

Alaska®

BEYOND»

MAGAZINE DECEMBER 2017

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commitment
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Two views
from the Seine
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FLIGHT PATHS

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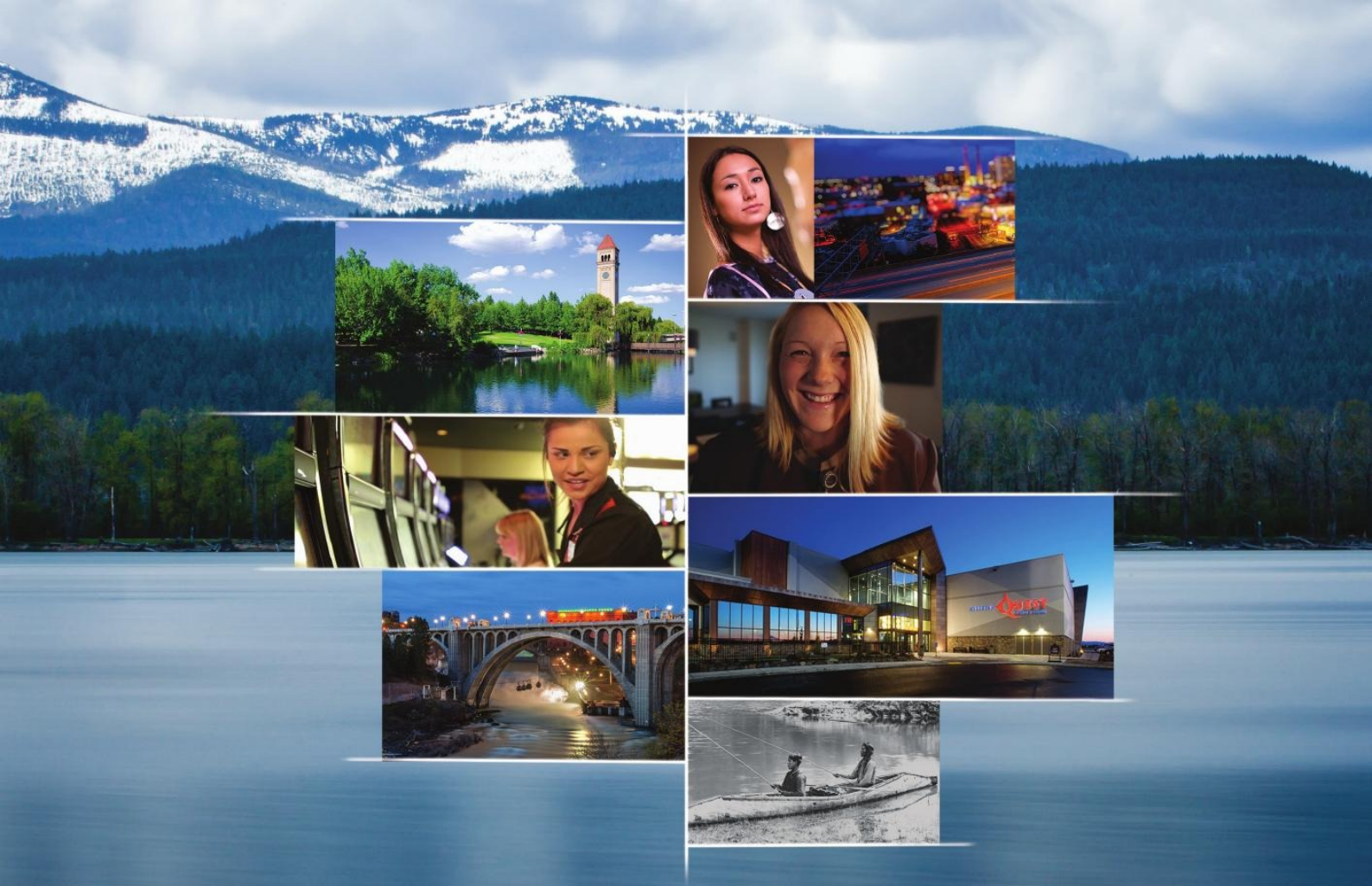
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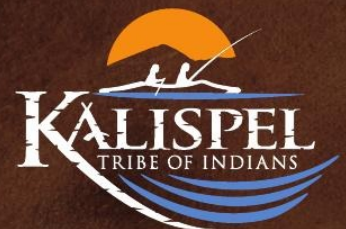
education, arts, culture and environmental initiatives.

