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Multi-use travel cover

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INSIDE»



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LAWRENCE CHIARELLI, Sales Director at tech start up. BS, Bloomsburg Univ. Interests: golf, running, travel

PING MA, Owner of RollingPing Custom Cakes. MS, Columbia Univ. Interests: travel, wine, jogging

BREAKING UP WITH ONLINE DATING

Technology has made dating more complicated and impersonal.

HIRING A MATCHMAKER MIGHT BE THE SMARTEST INVESTMENT

YOU COULD MAKE IN YOUR PERSONAL LIFE.

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. It's Just Lunch'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... until IJL introduced him to Ping.

Dating life 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 get some breathing room. I needed to slow things down to speed them up. It's Just Lunch fit that criteria perfectly.

Why join It's Just Lunch?

Ping: I fly frequently for both work and fun. 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.

Most enjoyable part of 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. The company I was working for was going through a merger so I was away from home quite a bit. I'd finish my day and there would be a message 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?

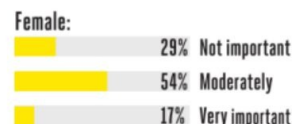
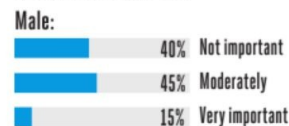
L: I tell my clients an analogy all the time: Would you rather drive across the country in a Toyota Corolla or a BMW 5 series? They always say the 5 series. You get what you pay for. Investing in yourself and your future with someone special means investing in the right matchmaking service. For me that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

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

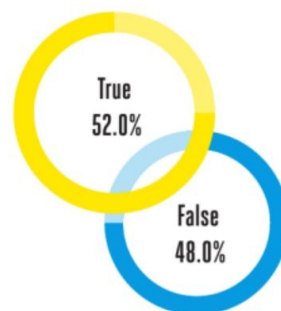
The success of It's Just Lunch is built on creating high quality matches in low pressure situations. In 28 years, they've set up millions of first dates. Make meeting someone special a priority. **Get in touch at 800-858-6526 or www.itsjustlunch.com.**

THE POLITICS OF DATING

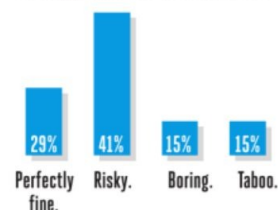
How important is a person's political party affiliation when deciding to go on a date with him/ her?



I could casually date someone who didn't have the same political beliefs as me, but in the long term it probably won't work out:



Talking politics on the first date is:



Source: IJL Survey

It's Just Lunch Matchmakers:



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SARA DARLING



JULIE LOPEZ



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DATING FOR BUSY PROFESSIONALS



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Ciara, a music and fashion icon, moves beyond the stage.

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Olugbenro Ogunsemore / West2East Empire.

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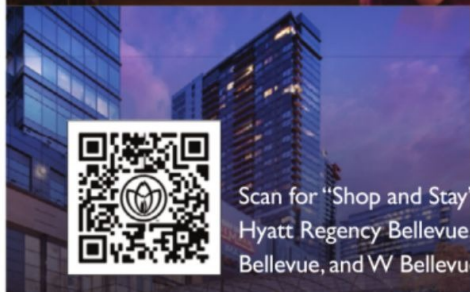


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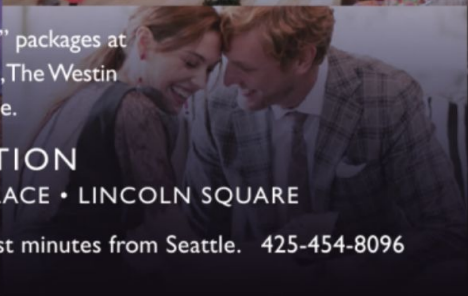
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WELCOME»



thinking about how we can be better.

As we start the year, I thought it would be good to showcase the changes that we hope feel better to you, our guests. Then I ask that you keep us honest, and at the end of this year, if you don't feel like we've made it better, please let me know (seriously). You can always reach me at sangita.woerner@alaskaair.com.

The biggest area we are trying to improve is our onboard experience. We have been working on it for quite some time, but 2020 is the year that it should all come together. We equipped 100 aircraft with satellite connectivity in 2019. By the end of 2020, we will have converted 95% of our Alaska mainline fleet. That means that you will have a Wi-Fi connection that's 20 times faster than our current technology, and you will be able to stream your favorite shows or even watch the University of Michigan beat Ohio State live later this year—Go Blue! Also, we are on schedule to retrofit our entire Airbus fleet with really comfortable seats and a tablet/phone shelf on the seatback (my favorite feature). This allows you to watch a movie and work on your laptop at the same time, which is what I like to do. In addition to having access to the most movies in the sky, look for exciting new content



Brad Tilden,
Chief Executive
Officer

MAKING IT BETTER

» *Alaska is lucky to have a very talented individual, Sangita Woerner, running our marketing department. In her piece below, she starts off the New Year with a little challenge for you all—to let us know how we're doing, as we strive to be better. I think you'll enjoy her story.*

—Brad Tilden

always be better. There's never a ceiling for how good you can be at something.

I have been at Alaska Airlines for five years now as the vice president of marketing, and I can honestly tell you that the philosophy of constantly trying to improve and be better for our guests is core to who we are. I feel like all of us at Alaska go into work every day

It's funny how you remember specific things your parents told you when you were growing up. One thing I remember is my dad saying, "Sanga [my nickname], there's always someone better than you—someone faster, smarter or richer than you." You might think this isn't exactly a great way to motivate your kids, and I remember being so frustrated whenever he said that. But now that I'm an adult, I've translated that advice into something that has motivated me, which is: You can



Sangita Woerner,
Vice President,
Marketing



» *Sangita Woerner and her dad. He came to the United States in 1965 and worked as a mechanical engineer for Ford Motor Company for 38 years.*

» WELCOME

that you can stream free from your phone, laptop or tablet.

Food will continue to be a focus as we strive to offer more fresh, local and healthy options. This includes allowing you to pre-order food on all meal-service flights on our Boeing, Airbus and Embraer aircraft. Pre-ordering ensures that First Class guests get their choice of meals, and that Main Cabin guests can score one of our famous Fruit and Cheese Platters before they run out. You are able to pre-order 20 hours prior to your flight on our mobile app or on alaskaair.com. And starting early spring, we'll even send you a push-notification reminder to pre-order.

We also plan to change things up in the Main Cabin by testing a new complimentary snack on shorter flights. On morning flights, we will begin testing a delicious cookie made by Rip Van Wafels. These indulgent cookies are better for you, with all-natural ingredients and only 2 grams of sugar per serving. In the afternoon, we'll test a savory snack mix made with

pretzels, flax seed crackers and cheddar sticks. We'll see how you like it before deciding whether to roll it out across our system. Finally, look for some new partnerships in 2020, like our new Main Cabin salads designed in tandem with Evergreens, a fresh-salad company from the Northwest.

You'll hopefully notice other things in addition to the improved onboard experience, such as making flight changes easier for mobile users, our new SFO Lounge opening in late 2020, and something that is a win for our people and our brand: new uniforms for all of our frontline employees.

Please know that all of us at Alaska are committed to making your experience better every day. And there are times when we won't quite get there, but we will always work to do our best. A special thanks to my dad for all his words of wisdom—they have definitely helped me to be a better person. Happy New Year!

—Sangita Woerner

» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo

MEJORANDO LAS COSAS

» **Alaska tiene la suerte de contar con una persona tan talentosa como lo es Sangita Woerner** encabezando nuestro departamento de marketing. En su artículo a continuación, ella comienza el Año Nuevo con un pequeño reto para todos ustedes: hacernos saber cómo estamos haciendo las cosas, mientras nos esforzamos por ser mejores. Creo que les gustará su relato. —Brad Tilden



Sangita Woerner,
Vicepresidenta de Marketing

Es curioso cómo uno recuerda cosas muy específicas que los padres nos dijeron cuando éramos niños. Algo que recuerdo es a mi padre diciendo, 'Sanga (mi apodo), siempre hay alguien mejor que tú, alguien más rápido, más listo o más rico que tú'. Uno podría pensar que esta no es exactamente la mejor manera de motivar a los hijos, y recuerdo que me sentía sumamente frustrada

cuando me decía esas cosas. Pero ahora que soy adulta, traduje ese consejo en algo que me motiva, y es que siempre se puede ser mejor. No hay ningún límite sobre qué tan bueno se puede llegar a ser en algo.

Hace cinco años me incorpore a Alaska Airlines como vicepresidenta de marketing, y puedo decirles con toda honestidad que la filosofía de trabajar constantemente en perfeccionar nuestros servicios y ser mejores para nuestros clientes es la esencia de lo que somos. Creo que todos en Alaska iniciamos cada día pensando en cómo podemos ser mejores.

Al comenzar un nuevo año, pensé que sería bueno mostrarles las cosas que con suerte les harán sentir mejor a ustedes como nuestros clientes. Entonces les pido que sigamos siendo sinceros y a finales de este año, si no sienten que hemos mejorado, por favor háganmelo saber (lo digo en serio). Siempre pueden contactarme en

sangita.woerner@alaskaair.com.

El área más extensa en la que estamos tratando de mejorar es nuestra experiencia a bordo. Hemos estado trabajando en ello durante bastante tiempo, pero en el año 2020 será cuando todo deberá integrarse. Equipamos 100 aeronaves con conectividad satelital en el 2019. Para finales del 2020 habremos completado el 95 por ciento de nuestra flota principal de Alaska. Esto significa que podrán disfrutar de una conexión por Wi-Fi 20 veces más rápida que nuestra tecnología actual y que podrán transmitir sus programas favoritos o incluso ver en directo a Russell Wilson durante un partido. Además, continuamos trabajando en la modernización de toda nuestra flota de aeronaves Airbus con asientos realmente cómodos y un estante para tabletas y teléfonos en el respaldo de los asientos (mi favorita). Esto les permite ver una película y trabajar en su computadora portátil al mismo

tiempo, que es lo que a mí me gusta hacer. Además de tener la mayor cantidad de películas en las nubes, busque contenido nuevo y emocionante que usted podrá transmitir sin costo desde su teléfono, computadora portátil o tableta.

Continuaremos enfocándonos en la comida ya que nos esforzamos por ofrecer opciones más frescas, locales y saludables. Esto incluye permitirles solicitar con anticipación alimentos en todos los vuelos con servicio de comidas en nuestros aviones Boeing, Airbus y Embraer. El hecho de hacer la solicitud con anticipación le garantiza que podrá elegir una comida de Primera Clase o conseguir uno de nuestros famosos platos de frutas y queso antes de que se agoten. Podrá hacer su solicitud por anticipado hasta 20 horas antes de su vuelo desde nuestra aplicación para dispositivos móviles o en alaskaair.com. Y a partir de principios de la primavera, incluso le enviaremos un recordatorio de notificación automática para que haga su solicitud con anticipación.

Esperamos que note otras cosas además de la experiencia mejorada a bordo, como el hecho de facilitar los cambios de vuelo desde su dispositivo móvil, la apertura de nuestro salón de negocios en SFO (San Francisco) a finales del 2020, y algo que es un triunfo para nuestra gente y nuestra marca: nuevos uniformes para todos los empleados de atención al cliente y a bordo.

Por favor tenga la seguridad de que todos en Alaska estamos comprometidos a hacer que su experiencia sea cada día mejor. Y habrá momentos en los que tal vez no lo lograremos, pero continuaremos trabajando arduamente para dar lo mejor de nosotros mismos. Quiero dedicar un agradecimiento especial a mi padre por sus sabias palabras; definitivamente me ha ayudado a ser una mejor persona. ¡Feliz Año Nuevo!

—Sangita Woerner

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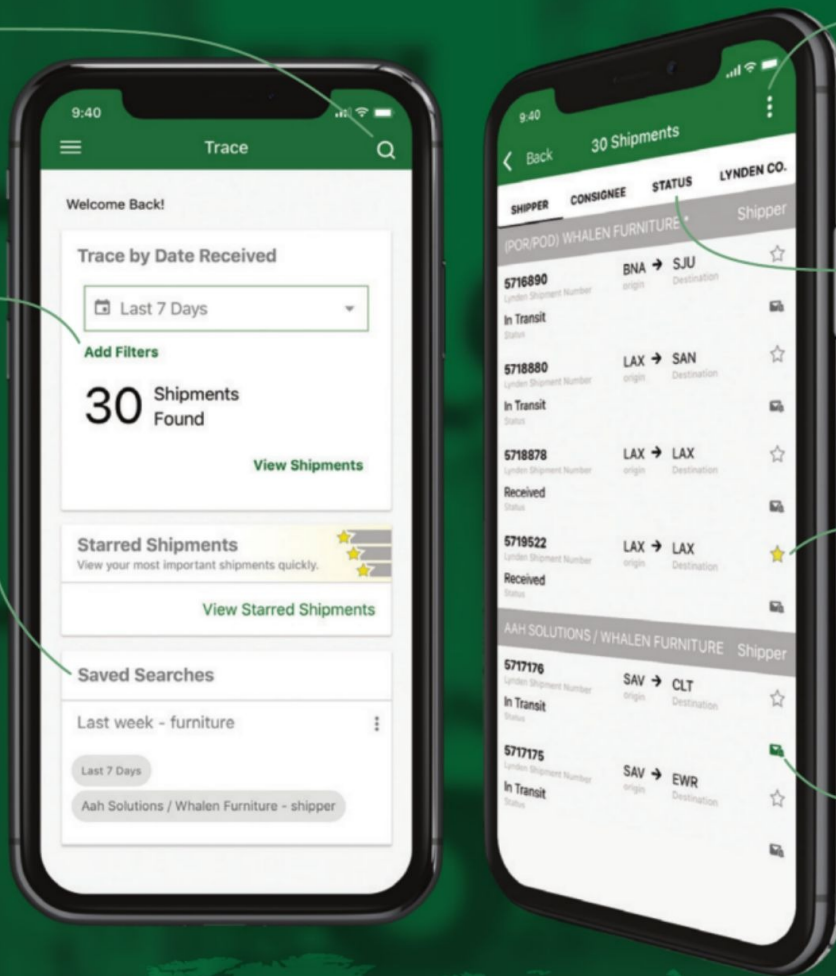
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IN THE KNOW»

WHAT'S NEW: A WINNING WINTER MENU

» **We have a new salad to root for.** The Beets So Fly Salad, now available for purchase in the Main Cabin on most coast-to-coast and Hawai'i flights, puts the root-veggie goodness of pickled beets in the spotlight—along with mixed greens, cucumbers, walnuts, pickled onions, feta cheese, Dijon-balsamic dressing and other delicious ingredients. This new menu item is being served inflight through a partnership between Alaska Airlines and the Seattle-based fast-casual restaurant Evergreens, which is known for serving healthy dishes throughout the Northwest. The salad exemplifies the airline's ongoing efforts to bring guests fresh, seasonally rotating offerings inspired by West Coast cuisine.

This winter, the First Class menu includes such items as—on select lunch and dinner flights—a new pomegranate-and-molasses-glazed boneless chicken breast accompanied by couscous with mint and



raisins, and Brussels sprouts roasted with bacon and citrus zest. The chicken is served with a harissa-and-smoky-tomato sauce. Other First Class menu items also highlight wintry elements, such as clementines, mushrooms, and savory spices and seasonings.

You can't spell "winter" without *w-i-n-e*, and our Main Cabin beverage offerings now include

a Chardonnay from Healdsburg Ranches in California's Sonoma County wine country. First Class wines currently feature a rotation of options from Browne Family Vineyards, based in Washington state's Columbia Valley (ask your flight attendant for daily selections).

View menu options and choose your meal up to two weeks in advance (for select flights) by using the Alaska Airlines mobile app. To learn more about our food and drink options, check your seatback card or visit alaskaair.com.



Winter menu options available on select flights include Roasted Pomegranate Glazed Chicken (above) and the Beets So Fly Salad (inset).

COUNTING ON YOU

» **Schools, roads, community programs.** How you are represented in local, state and federal governments. They're all impacted by the 2020 Census, taking place in April.

By April 1, every U.S. home will receive an invitation to participate in the 2020 Census, a massive effort to count every

person living in the United States. The results of the Census—which you can complete online, by phone or by mail—will serve as a baseline snapshot of the U.S. population, based on a brief questionnaire designed to determine how many people live at a specific address on April 1, as well as the name, sex, age and race of each of the individuals.

Between 2000 and 2010—the last time the count was conducted—the U.S. population

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had grown 9.7% to 308,745,538. Women made up 50.8% of the U.S. population.

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"An accurate census ensures everyone is represented fairly, and that our communities have access to needed resources," says Diana Birkett Rakow, vice president of external relations at Alaska Airlines. "We're proud to be part of the diverse communities where we live and fly, and we know everyone counts!"

Census response opens online March 12 and by mail April 1. ✈



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A MODEL OF CONSISTENCY

Maintenance Operations Manager Jim Sundstedt is a Legend of Customer Service

» When Jim Sundstedt runs a meeting, it always starts and ends on the themes of safety and compliance. And it always runs on time. Sundstedt, a 35-year Alaska Airlines employee, is known for hosting the Daily Operational Review at 0800 hours for the airline's Maintenance and Operations division. He's insistent on starting promptly, and he closes each meeting with the words, "Everybody, stay safe and compliant."

"It's not just a saying—we take it seriously," Sundstedt explains, noting that this timeliness connects with running an on-time airline. "We do all we can to get passengers where they're going on time. When planes need maintenance or repair—for example, changing a tire—our focus is to return the aircraft to service safely, efficiently and in compliance with regulations."

Sundstedt is also known as a go-to source for information about airline procedures—he wrote many of them over the years. Today, he is one of six maintenance operations managers tasked with assessing the status of airplanes and providing estimates on repair times so that decisions can be made related to when planes are expected to be back in service.

Sundstedt, who grew up in Kent, south of Seattle, studied business in college but was always drawn to the airline industry. He earned an airframe-and-powerplant license in 1976, allowing him to work on planes as an aircraft technician. He worked at several airlines in Northern California in the late 1970s and early 1980s, before being hired by Alaska and returning to Seattle in 1984. Later, he went back to school and studied avionics. In 1990, he moved to Alaska's Maintenance Control Group, where he has worked since.

"I feel blessed to have a career with Alaska that has been phenomenal," Sundstedt says. "I've always loved what I do." —Ben Raker



QUESTIONS & ANSWERS

What do you like most about your job?
Variety is the thing I like most. Something new happens each and every day, and we get to use creative thinking to keep things running as best we can.

What advice do you have for new hires?
Don't take your job lightly or for granted, whatever it is. And never stop learning, so that you can be better at what you do.

What are your interests outside work?
My hobbies are woodworking and home

improvement. At different stages, I've worked on everything from building a foundation to the completion of a house. I also like fishing and travel.

What do you take with you on travels?
The first thing I take on a trip is my wife! After that, I pack a tablet with books downloaded from the library.

What's on your travel to-do list?
When I retire, we'll do longer trips to see the beautiful parks along the West Coast.

KUDOS FROM JIM'S CO-WORKERS

"What makes Jim a legend is that he's always completely prepared for anything that comes up at any time. He's very proactive and strategic." —Steve L., Director, Maintenance Control, Seattle

"Any time you give Jim a call for a maintenance reference or a policy reference, he knows exactly where to find it—often because he most likely wrote it. He knows everything by heart." —George K., Horizon VP, Maintenance & Engineering, Seattle

"Jim has a great wealth of knowledge. Working with him over the years has been a joy." —Linda C., Fleet Tech Program Manager, Seattle

"Jim is devoted to our customers and has always considered what the effect of our job is on passengers. ... He's committed to safety and compliance, and he has taken that commitment and made it so that we perform at a very high level." —Ed B., Maintenance Operations Manager, Seattle



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RELY ON HER

Passenger Service Agent Marsha Pilimai is a Horizon Air Pathfinder

» When Horizon's Ground Services crew

at Spokane International Airport needs early-morning help because of a storm or employee illness, Marsha Pilimai often assigns herself to arrive at 3:45 A.M. to assist with shoveling snow, de-icing aircraft, loading baggage, marshaling airplanes, and whatever else is needed.

"That way, I don't have to mandate another employee to come in," says Pilimai, who is dual-qualified to work in Ground Services and to do her primary job as Passenger Service Team Captain on the Duty Desk, which involves staffing, scheduling and submitting payroll information for employees at the Spokane, Wenatchee, Pasco, Walla Walla and Yakima stations.

She usually starts her Duty Desk shift around 8:30 A.M. in Spokane, although if Ground Services needs help anytime during the day, or even on her days off, she'll jump in then, too. "I'll do whatever needs to be done. They know they can count on me."

Because she has been with Horizon for more than 26 years, she's able to answer questions, and she's been a great mentor. She's known for her sense of humor and making work fun, but also for insisting on safety, and that policies and procedures are followed.

She provides co-workers with support for personal as well as work issues. "We tell people the Duty Desk here is a safe place. We do vital things like tracking hours to make sure everyone gets paid correctly, but we also provide psychologist- and mom-like caring."

Pilimai, who worked for three years at a youth center after graduating from high school, joined Horizon after a friend let her know the airline had openings. "It's been such a good job for me and for my family all these years," she says. "I had flexibility to attend sports and school events when my two daughters and my son were growing up. Also, I really enjoy my job. I've said that I'll be here until they wheel me out the door in my office chair." —M. Dill



Marsha Pilimai.

QUESTIONS & ANSWERS

What do you like most about your job?

The variety, the flexibility, the friendships, and participating in the Fantasy Flight event Alaska Air Group does each December at the Spokane airport. Underprivileged and at-risk kids board a flight that circles the airport, then lands, and parks at a hangar that represents the North Pole. I help with decorating and with filling gift backpacks for the children. These kids melt your heart with their stories. It gives me so much happiness to do this for them.

What's important to you in life?

I want to live life to the fullest, to do the

best job I can each day, to be a good person, to be there for my family and friends. My husband and kids and our grandkids are the most important to me. And I want to be authentic. My mom always said, "Be who you are, and do what makes you happy," and I live by that. I'm the same person at work and at home.

What do you take with you on a trip?

My good walking shoes—I don't want anything to hold me back.

Where do you like to travel?

I love Disneyland. It just makes me happy.

PRAISE FOR MARSHA

"Recognized as the heartbeat of the Spokane Station, Marsha is a shining example of our core values: own safety, do the right thing, be kindhearted, deliver performance and be remarkable. When the ramp needs help loading bags, Marsha steps in. If help is needed to de-ice a plane, Marsha steps in. If a guest needs assistance, Marsha steps in. She is known for going above and beyond, and

being loyal to Horizon and the employees she works with each day. Marsha is also heavily invested in the Spokane Fantasy Flight, joyfully preparing for the many kids taking a trip to 'the North Pole.' In addition, her door is always open for anyone needing guidance. She is trusted, highly respected and a wonderful example."

—Matt P., Horizon Vice President of Station and Inflight Operations, Seattle



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BREWING GOODNESS

By Denise Clifton

» **Fremont Brewing Company's Matt Lincecum** dashes past a stainless steel tank, his hands cupping a mound of verdant cone-shaped flowers. The hops, picked just a few hours earlier in the Yakima Valley of Eastern Washington, are among the 71,000 pounds destined for a fresh-hops brew the company produces each fall as a celebration of the signature Pacific Northwest crop. Lincecum, who owns the brewery with his wife, Sara Nelson, sifts the delicately spicy-scented flowers. "Nothing smells like this; nothing tastes like this," Lincecum says.

A passion for distinctly Northwest ingredients—such as organic hops and heritage grains—inspired Lincecum and Nelson to build a company that helps sustain farmers and strives to reduce waste throughout the beer-making process. In the decade since the brewery opened, it has crafted hundreds of different beers in numerous styles and created an urban beer garden in Seattle that is equal parts local family hangout and beer-lover destination. "Tasting rooms are the front porches and living rooms of their neighborhoods," Nelson says. "Beer fosters community."

Lincecum and Nelson recently took time to reflect on their company history, sustainability work, and partnering with Alaska Airlines to provide Fremont Brewing beers inflight and in Alaska Lounges.

What inspired you to start Fremont Brewing in 2008?

Matt Lincecum: I made a homebrew that eventually became Universale Pale Ale. It was the first beer I had made in 15 years of homebrewing that made me think I could actually build a company around beer.

Sara Nelson: I decided to take what I'd learned in my prior work for the Seattle City Council to help the brewery grow its sustainability program. Sustainability goals were part of our values from the get-go.

What was it about Universale that convinced you?

ML: It was the first beer that featured the malt in the way I loved and wanted. We've spent a large amount of time on our craft malting program, making sure that heritage malt and varieties of grains and barley and wheat are not lost to antiquity. As our flagship beer, we named it after our neighborhood, the self-described "Center of the Universe." Since then, we've made other exciting beers through careful ingredient selection—such as Lush IPA, with its hops reminiscent of tropical fruits.

What inspired you to work with Alaska Airlines?

ML: We fly Alaska almost exclusively because it has so many destinations, has a commitment to sustainability and is our hometown airline. So we're happy to provide good beer choices to Alaska's guests.

Why highlight organic hops and heritage grains?

SN: Because it's the right thing to do for the environment, for the local

economy and for innovation. We used organic ingredients from the start and helped spur the organic hop market. We have a responsibility to grow the market for sustainably produced ingredients.

What are some of the ways you conserve resources?

SN: From the beginning, we focused on zero-waste principles. To conserve energy, we switched out fluorescent bulbs for LED bulbs. We also capture heat from the brewing process and use it to power our steam system. So we're using heat from brewing to heat the water for brewing.

ML: We're also really focused on reducing water use. We're trying to use every single drop that we possibly can before it goes back into the cycle. And we were among the first to put beer in cans to be more sustainable, because you can transport cans more efficiently than bottles, and reduce transportation fuel use. Also, you can take a can and recycle it almost infinitely.

Why did you choose to locate in the Fremont neighborhood?

SN: Fremont's draw is its mix of artists, tech workers, families, young and old people—and the businesses that support them. Basically, Fremont is a microcosm of what makes a city vital and livable. We want to be Fremont's living room—for our neighbors as well as out-of-town visitors. We really, truly love Fremont; we're grateful for the community's support; and we hope we represent ... well, the Center of the Universe. ✕

A version of this article appears at blog.alaskaair.com in a series that tells the stories of companies whose sustainable-business practices help Alaska fly greener. Fremont Brewing Company's Lush IPA is available inflight, and its Lounge Life IPA was crafted exclusively for Alaska Lounges.



