Alaska. BEYOND,

MAGAZINE APRIL 2017

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Going green yields a healthful bounty
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Chicago P.D. star Sophia Bush.

Photo by Hudson Taylor.



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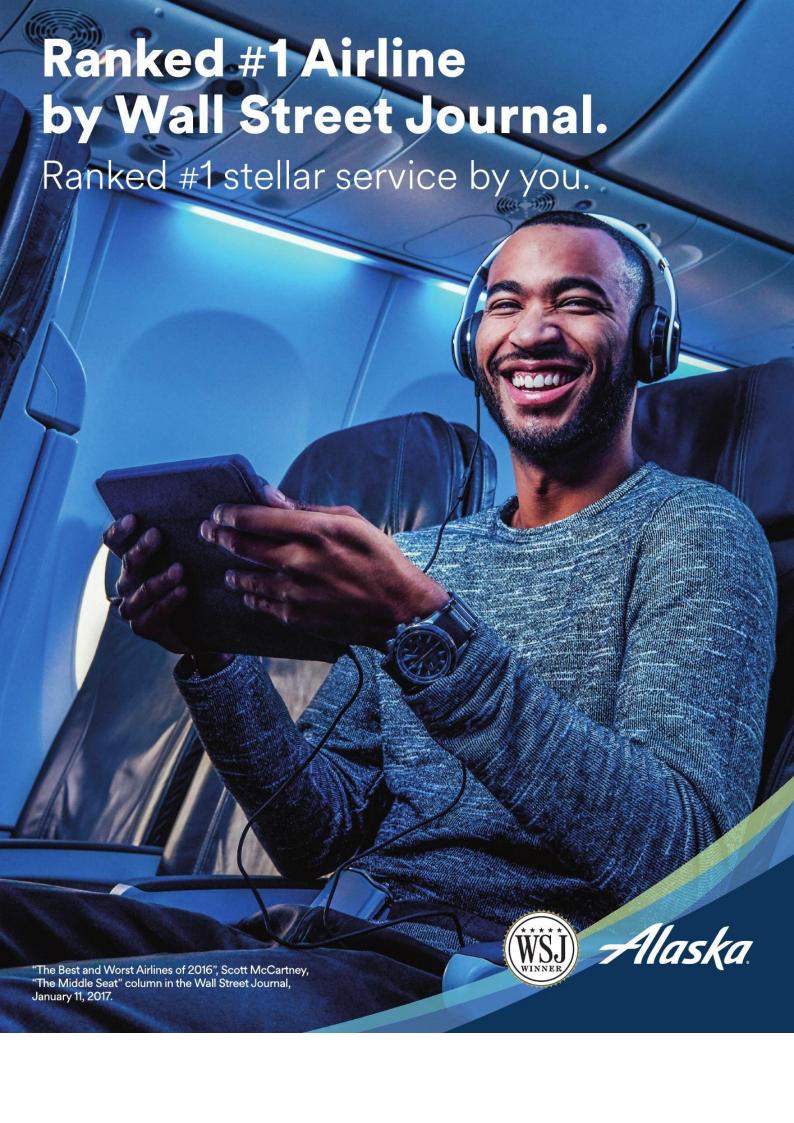


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FLYING GREEN



Brad Tilden, Chief Executive Officer



Tom Kemp, Vice President of Flight Operations

If you've ever wondered about those funny things on the tips of our airplanes' wings, this article's for you. Tom Kemp, our VP of flight operations, explains how these winglets, and other innovations, are helping us keep our local skies greener. Happy Earth Month! —Brad Tilden

Today I want to extend my personal thanks to each of you for choosing Alaska Airlines. I know many of you chose us for our low fares, others for the terrific credit card and associated benefits, and some to relax and enjoy our outstanding hospitality. But did you also know that for the last five years Alaska has been the most fuel-efficient airline in the industry, according to the International Council on Clean Transportation? Quite an accomplishment, and particularly notable as we celebrate Earth Month in April.

Hitting this mark of fuel efficiency has been an ongoing goal. Many of you have asked about the shape of our wingtips. Several years ago, we bent them up. More recently we bent them down. Last year, 27 aircraft were updated with a bend on the bottom of the wing (a "scimitar winglet" for you airplane buffs onboard). It may not seem like much, but these variations affect fuel efficiency. In fact, they helped us save 627,437 gallons of fuel, or approximately 13.7 million pounds of CO₂. To put this into perspective, a ton of CO₂ would fill a small ranch home—so we're talking about 6,850 homes' worth of CO₂ saved in 2016. (Not that you'd want a home full of CO₂, but you get the picture.)

Navigational technology also drives fuel efficiency. In 1996, Alaska Airlines pioneered RNP—Required Navigation Performance—which uses satellite signals to safely guide an aircraft through mountainous terrain or to optimize the most efficient path to an airport. Unlike older ground-based navigation that relies on line-of-sight reception, RNP lateral guidance can be straight lines, angles, curves or any combination thereof. In the last year

>> WELCOME

alone, RNP saved us more than 518,000 gallons of fuel, which equates to more than 11.24 million pounds of CO2-enough to fill 5,620 small homes. Not too shabby.

So where do we go from here? By the end of 2017, all of our Boeing aircraft will be nextgeneration models equipped with state-ofthe-art technology. In 2019, Alaska will welcome the Boeing 737 Max aircraft, which will be roughly 13 percent more fuel-efficient than the jet you are on today. In addition, we are partnering with firms and universities to bring to market alternative sustainable biofuels.

We are also actively engaged on the national front to improve airspace operations. While Air Traffic Control (ATC) does a superb job managing aircraft in a complex environment, we would like to see advances in ATC innovation move faster in order to

provide pilots and controllers with better tools. Much of today's ATC system uses outdated technology. Those more advanced RNP approaches I mentioned? We're using them on only 4 percent of the airport instrument approaches that we fly. Today, aircraft spacing is governed by distance. In the future, we envision this separation governed by time. A time-based approach would allow an aircraft to descend at virtually idle power from its cruise altitude, all the way to the runway-saving fuel and power. The technology exists, but its deployment needs to catch up.

For those of you who want to do your part to improve fuel efficiency—every pound of weight makes a difference. If all of Alaska's mainline passengers, myself included, trimmed just 5 pounds from our luggage,



we would save 10,000 gallons of fuel and decrease CO2 emissions by more than 200,000 pounds a year. Simple enough, and certainly more fun than dieting!

While we at Alaska take great pride in our accomplishments in fuel efficiency, this is only the starting point of our journey toward greater sustainability. There is still much work to be done, and with your help and support, we'll continue to strive for improvement.

Thanks for flying with us. -Tom Kemp

For more information about opportunities for ATC reform, visit www.modernskies.org.

>> BIENVENIDO

VOLANDO ECOLÓGICAMENTE

Hoy quiero agradecer personalmente a cada uno de ustedes por elegir Alaska Airlines. Sé que muchos nos eligen por nuestras tarifas bajas, otros por los excelentes beneficios de nuestras tarjetas de crédito y otros beneficios asociados, y algunos solo para relajarse y disfrutar de nuestro excelente servicio. Pero... ¿Sabía también que durante los últimos cinco años Alaska fue la aerolínea que utilizó el combustible con mayor eficiencia de la industria según el Consejo Internacional sobre el Transporte Limpio? Todo un logro, y particularmente notable en abril, cuando se celebra el mes de nuestro planeta Tierra.

Alcanzar este logro de eficiencia en el uso de combustible ha sido un objetivo constante. Muchos de ustedes nos han preguntado sobre la forma de las aletas de nuestros aviones. Hace muchos años, las curvamos hacia arriba. Más recientemente, las curvamos hacia abajo. El año pasado, actualizamos 27 aviones con una curva en la parte inferior de las alas ("aletas cimitarra" para los aficionados a la aviación). Puede no parecer mucho, pero estas variaciones influyen en la eficiencia de consumo de combustible. De hecho, nos ayudaron a ahorrar 627.437 galones de combustible, o aproximadamente 13,7 millones de libras de CO₂. Para poner esto en perspectiva, una tonelada de CO2 llenaría una pequeña casa, es decir que estamos hablando de aproximadamente un ahorro de CO₂ en 6850 viviendas en 2016. (No es que usted querría tener una vivienda llena de CO₂, pero la comparación es solo para que se dé una idea.)

La tecnología de navegación también impulsa la eficiencia en el consumo de combustible. En 1996, Alaska Airlines fue pionera en la tecnología de rendimiento y eficiencia de navegación requerida (Required Navigation Performance, RNP), que utiliza señales satelitales para guiar de manera segura a un avión en terrenos montañosos o para optimizar el trayecto más eficiente hacia un aeropuerto. A diferencia de la navegación anteriormente

utilizada que se basada en el terreno, esta se basa en la recepción de la línea de visión, las pautas laterales de RNP pueden ser líneas rectas, ángulos, curvas o una combinación de estos. Solamente el año pasado, la tecnología RNP nos permitió ahorrar más de 518.000 galones de combustible, lo que equivale a más de 11,24 millones de libras de CO2, suficiente para llenar 5620 viviendas pequeñas. No está

¿Qué sigue ahora? Antes de que finalice el año 2017, todos nuestros aviones Boeing serán modelos de última generación equipados con tecnología de vanguardia. En 2019, Alaska contará con el avión Boeing 737 Max, que reducirá el consumo de combustible en un 13 % comparado con el avión en el que está viajando hoy. Además, estamos trabajando con empresas especializadas para descubrir e introducir en el mercado alternativas de biocombustibles sustentables.

También, participamos de manera activa en el frente nacional para mejorar las opera-

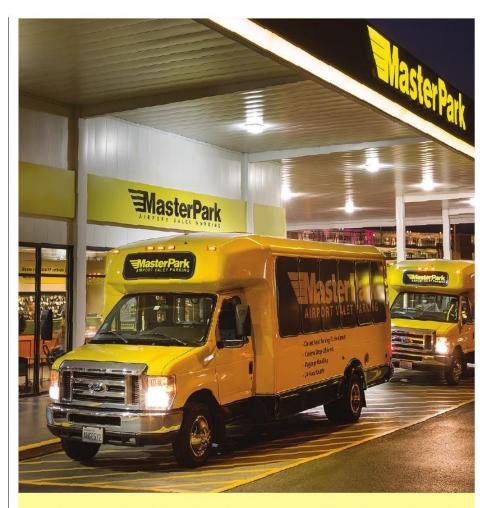
ciones del espacio aéreo. Si bien el Control de tráfico aéreo (Air Traffic Control, ATC) realiza un trabajo magnífico en la administración de los aviones en un entorno complejo, nos gustaría ver avances en la innovación del ATC para brindar mejores herramientas a los pilotos y controladores. Gran parte del sistema de ATC actual utiliza tecnología obsoleta. ¿Y qué sucede con la tecnología más avanzada RNP que mencioné? Solo la estamos utilizando en un 4 % de los instrumentos de aproximación a aeropuertos de lo que podríamos usarla. Hoy en día, el espacio de los aviones se rige por la distancia. En el futuro, esperamos que se rija por el tiempo. Un enfoque basado en el tiempo permitiría que un avión descienda a una potencia casi nula desde la altitud de crucero hasta la pista, lo que permitiría ahorrar combustible y energía. La tecnología existe, pero su implementación aún necesita actualizarse.

Quienes deseen colaborar con la eficiencia en el consumo de combustible deben considerar que cada libra de peso marca una diferencia. Si todos los pasajeros tradicionales de Alaska, lo cual me incluye, redujeran solo 5 libras de su equipaje, ahorraríamos 10.000 galones de combustible o disminuiríamos las emisiones de CO₂ en más de 200.000 libras. Es simple... iY ciertamente más divertido que hacer dieta!

En Alaska nos sentimos orgullosos de nuestros logros en lo que respecta al uso eficiente del combustible, pero este es solo el comienzo de nuestros esfuerzos hacia una mayor sostenibilidad. Aún hay mucho por hacer y, con su ayuda y apoyo, continuaremos esforzándonos para mejorar.

Gracias y buen viaje. —Tom Kemp

Para obtener más información sobre las oportunidades para la reforma ATC, visite www.modernskies.org.



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CALIFORNIA STATE OF MIND

Fly nonstop to even more destinations with new flights out of the Golden State

Maska Airlines is on a roll. Alaska is quickly establishing itself as the go-to airline for people on the West Coast. Just three months after getting final government approval to merge with Virgin America, the airline made its single largest route announcement in company history: 13 new nonstop routes from the San Francisco Bay Area. The following week, the airline announced seven more new routes, this time from San Diego.

Here's a rundown of all our new flights:

ALASKA RECENTLY ANNOUNCED NEW DAILY SERVICE TO 10 CITIES FROM ITS HUB IN SAN FRANCISCO	
San Francisco—Philadelphia	August 31
San Francisco—Nashville	September 5
San Francisco—Albuquerque	September 18
San Francisco—Kansas City	September 18
San Francisco—New Orleans	September 21
San Francisco—Indianapolis	September 26
San Francisco—Baltimore/Washington	October 16
San Francisco—Raleigh/Durham	October 19
San Francisco—Kona, Hawaiʻi	December 14
San Francisco—Mexico City	Summer 2017

ALASKA RECENTLY ANNOUNCED NEW DAILY SERVICE TO T FROM SAN JOSE	HREE CITIES
San Jose—Austin	August 28
San Jose—Tucson	August 28
San Jose—Los Angeles	September 20

AND ALASKA ALSO ANNOUNCED NEW DAILY SERVICE TO SEVEN CITIES FROM SAN DIEGO	
San Diego—Omaha	August 27
San Diego—Austin	August 27
San Diego—Albuquerque	October 18
San Diego—Minneapolis	November 18
San Diego—Kansas City	December 15
San Diego—St. Louis	December 15
San Diego—Mexico City	Summer 2017*

*pending government approval





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IN THE KNOW,









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MARY LOST 15 LBS & 10 YEARS IN 10 WEEKS

It wasn't until halfway through the My Best 10 program when I realized that I'm much more effective, and available for my family, when I take care of myself.

Before the program, I was in a bit of a slump. My friend, and workout partner, had moved away, so my motivation to exercise just wasn't there. My body felt "soft." When I got up in the morning and looked in the mirror, I didn't recognize who was looking back at me.

When I read about the My Best 10 program, I knew it was exactly what I needed - and it surpassed my expectations.

I had expected to work hard and lose weight. What I hadn't expected was that the lessons I'd learned during the program would become even more important two years later.

After successfully completing the program and losing 15 pounds, I felt better than ever. However, sometimes, old habits are hard to break. When my weight began to slowly creep back up, I knew it was time to take control again. I have the philosophy that obstacles are not an issue. I simply identify them and climb on over. Challenges keep it interesting and give me a sense of victory.

So I returned to what I'd learned through My Best 10 - protein shakes, lean protein and no cheating. After I lost four pounds in the first week, I knew I was back on track. Personal training had been a key to my success in the program. My trainer provided the accountability I needed to get to my workouts and made me want to work hard. She always had something positive to say about my progress. And, most importantly, she made me feel good about myself again. If someone had told me a year ago that I'd be able to deadlift 145 pounds, I'd have called them insane. But today, I can do it. I'm happier, healthier, more comfortable in my own skin - and in the best shape of my

A major improvement in my life after My Best 10 is my energy level. Before the program, it was difficult to get going in the mornings. I felt tired even after getting eight hours of sleep. Now, I get up easily and sometimes even get a workout before the kids go to school. It's amazing how much better I feel now!

I'm a huge fan of MB10! This was the greatest gift I've ever given myself!

PEOPLE BEHIND THE SPIRIT

DOING GOOD TURNS

Line Aircraft Technician Kim Holznagel is a Legend of Customer Service

>>> Whether you're a pilot or a passenger, Kim Holznagel is someone you should be happy to see preparing you for takeoff.

In his job as a line aircraft technician, based in Seattle, Holznagel makes sure planes arriving at the gate are inspected and that any necessary repairs are made safely and quickly for the next flight.

During a turn—the time between an airplane's landing and departing again—Holznagel stays busy checking the aircraft inside and out, looking for anything from broken tray tables to low tire pressure.

Holznagel says he is passionate about making sure flight crews and passengers have the safest aircraft and smoothest turns possible. He also makes it a goal to directly interact with crews on all flights.

Holznagel credits his father, a retired Alaska bush pilot, for being a good character model and also for helping him understand the perspective of a pilot and crew.

While Holznagel was growing up in Minnesota, he spent many summers in Alaska, hunting and fishing with his dad. After graduating high school, he moved to Fairbanks, thinking he might follow in his father's footsteps. He remembers a conversation in which he realized how much he liked working on cars and snowmobiles and that his interests were mechanical. Holznagel became a licensed mechanic in 1981. He first worked with Alaska that year.

During his 35-plus years with the air-line—in Fairbanks, Seattle and Portland—Holznagel has enjoyed putting his skills to work for passengers and crews. Recognized for his humility, integrity, work ethic and resourcefulness, Holznagel leads by example and takes pride in his job, keeping flights moving safely.

★



Kim Holznagel.

QUESTIONS & ANSWERS

What's the best part of your job?

Many parts actually. I enjoy interacting with fellow employees. I also really like getting customers, internal and external, to their destinations safely and on time.

What are your favorite activities outside of work?

I like snowmobiling in the Cascade mountains in winter and fishing on the Columbia River in summer.

PRAISE FOR KIM HOLZNAGEL

Kim is the engine that keeps the Sea-Tac Line Maintenance department roaring. —Nestor F., Line Avionics Technician, Seattle

It is always a joy to see you on the plane. You always bring a smile and can-do attitude to your work, and I feel safer knowing that you are looking out for all of us who fly.

—Jeanne K., Flight Attendant, Seattle

What's been your favorite trip for work?

Who do you admire most outside work? I would have to say my father, who is a retired bush pilot.

How were you influenced by your dad? His safety-consciousness really influenced me and where I wound up. I also learned from him what a pilot is looking for.

In the many years I've worked with you at Alaska Airlines, you have always inspired me with your professionalism, friendliness and willingness to teach and help your fellow employees, no matter the task.

—Richard D., Line Aircraft Technician, Phoenix

You exemplify every admirable trait of your profession. I am grateful to call you a friend and professional associate.

-Michael R., Captain, Seattle



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UNDER THE STARS

Camping provides the ultimate natural experience in Hawai'i

By Paul Frichtl



)) Tara Meehan likes to fall asleep with the sound of the Pacific in her ears. She's OK that her shoes are still damp and the floor is gritty with sand when she wakes up in the morning. She loves that as the sun rises, the warm air slowly fills with the sounds of shorebirds calling, kids stirring and tent zippers sliding open. Camping in Hawai'i, she says, is the perfect way to experience the Islands.

It's not just the fact that most campgrounds tend to be located on prime beachfront, she says, but also the opportunity to meet other people in a relaxed environment that encourages interaction: hiking, swimming and snorkeling close at hand; a spirit of cooperation in making camp and cooking meals; inexpensive entertainment in a setting that often

doesn't have cellphone reception. She actually has an Islands library card.

Meehan, a Brand Marketing Producer at Alaska Airlines, has camped in Hawaiʻi nearly every year since the airline began serving the Islands in 2007. She's camped in the Kona area on Hawai'i Island, and near Hāna on Maui, but her favorites are the state and county campgrounds on Kaua'i, the Garden Island.

These days, she's likely to split her vacations into a week of camping and a week in an Airbnb stay. She also likes to add in a little touch of luxury. When camping near Hāna, for instance, she bought day passes at a local spa. "We were the most pampered people in the campground," she says.

Yet she's still a conscientious camper,

>>> Experiencing the natural wonders of the Islands along Kaua'i's North Shore.

intent on keeping her vacations earthfriendly. Here are a few of her tips:

- Carry reusable fabric bags for groceries or wet swimsuits. Use refillable bottles for water and other liquids.
- Shop at farmers markets; buy local produce and locally crafted souvenirs.
- Use sunscreen for sure, but make sure it and other personal-care products are "reef friendly" to lessen the chemical impacts on delicate marine life.
- Pack a tent, sleeping bags and other items in a cooler to check as baggage. Most other camping products, from cooking gas to sleeping pads, can be purchased in the Islands. ズ

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It may come as a shock, but San Diego has great weather. And gorgeous beaches. We even have a zoo. (No really, we do.)

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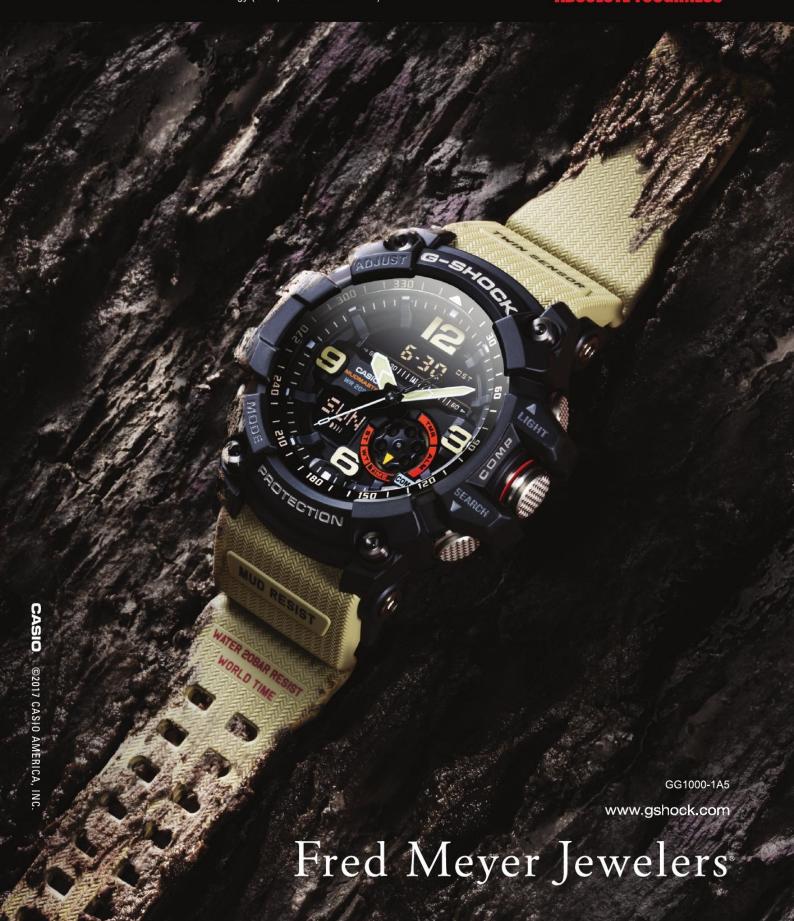
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LATOSHA Life



"I'm stronger than I've been in the last 20 years."

I got to a point where I hated the way I felt and looked. I was constantly buying bigger sized clothes and even those kept getting tighter. I felt tired all the time and wasn't sleeping well. And because I wasn't sleeping well, I didn't have energy during the day. It was a vicious cycle and I realized I had to do something about it.

I'd been successful with the 20/20 LifeStyles program in 2005 and thought about doing the program again, but I hesitated because of the time and cost commitment. Then, in January 2016, I attended a training session at work where attendees practiced storytelling. When one of the attendees told the story about her 20/20 LifeStyles journey, it was the push I needed. The next day, I signed up for the program.

Before joining the program for the second time, I did a lot of self-reflection. Why had I regained the weight and what did I want to get out of the program? The first time I went through the program, I was newly married and didn't have a child. I realized that how I'd eaten during the program hadn't been sustainable for me. This time, I decided to focus on nutrition

and counseling. I wanted to learn how to incorporate healthy eating habits into my life as a working mom and also while traveling.

The support that I received in the program was instrumental to my success. Everyone I interacted with was genuinely interested in seeing me succeed. They tailored the program and their advice to fit my needs.

The group counseling sessions provided a supportive place to talk with others going through similar challenges. The group facilitator discussed particular topics each week that were beneficial in learning how to deal with different topics like stress, social eating and setting boundaries.

I learned a lot from my personal trainer. I'm stronger than I've been in the last 20 years. I'm doing workouts I would have never imagined I could complete. I've always enjoyed running and have run several half-marathons and marathons. I completed my first Spartan race (running plus an obstacle challenge) last October. It was a huge sense of accomplishment! I'm currently training to complete a Spartan trifecta – a Spartan Sprint, Spartan Super

and Spartan Beast. My next goal will be to complete a half marathon faster than my personal best time.

My registered dietitian helped me come up with ideas for easy-to-make dishes, taught me how to batch cook and how to stick with healthy eating while traveling.

Since doing the 20/20 LifeStyles program, I have more energy and find myself in a better mood. I feel more empowered to deal with difficult situations and have also learned how to prioritize what's important to me.

Another big change is how I now travel. In the past, I'd use trips as an excuse to go off plan and enjoy myself. I learned that I can still enjoy myself while staying on track. I plan what foods I'm going to bring with me on my trip, just like I plan the clothes and shoes I'm packing. I also listen to my body more. There are days when I'm tired and need to rest. Those are the days I skip a workout. And there are those days that I want to enjoy a great dessert. Those are the days I eat well throughout the day to allow myself a piece of cake without guilt. I focus on being mindful.

Because I wanted a sustainable and lasting change, I learned how to cook in a way that I can continue for years to come. Whatever I cook for myself, my family eats as well. The unexpected bonus? It helps reduce my stress levels while my family has also learned how to eat healthy foods. In addition to helping me, 20/20 LifeStyles has been a gift that I can pass on to my husband and young son.



AIRLINE 101

FUTURE FUEL

Alaska pioneers the use of sustainable aviation biofuels

By Halley Knigge

>> Alaska Airlines has long been an innovator in aviation technology and flying efficiencies, and it has recently boosted that reputation by flying the world's first commercial flight using a new sustainable alternative jet fuel made from forest residuals-the limbs, stumps and branches that are left over after a managed timber harvest or forest thinning.

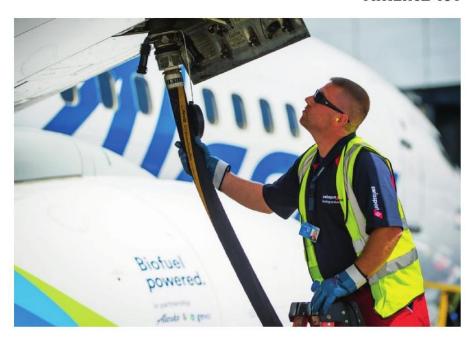
That flight flew from Seattle-Tacoma International Airport to Reagan National Airport in Washington, D.C., powered by a 20 percent blend of biofuel, made from feedstock sourced directly from the Pacific Northwest.

The fuel was produced by the Northwest Advanced Renewables Alliance, led by Washington State University. NARA is a five-year initiative that comprises 32 member organizations from academia, aviation, private industry and government that came together under a USDA grant to demonstrate the viability of producing alternative jet fuel from forest residuals.

NARA partner Gevo, Inc., a renewable chemical and biofuel company, adapted its patented technologies to convert cellulosic sugars derived from wood waste into renewable isobutanol. This fermentation process is similar to that used to make ethanol—the type of alcohol used in alcoholic beverages. The isobutanol is then further converted using Gevo's alcohol-to-jet fuel technology, meeting stringent international ASTM standards that allow it to be used safely for commercial flights.

Last June, Alaska Airlines flew two flights using a blend of Gevo biofuel produced from the nonedible portion of sustainable corn.

Sustainable alternative jet fuels reduce greenhouse gas emissions by 50 percent to 80 percent over the life cycle of the fuel-from



growth of the feedstock to transportation to a processing facility and production. The actual emission reduction depends on the type of feedstock used. The fuel produced from sustainable corn has approximately 70 percent fewer carbon dioxide emissions than conventional petroleum jet fuel.

"The point here is that we want to shorten the CO₂ cycle," said Glenn Johnston, Gevo's executive vice president of regulatory affairs. "So the CO2 we're emitting today, we're putting back into the ground tomorrow." This is accomplished as the plants-grown for fuel and animal feed—absorb CO2 from the atmosphere and then release oxygen through photosynthesis. This is the key to reducing future CO2 emissions.

Alaska's ongoing challenge will be purchasing a commercial supply of biofuel. While Gevo and other companies plan to eventually build commercial plants, there is no commercial supply available. Another hurdle is delivering biofuel to airports. To overcome this hurdle, Alaska is partnering with Pacific Northwest airports to develop infrastructure road maps that support the cost-effective integration of biofuels.

Along with the Port of Seattle and The Boeing Co., Alaska released in January a

If Alaska were able to replace 20 percent of its fuel supply at Sea-Tac Airport with biofuel, it would reduce greenhouse gas emissions by about 142,000 metric tons of CO₂ annually—equivalent to removing 30,000 passenger vehicles from the road for one year.

first-of-its-kind study that identifies the best options for delivering aviation biofuel to Sea-Tac Airport. The Port hopes to one day power every flight at Sea-Tac with sustainable aviation biofuel and is among the first in the country to work with partners to evaluate all aspects of developing a commercial-scale program from scratch. The joint study involved evaluating more than 30 sites around Washington state that could potentially support the receipt, blending, storage and delivery infrastructure required to supply the airport with up to 50 million gallons per year of sustainable alternative aviation fuels.

"This study represents a critical milestone toward powering our planes with a sustainable aviation biofuel made right here at home," says Joe Sprague, Alaska's senior vice president of external relations. "Alaska Airlines is eager to see how biofuel flights can become a daily reality at our hometown hub of Sea-Tac." ⊀

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COMMUNITY







Past Alaska Airlines
Environmental Innovation
Challenge entries include
AgriC, far left, with biodegradable plastics
derived from crustacean
shells; PotaVida, above,
with a solar water-purifier;
and UbiEnergy, with
mobile solar-power carts.

BUSINESS PLANS FOR THE PLANET

A competition inspires students to find solutions to environmental problems

By Ben Raker

Center Exhibition Hall. Teams of students from colleges and universities around the Northwest have just finished short presentations to an audience that includes people in fleece jackets as well as business attire. The teams start beckoning attendees to booths with intriguing prototypes—gadgets wired to solar panels, trays of plants growing from unusual substrates, electric bikes. The students are passionate about their projects, and they actively engage other attendees.

This is a typical scene at the **Alaska Airlines Environmental Innovation Challenge**, an annual competition run by the University of Washington's Foster School of Business. The event encourages students to identify environmental problems and present marketable concepts that help address issues,

using clean technology. Many teams are granted prototype funding and develop ideas during UW courses in the fall and winter.

"We're really looking for creative thinking and people with a passion for the planet and its resources," says Connie Bourassa-Shaw, director of the Foster School's Buerk Center for Entrepreneurship, which hosts the event.

On March 30, the contest marked its third year of a 10-year Alaska Airlines sponsorship.

"I can't think of a better sponsor than an airline based in the Northwest, working hard to be innovative and to reduce its environmental footprint," says Bourassa-Shaw.

This year's 22 finalist entries featured a remote-sensing system for use in improving agricultural yields, an unmanned aircraft that disperses eco-sensitive foam to reduce the impact of fighting wildfires, and multiple

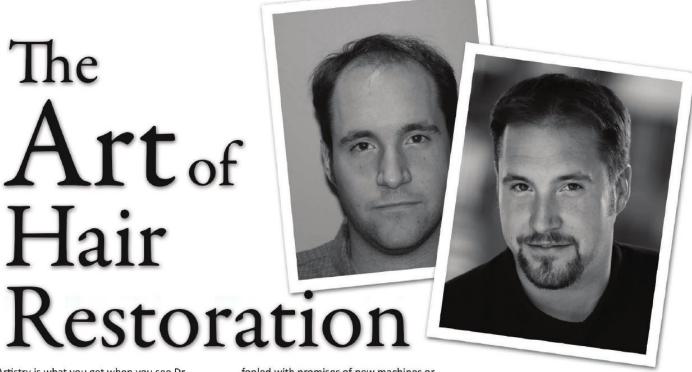
projects involving fuel sources, batteries and water purification. There were \$37,500 in total prizes, with a \$15,000 grand prize.

Even teams that don't win get useful input from more than 150 judges, drawn from local environmental and entrepreneurial communities. Past teams have gone on to win grants, earn equity funding and launch businesses.

Bourassa-Shaw says that judges are often impressed and tell her that the day of the event is their "most hopeful day of the year."

"It is inspiring to me to see so much passion and persistence," says Alaska Airlines Sustainability Manager Jacqueline Drumheller.

Bourassa-Shaw is also inspired by seeing the students address urgent issues: "This isn't just 'can-do' thinking," she says. "It's 'I am going to do it' thinking." For more information, visit eic.washington.edu. *



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



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

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

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

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

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

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

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



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COMFORTABLY GREENER

>> Alaska Airlines' sister carrier Horizon Air has been an environmental original since the mid-1980s, when it was one of the first airlines in the country to collect and recycle its onboard-service items. And when the Pacific Northwest-based airline decided to replace some of its older aircraft in 2007, it selected the 76-seat Bombardier Q400 in large part for its fuel efficiency—it used 30 percent to 40 percent less fuel and produced up to 40 percent less carbon emissions than comparable jet aircraft at the time.

Just as cool, the Q400, still the mainstay of

the Horizon fleet, features active noisecanceling technology—a characteristic appreciated by the airline's guests. In fact, the "Q" stands for "quiet."

The airline was so proud of its new aircraft that from 2009 to 2013 it flew two Q400s sporting a special green paint scheme to illustrate the fact that the Q400 was one of the most environmentally friendly commercial aircraft in the skies.

Horizon Air's "Comfortably Greener" livery earned the two aircraft the nicknames "Shrek" and "Fiona." ⊀



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ON POINT,







SAVORING SUSTAINABILITY

Going green yields a healthful bounty for the modern chef

By Tom Douglas



Prosser Farm uses sustainable practices to produce fresh foods such as the peppers and eggs above. The farm's products are featured in Tom Douglas Restaurants dishes that include the baby-squashand-burrata salad shown above right.

>> When you come into one of my restaurants,

I know I must do more as a chef than simply meet the need to fill your belly. The role for chefs has changed immensely over the last 30 years, and cooking great food is only part of our job today. Nowhere is this more apparent to me than the role we play in sustainability.

Early in my career, I was influenced by chefs and restaurateurs such as Wolfgang Puck, Jeremiah Tower and Julia Child-and our emphasis then was always on the food, period. Yes, there was beginning to be some chatter about organic and locally sourced products, but mostly I sought the best-tasting and top-quality ingredients, without much concern for where they were sourced or how they were grown. If the olive oil considered best in the world was from Italy, or the beef considered best-marbled was from Nebraska, then hell or high water, they had to be on our menus.

Thirty years later, restaurants have become social hubs rather than just places to celebrate a birthday, anniversary or the success of a business deal. Restaurateurs are expected to be role models and stewards of natural resources, educated on environmental issues that affect the long-term sustainability of foods we put on plates. Many of us have also come to realize that the search for sustainably sourced foods can lead to ingredients that taste great and have health benefits.

I feel a responsibility not to let our naturalfood resources become depleted and unavailable to chefs and diners of future generations. How a food is grown, sourced and transported to our kitchens is really important.

Considering a food's sustainability can, of course, raise complex questions and require shifts in thinking. Does it really make sense to buy organic lettuce if it has to travel 1,500 miles of asphalt road in a diesel tractor-trailer to get to your table? Does it make more sense to buy what's available at your local farmers market, even if it's not organic?

)) ON POINT

FRESH TAKES



Planting the starts at Prosser Farm is a group effort that involves chefs and restaurant workers, as well as the farm's staff.

Being committed to sustainable practices in our restaurants today encourages us to ask good questions and to approach everything we do with a healthy mindset. The pillars of sustainability include principles of economic and social health, as well as environmental sensitivity. If you are going to fight for sustainable fishing practices or clean soils, or preach the health benefits of grass-fed rather than grain-fed

meats, then you also need to consider the restaurant's health and sustainability. A modern restaurant needs to be concerned with access to health care and fair wages for the team. And thinking sustainably can lead to best practices in cooking, healthy nourishment for customers and purchasing food from folks who are caring for the Earth in responsible ways.