Through these community partnerships, we've also become one of the largest employers in the Spokane region, providing more than 2,000 jobs that put millions back into our local economies every year.

As we look towards the future, we remain committed to Spokane's growth and prosperity, while bringing even more jobs, increased

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Flight Paths

Women pilots take wing at Alaska Air Group.

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From left: Alaska Airlines First Officer Chazmin Peters, Virgin America Captain Kimberly Gabrelcik and Horizon Air Captain April Eriksson.

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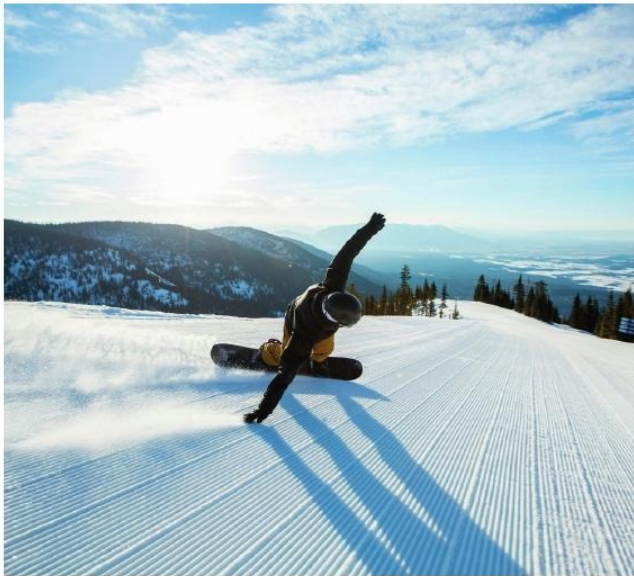


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Photo by Ingrid Barrentine.
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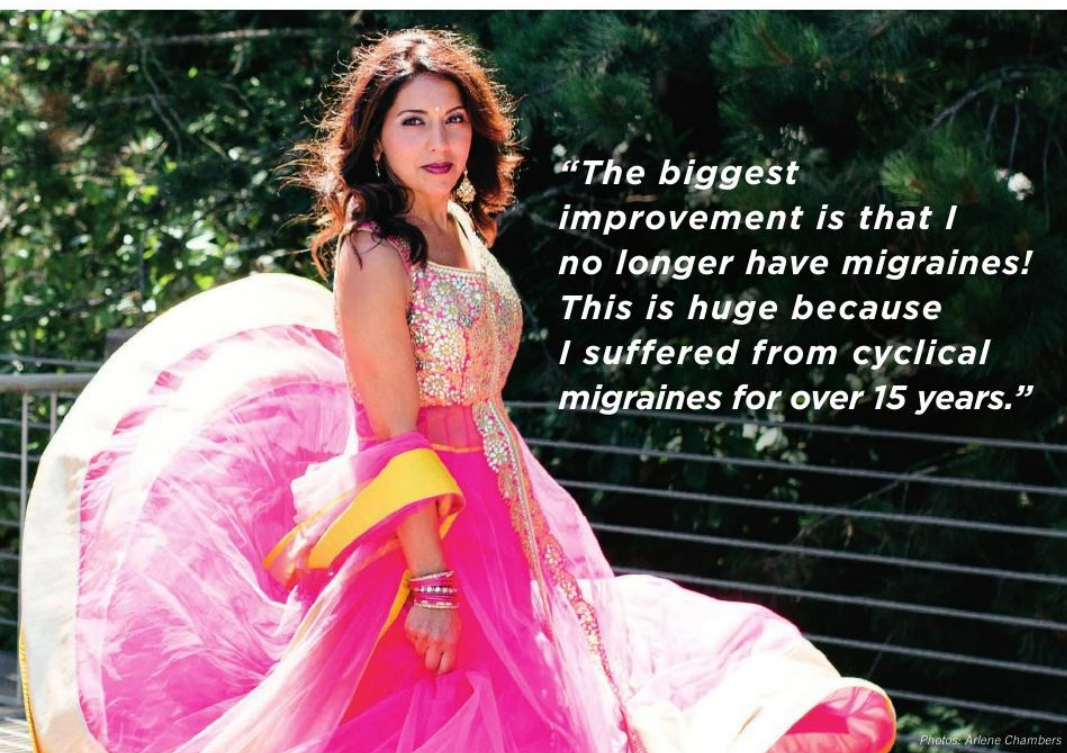
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10 WEEKS TO YOUR BEST YOU!