Matt Lincecum and Sara Nelson produce Lush IPA, served on Alaska Airlines flights.

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ORBITAL ARRAY

» **Tom Shannon's *Atom Compass Array*** features more than 500 softball-size spheres hanging from a glass ceiling in the Science Museum Oklahoma lobby. At once a work of art and science, the installation features orbs that resemble the phases of the moon. The spheres are also hung proportionally to be emblematic of a molecular structure. The installation is on display through Oct. 25 and is part of "Tom Shannon: Universe in the Mind | Mind in the Universe."

Shannon, who is an American artist and inventor, and a team of museum staff worked for three days to hang and arrange the spheres, which are magnetically interconnected. The white portions

of the orbs always face north, and black and white paint creates the illusion of the phases of the moon. "[Shannon] has a brilliant ability to portray scientific phenomena, and this installation is certainly an example of that," says Scott Henderson, director of the Smart Space galleries at the Oklahoma City museum.

Shannon has made a career of science-inspired art, and the exhibit includes additional pieces such as *Synchronous World Clock*, which features a North Pole-centered map spinning at the speed of the Earth's rotation inside a ring marking the minutes of one full day and night. For more, visit sciencemuseumok.org. —Zoë Buchli

OUR LEGACY

40 MILLION TREES AND COUNTING



This year the youngest great-grandchildren of founder Aaron Jones—Jake (6), Ava (5), and Parker (8)—helped plant Seneca's 40 millionth tree. If these 40 million seedlings were laid end to end, they would cross the U.S. 5 ½ times.

Seneca is cultivating a legacy of innovation, sustainable forestry, and renewable building materials for the communities of today—and tomorrow.

INDIVIDUAL ART

» In the 1970s, **Shirin Neshat** left her hometown of Qazvin, Iran, as a young woman, to study in the United States. But it wasn't until she returned to Iran in the 1990s that her career as an artist truly took shape. Visiting her home country for the first time in more than a decade, Neshat, who'd been living in New York, was inspired to highlight female identity. Her work has since evolved into more abstract representations of society, but at the heart of her photographs and videos remains the beauty of individuals.

"Shirin Neshat: I Will Greet the Sun Again," at The Broad in Los Angeles through Feb. 16, features 230 photos and eight video installations, spanning Neshat's roughly 30-year acclaimed career. The title comes from a poem by Forugh Farrokhzad.

The exhibit includes 40 photos that concentrate on the Iranian Green Movement, a popular uprising that began in 2009. Neshat's work in this series focuses on the people in the movement. "We [as a society] often look at political events on very large scales," exhibit curator Ed Schad says. "One of the central parts of this exhibit is that it makes these large events very personal."

Visit thebroad.org/shirinneshat for more information. —Zoë Buchli



MASQUERADE MASTERPIECES

» **Congolese masquerade ceremonies** are vibrant musical celebrations that are educational and entertaining. They feature masks adorned with paint, shells and beads, and instruments such as xylophones and hand-carved harps and rattles. These ceremonies exemplify the richness of African life, a "life based on embracing people," says Manuel Jordán, the deputy director, chief curator and curator for Africa at the Musical Instrument Museum in Phoenix.

The exhibit "Congo Masks and Music: Masterpieces from Central Africa" explores these celebrations and features more than 150 masks, instruments and ceremonial wardrobes from the



Democratic Republic of the Congo, through Sept. 13. All of the objects, on loan from three private collections, as well as from the Africa Museum in Tervuren, Belgium, have been used in ceremonies, with some items dating to the 1800s.

Masks include the Woyo people's *Mamboma* mask, left, the Songye people's male *Kifwebe* mask, representing a part-human, part-animal spirit, and the Kuba people's *Ngady Mwaash* female mask, with parallel lines below the eyes. Instruments include the Zande people's *Kundi* harp, below left.

Audio and visual components help create a holistic picture of masquerade ceremonies, such as a video featuring African musicians and dancers describing what the ceremonies mean to their communities. For more, visit mim.org. —Isabella Breda

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BUMPER-TO-BUMPER FUN IN MANHATTAN

At Bank of America Winter Village at Bryant Park's annual FrostFest in New York City, guests can drive bumper cars on ice, ice-skate and sip beer in igloos. The festival, Jan. 24–Feb. 2, creates a charming winter scene in the heart of Midtown Manhattan.

Entertainment at the festival includes puppet shows, live music, ice dancers and a Special Olympics Skating Showcase on Jan. 30.

A popular way to experience the festival is to rent a cozy igloo, which is actually made of transparent plastic. Roast s'mores and savor artisanal cheeses as you watch the skaters glide past—these delights come with every rental.

For more information, visit bryantpark.org/series/frostfest. —Zoë Buchli



500+ AUTOS UNDER ONE ROOF

The New England International Auto Show, Jan. 16–20, features a lineup of more than 500 vehicles from more than 30 manufacturers such as Acura, Cadillac, Chevrolet, Jeep, Lincoln, McLaren, Subaru, Toyota and Volkswagen. Show attendees can look under the hoods of 2020 models, muscle cars, race cars and exotic models at the Boston Convention & Exhibition Center.

Guests can also enjoy race simulators and remote-controlled car competitions. For more information, visit bostonautoshow.com. —Isabella Breda



CULTURAL CELEBRATION

» **Eatonville, Florida**, is a “city of five lakes, three croquet courts, three hundred brown skins, three hundred good swimmers, plenty guavas, two schools and no jailhouse.”

That's how Zora Neale Hurston (1891–1960), considered to be one of the most important authors of the Harlem Renaissance era, described her hometown, north of Orlando.

Named in Hurston's honor, the 31st-annual Zora Neale Hurston Festival of the Arts and Humanities, Jan. 25–Feb. 2, celebrates the cultural contributions that people of African ancestry have made around the world.

This year's festival includes a conversation with poet and African-American literary icon Ishmael Reed, fine arts exhibits, and an African trade expo that features fashion and other goods.



Zora Neale Hurston, pictured between 1935 and 1943.

“We do this because there is a thirst among people of African ancestry and those who are captivated by and engaged in the scholarly pursuit of this culture,” says N.Y. Nathiri, the festival's executive director. “There's the universal appeal of Hurston, a global icon, which accounts for the broad impact the festival has each year.” For more, visit zorafestival.org. —Isabella Breda



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A FESTIVAL OF DREAMS

» Inspired by thousands of San Antonians of many ethnicities, races and backgrounds who showed up every year on a January Monday morning to participate in the annual Martin Luther King Jr. Day march, community organizer Shokare Nakpodia decided to create something even bigger. This idea became DreamWeek, also an annual event, which fosters a multicultural dialogue of the sort encouraged by Martin Luther King Jr. himself.

What began eight years ago with a

week of 20 to 30 events focused on cultural expression and engagement has blossomed into more than two weeks featuring more than 200 events, such as performances,

talks and art displays. Events this year, Jan. 10–26 in venues throughout downtown San Antonio, range from an African fashion show (above) to community yoga to a performance by the San Antonio Symphony. Attendees can engage with people, ideas and customs of various cultures.

Many of the events are meant to encourage discussions of big ideas. The theme this year is “collective vision,” and topics include the benefits of community gardens and the challenges of offering health care across international borders.

Visit dreamweek.org for more information. —Isabella Breda



THE XFL IS COMING

» The Super Bowl is just around the corner, but that doesn't mean football season is ending. Beginning Feb. 8, with matchups such as Seattle vs. Washington, D.C., and Los Angeles vs. Houston, the XFL kicks off a new season—after a nearly two-decade timeout.

The XFL aims to offer football fans the gridiron action they love in a faster, simpler format. Rules to encourage this include a running clock outside of the 2-minute warning, and a 25-second play clock. Another twist is replacing the extra point kick with a scrimmage play—one point for a successful try from 2 yards, two points from 5 yards, and three points from 10 yards.

Teams in the Western Division are the Dallas Renegades, Houston Roughnecks, L.A. Wildcats and Seattle Dragons. In the Eastern Division, teams are the D.C. Defenders, New York Guardians, St. Louis BattleHawks and Tampa Bay Vipers.

The league welcomes familiar football names, including wide receiver Sammie Coates, as well as coaches Jim Zorn (Seattle NFL quarterback in the 1970s and '80s) and Bob Stoops (former head coach of the University of Oklahoma). The regular season is 10 weeks, with games taking place mostly on Saturdays and Sundays. The XFL Championship game is April 26. For more, visit xfl.com. —Andrew Waite

TOP CATS

» To win at the International Cat Show, feline entrants must have the right personality.

“It's not just a beauty contest. A cat needs to be friendly, too,” says Pamela Barrett, the event's founder and manager.

Much like popular dog shows, the International Cat Show Portland, Jan. 25–26 at the Holiday Inn at Portland International Airport, features 70 breeds judged to determine champions in different categories, based on standards set by The International Cat Association.

In its 16th year, the show expects to welcome more than 250 cats and more than 7,000 people, from all over the world.

During the show, judges discuss the breeds



and the reasons behind rankings. Cats are judged in classes such as Pedigree Cat and Household Pet Kittens. To critique the cats, judges place the animals on tables, and use a toy to get a cat moving to test its personality. Visit internationalcatshowportland.com for more information. —Zoë Buchli



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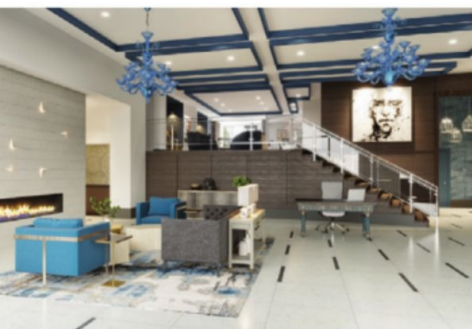
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FLAVORS OF NORTH CAROLINA

By Shayla Martin

» **The two distinctive cities** represented in the name “Raleigh-Durham International Airport” have personalities all their own—as reflected in each one’s culture, architecture and food scene. Representing two corners of the “Triangle” region of North Carolina, the cities of Raleigh and Durham (with the college town of Chapel Hill completing the triangle) are sometimes lumped together by outsiders. And yet, exploring the lively culinary center in each city’s downtown gives visitors a sense of the unique characteristics of these towns located a little more than 20 miles apart.

Downtown Raleigh is a large area, so it’s best to narrow your focus. Start a stroll on East Davie Street in the historical Olde East neighborhood, where the 43,000-square-foot Transfer Co. Food Hall awaits. This gathering space for the community hosts 12 vendors ranging from a craft brewery to a classic seafood market, to shops selling empanadas, wood-fired bagels, cookies and ice cream sandwiches.

Head west on Davie and then north on South Blount Street to Brewery Bhavana, a brewery, taproom, dim sum restaurant, library and flower shop, all in one.

You can’t come to the South without indulging in some fried chicken, and luckily, a few



» **Raleigh and Durham highlights** include, clockwise from top: cocktails at Kingfisher; Pizzeria Toro’s wood-fired pizzas; the flower shop at Brewery Bhavana; and fried-chicken-and-waffle plates at Beasley’s Chicken + Honey.

blocks away is Beasley’s Chicken + Honey, the fried-chicken restaurant owned by the queen of Raleigh cuisine, Ashley Christensen. Named the 2019 Outstanding Chef in the United States by the James Beard Foundation, Christensen has built a food empire in Raleigh with six different restaurants and bars centered in downtown.

Round out your evening with a 10-minute walk that culminates with tea and mochi doughnuts at Heirloom Brewshop, an Asian-inspired establishment that also offers coffee, sake, small plates and rice plates.

A short drive northwest on Interstate 40 brings you to Durham, nicknamed “Bull City” due to the city’s history as the home of Bull Durham Tobacco and to honor the tough and resilient spirit of Durhamites. Locals here take care of their own and tend to support restau-

rant owners who are rooted in their community and who create diverse, fantastic food.

Start your food tour at M Pocha, a Korean restaurant that focuses on tapas-style plates and well-paired drinks. From there, choose your adventure. Continue on East Chapel Hill Street for crispy-crusted wood-fired pizzas at Pizzeria Toro and for steaming herbal brews from all over the world at Jeddah’s Tea, a Turkish/Moroccan-style teahouse. On Main Street, Beyu Caffè is a longtime go-to for Durham locals for hearty and delicious breakfasts and gourmet coffee. Farther down Main, Bar Brunello serves an eclectic selection of wines from across the globe. Other great options within a few blocks: seasonal “ground-to-glass” cocktails at Kingfisher and handmade ice cream at The Parlour. The Salted Butter Caramel ice cream is a citywide favorite. ✈

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ELEVATED FARE

By Evelyn Spence

» High-alpine cuisine is a definite perk of skiing, but at these restaurants, you don't even need skis to enjoy a great meal in a scenic mountain setting. You only need a lift. That means even nonskiing family members and friends can easily gather for a lofty experience.



Granite Bistro pairs a great view with food such as this chicken sandwich, featuring housemade fig jam and local arugula, with a side of garlic fries.

Granite Bistro, Squaw Valley, CA

This bistro is part of High Camp—a complex at 8,200 feet, on a ridge between Broken Arrow and Emigrant peaks—and is accessible via an aerial tram. High Camp was built after Squaw Valley hosted the 1960 Winter Games, and also has an Olympic Museum that features USA uniforms and other memorabilia. The modern Granite Bistro is named for the dramatic rock formations around the resort. Notable dishes include seared salmon with a lemon-thyme polenta cake, while the Chef's Jam Chicken Sandwich showcases housemade fig jam crafted with figs from a family-owned Northern California farm, and arugula that was grown in the Lake Tahoe area. High Camp's mountaintop indoor herb garden grows the garlic and parsley toppings for the bistro's Parmesan-garlic fries, and the fish tacos feature local jicama-and-cabbage slaw. Meals are paired with a view of terrain such as the iconic Palisades.

Ragnar's, Steamboat, CO

In 1916, U.S. skier Ragnar Omtvedt, who had been born in Norway, set a ski-jumping record—192 feet, 9 inches—in Steamboat Springs, which later became his home. Thanks to Omtvedt and fellow Norway-born U.S. athlete Carl Howelsen, who had come to the Steamboat area a few years earlier and had been the first to do ski jumping there, Scandinavian influences were embraced in the region. At Steamboat Ski Resort's tribute restaurant, Ragnar's, five-course dinners on Fridays and Saturdays start with a smorgasbord platter, including locally sourced smoked trout, before moving on to dishes such as *anka* (duck) and *elg* (elk) with lingonberry sauce. The journey to the meal is equally wonderful. From the top station of the resort gondola, a snowcat-drawn sleigh takes guests on a 20-minute ride under the stars to reach a lodge in the woods at 9,300 feet.

The Roundhouse, Sun Valley, ID

Perched about two-thirds of the way up 9,150-foot Bald Mountain, with views of the Sawtooth peaks, The Roundhouse opened in 1939 at the country's first destination ski resort. Reached by the Roundhouse Express Gondola, the restaurant was designed to evoke a railroad switchhouse building, in tribute to railroad executive Averell Harriman, who had opened Sun Valley Resort in 1936. A four-sided wood-burning fireplace flickers as you savor five-course prix-fixe dinners on winter Friday and Saturday nights, featuring items such as elk chop with fruit chutney; beef tenderloin; and a confit of Idaho potatoes. And during winter days, guests can enjoy Fondue for Two. ✈

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CHEESE TEA TREND

By Danielle Centoni

» It's not uncommon to add a slice of lemon to your cup of tea, or maybe a spoonful of sugar and a splash of milk. But lately, tea lovers are turning to a different part of the dairy aisle, for a seemingly unlikely option: cheese.

"The first impression is: 'Cheese? That sounds weird,'" acknowledges Emil DeFrancesco, founder of Steap Tea Bar in San Francisco.

Jenny Zheng, owner of Little Fluffy Head Cafe in Los Angeles, says: "Most people imagine the drink as a cup of hot tea with straight-up cheese blocks floating on top. It's a funny picture, but that's not the reality."

Instead, this trend that is starting to sweep the United States is all about richness. Cheese tea typically refers to tea topped with fluffy whipped cream that's usually been mixed with sugar, a touch of salt and a spoonful of cream cheese or another mild cheese. This adds luscious texture and a sweet-



hand mixer to blend the cheddar into the whipped cream for a savory topping for her Chedd-Cha cheese tea, which is available hot or cold. Other hot cheese tea options at the cafe include Chocolate Latte, Milk Tea, and oolong in flavors ranging from peach to decaffeinated buckwheat.

At Steap Tea Bar, DeFrancesco makes his cheese topping extra luxe with Italian mascarpone. And at Brew's Lee Tea Station in San Antonio, Texas, co-owner Frances Lee blends grated cheddar cheese, grated fontina, whipped cream, salt and sugar together at the same time. "The cheese topping helps balance the natural bitterness of strong teas," says the Filipino-Chinese tea expert. "I always suggest that our customers add a cheese cap to a black- or green-tea base."

Many shops will even serve the topping torched. "The brûléed top enhances the aroma and gives the tea a different texture and a caramelized flavor," Lee says.

Meanwhile, at Steven Smith Teamaker in Portland, Oregon, even those who go dairy-free can indulge in a cup of "cheese" tea. Whipped chickpea liquid (aka aquafaba), thickened with arrowroot starch, is used to create a frothy topping that also includes maple syrup, vanilla and salt. The froth is served on a highly floral iced jasmine green tea.

"Trying to create something that would mimic the taste of cheese tea without the dairy was an interesting challenge, but it was worth it," says Ravi Kroesen, the company's head teamaker. "There's a slight tanginess to the topping, plus salt and sweetness, creaminess and fat," he says. "It makes anyone's taste buds perk up." ✈

» Above: Fluffy Oolong Tea featuring roasted oolong with cheesecake cream topping, from Little Fluffy Head Cafe. From left to right: Classic Milk Tea with a cheese cap, Rose Milk Tea with a brûléed cheese cap and Taro Coconut Tea with a cheese cap, all from Brew's Lee Tea Station.

yet-savory, cheesecake-like tang to iced teas or to hot tea, coffee and cocoa. "It tastes like a soft dessert," says Zheng.

Some believe the topping was born around 2010 in the bubble-tea shops of Taiwan, where the concoction may float atop iced black or green teas mixed with milk. Shops in Taiwan and China that use real cream cheese instead of cream-cheese powder are said to be particularly popular.

But at tea shops in the States, cream cheese is just the beginning. "There is a huge cheese culture in the U.S., and that empowers us to explore different cheese options for our teas," says Zheng. At Little Fluffy Head, she uses a blender to finely grate cheddar cheese, then employs a

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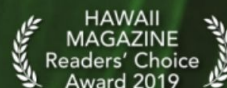
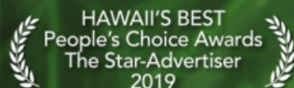
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NOTEWORTHY NIGHTWEAR

By Zoë Buchli

» After a busy day devoted to work, school, sports or other activities, most people want to relax for a while, then turn in for a rejuvenating night of sweet dreams. Here are some items designed for enjoyable downtime or a pleasant sleep.

The **Tartan Flannel Robe** for men, below, from **Brooks Brothers** is calf-length and warm, yet lightweight. It has a removable belt and features two front pockets (\$118). Brooks Brothers also offers a soft, thick, calf-length white women's Terry Cloth Robe, which can be monogrammed with up to three initials (\$148, plus \$12 to monogram; brooksbrothers.com).



Lounge and sleep in comfort with **Cool-jam's Women's Moisture-Wicking Sophia Button Front Pajama Set**, which has a classic look and soft feel. Long sleeves provide warmth, while moisture-wicking properties help keep you from overheating. The PJs weigh less than a pound and are wrinkle-resistant, so they're very packable, too (\$85; cool-jams.com).



ThermoBall Eco Traction Mules V, a new release from **The North Face**, are soft, water-resistant slippers whose outsoles of 40% recycled rubber are designed for traction on all kinds of indoor floors and also on outdoor surfaces. Inside the slippers, fleece linings embrace your feet. Women's and men's versions come in several different colors each (\$55; thenorthface.com).



P.J. Salvage has a **Cozy Cardigan** that offers versatility. Wear it over pajamas for stylish warmth on winter evenings as you sip tea and watch snow from your window. Or pair it with jeans and a thermal top if you decide to head outside to feel the snow on your face or meet someone for a nightcap (\$78; pjsalvage.com).



One-Piece Pajamas for kids from **Tucker + Tate** come in designs such as the front-zip boys' Camo Dog print, with animal ears on the hood, and with a kangaroo-style split front pocket (\$45). Also fun for lounging and sleeping are the girls' Hooded Princess Bear Romper and panda-style Animal Hooded Romper, above (\$45; shop.nordstrom.com). ✂

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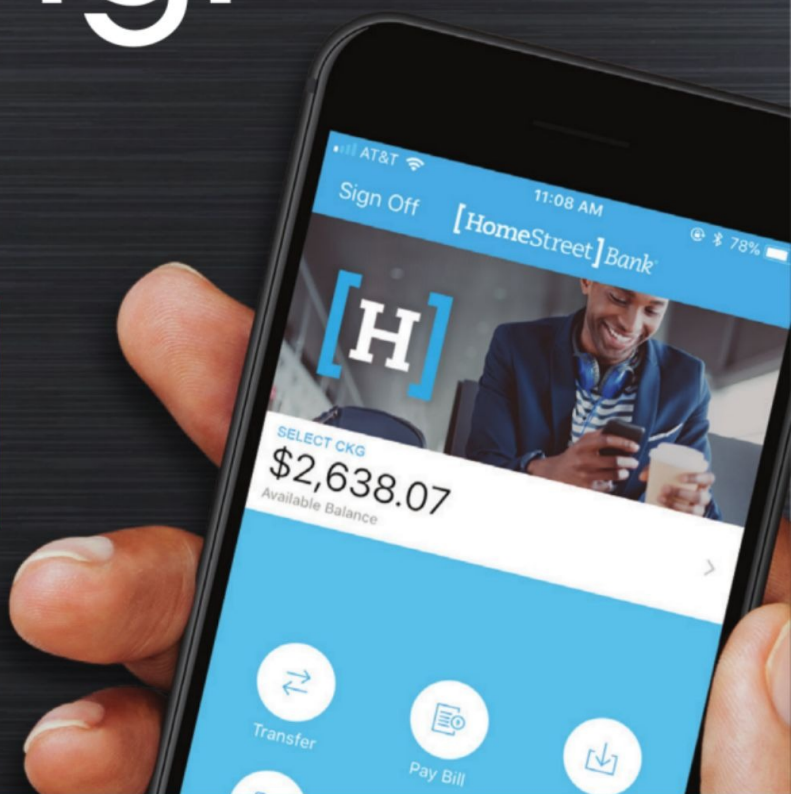
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FAMILY ROOM

Kia's Telluride reshapes the rugged, stylish SUV

By Bengt Halvorson

» Over the past 10 years or so, the role of the ideal American family vehicle has evolved—even further away from the utilitarian minivan and toward something that looks ready to take it all on, from black-tie events to carpool duty to camping trips.

The Kia Telluride is well-positioned for that new purpose. It's the largest vehicle Kia has ever built—a size larger than its Sorento—making the Telluride comparable to the Ford Explorer or Volkswagen Atlas on the outside. The Kia model also features a style that's on par with other American luxury SUVs.

The Telluride, starting at \$32,785, packs in the features, while offering the ambiance of a premium-brand SUV at the price of, well, a Kia.



Choice cabin

The cabin features brushed-metal and matte-wood trims, warm colors with multiple brown upholstery choices (as well as black and gray), and available nappa leather seats that are double-stitched, quilted and padded. Additional highlights include an upright seating position (with lumbar and thigh support in the front in SX models) and big windows that afford great views. Other options include a heated steering wheel and dual moonroofs.



Kia Telluride.

Rugged yet refined

Few vehicles are successfully rugged and tough as well as refined and dressed-up, but the Telluride has mastered this with some clever design elements. The handsome squared-off proportions are matched with a combination of subdued-but-memorable colors and fine details for the lighting and corners.

Roomy, front to back

The Telluride is sized right for families who plan to use all three rows. A power-sliding feature for the second row makes access to the rearmost row easy. The third-row seating isn't an afterthought, either: Features in the back include climate-control vents and reclining seats.

Strong and smooth drive

The Telluride is powered by a 3.8-liter V-6, making 291 horsepower and 262 pound-feet of torque, with an eight-speed automatic transmission and a choice between front-wheel drive and all-wheel drive. For an extra \$795, you can add a towing package with self-leveling rear suspension.

Technologically equipped

Calls, messages and apps can be accessed on the vehicle's screen—8 inches in the base LX, and up to 10.25 inches at the top of the lineup. The systems are Apple CarPlay- and Android Auto-compatible, and the top SX model includes Harman/Kardon premium audio. All Tellurides offer at least five USB charging ports

and three power outlets and can be optioned with an AC inverter.

Terrific on varied terrain

The Telluride has a tow rating of up to 5,000 pounds and includes a Downhill Brake Control system to help keep a steady speed downhill on steep grades. All-wheel-drive models have an electro-hydraulic system that can send 100% of power to the front wheels in Eco or Smart modes. Comfort or Snow modes send 20% of the power to the rear wheels, while a Sport mode can vary the distribution based on driving conditions. There's also a Lock mode for slippery situations. In all, the system is designed to offer security on whatever kinds of roads you encounter. ✈

Many of us toast the new year with sparkling wine, celebrating with a few friends and family. Ciara? She marked the 2020 ball drop with roughly 10 million people, as one of the hosts of *Dick Clark's New Year's Rockin' Eve*. This is the third year the superstar has anchored the show's Los Angeles festivities, helping the world ring in not only a new year, but a new decade.

"The year 2020 feels like such a major milestone," Ciara muses. "To be a part of the start of that, there's a strong feeling of wonder. And on a personal level, there's a sense of curiosity. I'm so curious what 2020 will bring."

For Ciara, who wrapped up 2019 after a hot streak of accomplishments, the next decade is bound to bring wondrous things, indeed. Born in Fort Hood, Texas, as Ciara Princess Harris, the future media mogul was living in Riverside, Georgia, at age 14 when she watched music artists perform on *Good Morning America*. That experience inspired an uncanny clarity that she

was destined for stardom. The singer, dancer and songwriter was soon signed by a label, and by 2005, she had risen to fame with the triple-platinum album "Goodies." In the 15 years since, she's released top-10 singles, earned a Grammy Award, led projects that included not only songs that she wrote but also songs that she co-wrote with stars such as Missy Elliott, and been named a Revlon global ambassador. And she was only warming up.