On our own farm in Prosser, Washington, we work hard to supply our restaurants with healthy produce from May into November. My wife, Jackie, and Prosser Farm chef Dev Patel have used healthy farming principles to inform decisions about what goes on the menus. They channel the daily grind of farming into beautiful crates of fruits and vegetables, grown using organic practices, such as utilizing compost or natural pest controls. They teach our team to live by the rhythms of

the garden calendar and clock. Each chef in our company is keenly aware of the garden because they helped pick out the seeds in December, helped plant the starts in May and share their bounty with our customers every night during the harvest seasons in our restaurants.

Sustainability is an awesome responsibility. But it's a necessary one, addressed in restaurant, hospital, corporate cafeteria and food-bank kitchens all over this country. With this responsibility come the benefits of thinking in ways that are healthful, fresh and delicious. Cheers!

James Beard Award-winning chef Tom Douglas owns Tom Douglas Seattle Kitchen, a group of 23 foodbased businesses. He partners with Alaska Airlines to bring his iconic flavors to the inflight experience.



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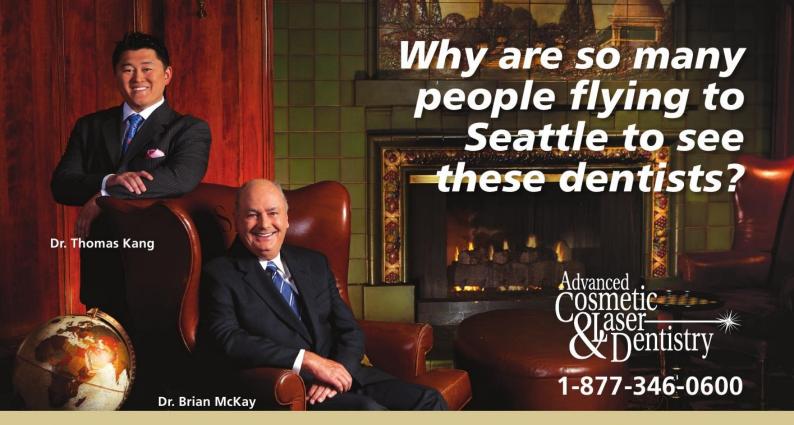
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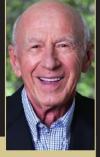
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REMINDING US WHERE WE'VE BEEN

Treasured mementos evoke treasured experiences

By Bridget Veltri



)) I was 16, and it was my second trip to Italy. Mom and I traveled a long time in a taxi from Naples. The drive was supposed to take 3.5 hours, but took six. I guess you could say the delay was a combination of miscommunication and "Italian time," but that no longer mattered, because we'd made it. Made it to the place where you could say we started: Grimaldi.

Grimaldi is a speck of a town in the Calabria region's Cosenza province (in the front part of "the boot"). All of my great-grandparents on my mother's side of the family came from this village. They had emigrated separately from Italy to America, subsequently marrying in the United States. Grimaldi was just like the stories they'd told: a square, some churches, some olive trees, a soccer field, a smattering of restaurants and a cemetery. Small. Sweet. Special.

We had only one evening to spend there, so after finding the former homes of family members, Mom and I separated to shop for mementos before dinner. Let's just say Grimaldi is not known for its shopping. I sought out postcards at the convenience store so that my 80-something grandpa and his sister could see the town their parents left behind. As I sorted through the cards, I shared the reason for my visit with the owner. He went to the back and returned with some photos of the town taken from a plane.

>> ON POINT

VIEW

To my surprise, he gave them to me, and now most of my family members have a copy. Meanwhile, my mother scored some souvenirs in the florist shop, and the keepsake she gave me from the town of "my people" was a small, ceramic, flower-filled cornucopia. I carried it carefully to dinner at one of the town's few restaurants. We arrived just as it was closing, but when we explained why we had come to Grimaldi, they stayed open just for us, and even made fresh pasta from scratch for our meal.

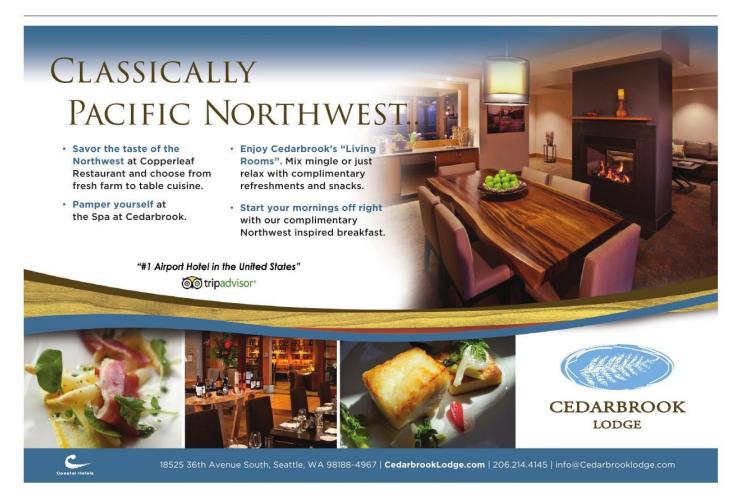
The little cornucopia returned to the States with me and now sits in a hutch that houses many special things I've brought back from abroad. Some of these mementos are simple, like a doily from Greece. Some are delicate yet elaborate, like a teacup from Hong Kong and a carved wooden statue from Bali.

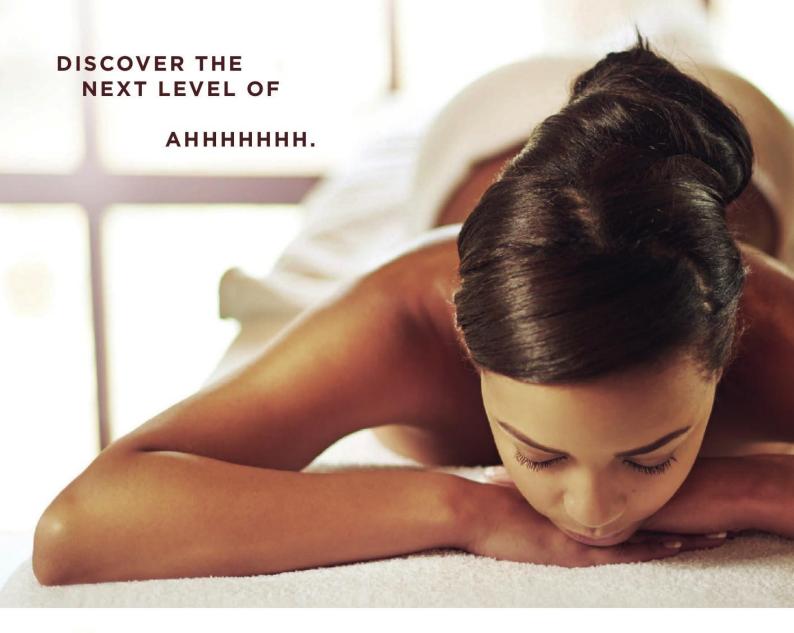
Fortunately, my life has been full of treasured moments, and I've got the actual treasures to match. Bringing something home with me provides a tangible reminder of each trip—be it a trinket, postcard, magnet or photo.

I know that the essence of traveling is so much more than what you physically take home with you. It's an opportunity to learn, to grow, to be surprised, to be challenged, and to love. Every day when I walk by my hutch and glance at the keepsakes inside, I'm filled with gratitude for the journeys, and with love for the places that the mementos are from. They inspire me to keep traveling, while reminding me of where I've been and, in the case of that cornucopia, where I came from. ******

Bridget Veltri is a blogger for The Bold Italic: thebolditalic.com/@BVeltri.









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)) ON POINT SAVVY TRAVELER



HOW TO BE AN ECO-FRIENDLY TRAVELER

By Johnny Jet

>> I make a point of being eco-conscious at home, so it's important to me to do the same when I travel. And it's surprisingly easy! For instance, whether I'm at home in California or traveling, I pick up at least three pieces of trash whenever I'm walking on a beach, although sometimes I'll fill a large garbage bag. It's a quick and simple way to help clean up our beautiful beaches. Here are five more of my top ways to be an eco-friendly traveler:

Choose hotels that are sustainable

Sure, price and location are two of the top considerations for most people when they're looking for a place to stay.

But plenty of hotels are also placing an emphasis on being friends of the environment by offering green amenities such as water-conservation systems, low-flow toilets, water-saving faucets, bamboofiber towels, energy-efficient lighting and in-room recycling bins. I'm not a fan of hotels handing out plastic bottles of water, unless I'm in a place that doesn't have safe drinking water.

My favorite environmentally friendly resort is the historic Cavallo Point in Sausalito, California. The contemporary accommodations are built to

the highest standards of green architecture, and feature radiant-heat floors, solar panels and bamboo furnishings.

2 Minimize your housekeeping needs

Do you really need fresh towels every single day? I don't change my towels or sheets daily when I'm at home, so I don't do it when I travel, either.

In fact, I usually put the "Do Not Disturb" sign on my door handle to skip housekeeping altogether.

Rent a hybrid

If you really need to rent a car while you're traveling, rent a hybrid. Not only will the environment thank you, but if you plan on driving a lot on your trip, your wallet will thank

you, too. Some hybrid cars can give you as much as 50 miles per gallon.

4 Walk, bike, or take public transport

My favorite way to explore a city is by foot. I see things that I just can't see when I'm in a car, I burn calories and I save money, too.

Consider taking the train

OTHER WAYS TO BE AN ECO-FRIENDLY TRAVELER:

- · Shop at local farmers markets
- Buy locally made souvenirs
- · Book nonstop flights
- Lighten your baggage
- Choose restaurants and cafes that serve locally sourced ingredients



and other modes of public transportation, as well.

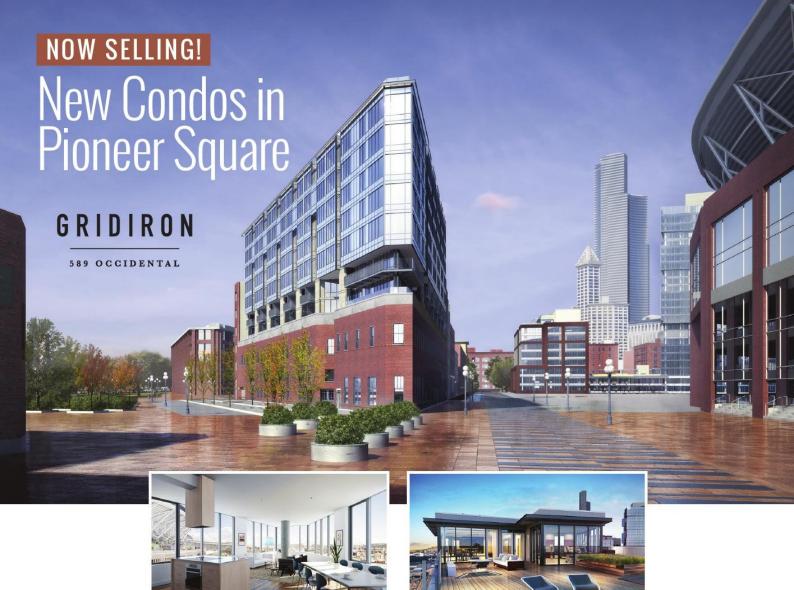
Another great option is biking, but in some cities, such as New York, I think it's too dangerous unless you're in Central Park.

5 Select an environmentally conscious airline, and buy carbon offsets

When you fly, choose an airline that has an environmental and sustainability program and takes steps toward reducing its carbon footprint.

You can also buy carbon offsets that will help to counteract your flight. Carbon offset programs fund projects such as reforestation, deforestation prevention and infrastructure upgrades that help be more environmentally friendly. Check out carbonfund.org and terrapass.com. ⊀

Johnny Jet is a Los Angelesbased travel expert who visits 20 countries each year. Read more of his travel tips at johnnyjet.com.



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)) ON POINT MILES MASTER



TAKE A FRIEND

Making the most of your Visa Signature® card companion fare

By Scott Mackenzie



>>> One of the greatest tools for Alaska Airlines Mileage Plan members is their Alaska Airlines Visa Signature® card. And among the most popular benefits of the card is the annual companion fare. This is a discounted fare starting from \$121 (\$99 plus taxes and fees from \$22) that can be used on just about any Alaska or Virgin America itinerary, booked on alaskaair. com. Cardholders also enjoy a free checked bag for themselves and up to six other passengers on their same reservation, triple miles on Alaska and Virgin America purchases, and a mile for every dollar spent on all other purchases.

The primary traveler must pay the prevailing fare, but the companion pays a fare starting from \$121 (\$99, plus taxes and fees). As long as there are two economy seats for sale, your

companion fare is good to go!

Best of all, both travelers will earn miles with Alaska Airlines when booking on alaskaair.com, and they're eligible for complimentary elite upgrades. One-way and roundtrip itineraries with one stopover can also be booked using the companion fare as long as every flight is operated by Alaska. If you need to connect on

> a partner airline—and use your companion fare discount-you'll need to break your itinerary into separate reservations.

How to book

Companion fares are delivered to your Alaska Airlines Mileage Plan account each year within two billing cycles after your anniversary date. Visit the "Discount Codes" section of your

account and click on the link to begin a search. Results will display separate prices for each flight: The first amount is the normal price charged to the primary traveler, and the second amount is the discounted price charged to the companion traveler.

When entering passenger information, you'll be asked to identify the primary and companion passengers. Be careful if you think your plans might change. The primary passenger must travel to maintain the discount; the companion is permitted to miss his or her flight. Each companion fare code is only

valid for one calendar year, so plan ahead to ensure that it doesn't go to waste. As long as you book or change your flights before the expiration date, travel can take place after the code expires.

Save on first-class travel

Although the companion fare can only be used to book flights in the main cabin, there are still ways to use it and save on first-class travel.

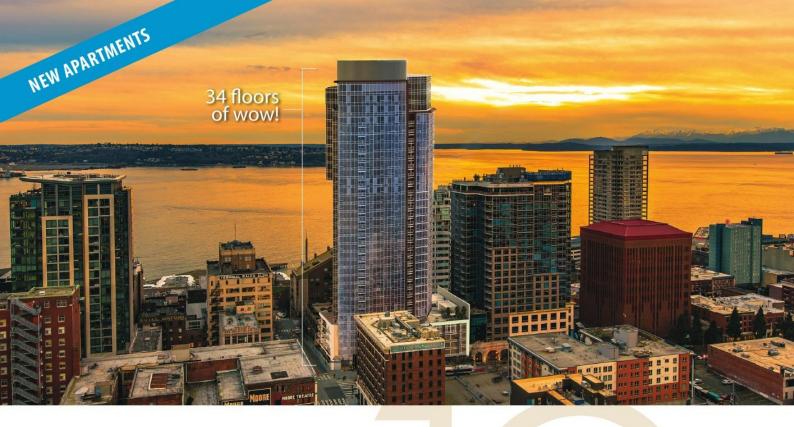
Complimentary elite upgrades are available close to departure, and some fares can be upgraded further in advance. Alaska Airlines makes it easy to search for these upgradable fares during the booking process. Just select the desired upgrade type from the menu in the sidebar.

The difference between the cheapest fare and an upgradable fare may be small, but you only need to pay that amount for the primary traveler. The companion still pays just \$99 plus tax, and both can benefit from an instant upgrade.

Changing or canceling

Making changes to flights booked with a companion fare discount is easy to do online. But be careful! Once redeemed, the companion fare discount code cannot be used again. If you want to use your discount code for another trip, always make a change instead of canceling. Learn more about the Alaska Airlines Visa Signature card at alaskaair.com/ content/credit-card. ⊀

Scott Mackenzie is founder and editor of the loyalty-programs blog travelcodex.com.



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By Continental Properties LLC

BRAD WILLIAMS PHOTOGRAPHY

THE FEED,



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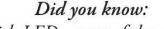
This past winter brought record cold weather across 48 states. In many places energy bills are at an all-time high. Who wouldn't like to know where they can save on energy consumption? Lets start with LED vs. fluorescent lighting.

There are many appealing facts about LEDs that are at the top of the list. LEDs are mercury free and recyclable. That is great news for our planet and landfills. LEDs use 1/2 to 3/4 the wattage of traditional fluorescent lamps. That is a significant energy savings. LED technology will continue to improve. This fact is intriguing to anyone who is conscientious about global warming and environmental hazards.

This year, Sunlight Supply launched another innovative addition to their lighting offering. The AgroLED® brand of products use a light source known as LED (Light Emitting Diode) that has taken off and is growing rapidly! The new AgroLED® brand offers a growing variety of different fixtures, lamps and the new retrofitting iSunlight® LED T5 lamp which replaces old T5 fluorescent tube-style lamps. This is revolutionary for the indoor gardener. They have a great "white" color spectrum, are energy efficient and very bright. By the way, for the garage guy, they will look awesome over your hot rod or work bench!

LED has earned the attention from both professional and hobby indoor gardeners. Besides its long life, LED doesn't contain a filament, like the traditional fluorescent lamp. LED also is not affected from wear and tear of turning it off and on because it does not contain mercury, which breaks down with everyday use.

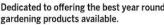
Sunlight Supply is happy to offer all new LED technology and like all of their products, they will continue to perfect and expand the AgroLED® brand. Sunlight Supply has everything you need to get growing indoors. With more than 1,500 authorized dealers nationwide, you're never far from one of Sunlight Supply's innovations.



With LED - most of the energy consumed produces light - not heat.

LED is ½ to ¾ the wattage of traditional fluorescent lamps.











Visiting the Portland, Oregon / Vancouver, Washington area this summer? Be sure to check out upcoming concerts at the Sunlight Supply Amphitheater at www.SunlightSupplyAmphitheater.com - tickets also available through Ticketmaster.











DANCE PARTY

heels onto the wooden floor. This mariachi dance technique, called *zapateado*, is often the percussion to accompany the trumpets, violins, *vihuelas* (five-string guitars) and *guitarrones* (bass guitars) in a musical tradition that dates back to the 18th century in western Mexico.

This percussive move, along with the swirl of colorful swinging skirts, will fill the stages and workshop rooms at the **Tucson International Mariachi Conference**, April 26–29.

The conference, in its 35th year, features

workshops for various ages and skill levels, and performances by professional mariachi dancers and musicians and participants—to celebrate mariachi.

In the Armando C. Gonzales Student Showcase, young mariachi students will perform the dancing and singing they've learned during the weekend. At the Fiesta Garibaldi, concluding the conference, live mariachi and *baile folklórico* (a mix of folk dancing and ballet) will be performed on indoor and outdoor stages.

Visitors can also enjoy Southwestern-style cooking and peruse the arts and crafts vendors. For more, see tucsonmariachi.org. — Kara Spencer



PAGE TURNER

Standing beneath a slow digital cascade of words and stanzas, visitors at the American Writers Museum (shown at left), opening May 16, can try to identify passages from famed works at the "Word Waterfall." It will be one of many exhibits at the new museum in downtown Chicago, which will showcase the work and influence of U.S. writers.

Through touch screens, museumgoers will get an interactive journey into the

minds and lives of famous authors, ranging from Ernest Hemingway to James Baldwin to Flannery O'Connor. "The Mind of a Writer" will show drafts and planning materials, giving visitors an idea of how great works are created. In the "Palm" exhibit, plants and poetry will be rooted together in a grand art installation. Visit americanwritersmuseum.org for more information. —Kara Spencer



BORN IN GEORGIA, Flannery O'Connor (1925–1964) is especially known for her short-story collections, including *Everything That Rises Must Converge* (1965).



FORCEFUL FEST

This month, in a galaxy not so far away, the **Star Wars Celebration** will treat devotees of the 40-year-old franchise to four days of events and expositions at Orlando, Florida's Orange County Convention Center, April 13–16. Daily panels will feature insightful discussions about *Star Wars*. Special guests include Kathleen Kennedy, president of Lucasfilm, and Rian Johnson, director of the upcoming *Star Wars*: *The Last Jedi*.

The Celebration Art Show will display selected works from artists across the galaxy, carefully curated by a team from Lucasfilm. For more, visit starwarscelebration.com.

—Amanda Easter



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POWWOW **FACTOR**

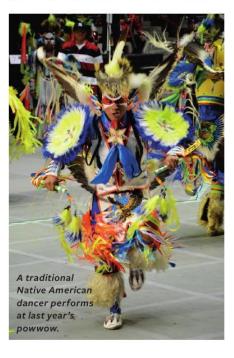
Members of more than 700 tribes will celebrate Native American and indigenous cultures in Albuquerque, New Mexico, April 27-29, at the 34th-annual Gathering of Nations. It's the world's largest assembly of its kind.

Thousands of dancers will fill the Tingley Coliseum with the mesmerizing whirl of fringed, feathered and intricately crafted dance regalia, as the Grand Entry ceremony welcomes visitors. Throughout the powwow, the coliseum will host 3,000 competing Native dancers, singers and drummers, while the Expo New Mexico grounds will feature an array of activities showcasing Native culture.

Stage 49 will host Native musicians playing everything from rock to reggae, and hundreds of artisans will be selling their artwork, music, jewelry and other authentic crafts at the Indian Traders Market.

New this year is the Teepee Village, where tribes will have full-size, outfitted teepees for guests to explore.

For tickets and more information, visit gatheringofnations.com. —Amanda Easter





MIND POWER

>>> Considered the "Super Bowl of smarts," the For Inspiration & Recognition of Science and Technology (FIRST) Championships 2017 let K-12 students showcase robots they've built from Lego bricks, motors, batteries and other items. During the events, teams compete to most efficiently pick up, transport and fling objects into several goals situated in a caged arena.

The championships are being held in Houston, April 19–22, and St. Louis, April 26–29. Each 2017 competition site will host up to 696 teams participating in various age categories. Special guests often make surprise appearances, with previous years' championships bringing music artist will.i.am, actor Morgan Freeman and singer Willow Smith.

FIRST is a nonprofit that works to inspire young people to be science and technology leaders. For more, see firstchampionship.org. —Kara Spencer

TAKING THE STAGE

French composer Jules Massenet, 1842-1912, wrote more than 20 operas, and Werther is among his most frequently staged works. But when the curtain opens May 5 at The Egyptian Theatre in Boise, it will mark the first time that any Massenet opera has been presented by Opera Idaho. A matinee performance of Werther will be shown on May 7.



The four-act opera, loosely based on the German epistolary novel The Sorrows of Young Werther by Johann Wolfgang von Goethe, tells the story of a poet who would rather die than be without the woman he loves. The opera is set in 1780s Wetzlar, Germany, and originally premiered on February 16, 1892, in Vienna, Austria. For more information, visit operaidaho.org. —Andrew Waite



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SPLENDID COLLECTION

>>> Compacts, cigarette cases and vanity cases adorned with Chinese dragons, Persian birds and other decorative elements are displayed in the exhibition, "Jeweled Splendors of the Art Deco Era: The Prince and Princess Sadruddin Aga Khan Collection" at New York's Cooper Hewitt, Smithsonian Design Museum, April 7-Aug. 27.

Prince Sadruddin Aga Khan, 1933-2003, spent more than 30 years amassing the collection as gifts for his wife, and a quick survey is all it takes to see the items' beauty. But a closer look will reveal how these pieces also tell part of the women's rights movement story.

In the early 20th century, it was taboo for women to wear watches, because men could tell time for them. But as women's independence gained momentum, renowned jewelry firms, including Cartier, Van Cleef & Arpels, and Lacloche Frères, began crafting exquisite vanity cases, called nécessaires, that could hide clocks and makeup. The exhibition will feature many examples of these cases and necklaces with hidden watches, along with more than 100 luxury items and jewelry pieces that captivated Prince Sadruddin Aga Khan.

The Paris-born, Swiss- and U.S.-educated Prince Sadruddin Aga Khan had British citizenship but identified as a citizen of the world. He spent about 40 years in public service at the United Nations, including about a decade as high commissioner for refugees. He later promoted environmental causes.

For more information, visit cooperhewitt.org. —Kara Spencer



Imperial Guardian Lion Mystery Clock (1929); produced by Maurice Couet for Cartier; nephrite, enamel, gold, emeralds, rubies, citrine, diamonds, coral, pearls, platinum.



Noble Hunt Vanity Case (1930); produced by Lacloche Frères; mother-of-pearl, hardstone, enamel, diamonds, platinum, gold.



)) THE FEED THE MIX

Rabbit Vanity Case (1924); produced by Cartier; gold, seed pearls, diamonds, sapphires, enamel, ruby, 18-karat gold.



Fern Compact (1929); enamel, diamonds, mirrored plate glass, gold, platinum.



HEAR YE, HEAR YE!

The Georgia Renaissance

Festival is back for its 32nd year, transporting visitors to the 1500s every Saturday and Sunday from April 15 to June 4.

The festival in Fairburn, Georgia, near Atlanta, will feature eight weekends of medieval fun with hundreds of costumed performers, live entertainers, and specialty craft and food vendors across a 32-acre model 16th century English village. Ten stages host more than 100 daily

performances by jugglers, musicians, comedians, acrobats and even a hypnotist.

The sound of heavy hooves hitting the ground signals the start of the jousting tournament, where visitors can watch brave knights fight to stay balanced atop their horses.

In the village, visitors can find more than 150 master craftspeople providing their handcrafted goods and doing live demonstrations, such as glassblowing and blacksmithing.

For more information, visit garenfest.com. —Amanda Easter

OUT HERE, THERE'S MORE TO EXPLORE

AND FEWER PEOPLE TO MOOCH YOUR BEER.



DARE IN THERE

Brewed and Bottled in Juneau, Alaska

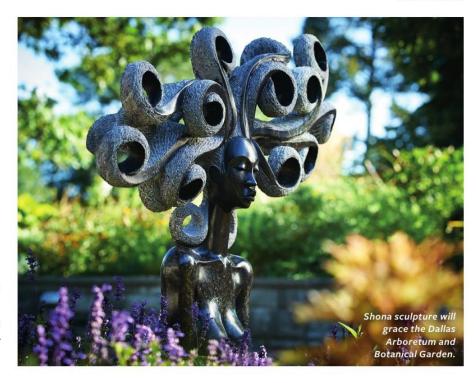
ALASKAN BREWING CO.

SET IN STONE

>> The largest collection of Zimbabwean stone sculptures ever shown in the United States is at the Dallas Arboretum and Botanical Garden, April 15 through July 31. The "ZimSculpt" exhibit features more than 100 sculptures by dozens of Zimbabwean artists, whose works, known as Shona sculpture, are hand-carved, chiseled and sanded from various types of semiprecious stone.

Resting in front of the garden's lush foliage, the impressive sculptures range from hand-size and tabletop installations to pieces measuring more than 7 feet tall and weighing several tons.

During the course of the exhibit's showing, artists Passmore Mupindiko and Aron Kapembeza will be live-sculpting, demonstrating their skilled carving techniques and intricate handiwork. All displayed work, including works created during the event, will be available for purchase, and visitors can commission pieces from the two featured artists. Once sold, a piece is removed and replaced



with another installation, making for a unique experience as the exhibit rotates week to week. For more, visit dallasarboretum.org.

—Amanda Easter

COWBOY UP

Nestled at the base of the Sierra Nevada, the town of Genoa, which was Nevada's first permanent settlement, celebrates its origins at the Genoa Cowboy Festival, April 28-30. The town, situated near the eastern edge of Lake



Tahoe, dates back to 1851, when trapper and explorer John Reese built a trading post in the area. The festival embraces Genoa's history through poetry, Western-style musical performances, ranch and nature tours, crafts, and cuisine. For more information, visit genoacowboyfestival.org. -Kara Spencer



BAYOU AT THE BAY

Trucking in 10,000 pounds of Louisiana crawfish is one way to bring the bayou to San Diego.

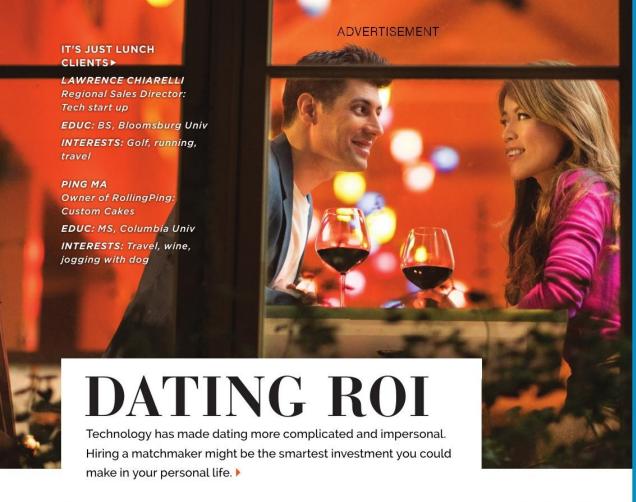
The crawfish, along with French Quarter cuisine, the sounds of Louisiana zydeco and blues, and a whole lot of groove that comes with New Orleans culture will fill the Gator By The Bay Festival at Spanish Landing Park in San Diego, May 11-14.

Headlined by Grammy-nominated blues singer and pianist Marcia Ball, the festival, with a dancing gator logo meant to represent New Orleans' joie de vivre, will keep

visitors jamming with more than 100 live musical acts. Guests will have plenty of room to shake and shimmy on the venue's five wooden dance floors, including 3,000-square-foot floors at the festival's two main stages. Those interested in learning Louisiana-style moves can take free lessons with dance instructors.

The festival's French Quarter Food Court will serve New Orleans staples such as crawfish, catfish, alligator, gumbo, jambalaya and beignets.

For more information, visit gatorbythebay.com. —Kara Spencer



At first, Larry Chiarelli, director at a tech start up, thought he was doing all he needed. Sign up on multiple dating websites. Meet lots of women. Eventually, the right one would come along - except she never did. So he decided to bring in the professionals and hired It's Just Lunch. IJL's matchmakers got to know him and his preferences. They selected his dates, arranged schedules, and even made the restaurant reservations. Dating became stress-free and fun. Larry was a practical guy and didn't believe in love-at-first-sight, but that was until IJL introduced him to Ping.

What was your dating life like before joining It's Just Lunch?

Lawrence: Chaotic! I was meeting a lot of women but not the right women for me. Online dating was time consuming and stressful. I needed someone to relieve me of the dating busy work so I could feel some breathing room. I needed to slow things down to speed them up. It's Just Lunch fit that criteria perfectly for me.

Why did you decide to join It's Just Lunch?

Ping: I fly frequently for work and for

fun, and when I saw It's Just Lunch in the airline magazine, it was as if the matchmaker was talking to me! One day after a particularly long flight and wanting to snuggle with someone and watch a movie, I decided it couldn't hurt to give it a try.

What did you enjoy most about the It's Just Lunch process?

L: Having someone doing all the work to select and schedule a date. It was like I had my own personal dating concierge to take care of all the details. All I had to do was be on time for my date and be myself. It really was a stress-free experience.

What was it like working with the It's Just Lunch matchmakers?

L: Easy and convenient. At the time the company I was working for was going through a merger so I was away from home quite a bit in all day meetings. I'd finish my day and there would be a voicemail from my matchmaker telling me about my next match. I'd call back, get the details and run through my availability. The next thing I knew I was in front of an interesting woman having a great conversation.

Do you have any advice for singles who want to meet that special someone?

L: I tell my clients an analogy all the time: Would you rather drive across the country in a Toyota Corolla or a BMW 5 series? They always say the 5 series. You get what you pay for and to me the juice was definitely worth the squeeze with IJL. Investing in yourself and your future with someone special means investing in the right matchmaking service. For me that was It's Just Lunch.

P: Invest in your own happiness, it is always worth it.

The success of It's Just Lunch is built on creating high quality matches in low pressure situations. In 25 years, they've set up millions of first dates. Make meeting someone special a priority. Get in touch at 800-858-6526 or www.itsjustlunch.com.

It's Just Lunch Matchmakers







MELISSA BROWN SARA DARLING

JULIE LOPEZ

DATING STATS:

30 MIN

or less. Time it takes a majority of singles to decide if they want to see a "first date" again.

2/3

Of singles prefer to date someone who works in another industry.

56%

Of singles prefer not to talk about work on a date.

4 OUT OF 5

Singles are open to a kiss on a first date.

25 YEARS

Of changing lives one match at a time.





FINANCIAL UPDATE

RONNIE HENDERSON, VP, Private Banking Manager at HomeStreet Bank ronnie.henderson@homestreet.com 206-254-7292

How can I make the equity in my home work for me?

Due to uncertainties in investments over the last decade, many of my clients have spent the past several years paying down the debt on their home. With housing prices at their highest point in recent memory, it may be beneficial for you to monetize the equity you have built in your own home. One way to make your home's value work for you is through a home equity line of credit, or HELOC.

HELOCs can be used to fund a wide variety of expenses. Some of the ways my clients have used a HELOC include: (a.) paying for home improvements, (b.) paying down credit card debt, (c.) investing, (d.) paying off car loans, and (e.) paying for life events.

- (a.) With a large percentage of prospective buyers being priced out of the current housing market, many people have turned to renovating their existing space, rather than purchasing a new home. Home improvements are not only a great way to enhance your quality of life, but they can also be a good investment decision, potentially increasing the value or salability of your home. These types of home improvements can be funded through a HELOC.
- (b.) High interest credit cards can lead to undue stress. If you are struggling to dig yourself out of credit card debt, a HELOC is a possible solution. Because HELOCs are secured by your home, the interest rates are significantly lower than those of many credit cards. You might consider consolidating all of your credit card debt by paying it off with a single HELOC and then work to repay the loan quickly. It is important to consult



your CPA but, generally, the interest paid on a HELOC is tax deductible, while the interest paid on credit cards is not.

- (c.) Current HELOC rates are generationally low, making money inexpensive. As a prudent investor, you may want to consider keeping less money in your rainy day fund to invest a greater percentage of your resources towards retirement. You can use the equity in the value of your home to make investments that will make you money above and beyond the cost of the money.
- (d.) There are also a couple of distinct advantages to paying off vour auto loan with a HELOC. One benefit is flexibility. Most car loans are between 3 and 7 years; with a HELOC, you are typically given a 10-year draw period with another 20 years to repay the loan. The second advantage of a HELOC over a typical auto loan is that, for a period of time, you can make interest-only payments on the money you borrow. Many of my clients have noted that this lower monthly payment is incredibly helpful. Again, you should consult your CPA but, generally, the interest paid on a HELOC is tax deductible, while the interest paid on an auto loan is not.

(e.) If you have always imagined giving your children the wedding of their dreams, you may consider paying for it with a HELOC. I've also known clients to use HELOCs for medical emergencies not covered by insurance, or even to pay for their dream vacation.

Any time you venture into borrowing money, you should carefully weigh the pros and cons. Everyone's financial situation is different and, though a HELOC isn't a perfect solution, it's something to keep in mind as you assess your own fiscal needs. I'm happy to provide you with more information about HELOCs to help determine if this type of credit is right for you!

About the Author

Ronnie Henderson is a Vice President and the Private Bank Manager of HomeStreet Bank, where he oversees Private Banking and Wealth Management. HomeStreet is a full-service community bank offering consumer, commercial, and mortgage services to customers throughout the Western United States and Hawaii.







ISLAND MUSIC

By Deston Nokes

>> Hawai'i is an immersion of the senses, and its warmth, beauty, tropical fragrances and iconic foods blend perfectly with its melodious music. Experiences emphasizing the Islands' aural riches will be plentiful this month into June, as Hawai'i hosts its annual Mele Mei celebration of music and culture.

