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While my overall health was relatively good, I was about 50 lbs overweight. Although my tall frame helped hide it well, I was getting tired of carrying the proverbial "spare tire" around my belly.

When I wasn't sitting at a desk, I'd be doing projects around the house, watching a movie, or attending a play. I spent a lot of time in sedentary activities and didn't have a regular exercise routine, except for snowboarding occasionally.

When my wife invited me to join her at the Anti-Aging seminar, I decided to keep her company. It wasn't something I planned to pursue, but I thought it might be interesting. Dr. Upton began talking about how natural it was for testosterone levels to drop in men as they age and I became curious. Could this be why I had been experiencing a drop in my energy levels? I decided to find out.

A full blood analysis confirmed my suspicions. My testosterone levels were very low, in fact, much lower than normal. After a thorough discussion with Dr. Upton, I began an Anti-Aging regimen which included bio-identical hormone replacement therapy (BHRT) and supplements to bring my levels in line with what was healthiest

for me. I really liked the fact that Dr. Upton took the time to explain each item, how it impacts my overall health, and why it's beneficial to bring it back into a healthy range. He's a great teacher and answers all my questions each time we meet.

I began noticing results right away. This encouraged me to continue to be consistent with my supplements and BHRT to ensure that I was getting the most value from them and achieving my optimal level of health. I also began focusing on reducing weight and lost those extra 50 lbs.

I look better and feel better about myself. In fact, I feel like a new man and my wife definitely agrees! I'm not as sedentary as I used to be. I have much more energy, my cholesterol levels have lowered by 75 points (now well within the normal range) and I feel so much better. Who would have thought that losing some weight, taking just a few supplements, and balancing my hormones could make such a big difference!

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From all of us at Alaska Airlines and Horizon Air



Elson S. Floyd 1956-2015

In his eight years as president of Washington State University, Elson S. Floyd, Ph.D., was one of the most enthusiastic and energetic leaders of higher education this state has ever known. His vision to transform WSU into a premier university effecting economic, social and cultural progress was compelling. His humanity to make higher education more affordable and to reach out to students was inspiring. As a leader, a fan and a tireless visionary, Dr. Floyd will be dearly missed by so many—including the 14,000 employees at Alaska Airlines and Horizon Air, who collectively say, "Go Cougs."



Spirit of Alaska



Brad Tilden, Chief Executive Officer

A GIANT IN HIGHER EDUCATION

It was with heavy hearts that we learned of the passing of Dr. Elson S. Floyd, president of Washington State University. Alaska and Horizon have many ties to WSU, and we are honored to have worked with Dr. Floyd over the years. Greg Witter, a former leader at Alaska and proud WSU alumnus, captures the legacy of a man who left us much too soon. —*Brad Tilden*

The urgency and energy that Dr. Elson Floyd brought to his work as president of Washington State University from Day One, back in late May of 2007, suggests he knew he was up against a running clock.

His passing on June 20, at age 59, from complications related to colon cancer, brought into focus not just how much he accomplished at Washington State, but also how fast he achieved what he did, despite the daunting fiscal environment

in which he was forced to operate.

Transformative doesn't begin to describe the depth and breadth of his impact on Washington State and the Pacific Northwest.

His quest to make Washington State the best it could be was so intense that he kept news of his failing condition contained to a tight circle of family, friends and colleagues, lest he divert attention from his last great achievement: a WSU medical school in Spokane.

The tone for Elson's ambitious, positive leadership style was set early on when he traveled to every county in the state—39 of them—looking for ideas on how WSU could best serve its constituents.

His analytical, goal-oriented approach led to sterling achievements. The capital campaign for

WSU eclipsed the \$1 billion mark—a goal many thought impossible, especially following the economic downturn in 2008.

He launched the Paul G. Allen School for Global Animal Health and turned the Tri-Cities branch campus into a tech magnet, augmenting it with the opening of the cutting-edge

Mesons' Majka

The WSU livery that graces one of Horizon's Q400 aircraft serves, as well, as a tribute to Elson Floyd.

Wine Science Center. He also saw the strategic benefit of collaborating with Boeing to open an aerospace-focused WSU branch campus in Everett.

Along the way, he put a brake on tuition hikes despite major financial pressures, and turned back a major portion of his own salary in 2010 as a show of commitment in the economic environment.

Indeed, the list of achievements at WSU on his watch is long and impressive. For sports fans, there is perhaps no more tangible evidence of his proactive style than in athletics, which he viewed as the most influential branding tool any university possesses.

He propelled WSU into the modern era with a massive upgrade of Martin Stadium and construction of the Cougars' state-of-the-art football training complex. His support for athletics could be found in less public ways, as well. He often sat in the student section at basketball games and had an open door for prospective athletes and their parents during official recruiting visits.

> In the 2012 football season, when the new south side of Martin Stadium opened, Elson beamed at every home game as he walked the corridors, thanking ticket holders for their support. He was no acade-

mician playing a role.

Shortly after coming to WSU from the University of Missouri, Elson wrote this in the WSU Foundation annual report:

"In the coming months and years, WSU will embark on multiple paths that intersect in a single goal—the continued transformation of WSU into a premier university that advances economic, social and cultural progress, and serves the needs of the state of Washington and the world."

Looking back on those words today, they sound almost prophetic. He will be missed greatly, but his legacy—the legacy of a man who treated each day like a mission—will live on. —Greg Witter

El Espíritu de Alaska



Brad Tilden, Jefe Ejecutivo

UN GIGANTE EN LA EDUCACIÓN SUPERIOR

Es con el corazón pesado que aprendimos del fallecimiento del Dr. Elson S. Floyd, presidente de la Universidad del Estado de Washington (WSU). Alaska Airlines y Horizon Air tienen muchos vínculos con WSU y nos sentimos honrados de haber trabajado con el Dr. Floyd a lo largo de los años. Greg Witter, un ex líder en Alaska Airlines y aficionado de los pumas "Cougs," captura el legado de un hombre que nos dejó demasiado pronto. —*Brad Tilden*

La urgencia y la energía que el Dr. Elson Floyd trajo a su trabajo como presidente de la Universidad del Estado de Washington desde el primer día a finales de mayo del 2007, sugiere que él sabía que estaba en contra de un reloj que funcionaba.

Su fallecimiento el 20 de junio, a los 59 años, por complicaciones relacionadas con el cáncer de colon pusieron sobre la mesa no sólo lo mucho que logró en el estado de Washington, pero la rapidez con que logró lo que hizo a pesar del entorno fiscal de enormes proporciones en el que se vio obligado a operar.

Transformador es poco Un para describir la profundidad y amplitud de su impacto en el estado de Washington y el Noroeste del Pacífico.

Su afán por hacer WSU el mejor que podría ser era tan intenso que él mantuvo la noticia de su condición médica a solo un círculo muy cercano de familiares, amigos y colegas, para no desviar la atención de su último gran logro: una escuela de medicina de WSU en Spokane, Washington.

El tono de Elson, ambicioso, estilo de liderazgo positivo se estableció a principios de cuando viajó a todos los condados en el estado—39 de ellos—en busca de ideas en como WSU mejor podría servir a sus constituyentes.

Su enfoque analítico, acercamiento orientado en objetivos condujo a logros de ley. La campaña de capital para WSU eclipsó la marca de \$1000 millones—una meta que muchos pensaron imposible, especialmente a raíz de la crisis económica en 2008.

Se puso en marcha la Escuela Paul G. Allen para la Sanidad Animal

Wyu Majka

Uno de aviones Q400 de Alaska.

Mundial y convirtió la rama campus en Tri-Cities en un imán de tecnología y aumentada con la apertura de vanguardia del Centro de Ciencia de Vino (Wine Science Center). También vio la ventaja estratégica de colaborar con Boeing para abrir un campus de WSU rama aeroespacial centrada en Everett.

De hecho, la lista de logros en WSU en su reloj es larga e impresionante. Para los amantes del deporte, tal vez no haya evidencia más tangible de su estilo proactivo que en el atletismo, que él ve como la herra-

mienta de marca más influyente que ninguna otra universidad posee.

Él impulsó WSU a la era moderna con una actualización masiva del estadio Martin y la construcción de vanguardia del complejo de entrenamiento de fútbol de los pumas. Su apoyo al atletismo se puede encontrar en formas menos comunes también. A menudo se sentó en la sección de estudiantes en los partidos de baloncesto y tenía una puerta

abierta para futuros atletas y sus padres durante las visitas oficiales de reclutamiento.

Poco después de llegar a WSU de la Universidad de Missouri, Elson escribió esto en el informe anual de la Fundación WSU:

"En los próximos meses y años, WSU se embarcará en varias rutas que se encuentran en un solo objetivo—la transformación continua de WSU en una universidad de primera clase que avanza en un progreso económico, social y cultural, y sirve las necesidades del estado de Washington y el mundo."

Mirando hacia atrás en esas palabras hoy, suenan casi profético. Lo extrañaremos mucho, pero su legado—el legado del hombre que trató cada día como una misión vivirá. — Greg Witter Someone you know had a little work done

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BLOOMIN' WITH ALOHA

Alaska was honored with the top prize in the recent Rose Festival Grand Floral Parade, held annually in Portland, Oregon. The Hawaiian-themed "Bloomin' With Aloha" float won the Al Reser Sweepstakes Award for most outstanding float in the parade and the "Float Your Vote" award as the fan favorite. The float featured a giant surfing turtle with a baby turtle on its back, plus palm trees and a surf shack.



CLOCKWISE FROM TOP LEFT: CHARLESTON, MARXVANDYKEPHOTOGRAPHY / SHUTTERSTOCK.COM; NASHVILLE, F11PHOTO, SHUTTERSTOCK, COM; RALEICH, JON BILOUS / SHUTTERSTOCK, COM; BALTIMORE, SEAN PAVONE / SHUTTERSTOCK.COM

FOCUS ON SUSTAINABILITY

Pursuing Alternative Jet Fuels

Washington state's hometown airline is teaming up with the Washington State University-led Northwest Advanced Renewables Alliance (NARA) to advance the production and use of alternative jet fuel made from forest residuals—the tree limbs and branches that remain after a forest harvest.

Alaska Airlines intends to fly a demonstration flight next year using 1,000 gallons of alternative biofuel produced by the NARA team. The planned flight signals the aviation industry's growing interest in alternatives to conventional fossil fuel.

NARA's focus is on developing alternative jet fuel derived from post-harvest forest residuals. Residual treetops and branches are often burned after timber harvest. By using these waste materials as the feedstock of a biojet fuel supply chain, NARA and its aviation-industry partners seek to reduce fossil fuel use and greenhouse gas emissions, as well as bolster sustainable economic-development potential in timber-based rural communities located throughout the Pacific Northwest.

"Alaska Airlines is thrilled to partner with NARA to help further promote sustainable aviation biofuels," says Joe Sprague, Alaska Airlines senior vice president of external relations. "Sustainable biofuels are a key to aviation's future and critical in helping the industry and Alaska Airlines reduce its carbon footprint and dependency on fossil fuels."

Learn more about the project at nararenewables.org.

PEOPLE BEHIND THE SPIRIT

Taking Flight

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, Captain John Knierim.



John Knierim Alaska Airlines Legend

BigBird could barely wait to fly. As a 15-year-old Boy Scout, working toward Eagle, he took a small-plane flight at the Van Nuys, California, airport and knew immediately what he wanted to do with his life. He signed up for lessons, soloed at 16 and got his pilot's license at 17. He graduated from college when he was only 20 and completed all the training and testing for his Airline Transport Pilot License when he was 22—but the Federal Aviation Administration wouldn't post his certificate until his 23rd birthday.

"I did everything in kind of a hurry," admits Alaska Airlines Captain John "BigBird" Knierim.

John got his early experience in the Caribbean, flying 10-seaters between islands. After a short stint with United, he was hired as a flight engineer in Seattle in 1982. He soon took a position flying out of Anchorage, which put him on a fast track to a captain rating, awarded to John in just three years, when he was 29.

John had people skills to match his piloting skills, and he was quickly asked

to be a Check Airman and then Instructor Evaluator.

"I got so much out of the job at such a young age, I just wanted to be able to give something back, to help out as much as I could," John says.

He went on to become an Aircrew Program Designee at Alaska on behalf of the FAA, and he served many years on the Professional Standards committee for the Air Line Pilots Association.

"Clearly, John considers customer service to be his primary job as a pilot," says Alaska Captain Brian Di Nielli, a 2014 Legend who has known John since their first day of college. "Flying safely is the first ingredient in that formula ... taking excellent care of his passengers and his flight and cabin crews are the very next priority. He has always manifested the highest form of leadership skills."

John is a gregarious kind of guy, known for his stories and laugh. That's his personality. As a trainer, he's all professional—a skilled pilot, a knowledgeable captain and an effective, safety-first instructor who's helped train many of Alaska's 1,600 pilots.

Today, more pilots know him as BigBird than as John. It's a moniker given him by a fellow pilot during flight-simulator training in 1985. John was a big guy, with yellow hair, who strutted around squawking a lot, reminding the other pilot of the popular Sesame Street character, John recalls. He wasn't fond of the name, but he couldn't shake it, either. Now he introduces himself as BigBird.

At home, in the Seattle area, John's life revolves around six children. He has stickers for nine different colleges on the back window of his Suburban. He's active in his church and organizations such as the Northwest Harvest food bank and the Mountain View Community Center, which serves a free dinner to anyone in need. "When I'm there, it's BigBird Firehouse Chili, for 150," he says. "I'm chopping 13 onions to go with 20 pounds of meat and secret ingredients."

BigBird's chili? Legendary, of course.

—Paul Frichtl

VOLUNTEER SPIRIT

Good Choices

It's not always easy for teenagers to make good decisions these days, but a group of Alaska Airlines employees are eager to help that process.

Eighteen employees were recognized last month for their volunteer work with CHOICES, a nonprofit program designed to help middle school–age children make good choices and stay in school.

The Alaska employees participated as part of Alaska's sponsorship of CHOICES in the Highline School District, near Seattle. It's part of the company's 2015



Ty Tufono, center, receives recognition for her work with the CHOICES program.

plan to give back to youth and education.

Seattle Flight Attendant Ty Tufono also received a "Rookie Award" from the CHOICES program as a special recognition for her participation. She spoke to 16 classes in the Highline district.

"We are so proud of our employees for sharing their stories with kids in our communities, showing them that when they make good decisions and stick with

school, they will benefit," says Shaunta Hyde, managing director of community relations at Alaska. —Nancy Trott

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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.

Visit www.HairTransplantSeattle.com or Call 1-888-642-4247

11007 Slater Avenue NE Kirkland, WA 98033

Hair Transplant Seattle

JOURNAL



FAIRBANKS, AK

Culture and Competition

The World Eskimo-Indian Olympics, a time-honored Alaska tradition, will host athletes for the 54th time, July 15-18, in Fairbanks. Featuring activities that were traditionally used to teach survival skills, the games are rich with cultural significance. This year's events will include the Alaskan High Kick, which people originally used to test and maintain agility during winter months. Athletes begin seated, holding one foot with the opposite hand. They then swing their bodies up to kick a suspended target. To finish, they land on the same foot used to kick the target.

Along with athletic feats, the WEIO is known for community spirit; it is common for competitors to receive coaching from officials or other athletes.

WEIO events will also involve craftspeople showcasing talents, plus a traditional-dance competition. To learn more, call 907-452-6646 or visit weio.org. —Aliza Vaccher

An athlete competes in the Alaskan High Kick at a past year's World Eskimo-Indian Olympics. DETROIT, MI

Art and Sound on Display

Artist-educator Nick Cave has returned to the Detroit area, where he earned his MFA, to present an extraordinary multi-arts event. "Nick Cave: Here Hear" includes a solo exhibition, showing through October 11 at Cranbrook Art Museum in Bloomfield Hills, and performances around the city of Detroit.

The exhibition features 30 of Cave's trademark soundsuits—vibrantly colored multimedia sculptures drawing on numerous influences, including African art. Many of the suits are designed to make sounds when dancers perform in them. The exhibition also includes additional sculptures, newly commissioned works by Cave, a site-specific tapestry, and films of dances with soundsuits.

Among the citywide performances will be the Dance Labs series (July 19, 26 and 31), in which local dance companies work with musicians to create original soundsuit performances. In "Heard•Detroit" (September 26), 60 high-school dancers will march 30 horse sculptures along Detroit's riverfront. Performances will culminate in "Figure This: Detroit" (October 4), a large-scale event with elements from earlier shows. Call 248-645-3320 or visit cranbrookart.edu/museum/nickcave. —Teagan Fast





LOCAL, REGIONAL AND INTERNATIONAL

art galleries will display modern and contemporary art at the inaugural Seattle Art Fair, July 30—August 2. The fair will include site-specific installations at galleries and locations citywide, with most talks, exhibits and other events at the CenturyLink Field Event Center. Visit seattleartfair.com. —Sophia Lizardi

HOUSTON, TX

The Splendor of the Habsburgs

Art and artifacts from one of Europe's longest-reigning dynasties—the Habsburg royal family that ruled various states from the 1200s through 1918—are on display at the Museum of Fine Arts, Houston (through September 13). "Habsburg Splendor: Masterpieces from Vienna's Imperial Collections" represents the first time so many significant objects from this dynasty have been lent out at one time.

Traveling from Vienna, the exhibition at the MFAH includes more than 90 items—paintings, sculptures, armor, court dresses and more. Three displays are highlighted: two



suits of armor posed as though in a joust, a carriage used by rulers of state, and the dresses of a Habsburg empress and a Habsburg princess. Overall, about half a millennium of history is represented. For more information, call 713-639-7300 or visit mfah.org. —Teagan Fast







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TOP,



SAN DIEGO, CA

Hip-Hop Dance Showdowns

Calling all lovers of hip-hop and other street-dance styles. The 14th-annual World Hip Hop Dance Championship (August 2–9) will put style and skill on display, as 3,500 dancers representing 50 countries face off in San Diego. Harrah's Resort Southern California Events Center will host the early rounds, leading up to the championship finals at Viejas Arena at San Diego State University on August 9. Awards will include \$25,000 in cash and prizes, plus gold, silver and bronze medals in junior, varsity, adult crew (5–8 dancers) and megacrew (15–45 dancers) divisions. In addition to the main choreographed competitions, the World Battles event on August 8 will feature one-on-one and two-on-two competitions in different styles. To learn more, call 323-850-3777 or visit hiphopinternational.com. —Erin Wong

Dancers perform in the megacrew division at the 2014 World Hip Hop Dance Championship.

More summer competitions ...

- 2015 USA Roller Sports Indoor Speed Skating, Figure Skating, and Rink Hockey National Championships, July 11–Aug. 1; skate-sport summer nationals; Albuquerque Convention Center, Albuquerque, NM; teamusa.org/USA-Roller-Sports.
- 2015 International Aerobic Championship, July 26–31; aerobicgymnastics and sportaerobics events; Harrah's Resort Southern California Events Center, San Diego, CA; sportaerobics-nac.com.
- Hawaiian Canoe Racing Association State Championship Races, Aug. 1; traditional outrigger canoe races with 7,000 paddlers and fans expected; Hilo Bay, Hilo, HI; hcrapaddler.com.



Pageant winners wave to parade guests at a past year's Köloa Plantation Days.

KOLOA, HI

A Living Legacy

The last sugar plantation on Kaua'i closed in 2009, but many traditions founded on plantations live on.

Now celebrating its 30th year, Kōloa Plantation Days (July 17–26) honors Hawai'i's melting pot of cultural customs, created by the various ethnic groups brought together for sugarcane agriculture. This year's theme is "The Legacy Lives On."

This family-friendly festival has options for all ages, including Talk Story events, in which stories of plantation life are shared; the 16thannual Plantation Days Rodeo; and the Historic Parade and Park Celebration.

This year's festival also includes a "Share the Memories" campaign that will encourage people attending the event to post photos for prizes using the hashtag #mykoloaplantationdays. Photos can be viewed on Facebook, Twitter and Instagram.

To learn more, call 808-652-3217 or visit koloaplantationdays.com.

—Aliza Vaccher

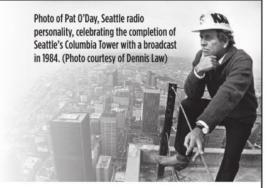
I Thought I Was on Top of the World By Pat O'Day

My career had been spent in radio and rock and roll. I ran the top radio station in Seattle when I also started a large rock-and-roll concert company.

I'd been drinking to excess for years. I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where they demanded that I get treatment. Ten days later I walked out of Schick Shadel Hospital to never, ever, have another drink or any bad substance. My habit, the urges, the desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed.

Mr. Charles Shadel of Seattle once said, "Something just isn't right. People are addicted to alcohol. It's wrecking lives. They know they should quit, and they want to, but they can't. Churches, rehab centers, counselors all try to help, but the craving seems impossible to extinguish. Shadel said, "We must be doing something wrong!" He joined with Dr. Walter Voeghtlin in search of a solution. It was clear from their studies that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase overpowering urges of dependency. So they concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious." And they did! Their stunning achievement created a medical treatment that is proven to be very successful.* Two powerful but painless medical innovations are combined to erase patients' habits.

First, they developed a powerful "Counter Conditioning" method that brings the patient to hate the sight, smell, taste and thoughts of using the addictive substance.



Second, the doctors introduced a medically administered minimal sedation interview, which is designed to get at the individualized substance abuse triggers for each patient. Schick Shadel's program restores the original wonderful person and gives them a new life in just 10 days. This success is enjoyed by more than 65,000 former patients, including myself!



* Based on results of a verified, independent survey of former Seattle patients (success measured as total abstinence for one year and assessed by self-evaluation), against published success rates from verified, comparable studies of other medical institutions.

Schick Shadel Hospital is at **schickshadel.com** OR **1-800-CRAVING** (**1-800-272-8464**).

Which person could have a problem with drugs or alcohol?



Any of them!

Addicts are not just strangers on the street. They are the people standing next to you – sons, daughters, husbands, wives, friends, co-workers and neighbors.

If you know a life that is being shattered by addiction, Schick Shadel Hospital can help, with an exclusive therapy 80 years in the making.

With the #1 success rate in the nation for alcoholism,* our 10-day inpatient program treats addiction to drugs and alcohol as a medical problem and detox is comfortable so patients can focus on treatment.

We also provide education, personal counseling, family counseling, sober support and a solid-foundation to begin a new, balanced life of hope, happiness and sobriety.

65,000 former patients can't be wrong.

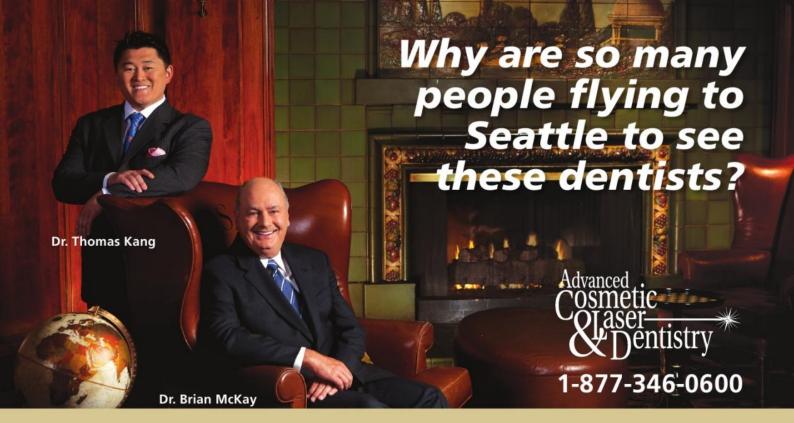
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* Based on results of a verified, independent survey of former patients (success measured as total abstinence for one year and assessed by self-evaluation), against published success rates from verified, comparable studies of other medical institutions.
** Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.



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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.

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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.*

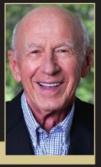
6 REASONS TO HAVE US BE YOUR DENTIST

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CATHY LOST 23 LBS & 10 YEARS IN 10 WEEKS



before

The My Best 10 program was a perfect fit. It was completely tailored to meet my needs from end-to-end. The holistic approach gave me all the tools I needed to take care of myself from exercise and nutrition to Spa treatments, hair and skincare products, and everything in-between. The

whole package had that fun element to it that, as a woman, I couldn't resist!

After having a baby several years ago, I worked with a trainer and was successful in shedding the excess weight. However, as time went by and life got busy, it was easy to talk myself out of exercise or a healthy diet. Soon, I'd gained back much of the weight I'd lost and began feeling tired and sluggish. I was drawn to My Best 10 as it seemed to align perfectly with my goal of looking and feeling younger. My main inspiration was my daughter. I'd had her later in life and wanted to feel just as energetic and healthy as those younger moms.

While the program was challenging, it was also fun. Who doesn't enjoy a little pampering on top of all that hard work you put in?

My trainer and registered dietitian were integral to my success. They not only provided me with the tools to succeed but also the motivation to push myself harder. Having that accountability makes all the difference in the world. It has become a habit to integrate what I learned into my lifestyle. For example, I've become a lot more aware of my food choices. I ate out the other day and when the food was served, my first thought was, "That's not enough protein." It's not something that would have crossed my mind before. Regular exercise has also become a habit. I enjoy practicing hot yoga three times a week and swimming.

Meeting with a dermatologist and learning more about my skincare was a fun perk of the program. I'm always looking for that "miracle product" to look my best and I was delighted with the results – I can't see any wrinkles and my skin is so smooth!

I'd do My Best 10 all over again because I love the results. I feel as if I've learned so much that I can take with me and apply on my own. My Best 10 is a philosophy. It teaches a lifestyle and it's up to you to make the right choices for yourself. Often times, we women get so involved in our daily lives and helping others around us that we neglect ourselves. This is dedicated "you-time" that everyone deserves.



SEATTLE, WA

Seafair Fun

Pirate runs, milk-carton-boat races and wake-boarding competitions—these are among the activities on the calendar for the **Seafair** festival's 66th-anniversary year. Events run through August 16, with Seafair Weekend taking place July 31–August 2.

The always engaging Alaska Airlines Seafair Torchlight Parade will be held July 25; it will start at Seattle Center and continue through downtown. Seafair Fleet Week, a tradition that dates back to 1950, will honor the men and

women of the U.S. military, July 29-August 2.

Seafair Weekend will feature the U.S. Navy Blue Angels, flying over Lake Washington at nearly 700 mph in the Boeing Seafair Air Show; the Albert Lee Appliance Seafair Cup hydroplane races; the Hyperlite Seafair Wakeboard Experience; and the Seafair Northwest Paddling Series championship.

Alaska is the official airline sponsor of Seafair. To learn more, call 206-728-0123 or visit seafair.com. —Erin Wong

- SEAFAIR HIGHLIGHTS
- Seafair Summer Fourth, July 4; food, games, fireworks; Gas Works Park and South Lake Union Park.
- PCC Natural Markets Seafair Milk Carton Derby, July 11; races and displays; Green Lake.
- Swedish Seafair Triathlon, July 19;

- Olympic, Sprint, Relay and Kids courses; Seward Park.
- Michelob Ultra Seafair Pirate Run, July 25; racers run the parade route, many in pirate garb; downtown Seattle.
- Alaska Airlines Seafair Torchlight Parade, July 25; floats, drill teams, bands,

- costumed pirates, dancing; downtown.
- Seafair Fleet Week, July 29—Aug. 2; port tours, events honoring military members; Seattle waterfront.
- Boeing Seafair Air Show, July 31—Aug. 2; U.S. Navy Blue Angels, specialty aircraft and aerobatic pilots; over Lake Washington.
- Albert Lee Appliance Seafair Cup, July 31— Aug. 2; hydroplane qualifiers and finals; Lake Washington.



Hyperlite Seafair
Wakeboard Experience, July 31-Aug. 2;
pro wakeboarders; Lake
Washington. — E.W.

ABM: What does it take to be on the drill team, and to prepare?

on. The only requirements are a happy spirit and a desire to be an ambassador for Alaska Airlines. We expect 40 to 45 Seattle-based participants this year. Practices began in May. The routine is posted on the company's YouTube page, allowing participants to learn and practice in their spare time.

ABM: What do you like about participating in Seafair?

on: This event is about embodying the Alaska Airlines spirit on the ground the way we show it in the air. People always ask if we are real flight attendants!

ABM: What's it like to perform?

on. Seeing everyone smile and cheer—they take it to another level. You perform once and get hooked. As long as they want me in the parade, I'll be there! —E.W.

Visit blog.alaskaair.com (free to access via Gogo Inflight Internet) to read more about the drill team.

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Athletes celebrate their accomplishments at an event taking place in advance of the Special Olympics World Games.

LOS ANGELES, CA

All About the Athletes

Representatives of the largest number of nations (177) ever assembled for an event in Los Angeles will participate in the 2015 Special Olympics World Games, July 25–August 2. During its time in LA, the World Games will make its athletes into the stars of a city known for its celebrities.

More than 7,000 athletes will compete in 25 sports, at multiple venues. An expected 500,000 spectators will cheer for the joy, enthusiasm, teamwork, bravery and skill of international competitors who have intellectual disabilities.

The games have a history of celebrity involvement and will be supported by athletes such as Michael Phelps and Yao Ming, who are expected to make appearances. Singer Avril Lavigne has released a single, Fly, as a tribute. President Barack Obama and First Lady Michelle Obama are honorary chairs of the 2015 World Games; California Governor Jerry Brown and Los Angeles Mayor Eric Garcetti are honorary hosts.

All sports events are free to attend. To purchase tickets for the opening ceremony, or to learn more, visit la2015.org. —Aliza Vaccher

CALENDAR

July 5–27, Hawaii Performing Arts Festival, operas, chamber music, musical theater; multiple venues, Hawai'i Island, HI; 808-333-7378; hawaiiperformingartsfestival.org

July 11—November 22, "The Freedom Principle: Experiments in Art and Music, 1965 to Now," an exhibition of art-jazz intersections, with tie-in concerts; Museum of Contemporary Art Chicago, Chicago, IL; 312-280-2660; mcachicago.org

July 22–25, Minneapolis Aquatennial, parade, fireworks, riverside entertainments; multiple locations, Minneapolis, MN; 612-376-7669; aquatennial.com

July 22–26, Oregon Brewers Festival, 90 craft beers from around the country; Tom McCall Waterfront Park, Portland, OR; oregonbrewfest.com

July 31-August 2, American Craft Council San Francisco Show, 225+ artists; Fort Mason Center, San Francisco, CA; craftcouncil.org/sf

August 12–16, Tucson Bird & Wildlife Festival, birds and wildlife of southeastern Arizona; multiple locations, Tucson, AZ; tucsonaudubon.org



ENJOY SUN, WINE AND CELEBRATION IN NAPA VALLEY. Now in its 10th year, the Napa Valley Festival del Sole (Italian for "Festival of the Sun") is a 10-day celebration that involves more than 100 wineries and 60 events, July 17–26. Attendees can

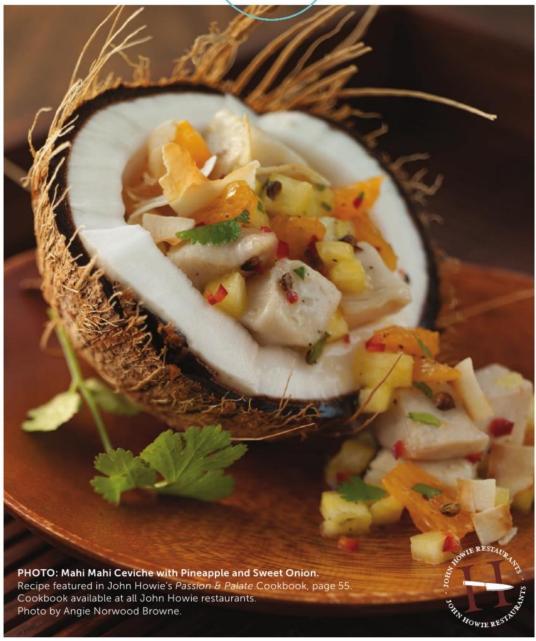
enjoy strolls through exquisite Napa vineyards, luncheons on terraces overlooking the valley, and performances by renowned artists such as ballerina Ashley Bouder, baritone Dmitri Hvorostovsky and House of Cards actor **Kevin Spacey** (shown at right). Spacey will be singing Swing-era pieces at the festival's Annual Gala at Meadowood, an event honoring 1940s Hollywood.

Other festival highlights include the 5K and 10K Sun Run, a cook-off between Napa and San Francisco chefs, Yoga in the Vineyard at Solage Calistoga, and Taste of Napa, with samplings from nearly 70 wineries, restaurants and food artisans.

For more information, call 707-346-5052 or visit festivaldelsole.org. —*Teagan Fast*









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Hiking Highlight: Mount Rainier

Late summer is best for a trek near the region's tallest peak By Peter Potterfield

RISING FROM THE LOWLANDS,

14,410-foot Mount Rainier appears as an ethereal vision, even from Seattle. And the wilderness zones at its base—from cathedral-like ancient forests of Douglas fir and western hemlock to expanses of lovely subalpine meadow—are among the most majestic in the Lower 48.