In 2019 alone, Ciara graced the covers of *Vogue Arabia* and *InStyle* magazines, toured in support of her album "Beauty Marks," and launched a production company with her husband, superstar quarterback Russell Wilson. She appeared atop a float in New York City's Macy's Thanksgiving Day Parade just a few days after her triumphant hosting of the American Music Awards on November 24. She dazzled in nine outfit changes—each ensemble breathlessly covered by the fashion media—

● CIARA

ENTERTAINER. STYLE ICON. EMPIRE BUILDER. MOM OF TWO. CIARA EMBODIES DETERMINATION—AND 2020 IS LOOKING TO BE HER BIGGEST YEAR YET

BY KATHRYN DRURY WAGNER



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Ciara aboard a float in the Macy's Thanksgiving Day Parade, above, and at the American Music Awards, on stage with Shania Twain and Taylor Swift.



and brought audience members to their feet with a red-hot performance of her new song *Melanin*. It's a proud anthem by and to women of color.

She is understandably proud of *Melanin*, which features vocals by Ciara and some of her close friends. Oscar-winning actress Lupita Nyong'o gave her rapper alter ego, Troublemaker, a professional debut on the track. "Lupita was game to get into the studio," says Ciara. "And one of my best friends, La La Anthony, she has never rapped on a track before either, and she did it, too. Everyone had their own flavor." For example, Nyong'o raps about her heritage, being "Mexican born but a Kenyan queen"; Anthony, who identifies as Afro-Puerto Rican, has a verse about being a confident "Butter Rican bae."

Ciara says: "This is a song for every young girl, for every woman, for everyone, who can make their own roll call. What are the words and ways you describe who you are? It's a special thing we had, to inspire all the melanin queens to love the uniqueness of your skin tone; to love that about yourself and embrace the tapestry of skin colors that makes up human-kind. I'm speaking to specific cultures, but ultimately it's a song for everyone."

AMERICAN FAMILY

In 2016, Ciara married Russell Wilson, forming a true power couple. Like Ciara, Wilson has talent, an entrepreneurial spirit and an interest

in making the world a better place. (In case you missed it, he also graced the cover of the December issue of *Alaska Beyond*.) The couple live with their daughter, 2-year-old Sienna, and Ciara's son from a previous relationship, 5-year-old Future, in Bellevue, Washington. Ciara and Russell often work side by side on philanthropic projects for the Why Not You Foundation, founded by Wilson in 2014 to empower young people to be future leaders. Last spring, they unveiled a new program awarding \$100,000 in college scholarships to eight deserving students in King County—just one of the many initiatives the foundation supports.

The couple also have announced the formation of Why Not You Productions. Building on positive energy, the new company will focus on producing scripted and unscripted film, TV and digital content, with an eye to inspiring narratives.

With such jam-packed schedules, Ciara cherishes the simple times when she and her husband can kick back and relax together. "Russ and I love TV night," she says. "In the evening, as things wind down, we just enjoy a show. It's harder now, to find that chill time. Because even when the world slows down, my kids don't. Someone is always doing something, like karate or swimming."

Ciara's commitment to family shines through in her role as an executive producer and judge on the new series *America's Most Musical Family*, which premiered last fall on

MASTERING THE TRANSCON

After finishing a meeting or performance, Ciara often takes cross-country flights in order to get back to her family as soon as possible. She wants to be there for the school drop-offs and the tuck-ins.

What's her travel secret for flying all night and still functioning? "My daughter has her blankie, and I am the same way," she laughs. "I need my blanket, and if I have it, I'm fine. I get cold easily, so I always have a blanket."

Ciara is also disciplined about sleeping on overnight flights. "Once you get on the plane, get yourself settled in right away, shut down the electronics, and maximize those five or six hours," she advises. "If you stay up, it's a disaster. Shut down the brain!"

—K.D.W.

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CIARA

Ciara's "Beauty Marks" tour made a stop in Atlanta in September.

Nickelodeon. "It's been such a treat to be a part of that producing team and team in general," says Ciara of the show, which features 30 families showcasing their musical prowess to compete for a \$250,000 cash prize and a recording contract. "There's a lot of diversity," says Ciara. "We had a band where each brother can play seven instruments. We had another group with a grandmother in it. I hope it's inspiring to people. The power of music is real. Music can bring together people of different backgrounds and economic groups. Music can heal you, inspire you, uplift you."

MAKING HER OWN MARK

After years of being on other labels, Ciara stretched her wings in 2017 and founded her own record and entertainment company, Beauty Marks Entertainment. BME—which she heads and is very hands-on with—places music in the center of her Venn diagram of interests: media, fashion, philanthropy and technology. "The landscape of the music industry has changed so much since I was putting out my first album 15 years ago," she explains. "It's a whole different ballgame." Ciara is well aware of the impact of social media and the evolving way songs are distributed, having tallied 1.4 billion music video views and 24.1 million followers on Instagram herself.

BME released several singles by Ciara, then in May 2019, an album, also titled "Beauty Marks." Ciara plans to continue to release her own music, as well as eventually produce music with other performers. Like many of her peers in the artistic community, she says she is looking for ways to be empowered in her business and to reap the benefits of her own labor, she says. "Owning my own masters, for example. It's a new day. It's recognizing your value."

As one of the entrepreneurs leading change in the music industry, Ciara recently immersed herself in one of Harvard Business School's Executive Education programs. She calls it "one of the most important experiences of my life," and studied with Harvard professor Anita Elberse, an acclaimed expert in digital media strategies, for a short course in "The Business of Entertainment, Media, and Sports."

Ciara has gone from being a young teen watching *Good Morning America* to being booked onto GMA herself. In fact she had a performance scheduled while she was taking her Harvard course, but was able to make both opportunities happen. She flew from Boston to New York the night before, performed on GMA, and hopped on a return flight to Boston so she could be back in class that afternoon.

The program was worth it, Ciara says. "I left


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CIARA



that course feeling like I was enlightened. I felt 10 times more prepared for what I was doing in business. The case studies were amazing. I took lots of notes. I honestly want to go back to school again.”

For BME and Why Not You Productions, she says, there is “a lot brewing that we can’t reveal quite yet, but we are leveling up with more TV and film, more music, more visuals for the fans. I’ve enjoyed having that direct control and access to my fans. It’s important to me to keep this unique relationship with my fans I’ve always had. I’ve been learning a lot, having the creative freedom to express what I want to express, when I want to express it.”

LOOKING AHEAD

Ciara recently served as creative director for Finish Line’s fall collections of Nike- and Jordan-brand products for kids, imbuing the family-friendly selection of athletic attire, shoes and accessories with her personal sense of style. She also fronted a fall campaign for Nine West for Kohl’s collection. And the standout style trendsetter plans to make more waves in the fashion world.

“I’ve always had a love for beautiful designs and fashion. What good are the visuals without the fashions?” she says, referring to her mega-popular music videos. Stay tuned, she adds, because “I am cooking up something cool.”

She’s also intrigued by technology. “It’s becoming such a dominant force in how our world functions and thrives,” she observes. “Will we be flying around like the Jetsons? We haven’t gotten there yet, but we aren’t too far away, either. In 10 years, my children will be teens, and I know I’m going to go on an incredible adventure with them as a parent.”

In May, Ciara performed in Central Park as part of Good Morning America’s Summer Concert Series. At right, Ciara serves as a judge on the new series America’s Most Musical Family.

She wants to keep working on ways to level up professionally, too. “I’m going to declare 2020 as the start of the best decade yet.

“For me, my biggest desire is to have a fruitful life,” she says. “I think about my life way ahead, and the reality is, we are not going to always be here. I’m very spiritual. I’m a believer. I have to talk to myself and say I have to maximize life, maximize opportunities, and put everything into my life and into the universe that is good. That’s my approach.”

Ciara is a firm believer in literally speaking positively. “There’s life and death in the tongue, I always say. You have the chance to tell your life story, so when you speak, say great things. When you say, ‘I can’t do this’ or ‘I’m so silly trying that,’ you’re speaking energy onto yourself. If you say you can, you start to will yourself toward it happening. You’re giving yourself confidence; you’re supercharged to make the things you want to happen, happen.”

For all her intensity and drive, Ciara is not all about seriousness.

“I love laughing, I’m goofy,” she says. “I’m one of those people who looks for the positive in anything. If I’m going through a difficult moment, I’m like, let’s get to cheer; let’s get back to joy. I’m really committed to that.” ✕

Kathryn Drury Wagner is a frequent contributor to Alaska Beyond Magazine.

TOURING THE BAY AREA

LEARNING THE HISTORY
BEHIND FAMOUS PEOPLE
AND PLACES

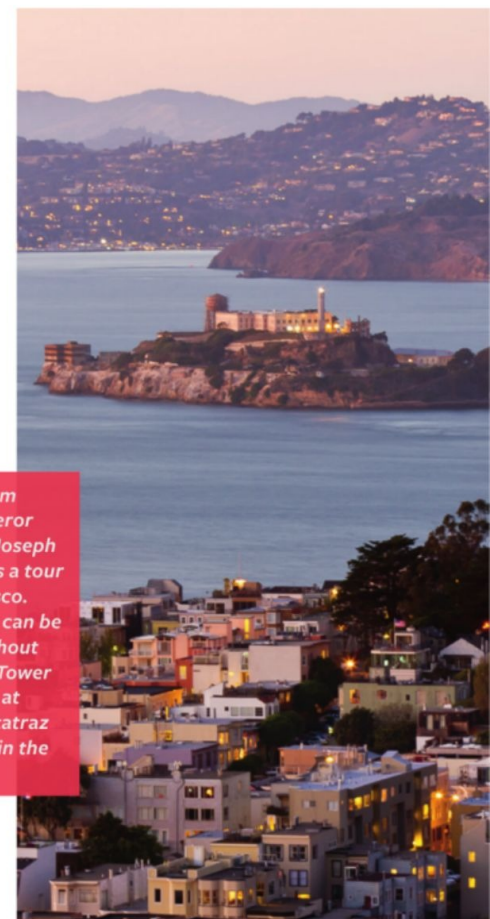
BY MARLENE GOLDMAN



A bearded man, dressed in a faux 19th century military uniform and wearing a top hat adorned with feathers, is leading my group through San Francisco's historical downtown streets and back alleys.

Our guide, Joseph Amster, is impersonating Joshua Norton, one of San Francisco's most famous characters. The self-proclaimed "Emperor of the United States," Norton was an entrepreneur who lost all his money in bad business deals in the 1850s and ended up a pauper. He declared himself emperor, created his own money and became a local legend. Our guide receives a few salutes from locals as he leads an Emperor Norton's Fantastic San Francisco Time Machine tour. The walk covers much of the city's history, including the earthquake and fire of 1906. We end up at the spot where the original Emperor Norton passed away, across from Chinatown's Old St. Mary's Cathedral. Our guide says about 200,000 people lined Norton's funeral procession.

My walk with the modern-day Emperor Norton is one of more than a dozen tours of the Bay Area that I take during a two-week span. The tours include strolling through Haight-Ashbury, exploring garden rooftops, eating specialty dishes in various neighborhoods, zipping around on a Segway and even hunting for ghosts. The tours prove to be fun and entertaining ways to learn about the San Francisco Bay Area.



Clockwise from top left: Emperor Norton (aka Joseph Amster) leads a tour in San Francisco. Segway tours can be found throughout the city. Coit Tower is illuminated at dusk, with Alcatraz Island visible in the distance.



CLOCKWISE FROM TOP LEFT: MARLENE GOLDMAN; LISA CORSON; RONALD J. STELLA / GETTY IMAGES

FROM THE BARBARY COAST TO THE PARANORMAL

My favorite way to discover San Francisco's hidden secrets and historical sites is on foot. Visitors could spend weeks wandering area neighborhoods with City Guides, a nonprofit organization founded in 1978 that offers about 80 themed tours led by more than 300 trained volunteers.

I join a City Guides Fisherman's Wharf history tour, which starts at Ghirardelli Square, home of the Original Ghirardelli Ice Cream & Chocolate Shop. As we walk through the San Francisco Maritime National Historical Park, along the waterfront, our guide tells us how the finding of gold at Sutter's Mill, near Sacramento, in 1848 forever changed San Francisco. Ships brought in thousands of gold prospectors from around the world, spiking the city's population from 1,000 to 25,000 in



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about 18 months. Many ships were abandoned, as crews left to seek their fortunes. The ships were eventually either broken down and used for building materials or became landfill as the city extended the downtown area east into the bay. By the late 1850s, the gold rush had faded, but not before more than 750,000 pounds of gold had been extracted, greatly enriching the area.

Our tour arrives at the Alioto-Lazio Fish Company, one of the last family owned fish businesses in the city. Annette Traverso, a granddaughter of co-founder Tom Lazio, chats with us about how her grandfather was a stickler for quality. At the Powell-Hyde Street cable car turnaround, we learn about the history of the famous cars, including how a vote of the people in 1947 saved them from being removed. We end the tour at Boudin Bakery, where I watch some of the city's famed sourdough bread being made, and enjoy free samples.

In search of more of the city's history, I join the Secrets, Scandals and Scoundrels tour by Free Tours By Foot (at the tour's end, participants pay the amount they wish). We hear stories about an array of local characters, including Black Bart, famed for robbing bank stagecoaches, and Shanghai Kelly, a local bartender who in the 19th century reportedly was paid to transport inebriated sailors to ship captains in search of crewmen. The city's dynamic past is also documented by the San Francisco Historical Society with a series of 180 bronze medallions embedded in the sidewalks as part of the self-guided Barbary Coast Trail, which has an audio option and also a pocket guide for purchase. Sites include Union Square, the Old Mint and Coit Tower.



With such an exciting past, it's no surprise that San Francisco is home to many haunted locations, at least according to the Haunted SF tour, offered by the Wild SF tour company. Starting in Union Square, we stop at the Westin St. Francis Union Square hotel, where singer Al Jolson died in 1950 of a heart attack during a poker game in one of the rooms. There are reports that guests have felt Jolson's presence and even smelled his cigar.

EXCITING ATTRACTIONS

You can also take tours of many of San Francisco's most iconic attractions, including Alcatraz Island. The Cellhouse Audio Tour is provided with a ticket to the island prison. The audio program includes interviews with former prisoners and guards.

Many of the city's world-class museums have free docent tours. The San Francisco Museum of Modern Art (SFMOMA) offers a variety of free public tours and fee-based private guided tours that offer insights into the museum's ultramodern architecture and its famous collection of art, including works by Calder, Matisse and Pollock.



Top: The City Guides tour of Fisherman's Wharf stops at the Alioto-Lazio Fish Company, where you can see the catch of the day. Above: Visitors to Alcatraz tour the famous island prison, and listen to an audio program on the history of the facility that features the voices of former inmates and guards.

TOURING ICONIC NEIGHBORHOODS

All About Chinatown

has been giving tours that explore the history of this unique and famous neighborhood for 36 years.

Cruisin' the Castro Walking Tour

discusses the role of the Castro neighborhood in the LGBTQ community. The late city politician and Castro resident Harvey Milk, right, is also remembered on the tour.



The Haight-Ashbury Flower Power Walking Tour

digs into the neighborhood's hippie past, offering insights into the Summer of Love and celebrity residents such as Janis Joplin, Jimi

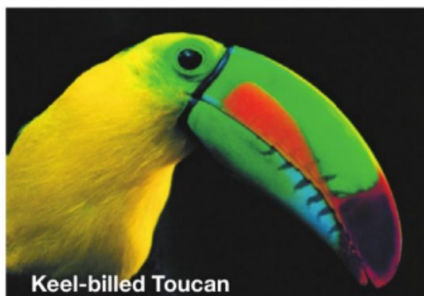
Hendrix and Jerry Garcia of the Grateful Dead.

The Precita Eyes Mural Arts

tour takes you through the Mission District's famed Balmy Alley, featuring about 30 different murals. —M.G.



Manuel Antonio National Park



Keel-billed Toucan



Capuchin Monkey



Morpho Butterfly



Three-toed Sloth



Caño Negro Wildlife Refuge

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Day 4 Caño Negro, Hot Springs

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Day 5 Hanging Bridges

Hike on the Hanging Bridges, view majestic Arenal Volcano, and take a scenic drive around Lake Arenal. Continue to the Pacific Coast for a relaxing two night stay.

Day 6 Turtle Park, Guanacaste

Visit Leatherback Turtle National Park. These marine reptiles are the largest in the world, weighing over 1,500 pounds. Free time at the J.W. Marriott Resort and Spa.

Day 7 Cruise, Manuel Antonio

Cruise on the Tarcoles River. Enjoy bird watching and crocodile spotting. Continue to your hotel at the Manuel Antonio Park entrance.

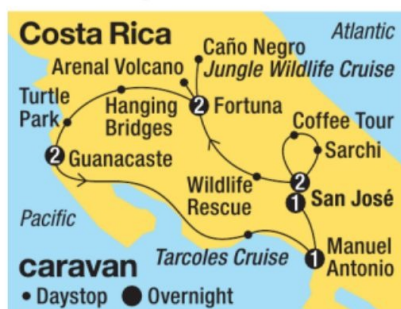
Day 8 Manuel Antonio

Visit Manuel Antonio National Park, a natural habitat for the three-toed sloth and capuchin monkey. Hike through the rainforest and along beach coves. Look for toucans and parrots. Farewell dinner tonight.

Day 9 San José

Tour ends after breakfast. Caravan provides airport transfers. Thanks for vacationing with Caravan!

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Hotels - listed by day

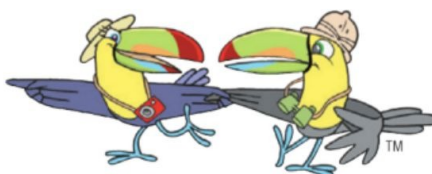
- 1, 2 **San José** Barcelo Palacio
- 3, 4 **Fortuna** Magic Mountain
- 5, 6 **Guanacaste** J.W. Marriott
- 7 **Manuel Antonio** San Bada
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FULLY GUIDED TOURS SINCE 1952

A fan of architecture, I take a docent-led Art and Architecture tour at the de Young Museum, one of the largest copper-clad buildings in the world, covering 293,000 square feet. Located in Golden Gate Park, the de Young has various collections, but is probably best known for its American art collection, with works by artists such as Edward Hopper, Georgia O'Keeffe and Mark Rothko.

Near the de Young is the California Academy of Sciences, which has VIP tours that let you walk on the museum's plant-covered living roof and examine rare specimens in the collections room. You also can explore rooms containing animal bones and learn about the research being done at the museum.

My trip to Golden Gate Park gives me the chance to ride Segways with Electric Tour Company, which offers tours that go by the park's main attractions, including the museums, Japanese Tea House, Conservatory of Flowers, Stow Lake, Bison Paddock and National AIDS Memorial Grove, to name a few.

I also enjoy a walk with City Guides through another park, the 1,500-acre Presidio. A former military post, the park has breathtaking views of San Francisco Bay, the Pacific Ocean and the south end of the Golden Gate Bridge. We learn how the Presidio Trust has helped preserve the buildings and barracks that date to the 1890s, while leasing space to restaurants, four-star hotels and even the Walt Disney Family Museum.

Fittingly, my final stop on my marathon of tours is at Lands End, southwest of the Presidio. The City Guides tour includes a chance to explore the ruins of the Sutro Baths. I also can see a glimpse of the Golden Gate Bridge, barely visible in the city's famous fog. The perfect way to end my exploration of San Francisco.

OAKLAND TOURS

Across the Bay Bridge from San Francisco, the City of Oakland offers eight free guided historical walking-tour itineraries, including the one I join, which begins in Uptown and continues to Lake Merritt.

The Uptown to the Lake Walking Tour

focuses on the Art Deco buildings of the Uptown District, starting with the Paramount Theatre, which has its own backstage tours. Our guide, Don Tyler, a retired history teacher and self-appointed "Oakland snob," tells us about the theater, with its 110-foot-high mosaics in an Egyptian pattern on the facade. Inside is a nearly 60-foot-high ornate Grand Lobby, with walls that are decorated with elaborate designs that evoke a rainforest. There is also an Art Deco glass lighting display in the shape of a waterfall.

Tyler details Oakland's history, including its founding in 1852, how the city became the western terminus of the Transcontinental Railroad in 1869, and how thousands of San Francisco residents displaced by the 1906 earthquake and fire moved to the area.

We end our walking tour at the pleasing Kaiser Center roof garden. The greenscape located atop the Kaiser Center parking garage



The San Francisco Museum of Modern Art, above, is known for its fascinating architecture. The area near the Sutro Baths, below, offers great ocean views.



CULINARY EXPLORATIONS

Local Tastes of the City Tours features culinary excursions, including a combined Chinatown and North Beach tour, where you dine at locations such as Chinatown's Grant Place Restaurant and North Beach's Mona Lisa Restaurant.

For breakfast (and lunch), join **Edible Excursions** at the Ferry Building Marketplace, where you can enjoy many samples from local chefs and food artisans.

Avital Tours offers a food tour of the Mission District that includes a stop at the Craftsman and Wolves bakery. Also tour the Mission's Dandelion Chocolate Factory and learn about making small-batch chocolates, below. —M.G.





The large Egyptian-themed Art Deco facade of Oakland's Paramount Theatre is an attraction viewed on some city walking tours.

has beautiful views of the city's Lake Merritt.

One of Oakland's most famous areas is Jack London Square, an entertainment and business destination along the Oakland/Alameda estuary that is named for the author who grew up in the Oakland area and frequented the waterfront. I spend an afternoon on a Local Food Adventures tour, visiting the square and the nearby Jack London Brewing District and enjoying local favorites. Our stops include the Everett & Jones barbecue restaurant. Started by Alabama native Dorothy Everett in 1973, the restaurant is famous for its smoked pork ribs and beef brisket, with all the classic sides.

Later, we savor a beer-flight tasting at Original Pattern Brewing Company, which features beers such as Deadset Motueka Pale Ale and Serenity Now! Hybrid IPA. The brewery also serves dumplings from Good to Eat Dumplings. To end the day, we stop at the iconic Heinold's First and Last Chance Saloon.

Established in 1884 and frequented by London himself, it was designated a National Literary Landmark in 1998, a deserving spot for a toast to one of the city's most famous residents.

SAN JOSE TOURS

South of Oakland is the technology hub of San Jose, home to Adobe and eBay, among other companies. However, the city also has an abundance of cultural and historical venues.

A favorite is the Rosicrucian Egyptian Museum, which is a true San Jose gem, with galleries of ancient Egyptian artifacts, including funerary objects, statues, cat mummies and even a gazelle mummy. I take a docent tour of a reproduction of an Egyptian tomb, which is modeled after several rock-cut tombs found at the Beni Hasan cemetery site in Middle Egypt that date back to about 2,000 B.C. We learn about the images adorning the

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The Winchester Mystery House is one of San Jose's most popular city attractions. The 160-room home has stairways and doors that lead nowhere, and stained-glass windows that receive no light.

tomb walls, which are based on actual images from the tomb of Khnumhotep II, an Egyptian noble who lived during the 12th Dynasty.

Other city attractions include The Tech Interactive museum, where I take a self-guided tour of its hands-on exhibits. The fascinating "Body Worlds Decoded" shows how muscle groups, bones and body systems work together.

At the San Jose Museum of Art, I join a docent tour that includes works from the permanent collection of about 2,500 modern and contemporary pieces by artists such as Dale Chihuly, Jim Dine and Hung Liu.

One of San Jose's most popular tour sites is the Winchester Mystery House. Wealthy heiress Sarah Winchester spent decades remodeling a San Jose farmhouse. At the time of

her death in 1922, the house had grown to 160 rooms, at a cost of \$5.5 million. I join the basic tour of the Winchester Mansion, and later join the Explore More Tour that takes me to even more areas of the massive and strange mansion, known for doors that lead nowhere, staircases that wind up into ceilings and stained-glass windows that receive no light.

For more local discoveries, San Jose Walks & Talks offers historical and cultural tours, including the Adobe to Adobe tour, which follows the city's history from a sleepy Spanish pueblo to becoming a technology leader. ✈

Marlene Goldman writes from the Bay Area.

For more about Bay Area attractions, visit sftravel.com, visitoakland.com and sanjose.org. Alaska Airlines (alaskaair.com) provides regular service to San Francisco (SFO), Oakland (OAK) and San Jose (SJC).

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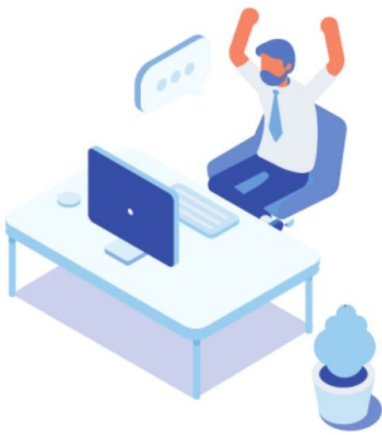




Meeting Your Goals

Getting the most out of conferences and conventions

By Michelle Wallar Martin



When one of Beth McCaw's friends introduced McCaw by email to an executive in another state who was also doing philanthropy work, McCaw arranged to get together with the new contact at an upcoming conference they would both be attending.

The new acquaintances got to know each other over a glass of wine at the end of a conference day, which meant they weren't rushing off to the next seminar, says McCaw, who is president and CEO of the Seattle-based Washington Women's Foundation, which uses a collective-giving approach, combining contributions from individual women to provide large-scale, high-impact grants to carefully selected nonprofits. Foundation members can also participate in learning and networking events designed to inform and enhance their ability to lead positive change.

McCaw says that since her first conference get-together with the fellow executive, they have regularly shared ideas by phone, email and text, and they also reconnect in person whenever they're both attending the same event.

Arranging to connect with a valuable contact is one of the ways you can make the most of your investment in attending a meeting, conference or convention. Other beneficial strategies include capitalizing on additional networking opportunities; maximizing what you learn from presentations; and keeping track of and following up on action items that you write down from the conference. Below are tips from McCaw and other experts for getting the most out of an event.

Connecting with Others

McCaw says the first step toward making connections is to find out who might be at the event. If the conference has an app, download it early. With a conference app, you can get into virtual chatrooms and start or join a discussion before the conference

even begins. You can also use the official conference hashtag on social media to announce that you will be going and find others who will be there. Many social-media platforms and apps include photo options so that people who connect virtually in advance can more easily find one another at the event.

McCaw also recommends looking at the schedule in advance and planning coffee-break meetups between sessions or after the conference. If you're inviting someone to coffee via text, email or other virtual delivery, be sure to propose a few dates and times to help cut down on any back and forth. And consider offering to meet somewhere convenient to your contact, McCaw says. The easier it is for the person to get there, the more likely she or he will be to meet with you.

