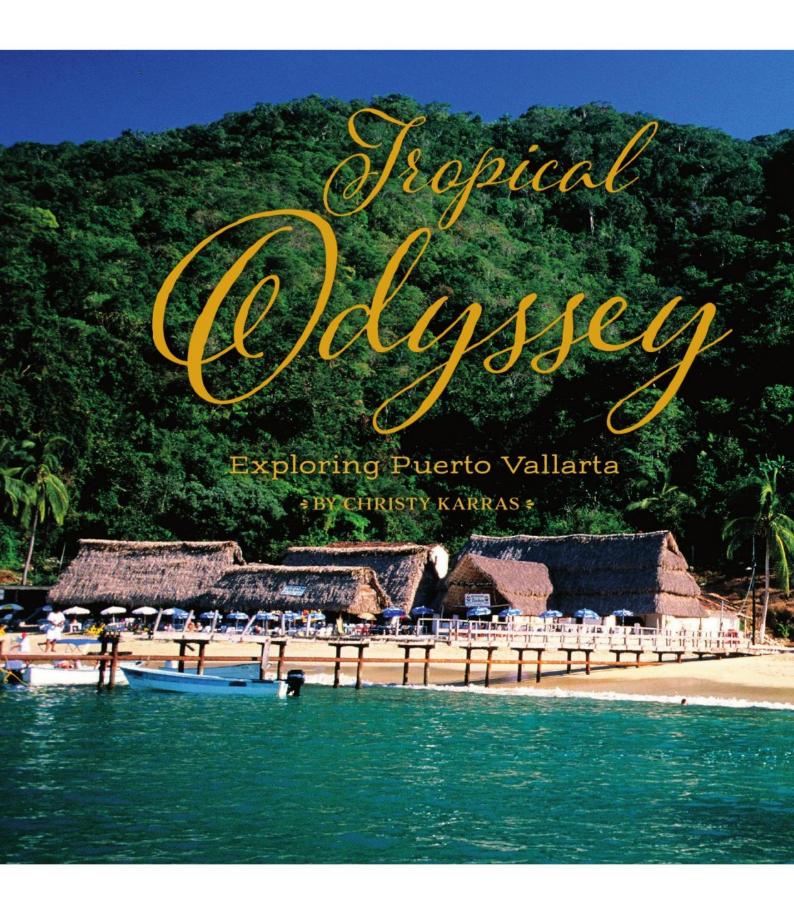


David Parr is a Vice President and Regional Team Lead in Commercial Lending at HomeStreet Bank in Kent, Washington, Parr and his lending team focus

on developing long-term and valued relationships with commercial companies in Western Washington. Parr is a recent graduate with honors from the Pacific Coast Banking School in Seattle. He can be reached directly at his office in Kent at (253) 850-9817 or David.Parr@HomeStreet.com.

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TOWNS NEAR PUERTO VALLARTA

PUNTA MITA: On a point at the northern tip of Banderas Bay, surrounded on three sides by water, this is home to some of Mexico's most exclusive resorts and championship golf courses. Sheer luxury reigns here.

SAN SEBASTIÁN DEL OESTE: A colonial mountain mining town with the feel of an Old West movie set. Puerto Vallarta's original settlers came from here during the region's 19th century mining heyday. It's home to historic buildings and a freshroasted coffee culture, and after you enjoy a late morning coffee break you can buy some locally grown super-fresh beans to take home.

MASCOTA: Nestled high in the Sierra Madre east of PV, this hamlet is full of old stone buildings, grand views and archaeological sites.

BUCERIAS: An old-fashioned Mexican town with an attractive central square, 20 minutes north of Puerto Vallarta, it also hosts one of the Banderas Bay area's biggest flea markets.

SAN FRANCISCO (SAN PANCHO): Fifteen minutes away from Sayulita via taxi, this is an even smaller town with a quiet vibe and a laidback golf course.



I'M SITTING in a slung-fabric chair, sipping a cerveza with my feet propped up on the low rock wall surrounding our private patio. Behind me, the wooden shutters of my thatch-roofed temporary home are flung open to the breeze.

Less than 10 yards away, ocean waves bash into boulders, generating the pleasant, persistent sound that will sing us to sleep tonight. The path to my left leads to a mostly empty stretch of sand sprinkled with a handful of umbrellas in front of open-air beachside bars and restaurants.

This is Yelapa, a tiny hamlet tucked into a cove south of Puerto Vallarta. My husband Bill and I, with our friends Doug and Susan, have just unpacked after a 45-minute water taxi ride across the Bay of Banderas to this secluded spot hugged by steep green hills. Doug and Susan are already at the beach, paperbacks and beers open. Next to me, Bill utters the first thing that comes to mind, a sigh of relaxation.

Puerto Vallarta offers an easy way to get both a taste of Mexican culture and a relaxing oceanside vacation. Compared to the bustle of urban San Francisco (San Pancho) is a small beach town north of Puerto Vallarta, known for its laid-back atmosphere. life, it's a place to get away from it all. And you can get even further away without much effort by visiting the nearby towns and villages that broaden the travel experience

here. Both facets illustrate why we've come to PV a half-dozen times. And each time we visit, we like to explore a bit outside the city. For this visit, we've gone north to Sayulita and south to Yelapa, each a destination in its own right with a completely different feel. But first, we spent a few days in Puerto Vallarta itself.

IN TOWN

Having already explored the Malecón beachside promenade and the shops and markets along the Río Cuale, we wandered the narrow cobbled streets of central Puerto Vallarta.

The hills were just steep enough for a nice workout, and the bay's blue waters were almost always visible. Warmed by the walk and the



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GETTING AROUND

DRIVING can be interesting around Puerto Vallarta, where rules of the road evolved independently from the rest of Mexico-a reminder of how isolated this area was until fairly recently. To make a left turn, you have to pull to the right side of the road and wait until all is clear, and remember that local drivers are not used to seeing cars stopped or slowing in the middle of the road.

But there's really no need to drive, since BUSES AND TAXIS go everywhere. Buses are reliable, safe and clean. Their sheer number can make it hard to know which bus to catch for what area. Stop in at the tourism office in the center of town, ask how to get to your destination, and pick up a copy of the corresponding bus schedule

The easiest way to visit Yelapa, Sayulita or other surrounding towns is to hire a TOUR COMPANY and let it handle the logistics. Vallarta Adventures, for example, takes visitors by air-conditioned tour bus to Punta Mita and from there to Sayulita in dune buggies.

For BOOKING OPTIONS and complete travel information, go to the official Puerto Vallarta website, visitpuertovallarta.com.



sunshine, we stopped in at one of the plentiful ice cream shops near the orange-brick Church of Our Lady of Guadalupe. Aside from which direction to wander, our biggest decision was which flavor to order. For me, *dulce de leche*, of course.

Puerto Vallarta has long been a getaway, since well before Americans and Canadians knew about it. Even when the bountiful mining towns of the Sierra Madre to the east were more important than the sandy shores below, local families vacationed on the beaches. Some eventually moved here, planting deep roots that remain.

El Centro, the district that dates from the 19th century, is built for walking. Nothing feels too far away, and one part of town leads seamlessly to the next. We strolled from the wide

Above of Our Guada historic centra Vallart nearby stands afternal Left P.

beach to the Los Muertos Pier to the sculpturelined Malecón, and crossed the Río Cuale into the neighborhood that American artists, writers and actors made popular in the 1960s. It may be New World geographically, but it feels European with its wrought-iron balconies, whitewashed walls and hanging flower baskets.

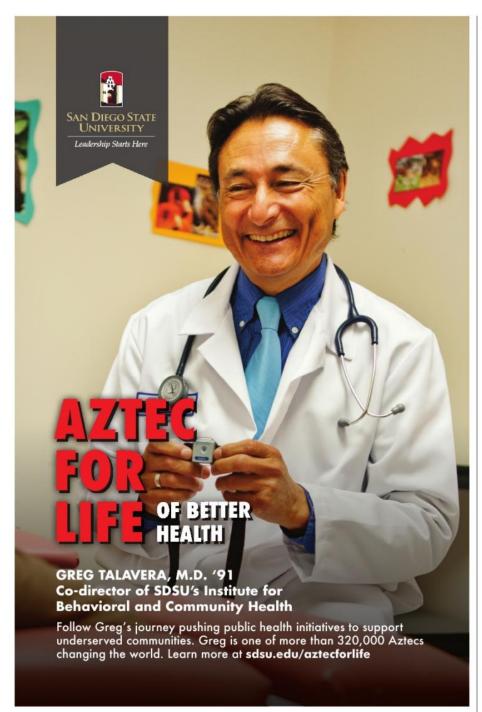
You can explore Puerto Vallarta on your own or join a guided tour. Free morning tours of El Centro begin at the City Hall tourist office several days a week, depending on the season. Several companies offer food tours, including my favorite, the evening taco tour, which visits food carts and a tortilla factory so travelers may watch these taco shells come hot off the griddles.

As we walked, we perused markets on the

Above, the Church of Our Lady of Guadalupe adds historic interest to central Puerto Vallarta—and the nearby ice cream stands are ideal for afternoon respite. Left, PV's famous Malecón is perfect for strolling.

north side of the river. I bought a small ceramic piece. Susan bought a straw hat.

Even more appealing were the galleries show-casing work by Mexican artisans. Art is important here, and we are all the beneficiaries. Some of the galleries have been in





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business for decades, and many of their owners can tell you about the indigenous artisans, often local Huicholes, who made the wares.

I was entranced by sculptures and ethereal carved ceremonial masks at Galeria Olinala, each one completely different from the rest. A bright yellow mask, resembling the spotted head of a panther, caught my eye.

"Do you ship to the States?" I asked. "Of course." I filed this info away.

NORTH TO SAYULITA

We go to Puerto Vallarta to get away from the daily stresses of home, and we go to the smaller cities and towns outside it for an even greater sense of escape. In these smaller towns, life is reduced, pleasantly, to essential amenities (food, lodging) and supplemental rituals—breakfast at a favorite cafe; margaritas on the beach at sunset.

A surfing town 40 minutes north of Puerto Vallarta, Sayulita draws all kinds of water lovers. While experienced surfers like the variety of waves in its half-moon bay, relatively smooth underwater terrain also begets beginner-friendly waters perfect for swimming. It's just far enough south that the Pacific's waters are warmly welcoming year-round.

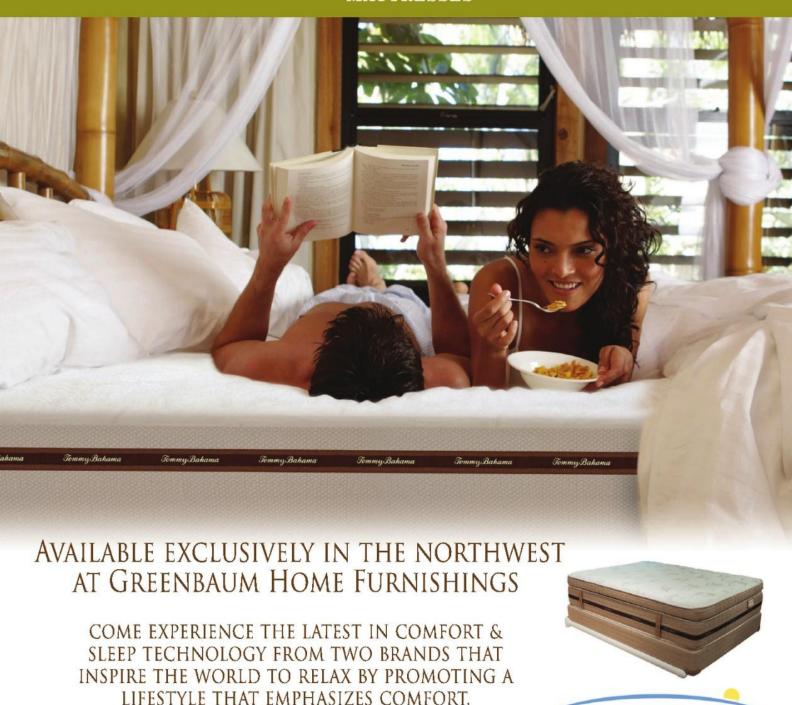
While Doug and Bill strap on masks and snorkels to investigate the underwater wildlife, I go for a walk. The crowds, small to begin with, disappear entirely once I get a few hundred feet from the beachside bars near the town center. Our fellow visitors include yoga retreaters, American and Canadian retirees, and young Europeans and Australians.

In Sayulita we rent a casita with a kitchen. Hiring a local cook is an easy alternative to dining out. Mayela, our chef, gave us a list of ingredients to buy and said she would do the rest.

Bill, eager to know the secrets behind a great mole sauce, asks if he can watch. "Men don't belong in my kitchen!" Mayela jokes in Spanish. Does she mean that, literally? Or is she simply

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trying to shield her art (and recipes) from investigative eyes? We stroll to the beach to watch the sunset and return to a hot pan of fall-off-the-bone chicken drenched in a thick, dark mole. We may never know Mayela's secrets, but we're OK with that as long as she's willing to cook for us.

SOUTH TO YELAPA

You know you're in a friendly place when total strangers invite you to a private party. But this is how things are in Yelapa, where we venture after a few days in Sayulita. As we wander the steep, narrow main street ("street" is stretching it; most of the traffic is of the cargo-donkey variety) in this hillside town, more than one person stops us to let us know that everyone is invited to an anniversary party for a couple expats who live here.



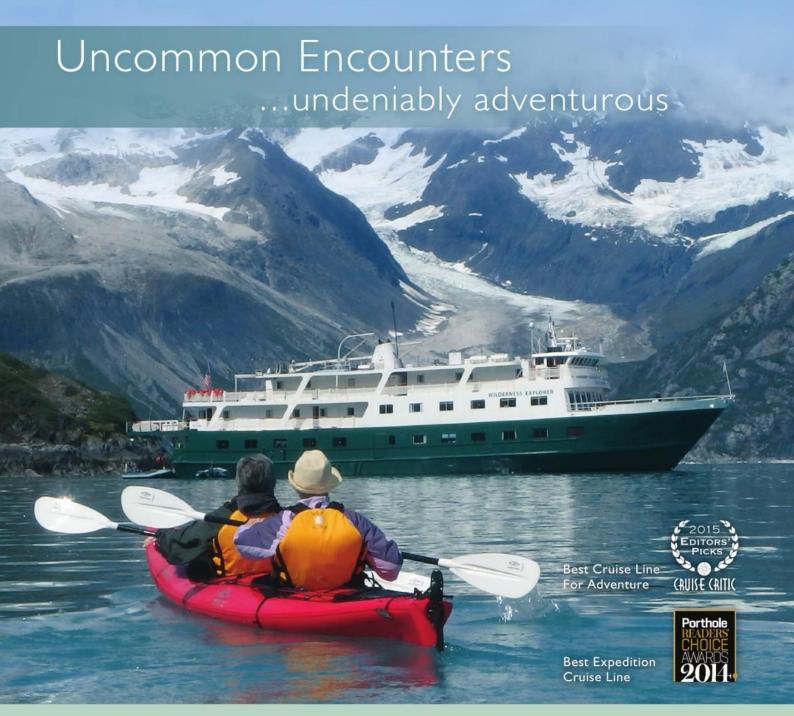
The air coming off the ocean is practically perfect.



Curious, we make our way that night to the Yelapa Oasis, a two-story open-air restaurant and dance club beside the shallow river that separates the beach from the town. The honored couple plays in the band, singing 1970s songs.

The tunes are good, but what they are, exactly, doesn't matter. The warm night air, the swirling bright colors of couples dancing around us—and OK, maybe the sips of *raicilla*, the locally made mescal-style liquor—combine to put us in the blissful state that only really comes with a real escape; no Internet, no cell phone, no obligations.

Earlier that day, we'd sunbathed on the beach, reading real paper books and sharing bites of treats from "the pie lady," who walks up and down the shoreline carrying a Tupperware container of the day's homemade pies. Everything is



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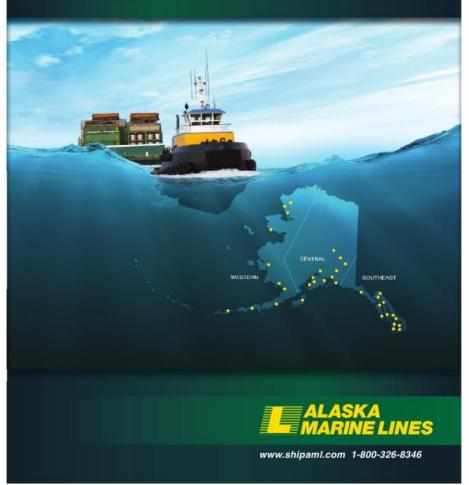


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good, so I can't recommend a particular flavor. Well, maybe I can: chocolate cream.

Most people come here on day trips for a few hours via water taxi or organized tour. For a longer day trip, take a taxi or bus to Boca de Tomatlán, the last roadside town on the south end of the Bay of Banderas, and catch the first water taxi out. Bring pesos; this is one of the last places where almost everything is cash-only.

Even better, stay overnight as we are doing, with the place almost to ourselves even during high travel season. You'll be as close to the ocean as you'll ever be with a roof over your head. Most lodgings have hot water and electricity, though the latter is a fairly recent innovation. What casitas here don't usually have is glass windows, since the air coming off the ocean is practically perfect almost all the time.

There are no big resorts here. Casas and guesthouses ranging from basic to luxurious are tucked into the jungle along the shore. Casa Pericos, where each open-air suite occupies its own floor; or Verana, a collection of rustic-chic buildings up on the hill; are among the more luxurious options in an otherwise unassuming place.

That evening, we revive one of our cherished travel traditions, identifying a new word that, for fun, we find ourselves using over and over again. For this Puerto Vallarta journey, the word turns out to be *satisfecho*, which we say with exaggerated gusto after another fine meal or happy moment. It means satisfied, of course—fully content for now, but not forever.

The sun drifts down into the Pacific, and peaceful evening descends along the shore. Ah, satisfecho.

Christy Karras is based in Seattle.

Alaska Airlines offers daily service to Puerto Vallarta, Mexico. Book flights at alaskaair.com, or call 800-ALASKAAIR.





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Authentic Catal Savoring the Maya homeland *BY BECKY YOUMAN*

A LIVE BAND PULSES out a merengue rhythm; chatting friends stroll through the plaza munching on street-cart delicacies; and our 10-year-old daughter Anne launches a toy parachute into the night sky, chasing it down with a throng of local kids. It's a community relishing the social buzz of its central square, and this is how you spend Sunday evenings in Valladolid, Mexico.

Located just an hour and a half west of the popular resort destination of Cancún, Valladolid seems a world away. While the white sands, turquoise waters and extensive vacation developments of Cancún and the Riviera Maya attract more visitors, the interior of the Yucatán Peninsula offers cultural experiences that add spice and color to the travel mix here. Valladolid, a serene and walkable pueblo of roughly 50,000 people, is the perfect place to satisfy our hankering to delve into Yucatecan culture.

Designated a Pueblo Mágico (Magical Village) by the Mexican government for its colonial architecture and indigenous heritage, Valladolid is situated at a crossroads of the Yucatán. Located equidistant from both Mérida and Cancún, it is also close to numerous important archeological sites. It will be our base as we explore the Maya and Spanish legacies of the area.

Chichén Itzá's famous El Castillo pyramid is one of the most-visited and most often photographed sights in Mexico.







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CANCÚN TIPS

Most visitors to the region spend a few nights in Cancún, so here's a quick overview. THE HOTEL ZONE (Zona Hotelera) is a 14-milelong, half-mile-wide barrier island that boasts otherworldly turquoise waters and white-sand beaches reminiscent of powdered sugar. The hotels along this famous beach range from five-star wonders to family-oriented resorts. Most are all-inclusive, which means that lodging, meals, drinks, and most activities are included in the nightly room price. Adult-only hotels offer either a party or spa-like scene, while family-friendly ones include kid's clubs and nightly themed dinners.

CANCÚN is full of activities outside the resorts. Snorkeling and scuba excursions, golfing, ziplining and off-road adventures can all be arranged and undertaken from Cancún. Large shopping malls are another draw, as is the local artisan market. Dining choices range from branches of familiar American chains to Mexican mainstays such as Carlos'n Charlie's and Señor Frog's, along with a wide array of restaurants featuring Asian, European and various fusion cuisines.

-Becky Youman



We start with a simple family adventure on that first night. My husband Bryan and I grab a spot on an ornate white-washed park bench, taking in the sights of the Parque Francisco Cantón Rosado, the city's main square. Kids have staked out the area around the fountain, while teens surreptitiously hold hands on the plaza's margin. Older couples sit under the trees in curved gossip seats trading tidbits with lifelong friends. It's a version of the same scene that has been repeated here for hundreds of years, and we enjoy being part of the tradition.

On the plaza's south side stands the Iglesia de San Gervasio, dating from 1545 (although it was partially demolished and then rebuilt in 1706). Its twin bell towers,

topped by crosses, stand guard over the festivities below. Interestingly, the church—as well as many other buildings around town—was constructed by the Spanish with stones removed from the

Valladolid's Iglesia de San Gervasio (above) dates back to 1545 and was built partly with stones from ancient Maya sites. The city's main square (right) is a center of community life. Maya ceremonial city Zaci, which stood in this same location. History on top of history.

Like many visitors to the Yucatán Peninsula, we started our vacation with a few days in Cancún. Our all-encompassing all-inclusive resort offered such delights as a swim-up poolside bar, a white-sand beach, and daily activities that included water sports, handicraft painting, even Spanish lessons. The fun continued into the evenings, with outdoor dinners and events. On





Chichén Itzá's Chac-mool exemplifies a figure common throughout ancient Mesoamerica; the bowl the warrior is holding is meant for offerings to Maya gods.

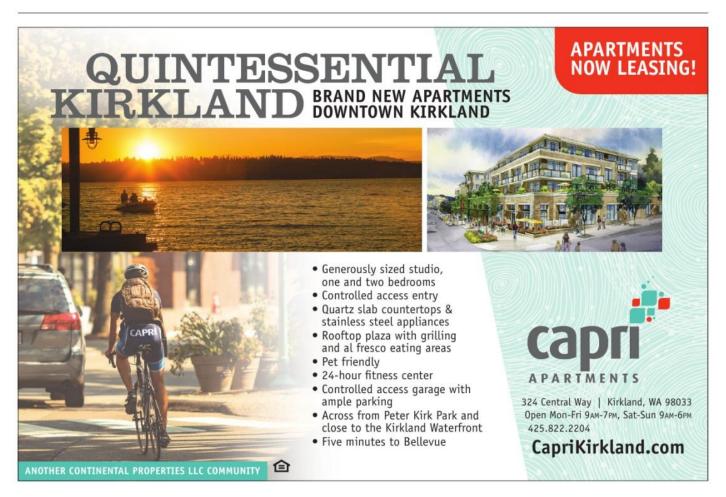
"Mexican night," for example, we feasted on tacos and enchiladas, stuffed poblano chiles and tres leches cake—while watching a stage show of folkloric dances from different regions of Mexico. After a few days of this carefully curated fun, we were ready to explore further afield.