Any hike in this area is memorable, but a classic is the journey to Indian Henry's Hunting Ground, one of the prettiest meadows in the area. This excursion is short enough to do in a long day; it is more rewarding if you backpack in and camp up high.

From Seattle, drive two hours south to the Longmire visitor-services area, with its store, hotel and ranger station. The route to Indian Henry's follows a section of the famed Wonderland Trail, a 93-mile circuit around the mountain.

From Longmire, the Indian Henry's route can be covered, up and back, in eight hours. Hikers travel up and over Rampart Ridge and then ascend to Indian Henry's, with its wildflower meadow and ranger cabin. Have lunch in the meadow, and then retrace your steps to Longmire. Or, if you've left a car at the Kautz Creek Trailhead, 2 miles west of Longmire, you

can descend by the steeper, wilder Kautz Creek Trail. You can also camp near Indian Henry's at the Devil's Dream or Pyramid Creek backcountry camps a few miles southeast of the ranger cabin.

INDIAN HENRY'S HUNTING GROUND

Distance: About 13.5 miles roundtrip (from Longmire). Elevation gain: 2,700 feet (from Longmire).

Details: Long day hike or overnight trip; difficult (an easy alternative: 2 miles roundtrip from the Kautz Creek Trailhead to the creek); best hiked in July or August, with reservations recommended; permit required for camping. Info: Longmire Wildemess Information Center; 360-569-6575 (Dec.-April); 360-569-6650 (May-Nov.); nps.gov/mora.

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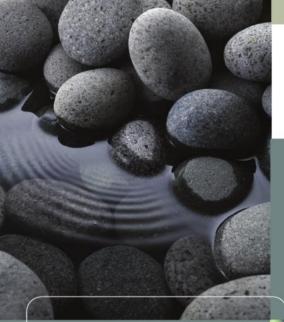
Our Original
Hawaiian Slipper Collection
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BOSTON: Natick Mall • Northshore Mall CHICAGO: Oakbrook Center • Woodfield Mall DALLAS: NorthPark Center
DENVER: Cherry Creek Shopping Center LAS VEGAS: Grand Canal Shoppes at The Venetian LOS ANGELES: Glendale Galleria
NEW YORK: Roosevelt Field PHILADELPHIA: The Plaza at King of Prussia PLEASANTON: Stoneridge Mall
PORTLAND: Washington Square SAN DIEGO: Fashion Valley • Horton Plaza SAN FRANCISCO: PIER 39
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Skin Cancer Treatment The Latest Innovation

Plastic Micrographic Surgery. This latest advance in skin cancer treatment combines the highest possible cure rate of Mohs micrographic surgery with cosmetic reconstructive surgery. The result is the most convenient, cost effective treatment with the highest cure rate and best cosmetic result.

Referrals are not required and most major insurances, including Medicare, are accepted.

Comprehensive Center of Excellence. The Skin Cancer Center, directed by Dr. Piasecki, specializes in treating all types of skin cancer. The Center offers all aspects of skin cancer care, including:

- All treatment options
- Lymph node procedures
- Plastic micrographic surgery
- Mohs surgery

The Skin Cancer Center is conveniently located in the quaint Tacoma suburb of Gig Harbor, an hour from Seattle and 45 minutes from Sea-Tac International Airport.

Housed within Harbor Plastic Surgery Center adjacent to St. Anthony Hospital, The Skin Cancer Center has a Medicare-certified ambulatory surgery center which allows patients to have reconstructive surgery immediately following their Mohs surgery (cancer excision) in the same outpatient setting.

The Harbor Plastic Surgery Center ASC is accredited by AAAHC, the most stringent deeming agency for surgery centers. This accreditation underscores the Center's commitment to patient safety and continuous quality improvement.



Unique Skill Set. Justin Piasecki, M.D., the founder of Plastic Micrographic Surgery, is the only physician in the world who is Double Board Certified by the American Board of Plastic Surgery and the American Board of Facial Plastic and Reconstructive Surgery and is ACMS fellowship trained in Mohs Surgery.

Lemons into Lemonade. Dr. Piasecki can combine cosmetic procedures such as eyelift, necklift, browlift, rhinoplasty (nose surgery), otoplasty (ear surgery), or mini-facelift with skin cancer surgery. Fees are reduced by 30% when combined with Plastic Micrographic Surgery. Come in with cancer, leave rejuvenated.

Widespread Interest. Patients travel from Canada, Europe and across the United States to be treated by Dr. Piasecki. Our office staff is prepared to help with travel arrangements.

Finest Service. Our patients have 24/7 access to Dr. Piasecki and report a 99.7% satisfaction with their care.

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theskincancercenter.org





The Skin Cancer Center at Harbor Plastic Surgery Center 11511 Canterwood Blvd NW, Suite 310 Gig Harbor, WA 98332 253.858.5040



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PIANO DESIGNED BY: Kathleen Moore, Gage Academy of Art















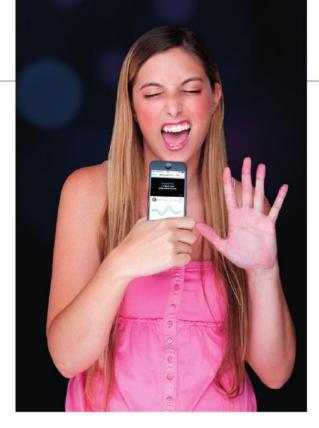


Tech for Tunes

Find, hear and create music with clever smartphone applications By Katy Wong

Aided by smartphone apps, music lovers now have tools for perfecting the next inflight playlist, singing along in the shower, learning musical instruments at home, sharing karaoke performances, making music videos and booking concert tickets. The following apps enhance and customize music-enjoyment experiences with a smartphone and—for some functions—an active Internet connection.

The Yokee app allows users to sing along with favorite tunes.





USEFUL MUSIC APPS

1 Bandsintown

Android, iOS devices; bandsintown.com
Bandsintown, a top-rated concert-discovery app, lets music fans track their favorite artists and avoid missing live shows. The app also allows users to register their musical preferences and locations to discover new touring acts.

2 Drum Pads 24

Android, iPhone and iPad; drumpads24.com
With Drum Pads 24, aspiring beatboxers and drummers create beats and rhythmic loops on their phones, using a simple, colorful grid display. This app also has recording and sharing functions.

Listen: The Gesture Music Player

iOS devices; macpaw.com/listen The Listen app provides simple navigation for seamless listening. Instead of traditional buttons, Listen uses a gesture-based interface. Users swipe left or right to change tracks, or tap to play and pause music.

Songkick Concerts

Android, iOS devices; songkick.com
Songkick allows users to track artists' ongoing concerts, receive concert alerts when artists announce a tour date, buy tickets, and take and share photos at performances.

3 Songza

Android, iOS, Windows devices; songza.com
Songza helps users create playlists tied to activities, genres, decade of recording or mood. For example, activity-oriented lists include songs for driving, working out, waking or singing in the shower.

Spreaker Studio

Android, iOS devices; spreaker.com Music lovers become podcasters, radio hosts or music producers with the Spreaker Studio app. This app provides the tools to record audio, mix voices with music, organize tracks and add effects. It also includes a live-chat function for broadcasters to interact with listeners.

4 StarMaker

Android, iOS devices; starmakerstudios.com StarMaker provides tools to help users sound like stars. Users can choose accompaniments for hundreds of popular songs, record themselves singing, polish with Auto-Tune, create music videos and share on social media.

Yokee

Android, iOS devices; yokee.tv
Lovers of karaoke can use Yokee to create renditions of favorite tunes. This all-in-one app allows users to record, connect with friends, share and vote for other users' recordings.

TOP MUSIC APPS

This list includes some of the most downloaded music apps from the iTunes Store.

Pandora Radio pandora.com

Spotify Music spotify.com

iHeartRadio iheart.com

GuitarBots guitarbots.com

Disney Spotlight Karaoke spotlight.firstact.com

SongFreaks songfreaks.com



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Spotlight: Milwaukee

Plenty of fun is brewing in this city known for its lake, rivers, motorbikes and beer By Eric Lucas

Tradition holds sway on Friday night in Milwaukee. Lake perch are sizzling in fry pans; a live polka band is thumping rhythmically; revelers are hoisting steins of beer. But at Lakefront Brewery, the beer is an artisan product crafted on-site; the bread is locally made; and dessert consists of pretzel bites dipped in cinnamon sugar. It's a perfect metaphor for 21st century Milwaukee, a vibrant city that celebrates past and present equally.



DOWN BY THE RIVER

Milwaukee has transformed what was once an unattractive, postindustrial riverfront into a delightful 2-mile promenade, the Riverwalk (shown above), whose cafes, brewpubs and entertainment venues make up the heart of the city, especially on weekends. Just one block from the Milwaukee River, the Public Market features Wisconsin crafts

and food-yes, lots of cheese and sausageand is patterned after Seattle's Pike Place Market. Farther upstream, and also just a block from the river, the 1895 City Hall is an example of Flemish Renaissance architecture, with an ornately figured 353-foot bell tower. The National Historic Landmark was in the opening credits of Laverne & Shirley.



FESTIVITIES FOR ALL

The extensive festival grounds along Lake Michigan, southeast of downtown, are home to Summerfest, a midsummer extravaganza billed as the world's largest music festival-11 days, 11 stages,

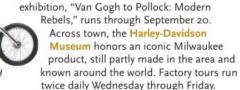
> 800 acts, 900,000 attendees (June 24-28 and June 30-July 5). At the end of July, German Fest rolls into the festival grounds with beer, bratwurst, fireworks and, of course, polka (July 24-26). Glockenspiel concerts and a dachshund race spice up the weekend.



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MIDWEST CUISINE

Three dining options in Milwaukee



Marinated Trout and Grilled Radish Salad.

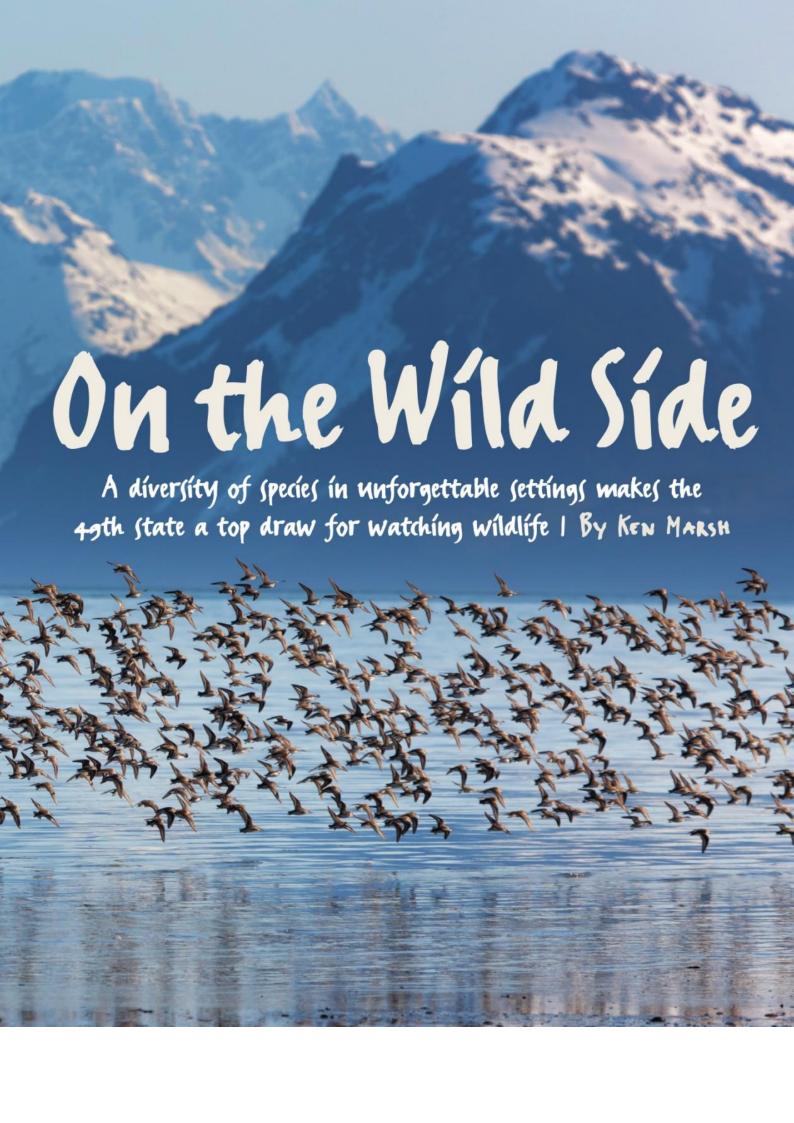
Elk, veal and hearty seafood typify the savory menu at one of Milwaukee's highest-rated fine-dining establishments. Weeknights feature a "surprise tasting menu," for which the restaurant says it "throws caution to the wind."

THREE BROTHERS

Serving Serbian food for more than 60 years, this old-line standout introduces diners to Balkan delights such as stuffed cabbage rolls and burek, a cheese/spinach/meat pie in phyllo dough.

More than 75 beers from around the world are available at Draft & Vessel, a tasting room catering to the Milwaukee ethos. A Bavarian tradition, the outdoor biergarten, comes to Estabrook Park through mid-September.





LEFT TO RIGHT, MINT IMAGES / ART WOLFE / GETTY IMAGES; ART WOLFE / ARTWOLFE.COM

"One touch of nature makes the whole world kin." —WILLIAM SHAKESPEARE

he surf charges in with a drumroll that crescendos, peaks, and then breaks in a carbonated hiss. It's late afternoon, and, wrapped in waders and rain gear, I've left the shelter of a rented shack and stepped onto the sand dunes of an isolated Alaska Gulf Coast beach. The idea is to hike inland across the dunes, against a steady rain, and into the wetlands beyond to explore and witness rare natural wonders.

Overhead, the skies swarm and clamor with northbound birds. Huge flocks move across a wilderness tapestry far from roads, electricity or Internet. This passage—of shorebirds and waterfowl by the millions—is what I've come to see. The birds rush into the region late each April and May in a mass migration witnessed by relatively few; the sights and sounds of this are worthy of any wildlife viewer's bucket list.

Indeed, a desire to see wild creatures living as they have since the last ice age draws viewers to Alaska from all corners of the world. The state's ranges, coasts and forests are famous for unique collections of birds and animals ranging from 1.5-pound willow ptarmigan to 2-ton Pacific walrus, to caribou, to brown bears and more. Of course, the adventure is in the searching and the finding, the becoming a part of the place, the seeking of iconic musk oxen, Dall sheep, moose ... and even little birds as they pass in hordes across untamed skies.

Wet, wild and lonesome, the Gulf Coast is a country of ocean squalls and glacierhung mountains, a place where winds may howl for weeks. Yet breaks in the weather occur, and when they do, this little-known, largely uninhabited stretch of shoreline spanning more than 200 miles between Cordova and Yakutat reveals itself as a world of contrasts. On days when sunshine floods land and sea, the hemlocks dry out, and the hills glow in enchanted light. Harebells and salmonberries bloom purple and hot pink, and creatures-some large and lanky as 1,000-pound moose; others tiny and delicate as rufous hummingbirds, each lighter than a nickel—appear in the marshes and thickets and along beach edges.

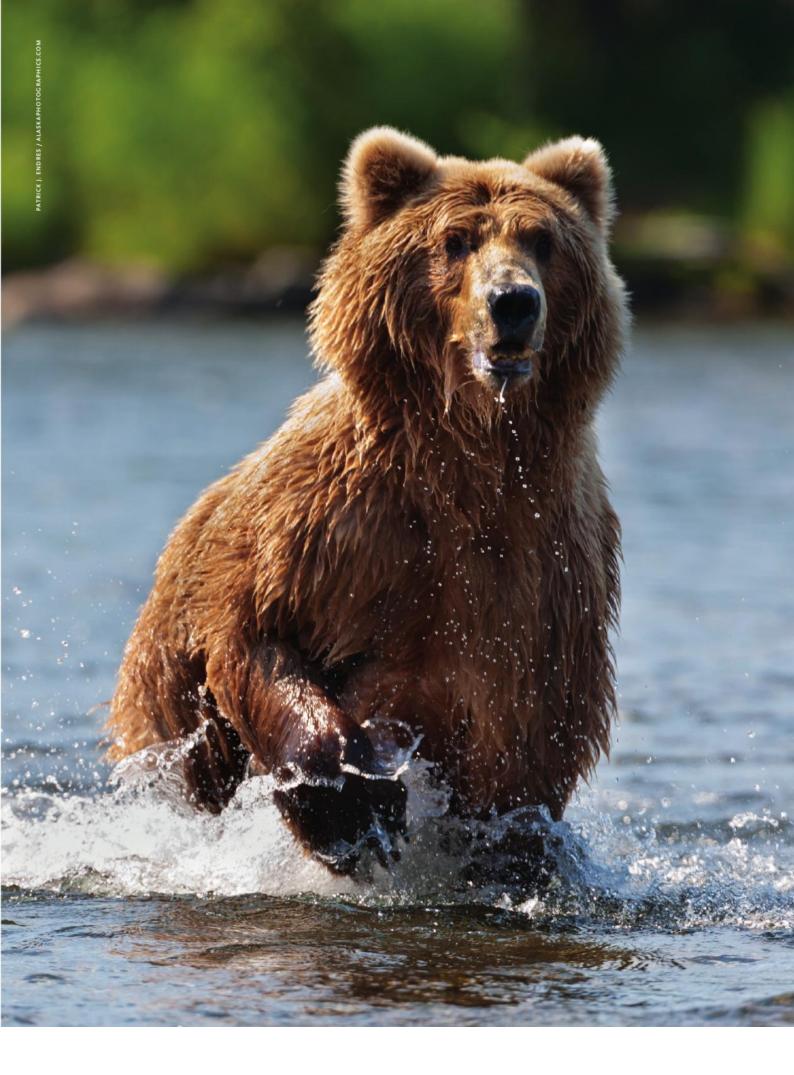
The rivers and streams here (there are many) serve as avenues for salmon: awe-some runs of sockeye, chinook and coho. And one particular river—the great, glacial Copper—has over the eons cut a deep, wide valley that each spring provides passage into Alaska's Interior for a multitude of migrating waterfowl, shorebirds, songbirds and raptors.

At the moment, I'm east of the Copper River on a late-April day, dropped off by a bush plane chartered from Cordova, near a delta where two smaller rivers merge. The birds are here, as expected, resting in the marshes and flooding the skies en route to the Copper River Valley, that ancient passageway to Arctic nesting grounds. Not far from my shack-a shelter used primarily by commercial fishermen, who appear for a few weeks each August to net late-summer coho-the dunes bordering the open coast end abruptly at a shallow, brackish, mile-long lake backed by an expansive bog. The lake seems crossable, so I wade in and start sloshing my way across.

Left to right: Horned puffins, shown here in Lake Clark National Park and Preserve, may be found at multiple Alaska locations; to find herds of walrus, visit Round Island, in the Walrus Islands State Game Sanctuary; brown bears fish the Brooks River in Katmai National Park and Preserve.









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ALASKAN BREWING CO. Shorebirds sail by in huge numbers; by one estimate 5 million to 8 million of them will pass here before all is said and done, many just in from faraway places such as Mexico, Central America and South America. Western sandpipers, plovers, dowitchers and dunlins whistle around me in whirling flocks, twisting and turning in single-minded masses. Sandhill cranes meander above, circling and gliding, their croaking, cracking calls as distinctive as the spring season itself. Tundra swans honk, and geese of many types cry out as they pass overhead in broad, northbound wedges.

At the bog beyond the lake, an organic brew of tannic water and decomposing plants, the air smells like rotten eggs. My pace slows to a tentative slog, and I'm startled as waves of pintails, wigeons, shovelers and teal in flocks of hundreds burst suddenly from the sedges.

A confession: I am a casual birder. While serious colleagues enjoy keeping life lists or collecting and recording sightings—endeavors that are interesting and potentially helpful to the overall study of birds—my approach is less structured, though no less passionate. Instead of recording lists or tallies, I like to view birds as living art forms, natural elements that fill critical niches in a broad, breathing canvas. I watch them, savoring their colors,



Sparring between bull moose can be observed at locations such as Denali National Park and Preserve (pictured here) and Chugach State Park, near Anchorage.

Accessible Wildlife Viewing

Beyond Alaska's cities, yet accessible by road, rail, air or water, are numerous national and state parks. The following parks offer a variety of bird- and animal-viewing options.

■ Denali National Park and Preserve is the crown jewel of Alaska's parks. Denali offers some of the world's best opportunities to see diverse wildlife. Dall sheep, brown bears, moose, caribou and-if you're especially fortunate—wolves can all be seen in a single day amid unsurpassed scenery. Bus tours make travel and viewing in the park easy. For more information, visit nps. gov/dena/planyourvisit/ wildlife-viewing.htm.

■ Kenai Fjords National Park offers wildlife viewing with a maritime twist. The park is a mix of estuaries, rugged coastline, forests and ice fields, and much of it is best seen via boat or aircraft. Visitors taking any of several boat tours out of Seward can expect to see a variety of seabirds-including puffins, oystercatchers and murres—as well as marine mammals such as sea otters, seals and several species of whales. Along the shorelines and mountainsides, black bears, mountain goats and more may be seen. To learn more, visit nps.gov/kefj/learn/nature/ animals.htm.

■ Katmai National Park and Preserve is famous for brown bear–viewing. The Brooks River is the centerpiece, drawing bears to feast on hundreds of thousands of salmon that arrive annually. At peak season in July, anywhere from 45 to 70 bears may roam the mileand-a-half-long waterway that connects Naknek and Brooks lakes. Visit nps. gov/katm/planyourvisit/ bear-watching.htm.

For additional ideas and information, visit nps.gov/ state/ak/index.htm. —K.M.

movements and songs, and then move on to the next piece of the canvas.

In that sense I'm less a birder, perhaps, than a student of nature in its entirety. And that's fine. There are as many ways and reasons to view birds and wildlife as there are people interested in doing so. And

> there are no hard, fast rules that apply to how nature is interpreted or enjoyed.

> An hour later
> I am beyond the bog,
> walking in a driven
> drizzle among tussocks and grasses
> up to my armpits.
> Steller's jays, with
> cobalt tails that meld
> like winter nights
> into their black,
> crested heads,

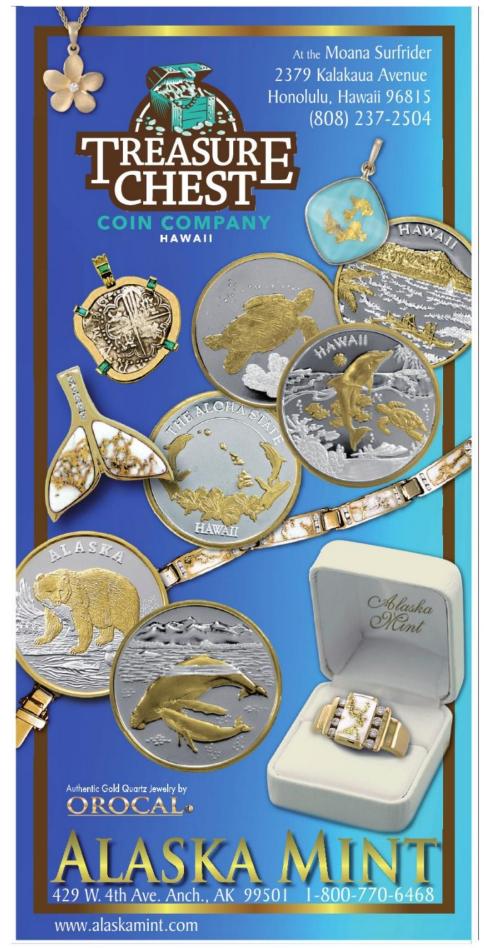
scream in the brush at the bog's edge. Nearby, on the far side of a thicket, a river whispers.

The wide-open bog vanishes in a tangled, twisted forest of alders 10 feet tall. Engulfed in these alders, I follow the sound of the current, tripping over trunks, cursing, and then pushing on.

And suddenly, the river appears. At its edge, bear tracks stamped into the mud meander upstream toward a forested valley. The gentle current simmers in the rain, and it occurs to me that the dripping jungle around me is alive with peeping songbirds: juncos, sparrows, kinglets, and so many nondescript little brown warblers and whistlers that I can't keep track of them all. I'm tempted to just sit there, watching, thinking and resting. But it's getting late, and I must turn back.

Four days after my arrival, I'm standing at the shack's window, sipping hot cocoa, examining my reflection. The sun has broken out, and the clouds have lifted, revealing beyond the marsh a massive glacier framed by the jagged Coastal Range. Flocks of birds continue to whirl outside, as well as in my head, where images of this trip will remain, I suppose, my whole life.

Suddenly, a dash of iridescent emerald appears on glittering wings, hovering at collar level beyond the window's reflected image of my red chamois shirt. I hear my plane. The hummingbird vanishes.



Going Wild

To experience the spring shorebird and waterfowl migration in and around the Copper River Delta—to hit it just right—is to witness an aerial stampede. Seeing so many birds and so many varieties can be remarkable, even life-changing. And it's only one example of Alaska's many unique wildlife-viewing opportunities.

In the way that a locale and its inhabitants can set a place apart, Alaska is distinctive for its animals and birds—from brown bears of enormous dimensions to diminutive boreal chickadees—and for its backdrops of mountains, rivers, forests and tundra so deep and broad that the land seems to roll on forever. In fact, with 586,412 square miles of land mass (that's more than a million acres or 1,600 square miles for every day of the year), the state is unfathomably huge, spanning an assortment of climate zones, geographies and ecosystems, each with its own collection of birds and animals.

Such variety in a seemingly endless wilderness can be intimidating to prospective wildlife viewers. But it needn't be prohibitive. Simply focus on the bird or animal species you wish to see, and then determine through a bit of research just when and where in the state you'll need to go to find them. From there it's a matter of sorting through logistics, including travel, food and accommodations; aligning costs to suit your budget; and considering how much time and money you have to spend.

Going wild—striking out on your own or in a small group to search for wildlife in far-flung places—is one option. Dream venues await in every corner of the state: Consider Round Island in Southwest Alaska, where Pacific walrus may be seen hauling out on the beach by the thousands; or Southeast's Anan Creek in July and August when black bears and brown bears mingle to fish for pink salmon; or the Arctic out of Nome, where you might rent a car to tour the road system and search for musk oxen or else join a local

birding tour to find rare and colorful bluethroats and Arctic warblers.

Access to the more exotic places usually means traveling to Juneau, Anchorage or Fairbanks and then flying out from those hubs to places such as Petersburg, Wrangell, Cordova, Dillingham and Kotzebue, among others. From one of these places, passage into the wilderness might require a bush plane or a boat charter off the coast or up a remote river. Do-it-yourself trips are possible and can ease expenses, but treks far from civilization require meticulous planning, and wilderness camping is not for the inexperienced. The cost of a guided tour is usually money well spent-tours may include extended hikes or river floats through storied places such as the Brooks Range or the Arctic National Wildlife Refuge, where seasoned professionals handle logistics and safety.

Finding the Wild Nearby

Afternoon glare had eased into golden evening light, and the willow shadows now stretched far uphill, highlighting subtle mountainside contours. Backed by the crags of the Chugach Range and alpine flora ablaze in the reds, oranges and yellows of fall, the setting and conditions were perfect for photography.

The only thing missing was a moose. Moose tracks and trails were stomped into alpine tundra around me, and bark scraped from several head-high alders marked where bulls had rubbed velvet from their antlers. They were around.

Still, on this mid-September evening in Chugach State Park overlooking the city of Anchorage, the likelihood that a moose would appear seemed remote.

And then it happened. Alders started snapping violently in the gully below. Snatching my tripod and camera, I was preparing to retreat to an even greater distance than my current position when a bull burst into sight. Head low, it looked straight at me. I stood stock-still and tried to CONTINUED ON PAGE 182



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The Roots of Rock

Key destinations strike a chord with fans By Charles R. Cross





isc jockey Alan Freed is credited with first popularizing the description "rock and roll." That piece of history is why the Rock and Roll Hall of Fame is in Cleveland, Freed's hometown, and not Memphis, where the first rock and roll song—Ike Turner's Rocket 88—was recorded.

But Freed felt this distinctly American musical creation didn't have just one birth-place, since it was an amalgamation of many styles that preceded it. Freed once observed that "rock and roll is a river of music that has absorbed many streams: rhythm and blues, jazz, ragtime, cowboy songs, country songs, folk songs. All have contributed to the big beat." Today that big

Opposite: LaVern Baker, the second solo female singer inducted into the Rock and Roll Hall of Fame, starred in Alan Freed's 1956 movie popularizing a new phenomenon on the American cultural scene.

Below: CeeLo Green performs on the Congo Square Stage at the New Orleans Jazz & Heritage Festival.

beat is a cultural river that has spread across the globe.

If there's an actual "mother" river, it is certainly the Mississippi. "If you come down to the river, bet you're gonna find some people who live," wrote John Fogerty in one of rock's iconic songs, *Proud Mary*. Rock and roll, blues, and jazz can all be traced to the field hollers, spirituals and blues songs sung by slaves in the Mississippi Delta.

Thus, for cultural travelers seeking pilgrimage sites that reveal the roots of modern music, a journey has no better starting place than New Orleans. There, in Congo Square, barely seven blocks from the Mississippi, many believe that all of American popular music began. Slaves in New Orleans in the 19th century were allowed Sundays off, and they used that day to gather and exchange musical traditions. Congo Square—just outside the French Quarter, and now part of the New Orleans Jazz National Historical Park—was one of the few places they were legally allowed to congregate, and the drum



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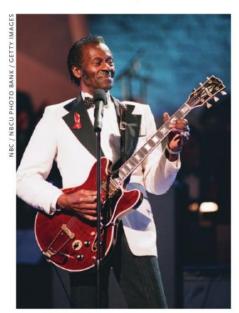
The French Quarter's Preservation Hall is the home of traditional New Orleans jazz.

rhythms and vocal cadences created there evolved into the popular music of the day.

Reid Wick is a New Orleans-based representative for NARAS (National Association of Recording Arts and Sciences, the Grammy organization), and whenever music bigwigs come to town, he takes them first to Congo Square, on Rampart Street. "I point to that one plot of land and say, 'If there's anywhere in the United States you can say American music began, this is it,' "he explains. Later, in the French Quarter itself, classically trained Europeans and Creoles further transformed the music into a commercial product.

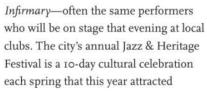
Just a few yards from Congo Square, at 840 N. Rampart, is the hallowed ground where Cosimo Matassa opened J&M Recording in 1944. "Early rock and roll was born there," says Wick. "Fats Domino, Ray Charles, Little Richard, this really was the beginning of rock and roll." Wick calls this one street the most significant block in American music history.

Music remains a big part of the appeal of New Orleans for many visitors. Frenchmen Street is lined with jazz clubs, Preser-





vation Hall is still an essential stop in the French Quarter, and the Uptown neighborhood has many clubs, too. Visitors strolling past Jackson Square are almost certain to hear street performers belting out *St. James*



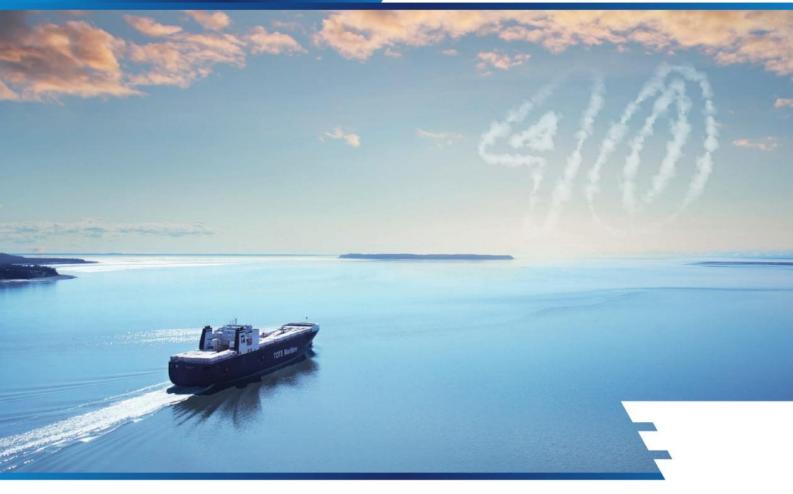






Clockwise from left: Chuck Berry of St. Louis; Muddy Waters of Chicago; Johnny Cash of Memphis; and Kurt Cobain of Seattle—all represent iconic music legends closely associated with the cities in which they first soared to fame.