This year, audiences will be treated to more than 70 musical events held statewide, though focused at hotels and other venues on O'ahu. The festival will include concerts, award ceremonies, cultural demonstrations and hula workshops. Mele Mei will reach its peak on May 20 at the Hawai'i Convention Center on O'ahu with the 40th Annual Nā Hōkū Hanohano—the Hawaiian version of the Grammy Awards—which pays tribute to the Islands' top performers.

Hawaiian music encompasses more than crooning accompanied by 'ukulele, and Mele Mei embraces traditional chant, slack-key guitar, 'ukulele and falsetto styles, as well as modern pop, alternative music and hard-rock Jawaiian (a reggae/Hawaiian hybrid).

"There will be different artists performing live every weekend," says Pali Ka'aihue, Mele Mei founder and Hawai'i Academy of Recording Arts president. "It gives people a variety of choices." Better-known artists will include pop group Kalapana, falsetto star Amy Hānaiali'i Gilliom and singer-songwriter Nathan Aweau.

Sean Dee, an executive at Outrigger Hotels and Resorts, which hosts the Kani Ka Pila Grille Mele Mei Concerts Series, says the festival features legends as well as emerging talents such as Kalani Pe'a, whose debut

ON DECK

- Hawaiian Music Hall of Fame Lei of Stars, May 1, Hyatt Regency Waikiki Beach Resort and Spa, O'ahu.
- Mele Mei ma Maui, May 13-15, Lahaina Banyan Court Park, Maui.
- 40th Annual Nā Hōkū Hanohano Awards, May 20, Hawai'i Convention Center, Honolulu, O'ahu.

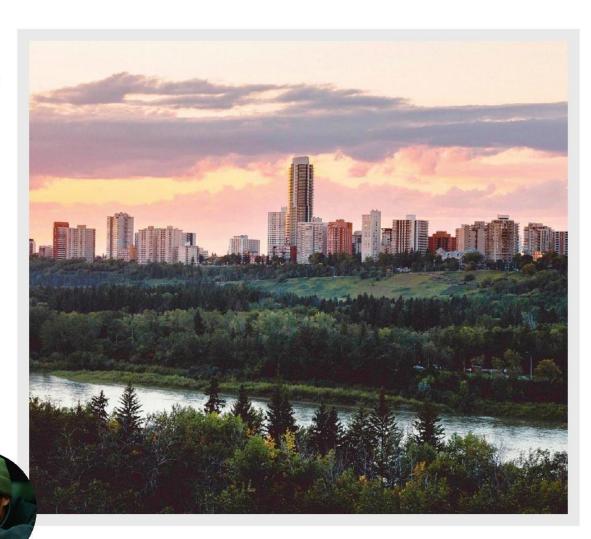
album won a Grammy Award.

Mele Mei is now in its eighth year, and Ka'aihue says that the future looks bright: "It has grown so big, and my goal is that it will become similar to South by Southwest, but in Hawai'i," he says.

However big it gets, Mele Mei will continue to host events large and small. It remains a captivating reason to chart a course for Hawaiʻi in spring. Visit melemei.com. ⊀

DAY

Arrived in Edmonton, which welcomed us with an awesome sunset. Can you say wow?



Based out of San Jose, California, Wayne Nguyen

is a travel and landscape photographer who has an eye for capturing extraordinary moments through his lens. He returned from Edmonton, Alberta, and posted these shots as part of Alaska Airlines' #Weekend-Wanderer series. For more #WeekendWanderer posts, make sure you're following @alaskaair on Instagram.

blog.alaskaair.com

EYEING EDMONTON

>>> My friend Emerick and I arrived in Edmonton, Alberta, late in the evening, and we couldn't wait to explore downtown. We asked around for a point of interest, and many people suggested walking the High Level Bridge for a good view of the river and the skyline. They were right! We were treated to a spectacular sunset to end our first day.

The next morning, we checked out the striking glass pyramids of Muttart Conservatory, which protects one of Canada's largest botanical collections.

At lunch, we planned a camping trip into Jasper National Park in the Canadian Rockies and got ready to hit the road. We drove down the Icefields Parkway and were awestruck by the landscape. The beautiful blue lakes were surrounded by gigantic mountains.

After arriving late and setting up camp, we woke up early for a hike. Everything in Jasper was amazing, and time flew as we paddled to Spirit Island in Maligne Lake that afternoon and watched the sunrise paint the mountains pink behind Cavell Lake the next morning. Before we knew it, our weekend was over, and it was time to head home.

I suggest everyone fly into Edmonton to enjoy the city and take the road to the national park. It was a trip that I won't forget!

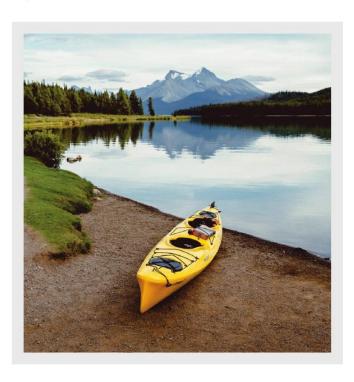
#WEEKENDWANDERER



After breakfast, we drove around the city, and this glass pyramid caught our attention. I'm glad we could stop by and spend a couple of hours in the Muttart Conservatory.

>> What a drive from Edmonton. We are in Jasper National Park. Can't wait to explore more of this place!

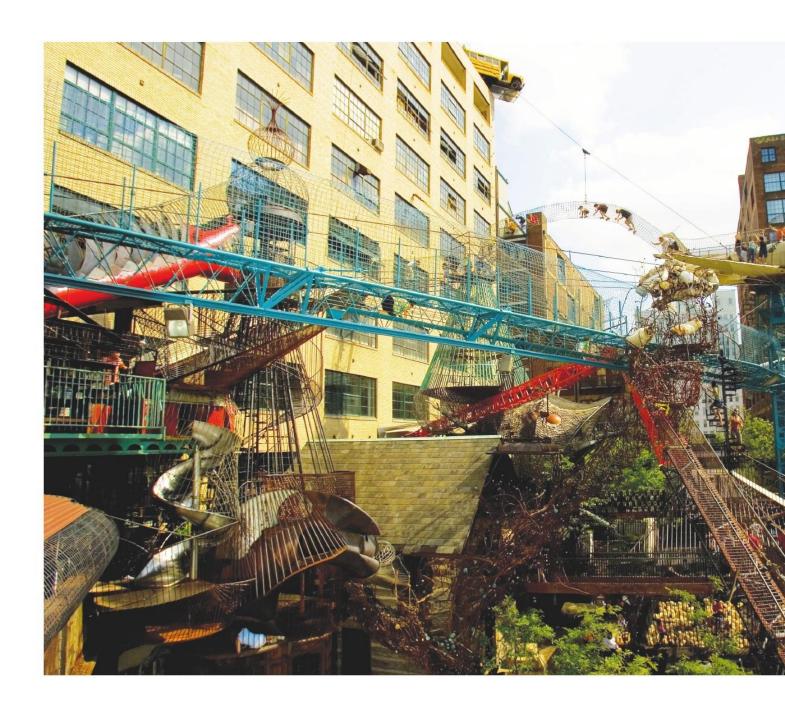






Time to paddle 15 kilometers to Spirit Island in Maligne Lake.

Cavell Lake is the last place to see before I sign out as #WeekendWanderer. Thanks so much for following along. Jasper and Edmonton were wonderful!



EXPLORINGA CURIOSITY

City Museum of St. Louis is equal parts playground and fun house

By Toni Lapp

>> Visitors to City Museum of St. Louis

say this unique space is everything from an oversized fun house to a playground for all ages. When its director, Rick Erwin, describes the space, he harks back to the early days of museums when they were sometimes known as cabinets of curiosity.

The museum, which is located in a former shoe factory and warehouse in downtown St. Louis, is the perfect place for anyone with

curiosity. Celebrating its 20th anniversary this year, the facility is full of whimsy and wonder, and always expanding.

The museum continually adds repurposed architectural and industrial objects. It has used bridges, chimneys and old construction cranes to build new features and provide visitors with the unexpected, such as placing a fire truck, school bus and working Ferris wheel on the building's roof.

)) THE FEED

WHEN IN ST. LOUIS



Other large exhibits include an outdoor maze of metal called "MonstroCity," which has large climbing sections, two Sabre 40 airplanes, a castle tower and a treehouse. A favorite for young kids is "Toddler Town," which is designed for children 6 and under and has a minitrain. Visitors of all ages like the museum's three-story slide. And while normal stairs are available, the museum offers a labyrinth of tunnels that can be used



to move from one level to another.

On the third floor, "Beatnik Bob's Museum of Mystery, Mirth and Mayhem" pays tribute to founder Bob Cassilly. Here, oddities abound, including a trailer owned by Elvis, the world's largest pair of underpants, various robots and vintage pinball machines.

The enigmatic Cassilly, who passed away in 2011, was as hard to define as his museum. He was a sculptor, artist, businessman, landlord, real estate mogul and a museum director. His sculptures can be seen near New York's Central Park, and at the Dallas Zoo, the St. Louis Zoo and Busch Gardens in Virginia.

A team of artisans known as The Cassilly Crew is dedicated to continuing the founder's vision for the museum. Recent expansions have included an art and architectural gallery.

The Cassilly Crew is always improving the network of tunnels, slides, ladders and spiral staircases found throughout the museum. The crew also is working on new creations to add to the museum.

To emphasize the space's focus on quirky

MonstroCity, left, which features a complex collection of chutes and ladders, was built with rebar salvaged from local highway projects. An outdoor rooftop fountain, above, open seasonally, is a favorite with kids.

fun, there are no maps, and signage is haphazard. Indeed, a sign near the entrance actually states, "No Maps."

"Maps give directions," says Erwin, who holds a graduate degree in arts administration from the Art Institute of Chicago. "I want people to explore."

The result has been a rousing success. The museum, which occupies four floors and the roof of the building, draws 840,000 visitors annually. It's common to hear shrieks of delight emanating from the kids on the museum's many slides or inside MonstroCity.

Plans are still in the works for how and when City Museum will mark its anniversary. It will be hard to top the museum, itself, when every day is a celebration of the unexpected. For more information, visit citymuseum.org.

⊀



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COURSE KISSED ALIVE"

>>> THE FEED OUT & ABOUT LAS VEGAS





VEGAS ON FOOT

Strolls on The Strip and inside resorts showcase the city's spectacle **By Ken Van Vechten**

Millions of people walk the Las Vegas Strip annually—gawking, stopping abruptly, and gesturing excitedly at reproduced wonders of the world such as a simulated Sphinx or a faux Ponte de Rialto. The architectural reproductions are ubiquitous and world-renowned. And Vegas has original details, too. Yes, the pirate battles and lions are gone, but there remains much to see of the city's flash—on foot inside the resorts, as well as outside their walls.

Circus Circus Las Vegas is Kitsch Central. And if you are traveling with the kids, it will be on your checklist. On the way through to the property's Adventuredome theme park, be sure to take in the midway attractions and circus acts. Enjoy a great helping of meat at a true old-school, high-value chophouse, The Steak House at Circus Circus.

Venturing south, you'll find the paired **Encore** and **Wynn** towers, the huge, high-end **Fashion Show** mall, **Treasure Island** casino and hotel, and **The Venetian** (along with its sister property, **The Palazzo**). Any of these warrant a look inside. I like to head into The Venetian via its Doge's Palace and walk along gondola-plied canals to St. Mark's Square.

Continuing on Las Vegas Boulevard, between The Linq hotel and Flamingo, you enter **The Linq Promenade**, Vegas' latest venture in retailtainment. This pedestrian thoroughfare heads to off-Strip shops, bars and attractions. Pass **Brooklyn Bowl**, a beehive of a bowling alley crossed with a concert venue, to the **High Roller**, an observation wheel on growth hormones. The wheel tops out north of 500 feet high for excellent views of Strip surroundings.

Across LVB from The Linq is a one-two punch of wow. To truly experience **Caesars Palace**, enter via the Forum Shops at Caesars Palace, just south of The Mirage. Get lost awhile in the hotel-casino, then eventually head to the Spanish Steps and on to **Bellagio**. Few sights match the fanfare of the Fountains of Bellagio. After 19 years, the joyous prance of music and water still tickles fancies. The eye candy inside the hotel includes a Dale Chihuly art-glass ceiling and a botanical garden.

I could be satisfied stopping here, but there's plenty to see farther south, such as **The Cosmopolitan**'s elegance and more replica wonders at **New York–New York** and **Luxor**. At the end is **Shark Reef Aquarium at Mandalay Bay**. A walk down the glass tunnel in the giant tank is surely a highlight of seeing The Strip on foot. **X**



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)) THE FEED **OUT & ABOUT LAS VEGAS**

TIME TRAVEL **IN RED ROCK CANYON**

Discover this nature preserve just outside Las Vegas

By Sara Benson

)) Less than 20 miles west of the Las Vegas Strip, the nearly 200,000-acre Red **Rock Canyon National Conservation** Area is a colorful tract of Mojave Desert treasured by travelers as well as local residents. Its name derives from the predominantly rusty tones of its hills, outcrops of the Aztec Sandstone formation, which dates back to the days of dinosaurs. A hike here brings meditative quiet, a counterpoint to the musical ding-ding of slot machines and shows in casinos back on Las Vegas Boulevard.

Start by winding along the 13-mile scenic drive that loops through the heart of the conservation area. From roadside viewpoints, lucky visitors might see desert bighorn sheep clambering nimbly on red sandstone and gray limestone cliffs. Look down near your feet to spot western fence lizards skittering atop ancient rocks.

Hikers have numerous trails to choose from, and the Calico Tanks route is a favorite for its gasp-worthy scenery. A common approach is from the Sandstone Quarry parking area. This lot may be closed in April for construction; if so, you can park at the Calico II lot and hike about 1 mile to Sandstone Quarry. From Sandstone Quarry, the Calico Tanks hike is 2.5 miles roundtrip through a scrubby desert wash and up into the Calico Hills via steps cut into the sandstone. Along the way you'll reach the tanks: sheltered pools of freshwater filled seasonally by storm and snowmelt runoff. From a saddle just above the tanks, you can peer over the Las Vegas Valley—from this perspective and distance Hikers on the Calico Tanks trail may find natural pools of **RED ROCK CANYON DETAILS** water among the ■ Hiking Tips: The best times to red rocks.

from city lights, primeval wilderness is showcased more than urban grid.

For a more-challenging hike, the trek to Turtlehead Peak is 5 miles roundtrip (from Sandstone Quarry) and rewards you with even more epic desert panoramas. The summit route, which branches off the main trail soon after leaving the quarry parking lot, requires basic wayfinding skills and a sense of adventure. ⊀

- hike are spring and fall early in the day, when there are lower temperatures and fewer people. Bring plenty of water. Wear layers for warmth, ideally with a waterproof, windresistant jacket. Entry to the conservation area (open daily, hours vary seasonally) costs \$7 per car.
- Additional Information: Visit blm.gov/nv/st/en/fo/lvfo/blm_programs/blm_special_areas/red_rock_ nca.html or view the Red Rock Canyon Interpretive Association website at redrockcanyonlv.org.



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FORAGING AHEAD

By Naomi Tomky

The name "stinging nettle" seems to offer a hint that hikers should stay away from the leafy plant that can be found in Northwest parks and trails each spring. But instead, throngs of people head to the woods—wearing thick rubber or leather gloves—to pluck the young leaves. Later, they'll blend the nettles into pesto, bake them into spanakopita or dry them for tea. Foraging has grown from its origins as a survival skill into a niche hobby, and now into a popular way for diners to appreciate nature's bounty.

Shota Nakajima, chef and owner of Seattle's Adana (and competitor on *Iron Chef Gauntlet*, premiering April 16), recommends looking at online communities and reading books to learn about foraging. Then, he says,

"Get out and start doing it." He also warns first-timers of the legalities of where they can forage: "Don't get fined for having fun."

Nakajima recently found a batch of butterbur sprouts, which he says are widely used in Japanese fine-dining restaurants, often mixed with miso paste over grilled fish. Many of spring's foraged ingredients work well as tempura because they tend to be bitter, he says. "That flavor reminds people spring is here."

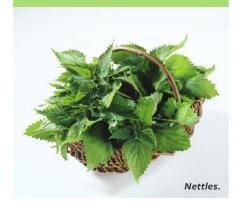
Foraging has become a way to connect with food and, as Nakajima says, "to remember that it comes from somewhere." It requires some patience—it took Nakajima four trips to find his first mushroom—but the rewards taste great, seasoned with the satisfaction of accomplishment.

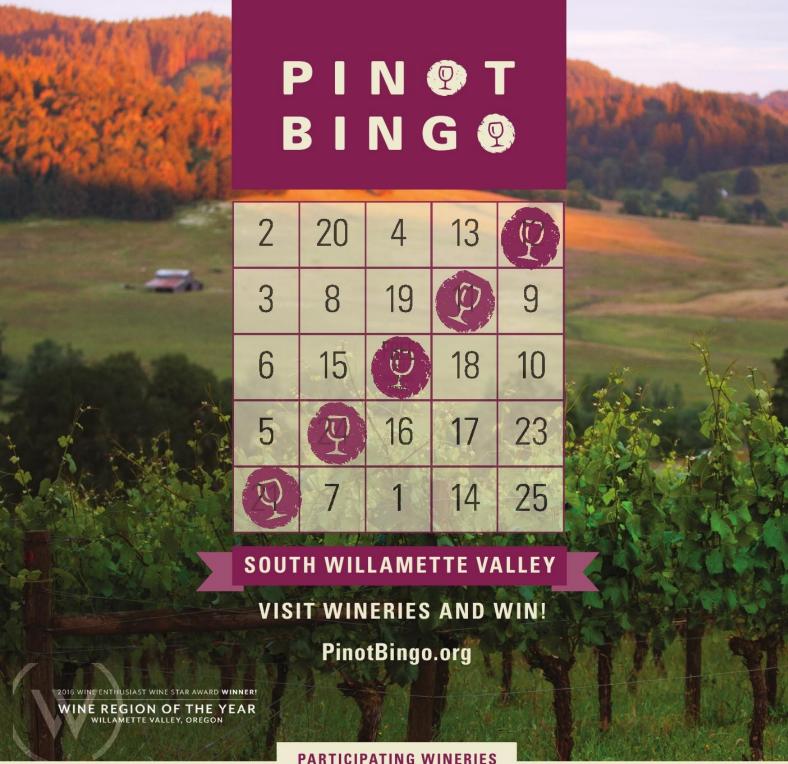


"FORAGER" is an increasingly popular job title at high-end restaurants and an idea that has inspired wild-supply companies, such as Seattle's Foraged and Found Edibles.

SPRING BOUNTY

Among the delicious, wild and ephemeral ingredients you may notice popping up on spring menus are nettles, fiddlehead ferns, morel mushrooms and, if you're east of the Mississippi River, ramps (also called "wild leeks"). If you'd like to try foraging, take a reliable class or use a guide; eat only safe, well-identified plants; and check with a local land manager for guidelines on where you can source food.





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ECOLOGY MEETS ENOLOGY

By Kerry Newberry

>> When Josh Bergström, winemaker at Bergström Wines in Newberg, Oregon, first learned about biodynamic farming, he was studying viticulture in Burgundy, France.

"All of the best producers had biodynamics in common," he says. In their wines, he could taste a brightness and a purity of place. He

LEADING THE WAY

In September 2016, Oregon's King Estate Winery became the largest biodynamic vineyard in the United States as certified by Demeter USA. Demeter statistics also show that Oregon is home to more than 30 percent of U.S. biodynamic vineyards. The first U.S. winery to achieve organic and biodynamic certification was Frey Vineyards in Mendocino County, California, in 1996. - K.N.

was so inspired by the wines that after returning to Oregon's Willamette Valley in 1999, he adopted biodynamics in all of his family's estate vineyards.

What exactly do these practices look like for the vineyards? "At the root of biodynamic farming is eschewing chemical usage, especially synthesized chemicals and fertilizers," says Bergström. Think of it as sustainable or organic—but at a higher level with more extensive requirements.

With biodynamics, farming practices are regenerative and focus on building soil health, and animal and plant biodiversity, as well as maximizing conservation. For example, Demeter, the world's only certifier of biodynamic farms and products, requires setting aside 10 percent of the total farm or vineyard acreage for biodiversity purposes. The intent is to create a holistic, balanced

ecosystem. Though Bergström's official Demeter certification has lapsed, he continues to employ biodynamic practices and is working toward recertification soon.

"Initially, I wasn't out to change the world. I was out to make world-class wine," says Bergström. "But once you start farming and you are in your vineyards, and walking people through your vineyards, you realize very quickly that biodynamics is not just a qualitative thing, it's also about health."

If a wine is conventionally farmed, there's a likelihood that the wine might contain residual insecticides or pesticides, he says. "When we first started, we were making wine for friends, family and neighbors, so it became my mission to not only make wines of quality, but to make wines that did not harbor chemicals. For me, that was a fullcircle moment." ₹

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GREEN INNOVATIONS

Live more sustainably with these inventive items

By Margo Vansynghel

>>> With Earth Day happening this month, on April 22, the time is right to look at some creative products that help save precious resources, yet are also stylish and fun. From clever consumer products that divert landfill waste, to devices that reduce energy and water use in homes, to wearable items made from sustainable materials, the following items get the green light.

Sprout Pencil: Students at the Massachusetts Institute of Technology have found a way to avoid throwing away pencil stubs. Each of their sustainable cedar pencils has a dissolving end cap with nongenetically modified seeds that can be planted to grow flowers, herbs or vegetables (\$17.95 for eight pencils; sproutworld.com).







Philips Hue: Using eco-friendly LEDs is just more fun with the Philips Hue family of products. Once the Philips Hue Bridge is connected, users can use apps to dim, flash, pulse and change the hue of high-luminosity white or colored bulbs. Some Hue products sync with timers, movies or music (starter kits from \$69.99; meethue.com).



Nebia Shower System: Startup Nebia aims to change the shower game. Its device, which was tested at Apple, Google and Stanford University, atomizes water into tiny drops. According to the company, this creates 10 times more water surface and uses 70 percent less water than a standard shower (\$699; preorder at nebia.com).



Nest Learning Thermostat:

This smart-home device, now in its third generation, with an improved screen, tracks your energy-use patterns and adjusts heating and cooling to help save energy. Because the Nest is Wi-Fi connected, homeowners can remotely monitor and change home temperature using a smartphone (\$249; nest.com).

MORE GREEN GEAR

- Egloo Home Heater: Using three tea-light candles, one of these heaters can warm a room (about \$65; eglooinfo.it).
- Norton Point
 Sunglasses: Eyewear made
 from plant-based materials
 and recovered ocean
 plastic (from \$129;
 nortonpoint.com).
- Ipanema Philippe
 Starck Things: Sandals
 made of 30 percent
 recycled, fully recyclable
 PVC; from Brazilian brand
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 ipanemausa.com).



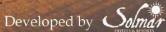
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)) THE FEED LOOKS

ECO-FASHION

Sustainable designs are more stylish than ever

By Kathryn Drury Wagner

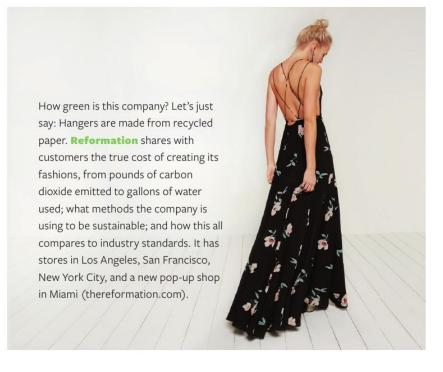
>> With celebrities such as Emma Watson supporting sustainable chic, eco-friendly fashion has gone mainstream. And while in the past, "green fashion" may have conjured up images of hemp sacks and clodhopper sandals, some outstanding modern outfitters focus on being environmentally friendly without sacrificing aesthetics. In honor of Earth Month, here are a few brands that care for the environment while creating gorgeous garments.



MooShoes offers footwear, bags, wallets and other accessories in cruelty-free materials. The Brave GentleMan Executive-style dress shoes, for example, are crafted out of "future leather," which is described as an ethically manufactured, high-tech microfiber. The company has two brick-and-mortar locations, in New York City and in Los Angeles (mooshoes.com).



Proving that a commitment to sustainability can thrive within New York's glamorous fashion circles, designer Marcia Patmos' line M. Patmos has received rave reviews in Vogue. Her label for women features luxurious fabrics—superfine cashmere, natural wool and cotton—as well as environmentally friendly design practices (mpatmos.com).





A reaction against disposable lifestyles, 1x1 introduces one item of clothing at a time, rather than seasonal collections. For example, an impeccably made, beautiful wool Diagonal Stitch Crewneck, which also supports no-till farming at Imperial Stock Ranch in Oregon. The company is big on transparent sourcing and has factories in Los Angeles so it can closely monitor production (1x1.la).



Nube9 is an active lifestyle brand in Seattle. Its sportswear is made from polyester milled from U.S.-sourced recycled plastic water bottles. The company says each garment keeps five to 36 water bottles from reaching landfills and oceans (nube9.com).



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CLO CKW ISE FROM TOP LEFT, JEFF KRAHENBUHL / MONOLOGUE PHOTOGRAPHY; JONATHON E. KRAFT PHOTOGRAPHY; CHRIS STEWART; CASCADE BICYCLE CLUB; THE DENVER POST RIDE THE ROCKIES

SUMMER CYCLING IN THE WEST

Organized bike rides in beautiful settings

By Ellee Thalheimer

)) Bike riding is a great way to experience the natural beauty of the West. The following cycling events allow you to tour some of the region's most stunning country, while enjoying the company of fellow riders and, in many cases, helping worthy causes.



Mary Bridge Children's Courage presented by Alaska

Airlines: The event, held August 26-27, raises money for Mary Bridge

Children's Hospital. The rides are centered near Eatonville, Washington, and range from 5 miles to 175 miles long (www.multicare.org/courage/).



Cycle Oregon: The group's weeklong ride will be held Sept. 9–16, with this year's route including tours of Bend, Crater Lake and Dorena Lake. Cycle Oregon also presents Joyride, a women-only ride on June 10, 2017, that will tour Oregon's Wine Country (cycleoregon.com).



>>> Ride the Rockies: The famously difficult and beautiful Colorado ride, held June 10–17, uses a lottery system to select the 2,000 riders who will participate (ridetherockies.com).



Xaiser Permanente STP presented by Alaska Airlines: Up to 10,000 cyclists are expected to take part in this Seattle to Portland ride, July 15–16. (cascade.org).



yalDS/Lifecycle Ride: Thousands of cyclists will ride from San Francisco to Los Angeles, June 4–10, to raise money for AIDS education and support (aidslifecycle.org).

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SPORTS GO GREEN

Stadiums and arenas are saving money with conservation practices

By Jeff Layton

>>> The Safeco Field beer cup in my hand at a Seattle Mariners baseball game looks the same as usual. But unlike regular plastic cups, which may take centuries to decompose, this cup will turn to compost in just a few months. It is just one way that Safeco Field has gone green.

In 2005, Safeco recycled or composted 12 percent of its waste. By 2015, the amount of recycling and composting had grown to 87 percent of the facility's waste. Environmentalists are encouraging sporting venues such as Safeco Field to increase their recycling, composting and conserving.

Justin Zeulner, executive director of the Green Sports Alliance, which promotes environmental sustainability through sports, says fans are becoming more aware of the need to reduce waste. Stadium operators have also learned that reducing waste and garbage saves a lot of money.

Seven years ago, the alliance was launched

with six members, including the Mariners, Seattle Seahawks, Portland Trail Blazers and Vancouver Canucks, with the idea of having top experts help create greener sports facilities. Today, the coalition includes nearly 400 teams and venues in 15 different sports leagues spanning 14 nations. The alliance works with stadium operators in such areas as recycling, lighting and water use. In 2014, the Mariners changed their game lights to LEDs, which improved the viewing experience for fans and also saved an estimated \$50,000 per season on the team's power bill. Using dimmable LEDs during field maintenance saved an additional \$25,000 a season.

Lighting is the easiest way for most teams to make the biggest environmental impact. Other areas include water usage and waste. Stadiums are opting for low-flow toilets, and are being more efficient when cleaning and landscaping. Recycling and composting programs are now common at many stadiums. Groups such as Rock and Wrap It Up! collect prepared, but unsold, food at sports events and donate it to shelters.

On a larger scale, Levi's Stadium in Santa Clara, home of the San Francisco 49ers, has gained LEED Gold Certified status for its conservation and energy efficiency. Golden 1 Center in Sacramento, where the NBA's Kings play, opened in 2016 as the greenest arena in the United States. The facility is solar powered and 90 percent of the food served by vendors is locally sourced.

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If you're in the market for a Pacific Northwest luxury beach getaway (or are just looking), there are three homes listed by the Burmester Team offering unique experiences. Whether you are cruising the waterways of the Inside Passage in Alaska, clamming the beaches of Whidbey Island, or searching for the sunniest town near the Straight of Juan de Fuca, we present three listings that are befitting of each passion.



Suncrest Beach | Whidbey Island, WA This spectacular waterfront home sits on a private beach and includes 100ft. no-bank waterfront with tidelands rights. The open floorplan showcases vaulted ceilings; 3 bedrooms, 2.5 baths and views from most rooms. Offered at: \$975,000



Lena Point Estate | Juneau, AK 7.456 custom waterfront home is surrounded by one of the most breathtaking views of glaciers and mountains jutting up from the surreal water passage to the peaks of Glacier Bay National Park in the distance; minutes to historic downtown Juneau. Offered at: \$2,200,000



Sequim Bay Retreat | Sequim, WA Offering almost 5,000sf of living space and 140ft of waterfront with majestic views of the Sequim Bay and beyond, this home is an entertainer's dream and a boater's paradise with a 200 ft pier and 20' X 60' dock. Offered at: \$1,200,000



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IT'S ELECTRIC

What sparks your interest?

By Bengt Halvorson

>>> When it comes to our ever-changing relationship with the personal automobile, projections for the future vary widely. Yet one quiet evolution powers ahead: Electric cars.

From hybrids to fuel cells, here are some details, including positives and negatives, about various types of green vehicles and how they might fit your needs. ズ

HYBRID

What are they? Vehicles that recover energy when you brake or decelerate, store it in a battery, and smartly use it to provide an extra boost and better fuel economy.



Lexus CT 200h.

O You'll save fuel. And in some cases, hybrids are quicker and perform better than gas engines alone.

You could be paying thousands of dollars more up front, versus equivalent nonhybrids.

2016 Top Sellers: Toyota Prius, Toyota RAV4 Hybrid, Ford Fusion Hybrid. The Lexus CT 200h was a top seller among luxury hybrids.

BATTERY ELECTRIC

What are they? Vehicles that forgo conventional engines and transmissions in favor of systems with batteries and electric motors.

You plug them in overnight at home or as needed at commercial chargers, and power is stored in advanced lithium-ion batteries and managed by sophisticated control systems. Some electric vehicles can travel more than 200 miles per charge.



They're quiet and responsive, have no exhaust, and work great as a car for the commute. Advocates argue that you're making better use of your regional electrical grid-and investing in its clean-energy upgrades.

You'll need to install a home charger. And driving a pure electric vehicle isn't for the spontaneous, or the worriers. At times, you'll have to deal with both range anxiety (the worry that you might not have enough charge to reach your destination) and potentially long waits to recharge.

2016 Top Sellers: Tesla Model S, Tesla Model X, Nissan Leaf. The eagerly anticipated Tesla Model 3 is due later in the year.

PLUG-IN HYBRID

What are they? Hybrids that have a significantly larger battery on board—one that can be charged overnight or at work. Some models use the extra battery capacity to let you lock in all-electric travel for some distance, while others use it to boost gas mileage by limiting engine use.



- O Plug-in hybrids are a great fit if you want one car that can go green and save money during the week, traveling short distances on electric power, and then travel long distances on the weekends without having to worry about finding a charger.
- f you rarely remember to plug it in, you're probably getting worse mileage than a (likely cheaper) hybrid—and hauling around a lot of extra weight in batteries.

2016 Top Sellers: Chevrolet Volt, Ford Fusion Energi, Ford C-Max Energi. Among luxury brands, the plug-in hybrid BMW X5 was popular.

HYDROGEN FUEL CELL

What are they? Vehicles fueled by hydrogen gas, stored at extremely high pressures, and harnessing a chemical reaction that generates electricity to power the vehicle. A small battery pack serves as a hybridlike buffer, storing up excess energy and releasing it at startup or when passing power is needed.



- These vehicles drive almost exactly like electric cars (quietly and with pep), and they provide a longer driving range than most battery electric vehicles.
- You'll need to be near one of about 30 hydrogen fueling stations, nearly all of which are in California. More are coming, but they are costly—as are the fuel-cell "stacks" where energy is generated within each

2016 Top Sellers: Toyota Mirai, Hyundai Tucson. (These models were the only two available in 2016.) The Honda Clarity Fuel Cell is due out this year.

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A DIFFERENT REALITY

By Andrew Waite

)) I'm in a cobblestone square in Victorian London, and I'm surrounded by zombies. It could be a terrible nightmare. But it's actually part of someone else's dream coming true.

Those dreamers are Dave Ruddell, Jamie Kelly and Mark Haverstock, who in 2012 were a few tech enthusiasts who wanted to create a true esport experience in which multiple players could don equipment and run around in a space the size of a soccer field, while slaying dragons or fighting cowboys.

Now, thanks to a business approach that prioritizes virtual reality applications for commercial use, they have become VRstudios, a Bellevue, Washington-based VR firm with installations in 11 countries, a working wireless system and a goal of being the leader

in location-based entertainment.

"Most people are treating VR as an experience, an end in itself," says Charles Herrick, who was hired as CEO in 2014 after spending nearly two decades at IBM. "We are saying that VR is a medium."

VRstudios lets its clients, which range from amusement parks to family entertainment centers to casinos and more, decide how the technology fits their businesses, and then VRstudios offers content and provides training and global support of the system.

Muckleshoot Casino, south of Seattle, installed VRstudios' VRcade system last fall, becoming the first casino in the country to permanently showcase VR technology.

Guests can pay \$5 per session to play one

of three games. "You're immersed and it gets your blood pumping," says Conrad Granito, Muckleshoot Casino's general manager.

To enter the virtual world, users put on headsets that communicate with hardware and software to create an immersive 3-D experience. But VRstudios isn't satisfied.

Its wireless operating system is limited to a 15,000-square-foot space. Inside the games, when users reach the edge of the system, a virtual grid appears. One day, the company would like to operate a game without boundaries. "The future will be even more exciting, and it's coming quickly," says Jamie Kelly, the company's director of esports.

Like many dreamers, VR studios wants to keep knocking down walls. \blacktriangleleft

The Seattle Times



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SOPHIA BUSH

CHICAGO P.D. STAR PAUSES TO TALK ABOUT EDUCATION, TRAVEL AND BEING A VOICE FOR CHANGE | Kathryn Drury Wagner

SHE ENTERED the spa

intending to unwind. Sophia Bush had a rare day off in her native Southern California and, in the delightful Los Angeles tradition, headed to a Korean spa with a friend. There, surrounded by groups of women and families, she enjoyed the scene. Korean spas tend to be the kinds of places where a mom, her daughter and her mother-three generations relaxing together—can pop into a sauna or jade room or Himalayan salt room, and then go get a snack. As is customary, everyone was bare as a jaybird in the ladies-only area. "These kids, the 8- and 9-year-old girls, are running around, laughing and having fun," Bush says. "I was saying, 'What an amazing way to grow up, with this sacred treatment of what it means to rest and be comfortable and to have your body be normalized. ...

"We'd come to sit in the whirlpool, and my girlfriend was laughing that I'd wound up turning it into a dissertation! I laughed realizing that I just can't help it!"