Fitness and nutrition have always been an important part of my life. Eight years ago, I picked up tennis and fell in love with this amazing sport. My passion led me to become a co-captain of four to six teams a year. This kept me busy and, over time, I spent less time with other exercise. As a result, my cardiovascular fitness and core strength declined. I ended up throwing out my back and suffered from various overuse injuries. All this, combined with intense migraines, caused me to slow down quite a bit. I gained weight, began to eat poorly due to the nausea caused by the migraines, wasn't sleeping well, and my tennis game slowed down. I really had to make a change.

My goals were simple. I didn't join the program to just lose 10 pounds. Rather, I wanted to decrease my migraines, increase my cardiovascular fitness, and build my core strength and muscle without any further injury. I was confident that my weight loss would come naturally with the changes I was about to make.

My success came from having a mindset to give it 100 percent in spite of having a busy schedule as an event planner, managing an annual cashmere sale, and being a mom to two active boys. I asked a ton of questions, never missed an appointment with my trainer or dietitian, and when I began noticing changes right away, I became even more motivated!

I absolutely loved my dietitian appointments and always came in with lots of questions. I learned so much. I thought I already knew how to lead a healthy lifestyle. I couldn't have been more wrong! I also loved the personal training, which I continue to this day because I'm motivated to keep the results I worked so hard to attain. Plus, it adds a sense of accountability. My tennis game is better than ever! The beauty care was a great bonus. I'd been using the same skincare products for several years and although my skin looked great, I loved my new line of products and all the tips I got on how to maintain beauty as I age.

The biggest improvement is that I no longer have migraines! This is huge because I suffered from cyclical migraines for over 15 years. In fact, they had escalated so much in the last three years that I'd even ended up in the emergency room. I'm still so surprised by this result. I believe that everything combined – exercise, nutrition, reducing stress, better sleeping habits – is what did it. My goal was to reduce my migraines. I never thought I'd ever eliminate them completely!

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Brad Tilden,
Chief Executive
Officer

» *I first met **Andy Schneider** when I came to work in Alaska's accounting department 26 years ago. Since that time, she's had a number of roles, almost all with our customer-facing people, at both Alaska Airlines and Horizon Air. She recently became our VP of People, a role that truly reflects her dedication to our remarkable employees.* —Brad Tilden



Andy Schneider,
Vice President
of People

At Alaska Airlines we're driven by a single purpose: creating an airline people love. It's a simple statement that perfectly captures what we strive for as a company. Yes, we run an airline, but the truth is, we're in the business of people.

This includes you and the more than 43 million guests we welcome aboard our flights each year. Whether we're taking you on an important California day trip for business, bringing you together with East Coast loved ones for the holidays, or kicking off your vacation to Costa Rica or Hawai'i, we're committed to getting you there safely and on time, with remarkable service that makes your journey as memorable as the destination.

It's the nearly 21,000 people who deliver your remarkable experience that I'm particularly mindful of in my role as Vice President of People. In the 28 years I've been here, I've worked with people who take the job of serving others personally, be it through generous donations of time and talent, going the extra mile, or literally giving life to another via critical organ donations, which two of our employees did.

I am both humbled and motivated by the chance to help shape Alaska's culture and support the broader company through a focus on our people. I lead a team that is committed to creating an airline that employees love working for and are proud to represent. We strive to hire and nurture people who do the right thing, are kindhearted, and want to give back. This last part, giving back, is essential. We care as deeply about the people in the communities we serve as we do for the people who fly with us.

One example of that is the rich history of support we've cultivated in the state of Alaska, where our cargo operations play a significant

*From left: Virgin America Captain **Kimberly Gabrelcik**, Alaska Airlines First Officer **Chazmin Peters** and Horizon Air Captain **April Eriksson**.*

» WELCOME

role in the seafood industry, and are a lifeline to remote areas in need of food and critical medical supplies. We're proud that many in the state consider us part of the family.