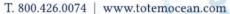
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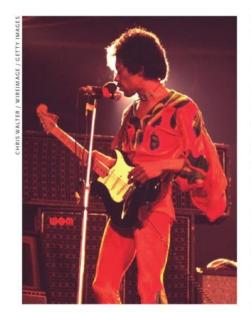


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Though he was from Seattle, Jimi Hendrix first gained fame in Britain.

460,000 attendees, the highest number since Hurricane Katrina. Legendary performers such as Aaron Neville, Irma Thomas and Wynton Marsalis have headlined here, carrying a Crescent City musical tradition that stretches back to Louis Armstrong and Jelly Roll Morton.

Fats Domino, one of those who started it all, is now 87, but still occasionally is seen out and about. Last fall he was at the New Orleans Film Festival watching a documentary on how he changed music with songs such as *Walking to New Orleans*.

In the Big Easy, America's musical past is part of the present.

FOLLOWING THE MISSISSIPPI

upstream, many musical pilgrims stop in Memphis, famous for Elvis Presley, Stax Records and Sun Studio. Elvis, Johnny Cash, Roy Orbison and Jerry Lee Lewis all recorded at Sun, which gets thousands of visitors a year.

But not far upriver is St. Louis, which is sometimes overlooked and can also claim a place as one of the original American music incubators. After Ike Turner cut *Rocket 88* at Sun, he moved to St. Louis and re-formed his Kings of Rhythm band. In 1956, Ike met Anna Mae Bullock. She'd eventually

marry him and adopt the name Tina Turner, and a slew of '60s hits such as *River* Deep, Mountain High followed.

Before Ike met Tina, he was a Fifties talent scout and producer and discovered or recorded Elmore James, Buddy Guy and Howlin' Wolf. His band also began a competition with another hot St. Louis group, and that rivalry would spur on the nascent genre of rock and roll.

Pianist Johnnie Johnson led the other band, which included young guitarist Chuck Berry. The latter became one of the most important figures in music, crafting a run of 14 hit singles that influenced virtually every band to follow. The Rolling Stones' first single was a cover of Berry's Come On. John Lennon once observed, "If you tried to give rock and roll another

"If you tried to give rock and roll another name, you might call it 'Chuck Berry'."

—John Lennon

88-year-old Berry decided to take a break due to a fierce winter. (He always drives himself to gigs.) The owners of Blueberry Hill say he hasn't retired, though, and will be back. Whether you see Berry or not, Blueberry Hill is open every night of the year for live music, and there's amazing memorabilia on the walls.

Other noteworthy St. Louis musical



name, you might call it 'Chuck Berry'."

St. Louis has not forgotten these forefathers, and they are honored with stars on the Walk of Fame on Delmar Avenue. At Blueberry Hill, a club in the six-block entertainment district called the Delmar Loop, you might also see Berry in person.

Between 1996 and October 2014, he played the club once a month.

That streak stopped last year, when the

Jefferson Airplane introduced the country to psychedelic rock at the legendary 1967 Monterey Pop Festival.

venues include the Fox Theatre, the Pageant, and the Firebird. The city has also played an oversized role in hip-hop culture over the past decade. That means that the sound that began with Ike Turner and his Rhythm Kings back in 1951 continues to



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evolve in the Mississippi's Gateway City.

FROM THE MISSISSIPPI DELTA, rock and roll and blues migrated north to Chicago, and to Chess Records, where greats such as Muddy Waters made their mark. Chess was so important to early rock that The Rolling Stones, again tipping their hat to the influences of American music, recorded a song named for the label's address (2120 S. Michigan Avenue).

The title of "hottest"
music town in America
seems to shift from
locale to locale, based
on what genre is popular
in a given decade.

Chicago was, and remains, a town that celebrates the blues. It's the hometown of Buddy Guy, the last grandmaster of the blues now that B.B. King is gone. Guy operates his own club in the Windy City, Buddy Guy's Legends, and it's one of the finest stages in the country to hear the gritty music that foreshadowed so much of today's popular styles. Rap, for instance, can be said to derive from early 20th century talking blues.

The title of "hottest" music town in America seems to shift from locale to locale, based on what genre is popular in a given decade. That mantle has belonged in years past to Boston, Minneapolis, Los Angeles and Seattle. When grunge became the dominant genre in 1994, four different Seattle bands-Nirvana, Soundgarden, Alice in Chains and Pearl Jamscored chart-topping albums in that single year. It's a streak that no other city has broken since. When Macklemore and Ryan Lewis broke out in 2013, some were surprised that the monster hit Thrift Shop came from an independent artist, but no one was surprised it came from Seattle.

Musical Roots

Prior to Seattle in the 1990s, the one city that had perhaps the longest run as the center of the music universe was San Francisco in the late 1960s. In 1967, just the name San Francisco meant a particular musical style, or at least an approach that was outside the norm.

Some of that initially can be attributed to Scott McKenzie's Top Ten hit San Francisco (Be Sure to Wear Flowers in Your Hair), one of the ultimate hippie jingles. The song served to promote the June 1967 Monterey Pop Festival, one of the first such gatherings, often cited as the birthplace of the counterculture movement. Monterey Pop also served as Jimi Hendrix's launching pad in America, and introduced Mississippi Delta star Otis Redding to a white audience just shortly before he died.

The summer of 1967, famous as "the Summer of Love," saw an estimated 100,000 young people move to San Francisco in a mass migration that shifted

"If you're goin' to San Francisco, be sure to wear some flowers in your hair." —Scott McKenzie, 1967

culture and music. Promoters such as Bill Graham began to put on concerts by the Grateful Dead, Janis Joplin, Jefferson Airplane, Santana and Creedence Clearwater Revival. The sound was often "psychedelic," with swirling keyboards, and rhythms that made use of nontraditional time signatures.

And while San Francisco on the surface appeared to have little to do with early roots music, there were actually many linkages. The hippies also had a taste for the blues. Some of that came after Chicago bluesman Mike Bloomfield brought his Paul Butterfield Blues Band to San Francisco, linking the Delta tradi-

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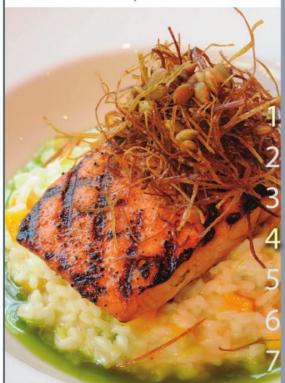
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America's Top Ten Club 12 Greenway Plaza, Suite 1100 Houston TX 77046 tion to the West Coast. "They were one of the first interracial rock bands," notes San Francisco author Denise Sullivan. "They had a rhythm section taken from Howlin' Wolf's band. They planted a seed in promoter Bill Graham's head to book some of the last living bluesmen. This all had a meaningful impact on Carlos Santana and Jerry Garcia." Graham even later booked jazz legend Miles Davis to open for the Grateful Dead, and legendary San Francisco bands such as Quicksilver Messenger Service created a style called psychedelic blues.

Though San Francisco's zenith as the center of popular music shifted as the '60s turned into the '70s, the Bay Area has continued to be the launching place for many music greats, from Metallica to Green Day. With a vibrant club scene, and preservation of classic venues such as the Great American Music Hall, San Francisco has plenty of stops for a musical tourist today. The city also has sightseeing tours, such as the Magic Bus, on which Summer of Love locations feature prominently. The Fillmore, where Miles Davis opened for the Dead, continues on as a concert venue hosting both legacy acts and up-and-comers.

There may be no better place to see live music in San Francisco today than at

ALSO OF NOTE

Many other destinations around the Alaska route system ring bells for music fans:

- Nashville: The home of country music is a global capital for all kinds of music, with many live venues; visitmusiccity.com.
- Santa Cruz: "Dead Central" is the name of the Grateful Dead archives, open to the public, at UC Santa Cruz; library.ucsc.edu.
- **Detroit:** One of America's bestloved genres, Motown, began here; motownmuseum.org.



Musical Roots

Slim's, a club owned by Boz Scaggs.
Guitarist Scaggs found fame teaming up with Steve Miller, but he went on to make his own hit records, including 1976's 5-million-seller album "Silk Degrees." Scaggs opened Slim's in 1988, and it has ever since been one of San Francisco's most beloved venues for folk, rock, blues, and punk.

Music lovers often pack this 1,000seat South of Market location, and Scaggs himself sometimes sits in. But what

You can move rock and roll outside New Orleans, but you can never move New Orleans far from rock and roll.

many attendees may overlook is Scaggs' attention to detail. "Slim's interior was designed to recall a New Orleans juke joint," says author Sullivan. With elaborate chandeliers, and a bar that looks like one in a New Orleans fine manor house, Slim's suggests that you can move rock and roll outside New Orleans, but you can never move New Orleans far from rock and roll.

ANY TOUR of America's great music towns today would also include a stop in Austin. The Texas city officially bills itself as "the live music capital of the world," a slogan it put forth in 1991 when it determined that the city had more music venues per capita than anywhere; today Austin claims there are on average more than 200 live performances every night. The town also likes to think of itself as an alternative to traditional country music, which is why Texas Monthly magazine called Austin "the anti-Nashville."

Austin played a major role in the careers of Janis Joplin, Willie Nelson, Waylon Jennings and, later, the Dixie Visit Tacoma's Museum District with one easy pass and enjoy the extraordinary gems in the heart of downtown Tacoma.



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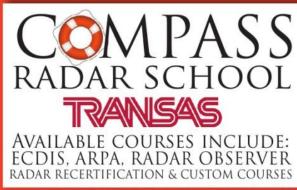


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Musical Roots

Chicks. But no musician is more identified with the city than Stevie Ray Vaughan, who moved from Dallas in 1972. With a half-dozen albums over the next 18 years, including classics such as "Texas Flood," Vaughan proved that the blues wasn't just a heritage genre, and it could still hit the pop charts.

In 1987, Austin's SXSW conference started, and it has since become the biggest event in the entire music industry. In 2002, the city also launched the Austin City Limits Music Festival (ACL). "These two events have definitely changed the landscape here, especially to outsiders who are more likely to come in for the big festival," observes Austin American-Statesman music writer Peter Blackstock, a native. Both ACL and SXSW attract nearly 100,000 visitors to Austin, where hotel rooms must be booked far in advance of these festivals.

Locals such as Blackstock say you might enjoy Austin more if you forego the festival madness. "I generally encourage music fans to visit at other times if they really want to get a sense of what makes this city special on an everyday basis," he says. Most clubs are centered on Sixth Street, but not all. Blackstock recommends the Broken Spoke, which bills itself "the last of the true Texas dance halls," and the Continental Club and Gallery.

Though much of the music in Austin is alternative country, also called "Americana," you'll hear a little bit of everything. In the Continental Club, you may find old-timers in cowboy hats sitting next to young neopunks watching the latest emo-core band. In that way, Austin is the living demonstration of Alan Freed's observation that American music's big beat continues on, and shows no sign of stopping.

Seattle-based Charles R. Cross is the bestselling author of biographies of Kurt Cobain, Jimi Hendrix and Heart.



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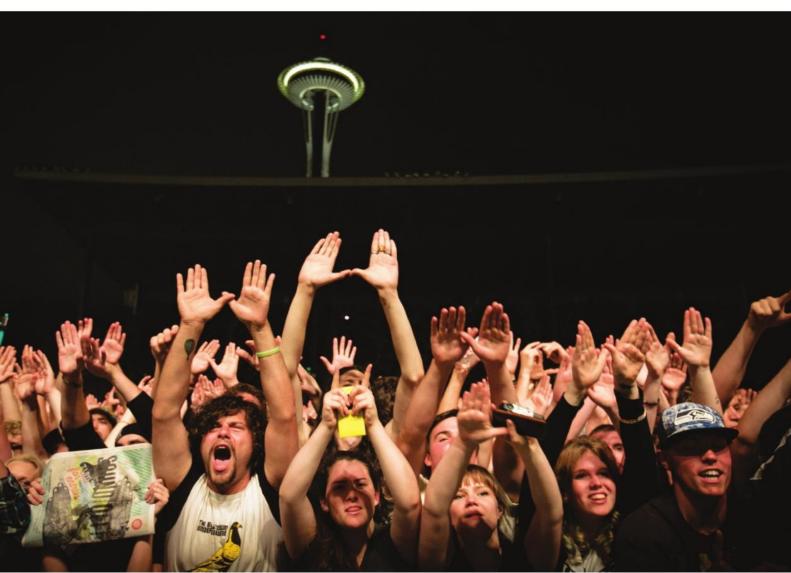
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Songs and Celebrations

Music festivals entertain with a variety of acts and attractions By Nick Thomas

I there is a heaven on earth for music lovers, it would have to be a summer festival. Nowhere else can one ticket get you closer to so many of the biggest names in music for nonstop good vibrations from sunup to sundown—and often long into the night. Stages spread across expansive parks and fairgrounds. The year's hottest acts blast their most popular tracks. Seas of die-hard fans jump and shout the lyrics to favorite songs. Makeshift cities of vendor stands spring up, offering

albums, T-shirts, souvenirs, art and a variety of food and drink. For sheer spectacle combined with concentrated delivery of lively tunes, a music festival is hard to top.

As an early appetizer for the music-fest season in Seattle, I visited Northwest

Folklife this past Memorial Day weekend.

Folklife is billed as "the nation's largest community-powered arts festival." It may not dish out the big-name acts of other early-summer events—the Coachella Valley Music and Arts Festival ("Coachella") near

Opposite: Music fans party under the Space Needle at Bumbershoot, a Seattle Labor Day weekend tradition. Right: The Vancouver Folk Music Festival offers exceptional entertainment and stunning skyline views.

Palm Springs, SXSW Music in Austin, Sasquatch! at Washington state's Columbia River Gorge, Bonnaroo near Nashville—but what this Seattle smorgasbord of tunes and culture lacks in name recognition it delivers in the bootstrap ethos of its performers and the sheer diversity of its attractions.

Folklife gets me pumped for the season to come. After all, Seattle Center, where Folklife has been held annually since 1972, is also home to **Bumbershoot** (September 5–7, 2015), the late-summer blockbuster that complements Folklife's hidden-gem and self-made vibe with larger names and bigger draws. I'm looking forward to that end-of-summer festival in particular. But in the meantime, I enjoyed my Memorial Day weekend of Folklife's sights and sounds under Seattle's Space Needle. I'll take a good music fest when I can get it. And Folklife had another plus for me: The cost of admission was an optional donation.

Taking a short walk between stages, I watched as a group of children couldn't help but get up and hop around to the foot-stomping, hand-clapping bluegrass tunes of Seattle band Colonels of Truth. A mellower adult crowd relaxed in the grass, listening to the smooth Balkan music of Kef, a band from Eugene, Oregon. And



nearby, a basketball court—size space in Fisher Pavilion quickly filled with dancers spinning and frolicking contra-dance-style to the up-tempo Bay Area band Dirty Cello (which counts among its influences downhome blues, Eastern-European dance music, bluegrass and classic rock).

Also having a great time at Folklife was Seattle barista and musician Woody Frank, 27, whom I met on the Center's lawn enjoying a gyro during downtime between bands.

"I love that it's free, it's always here at Seattle Center, and it always has good music," Frank said, of Folklife. "I really like the songwriting, the energy ... and the thought the musicians put into it."

Frank said he attends large festivals like Folklife about four times per year. He was excited by the lineup of the upcoming Bumbershoot, which will serve up—for paid admission—

Seattle Center hosts the Northwest Folklife festival on Memorial Day weekends. "In the world of summer music festivals, it's sometimes hard to take it all in. Yet we revel in the attempt."

big-name musicians, along with comedians, films, performing arts and more.

Frank is one of millions of Americans who are showing an increasing interest in large music festivals. A 2014 study of social media by the planning and promotion site Eventbrite showed a 34 percent increase in conversations relating to music festivals, equating to more than 20 million conversations, including tweets and Facebook and blog posts. On the business side, a study by IEG, a consulting organization, estimated national music-sponsorship spending in 2014 at \$1.34 billion (including venues, festivals and tours), a 4.4 percent increase from 2013. The study also showed steady increases in funding over the last five years. It's no wonder new festivals keep popping up every year and older ones keep drawing larger and larger crowds.





The following selection of upcoming summer and fall festivals from around the Alaska Airlines route system represents some of the variety in genre, style and attractions available to music lovers in coming months. Each event offers a unique musical lineup among other draws. Some are bigger; some are smaller; some are mainstream; others are indie. Each one is an opportunity for lovers of live music to have an exceptional amount of fun.

VANCOUVER FOLK MUSIC FESTIVAL

Vancouver, BC

July 17-19, 2015

Admission: \$40-\$170 (children 12 and under are free with a paying adult) thefestival.bc.ca

Now in its 38th year, Vancouver Folk Music Festival is again being held on the sandy

shores of Jericho Beach Park, across English Bay from downtown Vancouver. This location offers visitors stunning views of the city and the nearby North Shore Mountains.

About 60 musical acts from 15 countries are performing at this year's event, including the BBC Radio 2 Lifetime Achievement Award—winning folk guitarist Richard Thompson; Minnesota-based bluegrass band Trampled by Turtles; and Paulo Flores, an Angolan musician known for playing semba, a traditional style of music from his native country.

Six of the stages are hosting workshops in which solo musicians and small groups perform intimate daytime sessions, often centered on a theme or genre.

Guests are also advised to step away from the music for a bit to peruse the Artisan Market, with its handcrafted trea-

Austin City Limits draws top-name performers and excited audiences over two weekends in October.

sures, and the Folk Bazaar, with additional vendors. Also promising: the Little Folks Village, for family-friendly entertainment.

LOLLAPALOOZA

Chicago, IL

July 31-August 2, 2015 Admission: \$110-\$275

lollapalooza.com

Founded by Jane's Addiction frontman
Perry Farrell during the band's 1991 farewell tour, **Lollapalooza** has since become an
enormous annual event featuring some of
the biggest names in rock. The bill this year
includes Sir Paul McCartney, heavy metal
icons Metallica, English indie rockers

62 ALASKA BEYOND MAGAZINE JULY 2015

Right: Trombone Shorty & Orleans Avenue will bring a funky taste of the Big Easy to this year's Monterey Jazz Festival, in September. Below: English indie-rock band Florence and the Machine will play at Lollapalooza.

Florence and the Machine, and English soul singer-songwriter Sam Smith, as well as electronic-music artists such as the dubstep-style DJ Bassnectar and the Swedish electronic-dance musician Alesso.

Lollapalooza is known for food and eco-friendly offerings. Its food court, Chow Town, offers exotic options such as lobster corndogs and spicy Mongolian beef *baos* (steamed buns). It also has its own Farmers Market for health-conscious, locally sourced fare. Shop at Green Street for artisanal, upcycled and environmentally friendly goods, clothing and accessories.

OUTSIDE LANDS

San Francisco, CA August 7–9, 2015 Admission: \$135–\$695 sfoutsidelands.com

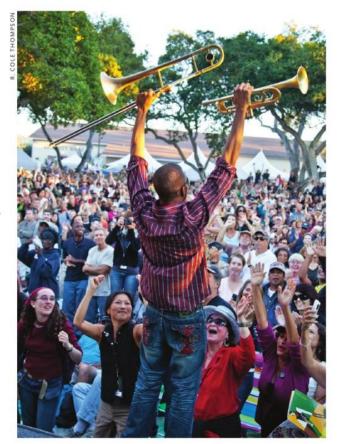
The setting for **Outside Lands**, in San Francisco's historic Golden Gate Park, draws on a rich music history with its connections to past music festivals, as well as the 1967 Summer of Love that centered

on the nearby Haight-Ashbury district.

The docket this year features rapper Kendrick Lamar, soul artist Sam Smith, garage rockers The Black Keys, banjo-twanging folk rockers Mumford & Sons, the baroque-pop musician St. Vincent, iconic indie band Wilco, and the legendary performer Sir Elton John.

Unlike some festivals, where music is the focus and food is a side dish, Outside Lands pays special attention to its menus as well as its music. (It also highlights comedy and art.) This year's festival will feature more than 200 food and drink items

from 78 restaurants, 38 wineries and 32 breweries, in addition to chocolatier creations and cheese pairings. While the menus are still being finalized, some intriguing items include bourbon-Coke floats, doughnut cheeseburgers, and korritos—Korean barbecue burritos.



MUSICFESTNW

Portland, OR
August 21–23, 2015
Admission: \$35–\$300
musicfestnw.com

Billed as "Portland's Largest Music Festival," the city's annual **MusicfestNW** event brings a slew of the hottest names in independent and underground music to one weekend in the scenic Tom McCall Waterfront Park alongside the Willamette River that runs through downtown.

Bands on this year's bill range from regional to international acts, such as indierock mainstay Modest Mouse, which released its sixth album this spring; Balkaninfluenced folk-pop band Beirut, blending rock and world music; and Scottish band Belle and Sebastian, adding a baroque-pop flair. Also included: Dominican-American synth-pop artist Twin Shadow, Swedish singer-songwriter The Tallest Man on Earth, and experimental-rock band Battles.

MusicfestNW can be attended as a stand-alone music festival, though it is run





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CLASSICAL CLASSICS

"The Dude" has wild hair and a charismatic presence, is a huge star in Los Angeles, and is an iconic figure in the world of entertainment. But he's not Jeff Bridges—he's Gustavo Dudamel, conductor of the Los Angeles Philharmonic Orchestra. Meet the new Dude ... not the same as the old Dude.

Dudamel-led performances are famous for their fiery, no-holds-barred approach to classical music, with vigorous pacing, grand phrasing and triumphant finales. Thus, classical fans eagerly await LA Phil's outdoor performances this summer at Hollywood Bowl, featuring outsize musical compositions such as Carmina Burana (July 21–23); Tchaikovsky's 1812 Overture (July 24–25); and Mendelssohn's Violin Concerto (July 28). All are conducted by Dudamel; for more information, visit hollywoodbowl.com.

The Olympic Music Festival, centered on a charming barn in Quilcene,

Washington, offers fans outdoor seating in good weather.
The festival has concerts every Saturday and Sunday through September 13.
Guests include violinists Sarah Chang and Ray

With a special



90-member orchestra convened for three weeks of classical performances, southern Oregon's Britt Music & Arts Festival takes place atop a grassy hill in historic Jacksonville, July 31–August 15. Stars shine overhead and onstage, and many festivalgoers pack a picnic to enjoy on the hillside; brittfest.org.

Perhaps the best-known American classical festival takes place at the Tanglewood Music Center, in Massachusetts' Berkshire Hills. The Boston Symphony Orchestra performs through August 16 at its summer home, with a week in July devoted to contemporary orchestral music; bso.org. —Eric Lucas



The iconic indie band Wilco will be playing Outside Lands, in San Francisco, in August.

in conjunction with the near-synchronous TechfestNW (August 20–21, 2015), a tech, design, creativity and entrepreneurship event. Some visitors to Portland will no doubt want to come for the tech talks and stay for the tunes.

ELECTRIC ZOO: TRANSFORMED

New York, NY
September 4–6, 2015
Admission: \$169–\$800
electriczoofestival.com

Held at the East River's spacious Randall's Island Park, Electric Zoo: Transformed is a premier destination for fans of various types of electronic music. It will be headlined again this Labor Day weekend by some of today's hottest digital artists. This year's bill includes the four-time Grammy Award—winning electronic dance music duo The Chemical Brothers, British progressive group Above & Beyond, Canadian bigboom-house duo DVBBS, and Australian sisters and club-music songwriters Nervo.

This year's reinvention of the festival as Electric Zoo: Transformed speaks to its fresh look and enhanced production and crowd-management efforts. The annual zoo theme will be treated with even bigger and brighter art and production.

Also present will be some of New York's most famous food vendors, many offering samplings of top restaurants' lauded fare.

BUMBERSHOOT

Seattle, WA
September 5–7, 2015
Admission: \$65–\$750
bumbershoot.com

Seattle's Bumbershoot (old-fashioned slang for "umbrella") is known for its solid musical lineups, and 2015 will be no exception. Among more than 80 music acts this year, headliners and top picks include Canadian R&B artist The Weeknd, recently reunited rockers Faith No More, English pop singer Ellie Goulding, local Tacoma hero Neko Case, punk/rockabilly band Social Distortion, hip-hop artist Chance the Rapper and Irish indie-soul artist Hozier. In addition to musical attractions. Bumbershoot will host films, theater and dance performances, and comedy shows at various stages around Seattle Center, including in KeyArena and in Memorial Stadium. At Youngershoot, the

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ADDITIONAL FESTIVALS

Music festivals run year-round all over North America. The full details and lineups for many festivals planned for late 2015 or 2016 have yet to be announced, but the following represent a few perennial favorites, along with emerging events, scheduled for this year and next:

- Summerfest, through July 5, 2015; June/July 2016; billed as the world's largest music festival, Milwaukee's Summerfest hosts more than 800 acts and about 900,000 fans; Henry Maier Festival Park, Milwaukee, WI; summerfest.com.
- · Warped Tour, through Aug. 8, 2015, in

the U.S.; check out the biggest names in indie-punk today, with bands such as Silverstein and Motion City Soundtrack: various cities and venues: vanswarpedtour.com.

• Riot Fest, Aug. 28-30, The Flaming 2015 (Denver); Sept. Lips played at 11-13, 2015 (Chicago); Chicago's Riot Fest and

Sept. 19-20, 2015 (Toronto); boasting Carnival 2014. some of the biggest rock music bands every year, Riot Fest is an international sonic extravaganza; National Western Complex, Denver, CO;

· Voodoo Music + Arts Experience,

Douglas Park, Chicago, IL; Downsview Park, Toronto, ON; riotfest.org.

Oct. 30-Nov. 1, 2015; enjoy a wide variety of musical genres and big-name performers, with Cajun food, music, art and culture; City Park, New Orleans, LA; worshipthemusic.com.

• Fun Fun Fun Fest, Nov. 6-8, 2015; the event's 10th anniversary will feature more than 100 acts, including alt rockers Jane's Addiction performing the entire 1990 album "Ritual de lo Habitual" and English thrash-metal icon Venom playing the band's only 2015 U.S. show; Auditorium Shores, Austin, TX; funfunfunfest.com.

Music Festivals



- Ultra Music Festival, March 18–20, 2016; downtown Miami's waterfront will feel the bass and rhythm of some of the hottest names of electronic dance music; Bayfront Park, Miami, FL; ultramusicfestival.com.
- South by Southwest (SXSW), March 2016; billing 2,200 artists across several genres in its six-day music festival, SXSW also folds in a film festival and interactive media and technology conferences; Austin, TX; sxsw.com.
- Coachella Valley Music and Arts
 Festival, April 15–17 & 22–24, 2016;
 turning the Palm Springs area into a
 wonderland of music and excitement,
 Coachella is now annually one of the
 biggest festivals on the calendar; Empire
 Polo Club, Indio, CA; coachella.com.
- New Orleans Jazz & Heritage
 Festival presented by Shell, April 22—
 May 1, 2016; since 1970, this event has been home to a huge array of jazz, blues, R&B, gospel and rock performers and bands, drawing almost 500,000 fans; Fair Grounds Race Course, New Orleans, LA; nojazzfest.com.

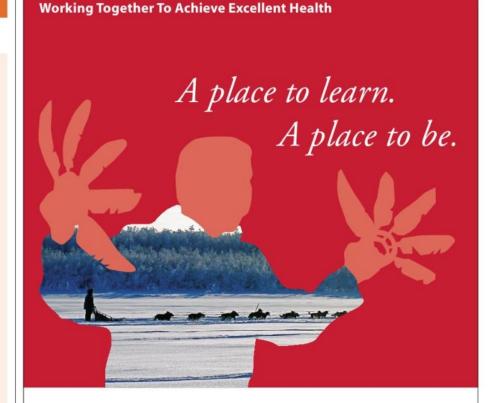
 Sasquatch! Music Festival, May 28-30, 2016; perhaps the closest thing to a modern Woodstock, Sasquatch is held on a giant grassy area in rural Washington and draws major bands Black Pistol Fire on the indie scene; played at the Gorge Amphithe-2015 Sasquatch! Music Festival, atre, Quincy, WA; in May. sasquatchfestival.

Bonnaroo Music and Arts Festival,

June 2016; set on about 700 acres of Tennessee farmland, Bonnaroo brings in more than 150 of the biggest rap, rock, electronic and indie bands; Great Stage Park, Manchester, TN; bonnaroo.com.

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festival's area dedicated to children ages 10 and younger, kids join the fun with painting stations and performances for families.

As with Folklife, Bumbershoot's Seattle Center location allows guests to view the festival grounds from hundreds of feet above, on the observation deck of the Space Needle, or cool off in the mist of the International Fountain. When the day is done, visitors can ride a monorail downtown to enhance the Emerald City experience.

KAABOO

Del Mar, CA
September 18–20, 2015
Admission: \$299–\$2,499
kaaboodelmar.com

The inaugural **Kaaboo** will be held at the Del Mar Racetrack and Fairgrounds, in the San Diego area of Southern California. Musicians will include ska-reggae rockers No Doubt, Las Vegas post-punk revivalists



DEL MAR

The Killers, rapper Snoop Dogg, alt-country rocker Brandi Carlile, country-music Zac Brown Band, and comedians Joel McHale (Community, The Soup) and Lewis Black (Inside Out, Lewis Black's Root of All Evil).

Those who can afford a VIP ticket will be treated to exclusive performances by pop singer Sheryl Crow and by Ed Kowalczyk, formerly of the rock band Live. Kaaboo will encourage its guests to relax and will have a space dedicated to personal indulgences such as getting a massage. Step away from the music and rent a cabana on the beach for the afternoon, but come back after dark for Encore, a latenight dance event.

MONTEREY JAZZ FESTIVAL

Monterey, CA
September 18–20, 2015
Admission: \$20–\$360

montereyjazzfestival.org

Now in its 58th year and among America's longest-running musical events, **Monterey Jazz Festival** is back, boasting 500 artists across eight stages. The festival—which was the inspiration for the Monterey Pop Festival of 1967, as well as Woodstock—will this year feature its 2015 Artist-in-Residence Wynton Marsalis, playing with the Jazz at Lincoln *continued on page 179*









Vinyl Revival

Young and old rediscover the joys of this musical format

By Jacob Uitti

eattle resident Chris Darrell, also known as DJ absoluteMadman at area nightclubs, finds a certain Zen quality to the process of playing a vinyl record. There is taking the album out of the sleeve, cleaning it, placing it on the turntable and gently dropping the needle. He maintains that the mechanics of the operation put him at ease.

"Listening to records calms me down," he says. "My mom recently came by and dropped off a bunch of old records she picked up at an antique store, and my studio has been smelling like that dusty shop for a few days—it signals a happy place in my brain that records are near."



Seattle's Chris Darrell, also known as DJ absoluteMadman, plays vinyl albums and records as part of his work and also creates his own music. He is holding two 7-inch vinyl records of his own compositions.



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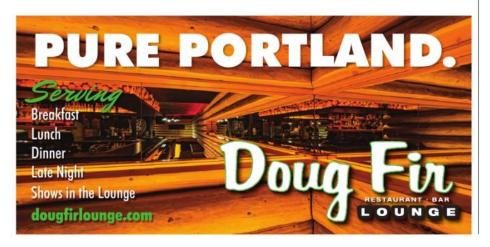
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Darrell, 36, buys vinyl for a number of reasons, including his night job as a disc jockey, the beauty of the artwork or simply the enjoyment of listening. A current favorite album is DJ Shadow's "Endtroducing." He also is drawn to certain rare recordings.

"I look for the label it's released on, date released, players and instruments used," he says. "The artwork is always a

According to the publication *Billboard*, vinyl-record sales increased from 6.1 million copies in 2013 to 9.2 million copies in 2014, a 52 percent increase.

good thing to check out too, of course. If it's in some language I don't recognize and there's old analog synths, drums and weird percussion instruments on it, I have to hear it!"

Such excitement over the decidedly old-school format of vinyl records and albums is literally music to Dave Voorhees' ears. The 65-year-old owner of Seattle's Bop Street Records, which was named one of the five best music stores in America by *The Wall Street Journal* in 2011, Voorhees specializes in "the classics" and maintains business is good.

However, for Voorhees the record business isn't about sales. He remains enamored by the slick, shiny and fragile discs that were an integral part of his youth. He remembers the first 7-inch, 45-rpm single record he bought at age 8. It was *Whole Lotta Lovin'* by the great Fats Domino, and it was the beginning of a lifelong passion. "I learned a lot about romance and girls based on those old love songs," he remembers.