The drive from Cancún to Valladolid took less than two hours on a fast, wide toll road. Exiting the highway we easily found our hotel, El Mesón del

Marqués, in the city's colonial downtown. After a requisite afternoon swim we were refreshed and ready to explore. The receptionist encouraged us to take the five-minute walk to the plaza to dive into Yucatecan life, and we are now in the heart of the social matrix.

Soon our hunger tells us it's time for dinner. The distinct culture here is a melding of Maya, Caribbean, Spanish and Mexican influences, and can be especially experienced in the food. El Atrio del Mayab, with a delightful tree-covered patio in the shadow of the church towers, is our dinner spot of choice. Our mouths water as we watch busy hands pat out fresh homemade tortillas. We feast on recipes handed down for generations: lomitos de Valladolid—pork simmered in a tomato and garlic broth; longaniza—delectably seasoned smoked sausage; and poc chuc tacos—fresh tortillas stuffed with a delicious citrus-marinated pork.

THERE ARE NUMEROUS pre-Columbian Maya ruins located throughout the Yucatán Peninsula, but the largest and by far most famous is Chichén Itzá. A UNESCO World Heritage Site, "Chichén" was one of the most important Maya centers, with its heyday during the 10th century.





We depart a bit after 7 A.M., to arrive before the tour buses get here from Cancún.

We are rewarded for being up with the sun by having the grounds almost entirely to ourselves. The first building to grab our attention is the soaring 98-foot El Castillo pyramid. This is the famous spot where the shadow of a snake seems to alight along the side of the steps during spring and fall equinox, an optical illusion created by a corner of the pyramid angled against the sun. As we continue to explore, it's the older Puuc-style architecture of the Nunnery and Akab Dzib that we find most intriguing. The intricate carvings and cut-stone geometric mosaics feature patterns, faces, snakes and birds. Of course, the sports fan in all of us appreciates the Great Ballcourt-largest in Mesoamerica, bigger than an American football field.

The hot Mexican sun has left us a bit wilted after touring the ruins. Lucky for us, the Yucatán is made of porous limestone under which a vast



underground river system flows. Freshwater pools, called cenotes, are places where this river system is accessible. There are cenotes all over the Yucatán—some are open-air, some are more like caves, some are developed with restaurants and services, while some aren't even marked. We

The freshwater cenotes found throughout the Yucatán offer cool retreats from the heat of the jungle.





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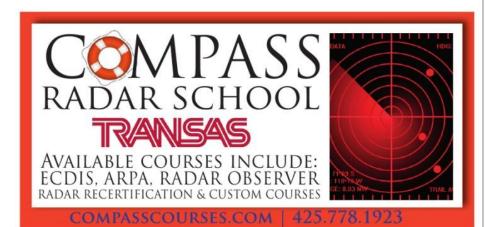
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go on the hunt for Cenote Dzitnup, 7 miles west of Valladolid.

There are actually two pools at the location—Samula and Xkeken. We descend a set of twisting, rough-hewn limestone stairs into the semi-darkness of Xkeken's partially water-filled cavern. This descent gives us a real sense of why the Maya considered the cenotes a link between the underworld and ours. Light



The pool is an ethereal blue–fresh, cool and crystal clear–truly magical.



streams in from openings in the cave ceilings and walls, illuminating hanging stalactites and tree roots pushing through from above to reach the water. The pool is an ethereal blue—fresh, cool, and crystal clear—truly magical.

Anne is tentative about jumping in at first; nervous about what she can't see in the water beyond the depth illuminated from above. Once she is in, however, we can't get her out. She and Bryan don masks and fins and explore every rocky underwater nook. We spend the rest of the afternoon enjoying this quintessential Yucatecan experience.

ANOTHER UNIQUE ASPECT of the Yucatán is the number of restored haciendas here. As part of an economic system similar to Europe's feudal system, haciendas controlled the economy of the area from the 1500s to the early 1900s. Production of sisal twine brought tremendous wealth to the region. After the sisal market collapsed, many haciendas fell into disrepair. But now many restored haciendas house hotels, museums, restaurants or event centers.

Our destination today is Kaan Ac, a hacienda that dates back to the 16th century. Located just 10 minutes north of Valladolid, it's the perfect spot for a



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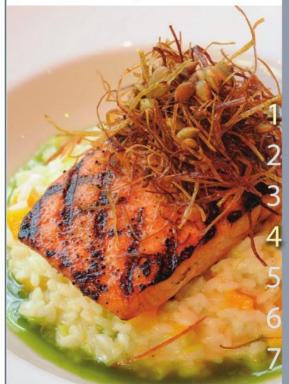
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relaxed lunch in a splendid setting. Set on 42 acres, the hacienda boasts lush gardens and manicured grounds that extend to both sides as we approach the restaurant in what was once the Machine House. A castle-like building houses hotel rooms, and beyond that we spy a small chapel dating from the 1600s.

As we savor another fantastic Mayainfluenced meal in the shade of an impressively large ceiba tree, the profusion of growth around us gives a sense of the ever-encroaching jungle. Between our long lunch, touring the grounds, and swimming in the hacienda's cenote, we end up passing the better part of the afternoon at this historic hideaway.

THE NEXT MORNING we drive west to Izamal, known as the Yellow Town. All the buildings downtown are painted the same sunflower hue. We tour the Franciscan Monastery San Antonio de Padua, built by the Spanish in 1533 (also using stones taken from existing pyramids), and enjoy a horse-drawn carriage tour in a flower-festooned surrey.

Over lunch, we discuss the Yucatán's unique culture and our favorite experiences of the trip. Anne is a cenote girl all the way; the adventurous aspect of exploring these distinctive and refreshing natural pools has her impatient for further such discoveries. Bryan and I have appreciated the homespun authenticity of our evening on the square in Valladolid, and the quiet of the hacienda.

Although one encounter was a stimulating sensory spectacle for a young girl, and the other a more quiet and contemplative respite for her parents, both highlighted the multiple strata of tradition and history everywhere you turn in this peninsula.

Becky Youman is based in Amsterdam.

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WASHINGTON

Touring the Evergreen State BY CANDACE DEMPSEY

As a Washington native, I've always marveled at the Evergreen State's unique landscapes. In the west, you'll find craggy mountain ranges, dense old-growth forests and primeval beaches. East of the Cascade Range, Washington's sage deserts and basalt plateaus create breathtaking vistas. The following are some of my favorite locations in this beautifully varied state.

Seattle

To see the Emerald City in all its grandeur, head for the world-famous Space Needle at Seattle Center, next to the EMP museum and the Chihuly Garden and Glass museum, which celebrates the work of



artist Dale Chihuly. From the Space Needle's observation deck, 520 feet up, enjoy an amazing view of the Cascade Range, including Mount Rainier and the Olympic Mountains. You can also see how the city curves around Puget Sound, a large Pacific Ocean inlet that is dotted by islands and navigated by everything from freighters to kayaks.

Seattle has a compact, easyto-walk downtown, with glass skyscrapers, upscale shops, coffeehouses, gourmet restaurants and two stadiums in its south end. The downtown is also home to the Seattle Art Museum; Benaroya Hall, where the Seattle Symphony performs; and many other cultural gems. You can enjoy the nightlife in Belltown and historic Pioneer Square. And the International District offers terrific Asian food.

Among Seattle's most popular attractions is the Pike Place Market, where you can watch fish sellers toss salmon. You can also listen to street performers, shop for high-quality handicrafts and enjoy an amazing selection of fresh foods.

Walk down to the waterfront to visit fun shops, restaurants,

the Seattle Aquarium and the Seattle Great Wheel, which offers unique views of both the city and the Sound. At the waterfront's north end is the Olympic Sculpture Park, a public space full of fascinating art and fantastic water and mountain views.

To get out onto Puget Sound, take Argosy Cruises' tour of Elliott Bay, catch the Victoria Clipper to Canada or hop on a Washington State Ferry. Many visitors ride the Bainbridge Island ferry just for views of the city skyline.

Bellevue

About 10 miles east of Seattle, across Lake Washington, is Bellevue, a high-tech hub and a Above: The skyline of Seattle,

Left: The colorful ceiling of Tacoma's Chihuly Bridge of Glass features works by famed artist Dale Chihuly.

Below: A snow princess poses with a toy soldier drummer on Snowflake Lane, a holiday event held along Bellevue Way, next to Bellevue Square, each December.



Washington's largest city. The Space Needle is in the foreground, and Mount Rainier is in the background.



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Water Sites

▶ Potholes State Park: Fish for walleye, rainbow trout, smallmouth bass and largemouth bass year-round in the Potholes Reservoir near Moses Lake

- ▶ Palouse Falls State Park: See the magnificent 198-foot waterfall drop into Palouse River Canyon in an amazing setting—the treeless and flinty lands of the Columbia Plateau.
- ► Nisqually National Wildlife Refuge: Kayak through the Nisqually River Delta at the southern end of the Puget Sound. The delta attracts a variety of animals, from birds to fish to harbor seals. C.D.

major shopping destination.

The city, where high-tech firms such as Expedia, Microsoft and T-Mobile have offices, is also known for hiking trails, beach parks and public gardens.

However, the city's major attraction is The Bellevue Collection shopping area. You'll find more than 250 shops among Bellevue Square, Lincoln Square and Bellevue Place, plus movie theaters, top hotels and more than 30 restaurants. The Bellevue Arts Museum is nearby, and even more highend shopping can be found at The Shops at The Bravern.

Tacoma

The port city of Tacoma, which has been used as a backdrop for

such films as *Say Anything* and *I Love You to Death*, is located about 30 miles southwest of Seattle on Commencement Bay.

The city has an expansive Museum District, which is home to six major museums, including the Museum of Glass, which focuses on works by Tacoma native Dale Chihuly and other artists. Stroll across the delightful Chihuly Bridge of Glass to the Tacoma Art Museum, which houses an extensive collection of Native art. LeMay-America's Car Museum showcases a rotating collection of 300 vintage vehicles from the LeMay family and various other sources.

At the city's **Point Defiance Zoo & Aquarium**, it's always fun



to visit the clouded leopard cubs, a Malayan tapir and other rare animals. Anyone 10 and older can also go underwater in a cage to see the aquarium fish up close. On a second dive, you can go outside the cage in the aquarium's newest attraction, "Beyond the Cage Shark Dive."

The iconic Public Market in Seattle first opened in 1907.

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Northwestern Washington is famous for its large winter populations of seabirds, bald eagles, snow geese, and trumpeter and tundra swans, and offers some of the country's best raptor viewing, according to the Audubon Society of Washington.

Cross the stunning Tacoma Narrows Bridge to visit the colorful town of **Gig Harbor**. Hike or bike the 6.2-mile Cushman Trail. If you enjoy microbrews, stop at 7 Seas Brewing or another town pub.

The Coast

Washington is known for its rugged and mostly undeveloped coastline, where visitors can find amazing coastal formations fashioned by nature at such locations as Cape Flattery on the northwestern tip of the Olympic Peninsula. Farther south is the beach community of Ocean Shores, where people come year-round to stroll along the wide beach and enjoy the roiling surf. At the southern end of the state's coastline is the Long Beach Peninsula, which has a 28-mile-long sandy beach, cozy places to stay, numerous attractions and delicious seafood. Families enjoy beachcombing, kite-flying and other activities. You can also ride bikes and mopeds and enjoy the many arcades and shops.

About 100 miles southeast of Long Beach, on the Columbia River, is the historic city of **Vancouver**, a gateway to river activities. There are more than a dozen wineries in the area, as

INCE JOHNSSON, ALAMY STOCK PHOTO



well as the Fort Vancouver National Historic Site. You can also explore the Ridgefield National Wildlife Refuge, which is home to an array of birds and mammals.

Into The Mountains

The Cascade Range runs from British Columbia to Northern California. It divides the state into the lush and green west side and the drier east side, where the 1,243-mile-long Columbia River flows in from Canada, carving the awesome Columbia River Gorge, and

> forming most of the border between Washington and Oregon, before reaching the Pacific Ocean.

Travel to the Cascades for winter sports, plus mountain biking, backpacking and hiking in the spring and summer. The 2,600-

Above: The rugged Washington Coast is known for breathtaking formations.

Right: The Front Street Gazebo in Leavenworth hosts various activities during the holidays.

Left: Lake Chelan is one of Eastern Washington's newest wine regions.

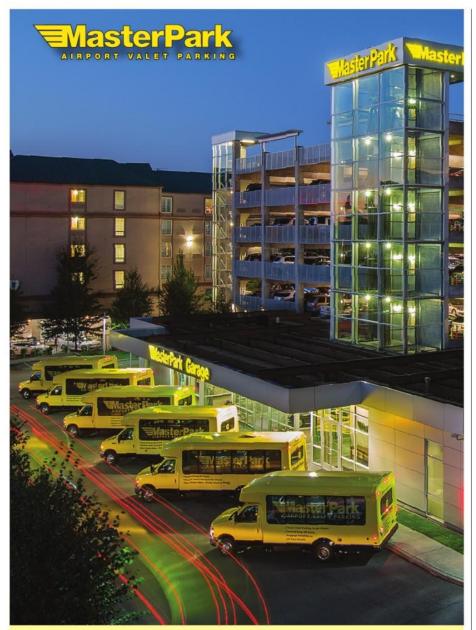
acre Crystal Mountain Resort, the state's largest ski area, is on the northeast side of Mount Rainier. It has more than 50 runs, plus the Mount Rainier Gondola, which rises almost 2,500 vertical feet to near the top of Crystal Mountain. You'll find more ski areas at Mount Baker, White Pass, Stevens Pass and The Summit at Snoqualmie. Most of the ski areas also offer Nordic skiing trails, sledding and snowshoeing.

The Bavarian-themed resort town of **Leavenworth** is one of my favorite locations for Nordic skiing. Located on the eastern slopes of the Cascades, the town makes for an enchanting winter wonderland. Families love the Christmas lights and annual **Bavarian IceFest** on January 17. The charming village is also known for its shops, German food, comfortable accommodations and wine-tasting rooms.

Wine Country

Speaking of tasting rooms, Washington is the nation's second-largest wine producer and is home to more than 800 wineries. Almost all of the wine grapes grown in the state are

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Great Northwest



The Spokane Falls Skyride is a favorite activity at the city's Riverfront Park.

cultivated in Eastern Washington. From Lake Chelan to Walla Walla, from Wenatchee to Spokane, you'll find an abundance of tasting rooms and wineries offering world-class wines.

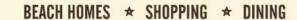
Where the arid Columbia Plateau meets the green Spokane River valley is where my hometown of Spokane is located. Set about 20 miles from the Idaho border, Washington's second-largest city is the business and recreational center for much of Eastern Washington and the Idaho Panhandle. The slopes of Mt. Spokane Ski & Snowboard Park are only about 30 miles northeast of downtown for convenient winter recreation. In spring and summer, enjoy the gorgeous gardens in Manito Park, 15 regional public golf courses and numerous area lakes. And the 37-mile-long Spokane River Centennial Trail begins at the Idaho/ Washington state line and follows the curve of the river through downtown Spokane, gliding past Gonzaga University and the spectacular Spokane Falls.

Exciting cities, snowcapped volcanoes, vast wilderness and water everywhere.

These are some of the reasons I love living in the Evergreen State. GNW

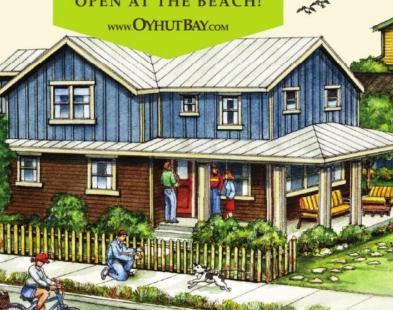
Candace Dempsey currently writes from Seattle.

Alaska Airlines offers frequent service to communities throughout Washington. For ticket information, go to 800-ALASKAAIR or visit alaskaair.com. Learn more about Washington at experiencewa.com.



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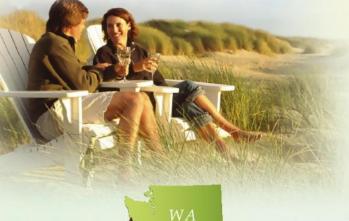
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OREGON

Urban, Rugged and Diverse BY JOHN GOTTBERG

If you've ever wanted to strap on a pair of snow-shoes, Southern Oregon's Crater Lake National Park is one of the best places to give the winter activity a try.

The deepest lake (1,943 feet) in the United States is also one of its snowiest inhabited locations. The historic Crater Lake Lodge, which overlooks the stunning, cobalt-blue lake from its southwestern rim, receives an average annual snowfall of about 44 feet. While the lodge is closed in winter, the south entrance to Crater Lake, readily accessible from Medford, is open year-round. On weekend afternoons (and daily between Christmas and New Year's Day), park rangers lead free two-hour guided snowshoeing tours through meadows and forests near the rim, describing how plants and animals survive the winter.

On a crisp, clear day, there are few activities more thrilling. Everything is cloaked in white, from the headlands, which rise 1,800 feet above the alpine lake's surface, to Wizard Island, the distinctive red cinder cone on the lake's west side.

Snowshoeing at Crater Lake is just one of the many winter

and spring recreational opportunities to be explored here in the Beaver State. From Portland to the Oregon Coast, Redmond to Medford, there are activities for travelers of all ages.

Portland

A great place to start a tour of Oregon is in Portland, the state's largest city. Known as a burgeoning culinary center and the state's economic engine, Portland is also one of the urban bicycling capitals of the United States.

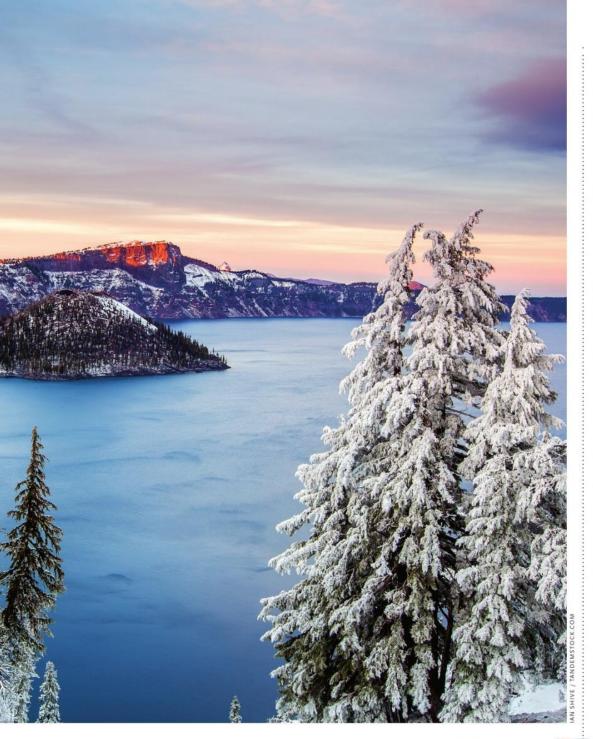
Rain or shine, Portland boasts up to 20,000 cyclist commuters during the summer who cross Willamette River bridges. Many of those riders use the city's new Tilikum

Above: A view of snow-dusted Wizard Island in Crater Lake, the deepest lake in the United States, measuring 1,943

Right: Portland's MAX light-rail system has 84 stations and 52 miles of track, which efficiently connect the city's neighborhoods and metropolitan area.







Crossing bridge, which opened in September of this year and is the only bridge in the country dedicated to light rail, buses, bicycles and pedestrians—no automobile or truck traffic allowed. The cable-stayed bridge links Portland's South Waterfront district with the Central Eastside.

Where do these cyclists go, besides school and jobs? In winter and spring, you will find some at the Moda Center to watch Portland's popular NBA team, the Trail Blazers. In the summer and fall, MLS' Portland Timbers take center stage in sports. Another destination is the Oregon Museum of Science and Industry (OMSI) in the Central Eastside.

Parks and gardens are popular destinations in this familyfriendly city. One of the best is **Washington Park**, an expansive





A Wine Center

▶ Oregon has become one of the nation's top wine producers. According to statistics from 2014, the state has more than 670 wineries producing about 3 million cases of wine each year. There are also more than 27,000 acres of land planted in wine grape vines.

Many of the vines and wineries can be found in the Willamette Valley, which stretches for more than 100 miles south from the Portland area to past Eugene, where King Estate Winery is located. Renowned for Pinot Noir, the region also produces dozens of wine varietals, including Pinot Gris, Chardonnay and Riesling. The heart of the area is the town of Newberg, home of The Allison Inn & Spa. Not far away is Ponzi Vineyards, which features a new tasting room with multiple fireplaces.

Vineyards are also found in the Rogue and Applegate valleys near Medford and Grants Pass, as well as the Umpqua region near Roseburg and the Columbia River Gorge, east of Hood River. These regions are known for many wine varietals, including Cabernet Sauvignon, Cabernet Franc and Chardonnay. —J.G.

Portland has one of the largest populations of bicycle commuters in the nation.

Great Northwest

area in the Arlington Heights neighborhood. It includes the world-famous International Rose Test Garden, which is home to about 8,000 plants and 600 varieties of roses, and the Portland Japanese Garden, which will reopen on March 1, after undergoing a \$33.5 million expansion allowing for more Japanese cultural and art forms to be practiced in a traditional village setting. The garden is considered one of the most authentic of its kind outside of Japan.

Washington Park is also home to the **Oregon Zoo**, whose "Elephant Lands" enclosure, new in 2015, underscores the commitment to an Asian

elephant breeding program that has gained worldwide renown. The new 6.3-acre habitat offers a number of features, including a 160,000-gallon pool.

The Oregon Coast

Less than 100 miles west of Portland is the Oregon Coast, where you'll find more than 360 miles of resort towns, great beaches, rock formations and exciting discoveries, accented by romantic lighthouses.