We're equally grateful to be able to help people during significant times of need. From the hurricanes in Florida, Texas and Puerto Rico to the wildfires in Oregon and California, employees all over our system jumped into action this year, collecting supplies for displaced families and donating funds through

our community giving program. I'm proud to say that to date we've donated 2.5 million miles and \$300,000 to support impacted communities, with a large portion of funding coming directly from our employees.

So whether we're welcoming you onboard for your first trip or your millionth mile, delivering the world's best salmon all over the country or supporting our neighbors in times of need, our people are focused on doing the right thing with a kind heart. In this issue, we're

thrilled to feature three pilots who represent the best of our three airlines—leaders who provide outstanding service to our guests, inspire their teams and make important contributions to their communities. Their stories (see page 78) are remarkable, but they're not unique among our employees, who are all going beyond with one goal in mind: creating an airline that you love.

Happy holidays! —*Andy Schneider*

» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo



Andy Schneider,
Vicepresidente
de las Personas

EL NEGOCIO DE LAS PERSONAS

» **Conocé a Andy Schneider** cuando vine a trabajar en el departamento de contabilidad de Alaska hace 26 años. Desde ese momento, ella ha desempeñado varios puestos, en casi todos con las personas que asisten directamente a nuestros clientes de Alaska y Horizon Air. Ella recientemente se convirtió en nuestra vicepresidenta de las personas, un puesto que realmente refleja su dedicación a nuestros extraordinarios empleados. —Brad Tilden

En Alaska Airlines tenemos un único propósito: crear una línea aérea que a la gente le encante. Es una declaración simple que capta perfectamente lo que buscamos como compañía. Sí, operamos una aerolínea, pero la verdad es que estamos en el negocio de la atención a las personas.

Esto lo incluye a usted y a las más de 43 millones de personas a quienes recibimos a bordo de nuestros vuelos cada año. Ya sea que lo llevemos a un importante viaje de negocios en California, a visitar a sus seres queridos en la Costa Este para las fiestas de fin de año, o al comienzo de sus vacaciones en Costa Rica o Hawai, nos comprometemos a llevarlo a salvo y a tiempo, con un servicio excepcional que haga que su viaje sea tan memorable como su destino.

Son casi 21,000 personas quienes le ofrecen su amplia experiencia de las que soy particularmente consciente en mi puesto como



De izquierda a derecha: Capitán Kimberly Gabrelcik de Virgin America, Primer Oficial Chazmin Peters de Alaska Airlines, Capitán April Eriksson de Horizon Air.

vicepresidenta de las personas. En los 28 años que he estado aquí, he trabajado con personas que toman el trabajo de servir a los demás de forma muy personal, ya sea a través de generosas donaciones de tiempo y talento, al hacer un esfuerzo adicional o literalmente al dar vida a otro a través de donaciones de órganos vitales, que fue justamente lo que hicieron dos de nuestros empleados.

Me siento humilde y motivada por la oportunidad de ayudar a dar forma a la cultura de Alaska y apoyar a la compañía en general a través del enfoque en nuestra gente. Dirijo a un equipo comprometido con la creación de una aerolínea en la que a los empleados les encante trabajar y que les enorgullezca representar. Nos esforzamos por contratar y nutrir a las personas que hacen lo correcto, que son bondadosas y que desean retribuir lo recibido. Esta última parte, retribuir, es esencial. Nos

preocupamos profundamente por las personas de las comunidades a las que servimos, al igual que por las personas que vuelan con nosotros.

Un ejemplo de ello es la rica historia de apoyo que hemos cultivado en el estado de Alaska, donde nuestras operaciones de carga desempeñan un papel muy importante en la industria pesquera y son esenciales para las áreas remotas que necesitan alimentos y suministros médicos críticos. Estamos orgullosos de que muchos en el estado nos consideren parte de su familia.

Estamos igualmente agradecidos de poder ayudar a las personas en tiempos difíciles cuando la necesidad es extrema. Desde los huracanes en Florida, Texas y Puerto Rico hasta los incendios forestales en Oregón y California, los empleados de todo nuestro sistema actuaron de inmediato este año, y recolectaron suministros para las familias desplazadas, además de donar fondos a través de nuestro programa de donaciones comunitarias. Me enorgullece decir que hasta la fecha hemos donado 2.5 millones de millas y \$300,000 para apoyar a las comunidades afectadas, y una gran parte de estos fondos provinieron directamente de nuestros empleados.