Finding a new audience

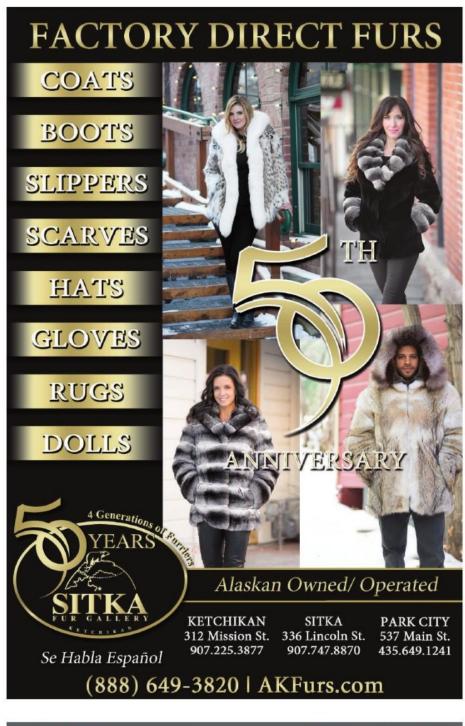
Voorhees and Darrell are among a growing number of people who are passionate about vinyl records. Both young and old are once again embracing the format. While vinyl still accounts for less than 4 percent of all album and record sales, the numbers are climbing fast. According to the publication From Left: Pearl Jam's Eddie Vedder poses with Easy Street Records' vinyl specialist Andy Nelson and Easy Street Records store owner Matt Vaughan.

Billboard, vinyl-record sales increased from 6.1 million copies in 2013 to 9.2 million copies in 2014, a 52 percent increase. At the same time, the number of digital downloads of music dropped 9 percent for albums and 12 percent for singles, and overall CD sales fell 14 percent.

The jump in vinyl sales has been so dramatic that the few remaining factories that still make records are having a hard time keeping up with the demand, and the sale of record players has experienced a resurgence in the past few years.

Many people who collected albums in their youth are renewing their interest in vinyl and the nostalgia the discs bring. The records and albums formed the soundtrack







to many a generation's formative years, and vinyl devotees swear that the sound quality of the recordings is superior to the other formats.

Voorhees certainly agrees. He started selling 45s out of his parents' North Seattle home in 1974. His business began to flourish when he bought 3,000 rare blues records from a Texas jukebox distributor for a dime apiece.

Word quickly spread of his vintage collection, prompting Voorhees to look for a storefront to sell his goods. In 1979, he established his first retail space and eventually opened Bop Street Records in

"I love vinyl! I love the smell, touch and, of course, the sound. I love the whole culture behind vinyl records."

—Pearl Jam's Mike

McCready

Seattle's Ballard neighborhood in 1984.

Today, he personally owns about 15,000 singles, including works by everyone from soul and gospel singer Sam Cooke to country star Townes Van Zandt and rockabilly legend Gene Vincent. A few of the rare finds are autographed, something that he points out can't be done with a digital MP3 version. Beyond having something in your hand, Voorhees also believes records sound significantly better than digital versions.

"The more you compress a song [as in an MP3]," he says, "the flatter the sound and the farther you get away from what the artists wanted you to hear."

Still, nostalgia isn't the only driving force behind increased vinyl sales. A younger generation is also discovering the joys of vinyl. According to Music-Watch, 22 percent of vinyl buyers are between the ages of 18 and 25. The

Vinyl Revival



younger listeners are inheriting record collections and experiencing the sound quality, tangibility and fun involved with studying album art and liner notes.

The vinyl movement has spawned Facebook pages dedicated to vinyl records, and some bars, including Seattle's Revolver Bar, boast that they only play vinyl records. Musicians are also responding to the vinyl revival. Jack White, who has been called a "vinyl evangelist," is one of many artists who are releasing their works also in vinyl formats, sometimes adding extra song tracks and special features to entice buyers. Other acts selling well on vinyl in 2014 included the Arctic Monkeys, Beck, The Black Keys and Lana Del Rey.

Pearl Jam's lead guitarist, Mike McCready, is supporting the movement by launching HockeyTalkter Records, one of the growing number of vinyl-only record labels. McCready has inked acts such as Star Anna and Robb Benson's Stereo Embers and plans to release 7-inch singles from the bands. "The reason behind HockeyTalkter is simple, I love vinyl! I love the smell, touch and, of course, the sound," says McCready. "I love the whole culture behind vinyl records and the countless record stores that I look for when I'm on tour."

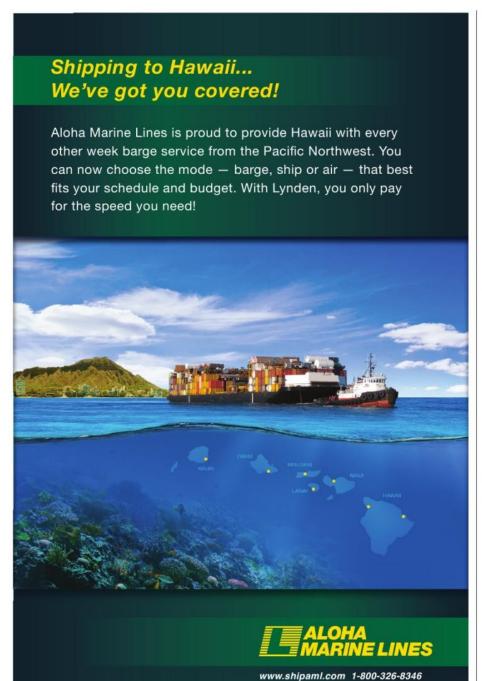
Celebrating a movement

Members of the music industry are also helping to promote vinyl with Record Store Day, held on the third Saturday in April. The day is aimed at supporting independent record stores, where most vinyl is sold.

This year, Easy Street Records in West Seattle was rocking. A capacity crowd of fans filled the store as the legendary 1960s band The Sonics tore through a blistering set of classic hits, including Louie, Louie. The band was joined by Pearl Jam's Eddie Vedder and McCready; Chris Ballew of The Presidents of the United States of America; and Tacocat's Emily Nokes during the concert, which









Vinyl Revival



benefited the independent Seattle radio station KEXP. For those at the show, they experienced a "historic" and "truly magical" moment, says Kevin Cole, senior director of programming at KEXP. Cole says it's no surprise that so many musical legends are willing to promote record stores. "It's a day to celebrate the role of the independent record store in the community, which is essential for a vibrant music scene and culture."

Collecting art

Bruce Pavitt knows plenty about nurturing the local music scene.

The founder of Sub Pop Records, Pavitt helped launch such groups as Nirvana and Soundgarden and played a role in creating the famed Northwest "grunge" sound. He remembers that the first single he ever bought was Hey Jude/Revolution by the Beatles. The most recent album was James Brown's "Live at the Apollo Volume II."

"The first record we optioned for our Single of the Month Club was Nirvana's *Love Buzz*, which we pressed in editions of 1,000, and each sleeve was numbered by hand," Pavitt says. "It's interesting to think that a band with such humble beginnings could go on to such success."

For Pavitt, who has seen the music industry change over the years, vinyl still holds a special place that none of the other formats can reach. Part of the appeal is that, at a time when so many things are ephemeral and most of our lives are stored on hard drives, vinyl records are tangible and they *last*. We can appreciate their artwork and find new insights while holding them in our very own hands.

"Aside from the warm and fuller sound quality, I've always had an appreciation for the artwork and packaging," Pavitt says of his love for vinyl. "Anyone who has a record collection essentially has an art collection."

Jacob Uitti writes from Seattle.



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, U 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,

I: 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.

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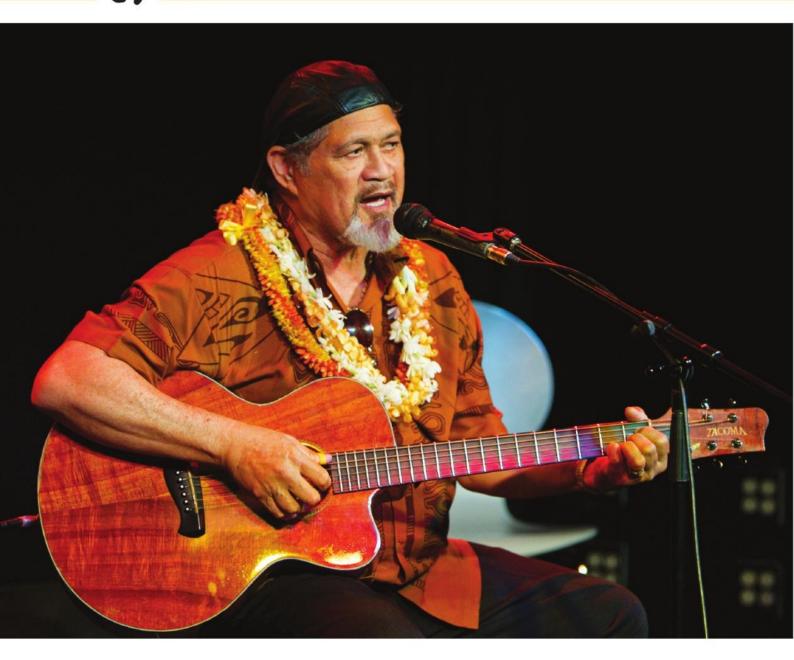
It's Just Lunch Matchmakers











The Sounds of Hawai'i

Music is a vital part of the Hawaiian experience
By Charles R. Cross

lmost as soon as visitors arrive in Hawai'i, the sounds of the Islands begin a subtle seduction. Those sounds might be the soft whisper of trade winds, the soothing rumble of ocean surf or the swish of grass skirts during a hula. And where there is hula, or even a beach, there is the sound of Hawaiian music.

Music plays a central role in the culture of Hawai'i, perhaps a more central role than it does in any other state.

It would be hard to imagine many of the trademarks of Hawaiian culture—hula dancing, the lū'au, surfing beach culture—without music.

"Music is the fabric of life in Hawai'i."

Opposite: Cyril Pahinui plays at a concert showcasing the musicians featured in the movie *The Descendants*.

Right: Hula is intimately tied to music in telling the stories of Hawaiians. Here, a group of hula dancers perform at a recent Merrie Monarch Festival in Hilo, on Hawai'i Island.

says James McKeon, who owns a group of radio stations on the Islands. "The Hawaiian language has a strong oral tradition, and those stories and songs are essential to the culture. Virtually everyone growing up in Hawaii can play some kind of instrument, and there is respect up and down the family for traditional music."

In the rest of America, there is often a generational chasm between music enjoyed by youths and elders, but not so in Hawai'i, McKeon continues.

"Young people respect, and play, traditional Hawaiian music, and they don't think of it as just their parents' music," McKeon says. "They add other elements at times, whether it's reggae or rhythmic, but they still see it as part of their culture, too."

In Hawai'i, traditional music plays a role in nearly every festival. Many large music festivals, including the Hawai'i Songwriting Festival, held each June, focus strictly on music creation. Other festivals, such as the Merrie Monarch Festival in the spring, explore a wider cultural span, but always have traditional music as a core element. More modern rhythmic sounds are what you'll hear from many young





bands in local clubs. The club scene, particularly in Honolulu, is vibrant with live bands that appeal to visitors as well as locals.

With everything from the growing international attention to slack key guitar to the worldwide imprint of the music used in films such as *The Descendants* and *Aloha*, the sounds of Hawai'i continue to gain an audience, on the Islands and beyond. "The quality of Hawaiian music is so high, the tradition is so rich, and the messages are so universal, that this is music that deserves to be embraced throughout the rest of the States, and the rest of the world," McKeon says. "And it is."

EXACTLY WHAT counts as "Hawaiian music" is a matter of debate, even among locals, since there are many styles and subgenres. Traditional

Keali'i Reichel is one of many musicians melding modern chants with rhythmic music to create a contemporary Hawaiian sound. Certain instruments and stylistic approaches—
such as slack key guitar—are endemic to most traditional Hawaiian music and help make the music distinct.

Hawaiian music almost certainly includes slack key guitar, rhythms played for hula, 'ukulele folk tunes and chanting. And more than anything else, it will be sung in the Hawaiian language. Music helps keep Hawaiian tradition, culture, legends and myths alive, but it is also part of what maintains the actual language.

Certain instruments and stylistic approaches are endemic to most traditional Hawaiian music and help make the music distinct. For example, slack key guitar is characterized by use of open tunings, played on acoustic guitar. The Hawaiian word for the style is $k\bar{t}$ $h\bar{o}$ 'alu, which translated to English means "loosen the [tuning]



MAUNA

It's impossible to stay indoors at the Mauna Kea.

- LAURANCE S. ROCKEFELLER

The blue-tiled lobby opens to the sky and the ocean view carries clear through to the threshold of the porte-cochere.

Mr. Rockefeller expected to draw outdoor-minded people. "What we look for are people who have enough inner resources to enjoy an unorganized

> appreciate peace, serenity, beauty and reasonable comfort."

On July 24, 1965, his Mauna Kea Beach Hotel opened with a pair of stepped-back galleries. Rooms had broad lanais and doorways facing garden atriums rather than dark corridors.

True to his vision, today, even baths have been re-mastered for ocean views. Many baths have separate private lanais.

Then, of course, there is the great outdoors itself none greater than Mauna Kea's golden crescent beach on

Kauna'oa Bay. The resort sports the 18-championship holes of Mauna Kea Golf Course, its 3rd hole arguably the most beautiful in the world. Guests tennis inclined enjoy an equally beautiful ocean vista at the 11-court Seaside Tennis Club.



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string." Though slack key guitar produces a laid-back sound, any player will attest that it is very complicated to play and requires skillful finger-work, but in the end it is a sound uniquely Hawaiian.

"I first heard about slack key when I was a kid and lived in Seattle, through the Seattle Classical Guitar Society," says Charles M. Brotman, a musician and record-label owner on Hawai'i Island. "This was before the style was as internationally prominent. These other players in Seattle were translating complicated transcriptions of slack key and trying to master it. I bought a couple of slack key LPs, and I tried to learn to play it. I just couldn't figure out, at the time, what they were doing."

When Brotman moved to Hawai'i as a young man, he figured the style out soon enough. In 2005, he won the very first Grammy Award given for Hawaiian music, for an album he produced and released on his label, Palm Records. "Slack Key Guitar: Volume 2" features Brotman's playing, but also the music of Hawaiian masters, including Sonny Lim, Keoki Kahumoku and John Keawe.

The genesis of slack key guitar is an interesting tale that also illustrates the melting pot of influences that are present in Hawaiian music. Slack key most likely developed from ranch hands who emigrated from Mexico in the late 19th century.

Hawaiian musician
Pali Ka'aihue performs at
My KoAloha Story, an
event celebrating the
'ukulele, at The Grammy
Museum in Los Angeles,
California.

"It was brought by these cowboys," says Alan Yamamoto, a radio station executive and former president of the Hawai'i Academy of Recording Arts. "Part of the history of Hawai'i is the influx of these other influences."

The Hawaiian word for ranch hand is *paniolo*, which is derived from *españoles*, or Spaniards.

Ethnomusicologists suggest slack key quickly

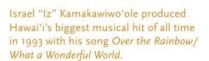
evolved to the rhythms of hula dancing and encompassed other influences, including Christian hymns from missionaries and traditional Hawaiian chanting. While chanting is not the same as singing, and is often considered a prayer, it still is musical when done by a person trained in the tradition.

Clifford Nae'ole is descended from the Nae'ole line of Hawai'i Island and works as the cultural adviser for the Ritz-Carlton,



"Whether it be music or chant, in Hawai'i it has to be true, emotional, historic and tell tales of times gone by in terms of God, romance and family."

Kapalua. "We had no written language," Nae'ole says. "Everything was spoken in chants and prayer and music, all of which comes out in the storytelling form. Whether it be music or chant, in Hawai'i it has to be true, emotional, historic and tell tales of times gone by in terms of God, romance and family."







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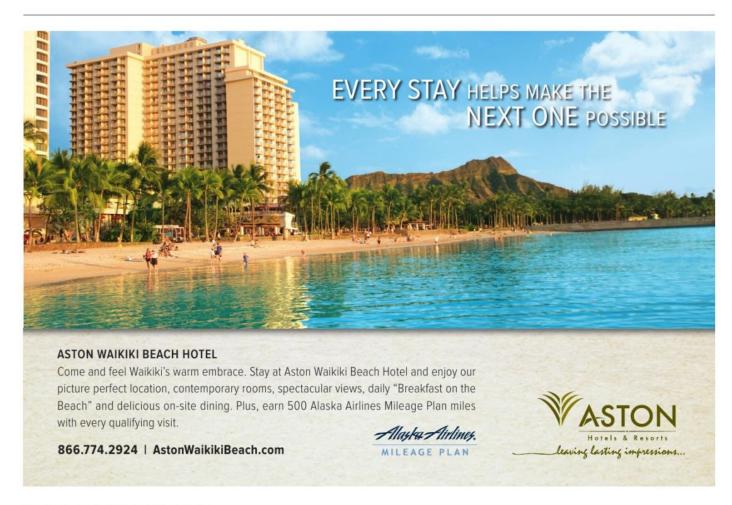
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Jake Shimabukuro has become an international sensation for his virtuoso talent with the 'ukulele. Here he plays at the Paramount Theatre in Seattle.

Nae'ole says that Hawaiian music and chant have evolved from ancient hula to also contain forms of "subliminal protest." "There is often *kaona*, which is hidden meaning that only the attentive will pick up on." There can even be an activism in the language, which Nae'ole says could be compared to some of the lyrics used in urban hip-hop music.

Because chant is spiritual prayer, both young and old hold ancient chants in reverence. But many young musicians such as Keali'i Reichel have created new unique modern chants and inserted them into rhythmic music, creating a contemporary Hawaiian sound that includes modern pop





Hawai'i



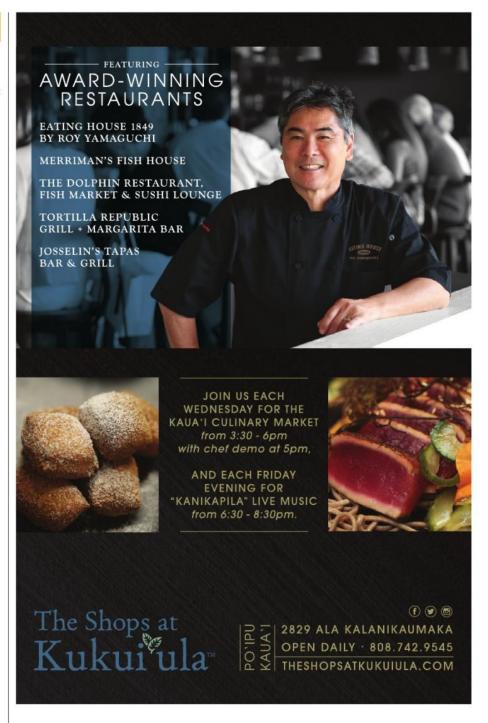
sensibilities. Even traditionalists like Nae'ole are OK with the evolution. It's not what will be performed at the Merrie Monarch Festival, the biggest annual celebration of Hawaiian culture, but it will be played at smaller music festivals, in hip Honolulu clubs, and on progressive radio stations in the Islands. Japan has emerged as the biggest market in the world for Hawaiian music, and Reichel, along with slack key guitar players such as Cyril Pahinui, are superstars there.

Though slack key guitar is a style that is heavily associated with Hawai'i, if there is one singular, identifying Hawaiian instrument, it is most certainly the 'ukulele.

Even traditionalists such as Nae'ole take pride in the growing footprint of the Islands' music. "Hawaiian music is a mix that has morphed, just like spices used in food," Nae'ole says. "It's almost like a potluck, where everyone brings old and new styles. In the end, all of them come down to the ancient roots."

THOUGH SLACK KEY GUITAR is a style that is heavily associated with Hawai'i, if there is one singular, identifying Hawaiian instrument, it is most certainly the 'ukulele. Also brought in by immigrants, though this time from Portugal, the 'ukulele most likely first came to the Islands in the 1880s. King Kalākaua, the last reigning king of Hawai'i, furthered its prominence by incorporating it into royal performances.

The 'ukulele is an inexpensive instrument, and one that is relatively easy to play, and it quickly became central to







Hawaiian music. Still, in the early part of the 20th century, big-band jazz and pop standards were the dominant sounds in many showrooms. "Fifty years ago, what we call hapa-haole music—which is more steel guitar-oriented—swing, songs predominantly sung in English describing a romantic or fun-filled night in Waikīkī: The band Hot Chelle Rae, of Nashville, performed at the Hawai'i Songwriting Festival, held on Hawai'i Island.

That was what the world thought Hawaiian music was," says musician Pali Ka'aihue.

That changed in the late '60s, with what locals call "the first renaissance" of Hawaiian music. Young people rediscovered traditional music, and transformed it. "They created an entire movement that was not just about music, but also language, hula and more," says Leah Bernstein, president of Mountain Apple Company, the largest Hawaiian record label. "Suddenly the entire culture of Hawai'i was reborn, and music played a major part."

If there was one breakthrough moment, though, when the music of the Hawaiian Islands came to the international stage, it was because of one Mountain Apple record-





BEST OF HAWAIIAN MUSIC

Pali Ka'aihue is one of the most successful and well-regarded Hawaiian musicians traveling the world. Here he lists nine of what he considers the best Hawaiian albums:

The Waimea Music Festival

A live album featuring some of Hawai'i's elite musicians.

The Best of Peter Moon

Peter Moon is one of Hawai'i's original virtuosos of stringed instruments.

Heke Wale No—Only the Very Best of the Makaha Sons

The Makaha Sons, and Makaha Sons of Ni'ihau (which included Israel "Iz" Kamakawiwo'ole) featured incredible harmonies, vocal warmth and layered arrangements that will move you.

Hapa (self-titled CD)

Consisting of guitar wizard Barry Flanagan (who has the most distinct and amazing guitar sound/style) and the angelic Keli'i Kaneali'i, Hapa released its first CD in 1993. Hapa is a mix of original compositions and new takes on classic Hawaiian/hula-oriented songs, with great guitar instrumentals mixed in.

Olomana: Through the Years

The duo mixing slack key guitar, great compositions and songs that helped define Hawai'i's renaissance of music in the 1970s/'80s—a movement of

great songs and musicians that blossomed in both Hawai'i contemporary genres and Hawaiian music.

Nathan Aweau: E Apo Mai

IMHO, Nathan is one of Hawai'i's top musicians/vocalists. Both he and Willie K top my list of amazing, jaw-dropping singers/guitarists (and in Nathan's case, this extends to bass as well).

Willie K: The Uncle in Me

As mentioned above, Willie K would obviously make my list. From incredible falsetto traditional Hawaiian mele (songs), to rock, blues, contemporary ballads and even opera, Willie does it all. Both he and Nathan

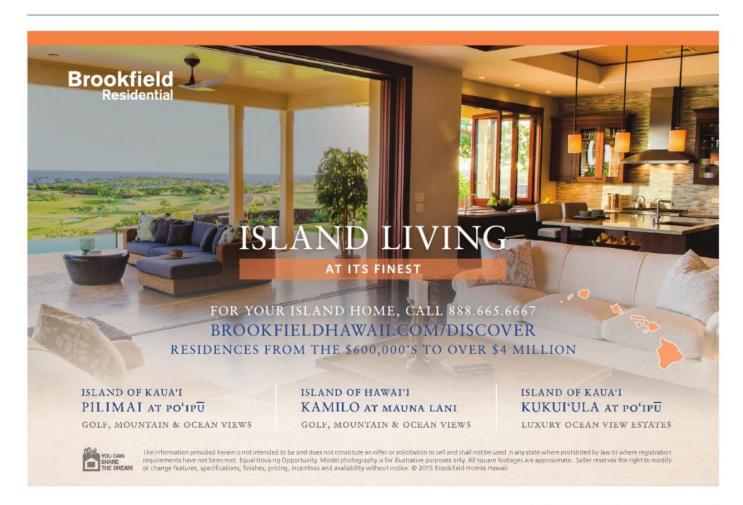
qualify in the "terrifyingly scary good" category.

Natalie Ai Kamauu: Eia

This is a collection of songs by Natalie. Natalie is a true songstress whose powerful and beautiful voice is something to behold. This collection is a great place to start when learning about Nat's incredible music.

Kamahiwa: The Keali'i Reichel Collection

If you were to ask me what CD or artist—regardless of how crummy my day could be going, how bad traffic may be—I would suggest listening to in order to be transported to a world of blissfulness, it would be Keali'i Reichel.







Surf Lessons

Shopping

Hike Lē'ahi (Diamond Head)

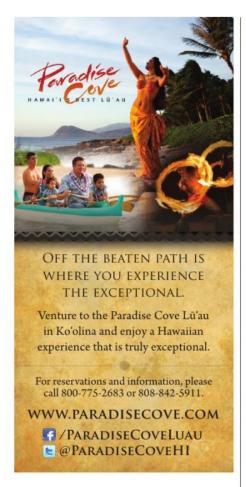
Farm-to-Table Cuisine

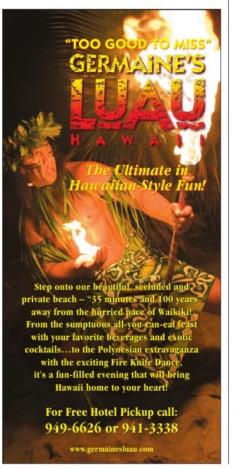
The Island of

Ooh

The Heart of Hawai'i •

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ing artist: Israel "Iz" Kamakawiwoʻole. When his striking version of *Over the Rainbow/What a Wonderful World* came out in 1993, it quickly became Hawaiʻi's biggest hit of all time.

Mountain Apple knew they had a unique song, but the worldwide success came out of adversity. Iz suffered from obesity, which made it difficult to tour (he died in 1997 at age 38). "We had the challenge of Israel being a 750-pound human, and not being able to put him on tour," Bernstein says. "So we came up with different ways to get the music out, including licensing it to film, television and advertising." The strategy proved brilliant, but, then, so was the song itself.

"It's a perfect definition of a hit song," Bernstein says. It became Hawai'i's first platinum album and first platinum single, and is, by far, the best-selling and best-known piece of Hawaiian music of all time. In 2014 alone, the song was streamed 49 million times on the Web. Total views for the official YouTube music video top 146 million views.

Like Hawai'i itself, the appeal of the song is visceral and doesn't translate easily into words. "People just fell in love with that song,"

Bernstein says.

Iz's success in some ways also laid the groundwork for other 'ukulele stars. None have been more prominent than Jake Shimabukuro. He became a star when a video of him performing While My Guitar Gently Weeps on 'ukulele was posted on YouTube in 2006, without his knowledge. It became one of the first viral videos ever, and it established him as an international sensation. Shimabukuro had been working in a Honolulu music

Hawai'i



store when a record he'd released with the band Pure Heart won five Nā Hōkū Hanohano Awards (the Hawaiian counterpart of the Grammy Awards). Shimabukuro's skill at the 'ukulele has helped the instrument gain more prestige in Hawai'i, but also draws attention back to the Islands.

Shimabukuro and other young players like Keali'i Reichel, Paula Fuga, Peter Moon, Pali Ka'aihue and Willie K are helping the 'ukulele evolve. Still, even with that increased exposure, it is unlikely any of them will ever reach the audience that Israel Kamakawiwo'ole has enjoyed.

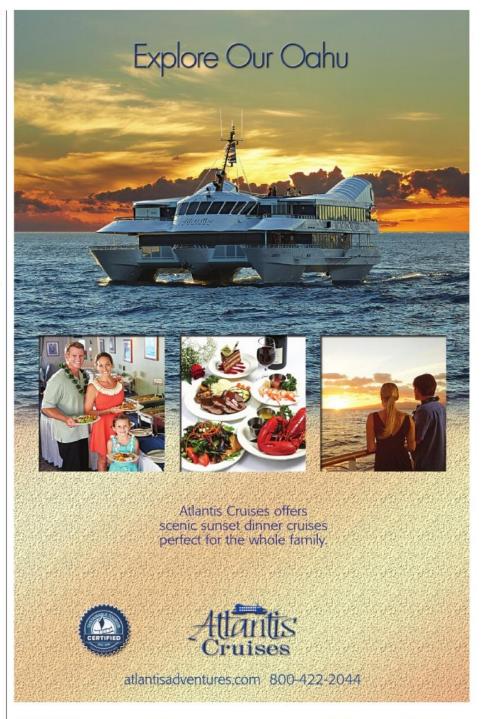
Much of Hawai'i's local music scene is based in Honolulu and is divided between clubs that cater to locals and the big rooms, mostly in Waikīkī.

To many who visit Hawai'i, *Over the Rainbow/What a Wonderful World* is the unofficial anthem of the state, a song indelibly associated with their time in Hawai'i.

Like Hawai'i itself, the appeal of the song is visceral and doesn't translate easily into words. "People just fell in love with that song," Mountain Apple's Bernstein says. In doing so, a new generation fell in love both with the 'ukulele and with Hawaiian music.

And they keep falling in love, again and again.

THE 'UKULELE PLAYS a major role in recordings by many Hawaiian musicians today, but there are also other influences heard in local music venues. Much of Hawai'i's local music scene is based in Honolulu and is divided between clubs that cater to locals (most such clubs are







located in Chinatown) and the big rooms, mostly in Waikīkī, that cater primarily to visitors. Some of the rooms that featured live music a decade ago have been replaced by DJs and dance nights, but that's a trend worldwide.

Alan Yamamoto grew up in Honolulu, and while in college, he wrote a paper about how the local music scene was evolving. He's since spent 20 years in radio and as a record producer. "The biggest change we've seen over the last couple of decades has been that some of the large entertainment rooms at the resorts have shifted from live bands to magic shows, or other 'legends in concert' revues," he says. "At the same time, some of the resorts have added poolside and lobby bars, creating new venues for bands, even if they are a smaller setting."

The Kani Ka Pila Grille at the Outrigger Reef, in particular, has branded itself as "Honolulu's home for live Hawaiian

Hawai'i benefits from a number of superstar musicians who now live there at least part time, and who occasionally play locally in surprise jams.

music" and provides a showcase for slack key performers such as Cyril Pahinui. Also on Oʻahu, the Hilton Hawaiian Village boasts two music venues with live bands seven nights a week.

There are many other showrooms and clubs on O'ahu and throughout the other islands. In Honolulu, the Republik is one of the many venues where you can hear local and touring acts in a wide variety of genres, including traditional Hawaiian.

There also is an interest in training future generations in the music business. The MELE (Music & Entertainment



Hawaiʻi



Learning Experience) program at the University of Hawai'i has several hundred students and offers degrees in music business and audio production. "There seems to be a lot of support for developing the next generation of music professionals on the Islands," says Michael Compton, executive director of the Pacific Northwest Chapter of The Recording Academy, a chapter of the Grammy organization.

You won't hear Jawaiian at the Merrie Monarch Festival, but in Hawai'i, even musicians such as chanter Clifford Nae'ole realize that as music shifts, it continues to bring new fans to all Hawaiian music.

Hawai'i has seen a decline in major touring musical acts over the past few decades, though. In the era when transoceanic flights stopped in Hawai'i, almost every major music act played a concert on the Islands. While that doesn't happen as much these days, Hawai'i does benefit from a number of superstar musicians who now live there at least part time, and who occasionally play locally in surprise jams. Willie Nelson, Aerosmith's Steven Tyler, CSN's Graham Nash, Metallica's James Hetfield and even Pearl Jam's Eddie Vedder all have homes on the Islands. Mick Fleetwood, of Fleetwood Mac, formed a local band called Island Rumours that plays often, and has in the past included such traditional Hawaiian stars as Willie K and rising 'ukulele player Raiatea Helm.

Hawaiian music continues to evolve and transform. The same type of crosscultural movement that engendered slack key and the 'ukulele also brought Jamai-













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Hawai'i



can reggae music in the '70s, and in the past two decades that has been the dominant genre in clubs and on radio. It's often called "Island music," or "Jawaiian," but radio executive James McKeon says the format is the "urban music" of the Islands. "The beats are reggae, even if the singing is not," he says.

IN MANY OF HAWAI'I'S AIRPORTS, you'll hear Hawaiian music as soon as you arrive, often piped in over speakers. But you also might be greeted by a live band, as the tourism authority regularly sponsors bands at the Honolulu airport. The musicians greet visitors with smiles and song, and those memories of music last.

"We have a population of only a million people, but we have 8 million visitors a year," says Mountain Apple Company's Bernstein. "All of those visitors associate music with their once-ina-lifetime vacation, so that special music they hear in Hawai'i takes on a special meaning and glow."

You won't hear Jawaiian at gatherings such as the Merrie Monarch Festival, but in Hawai'i, even musicians such as chanter Clifford Nae'ole realize that as music shifts, it continues to bring new fans to all Hawaiian music, and new visitors who fall in love with something that is truly special and unique.

"Hawaiian music is dedicated to peace, love, storytelling and tradition," Nae'ole says. "These are things that are always going to be in style."

Charles R. Cross is a Seattle-based music writer and frequent visitor to Hawai'i.

Alaska Airlines offers daily service to Oʻahu (Honolulu), Maui, Kauaʻi and Kona/Hawaiʻi Island. For flight reservations, go to alaskaair.com or call 800-ALASKAAIR. To book a complete Alaska Airlines Vacations package to Hawaiʻi, go to alaskaair.com/vacations or call 800-468-2248.