Extending south from the mouth of the Columbia River, Oregon's series of landmark lighthouses were erected on rocks, reefs and headlands to Portland's International Rose Test Garden has about 8,000 plants and 600 varieties of roses.

protect maritime traffic. Many are open for public visits, including the **Yaquina Head Lighthouse**, which overlooks a series of tide pools north of Newport, a coastal fishing port.

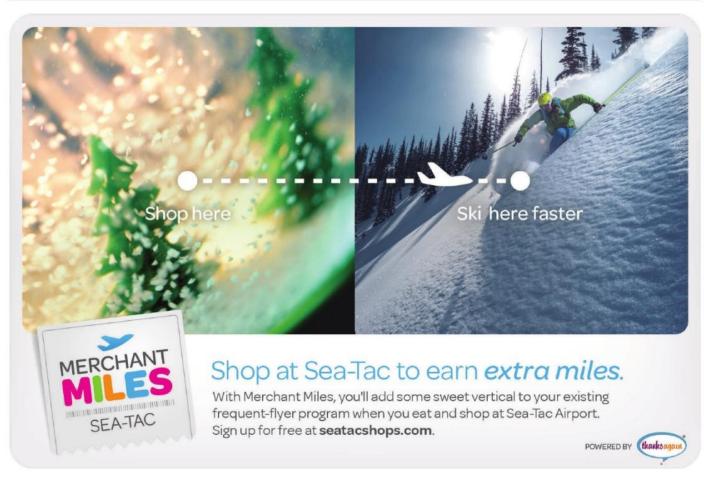
But they couldn't protect every ship. According to the Columbia River Maritime Museum in Astoria, many vessels have sunk at the Columbia River bar since Captain Robert Gray first sailed into the river in 1792.

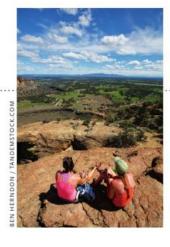
You can explore the rusted steel frame of the *Peter Iredale*, which lies half-buried in the sands of **Fort Stevens State**Park, just west of Astoria. The ship ran aground in 1906 and is now a favorite destination for



COURTESY: OREGON COAST AQUARIUM

visitors to the area. At the outstanding Oregon Coast Aquarium in Newport, a new "Secrets of Shipwrecks" exhibit focuses on locating, exploring, excavating and conserving sunken vessels. The exhibit also features a video about underwater archaeology produced by the United Nations Educational.





Smith Rock State Park offers great views of the Bend area in Central Oregon.

Scientific and Cultural Organization (UNESCO). For a different kind of beach experience, travel south past the town of Florence to visit the **Oregon Dunes National Recreation Area**, a 40-mile stretch of massive wind-sculpted sand dunes.

Central Oregon

Throughout the year, Central Oregon offers an array of activities. There's typically plenty of snow in winter. The Mt. Bachelor Ski Resort, just outside of Bend, is among the largest in the country and averages 462 inches of snow annually.

In spring and summer, the area is a popular hiking and rock climbing location. At Smith Rock State Park, a few miles north of Redmond, the Misery Ridge Trail steeply ascends picturesque sandstone

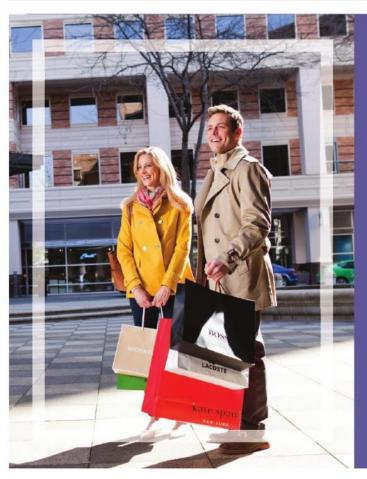
cliffs above the meandering Crooked River. As long as the trail remains free of ice and snow, you can hike the trail year-round.

In the warmer months,
Smith Rock lures rock climbers
from around the world, many
being drawn to Monkey Face
pillar, a unique attraction that
does resemble a primate. From
the summit of Smith Rock, on
a clear day, you can see many of
Oregon's major Cascade
peaks—from Mount Hood in
the north to Mount Bachelor in
the south.

For those who want to enjoy the urban scene, the resort city of **Bend** has become famous for its many craft brewers. There are 28 Central Oregon breweries, and the number is growing. The Bend Ale Trail allows visitors to take an afternoon or two to explore such spots as the Deschutes, 10 Barrel, Boneyard and Worthy breweries. Such alehouses are great places to warm up from the inside out after indulging in the area's many outdoor activities. GNW

John Gottberg writes about Oregon from his home in Bend.

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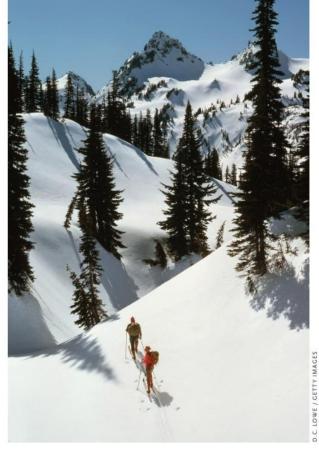
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NORDIC SKIING

Cross-Country Stories BY KATHRYN TRUE

As I glided across unbroken snow on my trusty
Nordic skis one sunny morning
in Washington's Methow Valley,
a movement on the nearby river
caught my eye. I slowed to a
stop near the frozen edge and
scanned the water. There, on a

midstream boulder, was a small, jaunty gray bird. Its bobbing movement and flashing white eye markings confirmed for me that it was an American dipper—North America's only true aquatic songbird—known for its ability



Classic cross-country skiing destinations include Washington state's Mount Rainier National Park (above) and Methow Valley (below, showing a skier on one of the area's renowned groomed trails).



to literally walk on stream bottoms searching for insects, oblivious to the swift-moving currents above. Over and over it leaped into the water, then deftly returned to the rock, only to splash again into the glistening shallows. And I was here to witness this fascinating breakfast scene thanks to my beloved red L.L.Bean cross-country skis.

These skis have transported me to Olympic Mountain hot springs under a full February moon, and through a snowstorm to a Mount Tahoma Trails Association cabin on the flanks of Mount Rainier. Once, they allowed me to follow the tracks of a lynx to a stream where the big cat's trail ended, leaving me breathless and guessing at the continuation of that story told in snow. My skis have also brought me cautiously alongside iced-in rocky shallows, where trapped water worked its way through a maze of frozen bubbles that glowed like embers.

On these skis I've embarked on sleety, sweaty expeditions through "Cascade concrete"— dense, wet, heavy snow that can bog down even the heartiest skier. One such excursion took me to a warming hut where my soggy sandwich tasted like a king's feast.

My skis have helped me toast a friend's spring-equinox

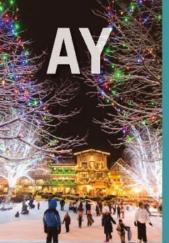


STEPHEN MATERA / TANDEMSTOCK.COM

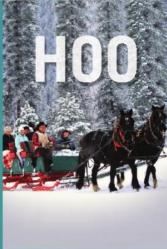
birthday that coincided with late snowfall on a railroad-trackturned-trail near Washington's Snoqualmie Pass. They've bounced me laughing around a hilly loop at Mount Washington on Vancouver Island—and let me follow locals to a starry meadow in Ketchum, Idaho.

By ski I have huffed up long inclines into the rustic embrace of the Methow Valley's Rendezvous Huts, where the night sky was so clear that I spied that awe-inspiring stellar smudge that is our neighboring galaxy,









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bestwinterdestination.com 509.548.5807 Andromeda. With my skis I have raced beside my daughter's parallel tracks—through her childhood to the point when I knew I would henceforth always come in second.

The thing about cross-country skiing is that it lives up to its name, literally allowing me to cross greatly varied
Northwest landscapes—and, in the process, combine aspects of other activities that make me love living in the region. There are elements of downhill skiing, ice-skating, hiking and trail running—plus birding and tracking. A relatively quiet sport, Nordic skiing allows us to blend in gently with the forest around us, such that,

upon encounter, even a skittish Douglas squirrel might express more curiosity than fear. And the trees, too, seem to offer hidden wonders to skiers—the way fir needles sprout ice crystals, wolf lichen acquires a chartreuse glow, and the Ponderosa's puzzle-piece bark releases a vanilla scent.

This winter I'll be out again on my skis, near the river where the dipper swims ... searching for new stories written on the landscape, and making more stories of my own. GNW

Kathryn True writes and (in certain winters) cross-country skis on Vashon Island, Washington.



Skate skiers push uphill in Sun Valley, Idaho. World-renowned for its downhill skiing, Sun Valley also offers nearly 25 miles of groomed cross-country trails, accessed through its Nordic & Snowshoe Center.



IDAHO

Travels in the Great Outdoors BY GREG HAHN

If most of what you know about Idaho centers on potatoes, then it could be time for another visit to the Gem State. There is so much more to Idaho than you realize.

The state has some of the most beautiful mountain ranges and river systems in the country. It also has many award-winning craft beers and a booming wine industry that has grown from just 11 wineries in 2002 to more than 50 today. Many of Idaho's wineries are located around the Snake River Valley region, a short distance from Boise, a bustling, hightech center.

The state's arts, cultural and music scenes also are thriving, highlighted by Boise author Anthony Doerr, who this year won the Pulitzer Prize for his novel *All the Light We Cannot See*.



Sure, you can find some great spuds. However, you can also wander the riverside Boise State University campus to share a selfie from the iconic Albertsons Stadium, and get away from it all in Idaho's seemingly endless backcountry. The following are some of the ways you can experience Idaho.

The Panhandle: A wilderness getaway

Richly forested and punctuated with some of the deepest lakes in the United States, Northern Idaho's Panhandle should be on every outdoor lover's list of destinations. In winter and early spring, the region takes on a serene beauty.

Schweitzer Mountain Resort is a prime example. One of the state's largest ski areas, this alpine destination is a great place for families, with 40 percent of its 92 trails rated for intermediate skiers.

The Hermit's Hollow Tubing center offers downhill fun for all ages and abilities. If you're more of a cross-country touring skier, look into **Farragut State Park**, part of Idaho's statewide parks system, which offers more than 300 miles of groomed Nordic trails.

In nearby **Sandpoint**, located along the shores of **Lake Pend Oreille**, between three mountain ranges, try an Alpha Dog
Imperial IPA from Laughing
Dog Brewery. You can also see what's on the playbill at the
Panida Theater, the local performing arts center, and stroll through the quaint small town, which is known as a great spot to begin an exploration of the nearby wilderness.

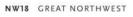
For a special experience, visit Hill's Resort on **Priest Lake**, one of Northern Idaho's most beautiful bodies of water. A bustling marina and beachside restaurant in the summer, the resort serves as a winter gateway to more than 400

Above: A skier enjoys fresh powder on a run at Schweitzer Mountain Resort, in the Idaho Panhandle. Schweitzer is one of the state's largest ski areas, with 92 runs and 2,900 acres of skiable terrain.

Below: A hiker explores the Snake River National Recreation Trail in part of Hells Canyon, the nation's deepest river gorge and a favorite recreation area for anglers, boaters and campers.



 \blacksquare Idaho is known as the Gem State, and it is one of the few places on Earth where the star garnet is found. You can hunt for your own gems in the Idaho Panhandle National Forest's Emerald Creek Garnet Area, outside of St. Maries, about 80 miles southeast of Coeur d'Alene. -G.H.





miles of snowmobile trails, many overlooking the lake.

Another fun winter location is Lake Coeur d'Alene, where the Holiday Light Show, one of the nation's largest, with more than 1.5 million lights, glows along the waterfront of The Coeur d'Alene Resort from Thanksgiving to January 3.

As the snow melts and you start longing to hit the golf fairways and greens again, spoil yourself with the resort's world-



A snow owl sculpture from a past McCall Winter Carnival; the 2016 carnival will be January 29 to February 7.

class accommodations and picturesque golf course, which is home to the par-3 14th hole with its floating green. Players ride a watercraft to reach the putting surface.

If you're in need of topquality outdoor equipment, travel east to **Post Falls** where the Buck Knives company offers factory tours year-round. Four generations of the Buck family have been making knives since 1902.

Lewiston: Confluence of rivers and industry

The Clearwater River flows into the Snake River in the town of Lewiston, before the Snake rolls on toward the Columbia River. That confluence makes Lewiston perfectly situated as a recreation launching pad for boating, fishing and hiking. Some of the world's premier jetboats are built in Lewiston



and tested upriver in the aptly named Hells Canyon, North America's deepest river gorge, when measured from the tallest of the Seven Devils Mountains that soar to the east of the canyon. The gorge warms earlier in the spring than many parts of Idaho, so whitewater rafting begins as early as May.

During winter, anglers usually have great luck casting for steelhead on the Clearwater, and spring runs of chinook salmon are also a major draw.

History buffs will enjoy exploring the Lewis and Clark sites in the area, as well as following the Nez Perce Historical Trail, which talks about the origins of the people who call themselves the Nimi'ipuu and are widely known as the Nez Perce Tribe.

Through January 2, 2016, Lewiston is bright with holiday excitement, thanks to the Winter Spirit light show at Locomotive Park, which uses 500,000 lights to create a winter wonderland.

McCall: Activities for each season

There is no shortage of boating, fishing and hiking year-round in McCall and the nearby Central Idaho wilderness.

However, this is a place that also thrives when the temperatures drop. One of the state's premier cold-weather festivals, the McCall Winter Carnival

When you go

- ► The Atlanta School: This architecture and arts school is located northeast of Boise at the southern end of the Sawtooth Mountains. It offers spring and summer classes on a variety of subjects, including cooking, painting and much more. Participants stay in restored 1880s-era mining cabins—no running water, no electricity, and no cell reception.
- ▶ Boise winter markets: The Capital City Public Market and the Boise Farmers Market are open every Saturday from April to December 19. The markets offer winter options for food lovers and those shopping for presents. The markets also celebrate the holidays with special events.
- ▶ Burgdorf Hot Springs: The natural mineral hot springs, near historic and rustic lodging, are located outside McCall and are open for most of the year (closed through December 17). The resort can be reached by snowmobile in the winter. Burgdorf Hot Springs is where many locals go for a relaxing and quiet getaway.
- ▶ Hobo Cedar Grove
 Botanical Area: Located in
 the Idaho Panhandle National
 Forest, the grove of old-growth
 western red cedar trees is
 estimated to be 500 years old.
 The area offers picnic benches
 and trails that meander among
 these cedar giants. —G.H.

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(January 29—February 7, 2016) fills the streets of this town on the shores of Payette Lake with giant and elaborate ice sculptures being admired by families prepared for low temperatures.

Some 320 inches of base snow on average draws skiers from around the region to Brundage Mountain Resort, just a few miles north of McCall. Ponderosa State Park offers scenic Nordic skiing, with postcard views of the lake.

Pamper yourself at the swanky and historic Shore Lodge, or enjoy a taste of old timber-town ambiance by stopping by the Foresters Club for a beer. Craft-brew aficionados have a few choices as well, with one favorite being the Salmon River Brewery.

Sun Valley: A historic mountain retreat

Of course, no downhill, Nordic or aprèsski fan in the country should miss the original winter resort experience that has lured Hollywood celebrities and giants of industry for decades.

Anchored by the world-class skiing at the **Sun Valley Resort**, a winter excursion into Idaho's most famous outdoor playground also offers you the opportunity to visit the nearby town of **Ketchum**, shop at fashionable designer stores, hang out with the locals over a schooner of beer and one of the best burgers in Idaho at Grumpy's, and see Nobel Prize—winning author Ernest Hemingway's grave (many leave copies of his books, flowers or even adult beverages at the site).

December is a magical time at Sun Valley Resort, which is always beautifully decorated. But when spring blooms in south-central Idaho, Sun Valley delivers options for everyone: spring skiing, long and beautiful bike rides, excellent trout fishing and much more.

Boise: A dynamic capital

As one of America's fastest-growing cities, Boise is indicative of the overall changes happening throughout Idaho.

▶ The iconic Ketchum restaurant, Grumpy's, is famous for its half-pound hamburgers, which are considered by many to be among Idaho's best and feature a "secret sauce." The french fries are, of course, made from the finest Idaho potatoes.

CRUPTS

Known as a high-tech hub and the home of Boise State University, Idaho's capital city is also becoming a craft-beer center, with nearly 20 area brewers using hops grown in the region to produce beers that are served in regional taprooms, bars and restaurants.

Local wineries are also on the rise. The Snake River Valley American Viticultural Area stretches from Hells Canyon to near Twin Falls and is the state's first appellation. About 30 wineries are located throughout the region, with a number of them around the Boise area.



The popular local restaurants Boise Fry Company and Guru Donuts share a space in downtown Boise.

Three of the finest local labels, Cinder, Coiled and Telaya, currently share a converted warehouse in the Boise area's **Garden City**. Next year, Coiled and Telaya will open a new shared space near the Boise River. On the food scene, two of Boise's favorite restaurants, Guru Donuts and The Boise Fry Company, share an innovative new space.

Boise's reputation as an arts destination is also on the rise. The homegrown music, technology and arts festival,

Treefort Music Fest, brings more than 400 bands and thousands of fans to downtown Boise each March. The upand-coming dance troupe LED—created by musician Andrew Stensaas and dancer Lauren Edson—combines live music and modern dance.

Despite its growth in recent years,

Boise remains true to its outdoorsy roots. You can still fly-fish in the Boise River, just blocks from the Idaho State Capitol Building, hike the Boise Foothills and ski at the nearby Bogus Basin Ski Area.

Like Idaho itself, Boise is a sophisticated place that still retains a wild side. And that's just the way we natives like it. **GNW** Greg Hahn writes from Boise, Idaho.

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Winter's Gifts Under the Big Sky BY ALAN KESSELHEIM

Last time I was at Lone Mountain Ranch in Big Sky, Montana, for the sleighride dinner, I met the draft horse team, Curly and Larry. My brother-in-law, Paul, manages the horse teams in the winter, and he took me to the barn for a face-to-face. The massive horses looked up when I approached. Their velvet noses grazed my hand, searching out the carrot chunks I held in my palm. They stood calmly in the twilit barn—colossal animal engines of tremendous power.

Later, on the sleigh ride,
Paul stopped the team for a
break at the top of a rise. With
guests of the ranch bundled up
against the cold, and Curly and
Larry shifting in the harness,
and the sharp stars glinting
like snowflakes in the blackness, it struck me again—as it
often has in more than three
decades of living in the state—
how Montana's winter, which
can be forbidding and bitter,
can also be its season of deepest rewards.

Of course, Montana is spectacular in any season. No matter where you travel in the Big Sky state, or what time of year you visit, there are rich experiences to enjoy. From Big Sky to

Kalispell, and from Missoula to the Great Falls of the Missouri River, you'll find trails to ski or hike, rivers to raft or fish, extraordinary dining, and museums and cultural sites that highlight regional art and celebrate the state's history. The following is a winter-slanted sampling of the great and varied experiences Montana has to offer.

Enjoy Rustic Dining
Every evening during snow
season, longtime Montanans
and visitors who embrace
winter find a seasonal culinary
adventure in Big Sky, about 40
miles southwest of Bozeman.

At Lone Mountain Ranch, wranglers hitch up the horses, continuing a tradition that goes back more than 35 years. The ranch itself is celebrating its centennial this year, having been homesteaded in 1915.

As night deepens, sleighs creak along the snowy trail, blanketed in near-fathomless silence, to the North Fork cabin, a place that feels like a throwback to the homestead era. Once inside, guests cozy up at family-style tables with checked tablecoloths and oil lamps.



Prime rib dinners may be followed by pie, with live performances by cowboy musicians. Outside, the temperature may be near zero, but inside, the atmosphere is warmed by hearty food, spirited music and cheerful conversation.

Farther up the road—near Big Sky Resort, a renowned skiing destination—another dining option draws visitors to the Montana Dinner Yurt. Motorized snow-coach vehicles depart from the resort's base



More Great MT Activities ...

► Tour Lewis and Clark Caverns State Park, outside Three Forks, west of Bozeman (cave tours are May through September, with candle-

light tours on select dates in December).

► Fly-fish a classic stretch of river, such as the Gallatin or Madison near Bozeman, or the Yellowstone near Billings (April–September, ideally).

- ▶ Visit the Montana Historical Society Museum, adjacent to the Capitol in Helena.
- ► Enjoy summertime golf at public courses such as Whitefish Lake Golf Club (Whitefish) or Old Works Golf Club (Anaconda; via Bozeman, Missoula or Helena).

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Left: A sleigh ride at Lone Mountain Ranch, in Big Sky, southwest of Bozeman, is a classic wintertime activity, with associated dinner tours available.

Below left: The Archie Bray Foundation for the Ceramic Arts, which has operated in Helena since 1951, lets visitors watch artists at work and offers works for sale



OURTESY: LONE MOUNTAIN RANCH

area, carrying guests to a torchlit sledding hill and campfire. The three-course, candlelight dinner, inside the wood-stove comfort of the yurt, features a main dish of filet mignon with peppercorn sauce and is accompanied by live acoustic guitar. Diners are surrounded by more than 5,800 acres of ski terrain cascading off the flanks of the area's picturesque pyramid, Lone Peak. Big Sky Resort is an experience not to be missed.

Watch Artists at Work From a distance, the Archie Bray Foundation for the Ceramic Arts, on the northwest side of Helena, looks like a ramshackle industrial site. Close up, it is a whimsical enclave of artists-inresidence who work in buildings once used by the Western Clay Manufacturing Company.

Founded in 1951 by patron of the arts Archie Bray, who envisioned for ceramic artists "a fine place to work," the "Bray" is home to a storied tradition of ceramic artists. Studios, classrooms, a gallery and a claymanufacturing operation are spread across the 26-acre site. Fantastic ceramic work beautifies the grounds; tours are provided; and artists share their

stories. Between Thanksgiving and Christmas, the Holiday Exhibition and Sale showcases the work of artists-in-residence.

Ski Among Glaciers Of the dozens of cross-country trails in Glacier National Park. those that start at the Polebridge entrance gate may be the most intriguing. Access is via the thriving alpine-and-Nordic ski town of Whitefish-a destination in itself, including Whitefish Mountain Resort, about 20 miles north of Kalispell.

The small, remote community of Polebridge lies just south of the Canadian border along the North Fork of the Flathead River. The 45-mile drive from Whitefish to Polebridge, up the broad valley that marks the western border of the national park, is visually stunning, especially in winter. The Polebridge Mercantile and Bakery, where skiers fuel up on hot drinks and baked goods, is due to reopen in January 2016, with winter weekend hours (and the store now has a Whitefish branch).