Así que ya sea al darle la bienvenida a bordo para su primer viaje o su millonésima milla, al ofrecerle el mejor salmón del mundo en todo el país o al apoyar a nuestros vecinos en tiempos de necesidad, nuestra gente se enfoca en hacer lo correcto de todo corazón. En esta edición, nos enorgullece contar con tres pilotos que representan lo mejor de Alaska, ya que son líderes que brindan un servicio excepcional a nuestros clientes, inspiran a sus equipos y hacen contribuciones importantes a su comunidad. Sus historias (ver página 78) son sobresalientes pero no únicas en Alaska, donde cada uno de nosotros va más allá con un objetivo en mente: crear una aerolínea que a usted le encante.

¡Felices fiestas! —*Andy Schneider*



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IN THE KNOW»

WHAT'S NEW: EARN MILES BY BIKE

» You can now earn Alaska Mileage Plan miles for riding a bicycle. This fall, Alaska announced a partnership with Ford GoBike, a bike-share program in the San Francisco Bay Area. Through the Miles-for-Miles program, riders can earn 10 Alaska Mileage Plan miles for each trip on a Ford GoBike.

From within the Ford GoBike app, you can link to an existing Alaska Mileage Plan account or create a new account and start earning.

"We're dedicated to providing affordable, sustainable, convenient travel options," says Diana Birkett Rakow, Alaska's VP of external relations. Miles-for-Miles riders and other Mileage Plan members can now enjoy more than 60 nonstop award-travel destinations from the Bay Area.

As part of the bike-share program's founding partnership, Alaska is also the marketing sponsor of 250 Ford GoBike stations throughout the Bay Area. A charity bike ride in September raised a combined \$2,000 from Ford GoBike and Alaska Airlines for the Salvation Army Northern California wildfire-relief efforts, adding to Alaska's \$50,000 donation that month.

To learn more about the bike-share program and download the app, visit fordgobike.com.



NO. 1 IN SUSTAINABILITY

Alaska Air Group was recently recognized for corporate sustainability leadership, ranking higher than any other airline in the Dow Jones Sustainability Index (DJSI) North America. This highly respected index evaluates companies based on economic, environmental and social criteria, including corporate governance and compliance, development of human capital, energy efficiency, customer relations management, and environmental reporting and management.

"This is a list we've been working toward getting on for many years. It is a testament to the advances we've made in the areas of Planet, People and Performance—the three pillars of corporate sustainability," said Jacqueline Drumheller, manager of sustainability at Alaska Airlines.

Actions that Alaska has taken in the last few years to earn a high DJSI score include:

- Reducing environmental impact through investments in fuel efficiency, reductions in emissions and continuing the most comprehensive recycling program of any U.S. airline.
- Supporting people and communities through employee and corporate giving (which, combined, totaled \$13.5 million in 2016).
- Improving performance by creating a sustainable cost structure (a sustainable competitive advantage).

Learn more about Alaska's sustainability programs at alaskaair.com/content/about-us/sustainability-report. ✈

WE'RE ENGAGED

» Alaska is among the most engaged companies in the United States, according to a recent study by *Forbes* magazine.

In the "50 Most Engaged Companies" study, Alaska ranked fifth. Internet giants Amazon.com and Alphabet (parent of Google) took the top two spots. Starbucks ranked third, followed by Foot Locker and then Alaska Air Group.

Companies on the list were ranked based on their social media engagement, Net Promoter Scores (which gauge the loyalty of a firm's customer relationships) and year-over-year sales growth. This is the first study of its kind on engagement conducted by *Forbes*.

"To be included among such iconic brands as Amazon and Starbucks, which are known for their customer service and loyalty, is a huge testament to the work that all Alaska Air Group employees have done to promote our brand and loyalty

program beyond the Northwest in service of creating an airline people love," says Sangita Woerner, Alaska's vice president of marketing.

In addition to focusing on loyalty, the airline has continued to boost its social media engagement. Alaska recently won a 2017 SimpliFlying Award for social media as the "Best Airline in Customer Service."



Learn more at forbes.com/most-engaged-companies and simpliflying.com/simpliflying-awards.

AZTECS HIRING AZTECS

At San Diego State University, our diverse students are engaged leaders who embody excellence both inside and outside of the classroom.