EL GAUCHO, THE QUINN T. ESSENTIAL STEAKHOUSE By Quinn Travis

After extensive research, an intrepid food critic finally settles on **EL GAUCHO** AS THE ULTIMATE STEAKHOUSE.

FOR SOME TIME NOW, I have been patiently and secretly visiting every self-proclaimed or ravely reviewed "top shelf steakhouse" in the major market cities: New York, Chicago and San Francisco. Restaurants like The Palm, Chicago Chop House, Gene & Georgetti's, Smith & Wollensky, Angelo and Maxie's, Ben Benson's Steak House, and so on.

In fact, I'm writing this at Angelo and Maxie's in Manhattan as I sit outdoors in 85-degree weather at 8 o'clock at night. Why? Well, I love a good steak, and quite frankly there are so many steakhouses and so many claims and readers polls, I thought it was high time for me to do some sleuth work. Exactly, how does Seattle fare in this category? Is it in the big leagues?

First off, there are so many steakhouses in Seattle it's mind-boggling. Local favorites like Daniel's Broiler, Metropolitan Grill, Brooklyn Seafood Steak & Oyster House and El Gaucho, and big invading chains, like Morton's and Ruth's Chris all compete in the market replete with a zillion other restaurants that claim to have the best steaks around. So if you feel like a great steak, where do you go to really impress a business client and cement the deal?

THE ULTIMATE STEAK

Last November, a colleague and I were having dinner, and the owner of the steakhouse (whom we know) came up and proudly proclaimed that we were in luck. They had just secured a deal with an elite distributor, the Tarpoff Packing Co. of Granite City, IL (a third-generation family-owned packing plant where each steer is hand selected by owner John Tarpoff), for exclusive restaurant rights, and that night was the premiere of the new beef. This owner claimed it was the best custom 28-Day Dry-Aged Certified Angus Beef. Prime, tender and lean, that he had ever tasted. (By the way, only .05 percent of beef sold in this country

is Certified Angus.) This came as a mild quake to me, since I felt the steaks were already superior at this establishment. The man is

Paul Mackay, and the steakhouse is El Gaucho. I must confess, Paul was not blowing smoke.

A SUPER-HIP CIGAR ROOM

First-time visitors to the El Gaucho are immediately hit by its distinctive atmosphere. Nondescript on the outside and dimly lit and well appointed on the inside, El Gaucho is a perfect representation of what my worldly brother-in-law architect Ron Rea terms a "swank 1940s New York nightclub." Yes, even the baby grand piano man is here, playing it live. The restaurant screams style, quality, and fashion—right at you, but not in your face.

Stunning details include curved walls, terraced seating, big booths, tables, a stylish bar, wood trim galore, a marble floor, three small private dining rooms (two of which are wine cellars, too), a 16-foot ceiling, and no windows. Further, there's the ultra-retro Pampas Room downstairs that can accommodate up to 200 guests and has a full dance floor and stage.

A super-hip cigar room, with whisper-quiet ceiling vents that whisk away the stogie fumes, has a freshness that would impress an air quality specialist. If you didn't venture into that part of the restaurant, you simply would not know that there is a cigar room. Absolutely no cigar odors permeate the main dining area. Yet with that huge cigar vault, El Gaucho is the place for many sports celebrities, business leaders, and politicians who like an occasional cigar.

ALWAYS ON, EVERY NIGHT

Here are the main reasons why I think this is the best steakhouse in Seattle, and yes, even beyond Seattle. There is no excuse for an off night.

In this business, you must be on every night—without exception. There are three main areas where restaurants rise or fall. El Gaucho excels at all three.

First, good food means fresh, well-prepared, well-presented, well-presented, well-sized portions, with variety and creativity. Second, the environment must have an ambiance that enhances the dining experience. Third, service

must be exemplary—neither too invisible nor too intrusive. Service is one area where El Gaucho rules hands down. The wait staff are so knowledgeable, so polite and gracious, so attentive to detail, so professional in dress and demeanor, that I can only commend Paul for creating and sustaining such a fine, rare, unique atmosphere. No other restaurant comes close. That includes all the big guns, both here and in the other major markets.

"Let's sum it all up this way.
I've been to El Gaucho at
least eight times in the past
year or so, and I've never
been disappointed."

I frequent the other high-end steakhouses in town and beyond, and they are good, some perhaps even great, but I have had off evenings at these restaurants. Plus El Gaucho's steaks are, shall we say, a cut above—more tender, more flavorful. Furthermore, they could teach advanced grad school courses on service and etiquette. And the ambiance, while classy, successfully avoids the pretentious, stuffy mode.

So having dined at many of the best steakhouses in the country, let me answer my earlier question: Are we in the big leagues? Seattle is not only in the big leagues with El Gaucho, we're like the Ichiro-fueled Seattle Mariners—we are on top of the heap. Chicago, New York—my apologies. El Gaucho is the definitive steakhouse in this country.

FOR RESERVATIONS:

Washington State banned smoking in public places in December 2005. El Gaucho Seattle and Tacoma still have cigar lounges, however smoking is unfortunately not permitted on premises. El Gaucho Portland has an open and dedicated cigar lounge.

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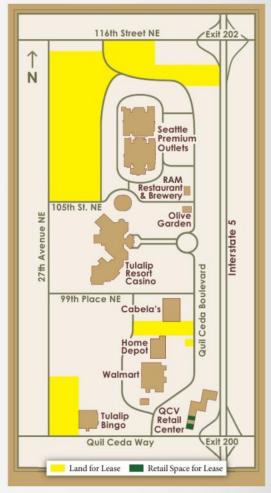


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Start Going Places

Alaska Airlines' Mileage Plan is your ticket to the world

J oin the top-rated airline-loyalty program in the country and find out how easy it is to earn miles toward the trip of your dreams.

For the second year in a row, travelers ranked Alaska Airlines' Mileage Plan "Highest in Customer Satisfaction with Airline Loyalty Rewards Programs" in J.D. Power's Airline Loyalty Rewards Program Satisfaction Reports**. The report considered factors such as ease of earning and redeeming miles, the variety of benefits available, and customer service.

At the core of the program is a tremendous variety of options for earning and redeeming miles. Mileage Plan members earn miles on qualifying flights on Alaska or any of its 14 partner airlines. Together, they serve more than 700 destinations around the world. On the ground, Mileage Plan has partnered with dozens of other organizations to make it easy to earn miles when you book a room and rent a car.

Dining out, buying flowers and wine,

5 Easy Benefits

- Book an award to an international destination for as few as 17,500 miles, one way.
- Upgrade to the First Class cabin using miles.
- Mix and match partner awards to use one airline partner in one direction, and another partner for the return flight.
- Use miles to book a one-way ticket and purchase tickets for other legs of your journey.
- · Upgrade a companion.



Alaska Airlines received the highest numerical score in the proprietary J.D. Power 2008–2015 North America Airline Satisfaction Studies^{1M} among traditional carriers (tied 2008) and in the J.D. Power 2014–2015 Airline Loyalty Rewards Program Satisfaction Report. ^{1M} 2015 Airline Study based on responses from 11,354 passengers who flew on a major N. American airline between March 2014 and March 2015, 2015 Airline Loyalty Report based on 3,073 responses and measures the opinions of members with their current airline loyalty rewards program. Proprietary study results are based on experiences and perceptions of consumers surveyed from April 2014 to March 2015. Your experiences may vary. Visit jdpower.com.

and shopping online for your everyday purchases keep the miles flowing. In fact, pay for these products and services with an Alaska Airlines Visa Signature® card, and watch your account grow even faster.

Those 14 partners and 700-plus destinations? That's the point of it all. Mileage Plan makes it easy to use miles to explore the world in style and luxury. British Airways to London; American Airlines to Buenos Aires; Emirates to Dubai; Air France to Paris; Korean Air to Seoul—experience the finest service in the air, and arrive refreshed and ready for the trip of a lifetime.

The more you fly, the greater the benefits offered through Mileage Plan. The plan's MVP—Most Valuable Passenger—program rewards those who spend more time on Alaska or its 12 elite-qualifying partners. Annual elite-qualifying levels include:

- MVP-20,000 miles flown on Alaska
- MVP Gold-40,000 miles
- MVP Gold 75K—75,000 miles MVPs enjoy free upgrades, priority

boarding and two free checked bags. Addi-

tional perks for Gold and Gold 75K members include companion upgrades, guest upgrades and a complimentary beverage on board, among others.

Many of those elite-level benefits transfer to certain partner airlines, as well. In addition, elite members receive Elite Bonus Miles on tickets purchased in first, business and certain economy classes, up to 125 percent of flight miles.

As other airlines move to programs based on ticket-purchase price, Alaska continues to build on its award-winning mileage-based plan. Couple generous rewards for customer loyalty with the multitude of other ways to earn miles every day, and you'll soon be planning your next vacation or enjoying a more comfortable seat up front.

RESOURCES: Get all the information you need on Mileage Plan at alaskaair.com, then look on Alaska's blog, blog.alaskaair.com, for tips on earning and using miles. Also, your own Mileage Plan account page provides a wealth of information for making the most of your miles.

Travel the World

Partner airlines put 700+ destinations within easy reach

Jeremy Mistretta gets around a bit. As vice president of revenue management for a nationwide hotel-ownership group, he travels about 165,000 miles a year, the large majority of those miles flown domestically on Alaska Airlines. And he's an avid advocate of the airline's Mileage Plan program, using his miles for several personal trips each year, such as vacations overseas.

Mistretta recently used his Alaska miles to redeem award travel on American Airlines for a trip to South America, where he cruised around Cape Horn. He used miles to book business-class travel from Seattle to Santiago, with his return trip flying out of Buenos Aires after the cruise.

"What an amazingly beautiful part of the world," he says.



"Saving my hard-earned miles for business- or first-class international travel is the way to go," he adds. "For this trip, I was even able to book travel around the exact dates I needed.

"I credit all of my miles earned to my Alaska Airlines Mileage Plan account," Mistretta says. "Redemption on Alaska's partners that cross the major airline alliances is a great value. Out of Seattle, Alaska is now able to get me to nearly every destination I need to get to for work or personal purposes, and it takes great care of a person who travels frequently."

Mistretta also worked with Qantas to use Mileage Plan miles to travel from
Seattle to Auckland, New Zealand, with a return from Adelaide, Australia. "The Qantas business-class product was fantastic for these very long flights, and also a good value for the miles redeemed," Mistretta notes. "And the ease of being able to book business-class tickets into one city and return from another was a nice benefit."

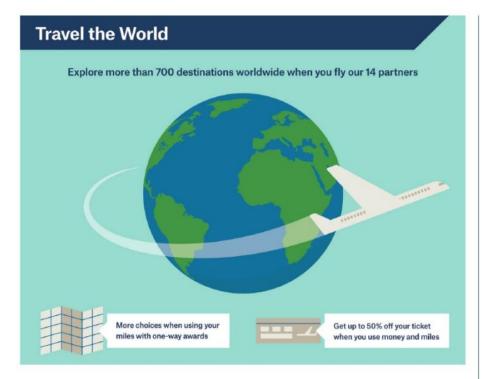
Peter Eliason is another frequent flier making the most of his Alaska Airlines Mileage Plan membership. Earlier this year, he says, Alaska had a promotion offering double miles for flights booked on Emirates to Dubai, in the United Arab Emirates.

"I booked my flight at emirates.com and flew out of LAX to Dubai for a four-day trip," Eliason says. "I was able to visit not only the UAE but also Oman, and had the time of my life in Abu Dhabi and Dubai.

"The trip was also special since the UAE was my 100th country visited," he says. "I finally broke through the barrier."

Eliason, who has traveled the world for

Berlin is one of the many international destinations available to travelers using Mileage Plan miles on British Airways.



Dow Jones—The Wall Street Journal, working with university faculty to develop long-term customers for the company's products, has taken a dozen international trips just in the last year, including flights to Singapore, Buenos Aires, Oslo, St. Thomas and Hong Kong, to name just a few. Three of those trips were for business, and one was booked on miles. He's an MVP Gold 75K member with Alaska's Mileage Plan, and he prefers to purchase tickets with Alaska's elite-qualifying partners whenever possible so that the miles

count toward maintaining his 75K status. He chose to purchase the Emirates flight to take advantage of the double-miles promotion from Alaska and bank those miles for a future vacation, like the one he took last December, using miles on American Airlines to fly to Buenos Aires.

As much as he enjoys the destinations he travels to, Eliason is also a connoisseur of the art of airline travel—comfort, space, attentive service and attention to the little details that set top airlines apart. Eliason says he thoroughly enjoyed the experience

Options for Using Your Miles

Book online: Take advantage of Alaska Airlines' full suite of award options, most of which can be booked directly online.

First class: Alaska has many options for using Mileage Plan miles to upgrade to the first-class cabin.

Charity Miles: Donate miles to organizations that Alaska Airlines has partnered with, including Make-A-Wish, Angel Flight West, The Nature Conservancy, Fred Hutchinson Cancer Research Center, Dream Foundation and many others.

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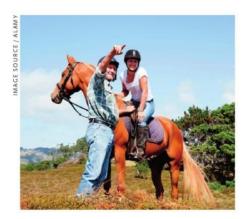
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on Emirates. "The service was simply off-the-charts, even in coach," he says. "The food, the beverages, were outstanding. The seats were wide and comfortable, with an incredible entertainment system."



Auckland, New Zealand, rates high on many lists of dream vacations, accessible on Qantas, Cathay Pacific and Emirates.

At its top level, Emirates is noted for offering private suites with a minibar, a private cinema and a seat that folds to a fully flat bed with mattress; personal gourmet-dining service; a rejuvenating shower spa; and an exclusive lounge for first- and business-class passengers.

Dubai-based Emirates, which serves more than 140 destinations around the world, won a fan. "I can't wait to return to the UAE again on Emirates," Eliason says. "In fact, I am considering using Emirates for most of my international travel, based on this experience."

Mistretta was equally impressed with his inflight experience flying to South America. "American Airlines treated me like one of their most loyal customers throughout my travel experience," he says.

"It's flight experiences like this one that allow you to enjoy the journey to your destination as much as the experience that awaits!

"The ability to redeem my Alaska miles for such an experience," Mistretta adds, "is a huge benefit of the Mileage Plan program, and one of the top reasons why I choose to be loyal to Alaska Airlines."

Elite-Qualifying Partners

Miles earned when flying these partner airlines count toward Mileage Plan MVP, MVP Gold and MVP Gold 75K status.

Aeromexico: Based in Mexico City, Aeromexico offers domestic and international service to more than 80 destinations throughout Mexico, the United States, Canada, Central and South America, Europe, and Asia. aeromexico.com

Air France and KLM: As a team, Air France and KLM serve more than 240 destinations in more than 100 countries. Air France operates from its hub at Paris-Charles de Gaulle International Airport, and KLM from its hub at Amsterdam Airport Schiphol. airfrance.com; klm.com

American Airlines: American Airlines, US Airways, American Eagle and US Airways Express serve nearly 350 destinations in more than 50 countries. Elite-Benefit Partner: Priority AAccess Check-In and Boarding, Express Security Lines, Preferred Seating and waived checked-baggage fees. aa.com

British Airways: London-based, full-service airline offering a wide range of products, including fully flat beds in business class and an extensive global route network. *britishairways.com*

Cathay Pacific Airways: Hong Kong-based airline offering scheduled passenger and cargo service to more than 180 destinations worldwide. cathaypacific.com

Delta Air Lines: Atlanta-based airline with hubs in Amsterdam, Atlanta, Cincinnati, Detroit, Minneapolis-St. Paul, New York-JFK, New York-LaGuardia, Paris-Charles de Gaulle, Salt Lake City and Tokyo-Narita. Elite-Benefit Partner: Priority Check-In, Priority Boarding, Preferred Seating and Complimentary Upgrades. delta.com

Emirates Airline: Dubai-based airline serving more than 140 destinations worldwide, including Seattle and nine other U.S. cities. *emirates.com*

Fiji Airways: Fiji's international airline, with a route network that spans 15 destinations in 10 countries. fijiairways.com

Korean Air: Seoul-based airline serving 125 destinations in 45 countries and offering more than 400 flights per day. *koreanair.com*

LAN: Santiago-based airline offering service to Brazil, Colombia, Chile, Argentina, Peru, Ecuador and Paraguay, and connecting South America with Europe, Oceania and North America. *Ian.com*

Qantas Airways: Australia-based airline serving more than 220 destinations in more than 50 countries (with its codeshare partners), including Australia and New Zealand. *qantas.com*

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Plan and Earn

Build your trip with Mileage Plan Partners

"ve always maintained that the highest and best use of the frequent-flier miles I earn on business travel is to use them for first-class or business-class vacation travel to Europe," says Frank Catalano. He's been a Mileage Plan member for more than 25 years, and among the many trips he's taken by redeeming miles was his honeymoon with his wife, Dee Dee. They flew in and out of Paris to tour France and Italy. The couple has flown business-class to London, and also used miles to vacation in Rome, Vienna, Dublin and Berlin, all on

Catalano travels frequently around the United States for his Seattle-based consulting business to assist companies that make education-technology products.

separate trips.

"I became an Alaska Airlines Million Mile Flyer in May 2013," he says. "That should give you an idea of how much I travel."

For Catalano, who prefers to fly Alaska Airlines but uses Alaska's partner airlines, as well, banking his business-travel miles in Mileage Plan makes a lot of sense. He rarely uses miles for domestic travel. Rather, he prefers to purchase the tickets for his domestic and business flights and then save



Savvy travelers plan their trips with Mileage Plan partners in mind, looking for ways to earn additional miles, for future trips, as they travel.

those miles for his vacations.

The idea is to truly use his miles to reward himself.

Big trips take some planning, but they

also present some fantastic opportunities for using award travel to take the trip of a lifetime, year after year. First, Alaska and its 14 partner airlines can get you pretty much anywhere you want to go. Provide your Mileage Plan number when you book your flight, and miles will be automatically applied to your account.

Most partner airlines reward their customers with bonus miles when they spend extra to fly business class and first class—depending on the carrier, as much as 150 percent to even double the base miles earned. If Mileage Plan is the preferred rewards program you register when booking your flight, all those miles go directly to your account.

There are more opportunities to build miles at every turn of a journey. Savvy travelers keep their Mileage Plan account number close at hand throughout the planning stages and actual travel days.

In addition to flights, there are two fundamental needs to plan for—lodging and rental cars—and they're both great opportunities to earn miles. And Alaska Airlines has dozens of partners eager to offer miles to reward your patronage.

Many of Alaska's partner hotels have an expansive worldwide reach that makes finding a room easy, and they provide dependable-quality rooms, consistent and attentive service, and an experience unique to the individual hotel's location, whether it's a five-star beachfront resort in Fiji or an elegant hotel beside Venice's Grand Canal.

Hilton Hotels & Resorts, for instance,

Four Easy Ways to Earn Miles On Alaska, earn a mile for each mile you fly When you fly on our 14 airline partners Booking hotels, renting cars, dining, and shopping Using your Alaska Airlines Visa Signature® card



Flexibility in booking itineraries allows travelers to schedule layovers in cities such as London.

has more than 4,000 properties in its portfolio and rewards its guests with not only its own Hilton HHonors points program, but Mileage Plan miles, as well—Hilton HHonors members earn 10 HHonors Points and one Mileage Plan mile for each eligible \$1 spent.

Similarly, Marriott and its various hotel brands offer 3,800 properties worldwide, and a rewards program that adds 2 miles per eligible dollar spent.

Starwood Hotels & Resorts is in nearly 100 countries, with more than 1,100 properties, and Mileage Plan members who also join the Starwood Preferred Guest program are rewarded with 2 miles per \$1 spent.

For those travelers who prefer to book their hotels independently, Alaska Airlines recently launched a partner program with Rocketmiles. It's simple and available in thousands of cities around the world. Book your hotel and earn 1,000 to 5,000 Mileage Plan miles per night while paying the same rates offered by other booking and travel websites, with no extra fees or commissions. Rocketmiles reports that the typical frequent traveler could earn an extra 80,000 miles a year using Rocketmiles.

Car Rentals

Alamo: Earn 50 miles per rental day on all qualifying rentals at participating locations throughout the United States, Canada, Mexico, the Caribbean, Latin America and Asia. *alamo.com*

Avis: At participating Avis airport locations around the world, earn 50 miles per rental day on qualifying rentals of 1–4 consecutive days, and 500 miles per qualifying rental of 5 consecutive days or longer. avis.com/alaskaairlines

Budget: At participating Budget airport locations around the world, earn 50 miles per rental day on qualifying rentals of 1–4 consecutive days, and 500 miles per qualifying rental of 5 consecutive days or longer. *budget.com/ alaskaairlines*

Dollar: Earn 50 miles per rental day on qualifying transactions at participating locations. *dollar.com*

Hertz: Earn 50 miles per rental day on qualifying rentals of 1–4 days and 500 miles for qualifying rentals of 5 days or longer at participating locations. hertz.com

National: Earn 50 miles per rental day on all qualifying rentals at participating locations. *nationalcar.com*

Thrifty: Earn 50 miles per rental day and 250 miles for 3 qualifying parking stays. thrifty.com; thriftyparking.com

Hotels

Best Western International: More than 4,000 hotels in more than 100 countries and territories worldwide. 250 miles per stay on qualified rates. bestwesternrewards.com

Choice Privileges: More than 6,000 locations around the world, including Comfort Inn, Comfort Suites, Quality, Sleep Inn, Clarion, Ascend Hotel Collection, Cambria Suites, MainStay Suites, Suburban Extended Stay Hotel, Econo Lodge or Rodeway Inn hotels. 250 miles per qualifying stay. choicehotels.com/choice-privileges

Coast Hotels: More than 40 hotels in British Columbia, the Northwest Territories and Alberta, Canada; Alaska, California, Oregon and Washington. 500 miles per qualifying stay. *coasthotels.com*

Fairmont Hotels & Resorts: Hotels and resorts in the United States, Canada, Mexico, Bermuda, Europe, the Middle East, Africa and Asia. 500 miles per qualifying stay. fairmont.com

Hilton HHonors: More than 4,000 hotels and resorts worldwide, including Hilton Hotels & Resorts, Waldorf Astoria Hotels & Resorts, Conrad Hotels & Resorts, DoubleTree by Hilton, Embassy Suites Hotels, Hilton Garden Inn, Hampton Inn, Homewood Suites by Hilton, HOME2 Suites by Hilton and Hilton Grand Vacations. Earn 1 mile per eligible \$1 (USD) spent (maximum 10,000 miles per stay; maximum 100 miles per stay at HOME2 Suites by Hilton). HHonors.com



Planning to spend a day exploring

the surf beaches along the North Shore of O'ahu, or to spend a week driving up the east coast of Australia from Brisbane to Cairns with stops to sail the Whitsunday Islands and snorkel the Great Barrier Reef? Car rentals are a great way to tack more miles onto your account. Avis, Budget,

Hertz and other partner car-rental companies reward Mileage Plan members with 50 miles for each qualified rental day. Many companies will raise the reward rate for longer-term multiday rentals. Just provide your Mileage Plan number when making your reservation.

One more essential of your perfectly

planned journey is dining, and there are miles to be earned here, as well. Mileage Plan Dining allows its members to earn up to 5 miles per dollar spent-food, beverages, tax and tip included—at more than 11,000 participating restaurants, bars and clubs throughout the country. Search the dining website by city or ZIP to find listings for nearby participating restaurants, along with menu descriptions, hours, Mileage Plan Dining member reviews and directions. Simply join for free and register a credit or debit card. You earn miles automatically when you pay for a meal with the registered card.

TIP: Use an Alaska Airlines Visa Signature® card to make purchases and earn even more miles. See page MP14 of

"I utilize my Alaska Airlines Visa® card for a lot of my travel spending, including airline-ticket purchases," Catalano says. "I try to put as much as I can on that card to continue earning more miles to redeem for

this issue for more details.

award travel."

Hotels (continued)

IHG Rewards Club: More than 4,700 properties worldwide, including InterContinental Hotels & Resorts, Crowne Plaza, Hotel Indigo, Holiday Inn, Holiday Inn Express, Staybridge Suites and Candlewood Suites. Earn up to 2 Mileage Plan miles for every \$1 (USD) or local-currency equivalent paid on eligible charges. Earn 500 miles per qualifying stay at InterContinental Hotels & Resorts outside of the United States, Canada, Mexico, Latin America and the Caribbean, and at all InterContinental Alliance Resorts worldwide. ihgrewardsclub.com

Marriott: More than 3,800 participating hotels around the world, including JW Marriott, Autograph Collection, Renaissance Hotels, Marriott Hotels, Marriott Vacation Club, The Ritz-Carlton, EDITION, Gaylord Hotels, Courtyard by Marriott, AC Hotels by Marriott, SpringHill Suites by Marriott, Fairfield Inn & Suites by Marriott, Residence Inn by Marriott, TownePlace Suites by Marriott, Marriott Executive Apartments and Moxy Hotels. Marriott Rewards members earn up to 2 miles per \$1 (USD) spent on all qualifying charges. Marriott Rewards: marriottrewards.com; Reservations: marriott.com

Rocketmiles: Book hotels through Rocketmiles and earn 1,000-5,000 miles per night, every booking. Stay at thousands of properties worldwide, and save up miles for the trip of your dreams. rocketmiles.com

Starwood Hotels & Resorts: More than 1,100 properties in nearly 100 countries, including St. Regis, The Luxury Collection, Le Méridien, W Hotels, Westin Hotels & Resorts, Sheraton Hotels & Resorts, Four Points by Sheraton, Aloft Hotels and Element Hotels worldwide. Earn 2 miles per \$1 (USD) spent on all eligible charges for Starwood Preferred Guest program members. spg.com

Westmark Hotels: 5 year-round and 2 seasonal properties in Alaska and Canada's Yukon. Two miles for every \$1 (USD) spent on accommodations; one mile for every \$1 (USD) spent on food and beverage purchases, excluding alcohol. Miles may not be earned on food and beverage purchases at the Westmark Sitka. westmarkhotels.com

Wyndham Rewards: Wyndham Hotel Group offers more than 7,000 properties around the globe, including Wyndham Hotels and Resorts, Wyndham Grand Collection, Wyndham Garden, Hawthorn Suites by Wyndham, TRYP by Wyndham, Dream Hotels and Night Hotels. Wyndham Rewards members who have elected to receive Mileage Plan miles in their Wyndham Rewards profiles earn 500 Mileage Plan miles per qualifying stay. wyndhamrewards.com



Many Mileage Plan members choose to redeem their miles on Alaska Airlines to visit destinations such as Costa Rica.

Korean Air stretches its wings like never before with our partnership with Alaska Airlines.

SKYPASS and Mileage Plan members may accrue miles flying with Alaska Airlines and redeem them for tickets, thanks to our frequent flyer partnership.

It's convenient and easy, so enjoy your new ventures from the Western U.S. with Korean Air.



*Same day connecting flights to China, Japan and Southeast Asia.



Earn and redeem your Alaska Airlines Mileage Plan™miles around the globe with Korean Air



www.koreanair.com



Everyday Miles

Specialty partners provide a steady flow of rewards

e may dream of distant lands, but in reality, most of us spend the better part of our day at work. Weekends are typically spent with family and friends at local restaurants and shopping centers rather than exploring the ruins of ancient civilizations, dining in quaint waterfront villas or wandering the globe's distant spice markets.

We do ordinary things, buy everyday essentials. And that's good news when you're trying to earn more miles. Your "everyday" activities present an easy opportunity to move even closer to your next award trip, your next grand adventure.

Mileage Plan provides hundreds of ways you can accumulate miles as you shop, dine, attend local events, order flowers and wine, and take care of everyday bills.

Start with an Alaska Airlines Visa Signature® card or Alaska Airlines Visa® Business Card. You probably already make many of your daily purchases by credit card: When you make a purchase with your Alaska card, you earn one mile for every dollar spent. Miles are automatically credited to your Mileage Plan account.

Many users not only pay for dinners, gifts, groceries, and household goods and services with their Alaska Airlines Visa Signature® card, but they assign autopay services to their

Earn Miles Every Day

- Shop online with any of more than 800 merchants on Mileage Plan Shopping.
- Send flowers, gifts and baskets using Teleflora or 1-800Flowers.
- Dine at one of 10,000 participating Mileage Plan Dining restaurants.
- Purchase event tickets at ScoreBig.
- Make the above purchases with your Visa Signature® card.



card, as well, so that utility bills, memberships, service plans and other routine expenses are charged directly to their miles-earning cards.

Upon approval of the Alaska Airlines Visa Signature® card, you'll receive 25,000 Bonus Miles—please allow 2–3 weeks for Bonus Miles to post to your Alaska Airlines Mileage Plan account—and you'll be well on your way to your first award ticket.

Purchase your Alaska Airlines ticket or Vacations package with your Alaska Airlines Visa Signature® card and earn 3 miles for each dollar spent.

If you're a fan of live entertainment, including sporting events, concerts and theater, Mileage Plan has introduced an earning opportunity with one of its newest partners, ScoreBig. Visit scorebig.com/ alaska to find tickets and earn thousands of miles.

Earn miles by shopping with more than 800 online merchants, from Ace Hardware to Home Depot, Nordstrom to Zulily. Simply set up a free Mileage Plan Shopping account, log in and click directly

Everyday Partners

Bank of America: Alaska Airlines Credit Cards-U.S.

Alaska Airlines Visa Signature® card and Visa Business Card. 3 miles per \$1 spent on purchases of Alaska Airlines tickets, vacation packages, cargo and inflight purchases; 1 mile for every \$1 spent on all other purchases. Earn 25,000 Bonus Miles upon Visa Signature® card approval, and 25,000 Bonus Miles on new Business Card after you make your first purchase. For information about rates, fees, other costs and benefits, or to apply, call or visit the website. Visa Signature® Card: 888-924-7343; Existing credit card: 800-552-7302; Visa Business Card: 866-786-9928; myalaskacard.com

MBNA: Alaska Airlines Credit Cards-Canada

Alaska Airlines Platinum Plus® MasterCard® credit card and World Elite® MasterCard® credit card, for Canadian residents. 3 miles‡ per \$1 spent on eligible purchases of Alaska Airlines tickets, vacation packages, cargo and inflight purchases; and 1 mile‡ for every \$1 spent on all other eligible purchases. Earn 25,000 Bonus Miles upon approval. Conditions apply. For more information on the program and to obtain complete terms and conditions applicable to these credit cards, please call 877-428-6060 or visit mbna.ca

Mileage Plan Dining: Earn up to 5 miles per \$1 spent on dining (food, drinks, tax and tip included) at thousands of participating restaurants, bars and clubs throughout the United States. mileageplan.rewardsnetwork.com

Mileage Plan Shopping: Earn miles for shopping at more than 800 online merchants. Miles earned vary by merchant. mileageplanshopping.com

1-800Flowers.com: Flower arrangements and gifts delivered worldwide. Earn 20 miles for every \$1 (USD) spent. 1800flowers.com/alaskaairlines

Carrs/Safeway: Earn 100 miles for every \$300 in eligible purchases at participating stores in the state of Alaska. carrsqc.com/alaskaair

e-Miles: Members can earn hundreds of miles each week by viewing and reacting to marketing messages. e-miles.com/alaskapartner

e-Rewards: Members earn e-Rewards Currency for participating in marketresearch surveys. e-rewards.com

GCI: A leading provider of phone services, Internet, GCI TV and wireless communications in Alaska. Earn 1 mile per \$1 spent on qualifying plans and/or service bundles. *gci.com/offer/alaska-airlines-mileage-plan-miles*

ScoreBig: Earn thousands of miles on tickets to live events, including professional sports, concerts and theater, from ScoreBig. scorebig.com/alaska

Teleflora: Teleflora is the largest floral wire network service in the world. Earn 10 miles for every \$1 spent. *teleflora.com/alaska*

Vinesse: Delivers wines from all over the world to your door. Earn 2,250 miles for club enrollment, and 5 miles per \$1 spent. vinesse.com/alaska

*These are highlights of the credit card rewards program (the "Program") associated with this credit card account. Miles will be awarded on eligible transactions charged to your account as set out in the Program terms and conditions. Complete terms and conditions describing Program eligibility, accrual and redeeption of Miles, and other important conditions, limitations and restrictions will be sent after your account is opened. Please read the terms and conditions carefully upon receipt. Accumulated Miles can only be redeemed in accordance with the Alaska Airlines Mileage Plan program (the "Alaska Program."). The Toronto-Dominion Bank has no liability or responsibility for any aspect of the Alaska Program. Please visit www.alaskaair.com for complete Alaska Program terms and conditions.



Reward yourselves with a snorkeling trip to the Maldives, easily accessible on partner airlines Emirates and Cathay Pacific.

from Mileage Plan Shopping to the store's website. The number of miles awarded for each dollar spent varies with merchants, but the miles are credited automatically to your account.