Trails begin across the river at the gate. The park road's "alpine section" is

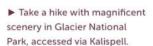
Tour West Yellowstone by Coach

► Ride a warm, comfortable snow machine from West Yellowstone (90 miles south of Bozeman, on Highway 191) into the winter heart of Yellowstone National Park. View Old Faithful, where the world's most famous geyser gushes regularly; where stoic, frost-coated bison weather the season; and where America's first National Park reveals its crystalline winter grandeur. -A.K.

..........

Polebridge Mercantile and Bakery (in Polebridge and Whitefish) tempts guests with





- ► Enjoy historic downtown Bozeman, with its restaurants. shops, galleries, and events such as the Sweet Pea Festival (in August).
- ► Near Billings, tour Pictograph State Park, home to 2,000-year-old rock art. -A.K.

delicious baked goods.

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Great Northwest

also closed to cars in winter. Ski routes lead to Bowman Lake, Lone Pine Prairie and Big Prairie in loops, 3 to 12 miles long, with grand vistas and terrain for varied skill levels.

Explore History and Art

Lewis and Clark spent many days toiling around the giant cascades of the Great Falls ◀ The C.M. Russell Museum pays homage to Charlie Russell. Chief Plenty Coups' cabin (right) stands at Chief Plenty Coups State Park.

of the Missouri River in a grueling, 18-mile portage that tested the endurance of the Corps of Discovery.

Near the modern-day town of **Great Falls**, the **Lewis and Clark National Historic Trail Interpretive Center** extols the expedition's adventure. The venue features replica dugout canoes, journal excerpts, a theater, and

educational programs that illuminate American West exploration, as well as regional Indian history. Outside, a **riverside walkway-bikeway** winds upstream into town.

In the center of Great Falls, the **C.M. Russell Museum** pays homage to Charles (Charlie) Russell, Montana's favorite-son cowboy artist and social commentator—famous for his landscapes, portraits, sculptures and stories. In addition to Russell's home and log studio, the museum holds an extensive collection of his paintings, sketches, letters and memorabilia, as well as the works of other prominent American West artists, such as painter-illustrator O.C. Seltzer.

Tour the Bitterroot Valley

Highway 93 winds south from Missoula along the course of the cottonwood-lined Bitterroot River and the Nez Perce (Ne-Me-Poo) National Historic Trail, some 90 miles, to the Idaho border. Paralleling the snowcapped Bitterroot Range to the west, the history-rich route is worthwhile for its scenery alone.

A short side trip west on Highway 12 leads to **Lolo Hot Springs**—along Lewis and Clark's westbound route—where a centuries-long tradition of soaking in mineral baths continues.

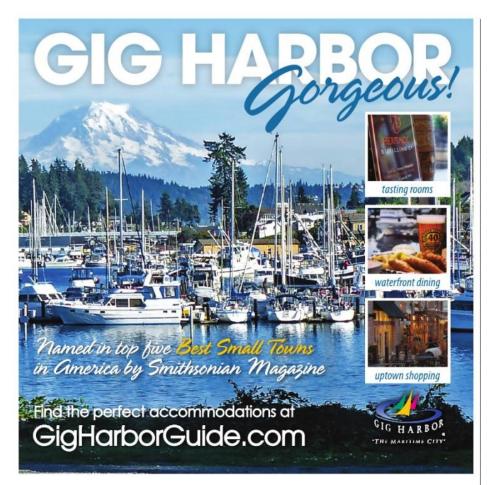
Snowmobile trails lead off from there into hundreds of miles of backcountry. A drive through the Lee Metcalf National Wildlife Refuge highlights diverse wildlife, including moose, beaver, pileated woodpeckers, foxes and sandhill cranes. And small-town charm punctuated by bookstores, cafes and art galleries makes for an enjoyable stop in the community of Hamilton.

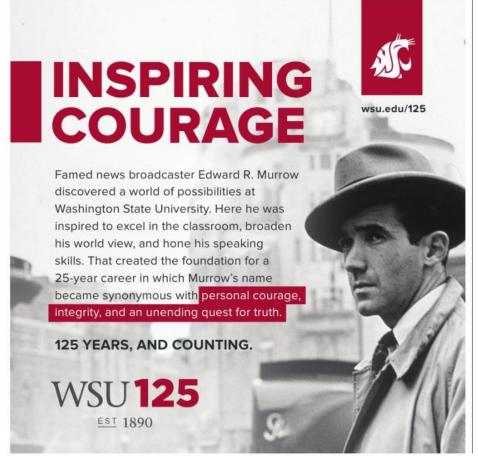
Experience the Billings Area

Legend has it that Chief Plenty Coups the visionary leader of the Crow tribe who lived from 1848 to 1932—dreamed about a natural spring where he would build a cabin and live out his days. In 1883, as he traveled north of the Pryor Mountains









Great Northwest

(near the just-founded town of Billings), he stumbled across the spring from his dream, and true to the vision, a simple cabin was built for him to live there. The spring still bubbles out from under the spreading roots of a huge cottonwood tree near Pryor Creek, and Plenty Coups' cabin still stands at the site, which has become Chief Plenty Coups State Park, and a National Historic Landmark, complete with a visitor center and museum, walking trails and picnic grounds. About 30 miles south of Billings, the small park on the edge of Crow Country is a peaceful and evocative reminder of Indian culture and history in the West.

In downtown Billings, the Yellowstone Art Museum provides another cultural experience, celebrating regional art, hosting traveling exhibitions, and offering classes and activities. Permanent exhibits are defined by the Montana Collection, some 2,000 works of art inspired by the American West, as well as the Virginia Snook Collection of author-illustrator Will James' art. In early December, the annual Winterfair (December 4-5) at the museum adds another dimension to the Friday downtown art walk in Billings, and provides holiday shopping opportunities. The museum shop and downtown art galleries also offer year-round shopping.

WITH SUCH A WEALTH OF OPTIONS TO BE found in Montana, I know I'm lucky to live here. Fortunately for others, it's also easy to visit. Whether you're seeking outdoor adventures or indoor explorations of distinctive cultural, historical, artistic and culinary experiences, Montana is ready to provide—in this season of winter rewards, and beyond. The horses are hitched up and ready to go. GNW

Alan Kesselheim writes from Bozeman.

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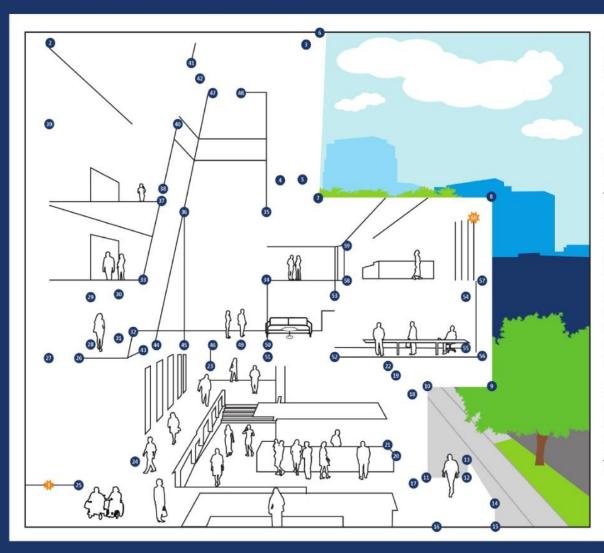


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BRITISH COLUMBIA

Dining, Innovation and Tradition BY ERIC LUCAS

One of the highest-profile new restaurants in Vancouver has as many facets as a cut-glass chalice. Bauhaus Restaurant is in Gastown, a historic part of the city now enjoying a 21st century heyday as a dining and nightlife district. The restaurant is in a building with exposed brick, massive timbers, ductwork high above and polished metal fixtures. It's named for an early-20th century German design school that is still relevant a century later.

A quote on the wall from Bauhaus School founder Walter Gropius fends off skepticism about the restaurant's unusual focus on modern German food: "The mind is like an umbrella; it functions best when open."

British Columbia has been a star of global cuisine for the past 20 years. Restaurants in Vancouver and Victoria pioneered a style of cooking called West Coast that blends the province's lavish array of fresh ingredients with its diverse cultural flavors-Asian, First Nations, Continental. Gourmets travel over continents and oceans to savor innovative meals at famous B.C. culinary shrines such as Vij's, Blue Water Cafe and West.

But now there's a move to reinvigorate classics, and Bauhaus epitomizes the trend: The menu includes German standards such as sauerbraten and wiener schnitzel, items that have appeared on very few B.C. menus for years. And, in keeping with the province's embrace of innovation, the foundations of German cuisine have been entertainingly stretched by Michelin star-winning chef Stefan Hartmann. For instance, halibut arrives in an Asian-style



Hy's Steakhouse, in Vancouver, uses only Prime Grade Canadian beef, cut in-house, dry-aged a minimum of 28 days, and grilled carefully over mesquite



dishes, such as chicken fricassee with roasted market vegetables.

white porcelain bowl. The fish is lightly seared, atop a bed of sauerkraut with blood sausage and apple puree. The sauerkraut and sausage enliven the fish, and the apple puree contrasts nicely with the tart underpinning. Old and new, in one serving bowl.

A back-to-the-future reinvention of classics is the province's culinary direction, according to B.C. food guru Eric Pateman. "It's where the market is going," says Pateman, founder and president of Edible Canada, a culinary tourism operator, retailer and restaurant company. "Today's menus are far less

aimed in the direction of recent trends such as molecular gastronomy, far more toward old-school dining."

Many B.C. restaurants illustrate the revival of fine dining:

· Hy's Steakhouse, a midcentury stalwart in downtown Vancouver, recently remodeled its chophouse-style interior to add glitz and glamour, and it beefed up its drama with new offerings such as steak Diane (flambéed while you watch), chateaubriand and bananas Foster. "We wanted to enhance the extra sense of ceremony surrounding our meals," says Hy's spokesman, Paul Done.



Other B.C. Attractions

- ► Both Vancouver and Victoria have museums with world-class collections of First Nations art and artifacts. These are prime attractions any time of the year.
- ▶ The Vancouver Art
 Gallery just received a
 huge donation of
 modern and historic
 indigenous art. The
 gallery's Gund Collection includes
 work by famous
 artists such as
 Bill Reid and
 Robert Davidson.
 Highlights are on
 display through
 January 31;
 vanartgallery.bc.ca.
- ► Nearby, the Bill Reid Gallery is showing "Gwaii Haanas: Land Sea People" through March 27. This exhibit depicts Haida and other Canadian artists' reverence for their homeland; billreidgallery.ca.
- ► The city's UBC Museum of Anthropology displays a vast set of Northwest Coast Art: masks, totems and more: moa.ubc.ca.
- ► Vancouver's **Stanley Park** has hiking, biking and beachcombing

- year-round; vancouver.ca/ parks-recreation-culture.aspx.
- Vancouver residents and guests enjoy snow at three ski areas north of town: Cypress Mountain,

Grouse Mountain and Mount Seymour; tourismvancouver. com.

This argillite platter (c. 1880–90) from the Vancouver Art Gallery depicts Wasco, a sea wolf of Haida legend.

► In Victoria, the Royal

BC Museum has galleries dedicated to First Nations culture, including a longhouse, and many works by leading artists; royalbcmuseum.bc.ca.

- ► The Art Gallery of Greater Victoria features works by B.C.'s own Emily Carr; aggv.ca.
- ► Victoria's 34-mile Galloping Goose Regional Trail leads through parks and countryside; tourismyictoria.com. —E.L.



▲ Visitors to the Empress Room at Victoria's Fairmont Empress hotel dine in old-fashioned sumptuous style.

- The December menu at Shaughnessy, at VanDusen Botanical Garden, includes lamb shank, an old standard (though the update here is that it is Thai-braised).
- Another Vancouver destination, **Bishop's**, has always been a fine-dining stalwart. Proprietor John Bishop can still be found greeting guests; and white linen, silver, and crystal glassware have always graced the tables. The current Classics menu includes clams on the half shell, roast chicken breast and "Death By Chocolate."
- Possibly the most popular restaurant in Victoria, Red Fish Blue Fish offers a staple of dining throughout the former British Empire: fish-and-chips. RFBF, as the restaurant is known, is open seasonally (it reopens in mid-February 2016) and draws many people to the waterfront. Its fast-food meals present West Coast twists on classics—such as fried tempura batter on sustainably harvested salmon, cod and halibut.
- Nearby, at the Fairmont
 Empress hotel's Empress Room,
 classic elegance has remained
 standard fare. And a "Royal
 Table" add-on brings silver
 cloches and candelabras, customized wine selections and
 chef's favors to the table.

There is still ample room for innovation. Blue Water Cafe, the premier Vancouver seafood restaurant, has Arctic char with seaweed and trout caviar, as well as sauteed scallops with candied ginger and a wild rice cake. Hawksworth Restaurant, the high-end bistro in Vancouver's Hotel Georgia, blends panroasted sablefish (black cod) with lentils and cauliflower, and glazes duck breast with tamari and macadamia nuts—a perfect illustration of the multicultural flavor of a West Coast approach.

At Bauhaus, the goal stated before opening was for the restaurant to be the No. I restaurant in Vancouver, according to dining columnist Alexandra Gill, of *The Globe and Mail*. And Gill has called the restaurant "a modern German fine-dining classic unlike anything else."

Subtract the word *German* and you could apply that phrase to much of B.C. cuisine. A venerable song reminds us that everything old is new again—in this case, marvelously so. **GNW**

Eric Lucas is contributing editor.

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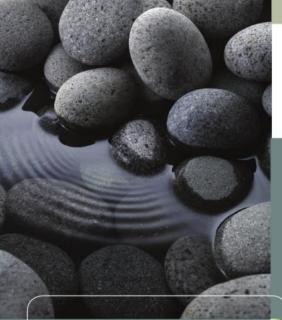
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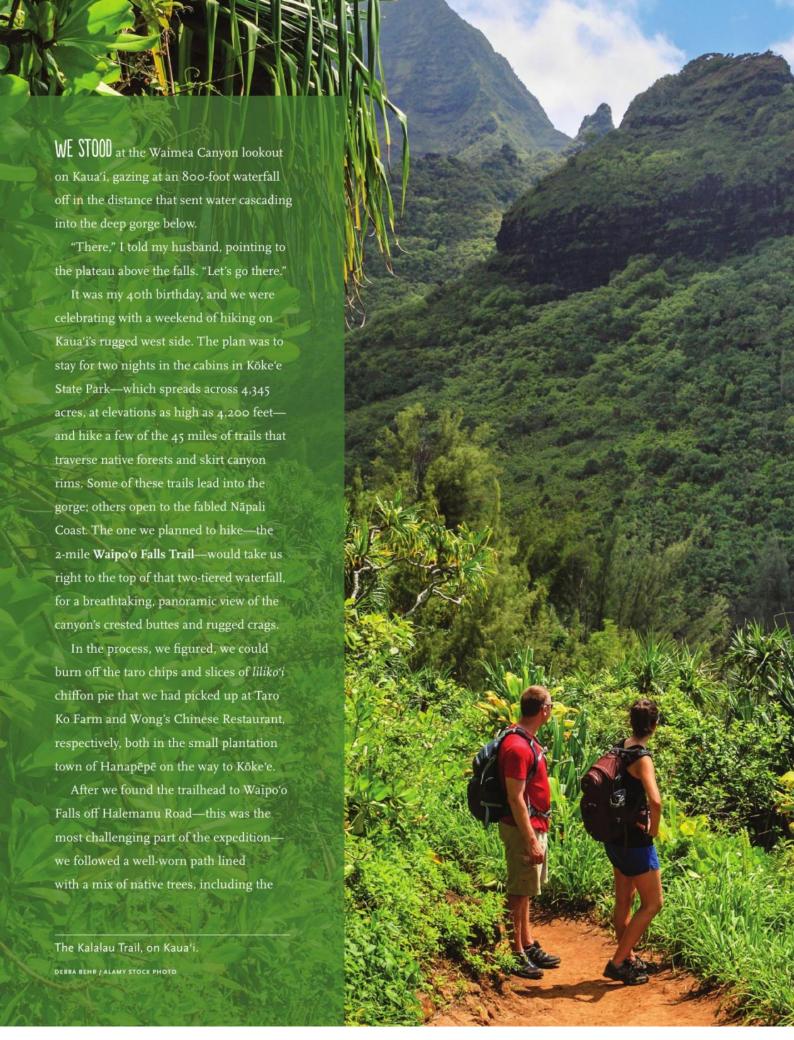
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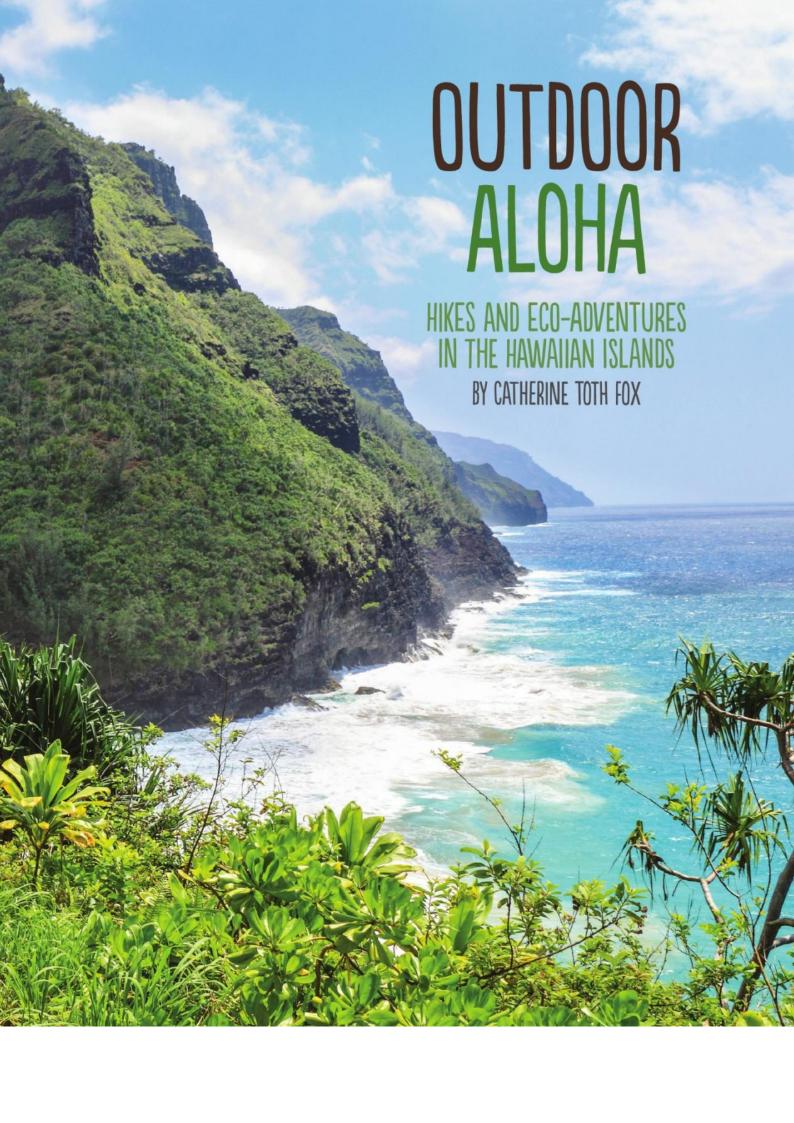
theskincancercenter.org





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majestic koa, and nonnative vegetation. In about a mile, we reached a junction for the CanO'ahu's Lē'ahi (Diamond Head) features an accessible hike with exceptional views.

yon Trail, and then another fork in the path with a marker leading to Waipo'o Falls. From here, the trail meandered along a ridge, through a native forest filled with the chirps and songs of endemic Hawaiian honeycreepers. After about a mile more, the trail opened up to a sweeping view of the canyon, its contrasting red dirt and deep green vegetation set against the bluest of skies. I almost forgot about the waterfall we had hiked all this way to see.

That's the allure of experiencing Hawai'i in hiking boots. It's never only about the end goal; it's about that journey toward a destination, through lush rain forests, across misty bogs, along windswept coastlines and into areas of the Islands that are accessible no other way.

While most visitors understandably flock first to Hawai'i's beautiful sandy beaches, there is an increasing number of people venturing out along the state's extensive hiking trails to explore some of the most stunning and exotic landscapes in the world, from the black lava expanse of Kīlauea Iki Trail in Hawai'i Volcanoes National Park, on the east side of Hawai'i Island, to the ridge lined with native 'ōhi'a lehua trees along the Awa'awapuhi Trail on the west side of Kaua'i that leads to gorgeous views of the Nāpali Coast.

As is true of any hiking in any area, it's crucial to plan ahead, to consult park officials and websites, and to heed signs about safety concerns, permit requirements, ecological sensitivities and local conditions. Hiking in Hawai'i has specific considerations, too: delicate habitats, changeable weather and sometimes-treacherous terrain. It's necessary to know your limits—and often worthwhile to find a

guide. But so long as you take proper precautions, Hawai'i's distinctiveness also makes it exceptional for adventures.

With some of the most diverse ecosystems on the planet, Hawai'i offers glimpses of habitats found nowhere else, where you can see endangered forest birds, migrating humpback whales and unusual insects native to the Islands.

There are trails and experiences for everyone, from the popular paved hike to the top of Lē'ahi (Diamond Head), on O'ahu, which can be done in a couple of hours, to the challenging Nāpali Coast trek to the remote Kalalau Valley on Kaua'i that requires careful attention to warnings and permits for camping beyond a certain point, and may be ideally experienced via a guided overnight trip.

And hiking is just one part of the growing segment of Hawai'i ecotourism—a set of activities that includes pursuits such as canoe-sailing and birding tours, in which visitors seek out adventurous ways of exploring the Islands while developing stronger connections to local environments. Along with hiking, such activities are terrific ways to develop greater appreciation for the rich history, culture and ecology of Hawai'i—on each

of the commonly accessed islands in the archipelago.

O'AHU

It's one thing to see
O'ahu's North Shore from
sea level—most often as you
lie on warm sand at one of the
beaches that dot this stretch of paradise. It's arguably even more spectacular from above,
as you gaze down on coastline that connects the
communities of Mokulē'ia, Waialua and Hale'iwa.