If you're hoping to chat for longer than a coffee break, begin your invitation by telling the person what draws you to them—maybe they have said something intriguing, or maybe they have spoken of an experience similar to one you've had at your workplace, and you'd like to discuss it further. A specific framework for the conversation you're requesting can be more appealing than a generic invitation to coffee, she says.

You might also meet valuable contacts while you're simply standing in line for coffee at the conference or lingering in the hallways between sessions. Some opening questions include, "What brought you to this conference?" "What have you found to be most interesting?" and "What session are you planning to attend next?"

McCaw adds that she has realized she can learn from all kinds of people: older, younger, and more or less experienced than herself. She recommends remaining open-minded about possible connections. And don't be afraid to stand alone at times, because there may be someone hoping to meet you, too, so it's nice to make space for that to happen.



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However, she notes, after sessions, people frequently race to a corner and hop on their phones and laptops. That signals that they don't want to be disturbed, McCaw says. "Yes, you may feel like you need to interrupt at some point before you lose the chance to introduce yourself, but choose the time wisely."

During or after the conference, McCaw says, set aside time on your calendar for an event debrief. She schedules 30 minutes to send follow-up emails to new contacts, transcribe notes and put information on contacts into the Salesforce database her organization uses.

Considering Your What and Why

Determine why you want to meet people at the conference, recommends Paul Axtell, a Minneapolis-based corporate trainer and the author of the book *Meetings Matter: 8 Powerful Strategies for Remarkable Conversations* (he's also the author of *10 Powerful Things to Say to Your Kids*). If you just want to find people you'd enjoy spending time with, that's one thing, he says. But if you are looking for someone who might help answer a question or who might have interesting projects on which you'd like to collaborate, that's different.

That requires conversations that veer from the weather and sports toward topics with meaning that can help you to build a relationship with the person.

Being really good at networking means being able to ask effective questions, applicable to almost anyone, and then being a good listener, he says. When Axtell and his wife were visiting a small fishing village in Scotland a few years ago, their local tour guide coached them to always have "a second and third question" for the villagers they would be meeting. These questions are the more interesting and more thoughtful queries that follow the pleasantries of the first, often-asked question.

"At a conference, after you break the ice with some initial chatting, you can ask the person about their story. Everybody's got a story," Axtell says. "Ask them, 'What are you hoping to achieve?' and 'What are you working on that you are excited about?'"

Questions in which people have to think about the answer and reveal a little about themselves are the best for connecting, he says. Inviting people to tell you their story takes a bit of boldness, but the answers, and the connection, are worth it, he says, recommending that if the person is not receptive, go ahead and move on to someone who's willing to engage on that level and thus has greater potential to become a truly valuable connection.

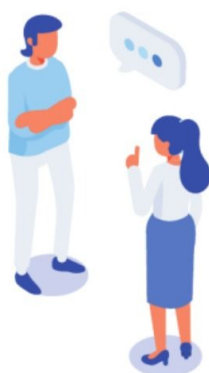
Keep your own elevator speech—those two to three sentences about your story, including who you are and what you're looking for from the conference—handy, too, Axtell says. "If someone asks you a standard question, such as, 'How are you doing?' use it as a way to guide the conversation to a more productive place. You can reply, 'Thanks for asking. Here's how I'm doing, and here's what I'm hoping happens today; how about you?'"

People want to be connected, but often don't have powerful ways to respond, Axtell says. "They mostly appreciate that you are giving them multiple opportunities to be authentic.

He says that if you've been quietly and intently listening to someone for two to three minutes, you've demonstrated that you've been paying attention, and that you will pay attention in the future to what they have to share. Thank the person, tell them you enjoyed the conversation, and then offer them this gift: Share one thing you'll take away from the conversation. Maybe it's a new perspective the person shared that you hadn't thought of before, or perhaps it's new information they provided, or a book or movie they referred to that you can check out. This validates the relationship, conversation and time spent together, Axtell says.

The second part of the word "network" is no joke, he adds. If you've got 100 people in your network, you need to be diligent about keeping notes on what things are important and of interest to them, such as where they work, a bit about your conversation, their family members' names, favorite sports teams and hobbies. He recommends maintaining a spreadsheet.

"Networking is not about being outgoing or the gift of gab," Axtell says. "It's about preparing, being deliberate and following up."





Maximizing Learning

There's a time to network, and then there's a time to absorb information. R.J. Portella, a learning specialist at the Rutgers-Camden Learning Center at Rutgers University in New Jersey, has tips for learning and retaining information from conference speeches and sessions.

It is well-known that there are different learning styles, such as visual, auditory, kinesthetic and experiential, he says. People may tend to learn more readily with one type of learning, but they may also use all the different kinds, or some combination of styles. Sometimes, switching up or combining ways you approach the information can help you learn it faster or more deeply, he says. "You want to come at it from as many angles as possible to assimilate the information."

Portella says he is "a big fan of SQ3R," explain-

ing that it stands for survey, question, read, recite and review.

In advance of the conference, do a survey of what will be offered, Portella says. Look at the titles of conference workshops and keynote speeches, and

look at accompanying articles and videos that conference organizers recommend or send. This allows you to determine what the content of the conference will be and to approach it with questions that you are hoping presenters, and even fellow attendees you chat with, might answer.

In addition to being alert for answers that an official presentation might provide, be prepared with questions to ask if there is a post-presentation Q&A, and with questions to ask people you connect with at the conference. Coming up with questions before the event will get your brain primed for learning.

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Think about how the information being presented applies to your company and your job, Portella says. Also think in terms of colleagues and information that could help them with problems they may be struggling with. Come prepared to learn for yourself and for others you think could benefit.

Taking notes during a presentation can be useful, as well, he says, or maybe see if you can record sessions (you must secure permission first) so that you don't have to worry about taking notes and can possibly pay more attention to the speaker. Experiment with how you learn best, he says.

After the day's activities, it's time to read/recite/review. Portella suggests reading over your notes or workshop materials. Periodically look up from the notes. Then, speaking aloud, say in your own words what you just read. Yes, saying it out loud is important, he says. "Putting it in your own words is the best way to go about it. You more readily assimilate the information, and then later communicate it more effectively to colleagues."

Speaking key information out loud allows the parts that resonate deeply to become clearer, strengthening your understanding. Also beneficial is delving even deeper into meaning in the material based on how it relates to your life, work or experiences, Portella says. Ponder how the information applies to or aligns with your company's brand or mission.

For instance, let's say you learn a new method for involving people in decision-making. You could start by imagining how that might look at your particular company, and figure out if it works with your company's culture. Would it fit your mission? Then think about steps the company would take to implement that new method, and how you would measure results and effectiveness.

After the conference, put together a presentation or a writeup of what you learned, to share with colleagues, Portella says, since we best understand, interpret and retain what we teach and share with others. You might even consider doing



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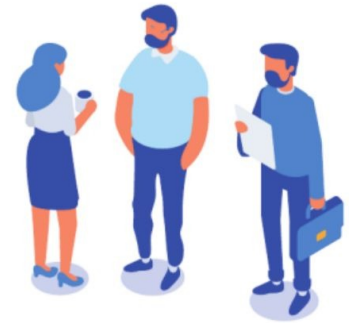
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a bit of personal research to augment the information and make it even more relevant to your work, he says.

Taking Action

To help ensure you accomplish action items related to the information you learn and the people you meet at a conference, Axtell, the author and corporate trainer, suggests using a spreadsheet, and/or one of the dozens of task-management options, such as Monday.com, Todoist, Trello and Evernote. He recommends using a tool that will allow you to assign a completion date.

"Any item on your list with an open-ended deadline is at risk of not being accomplished," Axtell says, "and keep in mind that reputation and reliability are tightly tied to integrity—you do what you say you will."

He also recommends sharing with others the key action items you've developed from your time at a conference. "If there's something I intend to put into practice, I'll tell my boss and close colleagues, and as a result, I would likely complete a lot more of my action items," Axtell says. "Communicating those action items to someone else cements the value of what I took away from the conference." ✈

Michelle Wallar Martin is a freelance journalist and radio producer in Seattle.



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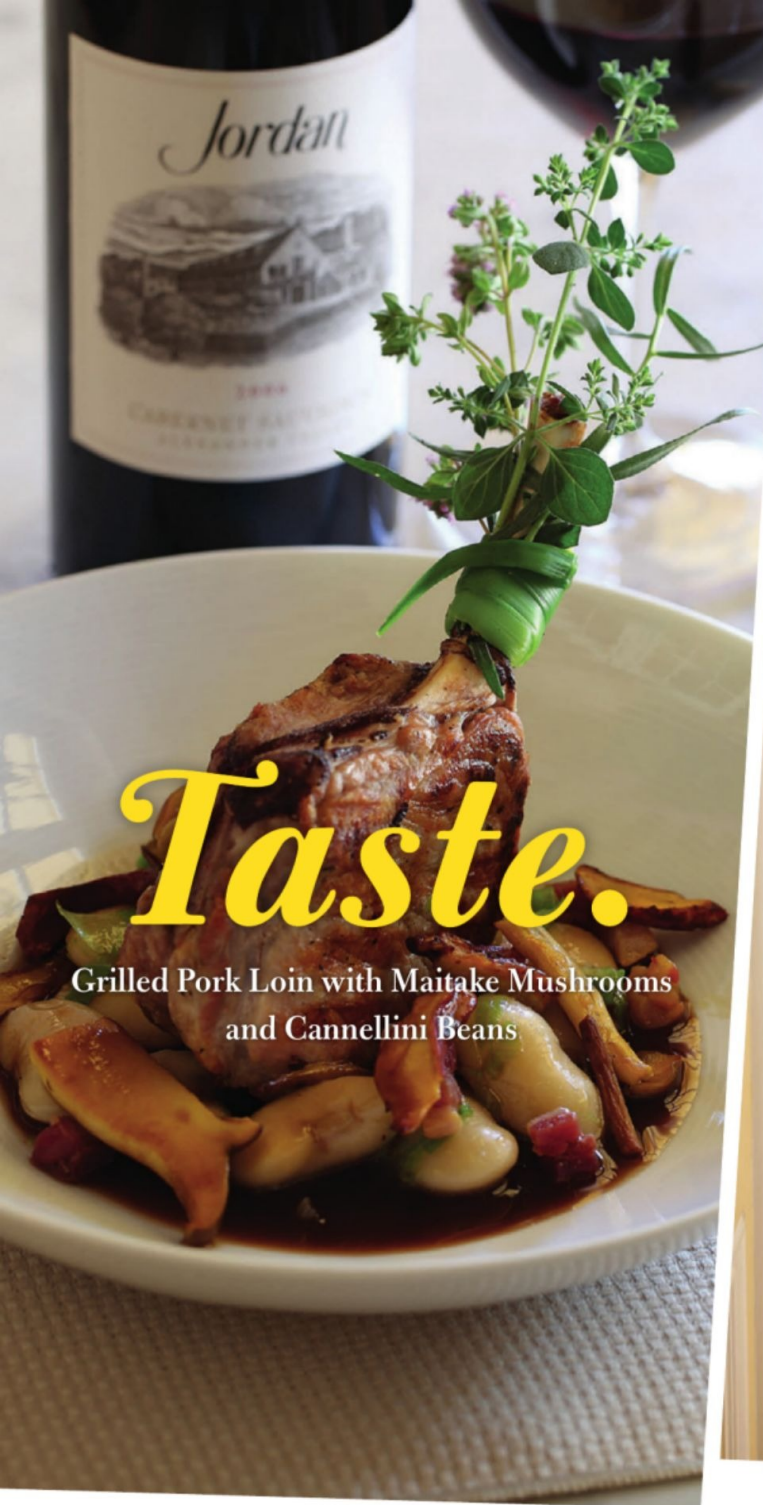


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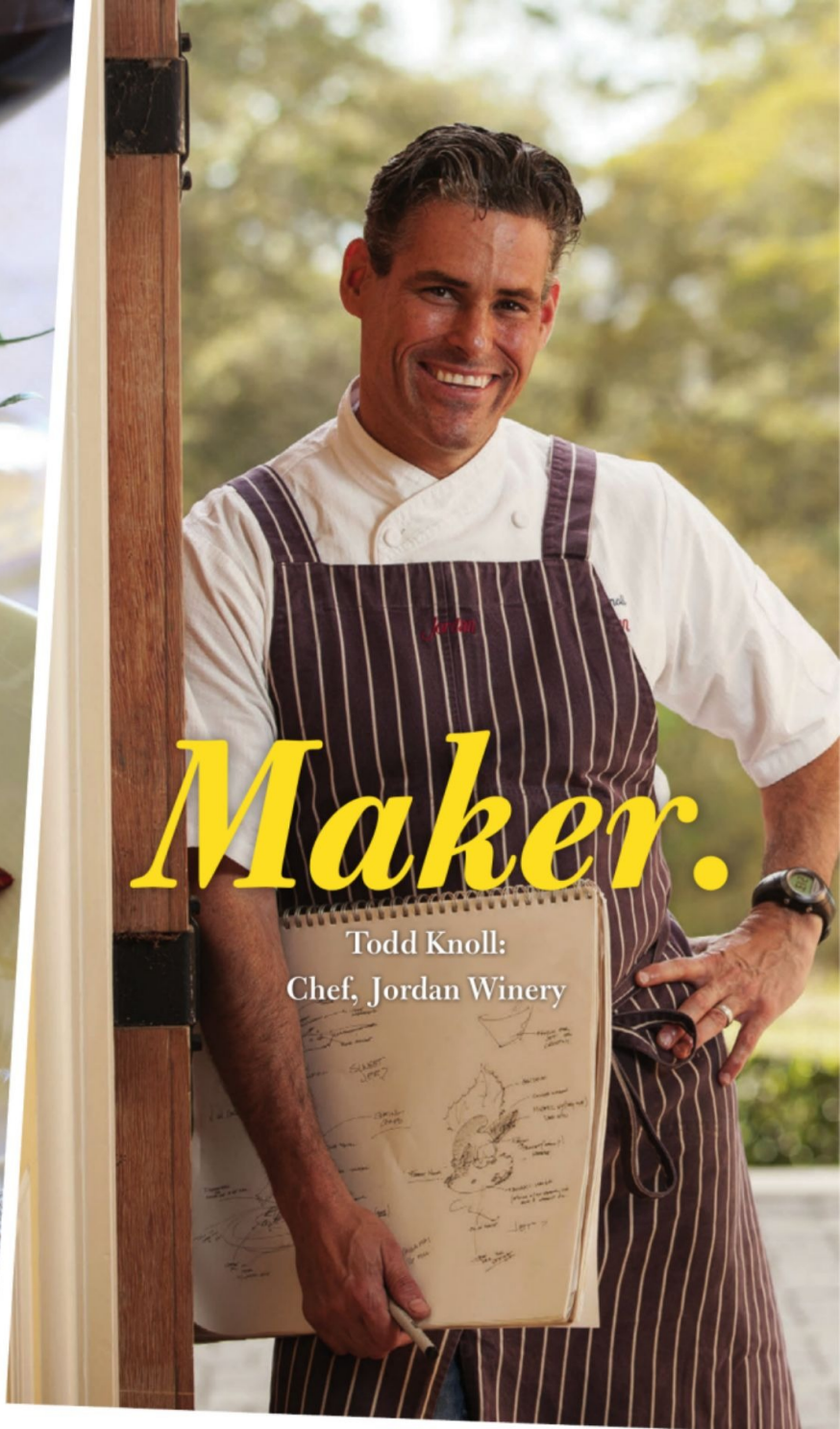


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Planning for Success

Tips for organizing and hosting an event

By Susan Goracke

Emerald City Comic Con attendees had been standing in line for more than 10 minutes to enter a room at the Washington State Convention Center in Seattle. Event organizers realized the popular actor whom fans were waiting to meet, and get an autograph from, was significantly delayed. A panel he was participating in was running over its designated time.

Fortunately, the event staff had a strategy ready, says MK Goodwin, an event director at Reedpop, the Connecticut-based producer of Emerald City Comic Con, which takes place annually in March and attracted 98,000 fans last year.

Emerald City Comic Con staff members kept fans up to date on how much longer the wait would be; engaged the fans in conversations about the actor and which of his TV and movie performances were the fans' favorites; and suggested that fans, "Turn to the person next to you and start up a conversation." In addition, one of the crew members handed out Emerald City Comic Con stickers, and another staff member even juggled. They turned what could have been a boring wait into a fun opportunity to interact positively with their event guests.

Planning ahead for glitches and being flexible when something goes awry is key to success, according to

When attendees are waiting for an event to begin, you can encourage them to start up conversations with the people around them.

experienced event and venue professionals, who offer the following tips for organizing and hosting a successful event.

Anticipate and Prepare

Take time to think about all the possible challenges and what your solutions will be. For instance, at outdoor events, an important factor can be bad weather, which can mean you have to move outdoor functions indoors, says Brendan Rawson, executive director of the San Jose Jazz Summer Fest in Northern California. The festival includes performances by nearly 1,000 musicians on seven indoor and five outdoor stages over three days each August, with attendees exceeding 40,000.

Rawson says an event planner may want to make advance contingency arrangements with nearby indoor venues that can accommodate events if bad weather occurs.

He adds: "For us, with so many stages and performances occurring simultaneously, just keeping the trains running on time is a challenge. One of the tools that helps us with project management is Asana software; we especially like that it integrates with Google Drive."

In addition, he says, the festival hires a mix of private-security personnel and off-duty police officers to stroll the gated festival grounds and help organizers stay on top of how things are going. And 350 to 400 volunteers staff information booths, food booths and the fronts of venues to help ensure that the festival runs smoothly.

First-time organizers of an outdoor event that uses public spaces may not be aware they must obtain permits, which are required by a number of governmental agencies, Rawson also notes. For example, city departments—including parks, police and fire—will likely all have their own codes and permits. County health departments also typically require event producers to obtain permits to ensure an event is in compliance.

"Here in San Jose, we're fortunate to have the Office of Cultural Affairs, a city department that



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serves as the point of contact for artistic events,” he says. “They’ll convene a meeting where they bring in department officials to meet with us, and OCA manages the application process.”

Tammy Turnipseed, the OCA events director, adds to plan for the largest-scope event when it comes to space, booths, etc., since it’s easier to downsize than upsize later. Also determine what other events will be

taking place nearby during the same period, to help plan for traffic, parking, sound and other impacts, and to ensure you will have adequate resources available for items ranging from fencing to staffing.

Communicate with the Venue

Know the end goal of your event, says Mary Jewett, director of marketing at Angel Of The Winds Casino



Additional Tips

From Stacie Adams, senior event manager at Boise Centre in Idaho:

- See if prospective event venues have written guidelines you can look at in

advance as you consider venue options and plan your meeting or event. Boise Centre created an Event Promoter and Decorator Guide and posted it on our website. It includes topics as specific as food and beverage requirements; what kinds of adhesives, signs and banners are allowed; and special effects, such as fog, smoke and laser lights, that event producers can and can’t use. The guide also covers fire regulations, emergency procedures and services, and what licenses, permits and insurance an event producer will need.

- Consider green practices. For instance, Boise Centre can use glass instead of plastic, and can use washable coffee cups versus landfill-bound cups. Some groups also ask for additional recycling bins around our facility.

From Marisa Holladay, a marketing strategist for Dianne Funk Productions, which produces the annual Indian Wells Arts Festival at Indian Wells Tennis Garden in Greater Palm Springs, California:

- Think about fit for booth vendors and sponsors you solicit. One year, a

vendor booth at the Indian Wells Arts Festival turned out to be basically a carnival game. The people running the booth were calling out to festival attendees who were walking by, and the activity in the booth was making a lot of noise. It was distracting to everyone, and not conducive to patrons having a quiet conversation with an artist over a beautiful piece of art.

- Remember that the venue is your ally. The venue staff members want your event to be successful, because if it’s successful, you will return. And the venue is often a really great resource for information.

From Chris Coates, director of sales at The Marcus Whitman Hotel & Conference Center in Walla Walla, Washington:

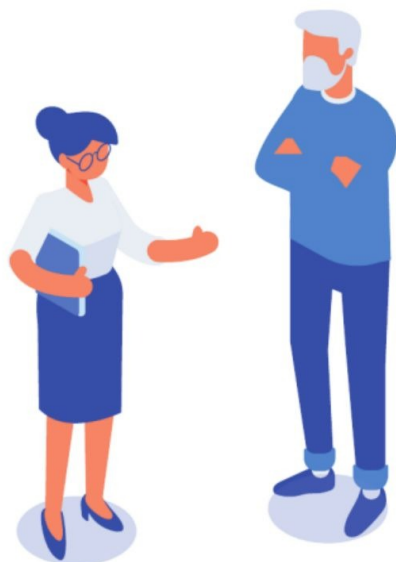
- Be prepared to give the venue an estimate of how many people will attend the event, how many guest rooms will be needed per night, how many meals need to be served, what audiovisual equipment is required and what type of spaces are needed—for such activities as general sessions, breakout sessions and vendors.
- Make sure you know exactly what your speakers’ audiovisual equipment needs are prior to the event, and do a test run with the equipment before the meeting begins. For example, if a presenter creates a presentation on a Mac computer, then puts it on a thumb

drive and brings it to the meeting, and the venue only has PCs, the presentation may not look right. Especially if a video is embedded, it generally works better on the computer it was created on.

- Clearly designate one or two specific people to authorize additional charges with the venue. Sometimes, other committee members may think they have that authorization, but actually they don’t, and that can present the organizer with big problems.

From Heather Taggard, project coordinator for Ice Alaska, the non-profit organization that hosts the World Ice Art Championships in Fairbanks, Alaska:

- If you are using volunteers, have a website where people can sign up to volunteer via a mailing list form (Mailchimp). To keep track of volunteers—such as the 250-plus volunteers, on 19 committees, that work the ice-art championships—use tools such as Excel spreadsheets and master calendars on a shared spreadsheet via Google Drive, as well as paper calendars. Also stay in regular touch with volunteers by email and phone to communicate information and instructions, or to track cancellations so that you have the most time possible to find replacements from the pool of prospective volunteers who signed up on your website. —S.G.



Experienced venues can help with everything from catering to equipment to connecting event organizers with helpful CVBs.

Resort in Arlington, Washington, about 50 miles north of Seattle. She tells event planners, "Come up with your event vision, and we can expand on that." When her team meets with prospective clients, she says, "we review their event, from lodging and food-and-beverage needs to all other details that are important to the client. We are here to assist them."

Angel Of The Winds' many event spaces even include unique spaces such as a 16-lane bowling alley and two sports bays that give event guests the opportunity to play virtual golf, football and basketball, she says.

Jewett recommends having an experienced team assist you. "Professional event planners have so many years of experience, they think of everything," she says. "Our team typically identifies any potential concerns before they arise, enabling us to provide the best event experience possible."

Seek Extensive Assistance

Staff at an experienced venue can handle everything from meeting spaces to food, says Elyse West, a marketing expert at the Deschutes County Fair & Expo Center, in the Redmond/Bend, Oregon, area. "An all-inclusive venue such as ours offers indoor and outdoor event spaces, as well as catering, and onsite equipment ranging from stages to audiovisual items. This allows an event planner to create a home base without the added challenge of booking multiple vendors. It also minimizes guests' need to travel to different offsite places throughout the day."

She adds that venues offering onsite catering can often give event planners discounted rates and seamless event-package options. "With estimated attendance in mind, planners can work with a venue's catering staff to build a custom per-person-cost menu that fits the budget."

When the Deschutes County Fair & Expo Center was the venue for the USA Climbing: Boulder National Championships in 2019, the expo center staff



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not only catered meals for event crew members and athletes, but also provided concessions for the spectators, West says. She suggests that organizers of larger and more complex events seek a venue that can provide many ancillary services, such as putting event organizers in touch with local lodging properties to make sure the event will have enough hotel rooms, and connecting organizers with the local convention and visitors bureau (CVB). For example, for the USA Climbing event last year, the expo center connected USA Climbing with Visit Bend, which coordinated with USA Climbing to bring in local sponsors and vendors for the event, including companies that provided complimentary products to the participating athletes.

Emerald City Comic Con event director MK Goodwin notes that event planners should strive to stay in touch through social media with their fans or past attendees. It keeps them engaged, and it's also a chance for event organizers to get feedback on how they're doing. "Whenever we're going to be in Seat-



Look for ways to solicit feedback from event attendees, such as using social media to invite them to a meetup where they share their thoughts and experiences.

tle, we put out over social media that we're holding a meetup at a local coffee shop, bookstore or other venue," she says. "We invite people to come hang out with us for a while, and we encourage them to tell us what they liked or didn't like about the last Emerald City Comic Con. We use an RSVP system, and we close the RSVP form once the number of RSVPs meets the number the venue can accommodate."

In addition, Goodwin's company holds a panel discussion at the end of each Emerald City Comic Con so that interested fans can provide important feedback. "It was at one of these, five or six years ago, that we had someone ask us, 'Can you please put the bathrooms on the map?' It would seem so obvious, but that's just the kind of thing that when you're down in the weeds of planning everything, you might forget," Goodwin says. "Since then, on every map for every event we produce, we make sure the restrooms are on it." ✕

Susan Goracke writes from the Bend, Oregon, area.



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Kuleana

A new campaign promotes responsible, safe, aware and enjoyable travel in Hawai'i • **By Eric Lucas**




From top: A Hawai'i Forest & Trail tour explores Hawai'i Island; a participant in a Hawaiian Legacy tour prepares to plant an 'iliahi (sandalwood).

• **My father's tree is a cute little 'iliahi**, a sandalwood that is barely a foot tall. I've planted it in the crumbly cinnamon-colored volcanic soil at 2,600 feet up the east slope of Mauna Kea, the world's tallest mountain (as measured from its seafloor base), in a little clearing amid 50-foot 'ōhi'a and koa trees. Dad would be happy with this memorial planting. He was a geologist, avidly interested in travel and the natural world, and supported my own adventures in those realms.

We chant in the calm morning, led by Kekaio Kalani Naone, a Hawaiian cultural practitioner: "I ola no oe, I ola no mākou nei." (You live so that we may live.) This blessing is a traditional Hawaiian planting

invocation. In this case it's for the tree, though I reflect on how it applies to my father, too. He passed on six years ago, but my understanding of many indigenous beliefs is that our ancestors are with us every day—even on this day, as I work here with Hawaiian Legacy Reforestation Initiative, the organization guiding this planting project. It's an activity popular with visitors to Hawai'i Island: The "Planter's Tour" of the company's mid-mountain forestland near the Hāmākua Coast is an opportunity for guests to help restore native woodlands on the island while they experience a scenic excursion.