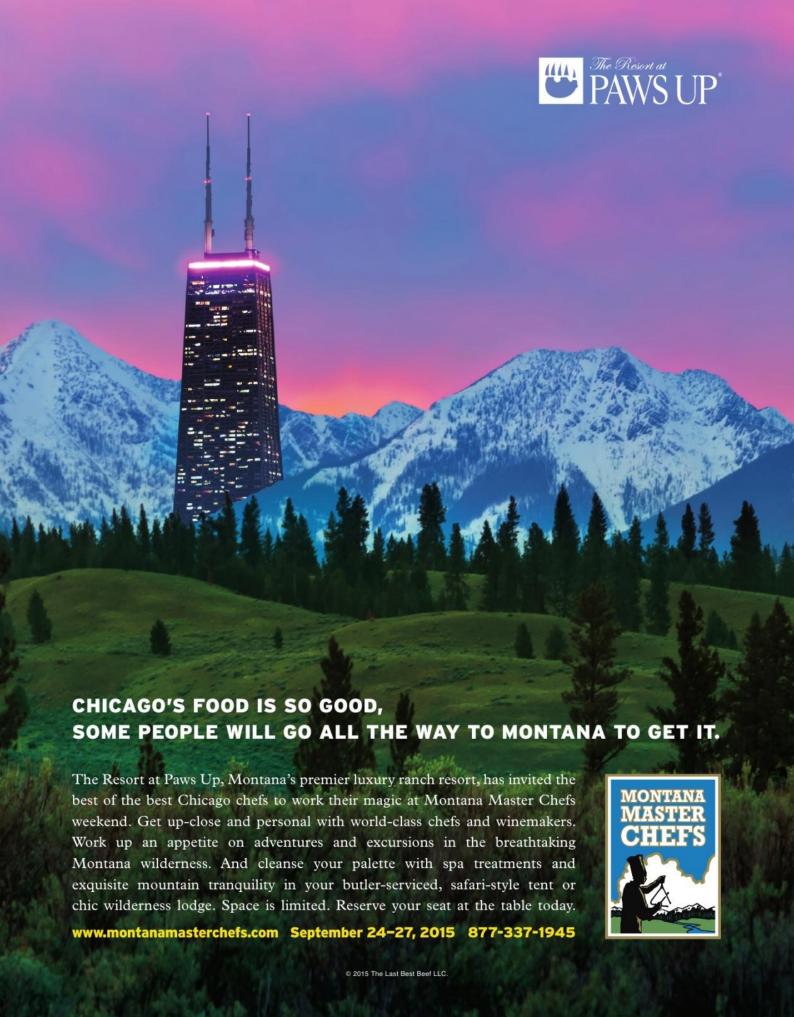
In many cases, merchants provide discounts and specials created specifically for Mileage Plan members.

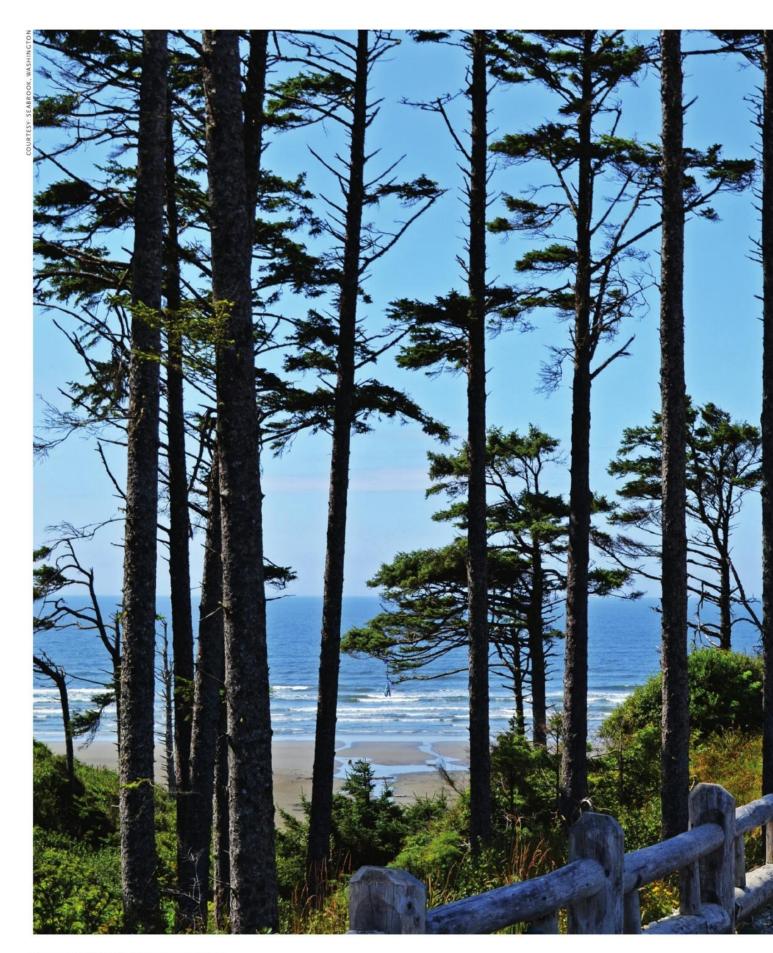
More than 10,000 restaurants across the country offer up to 5 miles per dollar spent on your entire bill, including beverages, taxes and tips. Just sign up for Mileage Plan Dining.

In addition, a number of other companies have partnered directly with Alaska's Mileage Plan to offer special miles-earning opportunities, including Vinesse wine clubs, Teleflora and I-800 Flowers, and many others.

In the state of Alaska, the region's leading phone service, GCI, and participating Carrs/Safeway stores across the state offer miles, as well.

See the accompanying chart on this page for a list of partners that offer you a wealth of opportunities for earning miles toward your next big adventure on Alaska or its partner airlines.





110 ALASKA BEYOND MAGAZINE JULY 2015



Perennial Vacation

Second homes are becoming the new retirement focus

By M. Sharon Baker

Juggling two busy lives and a growing family, Northern California residents Jonathan and Alison craved a quiet retreat where they could unwind.

The couple, who have four kids between 5 and 15, including one special-needs child, and a growing consumer law practice, found that packing up their gear and heading to beaches near their Elk Grove home was not very relaxing. Growing up in San Diego, the self-described beach lovers originally focused a second-home search around their hometown. "We really tried hard to find something in Southern California, which we thought we preferred, but the places in our budget weren't close to the beach, or were really small condos and in parts of town that didn't match what we were looking for," Jonathan says.

Earlier this year, the couple found their dream getaway, purchasing a suburban home north of Monterey that was near the beach. In the process of buying the home, they became part of a growing trend within a trend: second-home buyers seeking vacation homes that will become their primary residence when they retire.

According to Jessica Lautz, the National Associa-

◀ A couple walk along a promenade on their way to the beach at Seabrook, a planned vacation community on the Washington Coast.

Civilization Is Nearby. YOU JUST CAN'T SEE IT FROM HERE.





SANDPOINT

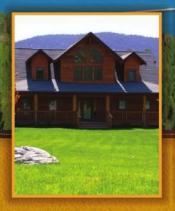
A Norman Rockwell meets Ansel Adams classic. -USA Today

SKISCHWEITZER

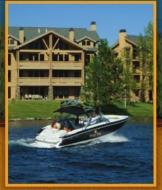
2900 acres, 67 named runs "A little-known gem" – *MSN.com*

LAKE PEND OREILLE

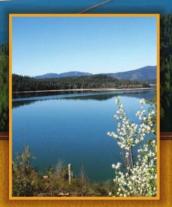
43 miles long, 1,158 feet deep One of America's most beautiful lakes



CUSTOM HOMES



WATERFRONT CONDOMINIUMS



LUXURY WATERFRONT HOMESITES



DOVER BAY MARINA

Welcome to Dover Bay, in beautiful North Idaho. This stunning new waterfront resort community on Lake Pend Oreille is within three miles from Sandpoint and just a short trip to world-class skiing at Schweitzer Mountain.

Remarkably set amid 285 acres of meadows and forests and nearly two miles of lakefront, Dover Bay includes nine miles of trails, a community beach, parks and natural acres. The Dover Bay Resort includes a 274-slip marina, restaurant, fitness center and vacation rentals. As a recreational getaway, a primary home or simply a smart investment, Dover Bay offers an exclusive opportunity.



DOVERBAYIDAHO.COM | 208.265.1597



Downtown Sandpoint Office - 120 E Lake Street





▲ The Jack Nicklaus Signature Course at the Pronghorn Resort, near Bend, is ranked among the nation's best public courses.

▼ The Kukui'ula resort community on Kaua'i, Hawai'i, boasts multiple swimming pools, fine dining and a championship golf course. tion of Realtors (NAR) director of survey research and communications, many second-home buyers are looking for a retreat that will become their permanent home. That was an insight gleaned from NAR's "2015 Investment and Vacation Home Buyers Survey," which encompasses sales in 2014.

SECOND-HOME OWNERSHIP SOARS

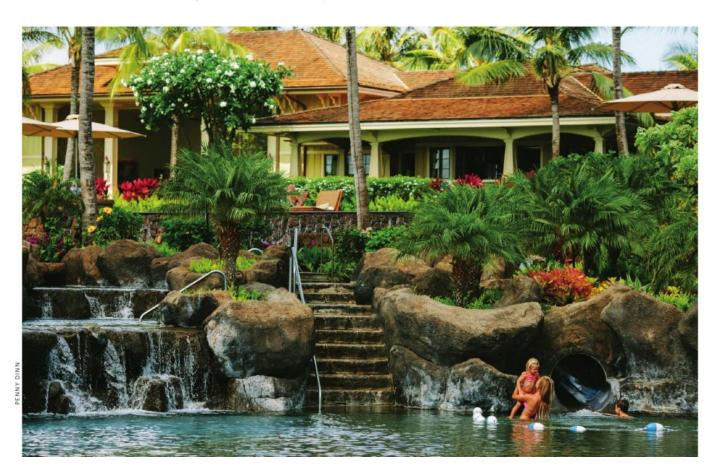
The survey revealed that vacation-home ownership soared in 2014, growing to 21 percent of the overall housing market. An estimated 1.13 million vacation

homes were sold last year, the highest amount since NAR began the survey in 2003. That figure was up more than 57 percent from the 717,000 vacation homes sold in 2013.

Baby boomers reaching retirement have taken advantage of rebounding investments, an inexpensive housing market and low interest rates to buy second homes.

However, despite the increase in sales, there are still plenty of deals in the vacation-home sector. Lautz points out that the median vacation-home price actually fell II.I percent between 2013 and 2014, to \$150,000. Reasons for the decline may include increased sales of townhouses and condominiums as opposed to homes, and increased sales of second homes in lower-priced areas of the southern United States.

While the prices may fluctuate, one factor remains constant: Coastal communities and resort areas continue to be among the most sought-after locations for vacation homes. The NAR survey finds that about 40 percent of second-home buyers prefer the beach and warmer-climate locations when look-



REAL ESTATE

ing for vacation properties.

Alison and Jonathan still have plenty of time before retirement, but they are planning ahead. "We bought a home that we could see ourselves retiring to, and that could sleep our grandkids," says Jonathan, 41. "Of course, my youngest isn't in kindergarten yet, so it is some time away. But that is the plan."

The family's new three-bedroom vacation home is just a 2.5-hour drive from Elk Grove. It is roomy, with the kids and parents having their own space. But the main attraction is the short walk to Marina State Beach, giving the family plenty of coastline to discover.

"There are waves for surfing," Jonathan says of



The Cosmopolitan On the Park, a new 28-story residential tower that is scheduled to open in the summer of 2016, will bring 150 luxury condominiums to downtown Portland.

the coastal area. "The beach is big and expansive, and there are plenty of places to sit with no one else around."

A HAWAI'I GETAWAY

The draw of the tropics is the reason Seattleites Ruth and Bill recently purchased a cottage at Kukui'ula, a





Hawk Tower

AT STADIUM PLACE

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THE BUILDING

180,000 SF Class A office development. Glass line & modern architecture, panoramic views and open floor plans. Adjacent to 282-room Embassy Suites which will include a 400-person conference facility. Planned rooftop restaurant with outdoor dining and abundant parking.

UNMATCHED ACCESS TO TRANSPORTATION

At the intersection of I-90 & I-5 and steps from Link Light Rail, The Sounder and buses via King Street Station and Union Station.

NEIGHBORHOOD REVITALIZATION

Hawk Tower sits at the center of SODO, Pioneer Square, the Waterfront and the Chinatown-International District.

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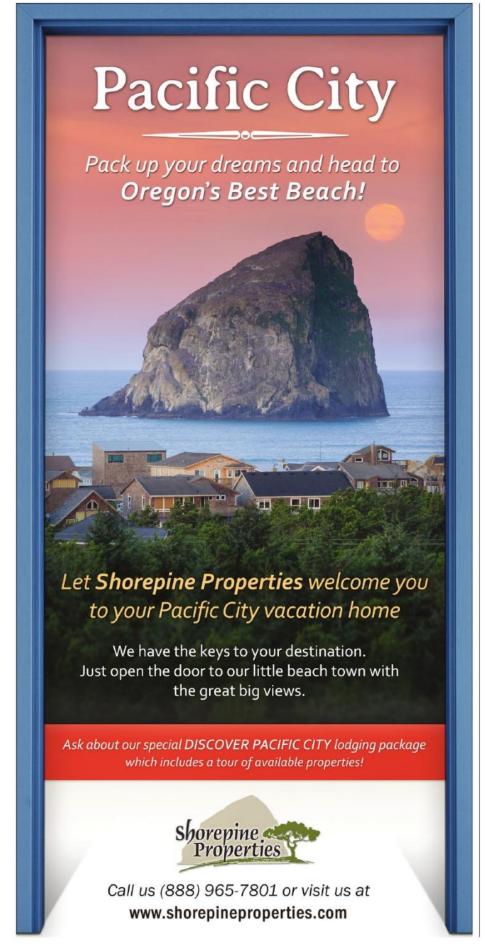
SCOTTA ASHCRAFT

First Vice President +1 206 292 6063 scotta.ashcraft@cbre.com

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VACATION HOMES ARE A WINNER IN LAS VEGAS

Las Vegas has long been a popular location for vacation homes. Blessed with year-round warm weather, great entertainment options, fine dining and outdoor activities, Las Vegas draws those looking for a retirement location and families seeking an exciting getaway.

Tyler Jones, co-founder of **Blue Heron Design Build**, has seen a marked uptick in the number of people looking to build second homes in Las Vegas in the past two years. His clients, who come from California, Canada, the Pacific Northwest and China, are looking for Blue Heron's "Vegas Modern" architecture and the seamless way the builder blends outdoor living with interior design.

"We bring a resort/spa-like style to architecture and yards that's appealing to many vacation homeowners," Jones says. "We've added elements such as outdoor movie theaters, fire elements to heat outdoor areas in the wintertime and water features to cool the homes."

The area's dry and warm climate, lower taxes and diversifying economy, coupled with high-end shopping and upscale restaurants, are fueling the housing rebound, Jones says.

"We've grown up a lot and have become much more sophisticated," says the longtime resident of the entertainment center. "Today, we are one of the nation's top restaurant scenes."

-M.S.В.

luxury community on the sunny south side of Kaua'i.

"When you want to bond with your adult children, nothing is better than having a grandchild magnet," Ruth says of her new cottage. "Everyone is just happier in Hawai'i."

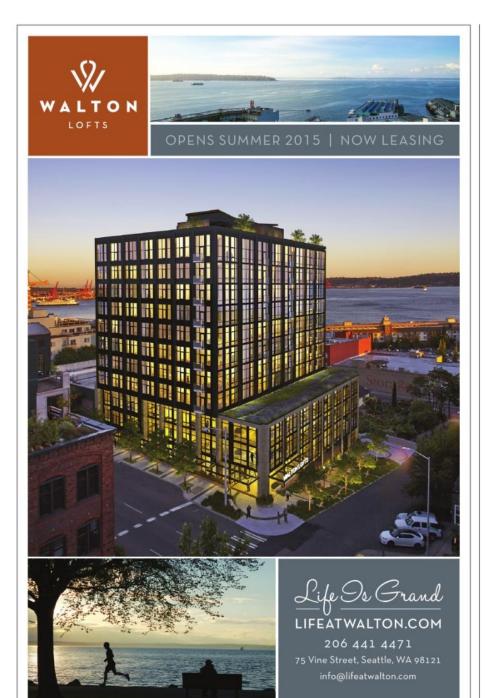
While the couple had previously bought and sold a Hawaiian condominium many years ago, they were drawn



A natural beauty never goes out of style.

FINE FURNITURE FROM SALVAGED TREES







back to Hawai'i because of its incomparable weather. Last year, on an anniversary trip, they purchased a two-bedroom cottage at Kukui'ula, a 1,010-acre residential community that offers ocean-view homesites that start in the \$850,000 range, as well as plantation-style cottages and luxury bungalows.

"We knew that Kaua'i was fabulous and had wonderful places to go that we had not visited," Ruth says. "We were also looking at the possibility of grandkids, so we decided to buy the cottage on that trip."

Their cottage is conveniently located near restaurants, a fitness center and several pools with waterfalls and a slide. It is also not far from a Tom Weiskopf– designed golf course.

Ruth, a busy Seattle entrepreneur who is launching her second company, and her husband, Bill, whose family owns an investment firm, knew they wouldn't have time to enjoy the cottage as much as they would like right away, so they took advantage of the option to put the cottage into the property's rental pool.

Bonding with their children is the main reason they purchased in Hawai'i again, but they also enjoy experiencing a different climate.

"There's something incredibly warm and comfortable about the tropics," Ruth says. "We really enjoy the humidity and the incredible smell of the flowers."

FINDING THE RIGHT LOCATION

Not everyone finds their bliss in warmer climes, however. Former Annapolis, Maryland, residents Karen and Bruce discovered the northern Idaho resort of Dover Bay (located where the Pend Oreille River meets Lake Pend Oreille) several years ago and decided to purchase a lot. They bought the property while still living in Maryland, where Bruce was the head wrestling coach at a military acad-

REAL ESTATE

emy. They began building a single-story 2,000-square-foot house in 2012, moving in a year later. The couple was drawn to the area because of its beautiful setting, numerous biking trails and proximity to nearby mountains.

Dover Bay also offers a fitness center and a restaurant, and is close to the town of Sandpoint and about 15 miles from the Schweitzer Mountain Resort, one of the Northwest's top ski areas.

"There's a real sense of community [in Seabrookl, and we have a nice social life, since there's always something going on."

"Dover Bay has so much green space and trees that you really feel like you are always out and part of nature," Karen says. "We really feel blessed that it worked out so well for us."

It can sometimes be difficult to find the right retirement location on the first try. Seattle-area residents Gary and Connie first tried retiring to the southwestern United States, but they found that they missed the Northwest's cooler weather.

The couple, a retired Boeing operations manager and a retired hospital administrator, returned to the Seattle area and began researching other places they might enjoy. They soon found the new Washington coastal vacation community of Seabrook. "We had owned a getaway house in Ocean Shores, so we knew we liked the coast," Gary says. "And we drove up to see what this new community was about in 2006. We loved the concept and the area."

Seabrook community founder Casey Roloff was all of 34 at the time, and his vision was to create a "New Urbanist" town modeled after Seaside, Florida, on

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www.AlmostIdahoScenicRanch.com

A true nature lover's paradise! 497 acre private estate includes a 49 acre private lake adjacent to National Forest, 9500 SF luxury main home, quaint log guest home, multiple cabins, caretakers home, outdoor dining pocono, shop, equestrianready barn, sports court, deluxe dock, well-manicured forest, pastures, fruit trees and gardens, over 20 miles of groomed trails, 100 megabit fiber-optic service on site, 60 miles to Spokane International Airport, close to smaller airports and room for helicopter pad. Endless outdoor recreation and an abundance of privacy

#15729 Newport, WA ~ \$9,995,000



www.MeadowRiverLane.com

Exquisite executive home with 9,164 SF and a nearly 15,000 SF separate entertainment and guest facility features a private, secure gated entrance to this 115.73 acre estate with 3,800' of the Little Spokane River meandering through the property. Designer amenities and finishes compliment the spacious floor plan. 1,700 SF attached garage; expansive outdoor living areas including outdoor kitchen and bar, manicured landscaping and panoramic views! 24 miles to Spokane International Airport.

#15739 Spokane County, WA ~ \$8,150,000



www.La-ZPackRanch.com

Well-appointed 76.42 acre ranch includes equestrian facilities bordering 1.3 miles of the Pack River with panoramic views and offers the best of country living with a luxurious 4,548 SF home, attached guest quarters, detached guest home, 80' x 150' barn equipped with indoor riding arena, six horse stalls, large tack room, private exercise gym and ample storage, 100' x 150' outdoor riding arena, multiple garages, video surveillance system, gorgeous landscaping, five summertime white sand beaches and trails throughout

#11919 Sandpoint, ID ~ \$2,249,000



www.LuxurvSeasonsPenthouse.com

elaborate Truly the most luxurious private residence at Seasons Sandpoint, this custom-designed corner, DOUBLE PENTHOUSE features 4,255 SF with professionally appointed and extraordinary custom amenities throughout. Designed with entertaining in mind, the open floor plan features multiple intimate spaces within the expansive living areas. Gourmet kitchen and dining room easily accommodate large gatherings. Sumptuous master suite, 4 additional bedrooms, 4 baths, 4 enclosed heated parking spaces, two 40' boat slips, 2 private balconies and generous storage

#11709 Sandpoint, ID ~ \$1,750,000



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the Washington coast, north of Ocean Shores. The 350-acre community is pedestrian-friendly, with plans for a total of about 800 homes on small lots and plenty of access to green space. It has a small retail core and amenities such as a heated swimming pool.

Gary and Connie returned to the community several times, renting cottages with family and friends. After exploring Seabrook's rental program, they took the plunge in 2013, buying a lot and building a 2,000-square-foot home.

Seabrook currently has 280 homes and has bike paths and footpaths that run throughout the property and down to the beach, leaving little need for residents or visitors to drive a car.

Initially, the couple thought they would keep their Seattle-area duplex as their primary residence, but they ended up moving to Seabrook full time in February 2014. They liken Seabrook to small-town America of yesteryear, where life is lived at a slower pace. Seabrook is the kind of town where bunting and American flags line Main Street for the annual Fourth of July bike parade.

"There's a real sense of community, and we have a nice social life, since there's always something going on," Connie says. "We have made lots of good friends. I can walk to a restaurant or buy a quart of milk without starting the car or fighting traffic."

MOUNTAIN RETREAT

Todd and Stacy represent a more traditional group of second-home buyers those purchasing accommodations not to live in full time, but to be closer to their favorite activities and vacation spots.

The San Diego couple found that the Snowcreek Resort at Mammoth Lakes, in the Sierra Nevada mountain range, was perfect for their needs. They purchased a condominium last year at the resort,

REAL ESTATE

located on the southern edge of Mammoth Lakes and a short distance from Mammoth Mountain Ski Area. The resort is home to the highly rated Snowcreek Resort Golf Course, the first golf course built in the Mammoth area. Other amenities include an athletic club that has a spa, workout rooms, a bistro, and racquetball and tennis courts.

"We love to ski, and owning was best financially for us," says Todd, an investment fund manager. "Economically, the timing was right."

BIG-CITY GETAWAYS

Many people are also discovering the joys of urban retreats. Peter and Susan, for instance, enjoy living in Grants Pass, Oregon, on the banks of the legendary Rogue River, which is known for whitewater rafting, fly-fishing and nearby forest trails.

Every day can feel like a vacation there, so when the couple, who founded a mortgage brokerage firm, want to experience a change of pace, they travel to vibrant cities such as Portland, with its restaurant scene, plentiful shopping and cultural activities.

The couple, who are both 56, bought a condo in Portland in the 1990s, which they would visit every third week of the month. However, when the mortgage downturn hit in the late 2000s, they rented it out. Missing those monthly visits, the couple recently sold their old condominium and purchased a third-floor condo at the new Cosmopolitan On the Park building in the city's Pearl District, which is slated to open in 2016.

"We're kind of foodies and like to go out to dinner and relax, so we look for good restaurants, good food and a good atmosphere, which is why Portland is at the top of our list," says Susan, who grew up enjoying the famed food scene of New York City.

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GREAT DEALS AMID RUSTIC BEAUTY

While the second-home market has been recovering in recent years, there are still plenty of good real estate deals available in the West. Many resorts across the region offer fantastic landscapes, abundant activities and great values. One such resort community is Bend, Oregon.

In 2013, San Diego residents Brian and Kara decided to spend four days at Pronghorn to golf, mountain bike and check out the Bend area. Set on 640 acres and surrounded by 20,000 acres of preserved lands, Pronghorn boasts two championship golf courses—a public course designed by Jack Nicklaus, and a private course designed by Tom Fazio. Bend is just 30 minutes away, and Mount Bachelor, with its excellent winter skiing, is about 45 minutes away.

The couple were impressed. They wandered into the resort's real estate office to look at properties. One particular house caught their eye. It was large enough to accommodate their five children and a grandchild, and close to yearround activities that they all enjoyed. Brian, a corporate executive, took advantage of the still-recovering market in second homes to buy the spacious fivebedroom house, which includes a wine cellar, huge rock fireplace and three-car garage, for a price well below market value. Brian has since become an executive with a Seattle biotechnology company, making access to Bend even more convenient.

"We've fallen in love with the home and have decided that Bend is the place we ultimately want to hang out," Brian says. "For the price, this was about as big a home run as we could imagine. We have an adventure ahead of us, and it's going to be a blast."

M. Sharon Baker writes from Seattle.







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Saving Graces

Green retrofit projects create clean, comfortable living spaces | By Renee Brincks

When Jon and Mizuki Anderson

made plans to remodel their home in Seattle's Belvedere Terrace neighborhood, they weren't aiming for sustainability awards. The couple simply wanted more space for their three young children, and they hoped to update the 1947 structure with design elements from Mizuki's native Japan.

"It was about using the space as efficiently as possible," says Jon Anderson. "We just needed to optimize it for our life."

Working with Seattle-based Cast Architecture and the contracting firm Model Remodel, the Andersons outlined an airy plan that took the house from two bedrooms to four by stacking a second story atop the original structure. In the process, the design and construction team encouraged the family to pursue Built Green certification. Developed by the Master Builders Association of King and Snohomish Counties (MBAKS), the voluntary program establishes environmental standards for construction materials, energy efficiency, water use and indoor air quality.

The green building concept resonated with Anderson, a Northwest native and former Boy Scout.

"It's like leaving a campsite better than you found it. We can leave the environment a better place, and we can do that within our budget," he says.

Anderson joins an increasing number of homeowners applying green building practices to renovation projects. Driven by the desire to conserve



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▲ Best results from green retrofits are obtained by a thorough review of the homeowners' budget, lifestyle and objectives.

resources, cut utility bills, decrease chemical exposure and boost resale values, families are investing in more than just energy-saving LED lights and low-VOC paints. Forty-nine percent of respondents in one poll listed eco-friendly home features as more important than luxury items, reports the nonprofit U.S. Green Building Council (USGBC), and estimates suggest that green single-family homes will represent as much as 33 percent of the market by 2016. More than 71,000 residential units have

received the USGBC's Leadership in Energy & Environmental Design (LEED) home certification since the program's 2008 launch.

In the Puget Sound area, Built Green has certified more than 25,000 living units in the past 15 years, including more than 50 percent of Seattle's new residential construction in 2014. The Andersons' home renovations earned Built Green 4-Star certification (the program awards 3-, 4-, 5- or Emerald Star ratings) and won an MBAKS Green Remodeling Excellence award. Contractors reused existing hardwood floors, installed efficient doors and beefed up insulation. Well-placed, efficient windows let in natural light that warms and brightens the home. A high-performance radiant heating system produces additional savings, and it eliminates the allergy-inducing dust scattered by the furnace it replaced.



REAL ESTATE

The remodeled home features a light environmental footprint without sacrificing modern aesthetics.

"People don't tend to associate green building with high design," says Cast Architecture's Tim Hammer, who oversaw the Andersons' renovations. "But today, we're able to follow sustainability guidelines and create beautiful homes in the same project."

To get clients thinking about sustainability, Seattle-based Model

Remodel owner Jason Legat starts by discussing a family's needs and lifestyle, after which he suggests materials made with recycled content, reclaimed lumber and formaldehyde-free components.

"At the beginning of a project, some clients don't have the intention of doing a sustainable project. But we show them options, and sometimes the prices are



It may seem old hat by now, but boosting attic insulation is still an effective way to save energy and money. Simple apps help homeowners quantify the savings.

the same or even less," Legat says.

While some green building practices require an upfront investment, agencies such as Energy Upgrade California, the Washington State Housing Finance Commission and the Oregon Department of Energy can help offset costs. Homeowners also record long-term savings through lower utility bills.





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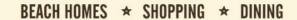
Even as far north as sub-Arctic Alaska, solar panels are viable energy generators.

Those small savings add up to real financial and environmental benefits, explains Aaron Adelstein, who oversees Built Green as MBAKS director of association programs. Built Green's 25,000 certified residences save a total of 156 million gallons of water annually. That's more than enough to fill Seattle's 76-floor Columbia Center tower.

"We're just measuring savings," says Adelstein. "That's not even saying that people in these homes conserve more water. That is just based on them having higher-performing fixtures."

He encourages builders and homeowners to outline goals and then take green steps that suit their budget. Using stained concrete floors in a basement, for example, can free up funds for efficient appliances or eco-friendly flooring.

"It takes a little shift of mindset on the cost side," says Lisa Petterson, director of sustainability resources at SERA Architects in Portland. Her firm provides sustainable design and master planning services for commercial and public projects, including mixed-use and multifamily housing developments. When Petterson analyzes construction options and costs, she factors in issues such as durability and health. Investing in nontoxic building materials or heating systems that minimize dust and mold may



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and **home energy monitors** is helping homeowners minimize energy use when they're asleep or away. Such tools identify usage patterns and allow consumers to program and remotely control heating and cooling systems via smartphone apps, tablets and personal computers.

These systems could someday expand to include window controls, as well. View Dynamic Glass developed panes that electronically adjust to exterior conditions, tinting automatically according to a programmed schedule or through a tap on a mobile app. While the company currently serves commercial clients, that could change as more builders are introduced to the product.

"There's nothing in the technology we apply to commercial buildings that would prevent us from applying it to residential buildings," says Brandon Tinianov, View's senior business development director.

diminish the need for future medical visits and allergy treatments.

Quantifying the health impact of green homes is the holy grail of residential sustainability, according to Build It Green Deputy Executive Director Bruce Mast. His nonprofit promotes sustainable home projects across California.

"We know that green practices improve indoor air quality in the home. We know we're going to reduce the volatile organic compounds. We're going to have better ventilation and more fresh air, and we know that's going to have real benefits, particularly for people with asthma and respiratory stress. But, it's really hard to put a dollar value on that," he says. "A lot of work goes into how to better understand those things."









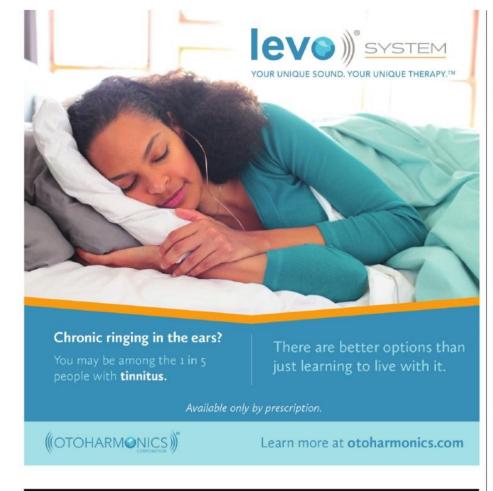
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"The focus is bottom-line benefits," says Mast. "How are we going to lower utility bills, make this home more comfortable, more durable and more healthful in a tangible way?"

Alaska's Cold Climate Housing Research Center (CCHRC) in Fairbanks uses green building strategies to address another climate-related challenge: cold temperatures. Many families struggle with expensive energy bills during the state's winters, explains CCHRC founder and CEO Jack Hébert.

"The average cost of energy in Fairbanks is a third of household income," he says. "In many regions of Alaska, we've been able to reduce energy use in a standard new home by 80 percent. If you have an \$8,000-a-year fuel bill to keep your family warm, an 80 percent reduction has a huge impact on your life."

Some Alaska communities face elevated rates of respiratory trouble because residents seal drafty homes with caulk, and then burn wood for affordable heat. That leads to moisture buildup and mold growth in older homes that lack proper ventilation, and the smoke contributes to outdoor air pollution, as well. Green retrofits on existing homes protect air quality while cutting household energy costs up to 50 percent.

"Think about your energy use. Think about how you live, how you get to and from work, what kinds of foods you eat. Then think about what kind of home you have and how you can lower your footprint within your daily life," Hébert says. "Human behavior is *the* most important part of a sustainable lifestyle."