One of the priorities at SDSU is to ensure that students are career-ready on day-one by graduation.

Through programs like the Aztec Mentor Program (AMP), SDSU strategically pairs students with mentors who are alumni, parents, community partners and the more than 443,000 members of the Aztec family. Our mentors contribute their leadership, expertise and passion for making a difference for the next generation of Aztecs.

SDSU alumni, such as Leo Morales '09, embody the spirit of engagement that has been critical to the success of AMP.

"I believe it is our duty as SDSU alumni to help students transition from their academic careers into their professional careers by providing mentoring, coaching and leadership," said Morales, Wawanesa Insurance's marketing manager for U.S. Operations and president of the SDSU Alumni Board.



*Eric Rivera, Vice President for
Student Affairs*



*Leo Morales, Marketing
Manager, Wawanesa General
Insurance Company*

Vice President for Student Affairs Eric Rivera said SDSU is grateful to the thousands of engaged professionals committing their time to help drive student success.

"Through programs like AMP, we provide our students an excellent opportunity to gain practical career experience, which will often lead to internships and full-time employment upon graduation from SDSU," Rivera said. "The dedication and support of our alumni, parents and community partners are why we are able to engage our diverse population of student leaders in such an impactful way."

San Diego State University is a dynamic, highly diverse community where you can make a difference. Become a mentor. Offer an internship. Hire our career-ready students. Become part of a growing SDSU network helping to drive students' career readiness, leadership and success.

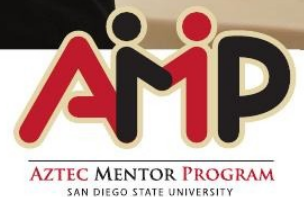
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are aware that you
are moving in the
right direction,
do not hesitate
to pursue your
dreams."**

— Lucien Eloundou, Health
Sciences Senior



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THE BEST IN THE FIELD

Randy Daymude, Phoenix-based Senior Field Services Specialist, is a Legend of Customer Service

» **Randy Daymude is fluent** in the language of customer service. He knows a lot about computers and IT, too, but it's his warm heart, alongside his expertise, that has allowed him to help so many co-workers and airline guests in 17 years with Alaska.

"Randy is a people person who just happens to take care of IT systems," says Jeff Monroe, manager of IT field services.

As part of the team that helps with station setups, Daymude travels all over Alaska's route map, ensuring that IT systems are operational. From connecting phones to installing kiosks, he does it all. Wherever he goes, he makes a point of interacting with frontline workers and customers—to explore how systems could work better.

"People use technology, and for me, it has always been about the people," he says.

Daymude also goes out of his way to help people in need. While setting up systems in San José, Costa Rica, Daymude noticed a woman alone, in tears. She had mistakenly booked a trip home to Australia from San Jose, California—more than 3,000 miles away. Daymude stopped what he was doing, bought her breakfast and asked co-workers for help. Thanks to Daymude's stepping in, the woman made it home safely.

Daymude was also part of Operation Ayuda, an effort to help customers who were stranded by Hurricane Odile in Los Cabos in 2014. Once he saw that IT needs were being met, he started sweeping broken glass from ramps, handing out food and water, and helping people get flights home.

"If I'd retired the next day, my career would have been fulfilled," he says.

His technical ability, kindness and willingness to help make Daymude a true legend. ✈



Randy Daymude.

QUESTIONS & ANSWERS

What is your favorite part of your job?

Without a doubt, the people I work with: management, other employees, guests.

Where have you traveled for work?

I've been as far north as Barrow, Alaska, where I took a dip in the Arctic Ocean. I've also made many Hawai'i trips but was so busy on those, I haven't been in the water!

What do you always have with you when you travel?

My laptop and coffee mug. That mug is in pictures from many of the stations I've visited. It's traveled 200,000 miles, at least.

What is a good day at work for you?

In 17 years, I've never had a *bad* day with Alaska—or one that really felt like "work."

KUDOS FROM RANDY'S CO-WORKERS

"I can't think of anyone more deserving of recognition than you, Randy. From the most minute technical issues to herculean tasks like moving an entire call center—*twice!*—you are always friendly, engaging and willing to jump in to lend a hand."
—Robb B., Supervisor Reservations, Phoenix

"You are a rock star! Such an amazing human being! It is always an honor to work with you because I know you will bring to the table that caring and humble attitude that is your trademark."