Such introspection and girl-power values are precisely what fans adore about Bush, who is one of Hollywood's most politically engaged voices. When she tweets to 1.33 million or posts to

2.8 million on Instagram, her followers receive passionate messages about issues Bush cares deeply about, such as gender equality, social justice and environmentalism. Sure, her fans swoon over her faultless fashion sense and femme-fatale beauty, too, but Bush is clearly more than that—she has a purpose-driven life. This humanitarian shares her time and talents raising funds and awareness for an ever-growing list of good causes.

Bush grew up in Pasadena, the only child of a couple who are in the photography business. She majored in journalism in college and says her willingness to speak out on issues doesn't make her fearless so much as, "I am not able to remain silent in the face of wrongdoing."

The actress is starring in her fourth season as Detective Erin Lindsay on the NBC series Chicago P.D. She plays a member of the Intelligence Unit, a determined woman with a complicated past-and because this is TV, she also has a hunky partner. In her 20s, Bush rose to national attention portraying Brooke Davis for nine years on the hit drama One Tree Hill, navigating her character's flirtations, heartbreaks and eventual parenthood with grace. She's also starred in movies

such as the comedy John Tucker Must Die and the slasher film The Hitcher.

Still, Bush-no relation to the George Bush political-family dynasty, in case you've been wondering-finds time to be a philanthropist and activist. Working with Pencils of Promise, for example, she raised funding to build three schoolstwo in Guatemala and one in Laos. She's been a longtime staunch supporter of environmental nonprofits NRDC (National Resources Defense Council) and Global Green. For The Nature Conservancy, she raised more than \$50,000 by running part of the San Francisco Marathon.

Bush is especially involved with issues related to education for women via The Girl Project, which is operating in nearly 100 countries around the world.

"It works to ensure girls have access to secondary-school education," Bush says. "Every year of secondary school a girl attends, that's where we see the biggest data changes." These include girls marrying and having children later, having healthier children, and even raising the gross domestic product of a country.

Last spring, Bush shared the stage at the South by Southwest conference with former First Lady Michelle Obama, discussing education and Obama's Let Girls Learn initiative.

Last summer, Bush dug deep-into her own closets. She culled 1,500 items she'd accumulated over the years, including clothing and accessories by Chanel, Balen-



ciaga, Stella McCartney, and even a dress she'd worn to a Golden Globes after-party, for an online auction in support of The Girl Project.

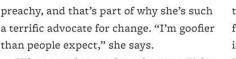
The benefit made sense from her green perspective, too. "We throw away landfills' worth of clothing every year, so the more we can be recycling, the better." Instead of always buying new clothes, Bush suggests the eco-friendly alternatives of clothing swaps, or shopping at vintage, consignment and thrift stores.

Yet Bush doesn't come across as



"I LOVE TO TRAVEL. IT'S SO AWE-INSPIRING TO SEE DIFFERENT CULTURES, BUT SIMULTANEOUSLY, TO EXPERIENCE HOW EVERYONE IS THE SAME, TO SEE HOW PEOPLE LOVE THEIR FAMILIES. ..."





When people meet her, she says, "A lot of them are surprised that I don't like to be the focus of attention. I tell them, 'I play people who are not like me. I don't want to be the focus of anything.' I'm actually wildly sensitive. If one of my friends is heartbroken, I will sit there and cry with them. I mean, dog food commercials make me cry. I'm very tenderhearted."

Both friends and dogs do play huge roles in her life. When at home in California, she shares a place with her two best friends, as well as two rescue dogs.

"When I go home, I want to snuggle with my dogs and have the luxury of my own couch and my own bed," she says.
"I'm home so rarely, I don't take that for granted."

The other 10 months a year, when she's in Chicago filming *Chicago P.D.*, she has another of her beloved dogs with her.

Working 80- to 90-hour weeks in production doesn't leave much downtime in the Windy City, yet when she has a letup in her schedule, she'll take advantage of

the bountiful food offerings, enjoying her favorite burger at Au Cheval—or will take in some equally tasty culture. "The Art Institute of Chicago is one of my favorite museums in all of the country; the collections are phenomenal, and the special exhibits are amazing," says the design aficionado.

She savored the institute's recent presentation on architect David Adjaye. "I was there for hours. The guards were amused, asking, 'You're still here?'"

She also revels in the theater scene, enjoying performances at the innovative and historic Steppenwolf and the Goodman theaters. "I've learned my lesson though, because every time I buy tickets for a play, I wind up having to work late that day, so now I have a backup friend who can go in case I can't.

"In this business," she jokes, "your friends and loved ones get comfortable with the fact that they may never see you again."

But she's grateful for the support of a community of friends who are flexible enough to say, "OK, I'll see you for an hour when you land late on a Sunday."

The jumping around for her job can get





Bush has long been an activist with a special interest in women's issues and education. She helped lead a 2016 SXSW Music conference, above left, with former First Lady Michelle Obama as the keynote speaker. She also joined the Women's March on Washington in January, and is shown above sharing a moment with actress and comedian Amy Schumer.

Ranked #1 Airline by Wall Street Journal.







Among Bush's favorites are travelincluding a trip to Iceland, where she met an Icelandic horse-and her three dogs. Above, she's snuggling with Patch, a rescue dog.

pretty intense—she did the interview for this story en route to the airport to catch a flight to New York City for a very brief trip. She also travels extensively for her philanthropic work. She's been to some amazing places, including Jordan, Uganda, Guatemala, Israel, Morocco and Turkey, but there's still plenty left on her bucket list. "Argentina. Copenhagen. Antarctica. Sweden. I'd love to go back to Northern Africa. I haven't been to Egypt.

"I love to travel. It's the most exceptional way to broaden your horizons and open your heart. It's so awe-inspiring to see different cultures, but simultaneously, to experience how everyone is the same, to see how people love their families, how they want what's best for their children, how they want to be out in nature, how they want to share meals, both with family and with strangers. Travel is such a unifying experience."

Bush has a talent that makes her an outstanding traveler: She's a packing virtuoso, seemingly bending the laws of physics to get twice as much into her suitcase as the rest of us. How does she do it? You know those home-improvement shows where they show a room with a grid superimposed onto it, ready for a remodel? That's how she envisions almost everything. "I'm such a spatial person," she says. "I loved geometry in school. Figuring out how to get things into spaces is my jam!"

She's even been known to pack and unpack for other people. When her Chicago P.D. co-star Marina Squerciati moved houses recently, in the throes of morning sickness, Bush came to her rescue. "She would kind of point where things would go generally and would then go to bed, and I would stay up until 1 A.M. putting things away and decorating," Bush says. "Marina would come in to work the next morning, crying, 'This is the nicest thing anyone has ever done for me,' and I was saying, 'You don't understand how much I love this; you letting me do it is the nicest thing!""

Bush loves home design and real estate in general. Walking through a friend's newly acquired home recently with a real estate agent, Bush was pointing out where the load-bearing walls were, and what the possibilities for lighting and furniture placement could be. "The agent was like, 'Oh, where did you study design?""

For Bush, this all comes naturally. "There will be a point when I want my life back, and I'll just design houses," she

For her many fans, we hope that day doesn't come too soon. This talented woman, who defines beauty on the inside and out, should stay in the limelight just as long as possible. 🛪

Kathryn Drury Wagner is an editor and writer based in Los Angeles.

DID YOU KNOW ABOUT SOPHIA?

She's a savvy investor. "I've been investing in tech since 2010," says Bush. "I love bolstering products and apps and things I believe in. Some things work out big, and sometimes they don't. It's always such a great learning experience." Among the companies she's recently backed are StyleSeat, an online and mobile platform for beauty-industry professionals, and education company PenPal Schools.

She was the queen. When she was in high school, Bush was the Queen of the Tournament of Roses. This highly competitive honor is bestowed on a young Pasadena, California, resident who shows outstanding poise, personality, public-speaking ability and scholastic achievement.

She is a director. Behind the camera, she directed three episodes of One Tree Hill, including the next-tolast episode of the final season.

She wants you to be safe.

Many cosmetic and personal-care products contain ingredients that can have negative environmental or health impacts, she says. "I've been sending all my friends the name of



this app, Think Dirty, that lets you scan barcodes, and you can see how toxic your products are. I've been doing massive cleanouts as a result. As consumers, the way we spend our dollars is how we vote and how we send messages to manufacturers." -K.D.W.



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Volunteers are working hard to improve our national parks // By Craig Hill

THE NISOUALLY RIVER SOUNDED LIKE A FREIGHT TRAIN AS it barreled through Mount Rainier National Park. It was November 2006, and 18 inches of rain had fallen in 36 hours. The river swelled amid 100-mile-per-hour winds as the torrent ripped out sections of road, wiped away a third of a campground and eroded land under a park building. Throughout the 369-square-mile park, the storm damaged trails, fire lookouts and bridges. Few areas were spared.

Then came the flood of support.

"It was overwhelming," says Kevin Bacher, Rainier's volunteer coordinator. "We were surprised by the number of people who contacted us and helped us put the park back together."

Bacher says that the year after the flood, the number of volunteers nearly doubled to 1,724, and the work they did was valued at \$1.6 million. Even when the park, located about 90 miles southeast of Seattle, reopened following a six-month closure, the volunteers kept coming. In 2016—which saw its own share of wet weather, including the rainiest October in Seattle history-Rainier set a park record with 2,154 volunteers working 69,652 hours.

"People have a deep connection to their national parks," Bacher says. "When the parks need them, they step forward."

Volunteers play a vital part in preserving and protecting America's 59 national parks and the hundreds of historic sites, recreation areas and other units overseen by the National Park Service, which was created by President Woodrow Wilson in 1916 to care for the growing number of protected lands in the United States. Last year, 339,626 volunteers across the country bolstered the efforts of about 22,000 employees. The 8 million

Helping Lands

volunteer hours were valued at about \$186 million.

"We couldn't do what we do without volunteers," says Ernestine White, the Park Service's national volunteer coordinator. "Without them, we wouldn't have many of our visitor centers and educational programs."

In addition to helping clean up following natural



opportunity," Mirosh says.

The students build 26-by-18-foot cabins that are used for employee housing at nearby Denali National Park and Preserve. Denali started the program in 2000 as part of its community-outreach efforts.

"I think there was a gap between the community and

The year after the flood in 2006, shown at right, volunteers helped rebuild Mount Rainier National Park. Many have served in the decade since.

the park," says Chip Barker, a park carpenter and co-instructor who has worked in the program since its inception. "The program helped bridge that gap."

The first year, class members built a shower house for the park.



disasters, volunteers have also helped build housing for park employees in Alaska's Denali. They spend their retirement educating visitors and patrolling trails in Texas' Big Bend. They keep bicyclists safe in Tennessee and North Carolina's Great Smoky Mountains. They protect plants in Utah's Zion. They devote their free time to hauling tons of trash out of Florida's Biscayne. And they help keep bears out of picnic areas and campgrounds in California's Yosemite.

"These people are so passionate," White says. "They spend their retirements and their vacations working in the parks when most of us would want to relax. They inspire me."

Denali National Park and Preserve, Alaska

THE MOST POPULAR HIGH SCHOOL CLASS at the Tri-Valley School in Healy, Alaska, is called "Building Trades." Instructor Don Mirosh says nine out of the 10 students graduating this year have taken the class.

"Rather than making a birdhouse or a clock, like most shop classes, the kids are getting an amazing

It went so well, the program's leaders started looking for another project. They found it in C-Camp, an employee lodging area with makeshift structures, some of which were nothing more than two-by-four frames draped in canvas, Mirosh says.

The Tri-Valley class set out to replace all 31 structures at a pace of two per year. This spring, the class will complete the final building as well as four smaller huts to lodge seasonal employees.

The class (usually 20 to 24 students; about half girls, half boys) supplies the labor; the school provides the instructor; and the park supplies the materials, tools and Barker's services. The structures are built on the school's campus and then moved to the park when they are complete.

"What makes it successful is that we can take kids and fit them in where they can be successful as part of a team," Barker says. "They take ownership of their work. We treat it more like a job than a class."

Meanwhile, community members driving by the school can track the students' building progress on



the structures sitting outside.

"The program has become something the kids, the park and the community are very proud of," Mirosh says. He has taught the class for a decade.

Starting each year in mid-August with a pile of lumber, the students work diligently to frame and enclose the structures before the temperatures drop in mid-October. Students are graded on participation and work ethic but receive more than grades and new skills. Barker estimates that of the seasonal hires Denali makes each spring, about 10 are people who went through the "Building Trades" program.

The finishing touch for each cabin is an art project. Mirosh's wife, Kassandra, is Tri-Valley's art teacher, and her students sometimes help. Each cabin gets a different treatment. One has a plywood moose on the exterior. Another has a sunset depicted in the front gable. A third has the

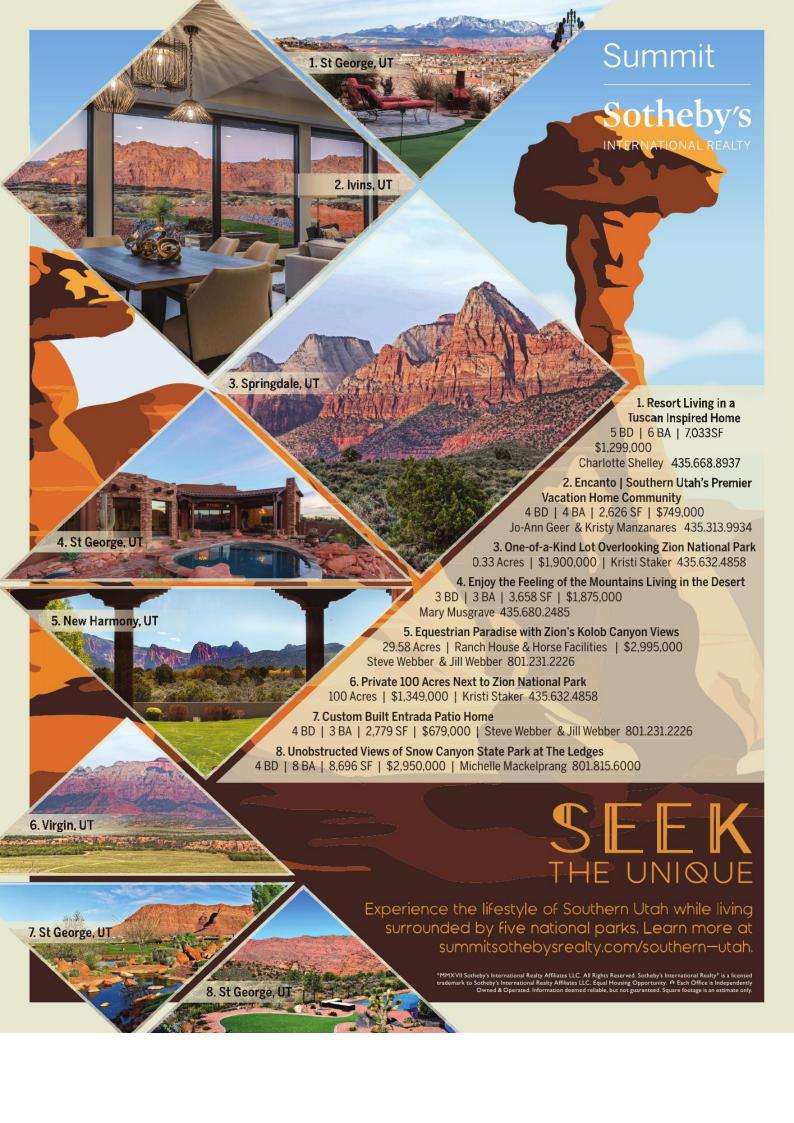
handprints of the students who built it.

"That way they will always know which one they worked on," Mirosh says. "When they're older, they can drive through C-Camp with their kids and say, 'I helped build that."





In the "Building Trades" program, local high school students build shelters for Denali National Park and Preserve employees.







Big Bend National Park contains portions land once used by the

Big Bend National Park, Texas

JIMMY DUKE IS A RETIRED COLLEGE biology instructor who still gets to put his expertise to use.

He travels from Huntsville, Alabama, each year to spend three months volunteering in Texas' remote Big Bend National Park. Duke lives out of his RV while he works in the visitor center and helps patrol trails.

Almost every day, visitors show him pictures of cactuses, birds, flowers or butterflies and ask if he can help put names to the images. It's no easy task at a place that boasts more types of birds (more than 450 species), butterflies (more than 190 species) and cactuses (60 species) than any other national park. "I do my best," Duke says with a chuckle.

From October 2015 to September 2016, Big Bend had 202 volunteers contribute 42,066 hours of service. Most are of retirement age and agree to spend three months in the park, says volunteer coordinator Daphne Sewing.

Big Bend isn't an easy place to access. The nearest large metropolitan area is Midland-Odessa, 200 miles away. San Antonio is more than 300 miles to the east. "But people still love this place and love to explore the different habitats," Sewing says.

From patrolling the 500 miles of trails and 300 miles of roads, to educating visitors or working as campground hosts, volunteers are crucial. "If we didn't have volunteers, visitors wouldn't have nearly the services and

Jimmy Duke discusses Big Bend National Park's flora and fauna, which include 60 species of cactuses and 450 species of birds.

facilities they enjoy now," Sewing says. "We'd probably have to close three of our five visitor centers."

Duke became interested in volunteering while touring

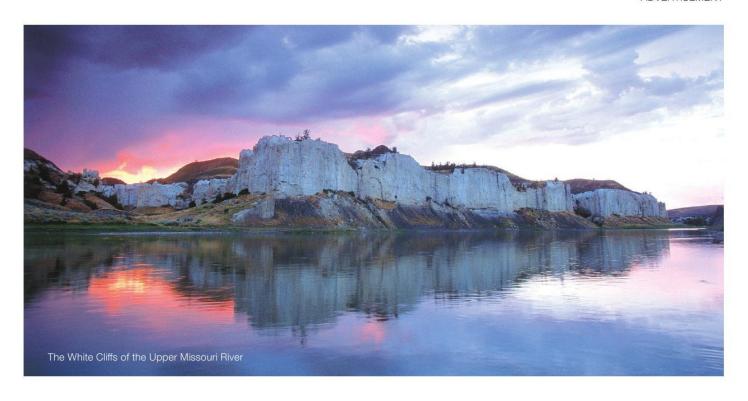
national parks. "Every time I visited a park, I'd think, 'This would be a beautiful place to live,' "Duke says. "I have grandkids back home, so they wouldn't be happy if I took a full-time job in a park. But I can do this."



Great Smoky Mountains National Park, North Carolina and Tennessee

JOHNNY WARREN HAS ALWAYS had a strong connection to scenic Cades Cove in Great Smoky Mountains National Park.

His father, Lennis Warren, who worked in the valley in the 1930s as a member of the Civilian Conservation Corps, first introduced Warren to the area. Then, as an avid cyclist, Warren fell in love with Cades Cove's



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Glacier National Park: Crown of the Continent

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GenuineMontana.com



Citizen Science

The Glacier National Park Citizen Science Program offers many ways for park visitors, students and staff to contribute scientific information that would otherwise be unavailable to resource managers and researchers.

One way to get involved at Glacier National Park, pictured left, is through the U.S. Geological Survey (USGS) Climate Change in Mountain Ecosystems program, which relies on volunteer photographers to repeat historic photographs.

These photographs can help experts track glaciers, such as Ahern and Blackfoot, by allowing USGS to expand its collection of contemporary photographs that can be compared to historical photographs in the same locations.

Participation involves printing historical photos, locating and photographing the modern versions, and submitting the photos and copyright agreement to USGS.

For more information, including other ways to get involved, visit usgs.gov and nps.gov/glac/learn/ccrlc-citizen-science.htm.

11-mile, one-way loop road. So when the park announced it wanted to form a volunteer bike patrol, Warren was quick to sign up.

"It's great exercise, and Cades Cove is one of the most beautiful and tranquil places you can go," says the Seymour, Tennessee, resident.

Wednesday and Saturday mornings from early May until late September, Cades Cove is closed to motor vehicles from sunrise to 10 A.M. Each year, thousands of cyclists—from kids on training wheels to the weekend warriors whom Warren calls "men in tights"—take advantage of the opportunity. They relish having the scenic valley to themselves. Annually, it draws about 2 million people in cars. But as park leaders saw interest in biking accelerate, they also noticed a problem. With no cell coverage in the area, it was hard to get help to injured or stranded cyclists in a timely fashion.

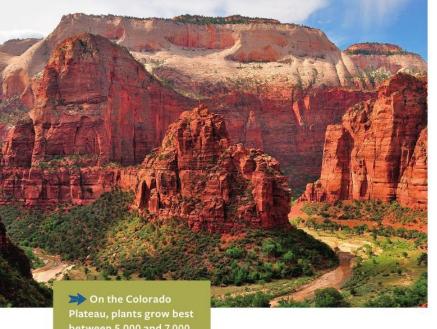
Park Ranger Jamie Sanders was the protection ranger tasked with forming the volunteer patrol in 2010. She asked the Friends of the Smokies to put out a call for volunteers during their annual telethon, and Sanders soon had a team of 12 signed up.

The volunteers are trained in first aid, CPR and how to use a defibrillator. They carry tools to help cyclists with minor mechanical problems. The patrollers also are stationed in spots where they can warn riders of upcom-

ing hazards, such as steep, winding hills.
"People get going a little too fast and then they can't make the turn," Warren says.
"So we let them know what to expect."

Sanders believes that the bike patrol team has not only boosted local interest in cycling, but it also has reassured the public that they can safely enjoy their





Plateau, plants grow best between 5,000 and 7,000 feet, making Zion's elevations—3,666 to 8,726 feet—an almost perfect habitat for a diversity of vegetation and animals.

national park. "And the stats back this."

The year before the patrol was formed, 13,005 cyclists visited the park on vehicle-closure mornings. Of those,

24 were in accidents that required them to be taken to a hospital. In 2015, 21,679 cyclists participated, but major accidents fell to nine.

It's something the volunteers should be proud of, Sanders says. And they are.

"I'm accomplishing a purpose," Warren says.

Zion National Park, Utah

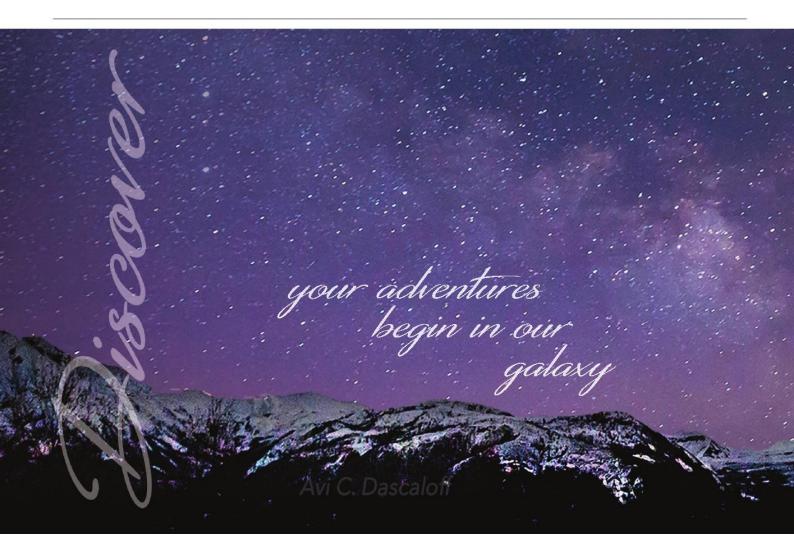
IN THE MID-1990S, Al Kisner, an eighth-grade science teacher visiting from Southern California, was grading papers in a Zion National Park campground when he noticed a group of people tending to plants.

Kisner put down his papers and introduced himself.

The group, he learned, was called the Vipers, and every Wednesday they met at the park to work on vegetation projects. Depending on the day, they might collect seeds, plant native vegetation, tend to plants in the park's greenhouse or place protective barriers around fragile flora in high-traffic areas.

"I love botany, biology and gardening, so this looked like fun to me," Kisner says. "And I believe strongly in helping take care of our public lands."

He signed up. Two decades later, Kisner, now 79, with a second home in Springdale, a gateway community for



Zion and also for Bryce Canyon National Park—just an hour and a half northeast of Zion—is still a Viper.

Laura Schrage, Zion's vegetation manager, says the Vipers have earned their name, which is a play on the moniker the Park Service gives its helpers: ViPs (Volunteers in Parks). The 12 Vipers were among 441 Zion volunteers, donating a total of 28,031 hours in 2016.

National parks are mandated to protect their "genetic integrity," says Schrage. At Zion, this means every seed planted comes from within the park. The Vipers spend much of their time in the fall collecting these seeds. They also plant acorns to grow trees or pads from a prickly pear cactus to grow more cactuses.

The Vipers' work helps limit the spread of invasive weeds such as Russian thistle. And it helps stabilize soil so it can better handle Southern Utah's infamous monsoonlike storms.

"It is nice for aesthetics, too," Schrage says. "Visitors want to see native plants."

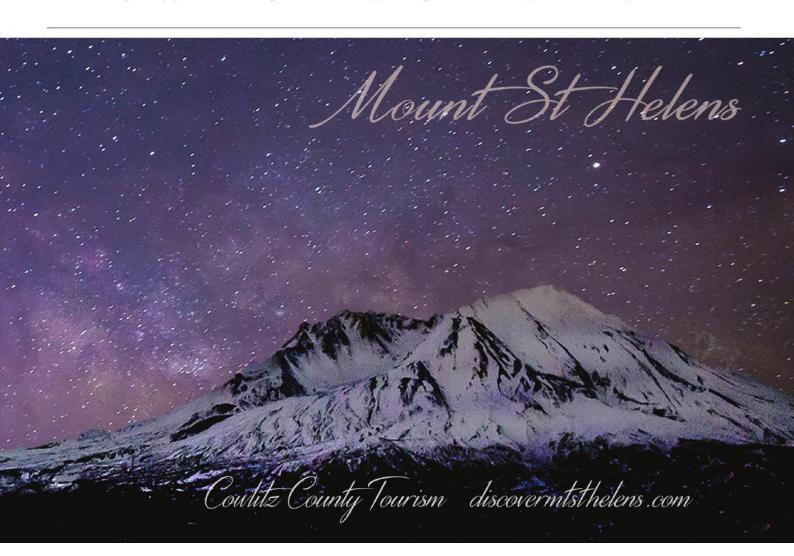
Kisner understands this as well as anybody. There are few things he enjoys more than hiking the Colorado



Plateau and photographing the red rocks rising above green valleys. So, he's happy to spend Wednesdays nurturing nature.

Biscayne National Park, Florida

EIGHT YEARS AGO, lifelong Miami residents Suzy and George Pappas were on their boat when they noticed an approaching thunderstorm. They found To~page~110













BRYCE CANYON COUNTRY

Discover spectacular Bryce Canyon National Park, one of the most beautiful and exciting U.S. national parks. It is home to the world's largest collections of the tall, thin rock spires known as hoodoos, gloriously protruding from the earth in incredible hues of red and orange.

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Home to the world's largest collections of hoodoos.

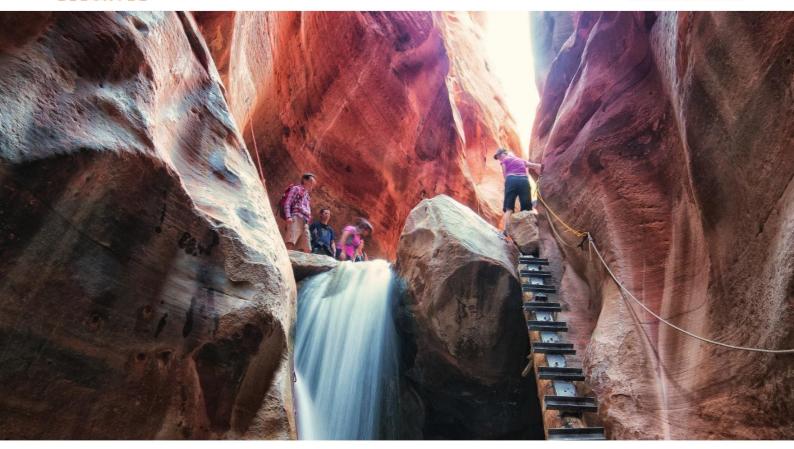
Explore Capitol Reef National Park by hiking to Cassidy Arch, named after infamous outlaw Butch Cassidy who was known to use the area as a hideout. Travel back in time by visiting the Fruita settlement and see petroglyphs created by Fremont Indians.

Enjoy hoodoos up close found in less-

or ease along the more than 5-mile-long paved Red Canyon bike path that now extends into Bryce Canyon. Hiking, biking and horseback riding trails can be accessed from Red Canyon Trailhead Kiosk, a short distance from the visitor center.

For information, visit brycecanyoncountry.com











CEDAR CITY

Cedar City is the vibrant cultural center of Southern Utah. The recently opened Beverley Center for the Arts is home of the Tony Award-winning Utah Shakespeare Festival, now celebrating its 56th year. The Bard's plays and contemporary works are performed in 3 theaters: Engelstad Theatre, a replica of Shakespeare's Globe Theatre in London.; the Randall L. Jones indoor theater; and the intimate Anes Studio Theatre.

The Center hosts
Southern Utah Museum
of Art and its varied
collection of national
parks paintings and
rotating regional art
exhibits. The building
is considered a work of
art—a permanent
sculpture housing a

marvelous art museum.

Cedar City is less than 90 minutes from Bryce Canyon and Zion national parks and 20 minutes from Cedar Breaks National and more than 2,000foot depth, USA TODAY named it one of the world's best places to view the night sky.

Kanarraville Falls offers water hiking thrills

Cedar City is the vibrant cultural center of Southern Utah.

Monument. Landscapes in the area boast an amazing array of colors, a vivid result of layers of oxidized soils eroding over time into impressive rock formations.

Far removed from city lights, Cedar Breaks National Monument is renowned for dark skies. A natural amphitheater with a 3-mile expanse through a nearby slot canyon. Use Brian Head Resort as your outdoor basecamp in summer and enjoy more than 200 miles of downhill bike trails, tubing, mini zip-line, bungee trampoline, climbing walls, archery and disc golf.

For information, visit visitcedarcity.com











LOGAN

Logan is a friendly, unspoiled community serving up a tasty slice of old-time Americana. Popular events and affordable dining and lodging blend with easy outdoor adventure access. Fish or hike in the national forest only minutes from downtown.

In summer, 3 unique live-performance theaters stage shows. Utah Festival Opera and Musical Theatre showcases musicians and actors performing mainstage productions in the 1923 Ellen Eccles Theatre. Opera, Broadway musicals with full orchestra and more than 100 concerts, lectures, classes, backstage tours and other lively events occur late June through the first week of August.

The 1913 Caine Lyric Theatre is home to Lyric Repertory Company. The same lead actors star in rotating schedules featuring musical, mystery, dramatic and comedic productions.

Heritage Center, where Western history comes alive. Experience a mountain man camp, pioneer settlements and a circa 1917 working farm, featuring hands-on activities, live exhibits

Logan feels like a tasty slice of old-time Americana.

Newly restored 1924 Art Deco-style Utah Theatre boasts a Wurlitzer organ, classic movie showings and live performances. Noon Music at the Tabernacle downtown weekdays from mid-May through July features a variety of tuneful performances.

Explore the Old West at American West and commentators in period clothing.

Nearby Logan Canyon National Scenic Byway offers miles of unspoiled paradise and access to hiking, biking, fishing, canoeing, horseback riding, skiing and snowmobiling.

For information, visit **explorelogan.com**











NATIONAL ABILITY CENTER

The National Ability Center is a busy hub of adaptive recreation for those with disabilities and their families. The focus is on empowering individuals and confidence, self-esteem and lifetime skills through sports, recreation and educational programs. Headquartered in Park City, the center offers mobile options across the state in locales such as Salt Lake City and Moab.

Summer activities include whitewater rafting, mountain biking, horseback trail riding, road cycling, stand-up paddle boarding, rock climbing and summer camps. With a range of adaptive equipment and expert staff, outdoor adventures are enabled for all abilities—from children with autism,

individuals with spinal cord injuries or amputations, adults with MS or Parkinson's to service veterans and their families.

No one has to sit on the sidelines during an active Utah vacation! Valley Resort lift-served mountain biking trails are a short drive away. Best of all, the center can design custom programming schedules for guests during their stay.

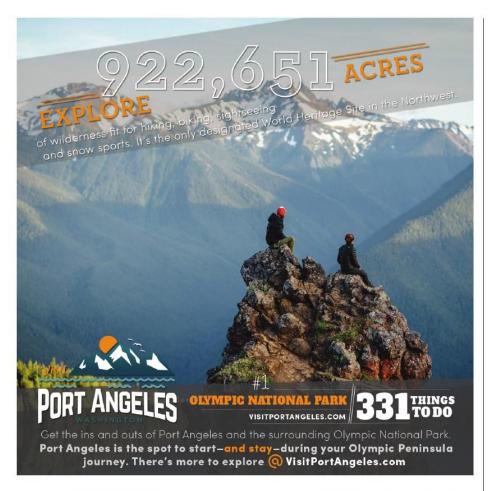
"The National Ability Center gives limitless freedom to people of all abilities."

-Anna Beninati, National Ability Center athlete

Dormitory-style accommodations onsite are at the center of a 26-acre ranch. Serving as a launch point for outdoor fun, lodging is near the equestrian program, hiking, mountain biking, archery, a challenge course and an indoor climbing wall. Park City Mountain and Deer

A force of more than 1,500 volunteers allows the National Ability Center to provide more than 35,000 experiences annually. Get involved as a volunteer, or register for a wide array of programs.

For information, visit discovernac.org





From page 105

shelter on a barrier island and couldn't believe what they saw: old crab pots, remnants of commercial fishing gear and other garbage.

"We were appalled by how much trash we saw on the ocean side of the island," Suzy Pappas says.

They decided to do something about it. They contacted Biscayne National Park—a park that is mostly salt water—and asked if they could help clean the shores. The park was happy to have their help.

The Pappases founded a nonprofit called the Coastal Cleanup Corporation. They started in 2010, working mostly by themselves, but today they often work with hundreds of college students who volunteer to spend their spring breaks in the park. Most years, the nonprofit cleans up about 12,000 pounds of trash.

In 2013, the National Park Service gave its highest volunteer honor—a Hartzog Award, named after George B. Hartzog Jr., the 1964–1972 Park Service director—to the Pappases' group. The Park Service credited the cleanup for helping the number of sea turtle nests triple since the Coastal Cleanup Corporation started its efforts. "You definitely feel good about the work when you hear that," Pappas says.

Trash created obstacles that kept turtles from coming ashore to create their nests. Not only does the Coastal Cleanup Corporation remove those obstacles, it helps park resource managers place mesh screens over the nests to keep raccoons from digging up the eggs.

"Volunteers have greatly improved the sea turtles' chances for nesting success," says Matt Johnson, spokesman for Biscayne. "We're thankful that people want to come here and help out."

NATIONAL PARK VOLUNTEERS

Cleaning the beaches is no easy task. The islands can only be reached by boat, and the beaches are too rocky to bring the boat ashore.

So, the Pappases anchor in waist-deep water, then wade to shore.

After collecting the trash, volunteers form a human chain to pass bags of trash back to the boat.

"They are definitely smelly, stinky days," Pappas says, "But the work is so rewarding."

Most of the trash goes into a large bin, but some gets repurposed. Volunteers turn large plastic containers into rain barrels. They weave trapline into doormats and transform wood pallets into decorative buoys. These items are usually given to donors.

Ocean currents keep bringing more trash from as far away as Africa, so the cleanup is a seemingly never-ending job. Still, the Pappases don't get discouraged.