This activity is a modest example of a concept known as *kuleana* that's gaining



I pledge to be *pono* (righteous)
on the island of Hawai'i.

I will mindfully seek wonder,
but not wander where I do not belong.

I will not defy death for breathtaking photos,
trespass, or venture beyond safety.

I will *mālama* (care for) land and sea,
and admire wildlife only from afar.

Molten lava will mesmerize me,
but I will not disrupt its flow.

I will not take what is not mine,
leaving lava rocks and sand as originally found.

I will heed ocean conditions,
never turning my back to the Pacific.

When rain falls *ma uka* (inland),
I will remain high above ground, out of rivers and streams.

I will embrace the island's *aloha* spirit,
as it embraces me.

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**“We believe
our visitors care
about perpetuating
the uniqueness of
this place.”**

—Jay Talwar

prominence in the Aloha State—a philosophy that promotes a heightened awareness of heritage, culture, conservation and safety. State tourism authorities, lodging and activity providers, community leaders and government officials are cultivating the idea in order to protect the things that make Hawai‘i special. They are asking guests to the Islands to embrace the effort.

“We believe our visitors care about perpetuating the uniqueness of this place,” explains Jay Talwar, chief marketing officer at the Hawai‘i Visitors and Convention Bureau (which is part of the Hawai‘i Tourism Authority).

Like many Hawaiian words, “kuleana” is a complex term that is difficult to express concisely in English. Kuleana embraces multiple concepts, including integrity, responsibility, stewardship, courtesy, tradition and respect for nature (and natural hazards).

On one level, kuleana can be illustrated by the example of taking responsibility for your family’s safety around the ocean—being alert at all times in or near the water, not taking the sea for granted, not turning your back on the waves. And if you are less than an expert ocean swimmer, choosing beaches with lifeguards.

“If in doubt, don’t go out,” says Jason Cohn, president of Hawai‘i Forest & Trail, one of the biggest tour operators in the state and a purveyor of adventures on Hawai‘i Island and O‘ahu. The company’s offerings range from volcano-oriented day trips to waterfall hikes along little-traveled streams that plunge down from the island’s volcanic peaks.

Similar exercise-good-judgment principles apply to hiking in the Islands. You want to be sure you carry essential gear, mind the weather, be watchful that you only enter lands that are open to you, respect the landscape and its history ... and enjoy your experiences.

On another level, kuleana is about seeking experiences that enhance your knowledge of natural and cultural history. I join a Hawai‘i Forest & Trail tour led by Cohn up a hillside on the north end of Kohala, the oldest of Hawai‘i Island’s volcanoes. Here, the outfitter takes visi-

tors on walks in a small, privately owned gulch in the community of Hawi. We cross a trestle over the Kohala Ditch, an irrigation flume that has carried water to crops since the early 1900s—and Cohn tells us about the history of local sugar cane farming. We visit a small clearing where we can see traditional Hawaiian food plants such

as *kalo* (taro), breadfruit, banana and sweet potato, all growing in a restored farming terrace. We navigate dense, dark stands of strawberry guava, an invasive nonnative plant that has overtaken much of Hawai‘i’s original forest and that people work to remove. And we learn the safe way to approach and plunge into a shimmering pool beneath a small waterfall—watching our footing on slick rocks and checking carefully for hazardous rocks above and below the water’s surface.

“Amazing how cool and refreshing it is,” Cohn enthuses. Immersing visitors in Hawaiian lands and heritage, he believes, helps create context that will

boost a sense of place, which in turn leads to greater care for the Islands—and an enhanced vacation experience.

Cohn is one of 15 community leaders whom the Hawai‘i Tourism Authority and Hawai‘i Visitors and Convention Bureau have enlisted as spokespeople in videos designed to help visitors understand and practice kuleana. Ocean experts, cultural practitioners, artisans, business owners and journalists all explain why the Islands are unique, and how visitors can help keep them that way. Visitors can look for the film clips on, among other places, Alaska Airlines flights to Hawai‘i. Kuleana Campaign videos can also be found on YouTube and by visiting <http://bit.ly/2PI7p71>.

In one video, O‘ahu conservationist Ocean Ramsey advises you to use reef-safe sunscreen. Coral-killing sunscreens are banned in Hawai‘i, but visitors may unwittingly bring unsafe products from home. In another video, Maui meteorologist Malika Dudley urges you to make sure you’re signing up for a private accommodation that is legitimately licensed for rental. In yet another, Kaua‘i-based cultural practitioner Sabra Kauka suggests devoting some time to volunteer work that helps preserve Hawai‘i.



*Travelers, above, learn what it takes to grow *kalo* (taro), a traditional food plant, during a Hawai‘i Forest & Trail tour on Hawai‘i Island.*

That's what I do one morning at Hawai'i Volcanoes National Park, one of the state's highest-profile destinations. This time, I've enlisted in the invasive-species battle against a plant that at first glance may seem quite desirable. Himalayan ginger's tall stems with glossy evergreen leaves are topped by attractive spires of fragrant flowers in rich yellow and orange. It's a ubiquitous landscape plant in the Islands, seen in many backyard gardens. But it's also an aggressive plant that has escaped its confined landscaping uses and is outcompeting native species in some areas.

"Amazing what a difference our effort makes," observes crew leader Jane Field of the newly open, sun-strewn little clearing I've made in the woods about a mile from the park's visitor center. I worked on one ginger patch while others tackled nearby areas. Using big pruning shears, I cut 6-foot ginger spires and stacked them carefully where they wouldn't suffocate little native plants struggling to grow. I yanked out a few invasive guava seedlings, as well, trying to make room for the ferns and flowering shrubs that are endemic to the forest.

ALASKA AIRLINES AND ISLAND STEWARDSHIP

• When Max Mukai casts a net at Loko Ea Fishpond, it isn't just for food. It's true that the fish he hauls in wind up in his kitchen freezer to eat later. But tilapia are also nonnative invasive fish, and removing them is vital to Mukai's mission of restoring this ancestral aquaculture site on O'ahu's North Shore.

Carefully picking tilapia from the net, Mukai tells me how, over the past year, youngsters have worked at the pond as interns, brought here under a program called Hawai'i Youth Sustainability Challenge, run by the nonprofit group Kupu.

"The value here is far more than just fish; it's education," Mukai explains.

"Kupu's work makes our community sustainable by equipping and inspiring young people to build strong futures," says Daniel Chun, Alaska Airlines' director of sales, community and public relations in Hawai'i.

Kupu is one of nine sustainability programs in Hawai'i supported by the airline. Some are run by local chapters of internationally known groups. Others are home-grown, such as Kupu. All reflect Alaska's commitment to the Islands' well-being.

"We have the privilege of serving one of the planet's most beautiful places," Chun says. "Alaska is dedicated to doing its part to keep it that way for many generations to come." —E.L.

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Field and her husband, Paul, lead weekly work sessions at the park under a program called Stewardship at the Summit. It's one of dozens of volunteer endeavors visitors are welcome to participate in.

If even a small portion of Hawai'i travelers took part in such activities, the effect would be enormous. With more than 10 million visitors a year—about a third of them from foreign countries—Hawai'i is among the most popular and best-known travel destinations on Earth. Each year, travel contributes about \$20 billion directly to the state's economy, a fifth of all economic activity in the Islands.

Hawai'i residents and community leaders welcome the visitors who reach the chain of islands; the Aloha State is known worldwide for its nickname. *Aloha* means, among other things, "welcome." But, as Talwar points out, the meaning of "aloha" also includes respect and care, as does the meaning of "kuleana."



Stewardship at the Summit volunteers, left, clear invasive plants to make space for species such as the native fern below.



Hawai'i is one of many destinations asking guests to be more conscious of their actions while traveling. Responsible-travel campaigns are taking hold around the world, from Canada to Italy to Peru. The Republic of Palau, a small Pacific Island nation, stirred global notice when, in 2017, it enacted the Palau Pledge that all visitors are required to sign before entering the country. This pledge, addressed to the children of the nation, is

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stamped in passports and compels signees to tread lightly and respectfully.

Most destinations opt for Hawai'i's approach, which is to promote nonmandatory cooperation in the hope that visitors will realize that awareness around sustainability and safety is for everyone's benefit. Voluntary pledges for visitors were first introduced on Hawai'i Island and on Kaua'i in recent years. Visitors pledge to be *pono* (translated as "righteous") when they sign the Island of Hawai'i Pono Pledge (ponopledge.com). There is also some hope that this vow, along with Kaua'i's Aloha Pledge (alohapledge.com), may inspire a statewide version tied to the Kuleana Campaign and its awareness videos.

"Hawai'i touches your heart—and we all want to protect that," says Sue Kanoho, executive director of the Kaua'i Visitors Bureau. "We hope these videos plant the seed for people to be more aware of the people and the place."

Kaua'i has struggled with unwelcome behaviors, such as large numbers of visitors encroaching on private land or crossing barriers to access dangerous waterfalls. The

**"Hawai'i touches
your heart—
and we all want
to protect that."**

—Sue Kanoho

Kaua'i Visitors Bureau and Hawai'i Tourism Authority discourage geotagging, a practice of labeling locations where photos were taken, which has been linked to accidents, trespassing and overcrowding. Authorities ask that, if you find a special spot, you take pictures as mementos, and share them judiciously. They

request that you not post something that could draw thousands to a steep cliff, or onto private or sacred land.

"Would you go up to somebody's house, open the door and walk in without knocking?" asks Puni Patrick, a *kumu hula* (hula teacher) and Hawaiian cultural practitioner on Kaua'i who harvests salt at an ancient salt-pond complex near Waimea on Kaua'i's south shore. Located next to a state park popular with campers and picnickers, the salt-pond complex is not an appropriate area for passersby to simply wander into.

Hawaiians have been making salt here for many centuries. It is a treasured place where more than 20 families now continue the annual salt-making heritage that once was a crucial art for those who thrived in the tropics,

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Resort guests such as these, at the Four Seasons Hualalai's Ka'upulehu Cultural Center, on Hawai'i Island, learn about Hawaiian traditions.

without refrigeration. According to legend, the goddess Pele came by on her search for a home in the Islands, and the salt-making ponds epitomize the amazing indigenous Hawaiian lifestyle that enabled people to live self-sufficient lives in these islands. Some

families who enter the salt-pond area with guests first perform a chant/song that asks permission and calls on the spirits of those who have worked here for centuries.

While the lands, waters, wildlife and other physical attributes of the Islands are among the many ingredients that make Hawai'i unique, the indigenous cultural and spiritual heritage of Hawai'i is perhaps its most distinctive feature—one that is easy for visitors to observe today.

The Hawaiian language, for instance, is a beautiful, evocative tongue enjoying a marvelous renaissance. Linguistic learning opportunities for visitors include quick tips on pronouncing words from bartenders at The 'Ōlelo Room, a Hawaiian-language-inspired lounge at Aulani, A Disney Resort & Spa on O'ahu. They also include whole weekslong classes tailored to the many mainlanders who spend several months in the Islands in winter. The language app Duolingo also has Hawaiian capabilities.

Hula classes, once rare, are ubiquitous now; among the most popular are the sessions throughout the week at Waikiki's Royal Hawaiian Center, where guests learn that hula is a deeply meaningful cultural practice.

Nearby, at The Royal Hawaiian, a Luxury Collection Resort, guests can join a sunrise ceremony in which participants immerse themselves in the ocean and perform a chant that thanks the sun for its return, and blesses our ancestors for bringing us to this day. My participation a few years ago in this type of ceremony, at The Ritz-Carlton, Kapalua, on Maui, was the first time I invoked my father's spirit in the Islands.

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"I want people to enjoy what I have enjoyed for 70 years, in the way I was brought up."

—Earl Kamakaona Regidor

"I want people to enjoy what I have enjoyed for 70 years, in the way I was brought up," says Earl Kamakaona Regidor, cultural adviser at the Four Seasons Hualalai on Hawai'i Island, and a Kuleana Campaign ambassador. Regidor's mother was full-blooded Native Hawaiian, and her guidance helped him create a sense of kuleana that is specific to the island he inhabits. Visitors to the resort's Ka'upulehu Cultural Center can learn words in the Hawaiian language, *lauhala* weaving, lei-making or 'ukulele playing—many of these taught by Regidor himself.

Regidor credits his ancestors for teaching him the kuleana way of life. His father, for example, would bring him down to the shore (at the exact location where Regidor now works) and they'd fish ... for just a half-hour. Regidor recalls asking, "Dad, why did we come all the way here just to spend a half-hour?"

"Because it's right to take only what you need—not what you want," his father told him.

"Respect the people, the culture and the history," Regidor urges. "My mother taught me: 'Don't live in the past, but learn from it.'"

"She said it best when you are talking about kuleana," he muses. "'Respect everything,' she told me. 'Everything.'" ✈

Eric Lucas lives on San Juan Island in Washington state.

Alaska Airlines (alaskaair.com) offers daily service to Hawai'i Island (Kona), Kaua'i, Maui and O'ahu.

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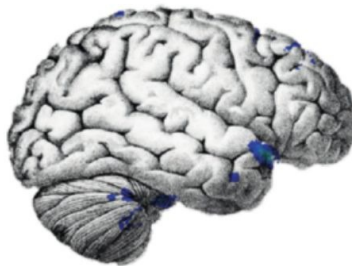
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Mapping a Career

Grad-school programs offer international opportunities

By Lora Shinn

Although Holly Ostrom has worked in the finance world for years, a 2018 study tour to China gave her new insight into the global economy.

Ostrom, an evening MBA student in the University of Washington's Foster School of Business, says one aspect of the tour, which was part of her MBA program, was particularly striking—some businesses in China wouldn't accept hard currency, and instead relied on e-currency systems.

"So much emphasis is placed on actual currency in the United States that it is difficult to imagine a society without physical currency until you actually see it," she says. "It opened my eyes to exactly how much the global economy is changing, and how

forward-thinking companies can drive societal changes."

Ostrom has signed up for multiple Foster-sponsored study tours, which enable MBA students to visit busy factory floors and sleek international offices in destinations such as Israel, Taiwan and South Africa. Her two-week program through Chinese cities toured many companies, including a software firm, an e-commerce business, an AI hedge fund and a bottled-drink production facility.

Seeing these international offices was important, but often the smaller interactions while abroad made the biggest impact, Ostrom says. For instance, in China, she noticed that business cards are carefully presented

with two hands, like a gift. “When you receive a business card, you review it and ask a question about it, or perhaps say, ‘What a beautiful font,’” she says. “In Chinese culture, that’s expected. It comes across as very thoughtful.”

In the United States, she notes, we’re often tempted to hurry—throwing a business card into our wallet or purse and telling ourselves we’ll look at it later. After her 2018 trip to China, Ostrom says, she now takes a few moments to pause and comment. She says this extra look is usually appreciated. “All around, it’s a nice gesture.”

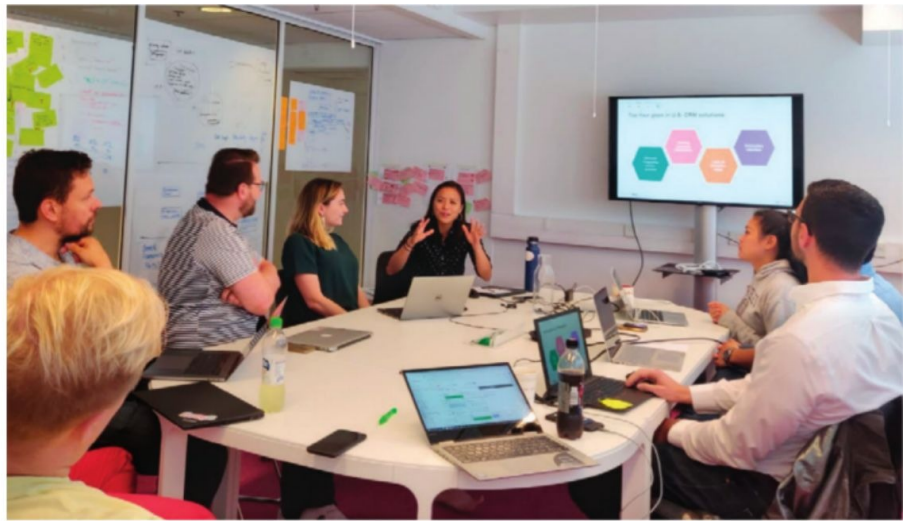
Ostrom is one of the many students who’ve traveled abroad while earning a graduate degree. They do so to explore an interconnected business world, experience new ways of approaching their careers, and apply their education to real-world problems. Students say they come back positively changed, in ways large and small.

Gaining global business experience

Over 25 years, more than 1,700 grad students from the University of California, Berkeley’s Haas School of Business have worked on nearly 500 projects in 89 countries.

For the International Business Development program, students might tackle a solution for online restaurant service in China or for a technology development in Bulgaria. The courses typically take a semester, involve project teams of four to five students advised by a faculty mentor, and culminate with two to three weeks in the project country.

For example, a Costa Rica-based airport-management-services company wanted to increase air cargo-related profits at an airport. After researching the competition and interviewing stakeholders, IBD team members made practical recommendations,



such as charging a fee for cargo storage in the warehouse for more than two hours, and they created a facility for separating and storing cargo.

“There’s a pretty amazing range of types of things to work on,” says Pete Johnson, assistant dean of Haas’ full-time MBA program. “It’s critically important for students to have a sense of how business functions in different parts of the world, and how to work for a company in an environment that isn’t in their home culture,” he says.

The Global Business Center at the Foster School of Business also offers international immersion programs that emphasize consulting opportunities—including one that focuses on social entrepreneurship (business for a social cause) in India. A group of 15 students meets three times during the quarter before departure and then flies out of Seattle to India in March.

On these 14-day itineraries, the first few days are spent touring, to visit sites such as the Taj Mahal. Then students are divided into four teams, and they begin their organizational, immersive projects for the Self-Employed Women’s Association (SEWA), which represents self-employed Indian women, most of whom have families that survive on very limited budgets. SEWA organizes women into collective businesses, while providing other essential assistance to the broader community.

From top: At the University of California, Berkeley’s Haas School of Business, students and faculty complete international consulting projects. As part of the University of Washington’s Global Business Center at the Foster School of Business, students and faculty travel to countries such as India.



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Jennifer Koski, a Foster professor of finance and a study tour leader, says it's fascinating to see how nongovernmental organization work is performed in India. "The communication style is built on developing consensus through back-and-forth discussion. It can be really productive," she says.

One project last year focused on a 10-acre plot of land that was desertlike and uncultivated—until a group of women turned it into an ecotourism destination. They grew crops for their families, sold extra produce, provided tours and rented unused space as a corporate- and educational-retreat destination.

After the MBA students gathered onsite information and conducted interviews, they returned to Seattle for an academic quarter and developed ideas, which they presented via teleconference to their SEWA clients. UW students explored how best to use the ecotourism space during quieter mid-week and summer seasons; designed a website; and created a marketing plan.

The University of Hawai'i at Mānoa's Shidler College of Business has an international element, as well. While working on her Global MBA degree, Jordan Ozaki attended Japan's renowned Keio University's Keio Graduate School of Business Administration for a semester. In her classes, she sat next to students from Germany, Italy and around the world. Together, they toured factories—hard hat and all. While in Japan, she also completed an internship with a multinational automaker.

The Shidler College of Business emphasizes Pacific Rim opportunities by highlighting Asia in curriculum and travel. Students take core MBA classes in Honolulu and can then choose a China- or Japan-based focus. Ozaki's Japan track featured courses in Japanese language and a monthlong



The University of California, Berkeley's Haas School of Business alumni network supports graduates. "We've built a strong network in places all around the world, with alumni frequently posting career opportunities," says Pete Johnson, assistant dean of the MBA program. The on-campus career-management group also supports students in finding overseas jobs—about 11% of Haas graduates accept jobs outside the U.S.

project helping a Japanese business hoping to expand internationally.

Now based professionally in the United States, Ozaki says she still relies on her international experience. Cross-cultural understanding is the foundation of her work in marketing, she says. "Being able to communicate with different types of people is essential," she says. "How other people from different countries would perceive a marketing campaign is such an important consideration."

An impact beyond business

Some students apply internationally acquired business skills to nonprofit careers. Sara Goetze is a director of philanthropic initiatives at United Way in Salem, Oregon, and an MBA student with a focus on government and nonprofit management at Willamette University in the state's capital.

An avid attendee of the school's twice-yearly trips abroad, she's been to Mexico, Japan, China and India. In India, she visited an organization that feeds public-school children lunch.

"It reminded me why I work in nonprofits," she says.

Students in this sort of business program focus on global management, critical thinking, problem solving and policy analysis. Many graduates work in the public and nonprofit sectors, including international organizations, government agencies, nongovernmental organizations and international health agencies. In this type of work,

University of Hawai'i at Mānoa's Shidler College of Business MBA students tour a Japan Airlines facility in Japan as part of an international program.





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International Case Competition:

Student teams are given 48 hours to solve a real-life international business problem; a panel of judges evaluates the solutions, awarding a \$1,000 grand prize.

Short-Term Study Tours:

These 8- to 14-day tours offer the chance to visit facilities, meet with executives and learn about businesses abroad. This academic year's destinations include Estonia/Finland, South Africa, London/Dublin and China/Japan.

Student Exchanges:

MBA students head to top business schools in destinations such as China, Denmark, India and South Africa.

which often deals with worldwide concerns, international perspective can help inspire new ways of thinking, says Goetze.

In the International Development Policy and Management program at New York University's Wagner Graduate School of Public Service,

students prepare for careers in global health and public policy, among others. About 150 students out of 900 in the school choose the track, says John Gershman, a Wagner professor of public service.

While abroad, students get first-hand experience in a number of different areas. Some students might perform urban sanitation research for an international water-management organization in Ghana, while others might work on conflict negotiation in Uganda. In the program, students draft a contract signed by clients and students, produce a work plan and evaluate projects.

"Students learn skills related to client management and relations," Gershman says.

Understanding global dynamics helps students when they are designing, developing and implementing programs. Even students intending to work in U.S. domestic policy benefit by considering policies pioneered elsewhere, he says, pointing to initiatives such as congestion pricing, universal basic income or sweetened-beverage taxes. In a future professional role, they "can evaluate whether lessons from an innovative housing solution might be transferable to a new context," he notes.

Short study tours with long-term value

Many graduate schools offer students short tours abroad for credit, with students visiting executive offices, factories, cooperatives and other organizations. At Willamette University, groups of 15 to 20 MBA students visit businesses abroad twice a year, says Beth Ursin, an assistant dean who helps lead the eight-day trips.

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More Global Grads

International opportunities are available to graduate students outside of business programs as well. For instance, at the University of Washington Tacoma, graduate-level School of Engineering & Technology students find internships abroad. One student researched cryptography and artificial intelligence for a Tokyo-based telecom—stipend and air tickets were included. Some students at the School of Engineering & Technology conduct joint research, publishing papers with peers around the globe, using collaborative tools such as Skype and Google Docs to relay scientific research. “They get exposed to the international nature of scientific research early on,” says SET



RYAN MORIARTY

associate professor Anderson Nascimento. Sometimes, students have a specific idea of what “success” means, Nascimento notes—an idea broadened by international experience. “After being exposed to research from different countries, students realize career paths and goals they didn’t consider before.”

—L.S.

“We’d noticed that our alumni going to work for organizations were suddenly being sent on global business trips or were marketing products and services to another country, when some students had never been outside of the U.S. So we wanted to create a program that provided some exposure to the world,” she says.

Ursin says she particularly appreciates the progress made by students who are abroad for the first time. “A student who is shocked and scared on day one often becomes comfortable by day three,” she says. “To see that transformation is amazing.”

A trip facilitated by an MBA program is different from one you’d take on your own, Ursin notes. “You might be able to go with your family to Singapore or Germany for a cultural

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Charles Walker MBA '20
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"Career Management at Willamette MBA really helped from Day One. They told us that we should really go out and meet with different professionals in the industries and in the fields that we want to go into. This was my dream internship, so it felt really good to get it."

Advice for students considering a Willamette MBA:
"Definitely take advantage of all the Willamette MBA networking events."



Elizabeth Hartman MBA '19
Senior Financial Analyst at Intel

"I took two experiential courses. In the O'Neill Student Investment Fund, we managed nearly half a million dollars for a year. In the Willamette Angel Fund, we sourced, analyzed and invested in seed stage startup companies. For 22 to 23 year-olds to get this type of exposure is absolutely unheard of."

Advice for students considering a Willamette MBA:
"Take advantage of the Willamette MBA alumni network. I did many informational interviews with alumni. Having that support while navigating my career was instrumental to where I wanted to go."



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experience, but if you value meeting with executives, an international business education program is a unique opportunity,” Ursin says.

Before the trips, students prepare by reading about the nation’s news and business practices. For example, German companies tend to emphasize long-term goals over decades, instead of focusing on the current quarter or fiscal year, she says.

Students are frequently surprised by what they see and learn abroad,

On a 2019 trip, Willamette University students and faculty visited an Intel office in Beijing, China.



BETH URSIN

says Ursin. “Some students were astonished by how many millionaires live in China. The students hadn’t thought about the huge market for products there,” she says. “This provides a new perspective when the students go on to work for multinational corporations—that there’s this huge market they should be paying attention to. It’s so important for everyday business that people have that global perspective.” ✈

Lora Shinn writes from Seattle.