Hébert says this holistic approach to sustainable building yields a more successful outcome than item-by-item design. After all, the aim of sustainability is both better lives and a better world.

Renee Brincks is based in San Francisco.

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ICONS OF OUTDOOR ADVENTURE

FROM MOUNTAINS TO SEA, TRAILBLAZERS HOPE TO PROVIDE INSPIRATION TO ALL

BY NICHOLAS O'CONNELL

hen Tommy Caldwell and Kevin Jorgeson set out to climb the Dawn Wall of El Capitan they had no idea if they could pull it off. After all, the route up the 3,000-foot vertical wall on the 7,573-foot iconic peak in Yosemite National Park had never been climbed "free," with ropes only for safety. Other successful attempts relied on artificial aids such as pitons to allow climbers to hoist themselves

up the wall. Only Caldwell had attempted earlier to "free climb" the face, and he had failed.

The pair took off on December 27, 2014. They traded leading pitches (a 200-foot rope-length) up the near

Tommy Caldwell (pictured) and his partner Kevin Jorgeson relied on hands and feet to climb El Capitan; their ropes were just for safety.



vertical face, using the rope only to catch them if they fell, employing finely honed rock climbing skills to ascend using tiny granite holds, thin cracks and any feature they could find. They easily made five of the route's 32 pitches, making excellent progress. But then the climbing got harder, with a section near the top of the scale of rock climbing difficulty. Day two they did four pitches. Day three they climbed one difficult pitch and, exhausted, spent the next day resting on a small port-a-ledge attached to the granite face.

Over the next 15 days, they battled their way through the most difficult sections on the wall. It took Jorgeson 10 attempts before he succeeded on a blank traverse rated the hardest pitch of the climb. On rest days, they repaired holes in their fingertips with sandpaper and Super Glue, hoping their bodies and hands could withstand the strain.

When they topped out on day 19, the news went viral. The climb electrified the country. It inspired people who otherwise would have no interest in climbing. People may not have understood how or why they did it, but they recognized the skill, drive and aspiration needed to pull it off.

"I learned from the Dawn Wall that I'm a hopeless optimist," says Caldwell, of Estes Park, Colorado. "It sometimes seemed like all hope was lost. We kept climbing despite bad weather and our bodies failing, but I always believed we'd get there."

At a time when the news seems full of conflicts abroad and political wrangling at home, accomplishments such as Caldwell's stand out as inspirational and hopeful, highlighting the best of the human spirit. Here was an adventurer hanging by his fingernails, literally, on a towering, sheer cliff face, declaring himself a "hopeless optimist."



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Ingrid Backstrom was the first woman to ski down Alaska's 20,320-foot Denali.

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PLACE TO BE."

No matter the age, the instinct for adventure remains at the heart of human experience. As someone drawn to such pursuits throughout my life, whether climbing difficult cliffs, skiing steep slopes or rafting wild rivers, I've learned firsthand that these experiences enrich your life and expand your spirit, refreshing and renewing yourself and offering clues about how you fit within the larger cosmos. That's why I write about outdoor adventure.

Rather than being just private, self-centered enterprises, such experiences have the power to inspire others, even if they will never set foot on Everest, surf a massive wave or sail a storm-tossed sea. Many of the world's leading exponents of adventure sports realize they are offering a beacon for others. The adventure icons here have pushed themselves to the limit and beyond—and learned from it.

INGRID BACKSTROM-BIG MOUNTAIN SKIER

It's plenty challenging to climb Alaska's Denali (Mount McKinley), at 20,320 feet the highest point in North America. But it's an even bigger accomplishment to ski it. In June, 2011, Ingrid Backstrom set out to do just that. After all, as a professional skier who has descended steep, avalanche-prone slopes around the globe, she had the skills to ski down "The Great One." *Powder Magazine* calls her the most successful female big mountain skier ever.

She attempted the peak as part of a North Face expedition, approaching it via the West Buttress, the most popular route to the summit. The group traveled at night to take advantage of stable

snow conditions, dragging sleds of supplies behind them. Despite the exhausting climbing, Backstrom gradually acclimatized, ascending the gentler slopes on skis and the steeper ones on foot.

After reaching the summit, she evaluated the conditions. Was the snow stable? Was it likely to avalanche? Backstrom has learned to be cautious when descending a slope, a trait that has kept her safe in the dangerous world of extreme sports, a lifestyle that claimed the lives of her brother Arne Backstrom and mentor Shane McConkey.

"I try to approach it from a place of total respect for the moun-

tain," says Backstrom, who lives and trains in Leavenworth, Washington. "I approach it with an eye on safety. But if the avalanche danger is low, I love the freedom of it."

Confident in the stability of the slope, Backstrom clicked her boots into her skis and joined the others as they descended. Crusty, wind-blown snow at the top gave way to powder below. Despite the high altitude, Backstrom turned gracefully through the powder.

"I like to go fast if conditions are good," she says. "I like to be out there with friends, with the wind in my face—flowy, fast, opportunistic."

That day the group descended a steep slope down to the high camp at 17,000 feet where they spent the night. The following day, they side-slipped down an icy couloir to the 14,000-foot camp. Finally, they skied on down to Denali base camp on the vast Kahiltna Glacier, a run of some 7,000 vertical feet over miles of stunning terrain.

"It was close to the solstice," she says. "We skied down in the twilight, with a pink and purple sunset. It's such a beautiful environment. Mountains feel like the right place to be."

Try to approach it from a place of total respect for the mour

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Liz Clark is sailing solo around the world—and surfing along the way.



SURFER/SAILOR LIZ CLARK

Liz Clark has no permanent address. She departed Santa Barbara, California, in 2005 to explore the world on her sailboat, the *Swell*. She has traveled thousands of miles and weathered dozens of storms, experiencing amazing adventures while exploring the coasts of Mexico and Central America, the Galapagos, and French Polynesia, where she is now.

"Traveling the world by sailboat is a constant adventure," she says. "There is no foolproof safety net when you're out at sea or in a remote locale. Anything can happen. I've met other sailors who have hit a whale, been knocked down by high winds or waves, fallen overboard or been run down by a ship. The unknowns and possible dangers are endless!"

Clark travels solo with a cat named Amelia (after Amelia Ear-

hart) as first mate. While exploring, she uses Google Earth and weather forecasts to find remote surf breaks. In the spirit of saving such pristine sites for other adventurers, she never reveals their precise location.

"Surfing remotely has taught me that you don't have to fit anyone else's ideas of what is 'good' or 'bad' to be a surfer," she says. "Surfing is an outlet for self-expression—it's art. The feeling of the sea on your body, the speed, the glide, the simplicity, the union, the challenge, the excuse to be saturated in the sea's beauty—it's endless wonder and fun."

Eventually, Clark hopes to circumnavigate the globe, a long-held dream, but she's not in a hurry to make it happen. She enjoys the process of sailing, surfing and exploring as much as she does reaching a destination.



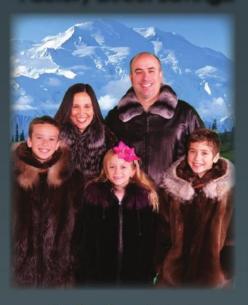
Ed Viesturs reached the summit of Everest without using supplemental oxygen in 1990, on his third attempt.

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ICONS OF OUTDOOR **ADVENTURE**

"On every voyage, there is a degree of uncertainty that keeps it exciting and interesting," she says. "It's a chance to bond with Mother Nature and feel your power and powerlessness at the same time. There aren't many times in our modern world that we actually rely on our own wits for survival. Sailing gives you that opportunity—a chance to test your strengths and learn your weaknesses. I like the freedom and rush of feeling completely self-reliant. For me, this is a huge part of the appeal."

ED VIESTURS-ABOVE IT ALL WITHOUT OXYGEN

Like Tommy Caldwell on the Dawn Wall, Ed Viesturs didn't know if he'd be able to reach his goal of summiting all the world's 8,000-meter peaks-a total of 14-without oxygen. Only 15 human beings have managed the feat, which is a physical and logistical challenge. The uncertainty proved part of the appeal. Setting the goal accentuated the adventure, forcing him to push his limits, though seldom beyond what he considers safe.

He began this quest in 1989 while attempting Kangchenjunga (28,169 feet) in Nepal. Despite the high altitude and his decision not to use bottled oxygen, he felt strong all the way to the summit. He learned he had a natural physical gift for acclimatizing. Though he didn't yet dare to think he could one day climb all 14, he had embarked on the path.

In 1990, he was invited to Mount Everest, at 29,035 feet the highest peak in the world. It was his third attempt on the peak, after being turned back in 1987 just 300 feet from the top. Viesturs' attention to pushing the limits only so far became one of his hallmarks, allowing him to survive the dangerous game of high altitude mountaineering.

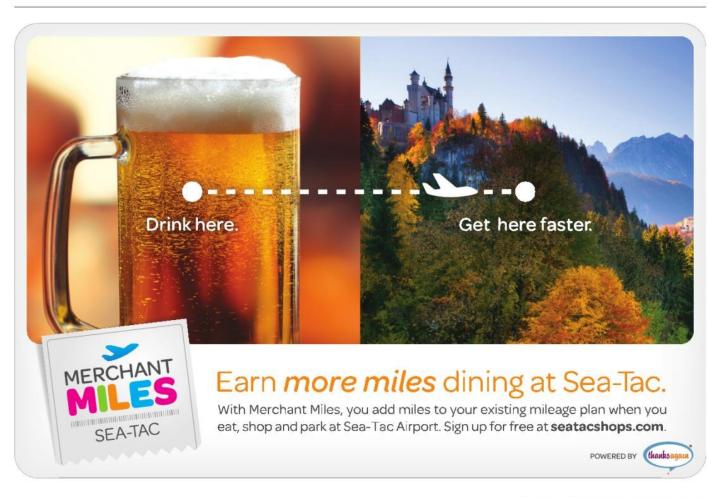
"It was a very rewarding and satisfying moment when I took those last steps up to the top of Everest," says Viesturs, who now lives in Sun Valley, Idaho, and





is a widely sought speaker on leadership and teamwork. "You have to have a lot of physical and mental fortitude to do it without oxygen. You have to tell yourself, 'I'm going to breathe 15 times and then take the next step—for 12 hours.' That takes a lot of inner strength. You have to be willing to pay the currency of toil to do it." Apa Sherpa has reached the summit of Everest 21 times, a record he shares with a fellow Sherpa. Along the way, crossing the crevasses of the Khumbu Icefall is among the many challenges. After Everest, Viesturs climbed K2, the world's second highest peak. With three of the biggest 8,000ers down, he embarked on a multiyear campaign, following in the footsteps of famed South Tyrolean climber Reinhold Messner, who pioneered the ascents of all 14 8,000ers without oxygen. This was a herculean task—climbing any one of these peaks using bottled oxygen is difficult enough—but Viesturs enjoyed going on expeditions anyway, so he went ahead with the project.

"I like things that take a long time to accomplish," he says. "I



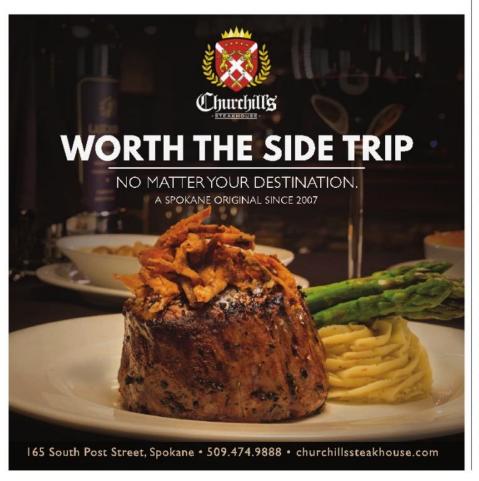
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ICONS OF OUTDOOR **ADVENTURE**

love the logistics, the packing, the travel. If you do what you love, you'll love what you do. After a trip was over, it didn't take long for restlessness to set in. I'd start planning for the next one."

Climbing 8,000-meter peaks such as Everest and Kanchengjunga is a risky business, but Viesturs minimized the risk by setting strict turnaround times on the peaks, reading the weather and developing a keen instinct for when to head up and when to descend.

In May, 2005, Viesturs reached the

"I DIDN'T KNOW WHETHER I COULD MAKE IT OR NOT. **BUT WHEN I GOT** ON THE TOP I WAS SO EXCITED. IT WAS LIKE HEAVEN."

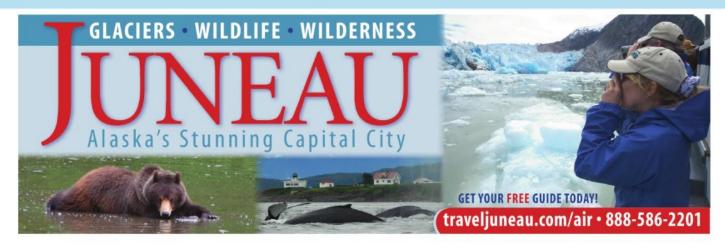
top of the last of the 8,000-meter peaks, Annapurna, one of the world's most treacherous summits and one he had attempted twice before. He thus became one of only a handful of climbers and the only American to accomplish this impressive feat, putting him in rarified company, indeed.

APA SHERPA-THE RECORD FOR **EVEREST ASCENTS**

Apa Sherpa grew up in the shadow of Mount Everest, in the village of Thame, in the Solu Khumbu region of Nepal. From an early age he wanted to be a doctor, but at 12 his father died and he had to take responsibility for his family, dropping out of school to work for mountaineering groups. He worked his way up from kitchen boy to porter and began climbing in 1985, one of the most prestigious and best-paying jobs in the region.

After one unsuccessful attempt, he

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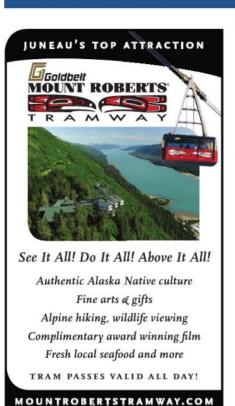
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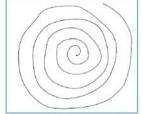
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reached the summit of Everest on May 10, 1990, with a New Zealand team led by Rob Hall along with Peter Hillary, son of Sir Edmund Hillary, who was the first to reach the top of Everest in 1953.

"I was nervous," Apa says. "I didn't know whether I could make it or not, but when I got on the top I was so excited. It was like heaven."

Apa became a Sirdar, or chief Sherpa, for many high altitude expeditions in the Himalayas, but mostly on Everest. An upbeat, tireless climber, Apa wasn't particularly bothered by high altitude, allowing him to summit Everest 21 times, a world record that he shares with a fellow Sherpa.

Each time he climbed the peak via the south side, he had to pass through the notorious Khumbu Icefall, a treacherous section of shifting blocks of ice below the Khumbu Glacier. He always moved carefully through it, aware of the dangers. Apa was fortunate to safely negotiate the icefall many times. Others were not so lucky. On April 18, 2014, an enormous avalanche unleashed above the icefall, killing 16 Sherpas who were preparing it for the spring climbing season. Many of the dead were Apa's friends and colleagues.

"The Sherpas who died didn't have a choice of jobs," he says. "My goal is education because without it, we don't have a choice of jobs."

In 2009, Apa founded the Apa Sherpa Foundation, dedicated to improving education and economic development in Nepal. Today, he lives in Draper, Utah, where he runs the foundation, raising money for schools so Sherpas will have the opportunity to choose among many different careers, even becoming doctors if they wish ... just as the adventurers in this story make their choice to confront the outdoor world's challenges.

Seattle-based adventure writer Nicholas
O'Connell is the author of the novel, The
Storms of Denali.



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Overcoming Obstacles

A new type of race challenges participants and offers unique ways to get into shape By Buddy Levy

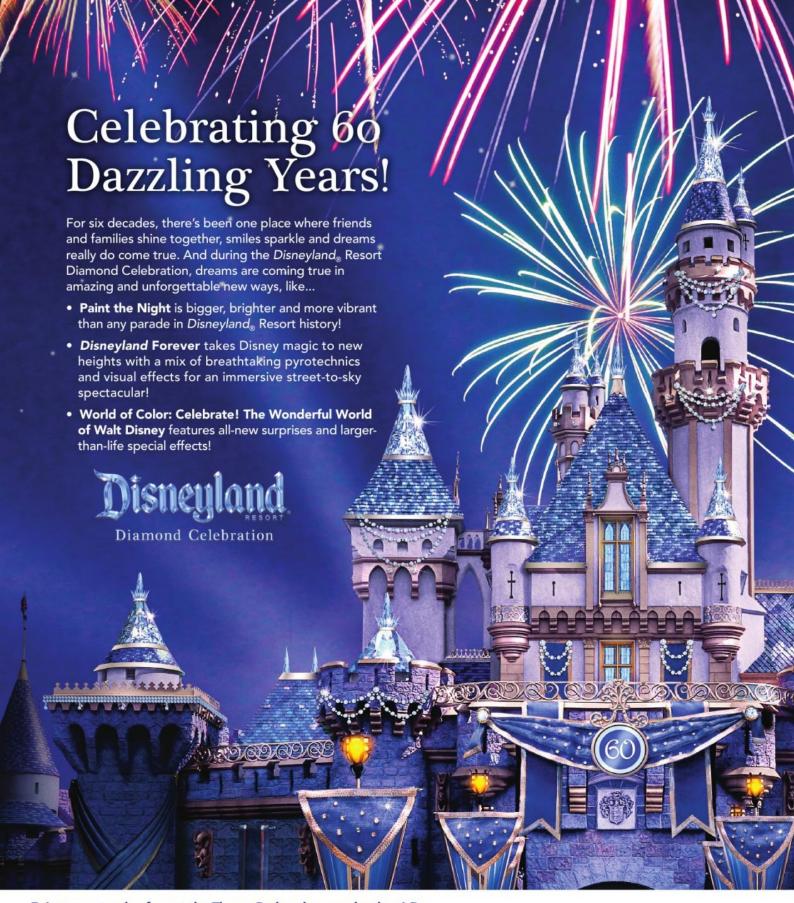
climb the seaweed-slick cargo netting and pause halfway up the 20-foot vertical barrier of slimy rope. My arms and legs feel heavy and numb, and I hang there shivering. I'm beginning to doubt I can make it to the top.

I've already run 5 miles of mountain trails, paddled 2 miles in an inflatable kayak and swum a quarter mile in the cold bay around Vancouver, British Columbia, to reach this floating obstacle. My wife, Camie, a faster swimmer, has beaten me up the netting and now waits at the top, encouraging me.

"C'mon, you're almost there!" she yells. I claw toward the top, but lose my footing on the briny rope and plunge backward down into the bay. Other racers swim toward me, bobbing in their orange life jackets, so I steel my will and pull myself onto the cargo-net wall once more, and this time I make it to the top.

"Good job, now let's go," says Camie. My legs quivering with fatigue, I stand next to her on a wooden platform atop the obstacle. "One, two, three, JUMP!" Holding hands, we leap back into the bay from the other side of the obstacle and swim to shore. Once on land, we carry a railroad tie on our shoulders through a 30-yard-long, knee-deep mud bog, ride mountain bikes for 5 miles and then maneuver through a rope maze to complete the race. After three and a half hours, we limp across the finish line, covered in mud, knees and elbows bloody, but beaming with accomplishment.

It's 1998, and we've just finished an off-road



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adventure race with obstacles—a kind of hybrid triathlon popular in the late 1990s and early 2000s. The race was a precursor to today's obstacle-course races, which now boast more than 5 million annual participants and more than 300 races worldwide.

Ian Adamson, a world-record-holding multisports athlete and president of the International Obstacle Racing Federation, says the rise in popularity of obstacle races has resulted from basic human traits. "First, humans want to move. We're supposed to move—moving keeps us alive and alert and

"We love to play.
Obstacle racing
fulfills those intrinsic
human desires to
move and to play."



healthy and fit," Adamson says. "And we love to play. Obstacle racing fulfills those intrinsic human desires to move and to play."

Obstacle races test one's speed, balance, endurance and strength, traits required of an all-around athlete. They also tap into our inner child—the kid who is still within all of us who wants to run around the playground and get really dirty.

The current slate of obstacle races available in North America and internationally provides something for almost everyone. They range anywhere

from I to I2 miles in length, and usually involve participants running a set course that is interspersed with a combination of obstacles, which often include crawling through mud bogs, climbing ropes over walls and, on occasion, leaping over flames.

The following race examples run the gamut from mainstream programs that attract many participants to more difficult races that may be better suited for more-experienced athletes. Above: Each BattleFrog obstacle, including the monkey bars, relates to a physical challenge that the Navy SEALs face during training.

Below: An enthusiastic racer completes the Alcatraz obstacle and jumps into the water during a Warrior Dash event.



Mud and Slime Runs

If you want to push past the usual 5K running races and add some adventure in the process, try entering a mud or slime run. Essentially a running race with mud or green slime involved, such races are all about the fun, even though many of them are timed. Some



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race organizers incorporate obstacles such as slides, bogs and tubes to crawl through. However, the obstacles are benign, and the atmosphere is festive, with the goal being to have fun and finish the course, usually in less than an hour.

In many cases runners can choose to go around an obstacle without disqualification. Zany costumes abound, and there are often prizes for the best outfits. Many races also offer kids divisions, so bring the whole family and get muddy and slimy!

Upcoming mud and slime runs:

Tough Mudder (toughmudder.com):
Hudson, Wisconsin: July 18 and 19,
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Suds (mudstosuds.com): Ferndale, Washington, August 29; The Survivor Mud
Run (survivormudrun.com): Lake
Elsinore, California, September 19.

Spartan Race

One of the most recognized and well-branded of the obstacle-race franchises is the Spartan Race. The program's mission is to get people back to their primal roots by making them run, jump, climb and sweat. They will also crawl and swim, and they just might cry.

Cofounder and CEO Joe De Sena, who is also known for books such as *Spartan Up!*, which offers advice for reaching your peak performance, has an extensive history as an Ironman competitor and an obstacle-course creator. In 2011, he created the Spartan Race with three distinct distances: the Sprint (3+ miles, with 20 or more obstacles), the Super (8+ miles, with 25 or more obstacles) and the Beast race (13 miles, with 30 or more obstacles).

One of the Spartan Race's unique obstacles is the spear throw, often the last obstacle before the finish. When contestants are so tired they can barely lift their arms, they are required to hurl a wooden spear into hay bales 10 to 20 yards away. Failure to complete any Spartan task

results in a penalty of 30 "burpees"—a squat-topushup-to-jump combination—which the contestants must complete before continuing.

The Spartan Race Series has now expanded to 20 countries worldwide, with a goal of reaching 42 countries—the minimum required for consideration as an Olympic sport. To meet demand, the popular races are held in rural areas and in major American baseball stadiums, including Boston's Fenway Park. The stadium courses integrate the stands, corridors, and field railings as obstacles.

The Spartan Race World Championships will be held at Squaw Valley, California, on October 3 and 4, and will be televised on NBC.

Upcoming races will be held in Palmerton, Pennsylvania, July 11, 12 and 18; San Francisco, July 18; Washington, D.C., August 1; and Washougal, Washington, August 8 (spartan.com).

Warrior Dash

You stand at the finish line of a 3.1-mile course, wearing a two-horned warrior helmet. You are caked



head to toe in muck, and your shin hairs are slightly singed from jumping over a small fire. You hoist a stein of beer in one hand and a turkey leg in the other. Live music booms from the nearby post-race party. You've just completed a Warrior Dash, one of the original—and arguably continued on page 158

International Obstacle Racing Federation President Ian Adamson (far right) wants to see an obstacle-course race become an event in the Olympic Games.







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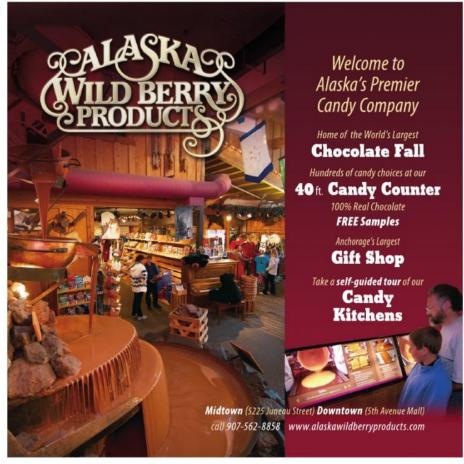


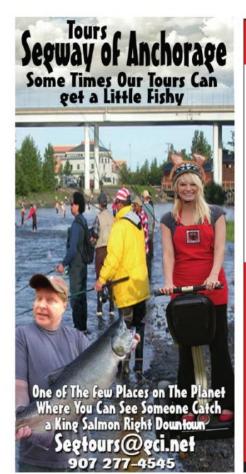
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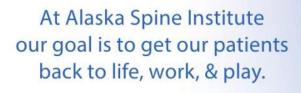




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from page 153 among the most festive—of the obstacle-course races.

Created in 2009 by Joe Reynolds, the Warrior Dash was the first nationwide obstacle-course series. Reynolds first launched a series of obstacle-course races, known as the Great Urban Races, in 2007 in his home state of Illinois. Wanting to bring the same level of excitement to a larger number of participants, including everyday people considering their first 5K or fun run, he launched the first Warrior Dash in 2009.

Since then, more than 2 million people have run the races, which are held in 30 locations worldwide. "The Warrior Dash appeals to racers of all calibers. It's a gateway to fitness for our participants, many of whom are trying their first race and will often return year after year, increasing their abilities each time," says Tad Jenkins, vice president of marketing for the Warrior Dash.

On the course, be prepared for the Warrior Roast: burning logs with flames flickering into the air. Later, you will face Goliath, a daunting two-story wooden obstacle that requires participants to climb cargo netting to reach an elevated gangplank suspended over water, all the while being drenched with sprinklers. You must cross the 20-foot plank without plummeting into a water-filled trench.

At the finish line, you receive your warrior helmet and a medal. Grab a turkey leg—the victorious Warrior's signature meal—and join the party in the festival area.

Upcoming Warrior Dashes will be held in Hastings, Minnesota, July 11; Bonney Lake, Washington, July 18; and Windham, New York, July 25 (warriordash.com).

BattleFrog Series

The Navy SEALs (which stands for sea, air and land) are arguably the toughest soldiers on the planet, and their training is legendary.

In BattleFrog, you can get a small

FITNESS RACES

taste of what the SEALs' training is like. The program is designed and developed by former Navy SEALs to be a demanding course that tests the strength, skill, ability and determination of each athlete taking part.

The 2015 BattleFrog Series will include 14 different events that offer numerous race options, including the signature BattleFrog (an 8K course that features more than 25 obstacles) and the BullFrog Mile for kids 10 and older (a mile-long course with 10 obstacles). There will even be a 400-meter Tadpole Dash for kids under 10. BattleFrog will also be giving away up to \$1 million in cash and prizes this year to competitors.

The obstacles are designed to reflect the SEAL military experience. A standard course usually includes "Normandy Jacks," a lengthy mud crawl across a series of hummocks, beneath low-hanging wires. The feature was inspired by obstacles faced by Allied Forces during the Normandy Invasion on D-Day.

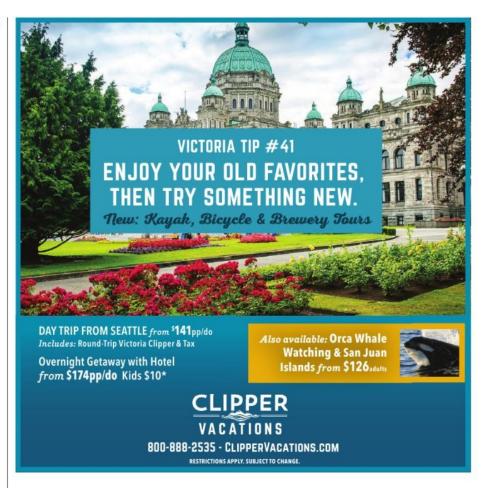
There is also the "Tsunami," an obstacle that requires participants to use ropes to scale one side of the obstacle and then run down the other side into a mud pool.

Upcoming BattleFrog races include Barre, Massachusetts, July 25; Pittsburgh, August 8; and Cincinnati, August 29 (battlefrogseries.com).

WITH UNPARALLELED GROWTH perhaps not seen since the jogging boom of the 1970s, obstacle-course racing continues to build its popularity. And if organizers such as Joe De Sena and Ian Adamson have their way, we will see obstacle racing in the summer Olympics very soon.

In the meantime, millions of people across the country are gearing up to take part in an array of obstacle races, letting the little kid inside of them run, jump, climb and get really dirty.

Buddy Levy is an author, journalist and writing professor living in Northern Idaho.





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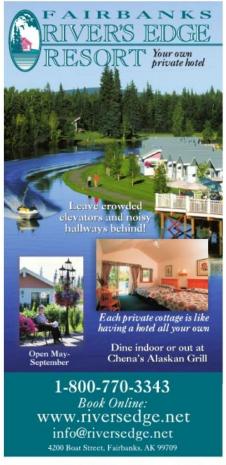
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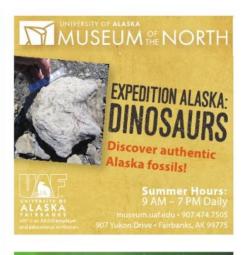
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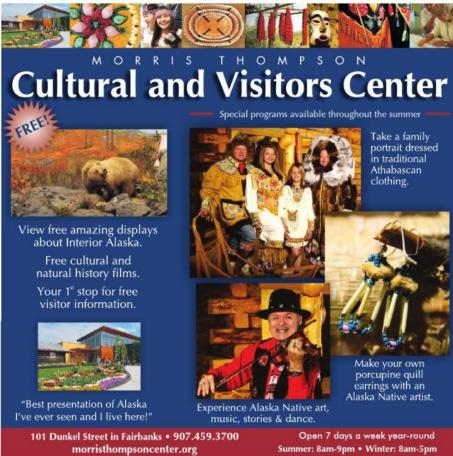
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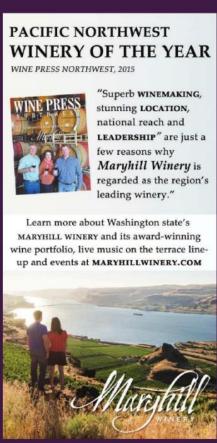


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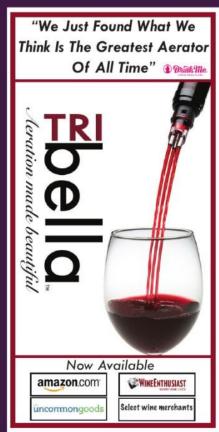












CONSUMER FOCUS



Sizing Up Smartwatches

By Skip Ferderber

The latest consumer-electronic device to capture the attention of the technology world is the smartwatch, an intriguing new product that is part watch, part minicomputer. Led by the media hype surrounding this past spring's release of the Apple Watch, the smartwatch movement has been all the buzz for months. However, it may be a misnomer to call these devices smartwatches. They do tell the time, but

they are actually closer in application and features to today's smartphones and tablets, and virtually all, except for a very few models, are used in connection with a smartphone through the use of a phone's Bluetooth wireless system.

Information you are accustomed to handling on your mobile device can be transferred to your smartwatch. You will be notified by vibrations or by flashing messages on the watch's small screen. It can alert you to phone calls, text messages, traffic alerts, reminders, notifications about upcoming events and news flashes, to name just a few uses.

A smartwatch adds a level of convenience you may not experience from a smartphone, allowing you to become relatively hands-free. It eliminates the need to haul out your phone for every notification or text message you receive. Instead, you can answer text messages, control your phone's music player, check the weather, monitor drive-time traffic and more—all from your wrist. However, keep in mind that the watches won't replace any device you currently use.

In fact, other than a very few models, smartwatches need to have smartphones a few feet away in order to do all their tricks; otherwise, they are just overpriced watches.

Viewing the future

Even though it is very early in the development of smartwatches, they still offer a tempting view of the role they could play as their capabilities continue to expand. New services and apps are continually being introduced. Apple is bringing its smartwatch to market with more than 6,000 apps. Microsoft is openly soliciting thirdparty apps for its fitness Band watch, and companies are launching their own apps.

Alaska Airlines, for example, recently released an Apple Watch app that lets you check in and board your flight, among other features. And both Apple and Android are racing to sign up companies for their respective payment systems that will allow you to pay for goods simply by flashing your smartwatch instead of a credit card.

Smartwatches also have the potential to change how we monitor our health and exercise. Because the devices provide unique body monitoring, they offer some of the most accurate body information available. Seattle-area executive and fitness fan John Slitz used to suffer from an irregular heartbeat. To monitor his heart and make sure that the condition hasn't returned, Slitz wears a Fitbit Charge HR that keeps track of his pulse from his wrist and stores the information.

"It gives me a 24/7 readout," says Slitz.
"And it lets me know when my heart is working harder. It even monitors me when I sleep."

Still, there are skeptics, including leading technology analyst Rob Enderle, who says the current generation of smartwatches won't last very long and aren't worth what they currently cost. He even argues that the industry is making a mistake using the traditional watch as the model for these new devices.