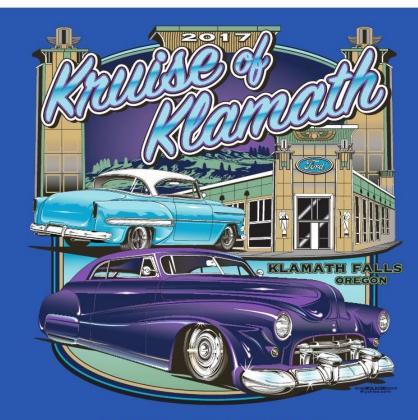
"Every time we get new volunteers out there helping, I'm inspired," Pappas says. "I really enjoy doing it. I feel like each trip is another drop in the bucket."

Yosemite National Park, California

LIKE REAL-LIFE Yogi Bear cartoon characters, some bears at Yosemite National Park have reputations for wandering into public areas in search of food. Fortunately, there's the Bear Team, which is one of the park's most coveted volunteer spots.

The small group, officially called the Wildlife Management Team, monitors the whereabouts of bears that have a history of making trouble. If those bears, which are affixed with tracking collars, approach campgrounds or picnic areas, the team jumps into action.

"It's one of those unique volun-



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teer opportunities you won't find many places," says Sally Kintner, the park's volunteer coordinator.

Melissa Bell, one of more than 12,000 volunteers in the park, feels fortunate to have landed a five-month rotation on the Bear Team.

Bell, 31, left a job at a Bay Area tech company in hopes of getting a job with the Park Service. Volunteering is an entry point for many employees.

"Financially, it's difficult. But it's a way to stay in the park, and it's such a rewarding experience," says Bell, who is provided lodging as a volunteer. "I love doing something I'm passionate about."

At any given time, there are 300 to 500 black bears in Yosemite, but before Bell's stint on the Bear Team she'd never seen one in the park. The Bear Team, on patrol around the clock, typically can chase off a bear by yelling. If that doesn't work, they might shoot it in the rump with mineral-oil-based paintballs. "It doesn't hurt the bear," Bell says.

If these approaches don't work, Bear Team members use noisemakers that look like small megaphones. "It

makes a loud, high-pitched noise," Bell says. All Bear Team members go through extensive training before starting their terms.

The team also helps with other wildlife encounters, such as with deer, coyotes and raccoons. Despite the team's name, it spends most of its time educating park visitors. In a park that draws more than 5 million people per year, it's impossible to personally deliver safety tips to everyone. But many more are reached thanks to a robust volunteer crew.

Bear Team members don't get paychecks, but there are substantial rewards, Bell says. For instance, she carried an injured red-tailed hawk inside so park workers could help it recover. And after a mama bear was killed by a car and a local nonprofit spent weeks caring for its three cubs, Bell was there when the animals were released into the park.

"Probably the proudest day of my life," she says. ⊀

Craig Hill writes for The News Tribune in Tacoma, Washington.



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With a pull and whoomp—we kayaked deeper into the jungle-crowded canal. And paddled toward the booming calls of howler monkeys. A shimmer of crimson in the green foliage gave the macaw's hideout away. Our small ship on the horizon, we rounded the point then wound our way back home.



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TOURING THE CAPITAL

Washington, D.C., offers a history lesson for the whole family

By Jeff Bond

)) Standing on the top step of the Lincoln Memorial, I look east at the aweinspiring sight of the National Mall.

In the dusk of an early spring evening, a bright full moon rises next to the Washington Monument, the world's tallest obelisk. A scene as powerful as it is beautiful. I look at my 20-year-old daughter and teenage son to see if they also are enjoying this moment. It turns out I don't need to worry. They are just as enamored by our surroundings as I am.

The three of us arrived a few hours earlier on our first trip to Washington, D.C. A history fan, I'd always wanted to vacation here, but I had opted to wait until the kids were older and had a greater understanding of what we were seeing. It seems that I've made the right decision. During the next three days, we walk miles, touring monuments, museums and the United States Capitol. Still, even with so many things to see, the most memorable moment from the trip may be this initial experience of being on the mall.

Earlier in the evening, we were on our way to the Lincoln Memorial and took the first mall path we saw. We unexpectedly found ourselves standing before the simple, yet powerful, Vietnam Veterans Memorial. There were flowers laid against the bottom of the polished charcoalcolored marble of the wall.

Some teenage students were touching the names of a few of the more than 58,000 fallen soldiers who are remembered here. We watched one student place a piece of paper over a name etched into the marble and, in the decades-old tradition of this memorial, shade the paper with a pencil to record one of the names.



We walked over to the Lincoln Memorial. All around us were hundreds of students who had come on school trips during spring break. The energy of this young crowd was infectious.

We walked up the steps of the softly lit memorial. And now, at the top, we silently stand before the illuminated statue of a seated Abraham Lincoln—larger, more somber and more impressive than I expected. Lincoln's head is tilted down slightly in such a way that, from where I'm standing, it appears as if he's looking right at me with a warm and thoughtful expression.

It is a solemn place, where you hear a buzz from the many quiet conversations and see the flashes of pictures being tak-

NEAR&FAR_»









Clockwise from far left: Visitors enjoy the impressive view of the National Mall. The beautiful Thomas Jefferson Memorial is surrounded by cherry trees. Visiting the Lincoln Memorial is a moving experience. The National Museum of African American History & Culture is the Mall's most recent addition.

en. On the internal walls of the memorial are Lincoln's Gettysburg Address and his Second Inaugural Address.

I look down from the top of the steps and see students below us using the lights from their smartphones to illuminate the plaque commemorating where Martin Luther King, Jr. stood and delivered his "I Have a Dream" speech during the 1963 March on Washington for Freedom and Jobs. In the distance is the Capitol, sitting on a hill and looking much like its own white monument.

As my kids excitedly point out different sites and take their own pictures, I know that all three of us will remember the importance of this moment for many years to come.



The Constitution of the United States a the National Archiv Rotunda.



The Mall of a Nation

The center of activity for visitors to Washington, D.C., is on and around the famed National Mall, a 1.9-mile-long park that is anchored by the Lincoln Memorial to the west and the Capitol to the east.

One of my favorite locations is the Thomas Jefferson Memorial, which overlooks the Tidal Basin, a small body of water off of the Potomac River. This was the most beautiful setting I saw in the city during our visit. The circular open-air structure features a bronze statue of Jefferson and excerpts from his various writings, including the Declaration of Independence. The memorial and the Tidal Basin are surrounded by cherry trees, which were in bloom when we visited in late March, making for a spectacular scene. You can also rent paddle boats and cruise around the Tidal Basin.

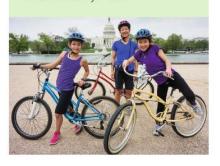
To the northwest is the Franklin Delano Roosevelt Memorial, which winds along the Tidal Basin for 7.5 acres and depicts events during the president's 12 years in office. It contains waterfalls, pools and flowing water throughout. To the north is the Martin Luther King, Jr.

Memorial, which I found very impressive, including the Stone of Hope, a large granite statue of the civil rights leader.

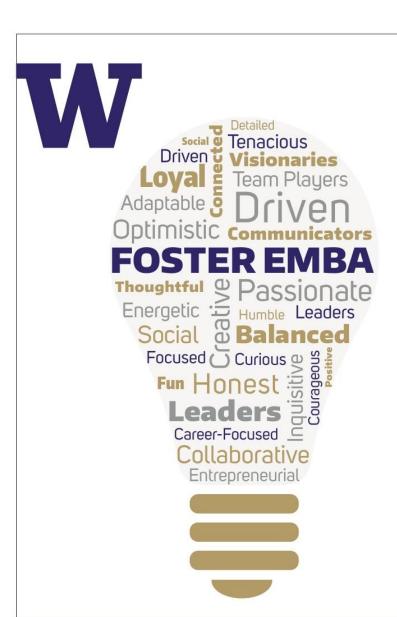
Almost directly in line with the Jefferson Memorial to the north is the White House. Lafayette Square, across the street from the front of the White House, is where differing political views are often expressed. While we weren't able to tour the White House-it requires visitors to contact their congressional representa-

CYCLING THE CITY

A fun way to beat Washington, D.C.'s traffic congestion and get some exercise is by biking around the city. The National Mall is great for cyclists, with its wide paths and easy access to historical sites. The capital also has one of the nation's largest bikesharing programs. Capital Bikeshare offers 3,700 bikes at 440 stations located all over the city and in the surrounding area. There are more than a dozen bike stations on the Mall, allowing you to quickly navigate the area. To use the service, you must become a member online or buy a pass at a kiosk. A single trip under 30 minutes will cost \$2. To take as many short trips under 30 minutes as you would like in a 24-hour period costs \$8. The bikes can be docked at any station at the end of your ride and an app provides an online map showing where stations are located (capitalbikeshare.com). - J.B.







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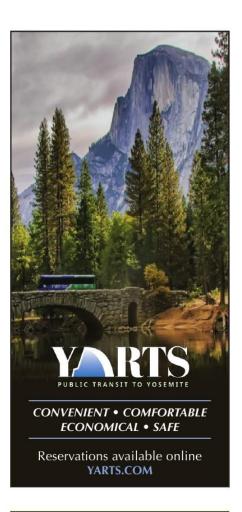
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>> NEAR & FAR

WASHINGTON, D.C.

tive's office at least three months in advance of their trip-we did enjoy the White House Visitor Center, located a few blocks away, which offers an informative look at the building's history.

It is much easier to visit the Capitol. With tickets reserved online, we joined a tour that explored various rooms, such as the Crypt, which is located under the Rotunda, and the National Statuary Hall, where statues from various states are located. We also picked up passes at our representative's office to visit the gallery of the House Chambers.

National Treasures

The mall is home to a treasure trove of museums, including 11 Smithsonian museums and galleries holding many of America's most important documents, artifacts and works of art. They range from the new National Museum of African American History & Culture to the powerful United States Holocaust Memorial Museum and the beautiful National Gallery of Art. All of these museums are free.

Some of my family's favorites included the National Museum of American History, which offers an eclectic collection of Americana, from the 200-year-old American flag that inspired Francis Scott Key to write the poem that later became the national anthem to Abraham Lincoln's top hat. The National Museum of Natural History has many fascinating exhibits, including collections of fossils, mammals and marine life. I was most fascinated by the Hall of Human Origins, which traces our ancestors through more than 6 million years of evolution.

I was also amazed to visit the National Archives and actually see original copies of the Declaration of Independence, the Constitution and the Bill of Rights.

My daughter's favorite stop was the National Air & Space Museum, where we saw the original 1903 Wright Brothers' plane, Lindbergh's Spirit of St. Louis and the Apollo 11 Command Module.



One museum that charges a fee, but is worth the price of admission, is the Newseum. Located about a block north of the mall, it discusses the freedoms of press, religion, speech, assembly and petition through the lens of the news

>>> A soldier makes his rounds while guarding the Tomb of the Unknown Soldier at Arlington National Cemetery.

DETAILS

Lodging

- Fairfax at Embassy Row: Frequented by diplomats since the 1920s, the elegant Fairfax is located in the heart of embassy row and offers classically appointed rooms, two restaurants and a helpful staff (fairfaxwashingtondc.com).
- Holiday Inn Capitol: Close to the National Mall, the hotel is popular with



families, with an outdoor pool and a workout room (hicapitoldc.com).

■ The Willard InterContinental Washington D.C.: One of the city's most luxurious and iconic hotels is located two blocks from the White House (washington.intercontinental.com).

Restaurants

- Hill Country Washington D.C.: The top-rated barbecue restaurant is a meat lover's paradise. The downstairs Boot Bar has live music Tuesday through Saturday (hillcountry.com).
- Old Ebbitt Grill: The historic Washington treasure is located a few blocks from the White House. Try the Burger with Fried Oysters (ebbitt.com).
- The Monocle: A favorite among lawmakers, the high-end steak and seafood restaurant serves excellent steaks and is a great place to see the city's power players (themonocle.com). - J.B.

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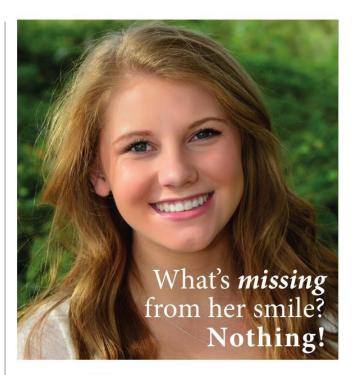












Jordan's Story

Jordan had been self-conscious about her smile. She knew she wanted to replace her missing tooth and that dental implants were an option.

Then she learned about Dr. Shawn Keller, the first dentist in Washington to offer CeraRoot metal-free implants. These ceramic zirconia implants are 100% metal-free and are as strong as they are beautiful. She was hesitant, having seen traditional implants with dark lines at the gum that did not look natural. She





also heard implants could be painful, took many visits and over 6 months to heal, and were expensive. Then she met with Dr. Shawn Keller. With many options offered, treatment was made affordable with a payment plan. Jordan wanted to improve the look of the rest of her smile and with Dr. Shawn's advanced sedation, she had the implant placed and cosmetic rejuvenation done at one visit, all while she slept peacefully. Thanks to the stem cell therapy used during the procedure, she had no discomfort and her beautiful smile was completed in the same day. Now Jordan is proud to smile with the peace of mind that her healthy new teeth will last a lifetime.

> "Dr. Keller changed my life!" - Jordan

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industry, with interactive exhibits, movies and displays. One fascinating exhibit displayed newspaper front pages for various historical events during the past 500 years.

A Fitting Resting Place

On our last day in the capital, we visited Arlington National Cemetery, the final resting place for more than 400,000 active-duty service members, veterans and their families. The most moving sites for me were the graves of President John F. Kennedy and his family and the graves of his brothers Robert and Edward, or "Ted." To the south of the Kennedy Memorial, on a nearby hill, is the Tomb of the Unknown Soldier at the Memorial Amphitheater, a profound place where a soldier stands guard over a white marble sarcophagus dedicated to unidentified American service members lost in battle.

A fascinating aspect of Arlington's history is that the land was once owned by Robert E. Lee, the commander of the Confederate forces. Lee's former home, known as Arlington House, sits at the top of a cemetery hill, with a great view of Washington, D.C. The property was first used as a military cemetery for Union soldiers in the 1860s, with some of the fallen buried not far from Lee's front door.

As we left Arlington, I thought about all we had seen and I knew that we were leaving Washington, D.C., with a greater understanding of the capital and our country.

Jeff Bond is an editor for Alaska Beyond Magazine.

Alaska Airlines provides regular service to Washington, D.C. For information on flights to the nation's capital, visit alaskaair.com.



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LAND OF FIRE AND ICE

Iceland's gorgeous hot springs and icy glaciers

By Stephanie Yoder

Iceland is surrounded by icy ocean;

its nearest neighbors are icebergs and whales. So it would be easy to miss Iceland completely, except that the country is located between the United States and Europe. This makes it a perfect stopover for those journeying across the Atlantic. And, if you're going to stop in this unique place, why not extend your layover a little longer and see what all the buzz is about?

Many people first visit Iceland on a layover, then return to explore more deeply. Because while it's quite easy to get a good taste of Iceland in just a few days, you'll absolutely find yourself wanting more.

Get to Know Reykjavík

Any short visit to Iceland will probably center around Reykjavík, the country's capital city. Of Iceland's approximately 330,000 inhabitants, more than 120,000 call Reykjavík home.

When I first visited in the summer of 2009, tourism was starting to pick up, but Reykjavík wasn't a major destination yet. In fact, I remember my co-workers being puzzled about why I would vacation in Iceland, of all places.

Now Iceland is a recognized destination, and tourism is clearly booming. Reykjavík is buzzing with new hotels and restaurants. The economy is thriving, in



large part, because of the influx of tourists, and every local I met spoke glowingly about the jobs that have opened up because of the new visitors. This is smart growth, with a strong emphasis on sustainable tourism and visitor experience.

You can see all the sights in Reykjavík in a single day, but the atmosphere can take a while to soak up. Part of enjoying the city is just wandering the streets, poking your head into the shops (some of which sell distinctive art or wool clothing) and maybe relaxing with a coffee in the shadow of Hallgrímskirkja church.

One nice thing about visiting a country that is so used to cold weather is that

Jiceland's
dynamic scenery
includes the popular
Blue Lagoon, facing
and right, and the
breathtaking Gullfoss
Waterfall, above,
both formed due to
tectonic movement.



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Visitors to Reykjavík can enjoy delicious ice cream at Valdís, below, view stunning architecture at Hallgrímskirkja church, center, and ride a bike down charming streets, right.





nothing really slows its residents down. Reykjavík is just as busy in the dead of winter as in summer. The restaurants are still hopping, the bars still buzzing and the Harpa Concert Hall and Conference Centre—the distinctive glass performingarts center completed in 2011—twinkles in the perpetual brumal twilight.

Iceland has its own distinctive cuisine, which focuses heavily on natural resources of fresh seafood, lamb and beef. Hearty rye bread is a staple here, and various dishes are finished with a sprinkle of black lava salt. There are many upscale restaurants where you can try traditional and experimental local dishes. One favorite is Grillmarkaðurinn, a popular grilledmeat and seafood restaurant.

Reykjavík also has a booming craft-cocktail scene. Stop by one of the city's many cocktail bars such as Slippbarinn for something innovative and different, or take a walk down to the harbor and buy an inventively flavored ice

cream cone from Valdís in the sun or snow (it's a testament to how good the ice cream is that you might actually want to consider the latter).

Hot Springs

No trip to Iceland is complete without a dip in one of the steamy hot springs that dot the countryside. Doing this while surrounded by beautiful scenery feels especially opulent.

The most famous hot spring in Iceland



Golden Circle

- Thingvellir National Park: Because of the rifts in its unique landscape created by tectonic movement, Thingvellir is one of the only places on Earth where you can hike or scuba in a rift between tectonic plates.
- **Geysir Hot Springs:** These scenic springs, encompassing the Great Geysir and Strokkur, were the origin for the modern English word geyser.
- **Gullfoss:** The huge waterfall is located on the Hvítá river, which is fed by one of Iceland's largest glaciers, the Langjökull.
- For more on Iceland, including classes on subjects such as "How to Avoid Hot Tub Awkwardness," see visiticeland.com.

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GEOTHERMAL DYNAMICS

Top crops

■ Iceland's geologic activity, responsible for the stunning landscape, also makes it an ideal place for geothermal energy. In geothermally heated greenhouses (such as the one shown above), Icelanders can produce an array of warm-weather crops, including peppers, tomatoes and bananas.

Heated homes

Despite the country's chilly name, households in Iceland stay sustainably warm and cozy. According to Visit Iceland, about 90 percent of Icelandic homes are heated geothermally.

You can cook an egg

Ever thought you'd eat a geysercooked meal? Select experiences prove Iceland is so hot, you can cook an egg. Visitors to the Hverasvæðið Geothermal Park, for instance, can rent an apparatus to boil eggs in a hot spring, or can visit the nearby Almar Bakery to taste rye bread cooked underground.



is the Blue Lagoon, an unearthly blue geothermal hot spot where hundreds of visitors a day relax in the warm water and rub themselves with the mineral-rich mud. The lagoon recently completed a renovation to make it larger, and even at peak times there is plenty of room to soak.

The Blue Lagoon also has a cafe, a spa with massages and other treatments, and a world-class restaurant. The Blue Lagoon is an easy day trip from Reykjavík, or from the Keflavík International Airport.

The lagoon will be closed for renovations April 23-27. Extended spring and summer hours begin May 26. Plan ahead and make reservations, as the Blue Lagoon can book up weeks in advance.

Golden Circle Tour

Iceland is a surreal place to visit, with its steaming fissures, dramatic waterfalls, lava fields and more. Many of these amazing and unique features are outside of the immediate Reykjavík area; they require several days to fully explore. But luckily, anyone with just a day to spare can take a Golden Circle tour via bus or car. The Golden Circle is basically a taster platter of Iceland's unbelievable natural beauty.

There are three major sites on any





The sparkling Harpa Concert Hall and Conference Centre, far left, hosts stellar performers such as Icelandic pop star Glowie, left.

)) NEAR & FAR

ICELAND



ICELANDIC HORSES

The famous breed evolved from horses brought by the first Norse settlers 1,100 years ago. The horses are considered one of the world's purest breeds, stand a stocky 52–56 inches tall, and are found in a surprising variety of coats: The Icelandic language has more than 100 names for colors and color patterns of the Icelandic horse.

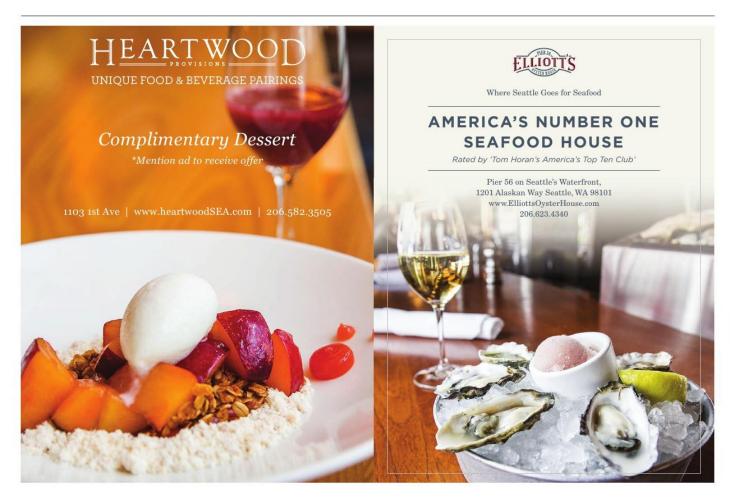
version of the Golden Circle tour, starting with the most famous waterfall in Iceland, a behemoth beauty by the name of Gullfoss. The 105-foot waterfall is vibrant green and blue in the summer months, and transforms into an ice queen of raging water and snow in the winter. Wear good shoes; the paths can be treacherously slippery and/or icy.

You will also get a chance to visit a geothermal field, home to the Great Geysir—believed to be the world's first recorded geyser, in 1294. The Great Geysir is largely inactive, but the nearby Strokkur geyser erupts about every 10 minutes, spewing steam and bubbles around the stunning landscape.

Finally, the circle passes through Thingvellir National Park, an area of great historical significance for Icelanders. It was here that the Icelandic Parliament was assembled in A.D. 930. In addition to being a beautiful area with crystalline bodies of water and views of distant volcanoes, Thingvellir is nestled into a rift valley where the Eurasian and North American plates diverge. Tectonic movement causes great rifts and canyons in the landscape.

Stephanie Yoder is a Seattle-based travel writer. To read more of her stories, visit blog.alaskaair.com.

Use Mileage Plan miles to visit Iceland on Alaska Global Partners airline Icelandair. To join Mileage Plan, visit alaskaair.com/mileageplan.



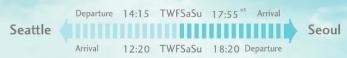




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SEATTLE

GEORGETOWN

Acclaimed brewer talks about the flavor of the neighborhood

By Manny Chao

>>> Do you want to get to know Georgetown? I recommend you go to the 9LB Hammer, sit at the bar, order a pint from Meaghan and take a moment to say hello to one of the regulars you're sharing the bartop with.

You'll likely meet Tom, a retired stagehand who once worked with Mickey Rooney. Or perhaps you'll see Dave, a boat mechanic who founded a race for bike messengers. Then there's Steve, just an unassuming carpenter who also happens to teach a hands-on furniture-design course at the University of Washington.

This is the identity of Georgetown.

Everyone here has an interesting story.

I often spend my Friday evenings at the 9LB, catching up with the regulars. It was one of the few bars in Georgetown that was here before our Georgetown Brewing Co. sold its first keg in 2003. The bar has not changed that much over the years—whiskey shots at 9LB are still professional size—but Manny's Pale Ale has now been a staple for the past 13 years, and our Lucille IPA, Roger's Pilsner and 9LB Porter have also become part of the permanent tap lineup. It's hard not to feel the love.



Similar to other Seattle neighborhoods on the periphery of downtown, Georgetown got its rebirth when creative, industrious folks went looking for inexpensive rental space to start fulfilling their dreams. Historic-buildings restorer John Bennett bought some old structures to clean up for retail space, housing and artist studios. Seth Levy, Gabe Stern and Steve Withycombe opened All City Coffee. Scott Horrell opened 9LB. Lisa (Stella) Steadmon opened Stellar Pizza. Martin Imbach and

others opened Georgetown Records. Gary Groth opened a Fantagraphics Bookstore. And POOF! Georgetown became a magnet for some of the coolest people in Seattle who don't think they're cool.

So how did Georgetown Brewing co-founder Roger Bialous and I stumble upon this wonderful neighborhood? Sheer luck, actually. The only parameters we had when we started looking for a brewery location were that it needed to be indus-

A Few of My Georgetown Favorites

- Troublemaker chicken sandwich at **Smarty Pants**, amid vintage-motorcycle decor (MotoGP-racing talk, anyone?).
- Vegetarian enchiladas at Georgetown Liquor Co. (yes, add the fake meat).

- The Flatliner at Jules Maes Saloon (ultimate tater-tot dish).
- Tavern Burger at **Star Brass Lounge** (\$6 for a burger-and-beer happy-hour special!).
- Chi-Town roast beef at Hitchcock Deli (add the paté).
- Alambre tacos and a house margarita at Fonda La Catrina (or a shot of Siete Leguas).
- Fried chicken at Marco Polo Bar & Grill (perfect with a pint of Roger's Pilsner).
- Beet salad and a side of meatballs at Flying Squirrel Pizza Co. (yeah, I said beet salad).
- Bowl of chili verde at **Slim's Last Chance** (ZZ Top sighting possible).

—Manny Chao



Alambre tacos and a house margarita at Fonda La Catrina.

HERE&NOW.

trial and cheap, and had to have a Seattle zip. We actually had a lease agreement in a different neighborhood until the landlord backed out at the last minute. With equipment purchased and on its way, we were left scrambling until our real estate agent called us back and uttered those magical words, "I think I found the perfect spot."

Here's a confession: Georgetown Brewing Company's founding name wasn't Georgetown Brewing-it was Shortround Brewing, named after the little kid in Indiana Jones and the Temple of Doom. Roger and I were pretty clueless about Georgetown, but we renamed our brewery when we realized how fortunate we were to land here. Our little love affair with Georgetown began over coffee at All City and beers at 9LB. This is how we met our neighbors, and this is how we discovered the area's fun and liberal vibe, which was driven by the vision of our unconventional fellow business owners.

Yes, Georgetown has changed over the years. Sometimes we complain about the traffic and the parking, but all of us agree that the neighborhood still has a soul, and "community" is still a word that means a lot here. I like to say that Georgetown has

aged like a fine beer-beer doesn't really age all that gracefully, but it still gets the job done!

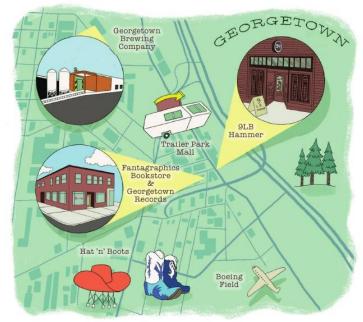
By my last count, there were 14 different bars/restaurants along Airport Way and a half dozen more elsewhere in the neighborhood where you can find our beers. Add in lots of other independent businesses and a whole bunch of really creative people, and you get a part of the Seattle area that's pretty dang special.

So, if you really want to discover Georgetown, belly up to the bar, order a pint, and say hello to your neighbor. He/she may be a welder, an engineer, a designer, an artist, a bartender, a teacher or even a brewer. I promise, they will all have a story to tell. *

Manny Chao and Roger Bialous have grown their brewery (georgetownbeer. com) into one of the largest independent breweries in Washington state. Last year their Bodhizafa IPA bested more than 300 competitors to win gold in the American IPA category at the prestigious Great American Beer Festival, and their Gusto Crema won gold in the Coffee Beer category, among 168 competitors.

GEORGETOWN ILLUSTRATED

Cartoonist and illustrator Brendan Kiefer, whose work can be found at Georgetown's Fantagraphics store, provides a visual of some of his favorite neighborhood sites. "I love hanging out in Georgetown because of its eclectic mix of local businesses," Kiefer says.





LET'S ASK LARRY

Larry Reid is the curator and events coordinator for Georgetown's Fantagraphics Bookstore & Gallery. Fantagraphics is a nationally renowned publisher of comics and graphic novels. He is also president of the Georgetown Merchants Association.

Q: If Georgetown were protected by a superhero, who would that be? A: The Dark Knight—Batman. He'd fit in nicely with his Batcycle and inventive gadgetry.

Q: Why is Seattle's Georgetown neighborhood better than D.C.'s Georgetown neighborhood?

A: There are far fewer politicians in Georgetown west.

Q: The Georgetown Second Saturday Art Attack is a signature neighborhood cultural event. What piece of Georgetown art would you personally like to be attacked by, and why?

A: It might be fun to get kicked by an oversized boot in the restored Hat 'n' Boots roadside attraction.

Q: If Georgetown were a record, what would the soundtrack be?

A: The Beatles' Magical Mystery Tour is an appropriate musical accompaniment for Georgetown.

Q: What's a great hidden corner of Georgetown people might not know

A: Ruby Chow Park on the north end of Boeing Field is a wonderful location to watch the widely varied aviation traffic take off and land.

Q: If you were designing a T-shirt for Georgetown, what would it say? A: "Quit Work. Make Art!"-in white on a black shirt. *

EDIBLE AND SUSTAINABLE

A distinctive menu of events featuring local culinary culture

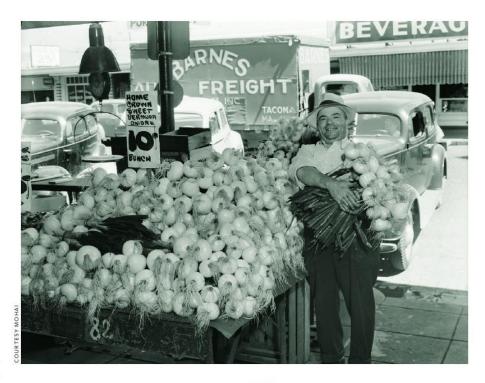
By Michele Andrus Dill

Earth Day, April 22, by learning more about the science behind food, farming and sustainability at the Museum of History & Industry (MOHAI) in the South Lake Union neighborhood.

The Edible City Science Fair, open to attendees of all ages, April 22, will highlight state-of-the-art solutions to promote food sustainability, and will include hands-on activities and demonstrations that spotlight innovations in cooking, food and agriculture.

The science fair is taking place in conjunction with the museum's "Edible City: A Delicious Journey" exhibit, on view through Sept. 10. The exhibit—curated by James Beard Award-winning local food writer Rebekah Denn—serves up the story behind how Seattle's urban palate has evolved. Exhibitgoers learn about the interesting origins of items ranging from the Rainier cherry to Seattle's first espresso cart.

The exhibit is divided into a menu of six areas, such as Raw Ingredients ("What is a Seattle food, and why?"), Cooking Tech-niques ("How Seattle high-tech jobs have made



us look at cooking a whole new way"), and Serving It Up (surveying a "rich banquet of restaurants" and showcasing "farm-to-table chefs who have ... developed a modern Northwest cuisine"). In addition, the museum has partnered with restaurateurs for Edible City Month, April 1–30, with diners at participating restaurants receiving discounts to see the "Edible City" exhibit. See mohai.org for details.

This month food aficionados can also enjoy a separate event, **Seattle Restaurant Week**, April 2–6 and 9–13, presented by *The Seattle Times*, and Alaska Airlines Visa

"The Onion Man" sells his produce at Pike Place Market in 1941. Early1900s concern over soaring onion prices helped lead to the market's creation in 1907 to allow consumers and farmers to connect directly and avoid middlemen.



GO TO: Deception Pass State Park

A local-favorite excursion, the 4,134-acre park, about 85 miles northwest of downtown Seattle, has 77,000 feet of saltwater shoreline, plus three freshwater lakes. It's beloved for its cliffs, coves, tidepools, water activities, trails, bird-watching, Native story pole, beautiful sunsets and forested campsites. The park was even a filming location for 2016's Captain Fantastic, whose star, Viggo Mortensen, was nominated for an Academy Award. The park has sections on both Whidbey and Fidalgo islands. Contact: parks.state.wa.us/497/deception-pass.

UPSTREAM

Seattle's Music Fest and More

By Charles R. Cross

>> Seattle has long been a music

hotspot, and the city hosts a number of notable music festivals, including Bumbershoot and the Capitol Hill Block Party. But the Upstream Music Fest + Summit, taking place May 11–13, promises to be something special.

The three-day festival will include performances by more than 200 bands and solo performers, most of them from the Northwest, but also speakers and breakout sessions addressing the state of the larger music industry. Events will take place in Pioneer Square, one of Seattle's oldest neighborhoods.

Organized by Paul Allen's Vulcan Inc. company, which also started the Seattle Art Fair in 2015 in the same neighborhood, Upstream is an attempt to serve both music listeners and music creators. It's a formula that's been a hit for SXSW (South by Southwest) in Austin, Texas, but a similar event launched in the Northwest in the late 1990s did not stand the test of time.

Upstream (upstreammusicfest.com) seems on paper to have a number of advantages, starting with Allen's backing, and the ability to make use of facilities such as the CenturyLink Field North Lot, which will host the main stage, and WaMu Theater, which will host the summit. The summit seeks to address the future of music at a time when digital technology is rapidly changing how music is recorded and distributed, and how musicians find revenue streams.

"Upstream is intended to help fill a void, with a festival for music lovers of all ages to discover and support emergent artists," says Executive Director Jeff Vetting. "It will also bring the industry together for thoughtful conversations around the most pressing issues and opportunities facing artists."

For the music performances, Upstream will have multiple stages around Pioneer Square, including a free public stage in Occidental





The Polyrhythmics, above, and Grace Love, left, are scheduled to be among the popular Northwest performers at the inaugural Upstream Music Fest + Summit.

Park, in addition to the CenturyLink Field main stage. The festival's many scheduled bands include Shabazz Palaces, Flying Lotus and AlunaGeorge. A unique aspect of the fest is that Upstream has enlisted organizations such as radio station KEXP and label Sub Pop Records to "curate" their own branded stages.

Upstream's speakers will include serious A-list talent. Quincy Jones began as a musician in Seattle in the post-war era when the neighborhood of the festival was filled with R&B clubs. He went on to become one of the most successful producers of all time, working with Michael Jackson and numerous

others. Another keynote will be given by Portia Sabin, who helped make Kill Rock Stars a modern indie-label success story.

Upstream's biggest star, though, is Seattle rapper Macklemore. The four-time Grammy Award winner performs live often, but rarely does he sit down to offer advice to aspiring musicians, which is part of what he'll do in his Upstream keynote. Macklemore's involvement is one of the reasons tickets to Upstream start at \$110 for two days of concerts but run up to \$425 for the panels and music together.

Both Macklemore and Quincy Jones attended Garfield High School (as did Seattle's most famous musician son, Jimi Hendrix). If nothing else, Upstream's keynote speaker lineup proves that local pride still can bring back a musical homecoming of note. **

Charles R. Cross is an award-winning Seattle music journalist, book author and speaker.

CALENDAR



■ The Tacoma Art Museum, south of Seattle, is the only West Coast location for an exhibit organized by the Smithsonian's National Portrait Gallery. "The Outwin 2016: American Portraiture Today," on view in Tacoma through May 14, showcases 43 finalists from more than 2,500 entries in a national portrait competition. Amy Sherald's oil-on-canvas Miss Everything (Unsuppressed Deliverance) won first prize in the competition (tacomaartmuseum.org).

Amy Sherald, Miss Everything (Unsuppressed Deliverance), 2013. Oil on canvas, 54 × 43 ½ inches. Collection of Frances and Burton Reifler. ©Amy Sherald.



Seattle Repertory Theatre has reconstructed its main theater to stage the techno-beat musical/dance party *Here Lies Love*, April 7–May 28, by famous musicians David Byrne and Fatboy Slim. *Here Lies Love*, shown above, follows the rise and fall of first lady of the Philippines Imelda Marcos, and traces the nonviolent restoration of democracy in the country in 1986 (seattlerep.org).