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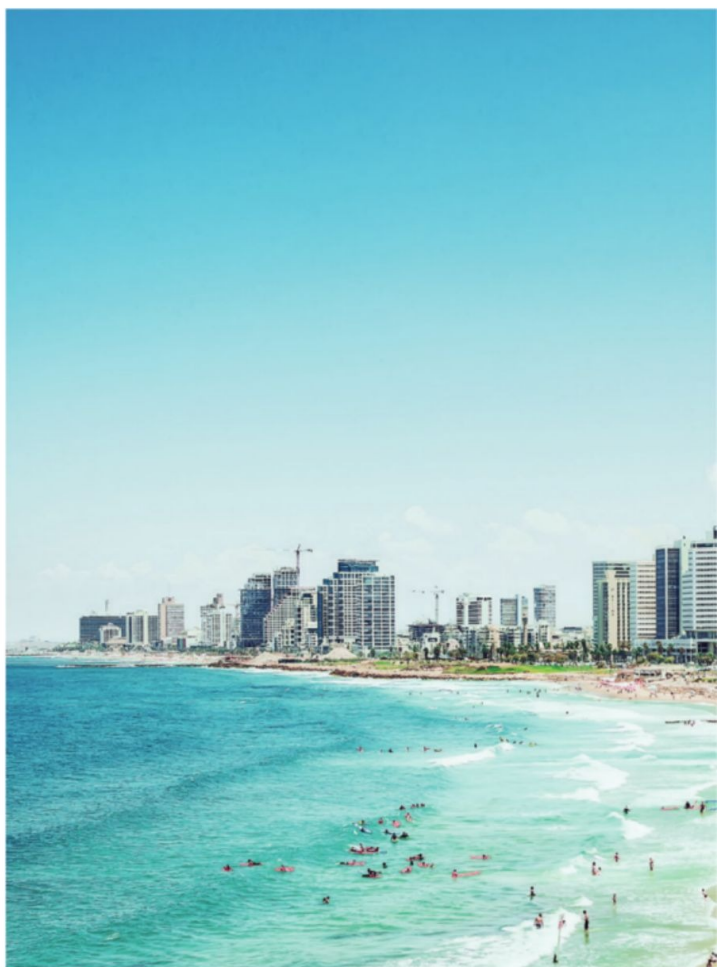
» I'm pedaling a rented bicycle to a buffet brunch at the acclaimed Ha'achim ("The Brothers") restaurant in Tel Aviv-Yafo, also known simply as Tel Aviv, a bustling multicultural destination on Israel's Central Coast.

This is my third visit to the dynamic city on the Mediterranean Sea, and I'm happy to be taking advantage of Tel Aviv's great winter weather, where the average January temperature is in the 60s F. The area also enjoys an estimated 300 days of sunshine a year.

One of Israel's largest cities, with about 444,000 people, Tel Aviv is known as a technology hub and often described as Israel's version of Silicon Valley. The area reportedly has one of the highest numbers of startups per capita in the world, with about 2,000 in a metropolitan area with fewer people than Omaha, Nebraska.

However, I'm more interested in the vibrant culinary scene. Israel is a foodie paradise, and Tel Aviv is its central kitchen. You might describe Israeli cuisine as Middle Eastern meets Mediterranean, with a hint of Southern California. Chefs use Israel's bounty—produce, herbs, fish, meat and dairy—in creative ways, and virtually every dish is a feast for the senses.

The Sarona neighborhood's Ha'achim is a prime example, with its wood countertops holding platters of roasted eggplant and cauliflower, heirloom-tomato salads and *shakshouka*, a dish that includes eggs poached in a sauce of tomatoes, chile peppers, garlic and other spices.



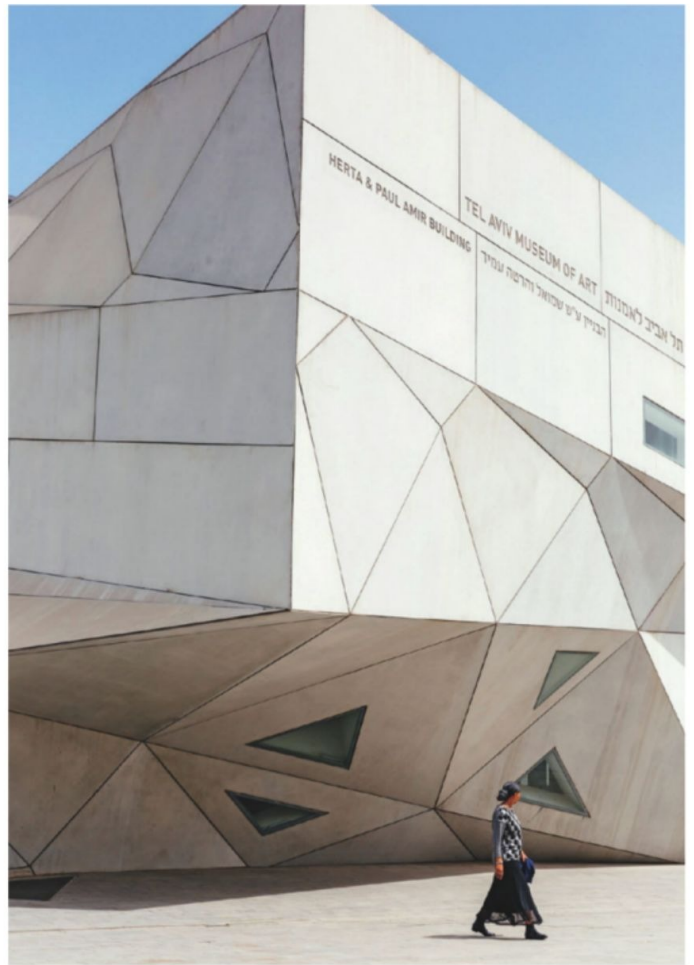
Modern city, modern art

It's Friday, a weekend day in Israel, and the Sarona neighborhood is busy.

Following my brunch, I leave my bike, rented from Tel Aviv's Tel-O-Fun bike-share system, at a designated station outside the restaurant and enjoy a short walk to the Tel Aviv Museum of Art. The museum's newer wing (built in 2011) was designed by U.S. architect Preston Scott Cohen and has become a city landmark, due to its series of twisting geometric surfaces. The museum's permanent collection includes works by artists such as Pablo Picasso, Roy Lichtenstein and Jackson Pollock.

A few blocks from the museum is leafy Rothschild Boulevard. I stroll the beautiful tree-lined street, passing restaurants, shops, kiosks and small playgrounds. I stop for an iced cappuccino and watch the passing people, who appear to be enjoying the Mediterranean climate. I find myself musing about moving to somewhere such as Tel Aviv, where it hasn't snowed in about 70 years.

NEAR & FAR»



» Clockwise from top left: Tel Aviv's Mediterranean beaches draw visitors year-round. The latest wing of the Tel Aviv Museum of Art is a work of art in itself. Artist Yaacov Agam designed the color scheme on the front of the Dan Tel Aviv Hotel. Tree-lined Rothschild Boulevard is a popular area to visit.



A couple politely interrupt my thoughts and ask to share my table. We get to chatting and they suggest a few galleries I should visit before they close for the day (many businesses in Israel close early on Fridays to honor the Jewish Sabbath).

I take their advice and peruse several interesting galleries, including Noga Gallery and Rothschild Fine Art, both showcasing paintings by contemporary Israeli artists such as American-Israeli Yael Scalia, whose still lifes are on view. I also stop by Gallery 32, which specializes in global pop and street art from various experimental artists, such as Erró and Liu Bolin.

Nearby is the trendy Florentin neighborhood, described as the city's art district. A variety of murals, ranging from images of Jim Morrison and Amy Winehouse to visually stunning abstract designs, cover the walls of many buildings, including neighborhood art galleries such as Tiny Tiny, a small space featuring street art, and Florentin45, which focuses on emerging talent.

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WHAT'S IN A NAME?

Tel Aviv was founded in 1909 as a 66-family town called Ahuzat Bayit. In 1910, the town's name changed to Tel Aviv, which is the Hebrew title for a book by the famous author Theodor Herzl. "Tel" means a human-made hill created over time and symbolizing the ancient. "Aviv" means spring, or renewal.

» **The Tel Aviv neighborhood of Jaffa was an ancient city estimated to be about 4,000 years old. The local port is still active and is one of the world's oldest.**



Culinary delights

As a food lover, I have to stop at the Levinsky Market, to admire its bowls of dried fruits, nuts, spices, cheeses, olives and cured meats. The market is making me hungry, but I'm meeting friends for dinner. I pick up some delicious *burekas*, warm and flaky stuffed pastries that, in this case, are filled with Bulgarian cheese, from the 70-year-old Burekas Panso cafe. Then I see the line at neighboring Levin-sky Burekas and know I have to go there, too. I find the spinach and cheese burekas equally tasty.

Despite my late-afternoon snacks, I'm ready for dinner with some Israeli friends at Santa Katarina, a restaurant recommended by a staffer at my hotel, Dan Tel Aviv. The restaurant is near the galleries in the Lev Ha'ir District. We sit outside under the arched portico and order a feast, starting with Jerusalem bread (an elongated, soft, slightly sweet bagel) with *dhaka* salad: cut vegetables, with *bryndza* cheese and a boiled egg. The main courses are a red tuna ceviche with bulgur, zucchini tzatziki and chile; a pizza cooked in a clay oven; and shrimp with tahini-*amba* (mango chutney), a garlic confit and broccoli. It's all absolutely sublime.

For dessert, we share a slice of wonderful *basbousa*—warm semolina cake,



Carmel Market.

AT A GLANCE

Hidden gems

- Tour Tel Aviv's White City with a guide from the Bauhaus Center to see some of the city's buildings in the Bauhaus architectural style, such as the one shown below.



- Milk & Honey, one of Israel's first whiskey distilleries, offers tours and tastings several times weekly.
- The Yemenite Quarter (The Kerem) predates the founding of Tel Aviv. Here you can try Yemenite-Jewish food such as *jachnun*, a long, rolled pastry served with a tomato dip, hard-boiled eggs and *zhug* (a green hot sauce).

Where to go first in town if you're a ...

... **Foodie:** Tour Carmel Market, where you can savor a delicious hot pita, just-made hummus, tasty *burekas* and juicy pomegranates.

... **Romantic:** Stroll the Neve Tzedek neighborhood, filled with cafes, restaurants, and

boutique shops selling crafts, home goods, clothing and jewelry. Then have a romantic dinner at Dallal Restaurant.

... **History buff:** Walk Jaffa's cobblestone streets, which have been traversed by visitors for about 4,000 years.

... **Family:** Visit some of Tel Aviv's 13 beaches, including family favorite Mezimim, known for calm waters, a playground, lifeguards, and access to bathrooms and lockers.

... **Lover of literature or pop culture:** Visit the beautifully decorated Bialik House, the former home of the late national poet Hayim Nahman Bialik. The home is now a museum dedicated to his works.

Distinctive dish: Bite into a *sabich*, below, a pita stuffed with eggplant, hummus, tahini, hard-boiled eggs and Israeli salad (often containing tomatoes, cucumbers, onions and peppers). —S.F.





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served with sheep-milk yogurt ice cream, which tastes like slightly sweetened Greek yogurt.

Jaffa and Neve Tzedek

Waking early the next day, I go for a run on the beach under a cloudless sky and alongside calm waters.

The plan today is to visit the neighborhoods of Neve Tzedek and Jaffa, also known as Old Jaffa. Tel Aviv is strikingly modern, but 130 years ago this area was practically all desert, save for two communities. One was the city of Jaffa, also known by names such as Yafa and Yafo. The city is estimated to be about 4,000 years old. Jaffa's port, still active with fishing boats, is one of the oldest in the world.

The other was Neve Tzedek, a community just outside Jaffa. Local residents started the development in the late 1880s, when Jaffa's narrow streets became too crowded.

Today, the popular Neve Tzedek area is full of restaurants, cafes, galleries and boutiques. I stop at Agas & Tamar and Ivshin Jewellery Design, two shops known for their gorgeous handmade jewelry. Later, I look for vacation reads (in English) at the Sipur Pashut Bookshop. This is also one of the areas of town in which to see examples of the Bauhaus architecture for which Tel Aviv is lauded. There are more than 4,000 buildings in the city boasting the artistic and functional style.

From Neve Tzedek, I stroll southwest to Jaffa, taking the scenic route along the beach. I arrive in the Jaffa neighborhood in 15 minutes, but it seems more like a trip back in time. The port and the winding, sloped stone streets appear to look much like they did centuries ago. The hilly area contains churches, synagogues and mosques.

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I wander through the area's ancient streets, stopping at Nadya and Dima Gurevich's ceramics shop, Sind Studio. I buy a pair of dainty espresso cups—lavender rimmed in gold—before meeting friends at Jaffa Flea Market for a late lunch. The flea market itself is closed Saturdays. However, there is a lively crowd outside Onza, an Ottoman-Turkish restaurant at the market. True to its motto, "Food & Vibe," the restaurant offers a fun and exciting atmosphere. We eat very well, enjoying a tomato salad with chiles, feta, walnuts and pomegranate dressing. Next, we savor seared calamari with zucchini and an herb yogurt. Dessert is *sütlaç* (Turkish rice pudding), with banana toffee and *halva* crumble.

On Sunday, my last morning in Tel Aviv, I wake to another pristine day. I cycle along the beachfront promenade to Jaffa to have breakfast at one of Israel's most famous hummus restaurants, Abu Hassan.

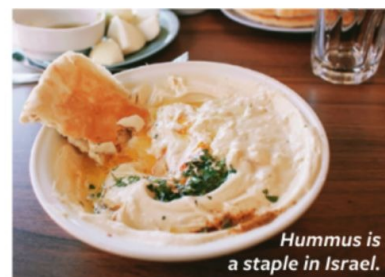
I try the *meshulash*, with servings of hummus, *fül* (a stew of cooked fava beans) and *msabbaha* (a form of hummus using whole chickpeas). The dish is spiced with tahini, lemon and garlic. I also get a short stack of pita

bread. I sit with three German visitors and a Palestinian couple and their toddler. I have enjoyed hummus for 30 years, but never has it tasted so fresh, and with just the right spices.

I ride back to my hotel, and dock the bike right on the beach outside my lodgings. I admire the building's cheerful rainbow facade, the work of artist Yaacov Agam. It's only 9:30 A.M., and the beach is empty and quiet, save for the waves of the turquoise Mediterranean Sea lapping against the shore. I could get used to winters like this. ✈

Sophie Friedman writes from Shanghai, China, and New York City.

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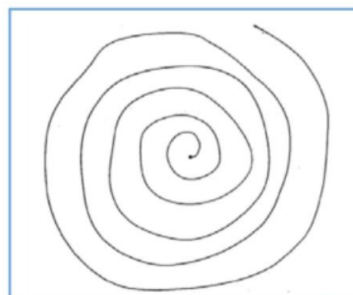
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SEATTLE

CONNECTING WITH COLUMBIA CITY

An accessible community with small-town charm

By Andrew Waite

The first rhyming note I left in the apartment for Kathleen said: “I went to the Ale House for a quick beer; won’t you come and meet me here?” The Columbia City Ale House is one of our favorite neighborhood hangouts, serving gumbo and Alaska-cod tacos, with draft beers that range from Seattle’s Manny’s Pale Ale to the United Kingdom’s Fuller’s ESB. But I wasn’t at the ale house.

Instead, Kathleen found her sister’s husband waiting with another note—this one telling Kathleen to head to Andaluz. She could have spent hours in this boutique, browsing through the locally designed women’s clothes and jewelry, such as beaded necklaces by Columbia City resident Kristin Ford. However, on this special evening in 2014, Kathleen was greeted by her sister and yet another note.

At this point, Kathleen suspected what was happening. It was the eve before Valentine’s Day, and we’d been dating for three years. But she would have to make more stops on her Columbia City scavenger hunt before she found me, ring in hand, ready to pop the question. I knew I wanted our neighborhood to feature prominently in my marriage proposal, because even though I’d only lived in the Puget Sound region for a little more than a year at that time, Columbia City already felt like home. The welcoming spirit here was apparent on our first



» This page, clockwise from top left: The Columbia City Link light rail station; the Ark Lodge Cinemas; the Columbia City Ale House. Facing page left: The spot in beautiful Seward Park where Andrew proposed to Kathleen.

night out in the neighborhood: New Year’s Eve 2012. Walking on Rainier Avenue, passing lampposts strung with white lights, Kathleen and I went to The Royal Room. It is located next to the Royal Esquire Club, a social club dating to 1948 that offers public events such as soul line dancing. In The Royal Room, we met our

COLUMBIA CITY HAPPENINGS

The **Seafair Weekend Festival**, part of summerlong Seafair celebrations at various sites, is based at Genesee Park and Playfield, northeast of Columbia City. The area hums with energy over the festival weekend, July 31–Aug. 2 this year, when events include air shows by the U.S. Navy Blue Angels and exciting hydroplane races (seafair.com).

More than 50 area farms and food vendors participate in the **Columbia City Farmers Market** on Wednesdays, early May through mid-October, at Columbia Park in Columbia City (seattlefarmersmarkets.org/markets/columbia-city). —A.W.

HERE & NOW»

neighbors, listened to live jazz and toasted to our new locale.

Columbia City dates to the 1890s, when the area was a mill and farming town connected to downtown Seattle, which is about 5 miles north, by an electric railway. Columbia City steadily developed, and it was annexed to the City of Seattle in 1907. The Columbia City Historic District was added to the National Register of Historic Places in 1980 because of the neighborhood's preserved late-19th and early-20th century architectural styles, including Late Victorian–Queen Anne, Craftsman and Spanish Colonial Revival.

Today, Link light rail connects downtown Seattle to Columbia City, and the area continues to thrive as a lovely, hilly grid of residential streets anchored by a lively business district. Dozens of locally owned boutiques, entertainment venues and restaurants, representing food from around the world, are concentrated within



a roughly four-block radius along Rainier Avenue. The community takes pride in being like a small town that embraces all who visit.

Geraldine's Counter, which has been serving comfort food and all-day breakfast in Columbia City since 2005, lies across Rainier from Island Soul, where the Caribbean-inspired menu includes Jerk Pork Rib Tips with island spices. And unique La Teranga offers a menu that features Senegalese dishes. Columbia City also boasts locations of Seattle-area favorites such as Molly Moon's Homemade Ice Cream, and Marination, whose Super Six serves cuisine with Asian flavors, complemented by Northwest ingredients, in what was once a Columbia City auto-body shop.

During her scavenger hunt, Kathleen found another note at Ark Lodge Cinemas, housed in a nearly century-old building that was once a Masonic Lodge. This note instructed her to drive about 1.5 miles east of Columbia City to Seward Park—a forested, nearly 300-acre peninsula jutting into Lake Washington, with a 2.4-mile paved bike-and-pedestrian path ringing the entire park. On the southeast side, there's a place where Kathleen and I had spent many hours picnicking, and soaking in the view of Lake

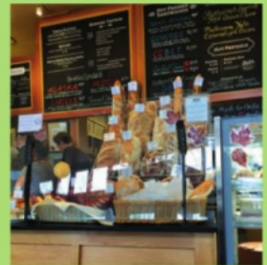
Washington, Mercer Island and a snowy Mount Rainier. On that 2014 night, the mountain was out in full force, its slopes bathed in soft pink light. When Kathleen arrived, she said, "Yes," almost before I could officially ask.

We come back to this Seward Park spot frequently, and on silvery winter afternoons, we stroll the path to the site with our 2-year-old daughter. Whenever we return, Kathleen and I share a kiss and then gaze at the lake and the mountain. We're still in love with the place we call home. ✈

Andrew Waite is an associate editor of Alaska Beyond Magazine.

A FEW COLUMBIA CITY FAVORITES

Columbia City Bakery (columbiacitybakery.com): Founder and owner Evan Andres—a four-time James Beard Awards Outstanding Baker semifinalist—and a dedicated team have been handcrafting breads, pastries, cakes, sandwiches and breakfasts at the bakery (right) since 2005.



Columbia City Theater (columbiacitytheater.com): Events in January at this music-and-entertainment space include Food 4 Thot (Jan. 12), The Crocodile Presents: Leif Vollebakk (Jan. 24) and Guitar Gods Review (Jan. 25).

La Medusa (lamedusarestaurant.com): The Mediterranean-style dishes at La Medusa feature Seattle-area ingredients and artisanal imports, such as Italian cheeses. The menu rotates frequently to reflect the seasons in the Pacific Northwest.

Tutta Bella Neapolitan Pizzeria (tuttabella.com/pizza-columbia-city): The flagship location of the Seattle-area restaurant group (below) specializes in wood-fired pizzas and serves personal-size pies, including Prosciutto E Funghi and Cauliflower with Fennel. —A.W.



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» HERE & NOW SEATTLE

CALENDAR

■ The exhibit **"Mont-Saint-Michel,"** a joint venture of Seattle's **Museum of History & Industry (MOHAI)**, Microsoft and Musée des Plans-Reliefs in Paris, marks the first North American display of a famous 17th century raised relief map of the landmark. The exhibit runs through Jan. 26. A companion digital 3D model provides a mixed-reality experience that lets visitors explore via a holographic tour (mohai.org).

■ The achievements of more than two dozen African American men are spotlighted in the Smithsonian Institution traveling exhibition **"Men of Change: Power. Triumph. Truth,"** on view



through March 15 at the **Washington State History Museum** in Tacoma, south of Seattle. The exhibit, supported locally by Alaska Airlines, features men ranging from Muhammad Ali and LeBron James (above) to W.E.B. Du Bois and Kendrick Lamar (washingtonhistory.org/moc).

■ Two stories about love are being staged at Seattle Center's McCaw Hall. **Seattle Opera** presents **Eugene Onegin**, with music by Tchaikovsky, Jan. 11-25 (seattleopera.org). **Pacific Northwest Ballet** performs **Cinderella**, with music by Prokofiev, Jan. 31-Feb. 9, in a production choreographed by PNB founding artistic director Kent Stowell (pnb.org).

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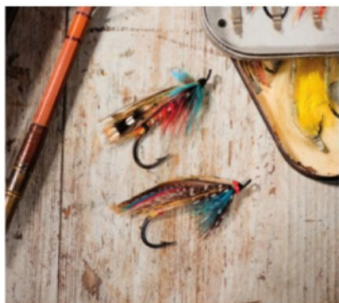
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■ Celebrate the **Lunar New Year** (Chinese Zodiac Year of the Rat) at various events: Martial and visual arts, plus dance, music and food, will be part of the festivities on Feb. 1 at **Bellevue Square**, part of **The Bellevue Collection**, east of Seattle (bellevuecollection.com). Also on Feb. 1, the **Chinese Student Association at the University of Washington** will host a Lunar New Year Gala, with performances, activities and food (csauw.com). On Feb. 8, the Lunar New Year will be celebrated in Seattle's **Chinatown-International District**, with dragon and lion dances, a food walk, arts, crafts and family-friendly activities (cidbia.org).

■ More than 90 performers from across North America are expected to participate in the **2020 Seattle Festival of Improv Theater**, which will include shows and workshops, Feb. 12-16 (seattleimprov.com).

■ Experience dining in the dark, Feb. 14-15, during the **Seattle Blind Cafe Experience**. The event features a social-impact Q&A with legally blind ambassadors, along with live music, and a vegan and gluten-free dinner, served in full darkness (theblindcafe.com).

■ **The Fly Fishing Show** comes to the **Lynnwood Convention Center**, north of Seattle, Feb. 15-16, with expert instruction and demos; seminars such as salt-



water beach fishing, Puget Sound style; the International Fly Fishing Film Festival and more (flyfishingshow.com).

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WINTER WALKS ON MOUNT HOOD

Snowshoeing trails to enjoy on the mighty peak

By Adam Sawyer

» While skiing and snowboarding at Mount Hood's six ski areas take center stage this time of year, I find that snowshoeing provides a slower-paced, more communal experience with Mother Nature. The beauty of the surroundings complements the inherent great workout you get from snowshoeing. Here are three classic outings for varying experience levels. In winter, weather conditions on the mountain change quickly. Always remember to carry a flashlight, shovel, extra clothing, food and water. Also be sure to tell someone where you are going and when you'll be back.

White River Canyon (easy to moderate)

Mount Hood's White River Canyon is a popular playground for sledding and cross-country skiing, as well as for snowshoeing. The first quarter-mile stretch leading from the parking area is primarily used for sledging, so if you're passing through on snowshoes, be on the lookout until you clear the area.

From that point on, it's a glorious experience, with the snowcapped peak dominating the views from the broad canyon floor. The Mount Hood summit only becomes more imposing the farther you snowshoe through the valley. There is usually an established trail through the area, with a gentle grade, if you stay in the wide-open space paralleling the river. Once you reach the power lines, turn around and retrace your steps for an easy 3-mile out and back.

For those seeking more exercise, continue through the valley another mile or so, making a 5-mile roundtrip. You can walk closer to the river, explore the steep ridgeline, or head into the trees. There are blue

diamond signs on trees helping to guide you back to the parking area.

To reach the trail, park at the White River West Sno-Park on Highway 35. A Sno-Park permit is required.

Tamanawas Falls (easy to moderate)

This hike offers one of the best snowshoeing experiences on the mountain. The Tamanawas Falls Trail, which is a major draw for waterfall lovers in summer, is a well-graded 3.5-mile roundtrip hike that showcases a sublime patch of mountain landscape that's akin to a forested fairyland. However, the real draw is the broad, 150-foot-tall Tamanawas Falls.

In winter, the setting in front of the falls is transformed into a breathtaking frost palace. Massive icicles, which hang from the rocky ledge, flank either side of the falls, making this snowshoe trip an entirely unique experience. That ice can also be dangerous, so keep your distance from the falls and be careful of falling ice.

The winter excursion to Tamanawas is popular, but it is still possible to get lost in this area when heavy snows obscure the trail. Be sure to carry a Mount Hood trail map with you or download one to your phone to help you follow the route.

You will need a Northwest Forest Pass to park at the Sherwood-Tamanawas Falls Trailhead, just off Highway 35.

Twin Lakes (moderate to difficult)

If you want to stretch your legs even more and increase your chances for solitude, then the 7-mile roundtrip trek to Twin Lakes is for you.

Snowshoeing on Mount Hood is a fun way to exercise and get out into nature during winter.

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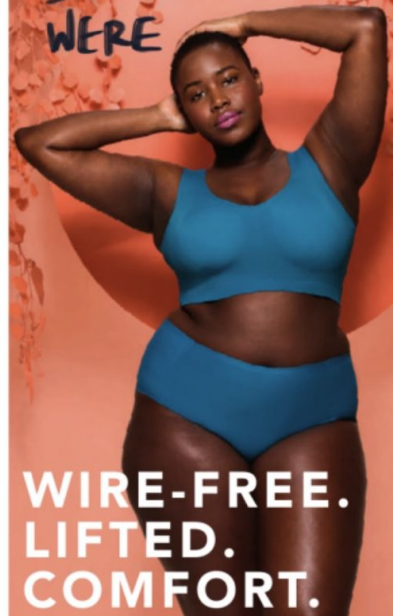
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The trail offers an elevation gain of about 1,400 feet and a well-developed and marked trail system that provides for further exploration of the area. The trail first visits Lower Twin Lake. If you continue for another 0.7 mile, you reach Upper Twin Lake. The white vastness of the small lakes, with occasional tantalizing views of the summit of Mount Hood, help make the trip a wonderful outing.