ALSO ON Oʻahu

PU'U PIA (near Mānoa)

LENGTH: 2.4 miles, roundtrip

DIFFICULTY: Easy

FEATURES: Mountainous, often wet, great for beginners and families, with scenic views of the Ko'olau Mountains and Mānoa Valley; dogfriendly.

KA'ENA POINT

(near Wai'anae)

LENGTH: 3.5 miles, roundtrip

DIFFICULTY: Moderate (mostly across open coastline, but can get hot without shade)

FEATURES: One of the last dune ecosystems in the main Hawaiian Islands, with native coastal plants, nesting seabirds and monk seals.

'AIEA LOOP TRAIL

(near 'Aiea)

LENGTH: 4.8 miles, loop

DIFFICULTY: Moderate (along long, open ridge; through valley)

FEATURES: Campgrounds and picnic areas; views of Hālawa Valley, Pearl Harbor and Diamond Head; native trees. — C.T.F.

> The 'anianiau, one of the smallest types of Hawaiian honeycreeper, is only found in Kaua'i's Alaka'i Swamp area.



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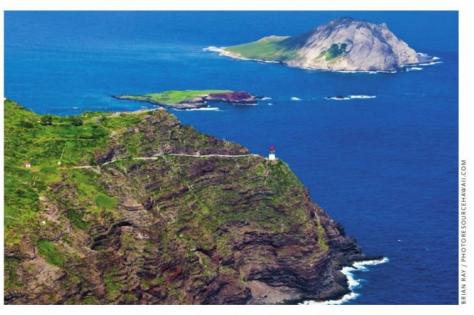
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The Makapu'u Point Lighthouse Trail, on O'ahu's east end, overlooks the Pacific.

That's the view from the **Keālia Trail**, a picturesque climb in the hills above Mokulē'ia near the Dillingham Airfield along the Farrington Highway. This trail is known for two things: 19 switchbacks along the steep *pali* (cliffs) and unobstructed views from about 1,600 feet.

This switchback section of Keālia was originally built by the Civilian Conservation Corps, in 1934. Along the way you can see native *wiliwili* trees—their wood was once used for surfboards and canoe outriggers—and *alahe'e*, another native tree, with shiny, oblong leaves.

This curving, uphill path may seem endless, but it actually takes us less than an hour to reach the top, which is marked by a picnic table under a shelter. And like many short trails in Hawai'i, this one connects to another, longer trail—in this case, it's the **Kuaokalā Trail**, which follows a series of access roads to an overlook at Mākua Valley on O'ahu's west side.

Almost on the opposite side of the island is another scenic hike that courses just above the Kaiwi Coastline. The 2-mile (roundtrip) Makapu'u Point Lighthouse Trail, which leads to a beacon overlooking the Pacific, is one of the most popular hikes on Oʻahu. For good reason. It's paved; there's a lot of parking; the views are unbeatable; and there's something for every kind of adventurer. If you're into

birding, this is a great place to spot the 'ewa'ewa (sooty tern), tropic birds, redfooted boobies and wedge-tailed shearwaters, many of which nest on the offshore
islands here. If you like exploring seaside
environments, you can take a spur that
snakes steeply down to the ocean. If you
love selfies, there's no better place to take
one than on this trail, with its striking
views of Makapu'u, Koko Head, the rugged
southeastern Oʻahu coastline, and the
historic red-roofed lighthouse built on a
600-foot sea cliff.

Bike Hawaii, a Honolulu-based outfitter that is best known for its mountain and downhill biking adventures, has also recently started leading hikes on this trail, with guides sharing Makapu'u's rich history and the legends that have come to define this place.

If you're looking for a less-crowded option, the company also offers an exclusive 2-mile guided hike through 75 private acres in a Mānoa Valley rain forest. The hike, which takes less than two hours, crosses streams and cuts through lush vegetation to a private, 200-foot waterfall.

While there are dozens of accessible, state-managed hiking trails on O'ahu, the island also boasts other eco-adventure





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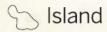
At the gateway to Kapalua, is a private enclave of new condominium townhomes where ocean panoramas stretch all the way to Moloka'i and Lana'i. This is Wailele Ridge.

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opportunities, including tours of working farms, sea kayaking expeditions, guided outrigger canoe adventures and stargazing events.

Kualoa Ranch, a private nature reserve halfway up O'ahu's east-facing shore, runs a 90-minute Jungle Expedition Tour that takes guests to secluded spots that overlook the island's eastern coastline, with a visit to view an 800-year-old traditional Hawaiian fishpond. Aboard an all-terrain vehicle, you'll ramble

through a rain forest, and deep into Hakipu'u Valley.

And if you prefer to experience O'ahu by ocean, there are several outfitters, such as Twogood Kayaks in Kailua, that offer **guided kayaking tours** to offshore islets and along some of the island's most beautiful coastlines.

MAUI AND MOLOKA'I

We had just finished eating freshly baked *pain au chocolat* (chocolate croissants) from La Provence, a quaint French bakery in Kula on Maui, and I was finally full. We had enjoyed everything from noodles to pot pies to smoked deer meat during our weekend jaunt to the Valley Isle, and it was time to get outdoors and walk around.

My husband suggested the easy, I-mile loop trail through the Waihou Spring Forest Reserve, at the end of Olinda Road, an approximately 186-acre area created in 1909 to protect one of the few perennial springs on the west slope of Haleakalā volcano. The



Maui is home to several exhilarating zipline tours offered by the Pukalanibased Skyline Eco-Adventures (top); adventurers also love Maui's Wai'ānapanapa Trail (above), along the scenic Hāna coast. trail starts on an old treeplantation road before connecting with the looped path that meanders through a forest of Monterey cypress, ironwood, eucalyptus and native koa. My husband had walked it a few times and loved being surrounded by the majestic trees.

It was a pleasant stroll through this grove, as we breathed in the cool air and fragrance of eucalyptus. At another time of day, we would have likely seen native birds—it's best to catch them in the early morning—but the peaceful walk was reward enough.

Maui has an abundance of accessible trails with beautiful vistas. Another favorite route is the Wai'ānapanapa Trail along the windswept Hāna coast. This trail weaves past sea arches and tide pools to end at a black-sand beach. And you can't leave out the more than 30 miles of hiking trails in the sum-

ALSO ON Maui

SLIDING SANDS TRAIL (Haleakalā National Park)

LENGTH: Up to 15 miles, roundtrip

DIFFICULTY: Strenuous, with a 2,800-foot elevation gain possible

FEATURES: Cinder cones and lava tubes; sightings of the endangered nēnē (Hawaiian goose); and native plants.

POLIPOLI TRAILS AND LOOP (Kula)

LENGTH: 0.6 mile or about 5 miles (full loop)

DIFFICULTY: Easy (loop through forest)

FEATURES: Evergreen, eucalyptus and redwood trees; native birds; views of West Maui Mountains.

PĪPĪWAI TRAIL

(Hāna)

LENGTH: 4 miles,

DIFFICULTY: Moderate

FEATURES: Bamboo groves, native plants and trees, Waimoku Falls at the end, swimming hole.

WAIHE'E RIDGE

(Waihe'e)

LENGTH: 5 miles, roundtrip

DIFFICULTY: Moderate

FEATURES: Wet native scrub forest; views of Waihe'e Gorge, Wailuku and central Maui, plus Mount 'Eke; Makamaka'ole Falls; cooler conditions.

—C.T.F.









A boardwalk leads hikers through the Pēpē'ōpae Bog on Moloka'i.

mit area of Haleakalā National Park. Hikes range from quarter-mile interpretive walks to overnight expeditions in this national park. And they pass through a variety of landscapes and terrains. You can hike through native shrubland to spot birds or across a cinder desert to learn about the geological history of the volcano.

Hiking Haleakalā can be strenuous because of its high elevation (which tops out around 10,000 feet), and altitude sickness is a real concern. The first time I ventured from the summit into the crater and tried to climb back out, I was shocked at how labored my breathing was—how taking just a few steps was an exhausting exercise. People with respiratory or other medical conditions are particularly advised to take heed of the summit area's remoteness and to carefully consider their physical limitations.

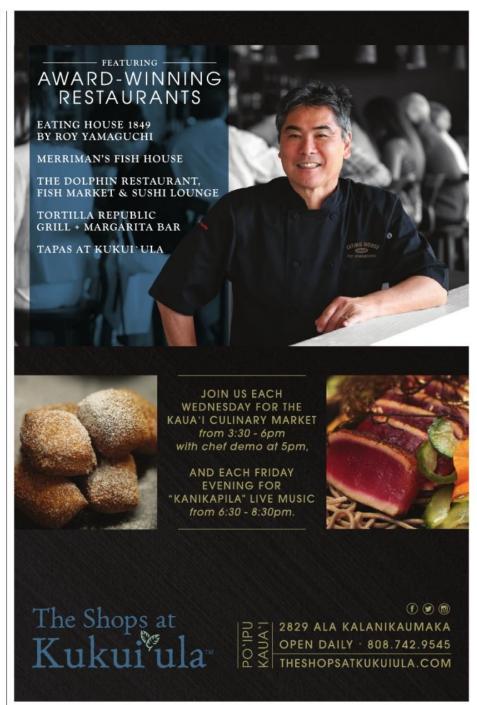
The Kīpahulu area of the national park features two miles of trails through a lush tropical coastline environment. There are waterfalls, sweeping ocean vistas and much more oxygen than at the summit of Haleakalā. This area is 12 miles southwest of Hāna, on the rugged Hāna Highway. Those renting cars should check about traveling beyond Hāna, as companies may forbid it. Or you can consider taking a guided tour.

Be Prepared

If you're from the mainland United States, hiking in Hawai'i may be very different from your hometown trails. Here are some essentials to bring along or keep in mind if you're trekking in the Islands.

- >> Respect the sun: Wear sunscreen and other sun protection, such as hats and lightweight, long-sleeved tees. Sunglasses are a must, too.
- >> Wear the right shoes: Make sure whatever shoes you wear are comfortable and have good tread.
- >> Pack lots of water: Bring at least one liter of water for shorter, easier day hikes; more for longer ones.
- >> Check conditions: Keep up to date with current conditions, as weather can change quickly in the Islands. Sudden storms can make easy trails treacherous, and flash floods are serious business. Check the National Weather Service or state parks offices about conditions.
- >> Bring a rain jacket: Squalls happen without warning, and higher-elevation trails can be chilly. Pack a jacket just in case.
- >> Carry emergency items: As with any hike, it's smart to bring a compass, a headlamp, a first-aid kit, a pocket knife or utility tool, a map and food.
- >> Don't litter: Many trails aren't outfitted with trash cans, so pack your trash out with you. C.T.F.

Expanding your definition of a Mauibased hike to include all islands in Maui County, you'll find an exceptional hike on Moloka'i that provides unusual access to the biologically rich ecosystem of a Hawaiian bog. The Pēpē'ōpae Bog, in Kamakou Preserve, high in the mountains of East Moloka'i, is one of three accessible bogs in Hawai'i, and the one with the shortest hike in. (The other two bog hikes are at the top of Mount Ka'ala, the tallest peak on O'ahu, and at the end











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of the Pihea and Alaka'i Swamp trails in Kōke'e on Kaua'i.)

Make arrangements before you travel to Moloka'i for a four-wheel-drive vehicle. You'll need one to drive to the start of the I.5-mile boardwalk that meanders through the bog. (Also call the Kamakou Preserve field office for road conditions and directions.) You drive to this area, but not in it—and the boardwalk was constructed to minimize human impact.

This area is the jewel of the 2,774-acre Kamakou Preserve, which is managed by The Nature Conservancy Moloka'i Program. Kamakou boasts more than 250 kinds of Hawaiian plants, of which more than 90 percent live nowhere else. The rich biological ecosystem provides habitat for native songbirds, insects and banded tree snails, among many other creatures.

THE BOG IS AN OTHERWORLDLY PLACE, WITH MOSS-COVERED TREES AND NATIVE FERNS LINING THE BOARDWALK

There are several trails within the preserve, but the boardwalk through the lush rain forest was really the draw on our trip there. It was my husband's birthday this time, and he had chosen to fly with me to Moloka'i for a weekend of hiking.

The bog is an otherworldly place, with moss-covered trees and native ferns lining the boardwalk, which is made of wooden planks outfitted with chicken wire for traction. It's narrow and can be slippery. It felt to me like walking on a balance beam through the forest.

At the end, we emerged from the forest into a clearing with magnificent views of the verdant Pelekunu Valley, its steep cliffs and the island's pristine north coast.

Another way to get a spectacular view—and an appreciation for Maui County's natural beauty—is to try a zipline ecotour. Skyline Eco-Adventures, which is based in Pukalani, operates zipline tours on Maui (as well as on Hawai'i Island and Kaua'i). On the company's Haleakalā Maui 5-Line Adventure, participants fly over eucalyptus forest and pastureland on the outer slopes of Haleakalā, in Upcountry Maui. Or they take in the Haleakalā sunrise first, and then bike down the road to the zipline. The company's Kā'anapali, Maui, tours tell of the fascinating bird life that thrives in the forest, with guides providing natural and cultural history specific to each location—in between zipline runs. And the Zip n' Dip package allows adventurers to zip and then drop into a mountain pool while enjoying the natural scenery.

"More visitors to Hawai'i today are seeking out authentic and enriching activities that allow them to experience the beauty of the Hawaiian Islands," says Thomas Kratsch, director of sales and marketing at Skyline Eco-Adventures. "A zipline ecotour adventure thrills visitors by allowing them to soar above the amazing Hawai'i landscape."



The Wailua River Paddle and Swim tour is a popular, family-friendly offering from local outfitter Kayak Kaua'i.

KAUA'I

There's a rule I have about hiking: Don't do it alone. First, it's not safe. Second, it's not as much fun.

So when I decided to hike for the first time along Kaua'i's renowned Nāpali Coast, I booked a guided







tour with Kayak Kaua'i, an outfitter that offers deep experience guiding tours on various parts of the island. The company has guided paddling tours of the Hanalei and Wailuā rivers; it offers guided hikes on trails in Kōke'e, to the top of Nounou Mountain (more famously known as Sleeping Giant) and along the Nāpali Coast's Kalalau Trail to Hanakāpi'ai Beach, the first sandy stop, about 2 miles in on the 11-mile hike of the island's northwestern coastline from Kē'ē Beach to Kalalau Valley. (Permits are currently required for overnight camping beyond Hanakāpi'ai Valley on the Kalalau Trail.)

I met up with Miguel "Micco" Godinez, who owns Kayak Kaua'i with his

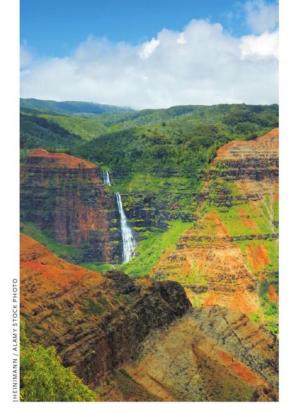
WALKING OVER A LAVA FLOW THAT WAS AT LEAST 8,600 YEARS OLD APPEALED TO MY INNER VOLCANOLOGIST.

brother. The two have hiked, kayaked, paddled, surfed and explored every cave, crevice, canyon and coastline on the island. And Micco has been up and down Kalalau Trail more times than he can recall, making him the perfect guide for the 90-minute trek to Hanakāpi'ai Beach.

We started early, heading southwest from Kē'ē Beach, and quickly climbed to about 600 feet through groves of ferns and long-leaved pandanus trees.

About half an hour into the hike, we reached a lookout where I watched long rows of surf moving slowly from the horizon toward the shoreline. It's easy to get lost in the natural beauty that surrounds you here.

It didn't take long for the trail to dip closer to the coastline. By midmorning, we reached a swelling stream that led to Hanakāpi'ai Beach. The high tide and big surf changed my plans for spending time in the water—you definitely don't want to jump into the unpredictable ocean here—



A hike above Waipo'o Falls, in Kaua'i's Kōke'e State Park, is surrounded by the colorful scenery of Waimea Canyon.

so I found a smooth boulder to sit on and enjoyed the idyllic blue skies and waves crashing against the battered rocks. Behind us was the spectacular 300-foot Hanakāpi'ai Falls, accessed via a separate 2-mile hike that heads upstream from the beach.

Kaua'i is the only island in Hawai'i with navigable rivers, and most of them are ideal for kayaking because they're not very long or dangerous. One of Kayak Kaua'i's most popular adventures is a five-hour paddling-hiking combo down the Wailuā River to remote Uluwehi Falls.

There is no shortage of gorgeous waterfalls on Kaua'i. Princeville Ranch Adventures, based on the island's North Shore, offers an award-winning guided hike to the five-tiered, 8o-foot Kalihiwai Falls. It starts with a climb of about 500 feet to the top of Pu'u o' Henui, the highest point on the ranch, with views of mountains and the northern coast. Then you meander through a lowland rain forest before heading up the valley along the streams that feed the area. Finally you get to scramble up a 10-foot rock wall—with assistance and a safety belt—to the base of the falls.

KAUA'I

AWA'AWAPUHI

(Kōke'e)

LENGTH: 6.5 miles, roundtrip

DIFFICULTY:

Challenging (uphill on the way back)

FEATURES: Native rain forest and dryland plants, native birds, stunning view of the Nāpali Coast.

KOAI'E CANYON

(Kōke'e)

LENGTH: 6 miles, roundtrip

DIFFICULTY: Moderate, with some flood danger

FEATURES: Trees, birds, swimming. —*C.T.F.*





HAWAI'I ISLAND

On a recent visit to Hawai'i Island, I only had one day free—but I wanted to get in a quick hike, preferably through a native forest.

Spotting native birds would be a bonus.

So I met up with my friend Joan Yoshioka, who lives in Hilo and bird-watches often in Hawai'i Volcanoes National Park.

The **Kīpukapuaulu Trail** fit my needs: It was short (a 1.2-mile loop) and as a *kīpuka*—an area of older



vegetation surrounded by a recent lava flow—it was home to some of the island's rarest creatures. I was once a geology major, and the whole experience of walking over a lava flow that was at least 8,600 years old appealed to my inner volcanologist.

This easy trail loops through a forest that has reaped the benefits of a nutrient- and moisture-rich soil with moderate rainfall levels. The conditions have created a diverse habitat for a variety of rare Native birds, such as the 'i'iwi, or scarlet honeycreeper (above left), may be seen on the Kīpukapuaulu Trail on Hawai'i Island; coconut palm trees tower over Hawai'i Island's Pololū Beach (above).





Garry Dean, a birdwatching guide for Hawaii Forest & Trail, helps a group track a Hawaiian honeycreeper at Hakalau Forest National Wildlife Refuge (above); an 'io (Hawaiian hawk) rests on a branch (right). plants, birds and insects living among very oldgrowth koa and 'ōhi'a trees. In a matter of minutes, we spotted the scarlet 'apapane and heard the distinct chirp of the scarlet 'i'iwi (another honeycreeper).

Hawai'i Island is a great place for bird-watching, primarily because of its collection of unique and rare birds. And there are numerous trails around Hawai'i Island, such as the Kīpukapuaulu Trail, where spotting them isn't overly difficult.

"Hawai'i is one of those places that is nothing like the rest of the other 49 states," says Lance Tanino, owner of Waimea-based Manu Conservation Birding and Nature Tours. "We have all these unique species that people aren't really familiar with."

ALSO ON Hawaiʻi Island

KĪLAUEA IKI (Hawaiʻi Volcanoes National Park)

LENGTH: 4 miles, loop

DIFFICULTY: Moderately challenging

FEATURES: Hike progresses across a crater floor, past steaming vents, scenic overlooks and lush native rain forest.

KALŌPĀ GULCH RIM (Honoka'a)

LENGTH: 3 miles, loop

DIFFICULTY: Short, but trail is overgrown, and flood dangers can occur

FEATURES: Native rain forest plants; sightings of 'elepaio (a flycatcher) and 'io (a Hawaiian hawk).

POLOLŪ VALLEY/ 'ĀWINI TRAIL

(Honoka'a)

LENGTH: 1 mile,

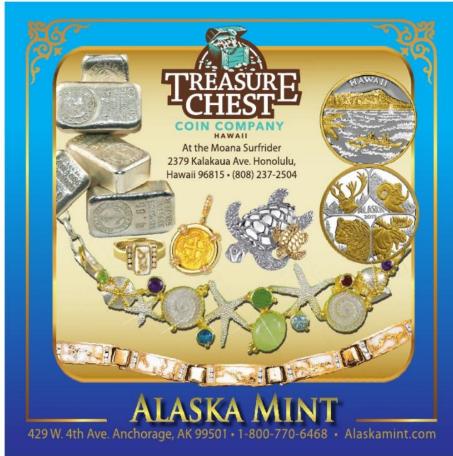
DIFFICULTY: Easy, short, moderately steep

FEATURES: Well-worn path; wide black-sand beach; rocky shoreline; not favorable conditions for swimming. —C.T.F.









Tanino takes small groups on daylong birding tours of Hawai'i Island, O'ahu, Maui and Kaua'i, searching for all sorts of birds, from seabirds such as the critically endangered Hawaiian stilt and Hawaiian coot to the nesting seabirds at the Kīlauea Point National Wildlife Refuge on the north shore of Kaua'i.

One of the most accessible spots to view native birds in their natural environments is 333,086-acre Hawai'i Volcanoes National Park, where you can see the 'akiapōlā'au (a bright-yellow honeycreeper endemic to Hawai'i Island, only found at high elevations), 'amakihi and 'elepaio (flycatcher), plus possibly the rare pueo (Hawaiian owl). This park has 150-plus miles of hiking trails through volcanic craters, deserts and rain forests.

Hawaii Forest & Trail, based in Kailua-

Kona, offers two main

bird-watching tours (as well as custom, private tours), led by experienced guides. One goes through





The pueo is a variety of short-eared owl native to Hawai'i.

both a cloudmist forest on Mauna Loa and a subalpine dry forest on Mauna Kea. All three sites are home to various native birds such as the 'ākepa (nonmigratory

passerines), palila, 'elepaio, 'apapane

and pueo.

Hakalau Forest National Wildlife Refuge, in particular, is a birder's paradise. Located on the windward slope of Mauna Kea, this refuge was established in 1985 to preserve and protect endangered Hawaiian birds and their habitats. The 32,733-acre area's ongoing reforestation program—which has added more than 400,000 koa, 'ōhi'a and other

HAWAI'I HIKES & ECO-ADVENTURES



Tayler Manriki, the apiary (beekeeping) manager at Hawaiian Legacy Tours, examines a young koa tree at the Kūka'iau Ranch on Hawai'i Island. Participants on the company's tours get the chance to plant their own trees and help restore native hardwood forests that grow nowhere else.

native plants to the landscape—is thought to have benefited the population of such native birds as the 'akiapōlā'au.