"Watches would be passed down for generations because they retained their value," notes Enderle. "However, the technology inside of smartwatches will be obsolete in 12 months."

Different types of devices

So many of the new smartwatches combine various functions that categorizing the devices can be difficult. However, the current crop generally falls into two major categories. The first is "watchlike" devices,

CONSUMER FOCUS

offering a broad range of uses. These compete as watches, fashion accessories, health monitors, notification systems, and media controllers for your smartphone, news apps and more. The Apple Watch, Asus Zen-Watch, LG smartwatch series, Moto 360, Pebble Time, Samsung Gear Live and Sony Smartwatch 3 are some of the players in this category.

The second category is "health-lifestyle" watches. Companies including Fitbit, Jawbone, Microsoft, Nike and Samsung are a few of the many firms that have designed wrist devices to monitor and store health information and fitness training data.

They all feature smartphone health apps that record activities from your smartwatch and help you plan for an active lifestyle. Their minimalist styles and monochrome display screens are in stark contrast to the more noticeable models, such as the Apple Watch. Some watchlike devices, including the Apple Watch, let you make and receive phone calls with the help of a nearby smartphone. The Samsung Gear S is among the few models that allows you to make calls without being paired with a smartphone.

While the Dick Tracy-style wrist/phone idea is interesting, it may prove to be socially awkward to talk and listen to your wrist when you answer your phone. Using a Bluetooth headset is a better option.

Know before you buy

If you are thinking about buying a smartwatch, remember that it will be tethered to a current smartphone—at least an iPhone 5 or an Android smartphone running Android 4.3 software, for example.

So, what phone you have will determine what smartwatch you can buy and what company's operating system you are using.

For instance, an Apple Watch locks you into Apple's mobile operating system. The Asus ZenWatch, Moto 360 and at least one type of



Samsung Gear Fit, \$149.99

Julian Hoenig
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Samsung watch tie you into being part of the Android world.

There are exceptions, of course. Pebble smartwatches can be paired with both Apple and Android phones. And virtually all the health-and-fitness smartwatches—such as the Fitbit Surge, Jawbone UP3 and Microsoft Band—are compatible with most current iPhones and Android smartphones.

Creating a market

As the world's leading technology device company, Apple has proved to be the trendsetter in the smartwatch category.

Many companies that have
bet heavily on this sector are
counting on the Apple Watch to
help create a demand for smartwatches that will support similar
products as well. So far, it isn't clear that
today's de
the demand has materialized.

While there are few reliable smartwatch sales reports, one study by Slice Intelligence, a consumer-spending research firm, reports Apple took orders for 2.5 million watches through mid-May of this year. However, it also found that more than half of those orders were made on the

launch day in April. Such figures

may indicate a slowdown in demand. Another report, from the Canalys research firm, found that smartwatch manufacturers using the Android Wear platform, which The Apple Watch offers various features, including sending and receiving text messages, phone calls and emails.

includes the Asus ZenWatch, Moto 360 and the Samsung Gear series among others, shipped only an estimated 720,000 devices in all of 2014.

In April, MobiHealthNews noted that in a survey of 1,000 consumers,

respondents chose Fitbit's fitness tracker over the Apple Watch by a 2-to-I margin, which may indicate that the public is still deciding what it wants from a smartwatch.

Keep in mind, too, that all these devices are the first generation of wrist computers. Most critics agree that many of

today's devices have slow hardware, awkward and buggy software, and relatively few available apps. There's also a steep learning curve for the owners of any new device.

"The hardware hasn't matured to a place where it will be in the future," says Joanna Stern, personal technology columnist for *The Wall Street Journal*. "[Someday] we'll look back and laugh at the fact that we had to take off our watch every night and charge it. [We'll wonder] how we used this small screen. I think these watches will go through their maturity process, and I think it's going to happen fairly quickly."

Skip Ferderber writes from Seattle.





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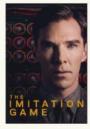
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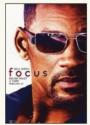
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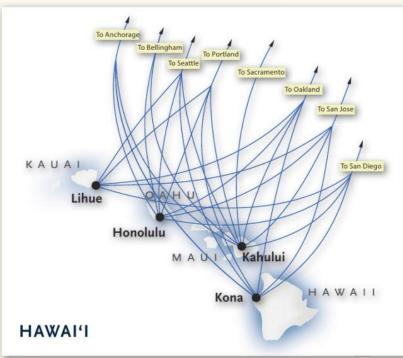
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San Diego	933
San Francisco	550

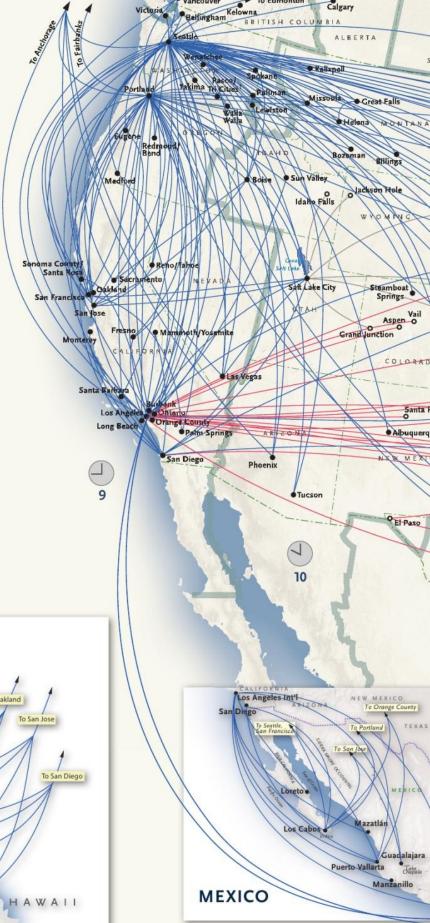
LEGEND

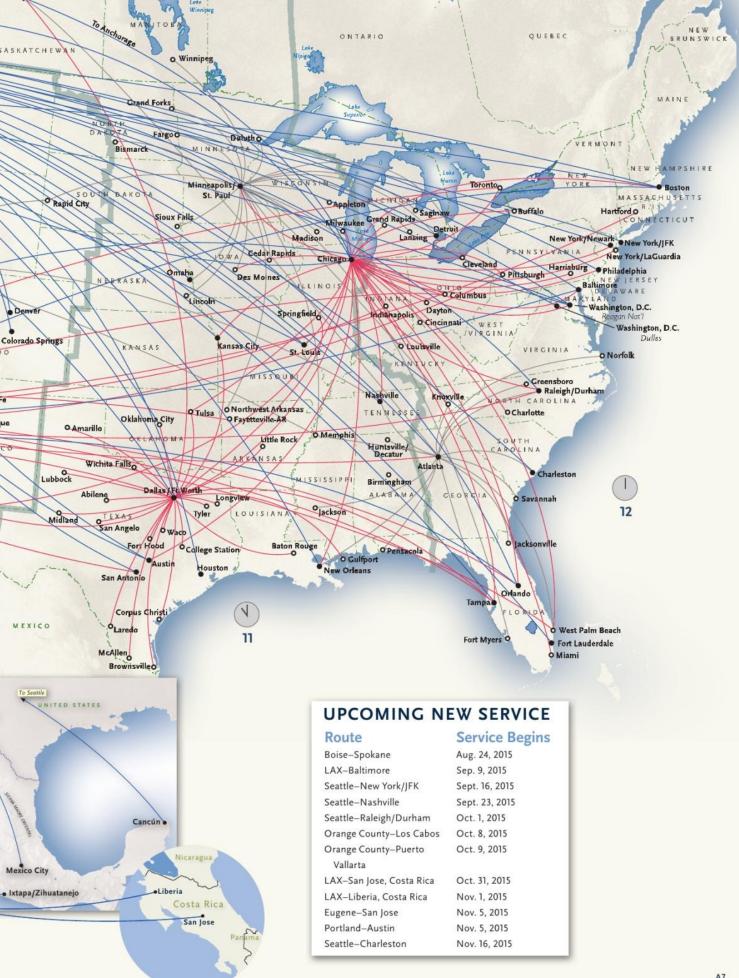


Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.









[†] Dutch Harbor-Anchorage service operated by PenAir.

ALASKA'S FLEET

Alaska maintains a fleet of more than 130 Boeing aircraft. Our newest, the 737-900ER, features custom-designed Recaro seats and the Boeing Sky Interior, with sculpted overhead bins and lighting designed to provide a more spacious cabin environment.















Bombardier Q400 Operated by Horizon Air



Embraer 175
Operated by SkyWest Airlines



Bombardier CRJ-700 Operated by SkyWest Airlines

OUR BAGGAGE SERVICE GUARANTEE

We're proud to offer a Baggage Service Guarantee. If your baggage is not at baggage claim within 20 minutes of your plane parking at the gate, you're entitled to a \$25 Discount Code for use on a future Alaska Airlines or Horizon Air flight, or 2,500 Alaska Airlines Mileage Plan bonus miles. If we don't meet our 20-minute guarantee, simply see an Alaska Airlines or Horizon Air Customer Service Agent in the baggage claim area for your voucher.

- One voucher per qualified passenger, for one or more checked bags.
- · Restrictions apply. See alaskaair.com for full terms and conditions.

HOW ARE WE DOING?

Alaska Airlines has a new, easy way for customers to provide instant feedback on their travel experiences. At any point in your journey, visit alaskalistens.com from any device to take a fast, two-minute



survey—even inflight, where access to alaskalistens.com is free if your flight offers Inflight Wi-Fi. Your feedback will enable Alaska to provide feedback directly to employees you interact with. Give it a try at alaskalistens.com.

A SU SERVICIO

Alaska Airlines tiene el orgullo de ser la compañía de bandera extranjera más grande que presta servicios con destino a México. Por eso, hemos asumido el compromiso de cumplir nuestra promesa de proporcionar a nuestros apreciados clientes hispanohablantes una experiencia excepcional que, a la vez, sea segura, confiable y llegue a ellos con un servicio genuino y atento. Para atenderle mejor, nuestros productos y servicios se encuentran disponibles en español a través de:

- Centros de atención telefónica de Reservaciones y de Atención al Cliente
- · Quioscos de registro del aeropuerto
- · alaskaair.com/español
- El editorial mensual del director ejecutivo quese encuentra al inicio de esta revista
- · Información sobre las salas de conexión en la página A10
- Información sobre formularios aduaneros e inmigratorios en la página A11

Asimismo, en el aeropuerto o una vez a bordo, nuestros empleados hispanohablantes con gusto le brindarán ayuda. Simplemente diríjase a nuestros empleados sonrientes y cordiales que llevan nuestras exclusivas identificaciones con la leyenda. "A su servicio."

HELPING YOU FIND YOUR WAY

A quick guide to help you make easier connections.

Anchorage International Airport (ANC)



Chicago O'Hare International Airport (ORD)



Los Angeles International Airport

TOM BRADLEY INIT'L TERMINAL

Air Franspiritus Eminatus
Bitlish Airvagys Carana Air
Cathay Facille
LAN

PEMOTE TERMINAL
American fuglish

TERMINAL 4

American Airlines
Quritus

TERMINAL 5

Delta Air Lines
Turne between Terminals & Airvines
Terminal 4

American Airlines
Terminal 5

Delta Air Lines
Turne between Terminals & Company
Terminal 5

Terminal 5

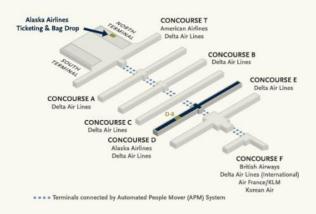
Delta Air Lines
Turne between Terminals & Company
Terminal 5

Terminal 6

Terminal 6

TERMINAL 6

Atlanta International Airport (ATL)



Seattle/Tacoma International Airport

(SEA)

S GATES

Alaska Alrifines
Air France (RUM
Air Manue)
Air Manue
Air France (RUM
Air Manue)
Air Manue
Alaska Alrifines
CONCOURSE C
Alaska Alrifines
CONCOURSE B

CONCOURSE A
American Alrifines
Alaska Alrifines
Tichocking & Eng Drop

Board Room

--- Saleilite Transit System connecting the N. C. S. B Gates to the Main Terminal

Portland International Airport



San Francisco International Airport (SFO)



San Diego International Airport (SAN)



CUSTOMS AND IMMIGRATION

Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building.

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se porporcionan a continuación. Las formas completas seran presentadas en la Terminal Internacional.

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form? All travelers

Helpful tips

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

DECLARACION DE ADUANA

¿Quién debe completar esta forma? Todos los pasajeros

Datos de ayuda

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

TO CANADA

Flight Attendants distribute a combined Customs and Immigration form during your flight. Prior to landing in Canada, complete this form, which includes easy-to-follow instructions. Completed forms are presented immediately upon entering the International Arrivals building.

Los Sobrecargos distribuyen una forma combinada para aduana y migración. Antes de aterrizar en Canadá, llene esta forma que incluye instrucciones fáciles de seguir. Las formas completas serán presentadas inmediatamente al entrar al edificio de la Terminal Internacional.



Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form? All travelers

Helpful tips

- One form per person or one per family with same address
- Section 6—It is not necessary to declare medicine for your personal use

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	
Guadalajara / Jalisco	JAL
Ixtapa, Zihuatanejo / Guerrero	GRO
Loreto, La Paz, Los Cabos, San Jose / Baja California Sur	BCS
Manzanillo / Colima	COL
Mazatlán / Šinaloa	
Mexico City / Distrito Federal	
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

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

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



Pickup Lines

By Bengt Halvorson

Americans love their trucks. Last year, the Ford F-150, Chevy Silverado and Ram full-size trucks were the three bestselling models in the U.S. vehicle market. And to see those trucks on top is nothing new; for many Americans, they're still the Big Three—the red, white and blue embodiment of brawn and utility that working families aspire to. Despite that indelible popularity of big pickups among Americans,

there's change afoot.

Case in point: All F-150 models now have an all-aluminum body, and in some of the truck's most popular configurations, there's a turbocharged small V-6 under the hood. Cabins are loaded with plush trims and technology features that put them fully in line with luxury utility vehicles.

Some industry observers have called the move quite the gamble, as the F-Series has been not only the bestselling truck in the U.S. market for 38 years, but also the best-selling automotive model in the country for 33 years. Yet the abrupt transformation of one of Ford's most profitable vehicles is as much a sign of changing times as of the greater challenges automakers face—not just to keep up with tighter regulation but

to acknowledge that full-size trucks are multipurpose commuter vehicles, family transportation and weekend workhorses in a lot of households.

Moving to an all-aluminum body saves up to 500 pounds in the new F-150, while a number of other weight-conscious engineering decisions—the smaller engines included—help account for overall weight reductions of as much as 700 pounds.

And while the small 2.7-liter V-6 that's destined to power much of the lineup may induce gasps from longtime V-8 truck owners, it's worth noting that this engine, fed by twin turbochargers and wearing Ford's "EcoBoost" badge, makes 325 horse-power and 375 pound-feet of torque. That's more than the 5.4-liter V-8, the F-150's

former "step-up V-8," produced just a few model years ago.

Rest assured, you can still get a big V-8 in the F-150; its available 5.0-liter V-8 makes 385 horsepower and 387 pound-feet of torque. But that's not where you'll find the highest tow rating. For that, you'll need to go with Ford's EcoBoost program, and the twin-turbo 3.5-liter V-6 that makes 365 horsepower and 420 pound-feet—for a tow rating of up to 12,200 pounds when properly equipped.

THE FORD F-150 isn't the only full-size pickup undergoing big changes. The other model that gets a complete makeover this year is the Nissan Titan, a model that's been around, mostly unchanged, since 2004.

The Titan doesn't go aluminum, and you won't find downsized turbocharged engines under the hood, but it does offer a choice of V-6 or V-8 engines, along with a new Cummins 5.0-liter turbo-diesel V-8 in top-duty XD models, which include a fully boxed frame, upgraded chassis and 12,000-pound tow rating.

Toyota is considering that same engine for its Tundra full-size rival.

Ram's 1500 truck lineup carries over into this year with its big-rig-influenced look intact, but over the past year, it's introduced a new EcoDiesel 3.0-liter turbo-diesel V-6 that makes 240 hp and a towing-friendly 420 pound-feet of torque. With this engine, the Ram is rated as high as 21 mpg city, 29 highway, for SFE (super fuel economy) rear-wheel-drive models.

I recently put about 400 miles on a Ram 1500 EcoDiesel Laramie 4x4—a considerably heavier and much more luxurious version than the standard 1500—and over a mix of highway and suburban driving, this big Ram averaged 26 mpg.

While the EcoDiesel doesn't have the instantaneous pulling power of the 5.7-liter Hemi gasoline V-8 models, I likely would have seen 18 or 19 mpg in similar driving.

I also recently got a short drive in a 2015 Ford F-150 SuperCab (with a modest back

AUTOS

seat), equipped with the new 2.7-liter Eco-Boost V-6, and found it to be very perky and smooth, entirely living up to claims that this engine can take the place of a larger V-8.

ONCE YOU'RE ON THE ROAD, it's easy to forget about a smaller, more efficient engine under the hood. What's more noticeable as these full-size trucks evolve is how much attention automakers are paying to refinement and features.

Full-size trucks have long been offered in a vast array of cab styles, lengths and cargo-box (bed) styles, but this new era is different. As full-size trucks such as the F-150 are revamped, they're getting far better materials throughout their cabins—fashionable appointments that wouldn't be out of place in a luxury SUV—and leading-edge tech features such as the F-150's highend Sony audio, touch-screen infotainment, blind-spot monitoring, adaptive cruise control and parking assist.

At the same time, these vehicles reflect the fact that many people really do work with their trucks. For instance, the Ford F-150 can include integral loading ramps, deployable bed steps, a system of cargobed cleats, cargo-box lighting and a trailer hitch—assist system that helps you steer while backing up with a trailer.

Even better, for 2016 there's a new Pro Trailer Backup Assist system that takes some of the potential embarrassment away from backing a trailer into a tight space. Simply dial in with a knob which way you want the trailer to go, and the system steers the truck as you slowly reverse.

WHILE THERE'S no shortage of simple, workoriented versions of these trucks, automakers have put a lot of emphasis on special versions of full-size trucks "kitted out" for off-road performance. Ford's Raptor took the performance-truck market by storm in 2010, and there's a new generation of this roarin' off-road rig on the way next year, powered by a twin turbo instead of a big V-8. Likewise, the Tundra TRD Sport and



the new Ram Rebel push those models to new highs in off-road performance.

Inside, it doesn't get much better than the revamped cabins of these top-trim versions of the specialty models, including the Raptor, the Ram Rebel and the top-lux models such as the F-150 King Ranch, the Ram 1500 Laramie and Lone Star, and the Chevrolet Silverado High Country and GMC Sierra Denali.

All of these have added special leather upholstery of the sort usually reserved for luxury brands.

WHILE THERE ARE big changes happening under the hood and inside the cabins of many of these large pickups, one thing hasn't changed: After recent redesigns, the Ford F-150 and Nissan Titan, among others, haven't become any more futuristic, aerodynamic-looking or nuanced in their designs. They have, if anything, adopted an even more assertive, blunt, squared-off look, especially in front, which borrows from the commercially oriented heavy-duty models.

Part of the reason is that truck shoppers are loyal. Very loyal. At a time when loyalty to passenger-car brands has been falling to new lows, it's at a strong 48 percent for those Big Three domestic trucks, according to J.D. Power data from 2013, and a full

third of those buyers said they didn't like the look or design of the import models.

It's no surprise, then, that Nissan made the design for its new Titan even more blunt, and that domestic automakers are jumping through hoops to make sure shoppers get the kind of truck they want.

One of the results, however, is rising prices. Today's best-equipped full-size pickups can blow past the \$6oK mark, especially if you add a few accessories.

Truck brands now often stage demo events in strong truck markets, showing how well their models perform near their extremes. As well, some of the top truck-selling dealerships now have demo truck/trailer combinations—a great opportunity for potential buyers to test-drive trucks in actual load-towing circumstances.

The bottom line is that today's full-size pickups are far more fuel-efficient and tech-savvy than just a few years ago. Thanks to some innovative thinking, in terms of what's unseen and under the hood, and some diversified, specially focused models, automakers are staying in step with buyers and their needs, with truck lineups that offer greater choice than ever.

Bengt Halvorson is an independent automotive journalist living in Portland.



Puzzle © 2015 Penny Press, Inc.

6	1	8	5	7	4	3	2	9
9	7	2	8	3	6	5	1	4
4	5	3	2	9	1	7	8	6
7	8	4	3	6	9	1	5	2
1	2	6	7	4	5	9	3	8
3	9	5	1	8	2	4	6	7
5	6	1	9	2	7	8	4	3
8	4	7	6	1	3	2	9	5
2	3	9						

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Puzzle on page 180.





from page 68 Center Orchestra; 22-time Grammy Award—winner and former member of Miles Davis' band Chick Corea; the funk-jazz festival crowd-pleaser Trombone Shorty and Orleans Avenue; iconic soul-jazz singer Dianne Reeves; and Pete Escovedo with his Latin jazz orchestra.

This year marks the 20th anniversary of the festival's DownBeat Blindfold Test, in which selected artists are presented with audio recordings of various pieces of music in front of an audience and asked to comment on and rate what they hear. This year's Blindfold Test artists are Escovedo and the multitalented singer-songwriter-drummer-percussionist Sheila E.

AUSTIN CITY LIMITS MUSIC FESTIVAL

Austin, TX
October 2-4 & 9-11, 2015
Admission: \$100-\$250
aclfestival.com

Located at the expansive Zilker Park on the banks of the Colorado River, with the glow-

FESTIVALS 101

Tips on optimizing your experiences:

- Book early. For some popular festivals, tickets can sell out months in advance.
- Get a room. Plan ahead to ensure a comfortable bed at the end of the day.
- Stay hydrated. Summer festivals can get hot. Bring an empty plastic bottle if this is permitted. Many venues offer free water-bottle fillings.
- Remember sunscreen. Bring a travelsize bottle and set alarms on your phone to remember to reapply.
- Charge up. Taking photos and coordinating with friends depletes your phone battery. Consider investing in a portable charger that fits in your pocket or bag.
- Be responsible. If you plan to drink at a festival, be aware of your limits and remember that a little goes a long way in the summer sun. Arrange a designated driver ahead of time. —N.T.

ing city skyline in the background, **Austin City Limits Music Festival** is
one of the most scenic music festivals
around. It boasts more than 130 artists
on eight stages, performing over two
separate weekends.

While some acts will play only once, many headliners will appear on both weekends, including the alternative rockers Foo Fighters (in their first ACL appearance since 2008), the Canadian rapper Drake, the masked electronica artist Deadmau5, the indie-rock band alt-J and the English electronica duo Disclosure. Single-weekend acts include the soulful Southern rock band Alabama Shakes and the post-punk revivalists The Strokes.

The grounds will also have an art market, a craft-beer garden, areas to relax and charge electronic devices, and a food court with fare from Austin restaurants.

IN THE WORLD OF SUMMER music festivals, it's sometimes hard to take it all in. Yet we revel in the attempt. As I lay on the grassy lawn at Folklife this past spring, I enjoyed a plate of egg rolls and tried my best to pay equal attention to two terrific bands rocking two stages within earshot. My thoughts returned to the music festivals ahead—and to the wild variety of musical acts they would put on stage.

I know that in just a few months I will be back at roughly the same place at Seattle Center for Bumbershoot—catching the biggest-name headliners, but also absorbing the soothing complexity of Seattle's Minus the Bear, getting up and off the ground to the persistent beats of EDM band Flosstradamus, or blissfully swaying with the crowd to the sounds of alternative-rock band Brand New.

Contemplating the upcoming festival calendar, I can't wait for the celebrations of sound that lie just ahead.

Nick Thomas writes from Seattle.

19

23

42

46

62 63

78

103

107

36

59

84

24

20

43

56

60

64

88

ACROS

- 1 Make the grade
- 5 Sandal feature
- 10 Residences
- ___ Alto 15
- 19 __ want for Christmas . . . "
- 20 Vassal
- 21 Cease, to a sailor
- 22 Biblical twin
- 23 Alice director
- 25 Nuts director
- 27 Tennis unit
- 28 Birds
- __ Bly 29
- 31 Prompts
- 32 ___ Gotta Have It
- 33 Mr. Brown
- Snow blades 34
- 35 Swerves
- 37 Send payment
- 38 Screamed
- 42 African republic
- 43 Certain employee
- 44 Valleys
- 45 Union initials
- 46 ___ La Douce
- 47 Leg part
- 48 More elegant
- 49 Performs
- 50 Seize
- 51 VIP
- 52 Crude
- 53 Lake __, Nevada
- 54 Grant/Hepburn film
- 56 Played again
- 58 Chore
- 59 Seductress
- 60 Castle or Cara
- Stock-trading spot 61
- 62 Awaited
- 64 Junk
- 65 Hero's beloved Revive
- 69 One of the Cyclopes
- 71 Sagas 73 Girls' org.
- 74 Triangle sides
- 75 Liberated 76 ___ Misbehavin'
- 77 Baltic native
- 78 Compass pt.
- Sanctify 79
- 80 Musical group 82 Uncovers
- 83 ___ York
- 85 Overflow
- 86 Prickly plant
- 87 Dancer Pavlova
- 88 Started
- 89 Golda
- 90 Russian dictator
- 93 Noun suffix
- 94 Chariots of ____
- 95 Repent
- 98 The Color of Money star
- 100 Punchline actress

- 103 Shamrock land
- 104 Inclined
- 105 Actor Tom _
- 107 Dressed
- 108 Transports
- 110 Pep

- 1 Furry feet
- 3 Coin aperture

- 7

- 10 Shakespearean tragedy
- 11
- 12 Singer Wells
- 13 The most: suff.
- 14 Puzzling problem

- 15 Read

104

108

- 106 Citizen___

- 109 Mere Christianity author

DOWN

- 2 Lotion ingredient
- 4 __ and Nancy
- 5 Toils
- 6 Mah-jongg units
- Family mems.
- 8 Cure, as meat
- 9 Nom de plume
- Racing tracks

- 17

- Manicurist's concern
- 30

- 35 Abraham's wife
- 36 Nadine actress

- 41 Administered medicine to
- 43 Greek physician
- star
- 48 French coin
- 49 Slugger Hank ____

- 26
- 32 Evening, in Capri
- 34 Cobbler's concerns

- 38 Artist Hoffman

- 44 Looking for Mr. Goodbar

- 16 Sale condition
- Overdue
- 18 Double-play products
- 24 Jehovah
- Turkish ruler
- 33 Fearless star

- 37 Actor's plum
- 39 Pretty Woman actor
- 40 Singer John
- 42 Metallic element
- 47 Signed over

51 English poet Thomas ____

72

- 52 Algonquians Ancient region of Asia
- Minor

105

109

21

26

40

45

- Takes a bus 57
- Blundered 58 Vote in
- 61 City in Michigan
- 62 French city
- Designer Geoffrey _ 63 Chemical compound 66
- Wharf pests
- Bout locale 69
- 70 Take ten
- 72 -a-terre 75 Certain sleepwear
- 77 Den
- 79 West African republic Gymnast Korbut
- Advice 81 82 Short and sweet
- 84 Incensed 85 Ruses

86 Green stones

- 88 Trademark
- 89 Thousand: pref.
- 90 On ___ (without client
- commitment)
- 91 Shadow

106

110

- 92 Glow
- ___ for All Seasons 93 One ___ Over the
- Cuckoo's Nest
- 95 Genuine 96 Forearm bone
- 97 Garden spot 99 Minuscule
- 101 Fear 102 Laurence Fishburne film

part SOLUTION ON PAGE 179.



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Play Poker in the largest Poker room in the State with all the amenities you'd expect from the Biggest and Best. Enjoy Texas Hold'em, Omaha High-Low Split and 7 Card Stud with tableside food and bar service across 32 tables. Our smoke-free room features many daily promotions ranging from \$100 to \$1,000 high hands to Monte Carlo and progressive bad beat jackpots! We're open 24/7 with multiple limit and spread games so there's always a game for you! Come experience why Muckleshoot Casino is the Biggest and Best in the Northwest.

> Must be playing in a live game and clocked in with a Players Club card to qualify for promotions. Membership is free! See Poker room for details. Management reserves all rights

20 minutes from SEA-TAC International Airport I-5 South to WA 18 East • Auburn Way Enumelaw Exit









2402 Auburn Way South, Auburn, WA 98002 800-804-4944 | muckleshootcasino.com



SUDOKU

Complete the 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 on page 179.

6 3 7 2

				b	3	/	2	
4	7	2	1		9			
3						1		
9			7	8		2		
6		8		2		5		7
		1		3	5			9
		4						1
			2		6	9	8	3
	6	9	3	1				
6		8					2	9
	7			3		5		
	5		2		1			6
7			3			1	5	
	2	6		4		9	3	
		2000						
	9	5			2			7
5	9	5	9		7		4	1
5	9	7	9	1			4	/

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Wild Side FROM PAGE 47

appear as unthreatening as possible. I didn't even breathe.

Then, from the gully's far side, came the sounds of more brush breaking. The bull turned its head as a second bull stepped into the open.

This second bull refused to be ignored, and it charged across the gully. The first bull braced to face its attacker,



Near-Town Options

If your time line or budget won't permit wildlife-viewing treks to Alaska's far-flung corners, don't worry: No matter where your travels take you in the Great Land, wildlife and wild places can be found nearby.

Overlooking **Anchorage**, Chugach State Park's Glen Alps trailhead is little more than a 15-minute drive from the city's heart. Moose gather here during the September and early October breeding season, and Dall sheep are frequently seen, along with many species of alpine birds, including three types of ptarmigan; Arctic ground squirrels; and if you're very lucky, bears, lynx or even wolverine.

Kincaid Park, less than a 10-minute drive from Ted Stevens Anchorage International Airport, is another great place to see moose year-round. And within about a 20-minute drive south of the city on the Seward Highway, pods of belugas may be spotted in summer and fall chasing salmon on the tides of scenic Turnagain Arm. Dall sheep can be viewed along the highway, grazing on the mountainsides.

Anchorage isn't the only town with wildlife viewing nearby. In winter, between October and February, the world's largest congregation of bald eagles can be found along the Chilkat River just outside of Haines in the Southeast region. Deer, red foxes and massive Kodiak brown bears can be seen from the road system out of the city of Kodiak. And Creamer's Field near Fairbanks is famous for its waterfowl viewing and opportunities to watch moose, lynx and even the region's sole amphibian, the wood frog. —K.M.



and, heads down, the two collided with a loud, hollow clacking of antlers.

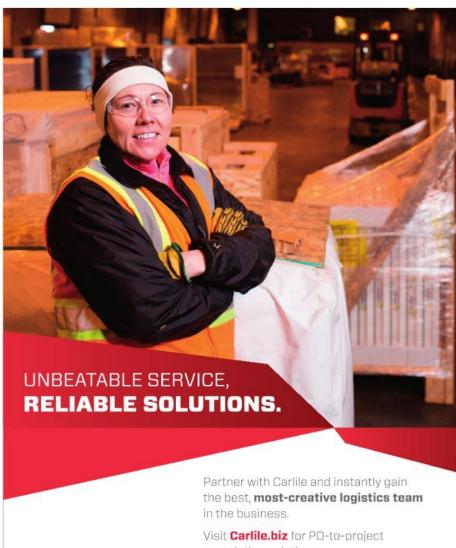
I seized the moment and hightailed it for a nearby ridge, safely away from the heart of the action, but close enough to calm down and take pictures with my telephoto lens.

FINDING UNTAMED PLACES and wild creatures in Alaska can be as simple and inexpensive as stepping outside or taking a drive. Even near downtown Anchorage, a city of about 300,000 people, it's easy to find and view moose in Chugach State Park, where bulls gather in September to October to knock heads and win breeding rights to harems of cows.

Anchorage isn't alone in its supply of urban wildlife-viewing opportunities. Every city, village and community in this wilderness state has its own birds, animals and viewing treasures. The key to finding them is to get outside, use some imagination and be alert. In other words, consider yourself on safari. No matter where in the state you may seek wildlife to photograph or view, keep in mind that your best days will include everythingthe seasons, the weather, even subtleties of light falling early in the morning or receding with night's advance. Work to see that each outing includes the calls of songbirds, the sounds of rivers, the touch of winds, and the shadows cast by mountains and clouds. Do this, and wherever in Alaska you look, you'll find what you seek.

Ken Marsh is a freelance writer and longtime Alaska resident who makes his home in Anchorage.

Alaska Airlines serves communities throughout the state of Alaska. For more information or to book tickets, go to alaskaair.com or call 800-ALASKAAIR. For more about watching wildlife in Alaska, visit the Alaska Department of Fish and Game's "Wildlife Viewing" pages at adfg. alaska.gov/index.cfm?adfg=viewing.main.



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