However, the best aspect of the trail is the pristine old-growth forest along the way. Ancient hemlocks, Douglas firs and the occasional western white pine rise from the drifts and banks of snow, creating the canopy above.

Also powerful is the amazing silence of the forest in its blanket of snow. It is all the inspiration you'll need for another Mount Hood snowshoe excursion.

Park at the Frog Lake Sno-Park on Highway 26 to access the trail. A Sno-Park permit is required. ❧

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2nd Wind, in the heart of Hood River, rents and repairs snowshoes. —A.S.



Portland's Lan Su Chinese Garden.

A LASTING NEW YEAR

Celebrating the traditional Lunar calendar start of 2020

By Susan G. Hauser

» In Portland, there's no need to put away the confetti and noisemakers after the New Year arrives on January 1 (based on the Gregorian—or solar—calendar).

That is because some people will be greeting the New Year with local Chinese and Japanese communities on the date determined by the lunar calendar. This year, the Lunar New Year starts on January 25. The date marks the second new moon after the winter solstice. According to the Chinese Zodiac, we'll be leaving the Year of the Pig and ringing in the Year of the Rat.

While traditionally the celebration of Chinese New Year lasts 15 days, downtown Portland's Lan Su Chinese Garden will celebrate for 16 days this year to fill out the final weekend of festivities and end on Sunday, February 9. The garden will offer special events each day of the celebration, beginning with the first day of the Lunar New Year—January 25—in which every garden visitor will receive a traditional lucky red envelope, as at right. Known as a *hongbao*, the envelopes usually include a coin or small financial gift and encourage the flow of wealth and good fortune.



At 11 A.M. that day, the Portland Chinatown Dragon Parade will begin at the Portland Chinatown Museum and wind through the streets of Northwest Portland, with clanging cymbals, firecrackers, dancers in lion costumes and a 100-foot-long dragon. On Tuesday, January 28, the first 100 visitors to the garden will be invited to partake in the traditional "Rolling in the Wealth" activity. Each person will be given an orange and a gold coin and will roll both through the front door of the garden. The ritual is a wish for good luck and prosperity in the year.

Many Japanese Portlanders also follow the lunar calendar. Their big New Year celebration is on Sunday, January 26, in the Viking Pavilion at Portland State University. This is the 24th-annual celebration of what's called Mochitsuki, which

features the ritual of using wooden mallets to pound mochi, dough made from sticky rice, until it's pliable enough for making traditional sweet treats. The celebration will include concerts, demonstrations of martial arts, Japanese calligraphy, tea and food ceremonies, origami, demonstrations of kimono fashion, ikebana (flower arranging) and more. ❧

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MARVELOUS MENDOCINO COUNTY

By Matt Villano

» **Three generations of Villanos** were deep in the woods in Mendocino County when my father decided to imitate a locomotive.

“Choo, choo!” he hooted in falsetto, his ridiculous voice echoing in the distance. “Choo, choo!”

The railroad references were a little obscure but not altogether irrelevant. Yes, at that moment we were traveling on a set of old railroad tracks used by trains to facilitate the timber industry starting in the 1800s. However, we weren’t on a train—instead, my parents, my three daughters and I were split up across specialized handcars tricked out with pedals, crankshafts and battery-powered motors so they can operate like recumbent electric-assist bikes.

These bikes are called “rail bikes,” and the contraptions are the latest offering from the California Western Railroad, known around these parts as the Skunk Train. The tracks run from the city of Fort Bragg for a little more than 3 miles into the forest, where they stop at a tunnel closed by a landslide back in 2015. Actual train trips—powered by diesel-electric or steam engines—are also available at certain times along the same rail line and along other tracks nearby.

Our family had driven to Mendocino County, about two hours from my Sonoma County home, to celebrate my parents’ 75th birthdays, both of which were celebrated in 2019. What ensued was a weekend packed with outdoor fun and multigenerational adventures in an area rich in attractions for guests of all ages.

The rail bike experience, for instance, was unlike anything we’d done before. After picking up tickets at the Skunk Train office in downtown Fort Bragg, we followed directions to a section of the railway track. A guide outfitted each of us with helmets, and then instructed our group on how to control the motor and brakes. With that, we clambered aboard—two to a bike—and all started pedaling.

The first leg of the journey was full of surprises: wooden bridges spanning burbling creeks and natural canopies comprising the branches of coastal redwoods arching above. The grade trended downhill on the way out, and we reached speeds of around 14 mph.

Then, after about 25 minutes, we stopped in front of the entrance to the tunnel. Our guide beckoned us off the bikes for a half-mile hike up the hill to the left of the tunnel. Along the way, he enlightened us with information about the land-



» **Outdoor adventures in Mendocino County include rail bike excursions on a scenic railway route, top, and enjoying coastal treasures such as at Glass Beach, above.**

slide that closed the tunnel, about the region’s logging history, and about what it’s like to grow up in the region.


The hike wasn’t easy, and it was steep enough that my 4-year-old had to sit like a princess on my shoulders. Once we reached the top, we turned around to peek back through the trees toward the tracks. Then we headed back to the bikes.

On the ride back to the starting point, the grade tilted slightly uphill. With the electric assist, speeds topped out around 10 mph. I was on a bike with my toddler, and at one point I looked over to see her with her mouth open and her tongue hanging out happily, like a dog at a car window.

From the back of the line of bikes, we could hear my father and his falsetto, choo-chooing away. This time, instead of shaking our heads, we joined in the cacophony, announcing to the world that the Villano train was heading for the station.

Glass Beach

Later in the weekend, we went from forest to coast, on the



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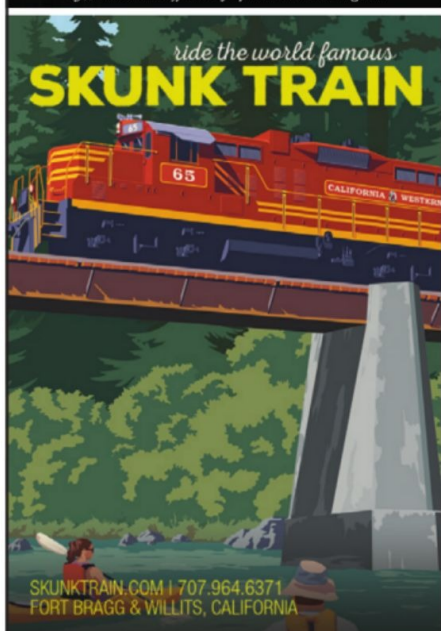
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prowl for the treasure of sea glass. This stuff—glass with edges smoothed by the churning of the waves—is like gold doubloons for my girls. They'll search for it on just about any stretch of shoreline, but in Mendocino County, their favorite spot is an area called Glass Beach in MacKerricher State Park in Fort Bragg.

You know those scenes in cartoons when heroes are hunting for riches and they come upon an entire room of gold coins? That's what Glass Beach is like to a certain type of beachcomber—only with the sea glass that gave the beach its name. Rules stipulate that visitors leave the glass behind, and there is less glass than there was once, but our crew still relishes the hunt.

According to local officials, the location was a dump site up until 1967, when dumping was prohibited and cleanup programs were enacted to remove major pieces of debris. Yet some glass and pottery remained—and were exposed to the ocean's power. Over time, the constant spin cycle of waves and sand broke down this material and softened its edges. Today, some of the gemlike glass bits are no bigger than the period at the end of this sentence. Other pieces are big enough that they could be strung together into jewelry.

On our recent visit, my daughters looked for all sizes. They liked the thrill of finding big chunks, but learned quickly that they were more likely to discover rare colors (blue, purple, turquoise) in smaller forms. After two hours, each had amassed quite a stash. We gave their collections due admiration and then took our souvenirs in the form of memories—along with some photos to post.

Mendocino Coast Botanical Gardens

On our last day in Mendocino County, our crew of Villanos decided we needed to stop and smell the flowers—literally. Our destination: the 47-acre Mendocino Coast Botanical Gardens, just outside of Fort Bragg.

Since the site's founding in 1961, it has become famous for its flora. In September 2010, the American Public Gardens Association recognized the venue's heath and heather as a Collection of National Significance. Visitors also love the rhododendrons, some of which were hybridized right in Fort Bragg. The rhodies are a signature collection at the gardens.

For us, however, it was all about the conifers. My oldest daughter, a preteen budding artist, loves to sketch evergreens, and the gardens' Conifer Collection includes more than 200 varieties and 66 species. My daughter was particularly captivated by the purple-blue cones of the Forrest fir, and spent at least 45 minutes camped out in front of them, drawing away.

Overall, the gardens contain thousands of different species, a huge diversity made possible by the mild maritime



» **The plants and flowers at Mendocino Coast Botanical Gardens are varied and vibrant.**

climate. Because of all the different flowers, the gardens also have attracted many avian species and have become popular for bird-watching. It's not uncommon to see red-throated loons, double-crested cormorants, black oystercatchers, plovers and swallows, especially in summer.

With its forests, flowers, rugged coasts, wildlife and distinctive attractions such as the rail bikes, glass beach and botanical gardens, Mendocino County is a true oasis for outdoor adventure. My parents already are talking about going back to celebrate their 76th birthdays next year. ✈

Matt Villano is a writer and editor based in the Sonoma County city of Healdsburg.

ADDITIONAL MENDOCINO COUNTY EXPERIENCES

- **All Aboard Adventures** (all-aboardadventures.com): Winter and early spring off the Mendocino County coast brings humpback and gray whales to the area. Charter a boat named *Sea Hawk* with this outfitter for two- and three-hour whale-watching trips out of Noyo Harbor in Fort Bragg.
- **Kayak Mendocino** (kayakmendocino.com): Spot seals and whales on 90-minute sea kayak tours that

depart from Van Damme State Park south of downtown Mendocino. Most of these oceangoing tours pass through small sea caves.

- **Unbeaten Path Tours & Yoga** (unbeatenpathtours.com): This company offers privately guided two-hour hiking tours up and down Sonoma County and Mendocino County coastlines. These tours include information about the wildlife, geology, human history and architecture of the region.

—M.V.

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CELEBRATING THE CHUGACH

Alaska State Parks, including the Southcentral gem, turns 50 this year

By Ken Marsh

» I discovered it one late-summer day in the Chugach Mountains east of Anchorage: a hidden canyon nestled in an idyllic world of rock, sunlight and crisp mountain air. Set in an untouched wilderness, the place was a lucky find.

On a lark, I'd been trailing a Dall ram spotted from my campsite near Ship Lake. I'd climbed and crept within 300 yards as the white sheep dawdled on a mountainside, nibbling grass. Then the breeze turned, and the ram stopped, brought its head up, and peered straight at me. In a flash of honey-colored horns, it took off, nimbly scaling stone faces. I thought about following, but it was no use. The ram vanished into a hodgepodge of impossible crags.

Instead, I proceeded in a different direction until I came to a ridge. The view was remarkable. From 4,000 feet above sea level,

the Chugach tumbled away, a tossing sea of rock, glacial ice and broken-tooth spires. Below the ridge, a chute fanned into a tarn as blue as a Caribbean lagoon.

The tarn marked the top of a box canyon that leveled into a narrow bottom. A glittering brook drained the tarn and wound into a second which, in turn, drained into yet another. It provided the perfect stairway down.

That afternoon, as I descended beside those high-country lakes, coveys of ptarmigan clucking from the boulders around me, I discovered a treeless sanctuary of moss, lichen and subarctic grasses. Small fish, a type of char regionally called golden-fins, broke the lake surfaces, fiery-orange bellies flashing, and I vowed to return one day with a light rod, a box of diminutive flies, and some leader fine as hair. *To page 116*



» In Chugach State Park, hikers can see wildlife such as Dall sheep, above, and ascend rugged peaks that afford views of expansive scenery, below.

POPULAR PLACES IN THE CHUGACH

■ **Glen Alps:** East of downtown Anchorage, the Glen Alps parking area is an easy gateway into the Chugach Mountains and several popular Chugach State Park trail systems. Activities include ascending the roughly 3,500-foot Flattop, Alaska's most-climbed mountain (its football field-size summit waits at the end of a 1.5-mile, 1,350-vertical-foot trail); and touring Powerline Pass Trail, a gentle 11-mile path popular among

hikers, mountain bikers, wintertime fat bikers and skiers. The powerline trail and several offshoots provide opportunities to view wildlife such as willow ptarmigan (Alaska's state bird), moose and Dall sheep, among other species—including the occasional black or brown bear.

■ **Eagle River Nature Center:** Located near the end of Eagle River Road, less than 30 miles northeast of Anchorage, Eagle River Nature Center provides access to several trail systems



ranging from short walks suitable for young families to the challenging 23-mile-long Crow Pass Trail, which fords upper

Eagle River, cuts through the Chugach Mountains, and ends at Crow Creek near Girdwood, outside Chugach State Park.

■ **Eklutna Lake Campground:** In addition to 50 campsites and a parking area, the Eklutna Lake area, roughly 40

» HERE & NOW ALASKA

miles northeast of Anchorage, features hiking trails such as the nearly 13-mile-long Eklutna Lakeside Trail, which is also enjoyed by cyclists and, at certain times, ATVs and snowmobiles. Horseback riding, mountain climbing and picnicking are also popular. Eklutna Lake itself—7 miles long and a mile

wide—is perfect for kayaking (rentals are available at the campground) and fishing.

■ Seward Highway:

Several popular Chugach State Park trailheads, a campground and a salmon fishing stream can be reached from the Seward Highway, a National Scenic Byway.

Less than 15 miles south of the city, McHugh Creek Day Use Area has hiking trails, picnic tables and a lovely waterfall overlooking Turnagain Arm. Farther south, Bird Creek offers fishing for pink and coho salmon, July through September. Bird Creek Campground has campsites and cabin rentals. —K.M.

From page 115 Only 10 miles as the raven flies from Alaska's largest city, that hidden canyon, like scores of similar wild treasures, remains unchanged 30 years later. For that we can thank Chugach State Park—which like the Alaska State Parks system is a half-century old this year—and the foresight of local Alaskans and state legislators who worked through the late 1960s to ensure the Chugach's creation on August 6, 1970.

Established to provide recreational and wildlife-viewing opportunities, preserve the scenic value of the Chugach Mountains, and protect pristine bodies of water such as Eklutna Lake and Ship Creek, 495,000-plus-acre Chugach State Park is today one of the nation's largest state parks.

Encompassing the mountains that form Anchorage's backdrop, the park expands east and north of the city to the Knik River near Palmer, south to Turnagain Arm, and across Whiteout and Eagle glaciers to the east. In between, it's all wilderness, simultaneously accessible and remote, a medley of crags, alpine tundra and forests readily reached from trailheads along the Seward Highway, and in the Glen Alps overlooking Anchorage, and along Eagle River and Eklutna Lake roads.

Visible from busy city streets, Chugach State Park promises respite for hikers, climbers, mountain bikers, Nordic and alpine skiers, and those who enjoy snowshoeing, kayaking, and seeing and photographing wildlife, from moose and grizzlies to marmots and grouse.

It's a gift for the ages, a wild contradiction to Southcentral Alaska's urban activity, a destination with something for anyone who enjoys the idea of wilderness, fresh air and wild blueberries hand-plucked from alpine tundra.

I'll pay tribute to the park this 50th year by revisiting that canyon where the little brook sings and golden-fins whirl in blue high-country tarns. I'll pitch my tent among the boulders where ptarmigan cluck, and in my pack I'll have a four-piece rod, some tiny dry flies, and a spool of leader fine as hair. ✕

Ken Marsh writes from Anchorage and spends many days venturing into the Chugach.

THE STORY CONTINUES

» In the Story Works Alaska

program, high school students craft true, meaningful stories and tell them before live audiences. The experience can be life-changing. Just ask Story Works alumna Anna Wen, right.

After participating in the program in high school, Wen now serves as a Story Works volunteer.

"Storytelling is so important because it allows you to connect with peers and classmates," says Wen, now a college student. "You are sharing stories that mean something to you, and that's really powerful."

Last January, this magazine featured the words of Nikka-Angela Macaraeg, who shared the story of her unshakable belief in Santa Claus. Today, thanks in part to an Alaska Airlines Foundation grant, the Story Works Alaska nonprofit continues to partner with high school English teachers to support youth voices through storytelling and writing workshops that develop skills, build confidence and increase access to storytelling resources.

The grant helps cover the costs associated with running story work-

shops, including staff time, volunteer screening and training, and printing costs—each student receives a workbook developed by Story Works teachers, alumni and volunteers.

Visit storyworksak.org for more information. —Aurora Blandino, Sharon Jenkins and Hunter Wooden



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STERN CENTER FOR AESTHETIC SURGERY
www.sternctr.com

SWEDISH RADIOSURGERY CENTER—
ESSENTIAL TREMOR
www.swedish.org/essentialtremor

ZENNI OPTICAL
www.zenni.com

TRAVEL IDEAS

CARAVAN TOURS
www.caravan.com

COWLITZ COUNTY/
MOUNT ST. HELENS
www.visitmtsthelens.com

FISHERMAN'S WHARF, SAN FRANCISCO
www.visitfishermanswharf.com

GIG HARBOR, WA
www.gigharborguide.com

MASTERPARK
www.masterparking.com

SHUTTLEPARK2
www.shuttlepark2.com

UNCruise ADVENTURES
www.uncruise.com

VISIT ANCHORAGE
www.anchorage.net

VISIT MCMINNVILLE
www.visitmcminnville.com

THINGS TO SEE & DO
A GALLERY FINE ART
www.agalleryfineart.com

CABO EN VIVO
www.caboenvivo.com

COME FROM AWAY
www.comefromaway.com

K1 SPEED INDOOR KART RACING
www.k1speed.com

PALM SPRINGS AIR MUSEUM
www.palmspringsairmuseum.org

PALM SPRINGS ART MUSEUM
www.psmuseum.org

SKUNK TRAIN
www.skunktrain.com

BREWERIES

BEAR REPUBLIC BREWING CO.
www.bearrepublic.com

ELYSIAN BREWING COMPANY
www.elysianbrewing.com

WINE & WINERIES

A TO Z WINeworks
www.atozwineworks.com

GOOD IDEAS

ARTFUL ASHES
www.artfulashes.com

CULINARY CORNER

10TH AND M SEAFOODS
www.10thandmseafoods.com

SHOPPING

THE BELLEVUE COLLECTION
www.bellevuecollection.com

EVELYN & BOBBIE
www.evelynbobbie.com

QUIP NYC, INC.
www.getquip.com/alaska

SEATTLE CUTLERY
www.seacut.com

GIFT IDEAS

OOMINGMAK MUSK OX
www.qiviut.com

» READ OUR DIGITAL EDITION AT ALASKABEYONDMAGAZINE.COM

Flyer guide

Your overview of the Alaska experience.

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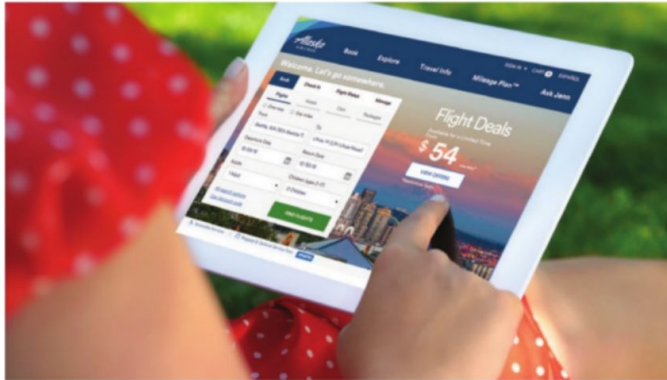


Everything Alaska

A look at all we offer.

Start every trip at alaskaair.com.

Sign up for the Insider Newsletter to receive great travel deals and information.

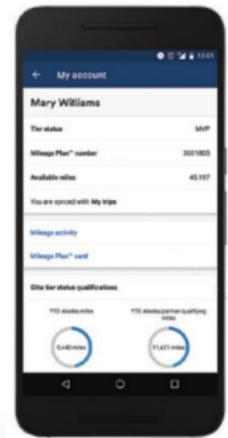
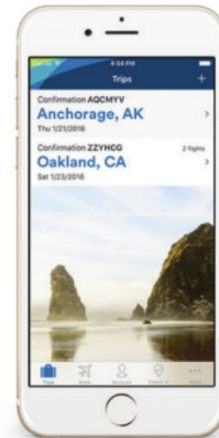
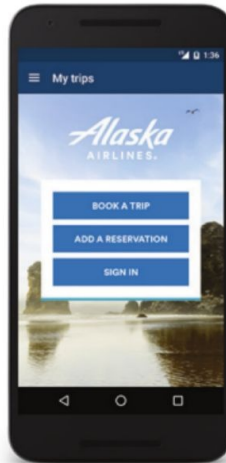


- Always find our lowest fares, guaranteed
- Check out our weekly flight deals
- Plan your whole trip with hotel, car and vacation packages
- Manage your Mileage Plan™ account and use miles
- Check in, print boarding passes and baggage tags

Our app keeps you mobile on any device.

We have several mobile options to keep you moving when you're on the go: iPhone, Android and our mobile website at m.alaskaair.com.

- Find and book flights
- Check in from your phone
- No more paper—access mobile boarding pass and Alaska Lounge membership card
- Access Mileage Plan information
- Pre-reserve meals



The Alaska Lounge is your sanctuary.



Lounge members enjoy access to our seven lounges in Seattle, Portland, Los Angeles, New York-JFK and Anchorage, and more than 60 affiliated lounges worldwide. Warm pancakes at breakfast, and soups, salads and snacks are available throughout the day, plus a fully stocked bar and Starbucks® coffee. Get more details at alaskaair.com/lounge.

Boeing 737 fleet.



B737-900/900ER

Range: up to 2,720 miles
Seats: 178

B737-800

Range: 2,920 miles
Seats: 159

B737-700

Range: 2,985 miles
Seats: 124

B737-700F (freighter)

Range: 2,985 miles
Capacity: 9–10 cargo
containers

You'll find Boeing's new Space Bins, offering 48% more stowage space, on our 737-900ER aircraft.

Airbus fleet.



Airbus A319

Range: 2,986 miles
Seats: 119

Airbus A320

Range: 2,855 miles
Seats: 146–149

Airbus A321neo

Range: 3,072 miles
Seats: 185

Regional fleet.



Bombardier CRJ-900

Range: 1,114 miles
Seats: 76
Operated by Horizon Air



Embraer E175

Range: 2,150 miles
Seats: 76
Operated by Horizon Air
and SkyWest Airlines

Tell us how we're doing.

Visit **alaskalistsens.com**.

Free to access in flight.

Our bag guarantee.

Delivered in 20 mins or less.

If we miss the mark, see an agent for a voucher.

Terms apply. See bit.ly/BagGuarantee for details.

Movies, TV, Wi-Fi and more.

Alaska has the most movies in the sky.*

Kick back with over 700 free movies and TV shows.

Most flights offer Alaska Beyond Entertainment, our streaming entertainment system that features hit movies and episodes from your favorite TV networks—like HGTV—as well as new discoveries, including new musicians from Seattle's independent record label Sub Pop.

Visit AlaskaWiFi.com to start watching.

Download the app:

You'll need the Gogo Entertainment app to watch movies. Get the app now at loadplayer.com.

Does not apply to aircraft with seatback screens.

HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:



Ad Astra



The Art of Racing in the Rain



Blinded by the Light



Fast & Furious Presents: Hobbs & Shaw



The Lion King

ALL YOUR FAVORITES, AND THEN SOME:

- Aladdin (2019)
- Godzilla: King of the Monsters
- Late Night
- Pokémon Detective Pikachu
- The Secret Life of Pets 2
- The Sun Is Also a Star
- Toy Story 4
- X-Men: Dark Phoenix
- The Aftermath
- Alita: Battle Angel
- Avengers: Endgame
- Breakthrough
- Isn't It Romantic
- Nancy Drew and the Hidden Staircase
- Shazam!
- Tolkien
- UglyDolls
- Aquaman
- The Kid Who Would Be King
- The Lego Movie 2: The Second Part
- The Mule
- A Star Is Born
- Fantastic Beasts: The Crimes of Grindelwald
- The Hate U Give
- Creed II
- The Favourite
- Mary Queen of Scots
- Widows
- Glass
- First Man
- Bohemian Rhapsody
- Can You Ever Forgive Me?
- Smallfoot
- The Old Man & the Gun



For a complete movie/TV program listing, go to AlaskaWiFi.com while inflight.

NEW

CHECK OUT OUR NEW TRAVEL PROGRAM, WHERE WE FLY.

Our new travel show lets you explore the best of our destinations. Each episode highlights a different city and features little-known facts, along with essential information about attractions, restaurants and accommodations.

Where We Fly is produced in cooperation with In-Flight Media Associates.

Start watching today at AlaskaWiFi.com or via the seatback screen (on select flights).

Like our tunes?

THIS MONTH'S BOARDING MUSIC PLAYLIST:

Artist	Song
Clairo	Bags
Japanese Wallpaper	Fooling Around
Total Heat	On the FM
Kaleem Taylor	Know Better
Adult Karate	Del Mar
Tep No	Long Lost Sunday Morning
Hibou	Silver
Beat Connection	So Good
Mree	Harvest Moon
Hibou	An Hour Of Vision
The New Pornographers	The Surprise Knock

Forgot your earbuds?

We've got a stylish pair of reusable earbuds available for just \$3. They're yours to keep and use for future flights the gym or, wherever you enjoy your music and podcasts.



Pro tip: Keep a backup set of earbuds in every backpack or carry-on. That way, if you forget your favorites, you're not totally without your jams.

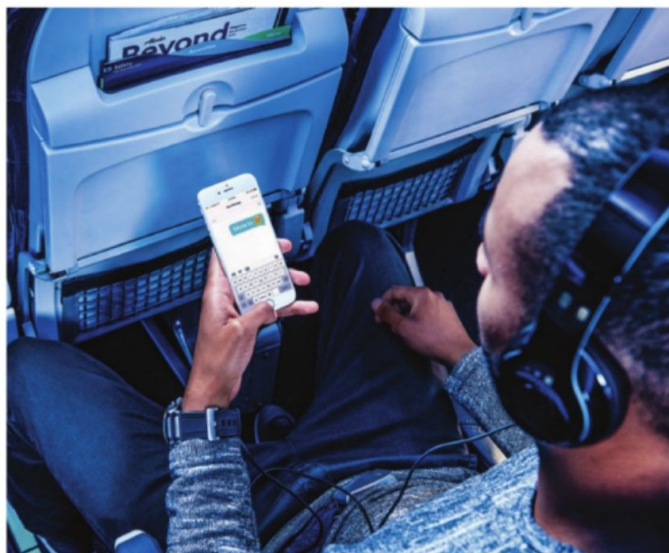
* Compared to other U.S. airlines as of Dec. 2018. Movies are available to stream to guests' own devices, on flights with Gogo Entertainment.