"Hawai'i Island is a world of experiences on an island in the middle of the Pacific," says Rob Pacheco, owner of Hawaii Forest & Trail, which, in addition to offering birding and hiking tours, is

"HAWAI'I ISLAND IS A WORLD OF EXPERIENCES ON AN ISLAND IN THE MIDDLE OF THE PACIFIC." — ROB PACHECO, HAWAII FOREST & TRAIL

one of only a few permitted operators allowed to take tour groups to near the summit of Mauna Kea. "You can come back year after year after year and discover new places, new stories. It's just phenomenal in so many ways."

Native birds need native forests, and **Hawaiian Legacy Tours** gives visitors a unique chance to be part of a solution.











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Puzzle on page 190.

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Puzzle © 2015 Penny Press, Inc.

Founded in 2008, the company has been energetically replanting koa trees on hundreds of acres of land on the northeast slopes of Mauna Kea. So far, more than 300,000 koa trees have been planted here, most of them by people who purchased what the company calls legacy trees. These trees are part of the reforestation component of the company's mission. The cost for a participant to plant one tree is included with each adult tour fee (\$110 for an adult for the 2-hour tour; \$180 for the 3.5-hour grand tour). Additional trees are available for planting for \$60 each.

Tree seedlings are planted on about 1,200 acres of former koa forestland at Kūkaʻiau Ranch, a 10,200-acre working cattle ranch on the slopes of Mauna Kea,

IN KÖKE'E STATE PARK, WE WERE HAPPY TO BE IN AN ENVIRONMENT THAT WAS PROTECTED AND THRIVING.

and 30 miles north of Hilo. Nearly a century ago, this land was cleared for farming and ranching, and much of the koa forest was destroyed. Hawaiian Legacy Tours offers two kinds of ecotours, both of which include tree planting and a tour of the ranch and forest.

Three-quarters of the trees planted by Hawaiian Legacy Tours are legacy trees, intended for permanent reforestation, not for harvest. These will not be cut down except under rare circumstances. All trees planted by guests are among these. The other quarter of the company's plantings are intended to be grown and then harvested to sustain the business. The koa tree is one of the most valuable woods anywhere. Native to the Islands, this tree provided timber for creating canoes, spears, bowls and building material for ancient Hawaiians. Today, this wood, prized for its curly

HAWAI'I HIKES & ECO-ADVENTURES

grain and striking coloration, is used for furniture, veneer and handicrafts.

The reforestation area at the Kūka'iau Ranch will be planted out this year, and the company is already looking for land on Maui and O'ahu to continue its mission to rebuild forests there.

"The forest is our spine," says Richard Lindberg, company vice president, who oversees the tours. "It's the nervous system of our Islands. You can't have everything else without it."

To his point, the native ecosystem in this area is thriving. Lindberg says that even the 'akiapōlā'au, an endemic species that relies on the koa for its survival, and is only found on Hawai'i Island, is making a comeback here. Bird-watchers might also see the endangered 'io (Hawaiian hawk), the bright-crimson 'apapane or the pueo (owl).

"Just the other day, I took a tour up to a lone koa tree, and there was a baby 'io just hanging out," Lindberg says. "He let us take pictures for 20 minutes."

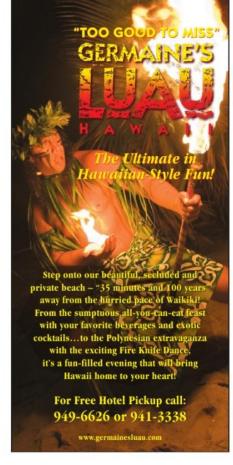
AS MY HUSBAND AND I WALKED

through native forest in Kōke'e State Park on Kaua'i, on my 40th-birthday weekend, we were surrounded by 'ōhi'a trees and 'ama'u ferns and chirping native birds. We were happy to be in an environment that was protected and thriving. And we were thankful once again to take a hike in our glorious state.

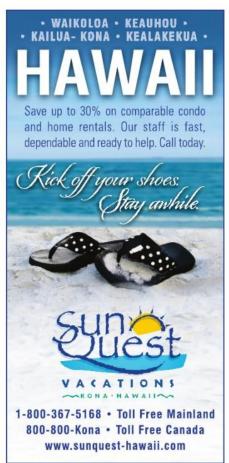
Born and raised on O'ahu, Catherine Toth Fox grew up hiking trails all over the island. When she turned 40, she decided to hike 40 trails before her next birthday. She's on hike No. 29, with a few months to go.

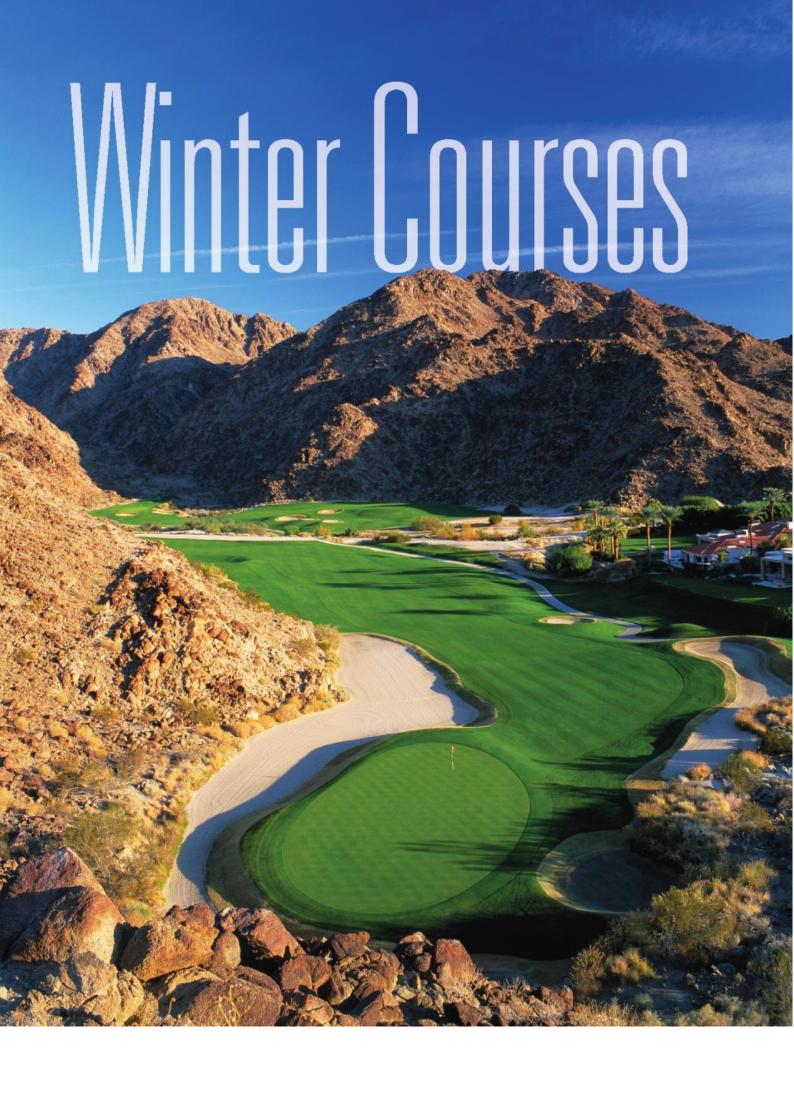
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Inviting layouts in the sunshine offer great golfing experiences

By Brian McCallen

■ Opposite: The par-5 15th hole at La Quinta Resort & Club's Mountain Course is an example of why the track is a Coachella Valley favorite. Above: The Arnold Palmer Classic Course at SilverRock Resort offers a challenging layout and an array of breathtaking views.

or avid golfers residing in the nation's northern regions, this can be a difficult time of year.

Yes, there is the excitement of the holidays and the fun of ringing in the New Year.

Still, Jack Frost nipping at your nose can throw a kink in your golf swing, which may amount to little more than putting on the living room carpet for the next few months.

Ah, but take heart. You can escape the chill of winter and swing for the greens in many warm locations that are just a short

CALIFORNIA

their game.

The golf destination of Greater Palm Springs beckons with 320 days of sun-

plane ride away. The following are a few

select destinations where golfers will find

plenty of sunshine and great layouts to test

shine, boulevards named for celebrities and one of Pete Dye's dandiest creations—the Mountain Course at La Quinta Resort & Club

Built in 1980, the layout is nestled at the base of the soaring Santa Rosa Mountains, their stony peaks painted with crimson and gold at sunset. Along with breathtaking views and occasional sightings of roadrunners, the Mountain Course has one of the favorite layouts in Coachella Valley.

Grassy swales, vast waste areas and deep pot bunkers define the line of play here. Sharp elevation changes, slim landing areas and small, liberally contoured greens defend par with style. Among the more intriguing holes is the vertigo-inducing par-3 16th. From tee boxes cut high into the face of a mountain, swing from the back tees (at 167 yards). It is worth the thrill. The shot plummets downhill to a long, narrow green surrounded by rocks and brush. A tip for success: The mountain backdrop can wreak havoc with depth perception. Targets tend to be farther away than they appear. Club accordingly.

SilverRock Resort, a splendid 10-year-



■ Above: The Rams Hill Golf Club in Borrego Springs is among California's best courses. Below: Troon North's Pinnacle Golf Course offers a brilliant layout in the Arizona desert.

is miles beyond a typical municipal layout. SilverRock's Arnold Palmer Classic Course is a 7,578-yard behemoth marked by sandy waste areas, stunning water features and well-defended greens. The legendary golfer designed the course so there's plenty of room to drive the ball on this

old facility owned by the City of La Quinta,

spacious spread. However, he demands that players be reasonably accurate with their approach shots.

You'll need to stay focused to score on this breathtaking track, and that's no easy task when there is the chance of seeing bighorn sheep clinging to the flanks of the Santa Rosa Mountains that backdrop the fairways. Rusty snowbirds should move forward to the white tees at 5,984 yards for an enjoyable outing on one of the best public-access courses in the Coachella Valley-and that's saying something. SilverRock's handsome clubhouse, set amid rocky outcrops, is an inspired renovation of a former working-ranch hacienda.

Just when you thought you'd experienced everything the California desert has to offer, a true outlier appears. Rams Hill Golf Club in Borrego Springs is a Tom Fazio-designed course located near Anza Borrego State Park, about two hours east of San Diego. This stunning 7,247-yard layout features sculpted bunkers, seven lakes and

slick bentgrass greens. Fazio, not normally given to hyperbole, described Rams Hill as "one of the most amazing pieces of desert real estate" he's ever worked on.

Situated on a hill, the course has distinct height changes that create plenty of excitement. Elevated tees serve up panoramic views of mountains and desert. Streams, ponds, lakes and waterfalls artfully integrated into the design create an oasislike effect at this hidden gem. It's no wonder Rams Hill is considered one of the finest courses in San Diego County.

ARIZONA

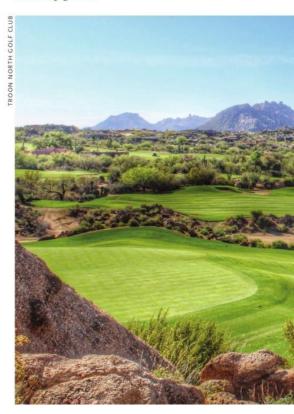
Scottsdale has long been a favorite location for golf enthusiasts. A pioneer of the game's blend-with-nature movement, the city offers many golf layouts that rely on a fraction of the irrigated turf of most courses, while still offering plenty of thrills.

A prime example is Troon North Golf Club. Etched in the foothills of the McDowell Mountains, the 36-hole complex has become the standard by which many area facilities are judged. For those seeking a tactical test waged in a garden that includes exposed rocks, waste areas and prickly cactus, Troon North is the ultimate arena.

The club includes the Monument Course and the Pinnacle Course, two layouts created by Tom Weiskopf and Jay Morrish. In 2006, both courses underwent a reconstruction and were blended together. The result is that the original front nines of the two courses are now the Monument course, and the back nines compose the Pinnacle course.

Routed on higher, more rugged terrain, Monument has bigger rocks and steeper drops. The holes appear draped on the land, with natural contours and touchstones left intact. For example, the corner of the dogleg at the par-5 third hole hinges on a large wind-carved monolith, while the par-4 fourth was rerouted to preserve a 600-yearold saguaro. The demands of this strategic layout, its fairways flanked or crossed by sandy arroyos, are offset by large smooth greens and shallow bunkers.

Troon North's second 18-holer, the Pinnacle Course, offers much the same cactus-and-boulder landscape as the Monument, with views of hulking buttes and serrated peaks. However, Pinnacle has a flatter, but more challenging layout, making it a favorite, especially among the lowerhandicap golfers.



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MEXICO

With warm weather and plenty of great courses, Mexico is a popular year-round golf getaway. Two very different golf experiences of particular note are Los Cabos, at the southern point of the Baja California Peninsula, and Cancún on the verdant Yucatán Peninsula.

Los Cabos took a major step toward becoming a golf center in 1994 with the opening of the Ocean Course at Cabo del **Sol** resort. Known by many as the "Pebble Beach of the Baja," the 7,091-yard layout occupies what course designer Jack Nicklaus called "the best piece of golf property I've ever seen." It has seven holes touching a rugged coastline that is marked by sundrenched beaches and the turquoise-blue Sea of Cortés. One of the most celebrated international layouts on Nicklaus' impressive resume, the Ocean Course stretches across a stunning desert landscape that includes a backdrop of mountains reaching 6,000 feet high. The holes weave around broad sandy arroyos, giant cardon cacti and craggy granite outcroppings. The



■ Above: A striking stone arch greets visitors to the impressive Riviera Maya Golf Club in Cancún, Mexico. Right: The par-3 17th is the most famous hole at the Cabo del Sol resort's Ocean Course in Los Cabos, Mexico.





club in 2010 replaced its back-to-back par 3s at holes 6 and 7 with a pair of seaside holes that greatly enhance the layout's challenge and appeal.

In addition, the 16th hole, a par 4 that tumbles downhill to an infinity-edge green; the 17th, a world-class par 3 that plays across a sandy cove to a pulpit green; and the 18th, an epic par 4 that traces the curve of the shore from tee to green have been described by Nicklaus as "the three finest finishing holes in all of golf."

Cancún, which is best known for its beach scene, nearby archaeological sites and eco-friendly attractions, is also home to Bahia Principe, an all-inclusive vacation complex located near the Mayan ruins at Tulum. The resort's superb Robert Trent Jones II—designed **Riviera Maya Golf Club**

Costa Rica Courses

Costa Rica, the latest international destination for Alaska Airlines, is home to a number of excellent golf courses, including the Valle del Sol golf course in San José. The layout is famous for including 15 small lakes. Along the Pacific Coast, you can play at the Four Seasons Resort at Peninsula Papagayo. Designed by Arnold Palmer, the track runs along the verdant peninsula, offering breathtaking ocean views.



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opened in 2010. Adorned with a soaring stone arch entrance, Riviera Maya is a unique resort layout. The 7,272-yard course spreads across nearly 300 acres, with its front nine framed by tall trees and routed on rolling land with a 30-foot elevation change. The variety of the course is exceptional, with locals boasting that Riviera Maya has three kinds of holes: hard, easy and picture-worthy.

A good example is the par-4 sixth, which plays to an elevated green set next to a deep pond that is part of a cenote, or subterranean cavern, which actually runs under the green. Riviera Maya's back nine flattens out, with more sand, water and wind in play. Of particular note is the dramatic par-5 14th, where exposed rock walls rise imposingly on both sides of the fairway about 200 yards short of the green.

NEVADA

On the outskirts of Las Vegas, several first-rate golf courses have sprung up in recent years. The best of this group is **Cascata Golf Club**, a self-contained enclave near Boulder City, located 26 miles



Cascata exudes luxury and is both a premier test of golf and an aesthetic triumph.

southeast of the Vegas Strip.

Cascata, Italian for "waterfall," exudes luxury and is both a premier test of golf and an aesthetic triumph. The Rees Jones design was sculpted on the side of a mountain creased by ancient streambeds, some of which have been revived and are used as creeks running through the course.

The 7,137-yard layout, landscaped with thousands of flowering plants and date palms, debuted to acclaim in 2000. Naturalistic water features, including streams tumbling down stony hills and greenside waterfalls, are abundant. For speed and trueness, the greens—some of which were carved right into the rock cliffs—are comparable to any fine private club you care to name. On clear days, the panoramic views—from the topmost holes across El Dorado Valley to purple-tinged mountains in the far distance—are amazing.

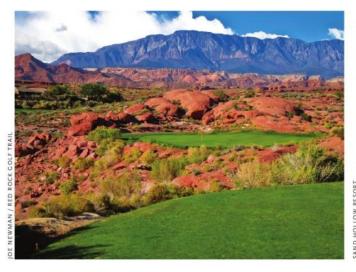
And that's just the golf course. A river also rushes through the center of the facility's impressive Tuscan-themed clubhouse.

UTAH

About 120 miles northeast of Las Vegas and 300 miles south of Salt Lake City golfers will find the area known as Utah's Red

■ Above: Water features are prominent at Nevada's Cascata Golf Club.

Below: Southern Utah's red-rock country creates a unique environment for Coral Canyon Golf Course (left) and Sand Hollow Golf Course (right), near St. George.







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Rock Corridor. Blessed with mild weather year-round, this area, a gateway to Bryce and Zion national parks, is a riot of natural wonders, from burnt-orange buttes and glorious desert flora to towering red-rock formations. You will find 10 golf courses in this amazing setting, located along the newly formed **Red Rock Golf Trail**.

Two of the area's best are **Coral Canyon Golf Course** and the **Sand Hollow Resort**.
The epitome of a "Color Country" course,
Coral Canyon set a new standard of excellence based on the strength of its naturalistic layout when it opened 15 years ago.

A perfect blend of green grass and red rocks, the 7,029-yard course is roomy off the tee, although 55 well-placed bunkers and numerous dry washes will keep you honest. The layout's open-entry greens also invite players to bump-and-run the ball onto the putting surfaces.

Coral Canyon is one of those places where even the most ardent golfers



■ Above: The third hole at Mauna Kea Golf Course is one of two world-famous par 3s at the Hawai'i Island layout. **Below:** The Palmer Course at O'ahu's Turtle Bay Resort mixes links-style and parkland-style holes for a unique experience.

should set aside the scorecard and pencil for a few moments to revel in nature. In winter, players can savor the glittering views of Zion's snowcapped cliffs from this magnificent course.

Situated on the doorstep of Sand Hollow State Park, the Sand Hollow Resort features a rugged 18-hole championship course that is recognized as one of the finest publicaccess courses in Utah. Rolling fairways, red-rock outcroppings, indigenous-sand bunkers and native vegetation characterize the front nine. The back nine is marked by deep canyons and steep ridges, and is one of the most dramatic stretches of golf in the Southwest. The 12th through the 15th are an especially memorable four-hole stretch, which skirts a series of prehistoric cliffs.

The resort's nine-hole Links Course, reminiscent of a links-style layout in the Scottish Highlands, weaves through natural sand dunes and jagged rock formations. Sand Hollow also offers The Wee Course, southern Utah's only par-3 course that is nine holes of pure fun.

Turtle Bay's Palmer Course is an eco-sensitive gem that bends like a horseshoe around a wetlands preserve and bird sanctuary.



HAWAI1

A Polynesian-flavored paradise in the north Pacific, the Aloha State boasts plenty of dreamy golf settings. Great layouts can be found throughout this archipelago. The following are three of its best.

Set along the Kohala Coast of Hawai'i Island is the **Mauna Kea Golf Course**, a landmark venue built on an ancient lava flow by renowned course designer Robert Trent Jones Sr. The course's mesmerizing layout offers an ocean view from every hole. Its signature hole is the par-3 third, which plays from a lava promontory across a broad ocean inlet to a well-guarded

The Ocean Course on Kaua'i features a series of thrilling holes that run along the bluffs above Nāwiliwili Bay.

kidney-shaped green. When the trade winds blow, even the best players will find trouble here.

On the northeastern tip of O'ahu, not far from the legendary surfbreaks of North Shore, you will find the Turtle Bay Resort, a revitalized complex that overlooks Kuilima Cove. The resort also is home to two championship courses, including the famed **Palmer Course**, an eco-sensitive gem that bends like a horseshoe around



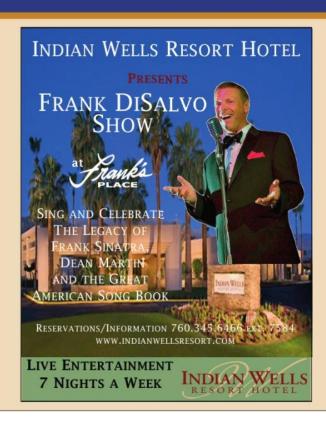
Punahoʻolapa Marsh, a wetlands preserve and bird sanctuary. At 7,218 yards from the tips, this layout has a dual personality: Links-style holes on the front nine give way to parkland-style settings lined by ironwood trees and lush vegetation on the

■ Enchanting vistas and great golf await visitors to the Ocean Course on Kaua'i.

back nine. The thick jungle shields players from coastal winds, but golfers usually get ocean breezes at No. 17, a well-bunkered

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par 4 that ends with a plateau green about 100 feet from the surf.

The oldest and most verdant of the major Hawaiian Islands, Kaua'i is where Jack Nicklaus built the Kiele and Mokihana golf courses in the late 1980s. Now part of Hōkūala—A Timbers Resort, the courses have been refurbished into one spectacular 7,156-yard 18-hole layout, which debuted in October 2015. The renamed Ocean Course features an array of exciting holes, including a series of thrillers that run along the bluffs above Nāwiliwili Bay. Course officials maintain the course is also home to the longest stretch of continuous oceanfront holes in Hawai'i. The layout's lush interior holes are spliced by thickly vegetated ravines and well defended by formal bunkers and sandy waste areas.

Hōkūala is located just minutes from Lihue Airport on the island's southeast coast, which makes it the perfect place to play on arrival or departure days.

FLORIDA

When it comes to golf, the Sunshine State has few peers. Home to more than 1,100 golf courses, and the Golf Hall of Fame, Florida is a golfer's dream.

One of the finest courses in the state is **Arnold Palmer's Bay Hill Club & Lodge** in Orlando. Known for its sickle-



■ The Bay Hill Club & Lodge in Florida is known for its abundant water hazards.