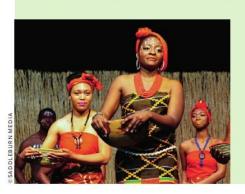


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HERE&NOW >> SEATTLE

Compagnie Hervé Koubi makes its Seattle debut April 13-15 with "What the Day Owes to the Night." The performances, presented by the Meany Center for the Performing Arts, feature 12 French-Algerian and African male dancers in a display of martial arts, ballet, and urban and contemporary dance. Hervé Koubi is a well-known European choreographer (meanycenter.org).



Festál Cultural Festivals at Seattle Center is celebrating its 20th year of free events that honor "the cultural richness and diversity of the Pacific Northwest." Spring Festál events include Seattle Cherry Blossom & Japanese Cultural Festival, April 21-23; Asian-Pacific Islander Heritage Month Celebration, May 7; Spirit of Africa (shown at left), May 13; and A Glimpse of China, May 20. Alaska Airlines is a sponsor of Seattle Center (seattlecenter.com/festal).

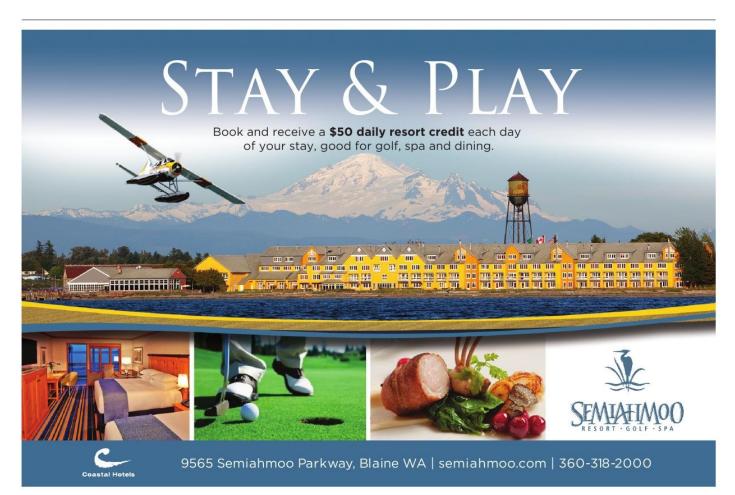
Large-scale quilts crafted by globally recognized Northwest quilt artist Ann Johnston, such as the one shown above,

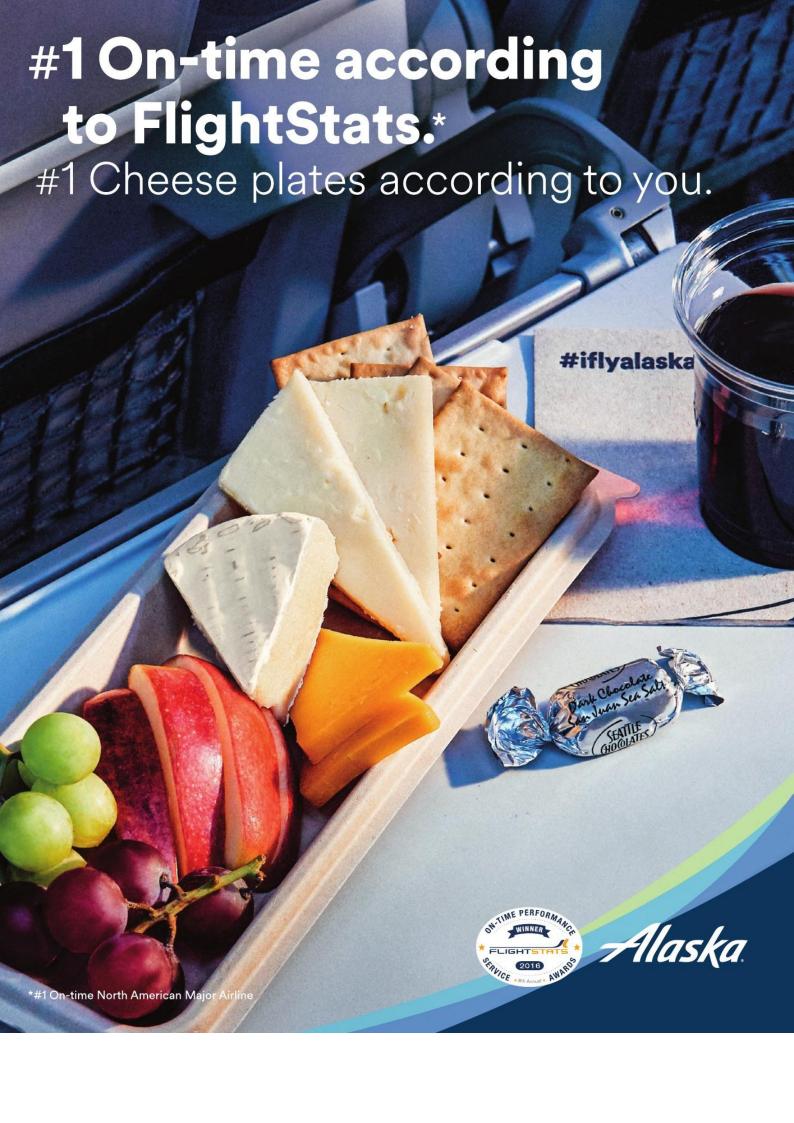


which were inspired by the Sierra Nevada, will be on display through June 11 in the exhibit "The Contact" at the Bellevue Arts Museum, east of Seattle. The exhibit title refers to the geologic meeting points as well as the meeting of humans with their landscape (bellevuearts.org).

■ The Weeknd—aka Canadian singer/songwriter Abel Makkonen Tesfaye—brings the "Starboy: Legend of the Fall 2017 World Tour" to Seattle, April 26, at

KeyArena. Additional upcoming performers at the arena, whose sponsors include Alaska Airlines, include Chris Tomlin, May 4; and Chris Brown on stage with several notable special guests, May 11 (keyarena.com). ⊀





>> HERE & NOW **PORTLAND**

CARPET DIEM

Residents continue a curious love affair with PDX's classic carpet.

By Susan G. Hauser

>>> We Portlanders have been known to develop our share of unusual passions, and one of our quirkiest concerns an ongoing love affair with the Portland International Airport's strangely attractive teal carpet.

In 2015, airport officials announced that the carpet, which had supplied nearly 30 years of sturdy service, was going to be replaced. The 13 acres of textile floor covering, known for its brightly colored geometric pattern that some say was inspired by the image on an air-traffic-controller's screen, hadn't created much of a stir before then. However, that was about to change.

What may have started as a practical joke quickly developed into a full-fledged cultural movement. Portlanders couldn't get enough of the carpet. Thousands of foot selfies taken on the airport carpet abounded on social media, a carpet Facebook page was launched, and soon the design was available on a variety of clothing and tchotchkes. A beer company used the carpet pattern for one of its labels, and some fans went so far as to get tattoos of the carpet's pattern. National and international news outlets picked up the story, and before anyone realized it, a Portland icon had been created.

Carpet mania reached its peak when the PDX carpet (or at least a large swath of it that was rolled into a tube) was named Grand Marshal of the 2015 Portland Rose Festival Starlight Parade, and rode the entire route through downtown in the backseat of a convertible to the cheers of the crowd.

A year and a half after the perfectly fine new flooring was installed, locals continue to pine for that old textile magic. A variety of products made with classic-carpet fragments or with its distinct pattern can still be purchased online. At the airport's Made in Ore-









gon store (where a framed square of the old carpet hangs on the wall), demand remains strong for carpet-themed merchandise, such as socks, T-shirts, travel pillows and mugs.

Vinyl decal stickers in the shape of Oregon and bearing the carpet's design are top sellers, clerk Christina Melendez tells me. But when customers covet the framed carpet square-Melendez tells them she's sold out.

However, she does direct them to locations where the classic carpet still remains in place. Fans can visit Concourse E, where they will find the cherished textile abutting the new carpet. Selfies of people straddling the new and old floor covering are quite popular. The old carpet is also visible in parts of Concourse A, which leads to gates for Alaska Air Group flights. However, coming airport renovations will soon result in the replacement of the carpeting on these concourses.

Fortunately for carpet fans, the flooring will live on as part of the airport's permanent art collection in the form of a collage by Portland artist Nancy Wilkins hanging in Concourse D, which features actual pieces of the beloved carpet and assorted selfies taken upon it. The piece's title: Carpet Diem! ⊀

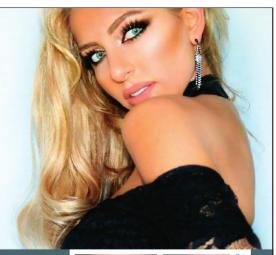
PDX's classic teal carpet can still be found in select spots at the airport, top. But it mostly lives on as a pattern for beer labels, top left; souvenirs, above middle; and clothing, above. The carpet, below, was named Grand Marshal of the 2015 Portland Rose Festival Starlight Parade.



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- Christine Serb, Miss Seattle USA



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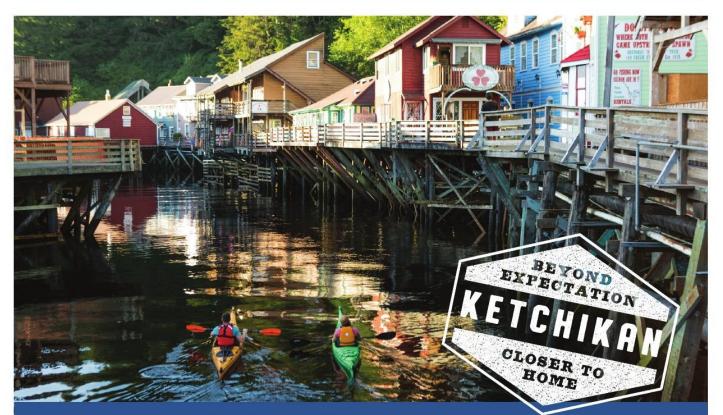
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KEEPING **OREGON GREEN**

By Alex Pulaski

>>> For the volunteers who work with the Portland-based nonprofit Friends of Trees, helping to create greener neighborhoods is a satisfying experience that keeps on growing.

The organization, which was founded in 1989, has planted more than 650,000 trees and native plants in areas ranging from Vancouver, Washington, to Eugene, Oregon.

Scott Fogarty, the organization's executive director, says trees perform a variety of important environmental functions, including reducing stormwater runoff and improving air quality.

He says trees reduce the incidence of respiratory ailments in local residents, and tree canopies help moderate temperatures at the street level year-round.

And there is also an enhanced aesthetic quality to most settings when trees and natural plants are added.

Fogarty has found that planting trees brings a sense of pride to the volunteers who are doing something good for their neighborhoods. "This is a way to give back to communities directly," Fogarty says. "We often hear people talk about walking by the trees that they helped plant."

The organization supplies its 7,000 annual volunteers with the plants and equipment they need to carry out the work, which can include planting near a freeway or in the volunteers' own neighborhoods. The workers are usually served a hearty breakfast and lunch for their volunteer service.

For Fogarty, Friends of Trees is also a family affair. Two of his best volunteers are his daughters Ava, 10, and Ally, 7. "They've been planting pretty much their whole lives," he says. "They have names for some of the trees. We'll go out walking, and they'll say, 'There's Pinkie! There's Greenleaf!" *



PORTLAND LOVES A GOOD BEARD

Local residents have a thing for beards—the bigger and bolder the better. This love of the facial follicles has not gone unnoticed. The City of Roses hosted the 2014 World Beard and Moustache Championships, where Portland resident Madison Rowley won the overall gold medal. Portland's finest beards will be on display June 10 at the third-annual Rose City Beard and Moustache Competition.

Among the city's most famous beard lovers are Brian Delaurenti and Johnathan Dahl. Dubbing themselves "The Gay Beards" (thegaybeards.com), the two have built careers selling extraordinary pictures of their beards, which they adorn with flowers, paint, plants and even breakfast cereal. Dahl says it can take them up to three hours to prepare their beards for these unique photo shoots. —A.P.

Portland's epically bearded include Bill Purcell, top left; Madison Rowley, top right; Johnathan Dahl, lower left; and Brian Delaurenti, lower right.





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GOLDEN STATE RUNS

By Woody Woodburn

>> My son and I are running together along a beachside bike path in Southern California, on the promenade near Ventura Pier, with a backdrop so gorgeous Monet should have painted it. My son, in his twenties, is a strong runner, but our pace has become somewhat serious. So his question is delivered with rhythmic pauses to breathe: "What was ... your favorite ... masterpiece run?"

He's using a term we use to signify total excellence, and it's an impossible question, yet a fun one to ponder. I am a "streaker" who has run at least 3 miles every single day since July 7, 2003. My streak includes more than 5,000 runs, averaging 9.6 miles each, from which to choose a favorite. Like I said, impossible.

To make the question manageable, I focus on runs I have enjoyed in California, my home state, and a place that I love the way John Muir-a California-centered writer who is a favorite of ours-did.

Muir was well-known for writing about long walks on dirt trails—and for his love of the area that is now Yosemite National Park, And indeed, a run on dusty paths below Yosemite Falls ranks as one of my masterpieces.

Muir also wrote, "The mountains are calling, and I must go." So I, too, have gone up and down countless slopes along the California coast, perhaps most memorably Sulphur Mountain Trail, in cool rain in the hot summer, in Ojai near my hometown of Ventura.

"The world is big, and I want to have a good look at it before it gets dark," is another lovely thought from Muir. My favorite runs are those that give me a good look at things—at the ocean, rivers and mountains; at eagles, hawks and gulls overhead; at impressive structures such as the Golden Gate Bridge and Los Angeles Memorial Coliseum; at nature's scenery, and also at architectural art.



Running alongside water is always a treat, and three runs I have stored in my memory box include one along the paths at Mission Bay in San Diego; another early in the morning on a lonely beach in Santa Cruz from which I returned to a rented house with two intact sand dollars, a gift each for my daughter and son; and one more along the Embarcadero and Fisherman's Wharf in San Francisco, the experience magnified by the mixed aromas of the salty bay and seafood cooking at stands.

Speaking of air infused with flavor, more words from Muir—"Another glorious day, the air as delicious to the lungs as nectar to the tongue"—bring to mind almost every day I get to run in California, even on days I technically run at night. On a run in Twentynine Palms, I

dodged intense heat by starting near midnight under a full moon. I ran over paths lined by yucca trees, my senses heightened to where I could almost taste the sweet summer air.

Out of my reverie, I return to my son's question about my favorite masterpiece run.

My answer today: "This one." ズ

UPCOMING CARUNS

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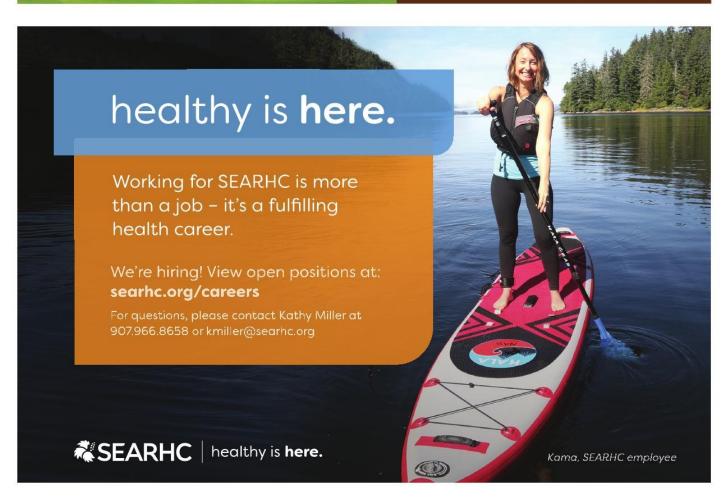
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REDISCOVERING SAN FRANCISCO'S BARBARY COAST

By Denise Clifton

>> A jazz band belts out lively strains from an upper mezzanine, while a bespectacled barkeep serves jeweltoned cocktails. From this scene, one can imagine Comstock Saloon at its opening in 1907 (as Andromeda Saloon) on the west end of San Francisco's Barbary Coast.



Comstock Saloon's decor is a nod to history. Tosca Cafe's dishes, such as the delicata squash below, show the Barbary Coast's modern side. disguised by hot cocoa). Tosca was purchased

From the California Gold Rush to Prohibition, saloons and jazz halls lined Pacific Avenue between Chinatown and the bay. Today, the red-light district named for the North Africa pirating region is gone, and bawdy prospectors of the 19th century have been replaced by tech entrepreneurs of the 21st. But a taste of Barbary Coast spirit lives



four years ago by restaurateur Ken Friedman and his business partner, award-winning chef April Bloomfield. They cleaned decades of

smoke stains off murals and restored checkerboard floors. "We basically spent a fortune to make it look like we did nothing," Friedman says.

Tosca is still a place to enjoy a strong drink, but with its new kitchen, guests also can savor a menu inspired by the Italian murals. For dessert, consider one of those "cappuccinos."

Farther east on Pacific, Old Ship Saloon survives from the area's early

days. It opened in 1851 in the hull of the Arkansas, a ship that ran aground at Bird Island (Alcatraz) and was towed to shore. The ship is long gone, but a bar has stood here ever since.

New owners will soon be taking the helm. One of them, Eric Passetti, has a great uncle who tended bar on Pacific in the early 1900s.

This year, Old Ship will close briefly for period-specific updates. Passetti proposes a toast to history at the reopening. "We'll be touching on the past, with a modern spin." *

on at destinations preserving the best of the old neighborhood.

At Comstock Saloon on Columbus Avenue, the ornate bar caught the eye of Jonny Raglin and his partners in 2009. "We were keen on opening a pre-Prohibition, Gilded-Age-of-thecocktail bar," he says. "With the drinks and music, we feel we're honoring that tradition."

Also on Columbus Avenue, Tosca Cafe opened in 1919 and kept spirits up through Prohibition with its "cappuccino" (with booze

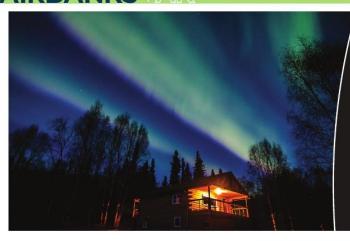
MUSIC IN CALIFORNIA

It's been 50 years since Jimi Hendrix and others rocked the world from Monterey, California, and the Golden State still knows how to throw a festival. With music ranging from jazz to electronica, upcoming CA fests will feature hundreds of acts, tasty local foods and incredible works of art from April through late September. Tickets are selling quickly in anticipation. One of the world's top festivals, Coachella Valley Music and Arts Festival (aka "Coachella"; April 14-16 and 21-23) will draw up to 125,000 people to the Empire Polo Club in Indio with 100-plus acts, including Lady Gaga, Radiohead and Kendrick Lamar. Fine wine and food will accompany the music of Maroon 5, The Foo Fighters and more than 80 other acts at BottleRock Napa Valley (May 26-28). Alaska Airlines is a sponsor and is offering related travel specials. Celebrating the half-century since the 1967 Monterey International



Pop Festival, Monterey Summer of Love will hold its main events, showcasing a variety of artists, June 16-18 at the Monterey County Fair and Event Center. ■ The Stern Grove Festival (June 25-Aug. 27), a season of events in San Francisco, will kick off with headliner Kool and the Gang. Outside Lands (Aug. 11-13), featuring music and comedy, will celebrate its 10th anniversary at Golden Gate Park. ■ Jazz musicians will play across eight stages at the 60th Monterey Jazz Festival (Sept. 15-17) at the Monterey County Fair and Event Center. And get the full experience of music, art, comedy and cuisine during Kaaboo (Sept. 15-17), at Del Mar Race Track and Fairgrounds in San Diego County.

—Kara Spencer





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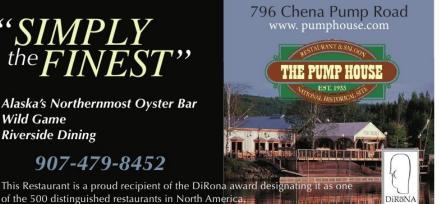
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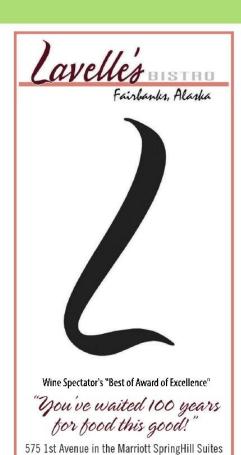
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ICE MUSIC

In Alaska, winter doesn't go quietly

By Nick Jans

)> In the glowing midnight of Arctic spring, I stood on a high bank above the Kobuk River, looking out over a mass of shifting, creaking ice. Along the river's edge stood many of Ambler's approximately 250 Inupiaq Eskimo residents—my friends and neighbors. On this late May evening, the call had gone out from house to house on the village CB radio network: "Ice moving!"

People had gathered to watch. They'd had word the day before that the ice had gone out at Shungnak, 60-some river miles upstream. After seven months, the Kobuk—one of Alaska's great rivers, draining westward along the south slope of the Brooks Range—was finally letting go, and so was the Arctic winter along with it. Elders murmured back and forth; young men scrambled to move skiffs and fish racks as the icy, swirling water rose; children shouted and tossed rocks. Upstream and down, pressure on jumbled ice jams grew. It was just a matter of time.

Breakup: Ask TV game show contestants what it means, and

they might offer romance gone wrong, or perhaps political or business split-ups. Ask an Alaskan, and you'll hear about rubber knee boots, slush, the cries of geese filling the sky, and that heady, magical time when land and water shrug off their frozen mantles, a white world collapses, and the land glows green again.

The exact timing depends on the year and varies as widely as the enormity of Alaska. As a general rule, the farther north or the greater the altitude, the later breakup arrives. In the rainforests of Southeast, late March may signal the end of winter. Deep in the state's interior, it could come mid-April into early May.

>>> Breakup in
Alaska refers to the
time of year when ice
melts and the land
beneath emerges.
The timing varies by
year and geography.

ALASKA

Along the northern Arctic coast, early June might still be locked in ice. And on the high shoulders of Alaska's great mountain ranges and ice fields, breakup never comes at all.

Some years, the speed of change can be breathtaking-below-zero temperatures one night, and a warm southerly wind bringing 50 above and flights of robins the next day. During such years, you can hear the snow collapsing in hisses, and rivers, flooded with meltwater, break up in thunderous displays. All the while, willow buds swell and snow mosquitoes emerge. The change is as abrupt as if the door of winter had swung shut, opening the way for spring.

Other years, breakup can be agonizingly slow in coming; river ice, instead of being carried downstream, melts in place, one bend at a time. These gradual, less predictable breakups are becoming more and more common in the Arctic, where the average temperature has climbed several degrees in the past four decades.

From the banks of the Kobuk, I watched with my neighbors as the sun dipped just below the horizon, bathing the land in a silver, glowing light.

No matter the hour, the coming spectacle was too big to miss. And, finally, our patience was rewarded. From the sharp bend just upstream of the village came a growing rumble.

Spruce trees began to sway as great ice pans slammed into the bank and fell back. Logs, tangles of brush, an oil drum and a wrecked boat floated past. Floes the size of parking lots ground against each other; some plowed ashore and lay stranded like great crystal whales.

The voice of flowing ice filled the airthousands of sounds interwoven, a dense texture that seemed to come from everywhere and be the voice of everything. And beneath it all, music: a delicate, liquid shattering, a song of breathing again after long silence.

Winter had passed. ⊀



DEEP

By Ted Alvarez

Alaska Route 9 dead-ends at the sea.

From a slate-pebble beach in Seward you can launch a kayak into the Kenai Fjords National Park and navigate the imposing rainforest-draped peaks by an aquamarine channel. Whales, sea lions, eagles and more negotiate the space between you and the huge tidewater glaciers unfurling into the sea. I'd only paddled a few hundred yards

before I saw a sea otter on its back, gnawing on a salmon arranged on the otter's belly like pink-and-silver charcuterie. The whole time I wanted to know more about the otter as well as the birds soaring above me and the creatures that I knew were concealed below the surface.

Turns out, the answers are back on shore. The Alaska SeaLife Center, next to my launch point in Seward, is an impressive facility showcasing Alaska's astonishingly diverse marine biosphere. It is incredibly satisfying to return from a kayak trip and to have all my questions answered by first-

Alaskan Ambassadors

Every animal the Alaska SeaLife Center rescues has the potential for release—with the exception of sea otters, who eventually get placed as ambassadors for their species at other aquariums. According to Jennifer Gibbins, the center's marketing and communications director, "Otters who come into our response and rehabilitation program are typically very young pups, some having been stranded at only a few days old. Until

about age 6 months, otter pups, like humans, are very dependent on their mothers. Our staff become surrogate mothers, caring for them 24 hours a day to teach them essential skills, such as grooming, which is a constant concern for otters. With little or no body fat, they depend on their luxurious coats to keep them warm and buoyant. As ambassadors for their species, otters help educate people around the world about Alaska's marine ecosystem." -T.A.



)) HERE & NOW

ALASKA

class scientists and exhibits.

At the Alaska SeaLife Center, I watch local otters groom themselves and fill their dense fur with air to stay warm and float. In the underwater aviary, I see exactly how kittiwakes, eiders and puffins could dive 200 feet deep past my kayak to forage for herring. In the facility's massive glass viewing tank, I observe 20-year-old rockfish swimming with each other amid a green wall of kelp fronds.

I even see something I was perhaps glad not to see in the wild: a giant Pacific octopus, which I felt might be marking me with its alien eye from behind its grotto, suckers palpating the glass with curiosity.

In addition to being a world-class aquarium tucked at the far end of the earth, the Alaska SeaLife Center also functions as a frontline station for scientific research, and it's the only permitted marine mammal rescue facility for all of Alaska's 6,640 miles of coastline.

To support these efforts, the center offers animal Encounter Tours, in which visitors may feed an octopus or puffin, or observe entertaining marine mammal enrichment activities that give staff a fun but serious opportunity for health checks.

"Encounter Tours provide an opportunity for visitors to go behind the scenes with the animals and their caregivers," says Jennifer Gibbins, the center's marketing and communications director. "Staff members are passionate experts, and they want to create memorable experiences by sharing their knowledge and love for Alaska's wildlife."

The idea for the Alaska SeaLife Center arose after the 1989 Exxon Valdez spill, in which 11 million gallons of oil emptied into Prince William Sound, which feeds into Seward's waterfront.

The spill inspired the formation of the Seward Association for the Advancement of

Marine Science, a nonprofit trying to create a marine-research, wildlife-rehabilitation and public-education facility near the University of Alaska Fairbanks–Seward Marine Center. The Alaska SeaLife Center opened in 1998.

Today, visitor support has direct impact on the ecosystem right outside the center's walls. Current research supported by the center includes developing advanced tags to provide data via satellite on predation and reproduction in declining stocks of wild marine mammals. Scientists are also studying a flock of eiders with the hope of stemming the dramatic decline of these unique seabirds. Each visit to the center supports a network of experts who rescue stranded marine mammals all over the state—from otters to seals to walruses.



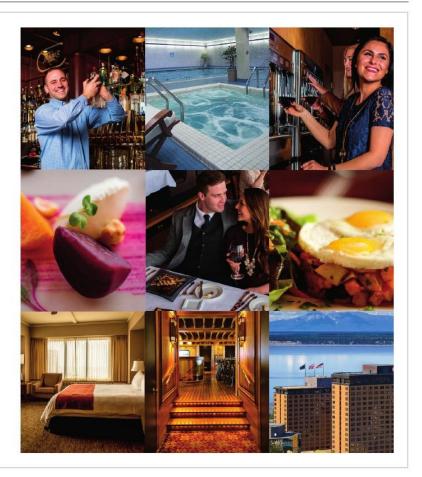
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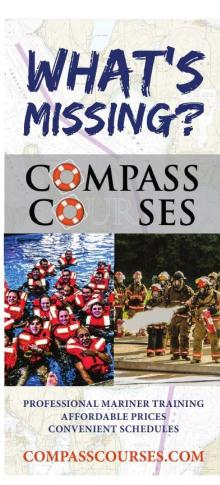
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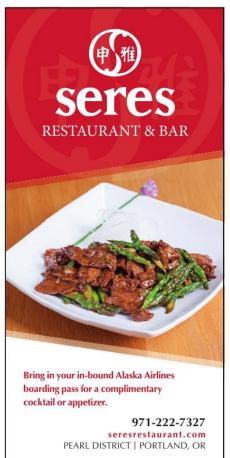
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MULTIGENERATIONAL EXPERIENCES IN THE ALOHA STATE BY JENNIFER SCHAEFER

Unlike my athletic husband, I have a vacation style that is best described as "relaxed." I'm happy spending hours with my nose tucked in a book on the beach or at the pool, while Joel has always been quick to rent a stand-up paddleboard, a surfboard, a bike or some other form of high-energy entertainment.

One thing we've always agreed on is our favorite vacation spot: Hawai'i. The Islands are the perfect escape for us both, with beautiful beaches for me to lounge on and adventure sports aplenty for my more ambitious hubby. As a bonus, it takes less than six hours to reach this tropical paradise from our San Francisco Bay Area home.

Our approach to vacation changed after we had kids. We still love Hawai'i, but with two young ones (Kaya is 7, and Cam is 4), my days of lazy lounging on golden sands are mostly a memory, as are Joel's epic 112-mile bike rides on Hawai'i Island's Ironman course.

These days, we're all about finding activities that make everyone happy. And Joel and I agree: One of the many gifts of parenthood has been the chance to see our beloved Hawaiian Islands in a whole new light.

If you're planning your own family adventure, read on for some of our favorite excursions from past visits, as well as some we're planning for our future trips.

"Giddyup!" As we step out of our rental car at the expansive Gunstock Ranch, Cam tries out a phrase from his newly acquired cowboy vocabulary. We're visiting the 600-acre ranch nestled at the base of the Koʻolau Range on Oʻahu's Windward Coast for a taste of paniolo (Hawaiian cowboy) culture, as both of our kids love horses.

I haven't been on a horse since I was a few years older than Kaya, but our bubbly guide, Natalie, quickly puts me at ease.

"Who's ready to ride?" Natalie asks, as she outfits the kids with safety helmets.

"Me! Me!" they squeal in unison.

"C'mon then, let's saddle up!" she says, leading us toward a set of gentle-looking brown horses, some with white blazes.

While the kids choose their mounts, I gaze around the working ranch, noticing Old West touches, such as saddles fastened to barrels for children to play on. Joel nudges me when it's my turn to climb on Rondo, who will be my transport.

"Rondo's great. Just don't let him graze," Natalie tells me, demonstrating how I'll need to pull up forcefully on the reins if Rondo tries to grab a grassy snack.

Joel has volunteered to skip riding to walk alongside Cam on a 20-minute guided keiki (kids) ride. They split off while Kaya and I steer our horses after Natalie, who will guide us on our hourlong trail ride on her own horse.

"This is the fairy forest," Natalie tells Kaya as we follow a shady path through thick stands of native trees, leaving my daughter wide-eyed as she hunts for magical creatures concealed in the brush.

We continue on the dusty trail, passing open pastures where cattle graze, until at the top of a rise, we stop to admire a view of the ocean that stretches southeast to Kāne'ohe Bay and northwest to the North Shore. As we enjoy the vista, Natalie tells us a bit about the history of Gunstock Ranch, which has been operated by the Smith family for 40 years.

Back on the trail, Natalie points out a cave used in the filming of Hawaii Five-0, but Kaya is too distracted to notice, busy giggling at my slightly frantic murmurs of, "Whoa, Rondo! Whoa!" as I try to keep my horse focused on the trail instead of the grass alongside it. Besides Rondo's snack attacks, the ride passes peacefully as we meander up hills and through valleys until we rejoin the boys at the main office.

"Look, Mommy! Baby goats!" calls Cam when he spots us. He is squatting next to a pen where a tribe of newborn goats is curled in a pile next to their mother. I'm eager for our next stop, Matsumoto Shave Ice, the famous North Shore shop. But I'm happy to linger for a few moments to admire the cozy family that's lucky to call this place home.



MORE O'AHU ACTIVITIES

LITTLER KIDS/WHOLE FAMILY

Atlantis Submarines tours. Passengers view marine life from submersibles. (Tours based on Oʻahu, Maui and Hawaiʻi Island.)



- Dole Plantation, Features the Pineapple Garden Maze, a 2-mile train ride and frosty Dole Whips.
- Hawaii Pirate Ship Adventures. Kids can search for treasure from aboard an 83-foot "pirate ship."
- Ko Olina Beach Park. This public lagoon is in the Ko Olina Resort area, also home to Disney's Aulani resort.

BIGGER KIDS

- Diamond Head State Monument. A fairly steep 1.6-mile roundtrip hike leads to views from a volcanic tuff cone's summit.
- Hanauma Bay State Park. Formed within a volcanic crater, the bay features amazing snorkeling with colorful tropical fish.
- Pearl Harbor. The USS Arizona Memorial is part of the World War II Valor in the Pacific National Monument, which honors fallen heroes.
- Polynesian Cultural Center. A living museum with re-creations of traditional Polynesian villages.
- Waikīkī surfing lessons. Gentle rollers just off the iconic beachfront provide a perfect place to learn.
- Wet'n'Wild Hawaii. This 25-acre water park has attractions that range from "chill" to "extreme."



MAUI

I've been to Maui plenty of times and have stayed in several of its bustling resort areas. But I have never explored the area known as Upcountry Maui—the rolling hills and slopes around and on Haleakalā, the gargantuan volcano that forms more than three-quarters of the island. That's about to change, because today we're visiting Haleakalā National Park, after a few pit stops along

From Kā'anapali, where we're staying, we drive first to Olowalu to visit **Leoda's Kitchen and Pie Shop**, a cozy cafe known for its flaky home-baked pies and generously topped burgers and sandwiches.

The plan is to pick up a picnic lunch, but everything looks so good, we can't resist and end up eating on the spot. I order avocado and cucumber on thick multigrain bread, while Joel gets the Pork, Pork ... Mmm, Pork sandwich. Both are topped with tangy housemade balsamic dressing. The kids get simple PB&J sandwiches, and we add two tasty-looking mini pies—banana cream and mac-nut chocolate—for dessert.

"More pie!" exclaims Cam when the miniature tins are empty, and we promise we'll get some on another day of the trip.

From there, it's on to a Maui gem on the side of Haleakalā: the Ali'i Kula Lavender farm. Created by the late master gardener Ali'i Chang, who grew up on a farm on O'ahu, the 13.5-acre botanical garden is home to an amazing 45 varieties of lavender, as well as olive trees, hydrangeas, succulents and many other native and nonnative plants.

Although lavender isn't indigenous to Hawai'i, it thrives in the rich mountain soil and cool, dry climate. We wander through fragrant fields, looking for the



Ali'i Kula Lavender farm, in Upcountry Maui, has fragrant fields and beautiful views.

perfect spot to sit for a bit. We find it on a peaceful bench with a panoramic view of the surrounding countryside and the ocean far below. We're kept company by a stoic stone Buddha statue that's part of Chang's collection of interesting artifacts displayed around the grounds.

After the kids burn off energy chasing each other through the fields, we stop by the gift shop for a lavender-scented souvenir (a room spray aptly named "Zen"), then pile back in the car and continue on the steep, windy road to the national park.

We head straight for the summit area at 10,023 feet. I've been warned that it can be chilly at the top, so I've packed us jackets, but the nippy temperature, gusting winds and high elevation still take our breath away.

"It's cold!" squeals Kaya, grabbing her little brother's hand and tugging him toward the observation deck, while Joel and I follow.

The view of the craggy desert landscape from our vantage point above the cumulus clouds is breathtaking in a different way. Kaya and Cam strike a *Titanic*esque pose (think Rose and Jack on the prow) while we snap a few photos.