You're now cleared for text-off.

Never miss a thing when you can text for free using Wi-Fi. Text your friends from your smartphone using iMessage, Facebook Messenger and WhatsApp. Please keep in mind:

- Free texting is for text-based messages only. Photos and video are not supported.
- Both you and your recipient must have one of the compatible apps.
- Free texting is available only on flights with Gogo or Viasat Inflight Internet.

Inflight, go to AlaskaWiFi.com to get started.



Go online.

Inflight internet is available on all of our Airbus, Boeing and Embraer aircraft.

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.

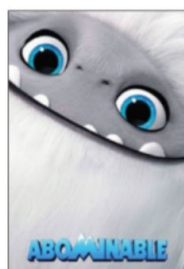
- Work smarter. Use webmail instead of Outlook to check your inbox. You never know what large files might be lurking in there.
- Wait to send that TPS report. Large attachments can slow things down: Avoid sending while in air.
- Bookmark or favorite AlaskaWiFi.com to quickly access inflight internet.
- Huh? Live Help is available on flights within the coverage area. FAQs are at your fingertips on all flights.

Rent one of our premium entertainment tablets.

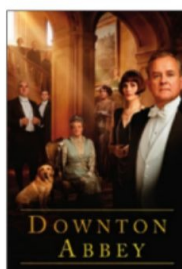
On many of our longer flights, you can rent one of our inflight entertainment tablets featuring the newest movies onboard, plus recent hits. Each tablet is preloaded with 25 to 30 movies (depending on the month), plus TV shows, Xbox games and music. Tablets are free in First Class, and available to rent for \$10.*



NEW MOVIES ON THE TABLET:



Abominable**



Downton Abbey**



The Goldfinch**



Lucy in the Sky**



**Maleficent:
Mistress of Evil****

* Flights that offer our tablet include all flights to/from Hawai'i, and flights to/from Boston, Baltimore, Fort Lauderdale, New York, Orlando, Philadelphia, Tampa and Washington, D.C. Tablets are not offered on aircraft with seatback screens.

** Available on tablets only.

Alaska Airlines Mileage Plan™

Welcome to a world of rewards.

Earn miles on hotel stays, car rentals, and everyday purchases, too.



See the world and earn miles doing it.

Earn or redeem miles on every Alaska flight and flights to more than 800 destinations worldwide with our airline partners.

Alaska
GLOBAL PARTNERS



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

MVP GOLD 75K

(75,000 miles flown on Alaska)

All MVP Gold benefits, plus:

- Four Alaska Lounge day passes
- 125% bonus miles and more
- Complimentary inflight entertainment player, when available.

*Miles flown on PenAir and Ravn do not count toward elite status qualification.

**Saver Fares (booked in X class of service) are not eligible for elite upgrades or waived change fees.



TEL AVIV, ISRAEL
EL AL ISRAEL AIRLINES

Get more than just miles.

Get a **42,000 bonus mile offer** when you apply through an employee, Alaska's Famous Companion Fare™ offer, a free checked bag, and more.

- **Earn 3x miles** on eligible Alaska Airlines purchases and 1 mile for every dollar spent on all other purchases.
- **Get 50% off** day passes at the Alaska Lounge and **20% back** on all Alaska Airlines inflight purchases when you pay with your new card.



Cardholder perk: There's no limit to the number of miles you can earn.

Apply now with an employee before wheels down, or at [AlaskaOffer.com](https://alaskaoffer.com)

The benefits described herein are subject to certain restrictions, limitations and exclusions. For more information about rates, fees, other costs and benefits of this credit card, or to apply, see an Alaska employee or visit [AlaskaOffer.com](https://alaskaoffer.com) and refer to disclosures accompanying the application. This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A., Inc. ©2019 Bank of America Corporation

Big adventures using your miles.

Book one-way award travel within the continental United States and Canada starting at just 5,000 miles.*

Starting price*	Distance each way	Sample routes
5,000 miles	Less than 700 miles (intrastate)	San Jose–Orange County
5,000 miles	Less than 700 miles	Seattle–San Francisco
7,500 miles	701 to 1,400 miles	Los Angeles–Portland
10,000 miles	1,401 to 2,100 miles	Portland–Chicago
12,500 miles	More than 2,101 miles	New York–Seattle

* Plus taxes and fees from \$5.60 each way. Award availability and pricing may vary.

NEW

NEED A PLACE TO STAY?

You can now use Mileage Plan miles to stay at more than 400,000 hotels worldwide with alaskaair.com/hotels.

Visit alaskaair.com to explore all the ways to use miles.

Join today and start getting rewarded. alaskaair.com/mileageplan

Mileage Plan gives you the world

Earn and redeem your Alaska Airlines miles to more than 800 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.



Nadi, Fiji
Fiji Airways



Athens, Greece
EL AL Israel Airlines



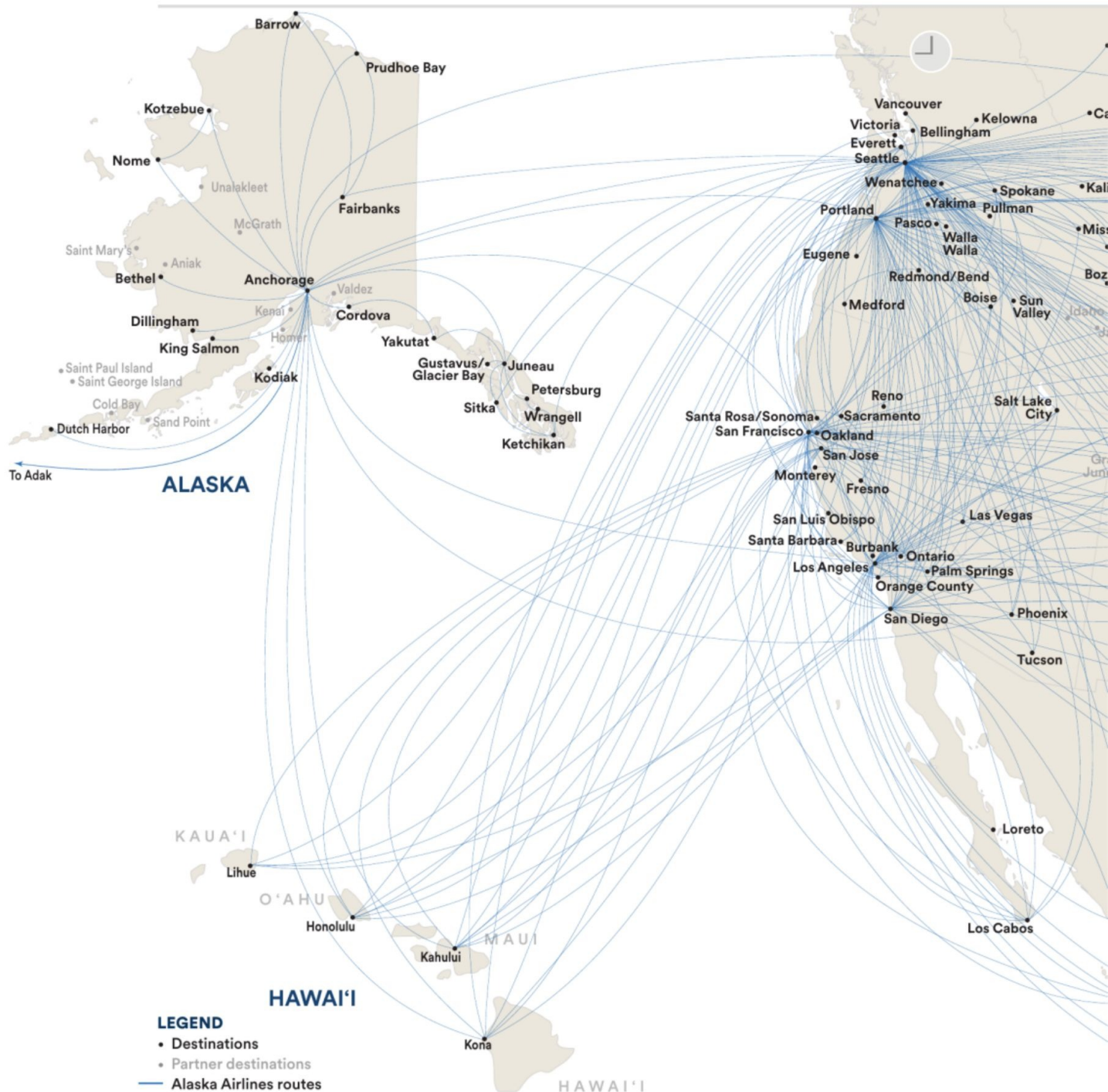
Prague, Czech Republic
Aer Lingus



Brisbane, Australia
Qantas

Where we fly

115+ destinations and counting.



UPCOMING NEW SERVICE

Route	Service Begins	Route	Service Begins
Los Angeles (LAX)—Redmond/Bend (RDM)	Jan. 7, 2020	San Francisco (SFO)—Redmond/Bend (RDM)	Mar. 19, 2020
Los Angeles (LAX)—Spokane (GEG)	Jan. 7, 2020	San Francisco (SFO)—Spokane (GEG)	Mar. 19, 2020
San Diego (SAN)—Redmond/Bend (RDM)	Jan. 7, 2020	San Jose (SJC)—Puerto Vallarta, MX (PVR)	Mar. 19, 2020
San Diego (SAN)—San Luis Obispo (SBP)	Jan. 7, 2020	San Francisco (SFO)—Anchorage (ANC)	Apr. 21, 2020
Los Angeles (LAX)—Boise (BOI)	Mar. 19, 2020	San Luis Obispo (SBP)—Portland (PDX)	June 18, 2020
Los Angeles (LAX)—Missoula (MSO)	Mar. 19, 2020		



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

Some routes shown operate seasonally.

Airport-terminal maps

SEA Seattle/Tacoma International Airport

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

Tip:
Our new Alaska Lounge is open in the N Concourse and is located on the Mezzanine Level above N13–N18.



PDX Portland International Airport



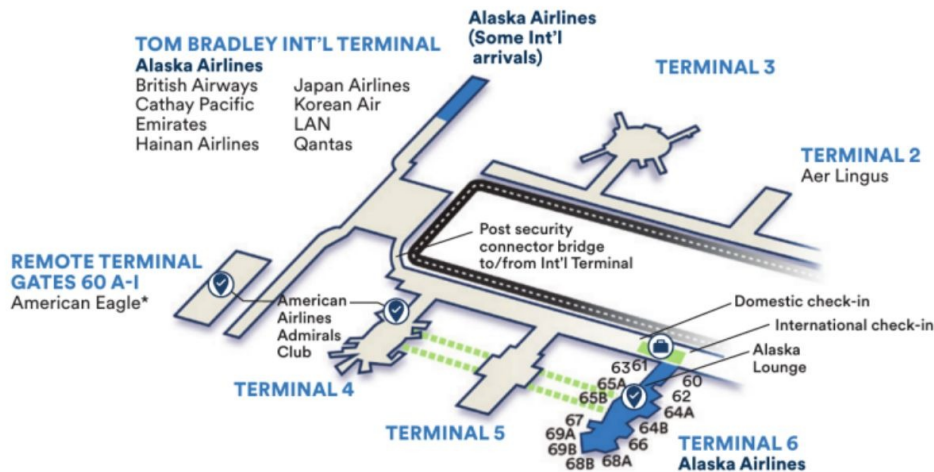
Tip:
Heads up: We fly out of more than one terminal at SFO, please check your boarding pass to ensure you arrive at the correct gate.

SFO San Francisco International Airport

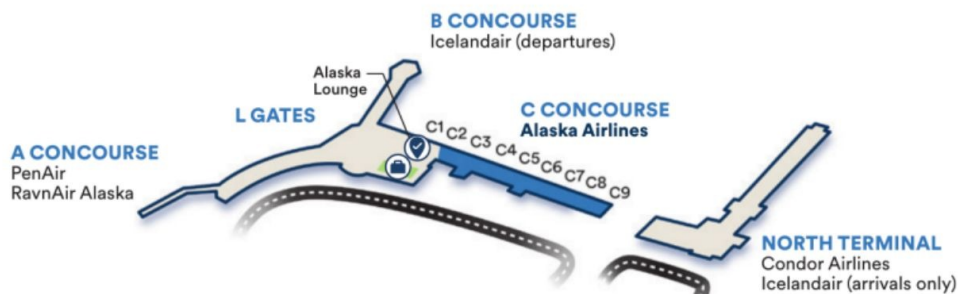
Tip:
Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.



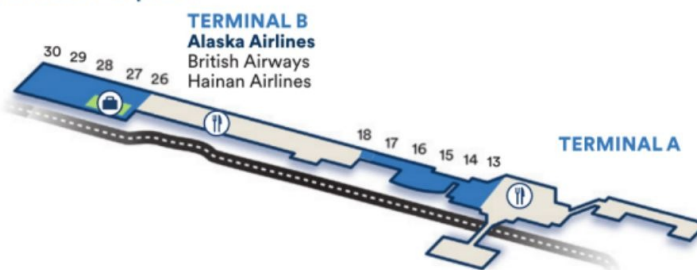
LAX Los Angeles International Airport



ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



NEW

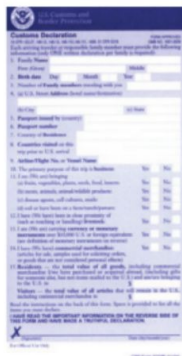
Alaska Airlines has moved all SAN operations to Terminal 2 East. Alaska now occupies Gates 20, 21, 22, 24, 26 and 28, with Gates 30 and 32 available as alternates.

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 paper-work, TSA Pre✓® 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.

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.”

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.

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

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.”

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; uno 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

- Seat belts must be fastened whenever the “FASTEN SEAT BELT” sign is on. Keep your seat belt fastened at all other times when seated, in case of rough air.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Seat-belt extenders are not allowed in exit rows. They can tangle and obstruct access to exit doors.

CARRY-ONS

- All carry-on bags must be placed under a seat or in an overhead bin for takeoff and landing.
- Prior to takeoff and landing, service items provided by our inflight team must be picked up.

LAVATORY

- Guests are requested to use the lavatory in their assigned cabin.

PETS

- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

CREW AND GUEST SAFETY

- Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a guest's behavior.
- We respect the privacy and well-being of our guests and employees. We do not tolerate inappropriate verbal, digital or physical conduct of any kind, including sexual harassment, invasive photography, and assault. Please report unwelcome behavior to an employee immediately. Any crime committed onboard is considered a federal offense.

TRAVELING WITH INFANTS AND CHILDREN

- To be used onboard, your child-restraint system must conform to all applicable federal motor vehicle-safety conditions, and the restraint must be certified for use in motor vehicles and aircraft with an FAA-approval sticker.
- Some restrictions for child-restraint systems apply based on seat locations and flight numbers. Visit <http://bit.ly/InfantTravel> for details.

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.
- Guests are expected to drink responsibly and behave in a safe and respectful manner at all times.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

DEVICES

- During taxi, takeoff and landing, larger electronic devices, such as laptops, must be stowed.
- 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, FaceTime, Skype) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Tablets, handheld games, etc.

OTHER PROHIBITED ITEMS

- We prohibit 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 air-purifying devices.

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

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,
Customer Care)

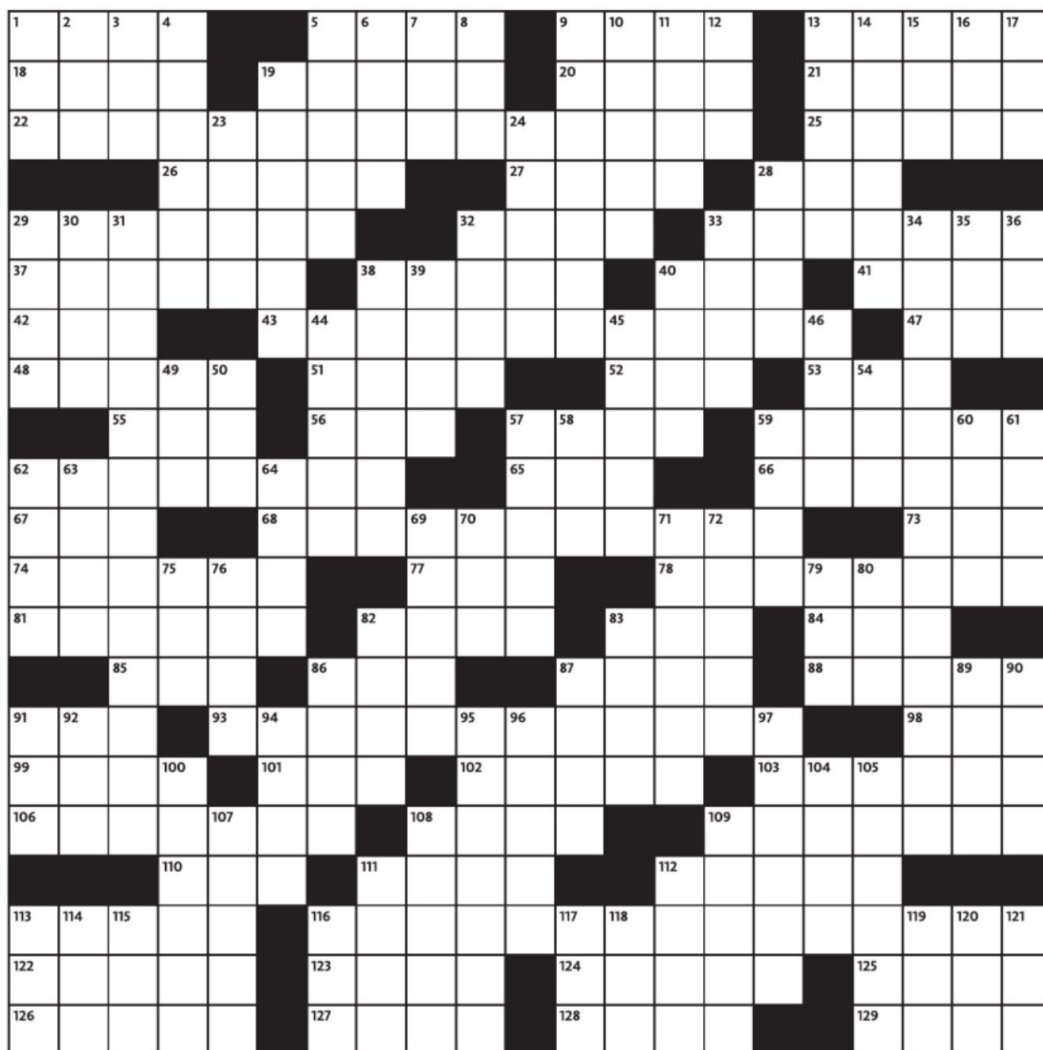
Toll-free
reservations:
Within the U.S.
and Canada:
800.ALASKAAIR
(800.252.7522)
(TTY 800.682.2221)
alaskaair.com

En Español:
800.858.5525
From Mexico:
001.800.252.7522

Alaska Airlines
Vacations:
844.762.0087
vacations.alaska-air.com

ACROSS

- 1 Dijon dream
 5 Society: abbr.
 9 Stoic philosopher
 13 Burros
 18 Comparable
 19 Toughen
 20 Declare
 21 European capital
 22 Hearty meal
 25 Piece of grass
 26 Gets up
 27 Marsh wader
 28 Gosh!
 29 Igneous rocks
 32 Unexpected slide
 33 Withhold patronage
 37 Slip by
 38 Gambling game
 40 Hem's partner
 41 Row of seats
 42 Actor Mineo
 43 Picnic dish
 47 Deposit eggs
 48 Caterpillar hairs
 51 Castle's defense
 52 _____ *Miserables*
 53 *Two _____ Kind*
 55 _____ aboard!
 56 English cathedral
 57 Beginning
 59 Appeal
 62 Capital of Chile
 65 Sadness
 66 Worn down
 67 Yore
 68 Brunch sandwich
 73 Victory sign
 74 Katmandu native
 77 Fleck
 78 Indigestion aids
 81 Wigwam's kin
 82 Fast aircraft
 83 Shanty
 84 Large wine cask
 85 Coal size
 86 Novelist Clancy
 87 Fleetwood Mac hit
 88 Skilled
 91 Small explosion
 93 English fare
 98 Car shelter: abbr.
 99 Greek god
 101 Computer linkage system
 102 Annul
 103 Tribute
 106 Calmer
 108 Swedish auto
 109 Pensioner
 110 Pole
 111 Heat up
 112 Hindu ascetic
 113 Diamond measure
 116 Birthday dessert
 122 Yawning
 123 Rds.
 124 Alpine singing



- 125 Potpourri
 126 Canonical service
 127 Hiatus
 128 Third letters
 129 Printing method

DOWN

- 1 Flock fella
 2 _____ out
 (supplement)
 3 By way of
 4 Catch
 5 Peruvian range
 6 Eats late
 7 Sign of a hit
 8 Accountant's term
 9 Feline flier?
 10 Sidestep
 11 Piggies
 12 Sounds of pain
 13 *Downton _____*
 14 Choose
 15 Mex. lady
 16 Conclude
 17 Date
 19 Upper foot arch
 23 Bothers
 24 Singer Clay _____
 28 Formalwear
 29 Mrs. Truman
 30 Wings
 31 Condiment pair
 32 Card game
 33 Lambs' cries
 34 Salad-dressing ingredients
 35 Hot brew
 36 Sample
 38 Novel's preface
 39 Fine
 40 Pay attention
 44 Alpha's opposite
 45 Run
 46 Peevish
 49 Model Carol _____
 50 Yale grad
 54 '60s do
 57 Hits sharply
 58 Geologic age
 59 Course book

- 60 _____ off (irate)
 61 Songs of praise
 62 Mailed
 63 Aweather's opposite
 64 Rose's lover
 69 Tomato-plant disease
 70 Parcel
 71 Actress Piper _____
 72 Available
 75 Certain primate
 76 Fall faller
 79 One _____ time
 80 Cow's chew
 82 Sports-caster Madden
 83 Exclamations
 86 Russian monarch
 87 Wound cover
 89 Sheet of paper
 90 Oak or linden
 91 Faux _____
 92 Crude mineral
 94 _____ 3 Lives
 95 Least distant
 96 Stage work
 97 Israeli currency

- 100 Colorful shawl
 104 Auricular
 105 Reflective surface
 107 Memory joggers
 108 Land _____!
 109 Regattas
 111 Surfer's challenge
 112 Bona _____
 113 Pantry item
 114 In history
 115 Hurried
 116 Hatchback, e.g.
 117 MOMA locale
 118 Buck's companion
 119 *Evil Woman* gp.
 120 Tiny island
 121 Bossy's bellow

SOLUTION ON PAGE 139.

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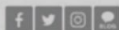


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LADDERGRAM

■ 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.

Definitions:

- | | |
|------------------------|-------------------------|
| 1. Tales from Aesop | 10. Ringed planet |
| 2. Luxuriant fur | 11. Talks wildly |
| 3. Chemistry workshops | 12. Creative endeavors |
| 4. Moral asset | 13. Lightning flash |
| 5. Beam bolt | 14. Glide across a rink |
| 6. Stadium section | 15. "For Pete's —!" |
| 7. Child care expert | 16. They fall in fall |
| 8. Attempts | 17. Burn ointment |
| 9. Mix, as cake batter | 18. Cutlet meat |

	1.	2.	3.	
	4.	5.	6.	
	7.	8.	9.	
	10.	11.	12.	
	13.	14.	15.	
	16.	17.	18.	

SUDOKU

■ Complete the sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once.

	8		7		6	4	5	
	3	2			9	7		
4	7			3			2	
7		8		4				
1			6		2			4
				7		1		2
	5			8			4	6
		7	3			5	8	
	6	4	2		5		1	

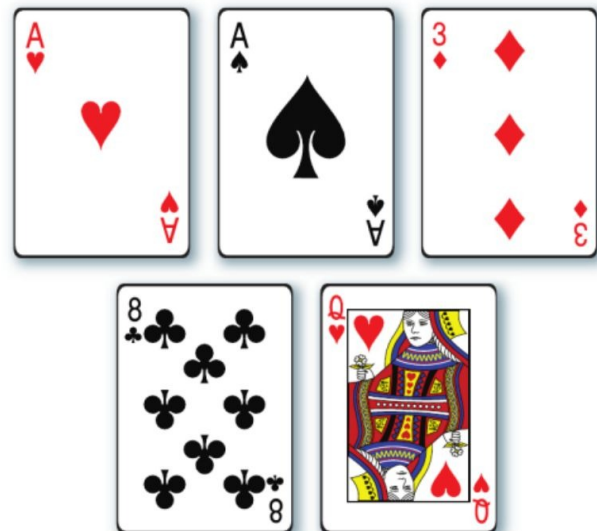
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Solutions on page 139.

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?



Clues:

1. The aces are adjacent.
2. The diamond is somewhere below the club.
3. The eight is somewhere below a heart.
4. The three is somewhere above the spade.
5. Two red cards are adjacent.

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CROSSWORD page 134



LADDERGRAM page 136

F	1. FABLES	2. SABLE	3. LABS	E
U	4. VIRTUE	5. RIVET	6. TIER	V
T	7. SITTER	8. TRIES	9. STIR	E
U	10. SATURN	11. RANTS	12. ARTS	N
R	13. STREAK	14. SKATE	15. SAKE	T
E	16. LEAVES	17. SALVE	18. VEAL	S

SUDOKU page 136

9	8	1	7	2	6	4	5	3
5	3	2	4	1	9	7	6	8
4	7	6	5	3	8	9	2	1
7	2	8	9	4	1	6	3	5
1	9	3	6	5	2	8	7	4
6	4	5	8	7	3	1	9	2
3	5	9	1	8	7	2	4	6
2	1	7	3	6	4	5	8	9
8	6	4	2	9	5	3	1	7

CARD SENSE page 136

The aces are adjacent (clue 1), so the three of diamonds is above both of them (clue 4). The three of diamonds is somewhere below the eight of clubs (clue 2), which is somewhere below a heart (clue 3). The three of diamonds, then, is third from the top, the eight of clubs is second, and the queen of hearts is on top. By clue 5, the ace of hearts is fourth and the ace of spades is fifth. In summary, from top to bottom: queen of hearts, eight of clubs, three of diamonds, ace of hearts, ace of spades.

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