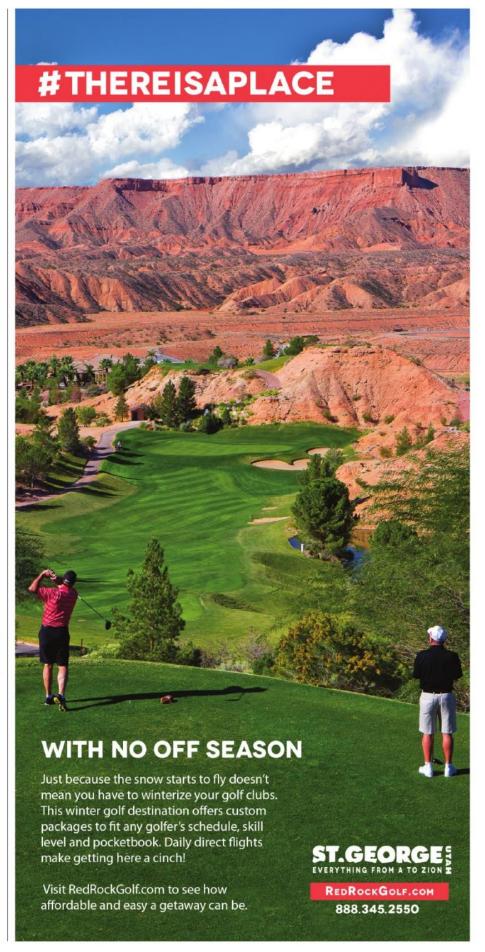
shaped doglegs pivoted around water hazards, Bay Hill is partially owned by golf legend Arnold Palmer, who stays there in the winter.

A constant tinkerer, Palmer has been polishing the layout for nearly 40 years, repositioning bunkers, resurfacing greens and sharpening Bay Hill's risk-reward scenarios, a fact not lost on the PGA tour players who tee it up each March at the Arnold Palmer Invitational Presented by Mastercard.

With plenty of water and more than 80 bunkers in play, Bay Hill is not for the meek at heart. Straightforward and gimmick-free, the course is a direct reflection of what Palmer admires most in a championship test: plenty of room to "let out the shaft" with the driver; speedy, subtly contoured greens; and holes that invite bold, aggressive players to gamble.

Pitfalls abound and indifferent shots are punished. However, like all the layouts discussed here, Bay Hill is a course that is such a pleasure that even the high handicapper will find that this track is a unique golfing experience not to be missed.

Brian McCallen is a golf/travel writer based in Stonington, Connecticut.











An Exercise in Charity

By Ellee Thalheimer

Running shoes hit the treadmill belts with a monotonous thud, thud, thud. Heads bob and swivel as long rows of runners check monitor readouts to see how much time they have remaining, then return their attention to TV coverage of the day's news. The runners leave just enough time to shower before settling into their desks for the day.

Feeling inspired to get fit yet?

What if the physical effort you put out

each morning helped find a cure for cancer or fight homelessness? It's not quite as tempting to hit the snooze button when you can help save the world, with your morning training session.

"One of the most successful ways to get fit is to sign up for an athletic event," says Mark Timmerman, sports medicine doctor and medical adviser to Trek Travel. "The date is on the calendar, and you form a program to meet your goal, even if it's just a 10k walk. Fear [of not being prepared] is a good motivator."

Most of us want to be a part of making our communities stronger and healthier. Athletic fundraising events allow us to do that while making ourselves stronger and healthier, too. Most commonly, these events are walks, runs or bike rides, but they also can be anything from summiting mountains to river rafting for charity.

"When I moved to Portland, Oregon, in 2004, I wanted to meet people, so I got involved with Team In Training, an organization that raises money for blood-cancer research," says Multnomah County lawyer Lindsay Kandra. "My grandfather died from leukemia, so it was a way to honor him while getting in shape for my first triathlon.

"And I knew I would train harder with this kind of motivation."

Team In Training is a nationwide endurance sports—training program and the flagship fundraising program for the Leukemia & Lymphoma Society. The training program—appropriate for all levels of running, triathlon preparation, cycling and hiking—provides customized coaching,

exercise plans and solidarity with other participants who share similar goals.

Kandra became a participant, then a mentor and a coach, in the Team In Training program.

"During my first race, the derailleur broke on my bike, and my mentor actually got his bike off the top of the car and attached his derailleur because he wouldn't allow my race and hard work to end like that," Kandra says. "When I was a mentor, I walked 6 miles in flip-flops to the finish line with a participant who wanted to stop because the extreme heat of the day was doing her in. Team In Training creates a supportive network and embodies the spirit of not quitting."

When Kandra herself received a breast cancer diagnosis, she drew from her experience with Team In Training.

"One of our honored teammates—
people who are fighting leukemia or
lymphoma—was an 8-year-old girl named
Natasha. She always wore a tutu and butterfly wings, and would tell groups of adults
the what's what," Kandra says. "She passed
away shortly after I got sick, and during the
rougher points of my treatment before I
went into remission, I would think of her
for inspiration."

AIMING AT COLOSSAL mountains as a challenge, Barbara Borst looked to conquer the snowy reaches of the Grand Teton (13,776 feet) with the Summit for Someone program. The program funds about one-third of the budget for Colorado-based Big City Mountaineers, a nonprofit that provides transformative wilderness experiences for underprivileged kids.

Summit for Someone arranges all-level summiting opportunities—from Mount Hood (II,250 feet) to Mount Kilimanjaro (I9,34I feet). The program includes mountaineering guides and a gear package for participants.

"The money I raised funded wilderness experiences for one or two kids," says Borst, a trip expert for the active travel

When she was living and working in a medieval village perched on a hillside in Portugal, Borst says she would never have prioritized exercise if she wasn't training for Summit for Someone. "I ran up and down the stairs as steep as ladders, and people thought I was crazy."

Borst, who was excited to meet her

GET UP. SIGN UP

Whatever your current fitness level, you can get involved in an athletic charity event. If you live in a rural area or are an avid traveler, ponder the increasingly popular idea of destination athletic charity events. What activity are you most interested in? Is running a half marathon in your future? There's no time like the present to make it happen. Here are some events to get you dreaming.



Avon 39: The walk to end breast cancer; avon39.org

Participants walk 39 miles over the course of two days and raise money for breast cancer research, education and prevention. Walks take place in New York; Houston; Washington, D.C.; Boston; Chicago; San Francisco; and Santa Barbara.

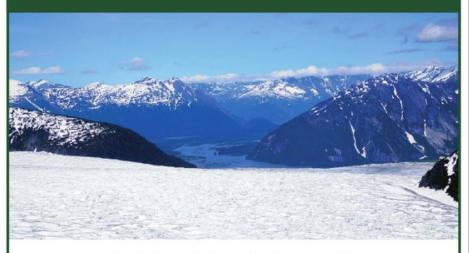
Cycling for Sight: Blind Stokers Club cyclingforsight.org

This cycling fundraiser for the San Diego Center for the Blind is the focal point for the San Diego Blind Stokers Club's year-long training program. The organization pairs sighted riders with blind riders on tandem bicycles.

continued on page 158

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FITNESS

fitness goals and to set her ice ax on the peak of Grand Teton, didn't make it to the summit because of an unexpected July snowstorm. "I felt like I had let my supporters down," Borst says. "But afterwards I realized that no one cared if I made it to the summit. The accomplishment was all the work I'd done to fundraise and to train."

IN 2014, BIKE MS, a multiday cycling event that fundraises for the National Multiple Sclerosis Society, engaged 98,000 cyclists in 95 events across the country to

March for Babies: March of Dimes marchforbabies.org

Participants do easy, low-mileage walks to fundraise for programs in local communities that help moms have healthy, full-term pregnancies.



Supermarket Street Sweep: San Francisco and Marin Food Banks *supermarketstreetsweep.com*

This "alley cat" bike race (originating in the bike-messenger culture that usually prizes participation over speed) sends teams of cyclists on a scavenger hunt around San Francisco; participants purchase certain food at certain stores and bring the items back to the food bank.

SoleMates: Girls on the Run girlsontherun.org

Participants raise money for afterschool running programs for third- to eighth-grade girls that inspire them to be confident, joyful and healthy. People can raise money for their local Girls on the Run while training for the athletic event of their choice. Sole-Mates participants set goals such as running in a marathon or a 5k.

continued on page 161

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TRIbella www.tribellawine.com raise \$83 million, making it the largest bike fundraiser in the country and the fifth-largest general-charity fundraiser.

Those numbers are impressive, but they're probably not what cyclists talk about over post-ride scones. They likely would chat about the gorgeous routes, how well the rest stops were stocked with delicious treats or who they rode with.

"It's powerful to ride up a hill next to someone wearing a jersey that says, 'I Ride with MS' and realize that the treatment options that Bike MS helped bring about made it possible for that person to do an activity like cycling," says Debbie Pope, executive vice president for development at the Multiple Sclerosis Society. "At the very least, riding next to someone with MS certainly makes a rider complain less about the climb."

Ellee Thalheimer is a freelance writer living in Portland, Oregon.

Fight for Air Climb: American Lung Association; lung.org

Around the country, participants climb the stairs of a skyscraper, stadium or other landmark building to raise funds to improve the lives of those affected by lung disease.

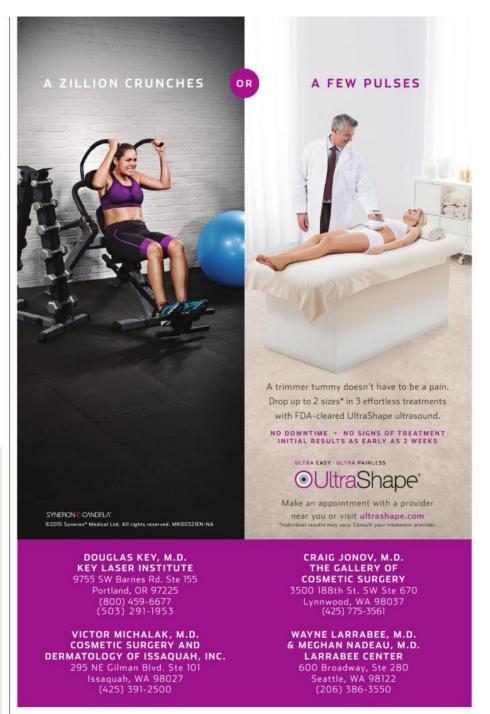


COURTESY: TOUGH MUDDER

Tough Mudder: Wounded Warrior Project; *toughmudder.com*

Tough Mudder is a 10- to 12-mile obstacle course designed to test physical strength and mental grit. Tough Mudder puts camaraderie over final rankings and is not a timed race but a team challenge. The organization encourages participants to use the event to fundraise for the Wounded Warrior Project.

Want more options? CrowdRise.com is a huge database for charity events—an inspiring list of ways to combine fitness with giving. —E.T.



Puzzles on page 188.

6	2	3	4	9	5	8	1	7
4	5	1	6	7	8	3	9	2
8	7	9	1	3	2	6	4	5
5	1	8	2	4	7	9	6	3
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4	7	6	2	3	8	5	1	9
2	3	9	5	1	7	8	6	4
3	5	4	7	6	2	9	8	1
8	6	1	3	4	9	7	2	5
7	9	2	8	5	1	3	4	6

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Safari and City

Discovering South Africa's wild wonders and cultural attractions

A game drive provides a great view of an African elephant.

By Shelley Reand

The black-maned lion, standing on a brushy knoll just 20 feet from our open-top Land Rover, roars into late-afternoon light that is softening to the color of the cat's coat. ■ A reply rumbles over bushveld buffalo thorn, marula and magic guarri trees to the east. The lion pads toward the sound ... which means toward us. ■ "Just sit still," Ranger Niel reminds me and my husband, Nick. I hold my breath as the

magnificent male saunters to within 5 feet of my door, thrilling me with a close-up before he turns to cross in front of the vehicle—not deigning to spare us a glance.

His path takes him up and down hills

along a section of narrow sandstonecolored dirt road ahead of us. "The roar of a lion can be heard for up to 5 miles," Niel notes as he slowly follows, stopping again when the animal pauses. Suddenly a red-maned lion emerges from an acacia thicket, about 15 feet from Black Mane. The big cats stare at each other for several seconds. I hold my breath again. Will they fight? They stride powerfully toward each other ... and nuzzle a greeting.

"Brothers," explains Niel, who has been a ranger at the MalaMala Game Reserve for seven years. The males lie down near each other and are soon joined by a female in what is perhaps prehunt lounging.

The sound of branches snapping alerts

A male lion presides over his territory in the bush. A lion can run 40 mph in short spurts.

us to the approach of another animal. We soon see a bull elephant climbing the hill toward the felines. Foliage obscures the elephant's view, but about 30 feet from the trio, the bull stops, raises his trunk. "He smells the lions," Niel says. "Although he is big, he may not yet have left his family herd; I think I hear females and calves coming up behind him."

The elephant trumpets loudly. The lions seem unfazed. The elephant waits a minute, trumpets again, and charges toward the cats. They scramble into vegetation. The bull pursues them. We lose sight of the animals, but the clamor of bellowing and tree crashing rings back to us for a quarter hour. I lean forward to confirm something with Niel: "So the real king of the African bush is the elephant." He laughs and nods.

THE 33,000-ACRE MalaMala Reserve shares a 12-mile unfenced border with part of Kruger National Park in the Skukuza area. On our first game drive alone, we see 22 different species SOUTH AFRICA of mammals, including the big five-the lion, leopard, elephant, rhino and Cape buffalo-considered the five most dangerous land animals to encounter on foot in Africa. I'm content to remain in the SUV.

We see all five species all three days of our stay at the Rattray's on MalaMala safari camp, whose spacious, comfortably elegant khayas (khaya means home in Zulu, one of South Africa's 11 official languages) overlook the Sand River. On twice-daily game



drives, Niel shows off the breathtaking primeval landscape. My mark-the-animalsseen list soon has more dots than the cheetahs we watch flicking their tails during an afternoon nap under a jackalberry tree. We're dazzled by the abundance of giraffes, zebras, baboons, monkeys, warthogs, wildebeests, impalas, duikers, klipspringers,

ZAMBIA

BOTSWANA

• Victoria Falls

steenboks, nyalas, waterbucks,

bushbucks and more. And one afternoon, a female leopard's golden eyes meet mine as she strolls past our Land Rover on her way to the river. I feel a jolt of connection and awe.

The 52 mammal species on the reserve are subdued in color for camouflage, but some of the 310 bird species are glorious, such as the lilac-breasted

roller that squawks from a sausage tree (named for the shape of its dangling fruit).

THE OPPORTUNITY TO SEE exotic animals in the wild was what initially drew us to the African continent, but our excellent itinerary arranged by Premier Tours President

Julian Harrison, a former ranger and South African Tourism representative, also includes the engaging Cape Town and Johannesburg areas.

The highlight of our visit to Cape Town, one of South Africa's three capital cities, is the Table Mountain Aerial Cableway, which lifts us about 2,300 feet in 5 minutes to the top of the urban icon. Consisting of layers of sandstone and granite, the 3,500-foot-

FUN FACTS

· No two leopards have the same spots (flowerlike patterns called rosettes). • Cheetahs have solid dots. • An upright mane



typically means a zebra is in good health.

- · Giraffe tongues can be 18-plus inches long. • One of the elephant's closest living relatives is the small rock hyrax, often seen on Cape Town's Table Mountain.
- · The beautifully striped kudu can jump as high as around 10 feet.

Courtesy: MalaMala Game Reserve

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Spectacular Table Mountain in Cape Town overlooks the city and Table Bay, where Robben Island is located.

elevation plateau is famous for its panoramas. To the northwest: the Lion's Head formation and Signal Hill. To the north: red-roofed houses, gray-and-white commercial buildings and sapphire Table Bay, including Robben Island (tours available), where Nelson Mandela was imprisoned for 18 years. To the east: Devil's Peak. To the south/southeast: the southern part of the Cape Peninsula and vast False Bay.

Popular full-day peninsula tours include scenic bays and towns on the western side of the peninsula, on the way to Cape Point, the southwesternmost tip of Africa. The return trip on the eastern side of the peninsula travels along False Bay, with more charming towns, and opportunities to spot Southern right whales in the bay from June into November and to view braying African penguins at Boulders Beach.

Our tour eventually turns inland toward the Constantia Wine Route (including 330-year-old Groot Constantia, known for its dining venues as well as its wines), and 1,300-acre Kirstenbosch National Botanical Garden. The 7,000-species garden, established in 1913, is now part of the Cape Floral Region Protected Areas World Heritage Site. We especially like the striking king protea—the national flower of South Africa.

Another day, our guide, Barry, from Southern Circle Tours & Safaris, shepherds us to attractions such as the Iziko South African Museum. In addition to outstanding natural-history displays, the museum



SIDE TRIP

South Africa visitors often add a less than 2-hour flight from Johannesburg to Victoria Falls, Zimbabwe (victoriafallstourism.org), to see the impressive waterfall; view hippos and crocodiles on the Zambezi River; and take day tours to neighboring Botswana (Chobe National Park) and Zambia. The Victoria Falls Safari Lodge (victoria-falls-safari-lodge, com) is a top accommodation.

WHEN YOU GO

Stay

Rattray's on MalaMala is in the MalaMala Game Reserve, known for its abundant wildlife. Daily rates include luxury lodging in your own house, with a plunge pool and veranda; laundry service; game drives; and gourmet communal meals. Appealing lower-priced sister properties provide game drives in the same reserve. "MalaMala" is Shangaan for "sable antelope" (malamala. com/rattrays.htm).

Boutique Four Rosmead in Cape Town offers a serene, convenient location, with views of Table Mountain; spacious contemporary rooms; a first-rate breakfast; and a garden pool. Room service is from noted Liquorice & Lime restaurant (fourrosmead.com).

The Peech Boutique Hotel & Bistro, next to a park in a chic Johannesburg suburb, provides large, restful, garden-view rooms and a garden pool, along with a superb breakfast. The lauded bistro also serves lunch and dinner (thepeech.co.za).

Dine

Popular restaurant the **Brass Bell**, in the Cape Town region's Kalk Bay fishing village, serves fresh local seafood such as hake, plus acclaimed South African wines; meals come with an ocean view (brassbell.co.za).

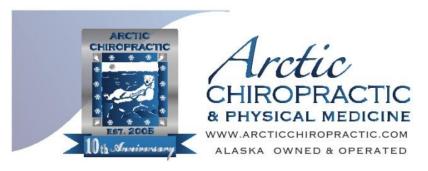
At **Sakhumzi**, on famous Vilakazi Street in Johannesburg's Soweto area, you can enjoy African dishes ranging from *pap* (maize porridge) to *mogodu* (tripe) to lamb stew to *boerewors* sausage (sakhumzi.co.za).

Resources

Southafrica.net, capetown.travel, joburgtourism.com, gauteng.net, sanparks.org, premiertours.com (U.S.-based Africa expert).

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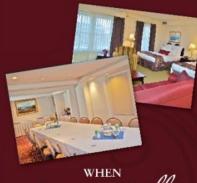




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Dr. Hu has earned Mastership with ICOI (International Congress of Oral Implantology) and will be awarded his Associate Fellowship with AAID (American Academy of Implant Dentistry) this October in Las Vegas, NV. Dr. Hu has also earned Fellowship with LVI Global, IADFE (International Academy for Dental Facial Esthetics), and ICOI. He is also an Accreditation candidate for AACD (American Academy of Cosmetic Dentistry). Dr. Hu is the first, and sometimes only dentist in the state of Alaska to attain all of these accomplishments combined as a single solo dentist through oral, written, and case submission exams.



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South Africa



presents human history. The area's story ranges from early inhabitants 100,000plus years ago to the Dutch East India Company's arrival in 1652, followed by British rule and the uniting of four British colonies in 1910 to create the Union of South Africa. It gained sovereignty in the 1930s, followed by creation of the apartheid system, which ended in the early 1990s. In 1994, Nelson Mandela was elected the country's first black president.

At the Victoria & Alfred (V&A) Waterfront, a working harbor abuts an area boasting museums with themes ranging from rugby to diamonds (the first recorded diamond discovery in South Africa was in the Cape Colony in the 1860s), an aquarium, a Ferris wheel, tours, restaurants and shops. We meet Edward Kakooza, owner of the Edward Muwayire Kakooza Art Gallery, at the Watershed craft market, and buy one of his colorful batiks depicting a woman with a baby slung on her back as she pounds corn into flour. "It was inspired by what I saw in the Transkei villages when I visited them," he says. "That was the daily life."

IN JOHANNESBURG, we learn how the discovery of gold here in the 1880s led to development of a multicultural metropolis nicknamed the "City of Gold." Today, historic-mine-tour options include the Kromdraai Mine Tour at the Cradle of Humankind World Heritage Site, about 35 miles from Johannesburg. Around 40 percent of the world's recorded humanancestor fossils are reported to have been found at the heritage site, and anthropology tours are available, as well.

The most poignant part of our trip to South Africa is the Apartheid Museum, chronicling the struggle for equality led by Nelson Mandela, Oliver Tambo and others. In one of our favorite parts of the museum, each visitor is invited to choose a painted stick whose color corresponds to a quote by Nelson Mandela. The stick is then placed next to others in a sculptural grid, perhaps reflecting Desmond Tutu's description of South Africa as a rainbow nation. Nick and I choose the sticks corresponding to a quote that says, "To be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."

About 10 miles west of the Apartheid Museum, we arrive in Soweto (South Western Townships), which has many different sections, ranging from nice homes to shacks, explains our guide, Thabelo, from Wilro Tours & Transfers.

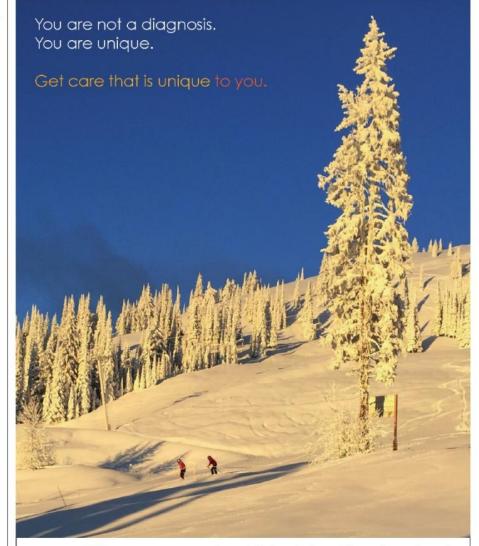
Soweto is also the location of many significant apartheid-related events and museums, and its Vilakazi Street has been home to two Nobel Prize winners: Nelson Mandela and Desmond Tutu. We view Mandela's home, shop at boutiques and enjoy performers such as the chanting, singing Tswana dancers.