"I'm king of the world!" shouts Joel playfully. And indeed, it's impossible not to feel that way.

MORE MAUI ACTIVITIES

LITTLER KIDS/WHOLE FAMILY

- Leilani Farm Sanctuary. Rescued animals on 8 acres, with tours by reservation.
- Maui Ocean Center. More than 60 indoor and outdoor exhibits, including a giant "open-ocean" tank
- Old Lāhaina Lū'au. This oceanfront lū'au has a buffet feast and a lineup of Hawaiian entertainment.
- Pu'unoa Beach (Baby Beach). This sandy stretch fronts a shallow lagoon protected by an offshore reef. (Note that there are no lifeguards.)
- Whale-watching. December through May, humpbacks bear young in warm Hawaiian waters.

BIGGER KIDS

- Alexander & Baldwin Sugar Museum. Exhibits focused on the history of Maui's sugar industry.
- Maui Tropical Plantation. The bright-green "Tropical Express" tram takes guests through grounds filled with native plants and fields.



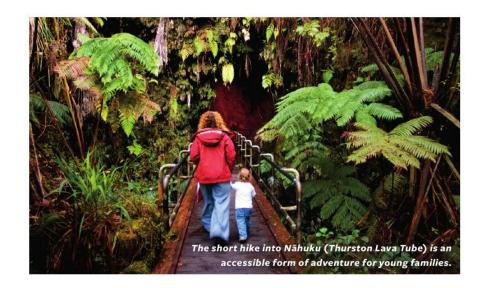
- Molokini snorkeling tours. Boat trips journey to two worldclass snorkeling locations, at the offshore Molokini Crater and Turtle Town.
- 'Ulalena. This long-running show at the Maui Theatre shares the rich history of the Hawaiian Islands through dance and music.

HAWAI'I ISLAND

Cam has wanted to see a volcano since he saw the short Pixar film *Lava*. Today his dream will come true. We're visiting **Hawai'i Volcanoes National Park**, home to two of Earth's most active volcanoes, Kīlauea and Mauna Loa, within its roughly 333.000 acres.

Our destination is Kīlauea—or, more precisely, the **Jaggar Museum**, a geological center overlooking the volcano's caldera. The eastern part of this shield volcano has been erupting since January 3, 1983, and we hope to find some lava for Cam (and we've checked the park website in advance, as conditions change, and some areas periodically close).

After picking up a map at the **Kīlauea Visitor Center**—a building surrounded by lush rainforest, just beyond the park's



entrance—we drive on to the museum. It's only 2.5 miles away, at the gateway to the **Ka'ū Desert Wilderness**, and is in a much more desolate landscape than the park entrance. Except for the museum and a few other signs of civilization, the barren

surroundings resemble another planet.

The museum houses equipment used by scientists to study the volcano, and a few other exhibits, but the main attraction is the view, which we observe from an enclosed overlook. The scene is dominated



by the enormous caldera and the fuming Halema'uma'u Crater within it. We learn from an interpretive display that the crater has an actual lake of lava inside.

Cam takes one look at the billowing steam and whispers, "Is it safe?"

"As long as we stay on the marked paths," I tell him, squeezing his hand.

"That's where Pele lives," chimes in Kaya, pointing to the crater. She is making reference to the Hawaiian goddess of fire and volcanoes we read about in a book last night.

It's hard to tear the kids away, but we've planned another stop inside the park: Nāhuku, the Thurston Lava Tube, a walkable tunnel formed from lava around 500 years ago. The tube is less than a 5-mile drive from the museum, but it's in

a verdant forest of ferns and exposes us to another dramatic change in scenery.

From the parking area, it's a 1/3-mile walk to get to the tunnel, and we let the kids run ahead a bit on the path that winds through tropical foliage. They stop short at the spooky-looking tube, letting us catch up and reaching for my and Joel's hands. Together we enter the darkened tunnel, dimly lit by electric lights that illuminate the drips and swirls of the hardened lava walls. Joel and I have to duck under some of the lower spots to avoid bumping our heads.

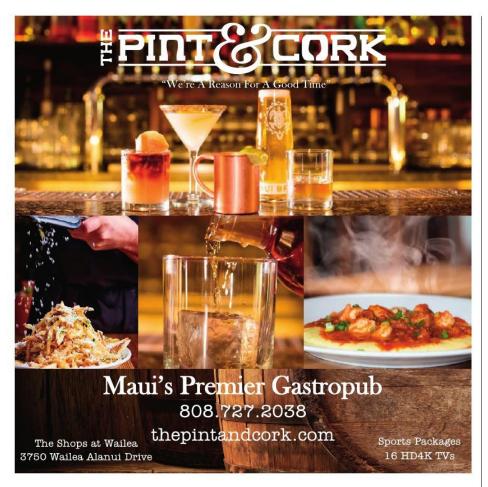
The last 150 feet of the roughly 500foot-long tunnel are dim, so we pick our way through carefully. When we exit into the tree-fern forest on the other side, we all exchange high-fives. The kids feel like



Among the attractions of Hawai'i Volcanoes National Park are the views of active volcanism from lookout points.

true adventurers. I feel like one, too. Although the only lava we see that day is black, not red, we still leave feeling like our mission is accomplished.







MORE HAWAI'I ISLAND ACTIVITIES

LITTLER KIDS/WHOLE FAMILY

- Kahalu'u Beach. Protected by an ancient breakwater, Kahalu'u's shallow, generally calm water is great for swimming or snorkeling.
- Kailua Village. This seaside area was once a retreat for Hawaiian royalty. It features a pier and historic Hulihe'e Palace.
- Kaloko-Honokōhau National Historical Park. Families can hike to see heiau (temples), petroglyphs and traditional fishponds.
- Lili'uokalani Gardens. Hilo's 30 acres of Japanese gardens were dedicated in 1917 to Hawai'i's Japanese immigrants.
- Ocean Rider Seahorse Farm.
 Tours showcase 30 seahorse
 species and include babies and
 pregnant males.

BIGGER KIDS

• 'Imiloa Astronomy Center.

This planetarium and cultural center explores the link between Hawaiian culture and astronomy.



- Hilo Farmers Market. The twice-weekly outdoor market features 200 local vendors.
- Manta Ray Experience. Snorkel and dive boats venture at night from the Kona Coast for experiences swimming with rays.
- Ziplining near 'Akaka Falls State Park. A set of seven ziplines near the park provide views of two waterfalls.

Joel and I haven't taken the kids to the Garden Isle yet, but we're planning our next vacation there. I'm already making a list of things to do.

At the top is a trip to expansive Waimea Canyon. Stretching 14 miles long, and more than 3,600 feet deep, it's known as the "Grand Canyon of the Pacific." The colorful canyon's main viewpoint is only about an hour's drive west from oftensunny Po'ipū and its scenic south-shore beaches, which we plan to make our home base.

I've heard the best way to see the canyon is by hiking the easy, 1/3-mile Iliau Nature Loop. Not only does this trail offer great vistas of Waimea and Waialae canyons, it also winds through tropical wildflowers and interesting native vegetation



identified by interpretive signs.

We're also planning to visit nearby Kōke'e State Park, perched high above sea level. Reputed to offer some of Hawai'i's best hiking on its seven trails, the park includes a small museum with exhibits on local natural and cultural history.

While Hawai'i had never before brought river kayaking to my mind, I recently learned that kayaking on Kaua'i's tranquil Wailua River is a popular activity. The 20-mile-long waterway winds under tree canopies and past picturesque jungle landscapes, including 'Ōpaeka'a and Wailua falls. If we decide kayaking is too ambitious, Wailua River cruises are also available, including tours to Fern Grotto, a natural lava-rock cave curtained by ferns.















Kauaʻi's gentle Wailuā River, left, is great for boating. The Smith Family Garden Luau, above, is another classic Kaua'i experience.

Also on my must-do list is the Smith Family Garden Luau, run by four generations of the Smith family in a 30-acre botanical garden where peacocks roam free. The menu includes classic Hawaiian dishes such as kālua pig roasted in an imu (underground oven) and lomilomi salmon, plus that famous pounded-taro root dish called poi.

The family-style meal, along with the show's high-energy, drumbeat-fueled traditional songs and dances, prompted The Ultimate Kauai Guidebook (a popular travel reference) to name the Smiths' lū'au best on the island.

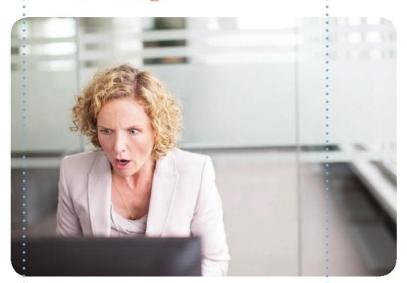
Wherever our trip takes us, one thing is certain: I won't spend it lazing around on the beach. Instead, I will be out there

MORE KAUA'I ACTIVITIES LITTLER KIDS/WHOLE FAMILY

- Kauai Kunana Dairy. Tours of this working goat farm include chances to interact with animals.
- Kīlauea Point Lighthouse. The historic light in a wildlife refuge is a great place for spotting seabirds.
- Kilohana Plantation. This 1930s sugar estate offers tours, dining, hiking, train rides and more.
- Lydgate Beach Park. Families come for the protected swimming area and the creative, communitybuilt Kamalani playground.
- Maniniholo Dry Cave. This deep, broad cave is named after the head fisherman of the Menehune (Hawai'i's legendary little people).



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MORE KAUA'I ACTIVITIES

BIGGER KIDS

- 'Alekoko Menehune Fishpond. This fishpond is one of the best examples of traditional Hawaiian aquaculture—the story goes that it was built in one night by the legendary Menehune.
- Kaua'i Cultural Center. Families can arrange private or group lessons in hula, lei-making and other traditional Hawaiian arts.
- Koloa Zipline tour. Kaua'i's longest zipline course, with eight routes, gives riders a bird's-eye view of the south shore; sunset tours are among the highlights.



- Mini-golfing at Anaina Hou Community Park. An 18-hole course represents a journey through Hawaiian culture.
- Snorkeling at Kē'ē Beach. The North Shore lagoon is ideal for finding many rainbow-hued fish.

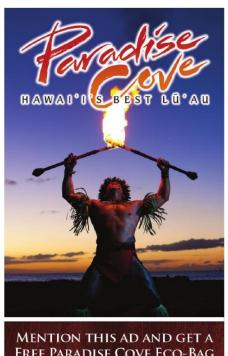
exploring new places and making family memories. And I wouldn't have it any other way. ≺

Jennifer Schaefer writes from the San Francisco Bay Area.

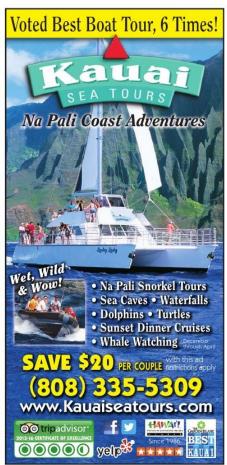
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Island ACTIVITIES



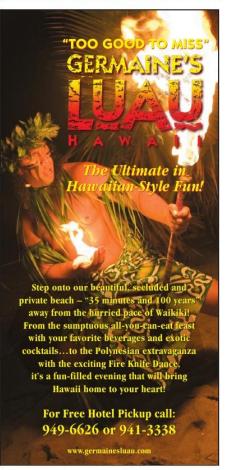












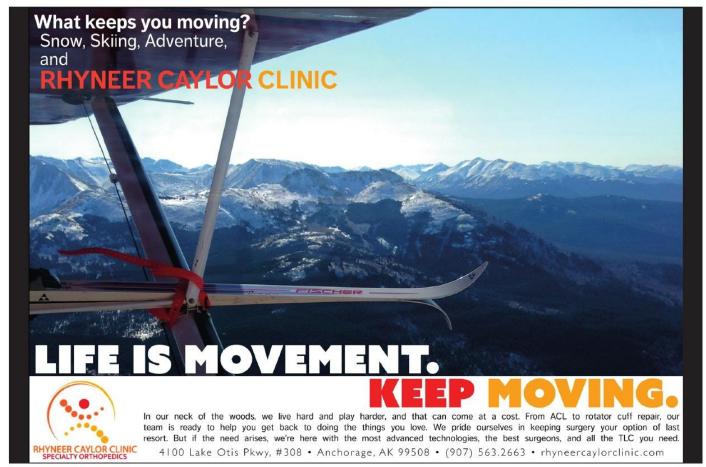






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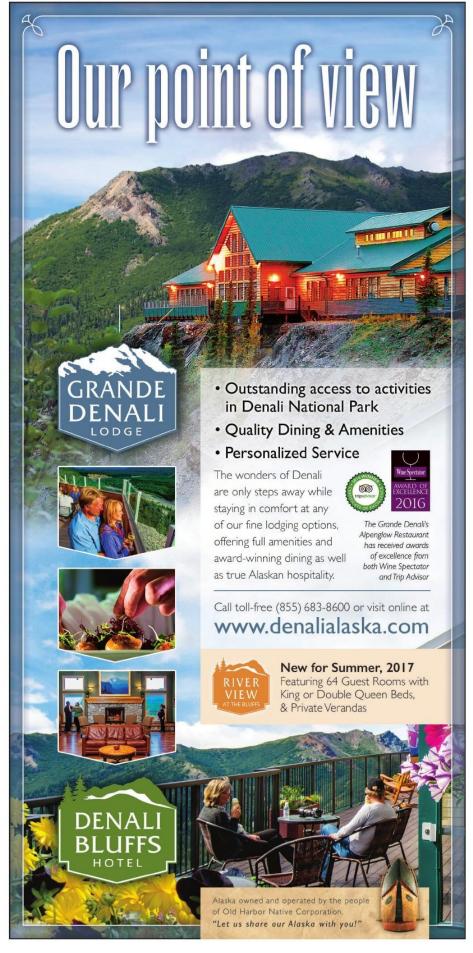
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DIFFICULTY: MEDIUM

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THIS SAN DIEGO REGION'S ATTRACTIONS RANGE FROM WATER TO WINE

BY BARBARA BECKLEY

can't believe it. I'm surfing!

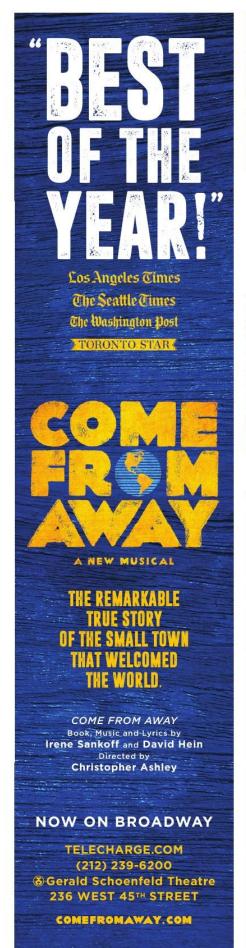
The board is steady beneath me.
Whitewater is churning all around.
I'm riding atop the surf, speeding
toward the shore. Nearing the sand,
my board slows, and I step off. "Tada!" I shout, throwing my hands in the air.

"You were awesome," laughs my coach, GC—Gian Carlos Urcia—the instructor/ operations manager at the San Diego area's Fulcrum Surf School.

He is being supremely supportive. In truth, the surf was only about 3 feet high. I was balancing on my knees. And GC was riding behind me on the 8-foot board. But I might as well have been hanging 10 on the Banzai Pipeline for the thrill I feel at my first-ever surf ride.

In just a one-hour lesson, I'm learning so much. I'm surprised the surfboard is so buoyant; I've gotten pretty good at keeping my balance; and I'm working on positioning and timing. "Wait, wait—now!" GC coaches me on how to watch a wave, turn my board toward shore at just the right moment, and quickly stand up in three brief moves—"Left foot forward; right foot back; up!" I accomplish the foot maneuvers and catch the wave—for a few moments anyway. "You'll be standing longer in the second lesson," GC promises.

Surfers walk toward the waves at sandy Del Mar beach, which is also a popular place to enjoy a stroll.









ORCAS ISLAND | \$5,800,000



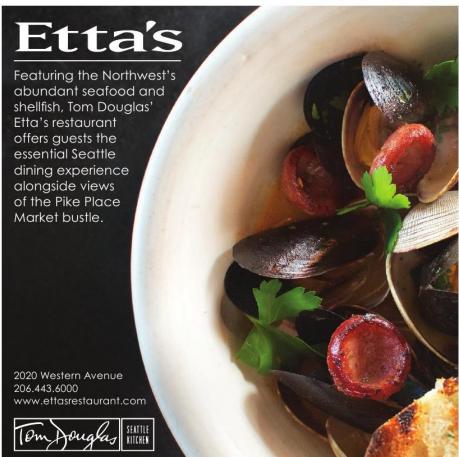
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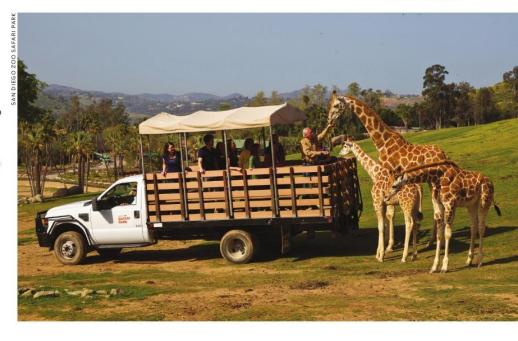
As a native Southern Californian, I should have hit the waves years ago. But it took the inviting surf on this wide sandy beach below Powerhouse Park in Del Mar, a seaside town in northern San Diego County, and the expertise of GC to make my surfer girl dreams come true.

My first surf lesson is just one example of the many exciting activities here in the northern part of San Diego Countydubbed "North County"—a region less familiar to many visitors but, as locals know, well worth exploring. Stretching along the coast from approximately La Jolla to Oceanside, and inland to Palomar Mountain, North County boasts attractions ranging from the San Diego Zoo Safari Park to scenic hiking, to excellent wine-tasting.

ANIMAL MAGNETISM

From the beach, I drive inland about 20 miles to the community of Rancho Bernardo to check in at the Spanish Mediterranean-style Rancho Bernardo Inn, where all the rooms have private balconies or patios. Guests can also relax at the spa or one of the outdoor pools, take self-guided tours of the inn's 21 fountains, and enjoy a round on the property's 18-hole championship golf course.

The inn's central North County location also makes it a good base from which to explore the region's activities and attractions. After placing my luggage in my room, I'm off to the San Diego Zoo



At the San Diego Zoo Safari Park's "African Plains" habitat, giraffes, rhinos, zebras, cape buffaloes, ostriches, antelope and other animals roam across rolling hills.

Safari Park, near Escondido, less than 10 miles from the inn.

Peering through dense tropical foliage, I spot a tiger. Then another. Their beautiful faces stare back at me, and our eyes meet. We're only about 12 feet apart, separated by tempered glass. The Sumatran tigers seem more at home than in years past, thanks to the opening about three years ago of the "Tull Family Tiger

Trail" habitat. The new design transformed their 5.2-acre grassy ravine into three separate areas, along a visitor pathway, that are landscaped with jungle plants, a waterfall and a deep pool. Sumatran tigers are adept swimmers, and I can watch them from above or stand in an area with an underwater view.

At the "Gorilla Forest" exhibit, I get to see the newest baby gorilla, born in October. "Look, she's carrying the baby in one hand," the woman next to me says. We watch like doting aunties as the African western lowland gorilla mom, Kokamo, proudly walks around with Leslie, her tiny daughter, held

An up-close interaction with giraffes during a Caravan Safari at the San Diego Zoo Safari Park, top. Third-generation Bernardo Winery owner Ross Rizzo Jr. harvests grapes by hand at Bernardo Winery, left, which was founded in 1889.





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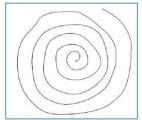
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Writer Barbara Beckley stands by one of the huge oak trees in Palomar Mountain State Park.

securely in her right hand like a clutch purse. Talk about a photo op.

At "Lemur Walk"—one of the many interactive experiences—I actually walk inside the enclosure amid ring-tailed Madagascar lemurs jumping in the trees, cuddling together and eyeing me with interest.

I have lots of choices in the 1,800-acre park, which has 3,000 animals representing more than 300 species, and whose sponsors include Alaska Airlines. One of my favorite experiences is the "African Plains" habitat, where giraffes, rhinos, zebras, cape buffaloes, ostriches and animals such as the Nile lechwe antelope roam across the rolling hills. There are many ways to experience the plains: Zipline two-thirds of a mile above it on the Flightline Safari; take a tour in a Caravan Safari open-air vehicle to get a close-up look; or take the open-air tram along the periphery of the plains.

At 3:30, I hotfoot it to "Cheetah Run," where Johari the cheetah demonstrates daily why her species is the fastest land mammal on Earth. This is one of the few places where you can see cheetahs at full speed. She wows us with two runs this afternoon, racing 330 feet in 5.5 sec-

ALSO IN NORTH COUNTY

■ Del Mar Thoroughbred Club

(dmtc.com): Summer racing season will be July 19 through Sept. 4 this year; fall season is Nov. 1 to 26, including the Breeders' Cup World Championships, Nov. 3 and 4.

■ Hops Highway, aka Highway 78 (sdbeer.com): Visit your choice of more than 20 craft breweries in this general area, such as Stone Brewing World Bistro & Gardens in Escondido and Karl Strauss Brewing Company in Carlsbad. Stone Brewing is famous for bold beers that have propelled it from a two-person microbrewery in 1996 to one of the

largest craft breweries in the United States. Karl Strauss was named Mid-Size Brewing Company of the Year at the 2016 Great American Beer Festival, where the brewery also won gold for two of its beers. Guided tours of various breweries are available from companies such as Brew Hop (brewhop.com).

Legoland California

Resort (legoland.com/california): The resort includes Legoland California, the Sea Life Aquarium, Legoland Water Park and the Legoland Hotel. In March, the resort introduced six new Star Wars: The

Force Awakens model displays in Miniland, and this summer, the water park's new Surfer's Cove will feature a waterslide raceway, a "sprayground" with water jets, and more new Lego models.

Leo Carrillo Ranch Historic Park

(carlsbadca.gov/services/depts/parks/facilities/south/carrillo.asp): Explore beautiful gardens, with roaming peacocks, as well as charming adobe buildings and historical structures at this 27-acre former working ranch.

Los Peñasquitos Canyon Preserve

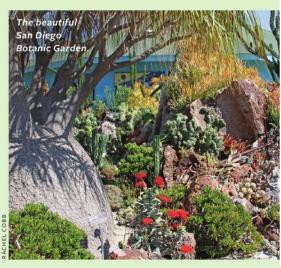
(sandiego.gov/park-and-recreation/ parks/osp/lospenasquitos): One of the nation's largest suburban parks, the preserve encompasses 4,000-plus acres. Hike, or arrange a guided horseback ride with South Coast Equestrian (southcoasteq.com) or a custom bicycle tour with Pedal to the Medal Cycling (pedaltothemedalcycling.com), through wooded Los Peñasquitos and Lopez canyons. Visit a waterfall and a historic 1823 adobe.

San Diego Botanic Garden

(sdbgarden.org): Showcases trees and plants from around the world, including one of the nation's largest bamboo collections, in 29 themed gardens; guided walks, classes and weekend events.

■ The Flower Fields at Carlsbad

Ranch (theflowerfields.com): View 50 acres of brilliantly colored Giant Tecolote ranunculus. Stroll; take a tour in a tractor-pulled flatbed truck with bench seating; or



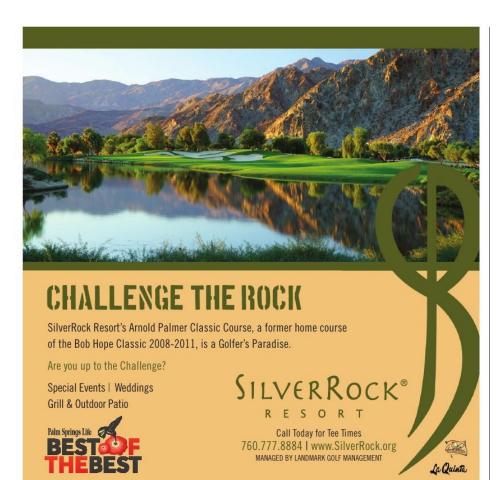
picnic amid this floral extravaganza. Expected to be open through May 14 this year.

Torrey Pines State Natural Re-

serve (torreypine.org): Marvel at this lovely stretch of coastland, home to the native Torrey pine. Trails lead along ocean bluffs with stunning views, and to beaches.

■ Torrey Pines Golf Course

(torreypinesgolfcourse.com): These renowned 36 holes, on two championship courses, offer sweeping ocean views and challenging play. The 18-hole North Course reopened in November 2016, with improvements including the reversal of the front and back nines, giving golfers spectacular ocean and canyon views as they finish their rounds. Home to the PGA Tour's Farmers Insurance Open, and host of the USGA's 2008 and 2021 U.S. Open, the Torrey Pines layouts are among the nearly 50 courses in North County and more than 90 throughout the San Diego region. —B.B.





NORTH COUNTY

onds and again in 5.6 seconds, chasing a mechanical lure down a grassy lawn.

MOUNTAIN MAJESTY

"Smell the fresh air. We're in the forest now!" exclaims my friend Susan, who lives in North County. We're in awe of the majestic trees all around. One yellow pine splits into two trunks about 30 feet up and skyrockets from there to nearly 100 feet.

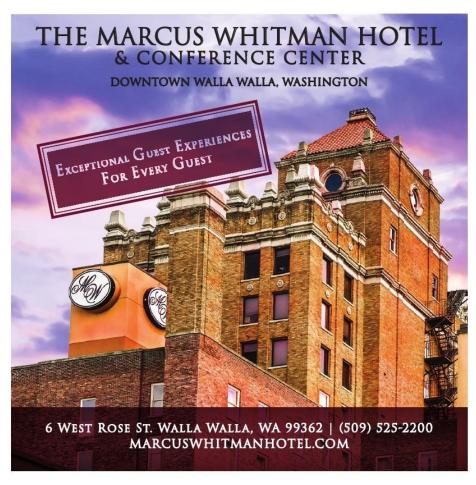
We're hiking an easy 3.9-mile loop comprising the Lower Doane and French Valley trails in Palomar Mountain State Park on the upper reaches of 6,140-foot-elevation Palomar Mountain. Hiking aficionados say this is one of the best hikes in Southern California.

Both trails begin and end at the Doane Valley Campground. Each winds just under 2 miles into the Doane Valley Natural Preserve, where they meet to create the scenic loop. Massive oaks with multiple trunks, and with limbs 4 feet in diameter, seem like those in fairytales. Susan knows her flora and also points out white alders, creek dogwood, Sierra gooseberry, California black oak, white fir and magnificent incense cedars.

Entering a long sunny meadow, we're on the lookout for Southern mule deer. Susan spots their tracks around a spring bubbling up from deer grass. We sit on boulders under a giant oak and wait, taking in the view of the Doane Valley, with emerald-forested peaks rising around us under the bright-blue sky. No deer. But I spot several species of woodpeckers, as well as crested Steller's jays. We hear the soft hoot of an owl.

Another attraction, Palomar Observatory, one of the world's foremost astronomical-research

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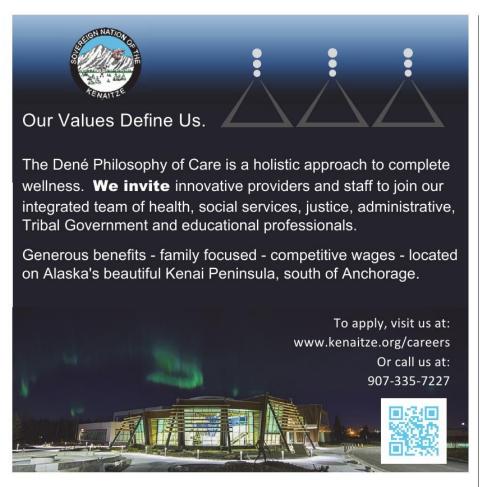
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NEW IN THE SAN DIEGO AREA

■ Chicano Park, in San Diego's Barrio Logan neighborhood, was designated a National Historic Landmark in January. The 7.9-acre park is a gathering place for locals and visitors alike, and features an assemblage of more than 70 impressive works of art (chicanoparksandiego.com).

expansion in the history of the San Diego Zoo, which is located in Balboa Park, is scheduled to open June 10. Home to African mammals, reptiles, birds and plants, it will allow visitors to stroll a pathway along habitats ranging from West African forest to Ethiopian highlands to a penguin beach; zoo sponsors include Alaska Airlines (zoo.sandiegozoo.org).

Liberty Station, a former Naval Training Center turned hip dining-shoppingentertainment-and-cultural attraction in Point Loma northwest of downtown, welcomed three new restaurants to the Liberty Public Market in December: the Mess Hall Bar, a market-to-menu quick-service dining and cocktail lounge; the Grape Smuggler Wine and Tapas Bar; and the Pi Bar, dishing up pizza, pot pies and sweet pies, as well as rectangular Roman-style pie by the foot.

Located in the former Navy mess hall, Liberty Public Market also has numerous other restaurants, along with a juice bar, several sweets shops, a flower shop, and shops selling artisanal products such as hot sauce, cheese and olive oil (libertystation.com). —B.B.

NORTH COUNTY

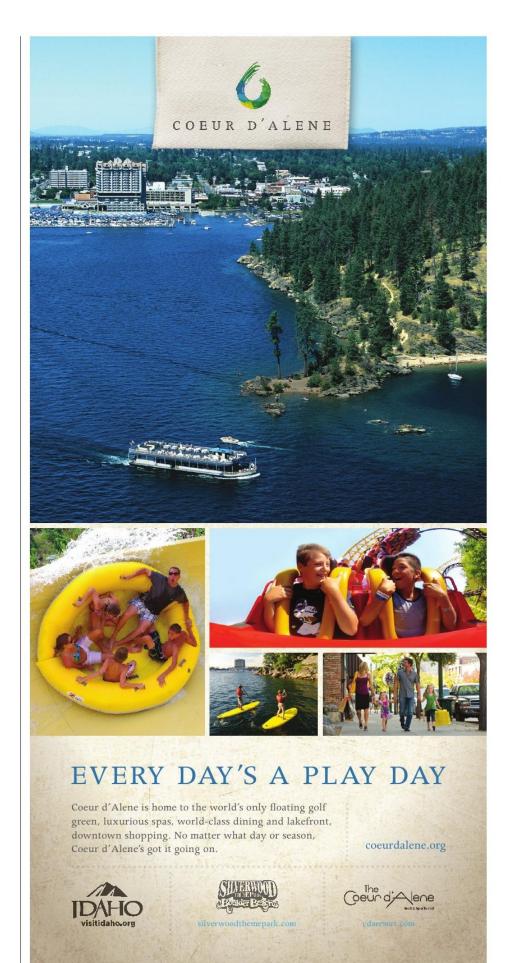
facilities, is less than a 10-mile drive from the parking area at the Doane Valley Campground. Palomar Mountain visitors often pair their outdoor activities with a tour to see the Caltech observatory's famous Hale Telescope, whose primary mirror has a 200-inch diameter. This was the "largest effective telescope in the world" from the late 1940s to 1993. Portions of the observatory are open to visitors most days of the year, weather permitting. Guided tours for the general public are typically offered on weekends from April through October.

WONDERFUL WINES

After our morning hike, we drive about 45 miles southwest to one of California's oldest operating wineries: the Bernardo Winery, founded in 1889. The Rizzo family has owned and operated the winery since 1927 and still uses the original buildings, retaining the winery's Old World charm on the gardenlike estate. A cafe, a coffee shop, a chocolate shop, various boutique retailers, the Rancho Bernardo Historical Society Museum, artists' studios and Mojalet's Vine Theater (hosting live dance performances) occupy many of the historic buildings. Fountains, flower-filled nooks and shaded benches invite visitors to take a break and unwind.

Four acres of the winery's original vineyards are still cultivated within the 13-acre compound. The winery also sources all of its other grapes from San Diego County vineyards.

Inside the spacious tasting room, third-generation owner and winemaker Ross Rizzo Jr. tells us: "We craft our wines in the traditional way-still harvesting and sorting the grapes by hand, hand-bottling many







NORTH COUNTY

of our small-batch vintages, and making our wines in the original buildings. But we've also made contemporary adaptations like updating our vineyards with unusual varietals such as Albariño— a Spanish white grape—that grow well in this terroir."

The tasting room is open daily, with two choices. The \$12 "Wine List" tasting features five popular recent vintages, such as the 2013 Vincenzo Bianco (an Albariño-and-Chardonnay blend with rich tropical, fruity notes) and the 2015 Zinfandel (an Italian-style red with vanilla notes).

The \$30 "Library Wine List" tasting pours five luscious older vintages, including the incredibly rich "3-Generation 50-Year Port" (\$150 if purchased by the bottle), aged in 100-year-old redwood barrels, using brandy distilled on the property 50 years ago.

North County has more than 30 wineries, with wines ranging from Rhône-style varietals from Orfila Vineyards and Winery to full-bodied reds from Hawk Watch Winery.

Tours of various wineries are offered by San Diego Beer, Wine & Spirits Tours. For now, I'm content to sit on a sunny patio at Bernardo Winery, sip the 2015 Zinfandel, and toast to my fun and varied experiences in San Diego's amazing North County. ⊀

Southern California writer Barbara Beckley is a frequent visitor to the San Diego area. For more information on San Diego County recreation, go to sandiego.org.

Alaska Airlines (alaskaair.com) provides regular service to San Diego. BRAIN BOOSTER PUZZLES ON PAGE 204.

LADDERGRAM

A	1. WASTE	2. STEW	3. SET	W
М	4. MAILED	5. IDEAL	6. LEAD	1
Ε	7. MALICE	8. CLAIM	9. MICA	L
R	10. ORDER	11. RODE	12. ORE	D
1	13. DIALS	14. LADS	15. SAD	L
С	16. INCHES	17. SHINE	18. HENS	1
Α	19. FALSE	20. SELF	21. ELS	E
N	ENTERS	TREES	24. REST	Е

CARD SENSE

By clue 4, the ace of clubs is third from the top. The nine of spades, then, is the bottom card (clue 1). By clue 2, the king of diamonds is the top card. The six of hearts is second from the top and the three of hearts is fourth (clue 3). In summary, from top to bottom: king of diamonds, six of hearts, ace of clubs, three of hearts, nine of spades.

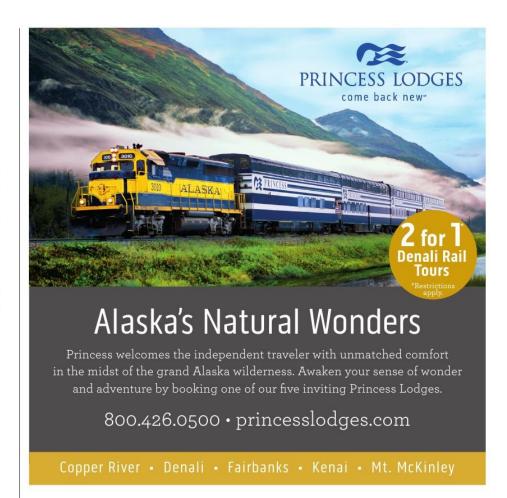
ANAGRAM MAZE

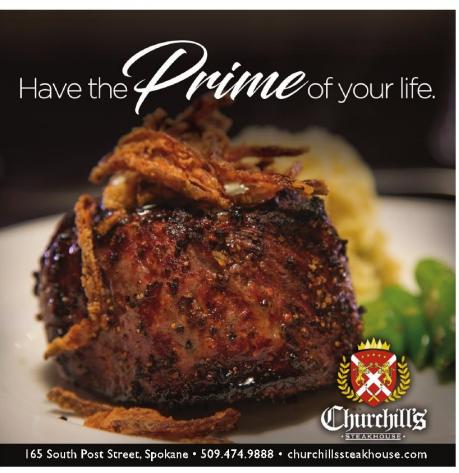
The path through the maze, with just one anagram given for each, is: 1. hare; 7. fire; 8. coal; 9. paws; 3. feel; 4. clay; 5. tape; 11. fast; 17. lime; 16. hubs; 22. salt; 21. vine; 20. bake; 26. barn; 32. bale; 33. pier; 34. file; 35. goes; 36. slow.

+					
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			16	17	
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CROSSWORD ON PAGE 202.

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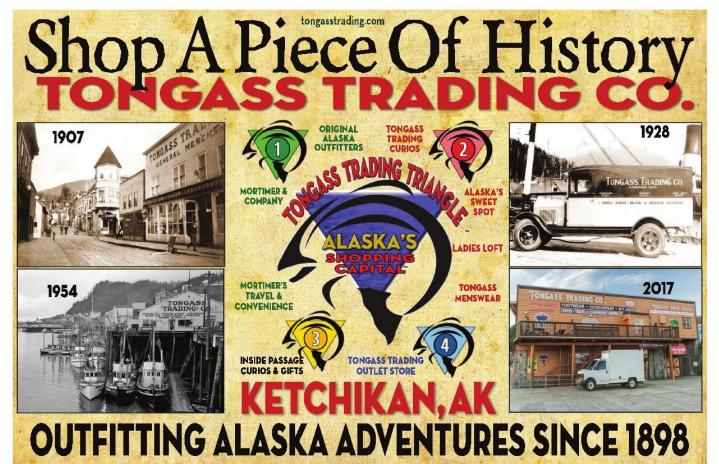


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- El editorial mensual del director ejecutivo que se encuentra al inicio de esta revista
- Información sobre las salas de conexión en la página 164
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Sauza Tequila Dewar's White Label Scotch Jack Daniel's Black Label Crown Royal Courvoisier Cognac Baileys Irish Cream



NEW: Woodford Reserve Bourbon \$7

All prices in U.S. dollars.

First Class Wines

Featured wines this month.



Chateau Ste. Michelle Washington **Indian Wells Cabernet Sauvignon**

A ripe, jammy style with darkfruit aromas and flavors; Syrah adds richness.



Chateau Ste. Michelle Washington

"Mimi" Chardonnay

Made in a lightly oaked style; offers apple and pear fruit character with bright natural acidity.

Beverage service may vary due to time of day and flight-segment time limitations. Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. Government warning: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

Movies, TV, Wi-Fi and more.

The choice is yours.

Enjoy movies and TV during your flight.

Nearly every flight offers Alaska Beyond Entertainment, our streaming entertainment system that features hit movies and episodes from your favorite TV networks—like HGTV and Travel Channel—as well as new discoveries, including new musicians on Seattle's independent record label, Sub Pop.



Download the app:

You'll need the Gogo Entertainment App to watch movies. Get it now at loadplayer.com.

HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:



Keeping Up with the Joneses



Morgan



Miss Peregrine's Home for Peculiar Children



The Martian



Trolls

OUR COMPLETE MOVIE LINEUP:

- Absolutely Fabulous:
 The Movie
- Alvin and the Chipmunks: The Road Chip
- Assassin's Creed
- Barbershop: The Next Cut
- Batman v Superman:
 Dawn of Justice
- Birdman
- Birth of a Nation
- Black Mass
- Central Intelligence
- Collateral Beauty
- Creed

- He Named Me Malala
- Hitman: Agent 47
- Ice Age: Collision Course
- In the Heart of the Sea
- Jackie
- Joy
- Keanu
- Keeping Up with the Joneses
- Legend Of Tarzan
- Mad Max: Fury Road
- Maze Runner: The Scorch Trials
- Me Before You
- Midnight Special

- Mike and Dave Need Wedding Dates
- Miss Peregrine's Home for Peculiar Children
- Mistress America
- Morgan
- New Girl: House Hunt
- New Girl: Hubbedy Bubby
- New Girl: Single and Sufficient
- Night at the Museum:
 Secret of the Tomb
- Pan
- Penguins of Madagascar
- Point Break

- Purple Rain
- Rules Don't Apply
- Spy
- Star Wars: A
 New Hope
- Storks
- The Accountant
- The Intern
- The Martian
- The Nice Guys
- The Peanuts Movie
- The Revenant
- Trolls
- True Story
- Wild
- X-Men: Apocalypse

PLUS, 150+ EPISODES FROM SOME OF TV'S BEST NETWORKS:









SUB POP ALBUM OF THE MONTH:



Father John Misty Pure Comedy

Get started now. See the "Movies & Wi-Fi" card in your seatback pocket.

We've included helpful tips within this card.

New: Stay connected with Free Chat.

Never miss a thing. Free Chat, exclusively on Alaska Airlines, allows you to send messages to friends and family from your smartphone using iMessage, Facebook Messenger and WhatsApp. Please keep in mind:

- Free Chat is designed for text-based messages only.
 Photos, video and SMS are not supported.
- Both you and your recipient must have one of the compatible apps.
- Free Chat is only available on flights with Gogo[®] Inflight Internet.



Go online.

 $Gogo^{\otimes}$ Inflight Internet is available on all of our Boeing 737 and Embraer 175 aircraft, excluding five half cargo/half passenger aircraft.

- Inflight Internet is not available on flights to/from Hawai'i or when flying over Latin America.
- In the air or on the ground, visit alaskaair.com or gogoair.com to view flexible pricing options.

TIPS FOR MAKING THE MOST OF INFLIGHT WI-FI:

It's great to be able to stay connected while you fly, but inflight Wi-Fi is different from the Wi-Fi you may be used to.

- Work smarter. Use webmail instead of Outlook to check your inbox. You never know what large files might be lurking in there.
- Wait to send that TPS report. Large attachments can slow things down: avoid sending while in air.
- Bookmark or favorite the Gogo in-air page airborne.gogoinflight.com—in your browser.
- Huh? Gogo Live Help is available on flights within the Gogo coverage area. FAQs are at your fingertips on all flights.

Rent one of our premium entertainment tablets.

On most flights over 3.5 hours, you can rent one of our inflight entertainment tablets featuring the newest movies onboard, plus recent hits. Each tablet is preloaded with 25 to 30 movies (depending on the month), plus TV shows, Xbox games, music and digital magazines.

Tablets are free in First Class, and available to rent for \$8–\$10, depending on flight length.



NEW MOVIES ON THE TABLET:



Rogue One: A Star Wars Story



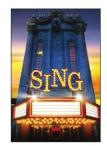
La La Land



Why Him?



A Monster Calls



Sing

Alaska Airlines Mileage Plan™

Welcome to a world of rewards.



See the world and earn miles doing it.

Earn or redeem miles on every Alaska flight and flights to more than 900 destinations worldwide with our airline partners.

Earn miles on hotel stays. car rentals, and everyday purchases, too.







































The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.

MVP

(20,000 miles flown on Alaska)

- · Priority check-in
- Two free checked bags
- Eligible for complimentary First Class upgrades
- 50% bonus miles and more

MVP GOLD

(40,000 miles flown on Alaska)

All MVP® benefits, plus:

- Waived ticket change fees on Alaska
- Four annual guest upgrades
- · 100% bonus miles and more

*Miles flown on PenAir and Ravn do not count toward elite status qualification.

MVP GOLD 75K

(75,000 miles flown on Alaska)

All MVP Gold benefits, plus:

- Complimentary inflight entertainment player
- Four Alaska® Lounge day
- · 125% bonus miles and more







Carry the card for even more rewards.

Get 30,000 bonus miles after qualifying purchases with the Alaska Airlines Visa Signature® card. Enjoy added benefits like:

- Annual companion fare offer—because traveling is more fun with a friend
- Free checked bag for up to six people on the same reservation

Learn about all card benefits at alaskaair.com. The benefits above apply to Visa Signature® accounts only and different benefits apply to Platinum Plus® accounts. Card type is determined by creditworthiness.

Apply at mynewalaskacard.com or ask your flight attendant.

For information about rates, fees, other costs and benefits associated with the use of this card or to apply, visit the website referenced above. The Visa Signature® card benefits described herein are subject to certain restrictions, limitations and exclusions. This credit card program is issued and administered by Bank of America, N.A. Visa Signature is a registered trademark of Visa International Service Association, and is used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of Bank of America Corporation.

Big adventures for fewer miles.

You can now book nonrefundable one-way award travel within the continental United States and Canada starting at just 5,000 miles.*

New starting price*	Previous starting price*	Distance each way	Sample routes
5,000 miles	7,500 miles	Less than 700 miles (intrastate)	San Jose-Orange County
5,000 miles	12,500 miles	Less than 700 miles	Seattle-San Francisco
7,500 miles	12,500 miles	701 to 1,400 miles	Los Angeles-Portland
10,000 miles	12,500 miles	1,401 to 2,100 miles	Portland-St. Louis
12,500 miles	12,500 miles	More than 2,101 miles	New York-Seattle
* Plus taxes and fees from	\$5.60 each way. Award availability ar	nd pricing may vary.	

Get 5,000 bonus miles when you join by April 30

and fly by September 30, 2017.** alaskamileageplan.com

Cardholder perk: There's no limit to the number of miles you can earn.

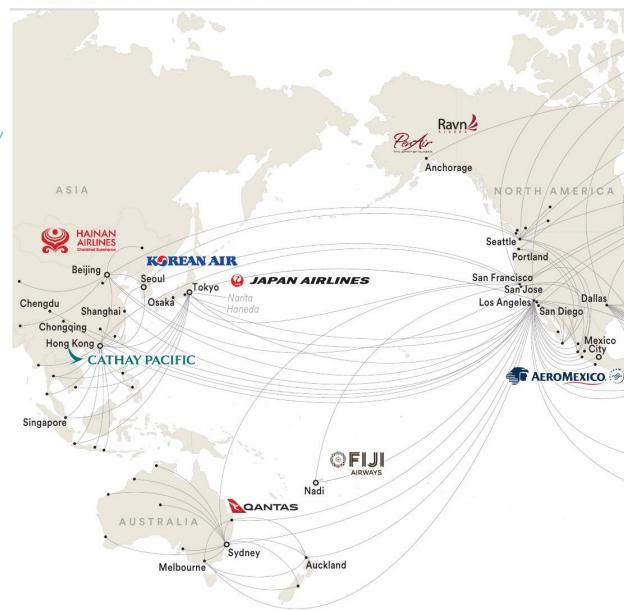
We're taking Mileage Plan benefits to the next level. Learn more at alaskaair.com/ gamechanger.

^{**} Valid only for new Mileage Plan enrollees between March 23 and April 30, 2017, who complete a qualifying flight by September 30, 2017. Additional terms apply. See site for details.

Mileage Plan gives you the world

Earn and redeem your Alaska Airlines miles to more than 900 destinations worldwide.

Find tips on how to earn and use miles on our global partners at blog.alaskaair.com/ mileage-plan.



Explore more with Mileage Plan.



London, England British Airways



Reykjavík, Iceland Icelandair







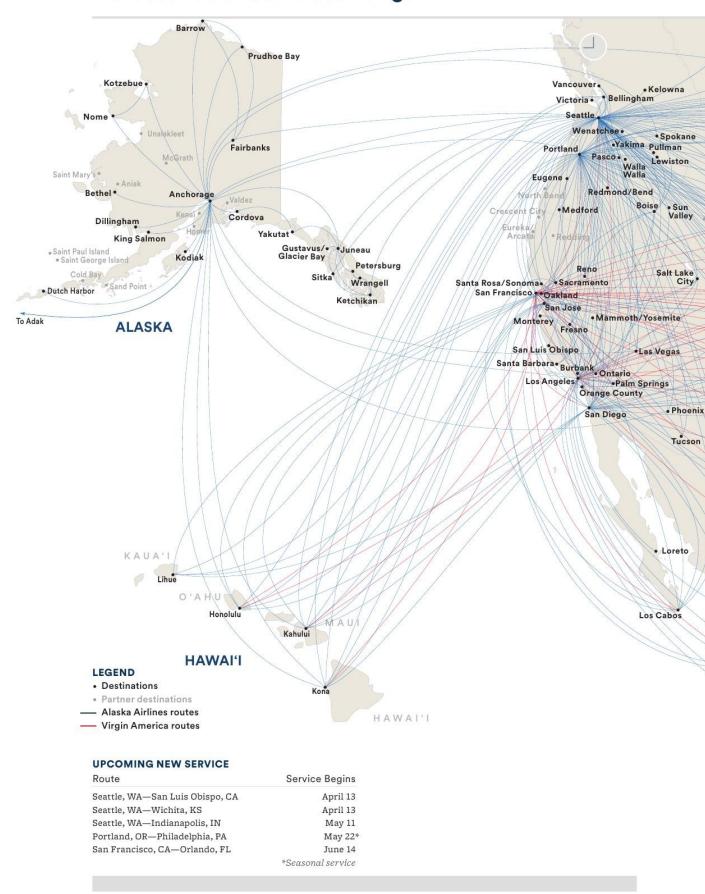




Dubai, UAE Emirates

Where we fly

118 destinations and counting.





Some Alaska Airlines service operated by Virgin America, Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.

Airport of the Month



Denver International Airport

Location: Denver, CO Airport code: DEN Served since: 2002 Daily flights: 8

Cities served: Seattle and San Francisco (Virgin America) Notable: Denver International Airport is one of the most

Airport is one of the most eco-friendly in the world, operating the largest solar-energy system at a U.S. commercial airport. It also uses clean natural gas to heat its 5.5 million square feet of terminal space.

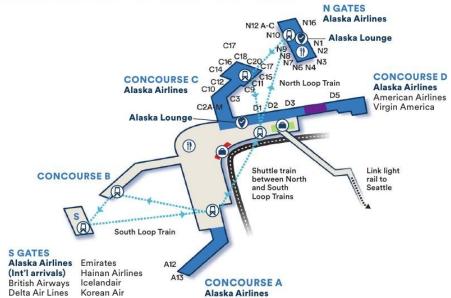
Insider info: Just a year ago, Denver opened a new commuter rail line connecting downtown Denver with DEN in just 37 minutes.

Airport terminal maps

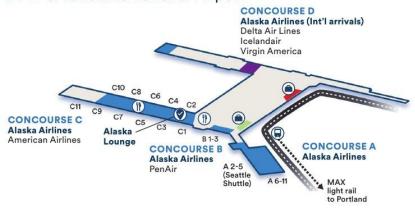
1 Tip:

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

SEA Seattle/Tacoma International Airport



PDX Portland International Airport



Tip:

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



LAX Los Angeles International Airport



ANC Anchorage International Airport



Global Airline Partner terminal maps

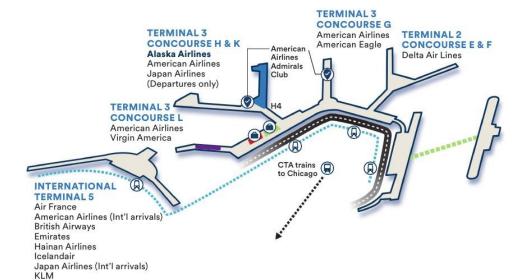
ORD Chicago O'Hare International Airport

American Airlines

From Chicago, American Airlines serves 122 destinations in 11 countries, with convenient connections to Europe from the West Coast.

Tip:

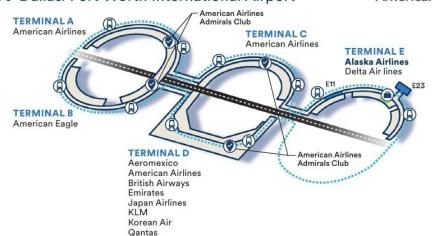
Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.



DFW Dallas/Fort Worth International Airport

American Airlines

Headquartered in Dallas, American serves 197 destinations in 29 countries including Latin America, the Caribbean and Europe from DFW.



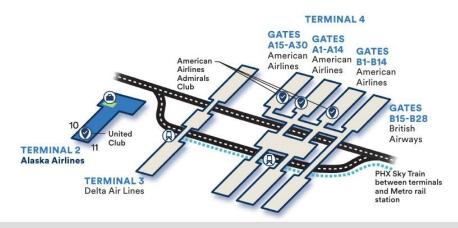
PHX Phoenix Sky Harbor International Airport

American Airlines

From Phoenix, American flies to 81 cities with over 300 flights.

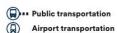
Tip:

Alaska Lounge members have access to the United Club across from gate 10 at Sky Harbor when flying on Alaska.

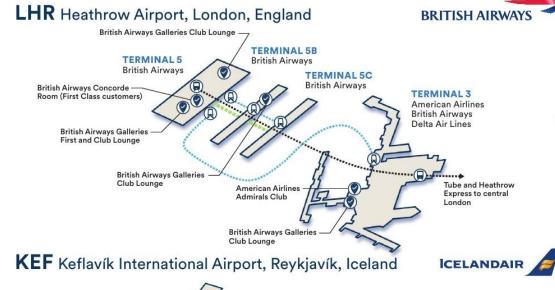












British Airways' London hub offers convenient connections from the West Coast to cities throughout Europe.

Tip: MVP Gold & MVP Gold 75K members receive complimentary access to British Airways' Galleries Club Lounge in Terminal 5.

Tip: MVP Gold and MVP Gold 75K members receive complimentary access to Icelandair's Saga Lounge.

Tip:

MVP Gold and

MVP Gold 75K members receive complimentary access to Hainan's VIP Lounge.

Saga Lounge GATES 1-35 Icelandair

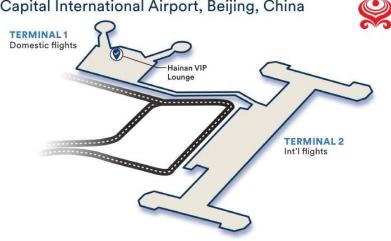
Icelandair's Reykjavík hub makes for easy connections to the airline's 20+ destinations throughout Europe. Icelandair offers free stopovers in Iceland.



TERMINAL 3

Emirates' Dubai hub offers connections to 100+ destinations on 6 continents, all featuring the airline's world-class service.





With gateways in Seattle and San Jose, earn miles traveling to Beijing, Shanghai and to other destinations throughout China.

AIRLINES

Customs and immigration

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

Global Entry is a
U.S. Customs &
Border Protection
program that
offers expedited
customs entry
with no processing
lines, no paperwork, TSA Preè
eligibility and
access to
expedited entry
in other countries.
Apply at www.
cbp.gov.



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

PASSPORT CONTROL KIOSKS

Automated Passport Control kiosks expedite the entry process. Eligible travelers scan their passport, take a photograph and answer a series of questions at the kiosk. Once complete, present the printed receipt from the kiosk to a Customs Officer.

Helpful tips

- Only citizens or nationals of the U.S., Canada or Visa Waiver Program countries are eligible to use the kiosk.
- · Customs declaration forms are unnecessary.
- Kiosks available in Los Angeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) and Seattle (SEA).

U.S. CUSTOMS DECLARATION

All travelers to cities without Passport Control kiosks must complete this form.

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."

QUIOSCOS DE CONTROL DE PASAPORTES

Kioscos automatizados de control de pasaportes acelerar el proceso de entrada y se encuentran en muchas ciudades servidas por Alaska Airlines. los viajeros elegibles escanear el pasaporte, tomar una fotografía y contestar una serie de preguntas en el quiosco. Una vez completa, presentar el recibo impreso en el quiosco a un oficial de aduanas.

Datos de ayuda

- Sólo los ciudadanos o nacionales de los países del Programa de Exención de Estados Unidos, Canadá o Visa son elegibles para utilizar el quiosco.
- Formularios de declaración de aduanas son innecesarias.
- Kioscos disponibles en Los Ángeles (LAX),
 Portland (PDX), San Diego (SAN), San Francisco (SFO) y Seattle (SEA).

DECLARACION DE ADUANA

Los viajeros a ciudades sin quioscos de control de pasaportes deben completar este formulario.

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."

INTERNATIONAL TRAVEL TIPS

TO MEXICO

- All travelers must complete a Mexico Customs Declaration form; one per traveler or family with same address.
- All travelers, except for citizens of Mexico, must complete the FMM; one per traveler or family.

TO COSTA RICA

- All travelers must complete a Customs Declaration form; one per traveler or family.
- All travelers must complete an Immigrations Form; one per person.
- Costa Rica requires a \$29 departure tax for each traveler. For tickets purchased before June 1, 2016, pay fee prior to check-in with Alaska Airlines at the service centers in terminal check-in area.
 The fee is included in the price of tickets purchased after June 1, 2016.

CONSEJOS DE VIAJE INTERNACIONALES

A MEXICO

- Todos los viajeros deben completar un formulario de declaración de aduanas México; uno por cada viajero o familia con la misma dirección.
- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

A COSTA RICA

- Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- Todos los viajeros deben completar un formulario de Inmigración; una por persona
- Costa Rica requiere un impuesto de salida de \$29
 para cada viajero. Para los boletos comprados
 tarde del 1 junio, 2016, pagar la cuota antes de
 check-in con Alaska Airlines en los centros de
 servicio en el área de registro de entrada en el
 terminal. La tarifa está incluido en el precio de
 los boletos comprados el 1 de junio 2016.

Your safety and comfort

SEATS

- 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.
- 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.

CARRY-ONS

- 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.
- 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.

LAVATORY

 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.

CREW SAFETY

• 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.

DEVICES

- 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 Tablets, etc.

PETS

 Pets must remain in carrier for entire flight.
 Carrier must be stowed for taxi, takeoff and landing.

ALCOHOL AND TOBACCO

- 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.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

OTHER PROHIBITED ITEMS

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,
self-heating meals or beverages, air filters
placed on overhead vents and personal airpurifying devices.

The Federal
Aviation
Administration
(FAA) and
Alaska Airlines
have set these
rules and
regulations to
assure your safety
and comfort.

CONTACT US

Customer care: 800.654.5669 (Mileage Plan, Web Support, Customer Care)

Toll-free reservations: Within the U.S. and Canada: 800.ALASKAAIR (800.252.7522) (TTY 800.682.2221) alaskaair.com

En Español: 800.858.5525 From Mexico: 001.800.252.7522

Alaska Airlines Vacations: 844.762.0087 vacations.alaskaair.com.

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 and Bluetooth 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

JULIA ROBERTS FILMS

37

25

48

88

119

120 121

133

22

58

62

109

127

128 129

70

83

CROSSWORD

ACROSS

- 1 Calm
- 7 Bunches
- 12 Cookie box
- Giant legend
- 18 Open, in a way
- 19 Filipinos, e.g.
- 21 Garden chopper
- 22 Breaker's stick
- 23 Film with Kirsten Dunst

18

23

38

45

53

63

78

84

91

98

117

122

130

134

32

59

72

85

92

100

123

112

118

- Prizes 27 Ornamentation
- 28 This is beyond your control
- Attribute 30
- 31 Large volume
- ____ Impossible 34
- Crowd count 36
- 37 "Lucky" aviator
- Tokyo, once 38
- Peaked 39
- 41 High rollers?
- Census datum 43
- Funny couple 44
- Hair holder
- 47 Recent prefix
- Sib, maybe 48
- Sky light?
- 53 Film with Richard Gere
- 56 Friday's request
- Chinese dynasty
- Lover's gift 59
- 60 Alert
- Cut short 62
- Ms. Falco 63 Panhandle 66
- Blue 68
- Ribbed 69 71 Spanish city
- Field event 74
- Boll's bane 77
- 78 Conceit
- Stumble
- Litter member 81
- 83 Give up Sun. speaker
- Elimination of
- competitors
- Tantalize
- Dundee denial 91
- 92 Italic bits
- Film with Vincent 93 D'Onofrio
- Art Deco designer
- 100 Salt's assent
- 101 Upsilon's follower
- Allotted amount 102
- 103 Dream letters
- 105 Yank's foe
- Curly's chum 107
- Opera venue 108 109 Doze
- New Zealand native 110
- 112 Remove by dissolving
- 114 Hindu honorific
- Takes steps
- 117 Eskimo

- **118** Kevs
- 119 Ready for use
- Tolerant 122
- 124
- 130
- Set off 132
- 133

- 137 From there

DOWN

- 1 Quantity
- 2 Beatle wife
- Personal
- 5
- Bigger than big
- Brainy
- 8 Spanish article
- 10 Torso parts

- 11 Slender woman

131

- Film with Natalie Maines
- The works
- Pipe shape 131
- Bit of heat
- 134 Born
- 135 Week unit
- 136 Hole in the head

- 4 Baseball deal

- Shade source
- Hearty companion 46
 - Disperse 49
 - 54 Fly trap

- 12 Film with Brad Pitt
- Certain moths
- 14 Get to

24

35

80

55

87

93

60

- 15 Film with George Clooney
- Bombastic 16
- 17 Touchy
- 20 Singes
- Dirty 24
- 26
- Office sub 31
- 33
- Pouting grimace
- 39
- 40 Pastures

- 52 Puzzler

- 13

124

132

- Gray and Moran
- 29 Vacillate
- 32 Funk
- 35 Appear
- Bread portion
- 47 Pries
- 51 Vergil piece
- Ratio phrase 42 Driver's milieu

- 55 Quack's offering
- 56 Sick and tired

114

126

125

- Snicker _
- Chew the fat 61
- Everlasting, of old
- Leaf fold 64
- Film with Nick Nolte 65
- 67 Clarified butters

70

- Fraud 72 Thin plate
- 73 Hollywood's Milo ____
- Pizarro's quest 75 Everyone, musically 76
- Film with John 79 Malkovich
- Architect I.M._ 82
- Genuflects 86 Memo mistake 87
- 89 Farmer's measure
- Tiff 90 94 a Ladv
- 95 Alloy element 96 Jazz's Sims 97 Ampersands

- 99 Chilling
- 104 Joined obliquely
- 106 Protrude
- Minnesota's ____Range 107
- 108 Ho Chi
- 110 Lombard town
- 111 Doddering 113 School segments
- 115 Sways Original temptation 116
- 120 Diplomacy
- 121 Eastern nanny

128

- Wing 123
- 125 A Bobbsey twin 126 Ms. Joanne _ 127 Electric atom
- Grampus 129 The Science Guy

SOLUTION ON PAGE 178.

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IT'S ALL ABOUT YOU



\$10 IN FREE PLAY

Code PURAKEPA17

Present your airline ticket stub (paper or electronic) or bring this ad to the Players Club for your Free Play offer!



Limit one Free Play redemption per guest per month. Must be or become a Players Club member to participate. Membership is free! Offer expires May 14, 2017. No discounts on promotional offerings and holidays. Free Play may not be available on all machines. For Free Play limitations, rules and details, see Players Club. Promotions are subject to change without notice. Management reserves all rights.

)) GAMES

BRAINBOOSTERS

LADDERGRAM

First, write the word that fits the first definition into space 1. Then drop one letter and rearrange the remaining letters to form the answer to definition 2. Drop one more letter, rearrange, and get the answer to definition 3. Put the first dropped letter into the box to the left of space 1 and the other dropped letter into the box next to space 3. When you have correctly solved the puzzle, the dropped letters on the left and right, when read down, will spell out related words.

1.	2.	3.	ľ
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	
22.	23.	24.	

DEFINITIONS

1.	"Н	aste	ma	kes	; —	_,,

2. Cook slowly

3. Adjust (a clock)

4. Sent by post

5. Perfect example

6. Go first

7. III will

8. Assert as true

9. Glittery mineral

10. Request at a restaurant

11. Went by bike

12. Mine extract

13. Clock faces

14. Male youngsters

15. Unhappy

16. Ruler divisions

17. Polish (shoes)

18. Chick mamas

19. Inaccurate

20. Personal identity

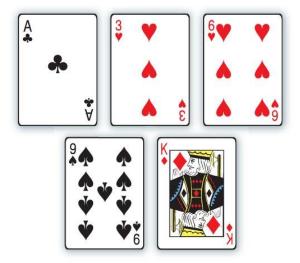
21. Overhead railways 22. Comes onto the stage

23. Forest plants

24. Take a breather

CARD SENSE

Five playing cards were shuffled and put in a pile, one on top of another. Using the clues, can you identify each card's position in the pile?



- 1. The bottom card is not red.
- 2. The king is directly above a heart.
- 3. The three is somewhere below the six.
- 4. There are two cards below and two cards above the ace.

ANAGRAM MAZE

The diagram contains 36 words, 19 of which are anagrams of other everyday words. Start at the top arrow and anagram HEAR. While solving, move up, down, right, or left to the only adjacent word that can be an grammed. Continue until you arrive at the bottom arrow. There is only one path through the maze.

1	2	3	4	5	6
HEAR	KNOW	FLEE	LACY	PEAT	UNDO
7	8	9	10	11	12
RIFE	COLA	SWAP	TINY	FATS	MICE
13	14	15	16	17	18
TERM	CELL	FOUL	BUSH	MILE	PIGS
19	20	21	22	23	24
WISH	BEAK	VEIN	LAST	CLAP	FULL
25	26	27	28	29	30
CLIP	BRAN	MILL	BANG	LOOK	BODY
31	32	33	34	35	36
AFAR	ABLE	RIPE	LIFE	EGOS	OWLS

SOLUTIONS ON PAGE 177.

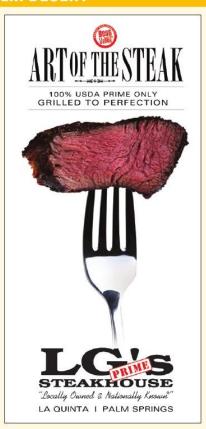
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SOAK UP THE SUN IN PALM SPRINGS & PALM DESERT







)) GAMES

SUDOKU

Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. Solutions on page 165.

		9 5	200	8	0 8	DI	FFICULT	Y: EASY
	4	7	5		2	9		
5	1		6				2	
15		9	7	8				1
			4	9			6	
	7	6				1	4	
	2			6	5			
8				3	6	7		
	3				4		1	8
		4	8		1	5	3	

<u> </u>				<u> </u>		DIFFIC	ULTY: N	EDIUM
2			3			1		4
4							3	
	7		4	1		2		
9					3	8	1	
	4		9		6		2	
	6	8	2					9
		2		5	4		7	
	8							1
1		5			8			2

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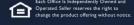
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Built in 2008, this stately home offers timeless traditional details with a layout that lives for today's families. Ten foot ceilings, deep moldings, Cypress paneled library, a chef's kitchen with a family room on one side and breakfast room on the other. French doors lead to a covered patio with fireplace, outdoor pool and lavish, private garden. Located within coveted Windermere; beach-club



WHIDBEY ISLAND, WA

Welcome to Moonrise Cottage. A private sanctuary at the end of a lovely lane. Views of Mount Rainier, and front row seats to amazing July 4, fireworks display! Shingled exterior, vaulted ceilings, big windows. Kitchen / family room with AGA range. French doors, expansive deck, beautiful gardens, and so much more. #Blissful Retreat! Offered at: \$1,195,000 | MLS #1075359

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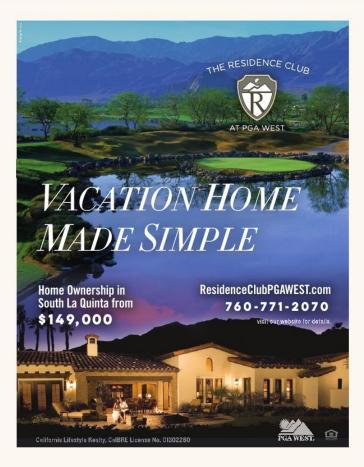
SEATTLE, WA

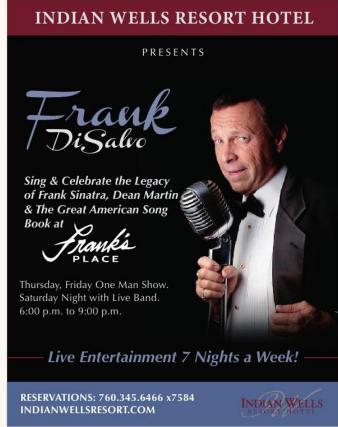
Penthouse living in Historic Building in the heart of Downtown Seattle. This unique residence offers spectacular views and an incredible 1,684 sf terrace. 2 bedroom / 2.5 baths, high ceilings, skylights, custom cabinetry, gas fireplace, teak finishes, and beautiful glass & millwork are just a few of the enticing features of this signature residence. Building is staffed 7 days week with attentive Concierge Team. Offered at: \$3,150,000 | MLS 1076028

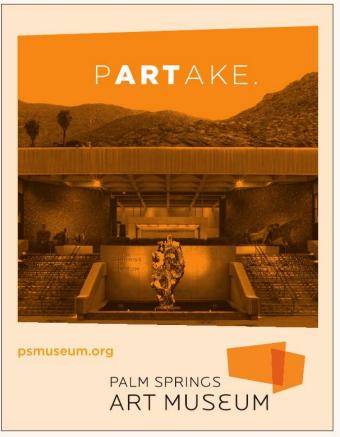
OUT 'N ABOUT

PALM DESERT | PALM SPRINGS | INDIAN WELLS | LA QUINTA









#IFLYALASKA



)) Glass Beach in Fort Bragg, California, was once used to dispose of the city's garbage. Now, years later, the beach is carpeted with this kaleidoscope of color, shared by flyer and Instagram user Will Quintal (@willquintal).

Tag your journey with #iFlyAlaska so we can all share in your adventures.







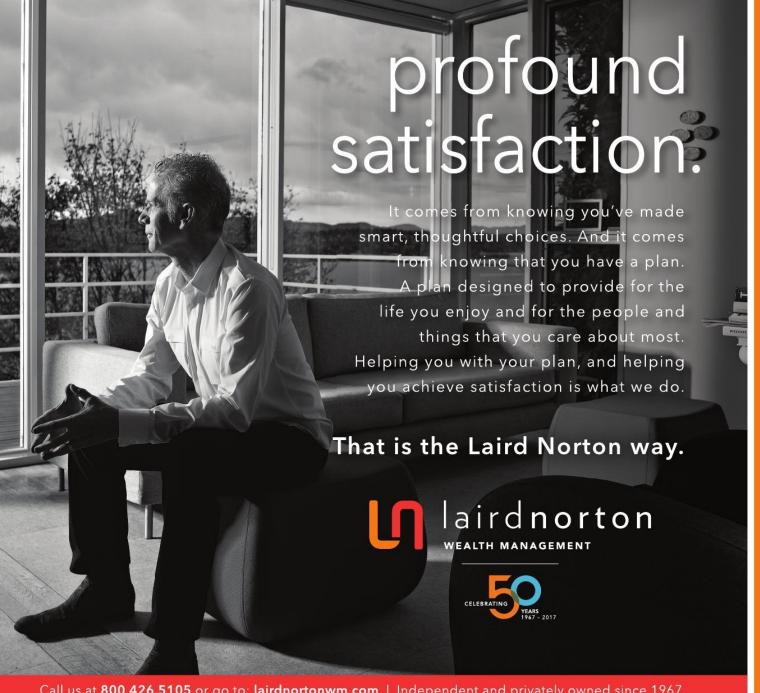
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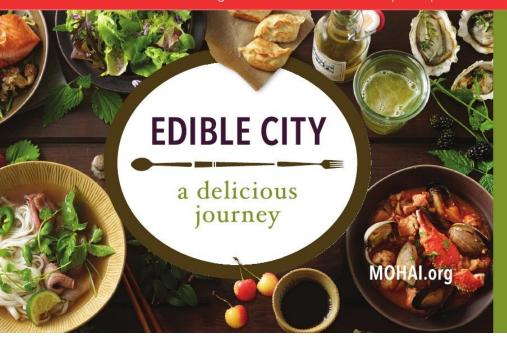


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NOV 19, 2016 - SEP 10, 2017