As we explore Soweto, people greet Thabelo with the word "Heita." He replies, "Sharp, sharp." I ask our guide about it. "It's township language," he says. "'Heita' means, 'Hi, How are you?' and 'Sharp, sharp' can indicate an enthusiastic 'Good.'"

We think it's a great expression that applies to our whole vacation. Anyone who visits South Africa is likely to come away feeling very sharp, sharp, indeed.

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Second Charge

By Bengt Halvorson

The Chevrolet Volt, when it first arrived five years ago, was a revolutionary car—a green-car game changer. ■ It allowed people to get the full experience of an electric car whenever they could charge the car up, yet it wasn't a one-trick pony, saddled with the range limitations that, for most U.S. families, make a pure electric vehicle a second or third car in the household. ■ With the first-generation Volt, after charging

on a home AC plug (overnight) or a 240-volt Level 2 charger (about four hours), drivers could go nearly 40 miles solely on electric power. Then, after using most of its battery pack's charge, the Volt would transition smoothly to a kind of hybrid car, with its 1.4-liter four-cylinder engine starting right up and making the Volt good for another 340 miles or more—and then you could simply refill the fuel tank.

As long as you keep enough charge in the battery, the Volt remains an electric car for all intents and purposes. But it's nice to know that the gasoline engine is there for longer distances or for those mornings when you realize you forgot to charge up.

The so-called Voltec powertrain is indeed set up differently from any other hybrid car, truck or SUV. The Volt is driven almost exclusively by electric motors, and the power to run those motors comes either from the battery pack or from the gasoline engine operating as a sort of onboard generator. Most of the time the engine is not actually mechanically linked to the wheels, but in some highway conditions—after the battery charge has been used up—the little four-cylinder engine will pitch in to help turn the wheels.

It's not surprising that owners of the first-generation Volt loved the quiet, all-electric driving mode, and charged up whenever possible. GM surveys show they used battery power on 80 percent of their trips, and owners often went 900 miles or more between gasoline fill-ups.

GM sold more than 80,000 firstgeneration Volts. Altogether, Volt owners have driven more than 700 million pure EV miles—and, according to GM calculations, saved more than 34 million gallons of gasoline versus comparable gas-only models.

For 2016, Chevrolet has taken the original formula and made it better in pretty much every way. The all-electric-driving range is up to 53 miles for the 2016 Volt, and it can go 420 miles on a full charge and a full tank of gas. It accelerates quicker, too.

Once you run out of charge, the Volt will return an EPA-rated 42 miles per gallon on gasoline alone—far better than the 37 mpg that the previous generation was rated.

The Volt's battery pack has received a lot of attention in the 2016 redesign. It's lost weight yet stores more energy; its capacity is now up to 18.4 kilowatt-hours, and it has a simplified configuration plus an active thermal system that helps cool the pack in hot weather and warm it up when the weather is cold.

UNDER THE HOOD of the 2016 Volt is a new direct-injection 1.5-liter gasoline four-cylinder engine that makes 101 horsepower and is designed to operate using regular unleaded gas (as opposed to the premium gas required in the previous Volt).

GM has also completely reengineered the Volt's two-motor drive unit, dropping 100 pounds of weight and reducing its size. Altogether the electric motor system delivers 149 horsepower and 294 pound-feet of torque. And when you're braking or decelerating, the Volt's motor system functions as a generator, packing up to 45 kW of generating power back toward the battery.

The T-shaped battery remains mounted at the floor, just below the back seat and extending forward along the center console. That means that the Volt has a tall center hump in back, and even though Chevy has officially made the new Volt a five-seater—instead of a four-seater previously—that middle position should be kept for occasional use, and probably kids only. Even the outboard seats in back are a bit higher than they probably should be for the Volt's sleek,





AUTOS

low hatchback profile.

In most other respects, the 2016 Volt is a comfortable, spacious, versatile compact car that's just a few inches longer than the Toyota Prius. The rear seatbacks fold forward to expand the cargo space, and the front seats are good for long-distance drives—more comfortable than what you'll find in most other small cars.

On the outside, the Volt gets an entirely new look. This time the Volt is a better fit with the rest of the Chevrolet lineup. Some of the details feel a little more formal, while overall the profile is more flowing, less chiseled.

Inside, GM has softened the sci-fi undertones and made the interior less of a design outlier. The Volt gets a far warmer cabin feel, with well-coordinated trims and surfaces. GM has kept the dual color-display screens, including an 8-inch screen in the instrument cluster that's reconfigurable and has four different themes. There are also a couple of special modes: Hold mode, for when you're fine using gasoline now and want to save your all-electric operation for later in the drive, and Mountain mode, to restore about a third of the battery's charge so that the powertrain puts its best foot forward going up long mountain grades.

The Volt also includes Apple CarPlay, which allows you to project a version of your iPhone screen (and some app interfaces) onto the car's touch screen; Android Auto compatibility is on the way.

There's also some technology that charge-maximizing Volt drivers will appreciate. For example, a new GPS location-based charging system lets owners set their charging preferences (depending on whether you need a full charge on the weekend, for example), and then the car will charge to them automatically—after you plug into the charge port, of course.

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ability of a compact car—that's probably the best way to describe how the Volt drives to those who have never driven an electric car. And to those who have, the Volt satisfies that quick-off-the-line, always-responsive feel that distinguishes electric cars from most hybrids and gasoline models.

The Volt's claimed 53 miles of electric range on the battery is as good as claimed. In a first-drive opportunity on the winding roads in Marin County, California, earlier this fall—not at all driving conservatively as I would if seeking the best fuel efficiency—I managed to cover almost 50 miles of all-electric driving before the gasoline engine started up.

Just as with the last generation of the Volt, the transition from pure-electric driving to the gasoline-fueled mode is virtually undetectable. Only if you're listening very carefully, or watching the dash displays, will you be able to tell when the system transi-

CHEVY VOLT

Model type: Sedan Base Price: \$33,170 Power: Electric; 1.5 L gasoline four-cylinder Technology: 4.5-hour



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tions. With the new, supersmooth 1.5-liter engine, it's even harder to tell.

It doesn't take much of a drive to see that with this new Volt, GM is aiming at more of a mainstream market, in hopes to expand the car's appeal. And with the expanded electric-driving range, it's showing a renewed commitment to being seen as an extended-range electric car, not just a special kind of hybrid.

While the Volt avoids flaunting the

"hybrid" badge in any way, GM also has grand plans for putting the Voltec powertrain from the Volt to use in its hybrids. Beginning next year, the Chevrolet Malibu Hybrid will use a version of the system, with a much smaller battery pack. But if this system drives anything like the Volt, it will be a smoother, more refined and responsive alternative to the other hybrid sedans.

Finally, it's worth noting that the Volt is a bit more affordable this time around. Run the cost-of-ownership numbers of inexpensive electric motoring, and the Volt's \$33,170 entry price makes sense even before the \$7,500 federal tax credit.

The 2016 Volt leads a second charge. The techies and serious green-car fans have noticed. Now the rest of America might just take notice of what a game changer it is.

Bengt Halvorson is an independent automotive journalist living in Portland, Oregon.



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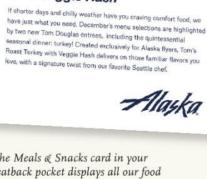
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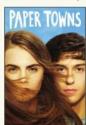
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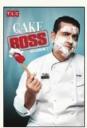
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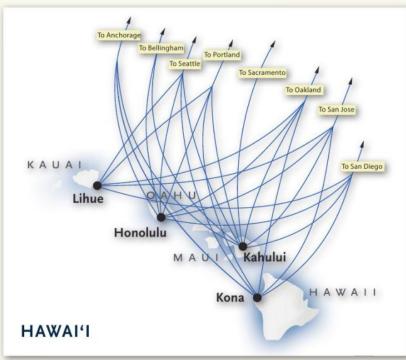
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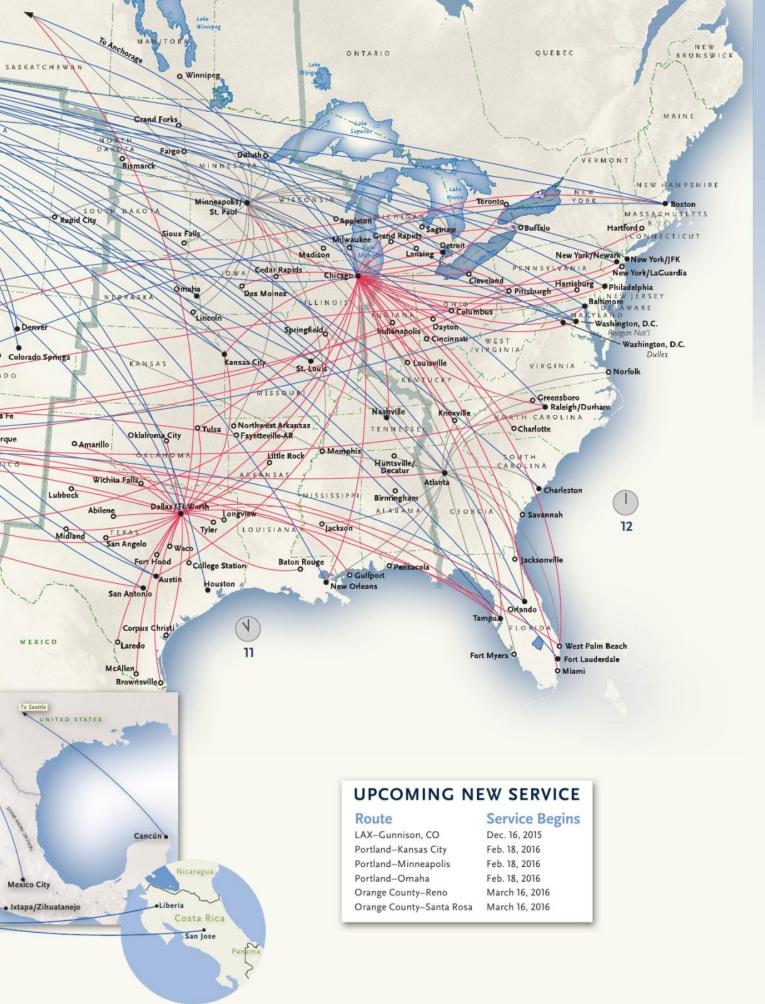


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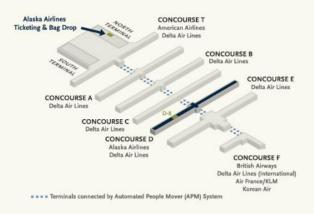
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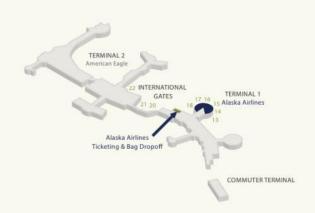
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- Section 6—It is not necessary to declare medicine for your personal use

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.

MEXICO STATE CODES

City / State	State Code
Cancún / Quintana Roo	ROO
Guadalajara / Jalisco	
Ixtapa, Zihuatanejo / Guerrero	GRO
Loreto, La Paz, Los Cabos, San Jose / Baja California Sur	BCS
Manzanillo / Colima	COL
Mazatlán / Sinaloa	SIN
Mexico City / Distrito Federal	D.F.
Nuevo Vallarta, Bucerias and north / Nayarit	NAY
Puerto Vallarta, Mismaloya / Jalisco	JAL

A GUIDE FOR AIR TRAVELERS

The Federal Aviation Administration (FAA) and Alaska Airlines have set the following rules and regulations to assure your safety and comfort:

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant. No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- During taxi, takeoff and landing, portable electronic devices and headphones may be used. Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Players, etc.
- Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault,

- threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.
- Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, selfheating meals or beverages, air filters placed on overhead vents and personal air purifying devices.
- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

IMPORTANT PHONE NUMBERS

CUSTOMER CARE:

800.654.5669 (Mileage Plan, Web Support, Customer Relations)

Toll-Free Reservations Within the U.S. and Canada: 800.ALASKAAIR (800.252.7522)

(TTY 800.682.2221)

En Español: 800.858.5525

From Mexico: 001.800.252.7522

Alaska Airlines Vacations: 800.468.2248

USING YOUR DEVICES

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Allowed on the Ground and in the Air



- Laptops (must be stowed for taxi/takeoff/landing)
- Tablets/smartphones (Airplane Mode after door closure)
- > Wireless mouse/keyboard
- > e-readers
- Media/CD/DVD players
- Noise-canceling headphones
- Cellphones (prior to door closure only)

Not Allowed During Flight



- Voice calls of any kind, including VoIP
- Devices with cell service enabled
- > AM/FM radios or TVs
- > Personal air purifiers
- > Remote-control toys
- > Electronic cigarettes





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The US Army Corps of Engineers will oversee the construction.

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Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. Solutions are on page 161.

2		2	DIFFI	CULTY	EASY			
6		3			5			7
	5	1		7		3	9	
		9	1				4	
					7	9	6	3
	4		3		1		5	
3	6	2	8					
	9				3	1		
	8	6		2		5	3	
2			0			7		1

		8	9	7		4		
5			4	-		, ⁷		7
		7			5		3	8
3	8			9	4		7	
4		6				5		9
	3		5	1			6	
3	5		7			9		
8					9			5
		2		5	1	3		

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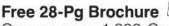
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18

22

46

52

66

93

99

106

126

131

135

23

47

80

100

107

53

72

ACROSS

- 1 Baseball's Slaughter
- 5 Supersonic weapon: abbr.
- 9 Choice coffee
- 14 Outstanding
- 18 Oaf
- 19 Across a distance: pref.
- 20 Bye, in Barcelona
- 21 Opera star
- 22 Jim Lowe hit, with "The"
- 24 Guard
- 26 Atlanta school
- 27 Uproar
- 30 Peach Melba, e.g.
- 31 Famous lioness
- 34 Herzl author
- 35 Lahr and Convy
- 36 Beer glass
- 40 Asia Minor region
- 42 Gericault's stand
- 46 Valuable rock
- ___ Prentiss 47
- 48 Floor opening
- 51 Deceive
- 52 Seep
- 54 Coil
- 56 Sweetener
- 57 Altar vow 58 Brad or Bette
- 60 French school
- 63 Garr and Hatcher
- 65 Study room
- 66 Breakfast order
- 68 Suggestions
- College course: abbr. 70
- 71 Fierce anger
- 72 Zilch
- Welcome item 73
- 76 Water bird
- 78 Palmas
- 80 Cycle starter Indy-racing champion
- 83 Riddle
- 86 Passe
- 87 Italian volcano
- 90 Groovy
- 92 Church official 93
- ___ to Extremes 94 Christmas stamps
- 96 Skyrocket
- 98 Flounder's kin
- 99 Vintage car
- 100 Heifer hatch
- 103 Army officials; abbr.
- 105 Diamond great
- 106 Oversight
- 108 Monte
- 109 Long-snouted fish
- 111 James Whitcomb ____
- 114 Pincer
- 116 Dreary
- 117 Straightened 120 Guide
- 122 Nerve networks
- 126 Pinto passage
- 128 Raffle giveaway
- 131 Ms. Moran

- 132 Blue ___ Mountains
- 133 Missing
- 134 Gumbo veggie
- 135 Lip
- 136 Passover meal
- 137 Hard cheese
- 138 Approach

DOWN

- 1 Brim
- 2 Average
- 3 Waffle topper
- 4 Sound system
- 5 Popular contraction 6
- Corporate VIP
- 7 Group of nations
- 8 Mr. Haggard
- 9 Evita star et al.
- 10 Stench
- 11 AFL-_
- 12 Crowd 13 Inquisitive person
- 14 Texas city

- 15 __
- 16 In any way

132

136

127

- 23 Parachute fabric
- 25 Lab compound
- 29 Othello, e.g.
- 33 Lofty abode

- 37 Clapton's former band
- 38 Knockin' on ____ 39
- 41 "...___ away childish things"
- 43 Porch portal
- 44 Type of duck
- 49 Rowing needs
- 50 Baltimore player
- 53 Thousand: pref.
- 55 Dull-witted person

- out (demolish)
- 17 Move suddenly

- 28 Stepped down
- 32 Singer Phoebe ____
- 35 Sheriff's star
- 36 Five centesimi
- Foul-smelling

- 45 Sierra ___

- 59 Actress Berger

20

24

41

40

48

61

82

114

101 102

68

73

113

25

42

49

70

103

109

116

129 130

115

128

133

137

76

83

104

43 44

51

57

65

71

105

124 125

- 64
- Quick bread
- Prayers
- Claws 75
- 77
- Bay of Biscay feeder 78
- 79
- 81 Roman route
- 84 Grilled sandwiches
- 85 Mountain ledge
- 89 Betsy's Wedding star
- 97 Hearty laugh
- 100 Convey
- 102 Turnpike

104

- 61 Tolstoy and Buscaglia
- 62 Merits
- Calcutta's Mother ____
- 67
- 69 Eurasian duck
- Greases
- Spy Hiss
- 88 Ms. Sinatra
- 91 Fastened
- 95 Merlin, e.g.
- 101 ___ podrida

- 107 Church instruments
- 110 Fairy king
- 112 Looks suggestively
- 113 Singer Rabbitt
- 115 Cheese portion
- 117 Many years ___ Flynn Boyle 118
- 119 Showy flower

134

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- 120 Booth 121 Land measure
- 123 Tot
- 124 Poet Pound 125 Broil
- 127 Kooky 129 Actress Munson
- 130 Sleep stage: abbr. SOLUTION ON PAGE 140.



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Discoveries Great and Small 2016 PHOTO CONTEST

SHARE A PHOTO of something that you discovered while exploring an Alaska Airlines destination. Whether you are an amateur or professional photographer, you may submit up to three images to Alaska Beyond and Horizon Edition magazines for our 2016 Photo Contest. Entries may include natural scenics, urban landscapes, wildlife shots or human-interest photos. In addition to awarding prizes for the top three photographs, the magazines will publish the top 10 photos in our May 2016 issues. Entries must be postmarked by



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SECOND PLACE

Two coach-class tickets valid to any destination served by Alaska Airlines, including Alaska, Hawai'i, the Lower 48, Canada, Mexico and Costa Rica.

THIRD PLACE

Two coach-class tickets valid to any destination served by Alaska Airlines in the continental United States or Canada.



RULES: Submissions—limited to three images—should be printed on paper media no larger than 8 x 10 inches - Digital manipulation that changes the content or meaning of a photograph is not allowed - Minor adjustments to brightness and color are acceptable - ENTRIES WILL NOT BE RETURNED - Photos must have been shot within, or near, the cities and regions served by Alaska Airlines - Photos that have been previously published, accepted for publication, or are under consideration by other publications are not eligible - Photos must have been taken on or after January 1, 2015 - Print the photographer's name, address, phone number, and location of the photo on the back of each print - Finalists may be asked to submit original materials for publication; these originals will be returned - Photographers retain all rights to their photographs - Alaska Beyond/Horizon Edition magazines reserve one-time rights to tpublication of winning photos, as well as rights to reprint and use photos in the magazines and on the websites of Paradigm Communications Group and/or Alaska Air Group for editorial and promotional purposes - Entrants agree that Paradigm Communications Group has the right to publish photo entries without compensation - All prize-award travel must be booked and completed within one year of award notification, with no extensions allowed. Restrictions and holiday blackout dates apply to prize-award travel. Winner(s) will be responsible for submitting an Affidavit of Eligibility and will be subject to all applicable federal, state and local income taxes resulting from the acceptance of the prize - Employees of Paradigm Communications Group, Alaska Air Group and their agencies or immediate families are not eligible to participate.

2016 PHOTO CONTEST ENTRY FORM

By signing this entry I agree to the rules of the contest.

Address		
City		
E-mail	 	
Subject, location, date:		
1)	 	
2)		
3)		
Signature		

SEND TO: Photo Contest, Paradigm Communications Group, 2701 First Ave., Suite 250, Seattle, WA 98121

www.alaskaairlinesmagazine.com • Entries must be postmarked by February 16, 2016



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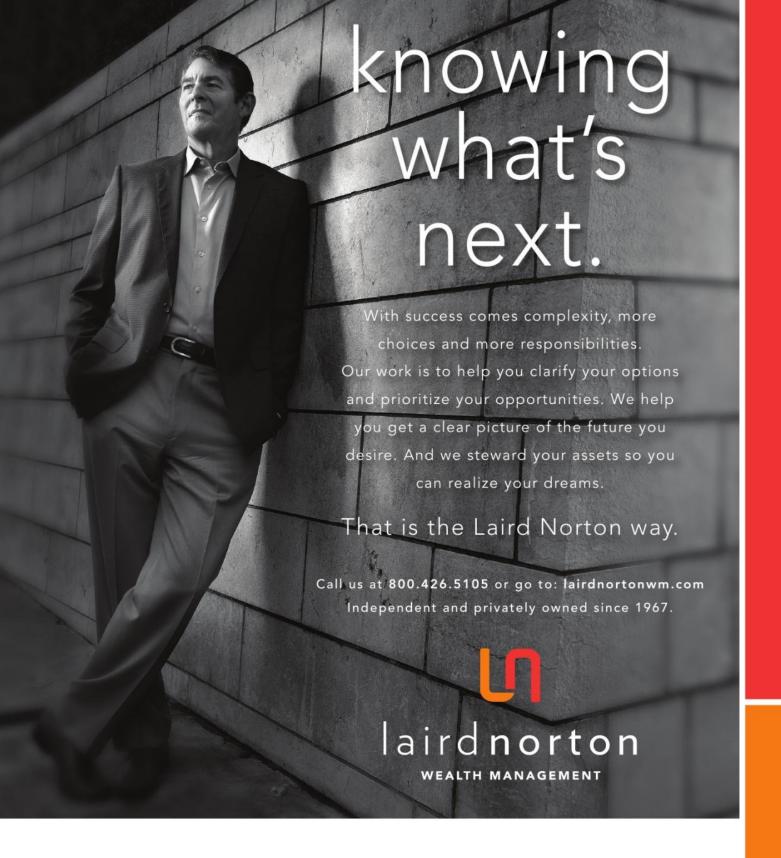




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