—Krystal C., Regional Compliance Manager, Los Cabos, Mexico

"You are the best of the best! Every time I see you (which isn't nearly enough), I think of all the fun we have had opening stations. No one ever worries about a thing when you are around. You are truly kindhearted!"

—Karen W., Manager, Passenger Service Procedures, Seattle

"I am beyond proud to call you my dad! What an honor it is to have you as a father, as a friend and now as a co-worker. Thank you for being a legend at work and at home! I love you!"

—Morgan D., Reservations Sales Agent, Phoenix



EACH YEAR, Alaska Airlines recognizes employees, such as Randy Daymude, as Legends of Customer Service. It is the airline's highest honor.

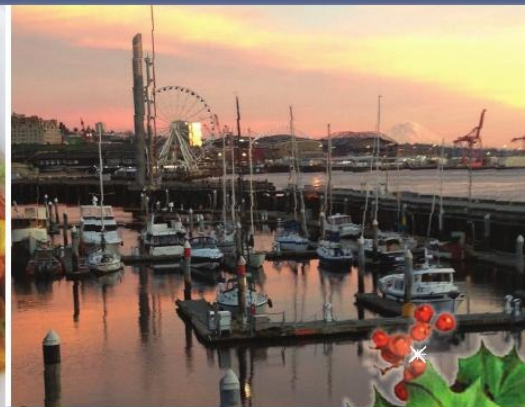
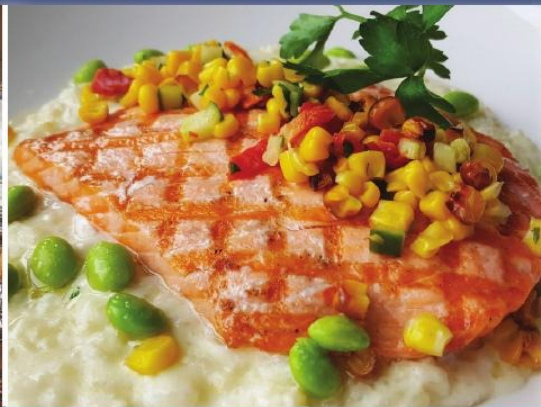
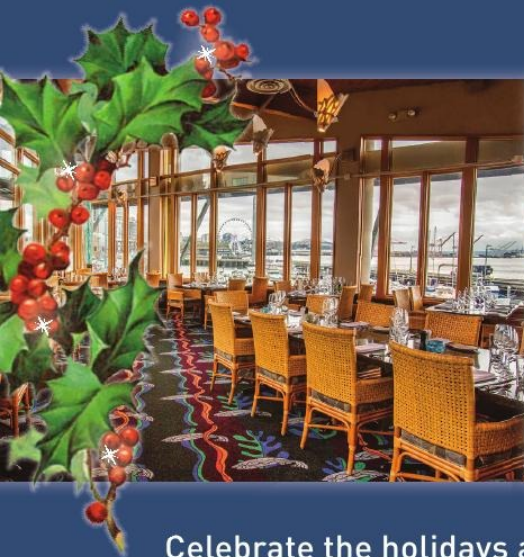


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MANAGING ATC DELAYS

» Few things are as frustrating as sitting on the tarmac waiting out an “ATC delay.”

ATC is airline-speak for Air Traffic Control, a program governed by the Federal Aviation Administration. It manages the flow of planes as they arrive and depart airports. ATC’s top priority: safety. That includes maintaining a safe amount of separation between aircraft.

In perfect conditions, planes can fly closer together. When conditions deteriorate—due to wind, snow, poor visibility, or even too many flights scheduled in the same time period—controllers ensure the highest levels of safety by requiring more space between planes as they arrive or depart. Instead of 60 airplanes arriving every hour, for instance, ATC might restrict the flow to 30 airplanes. Of course, that slower rate creates a backlog.

Airplanes must wait their turn in the air, at the departure gate or on the taxiway. Other times, airlines cancel flights to help minimize the snowball effect of delays, and passengers are rebooked on the next available flight.

What causes ATC delays?

When you’re waiting for your flight on a blue-bird day, it can be hard to believe that weather is the biggest culprit, causing nearly 80 percent of all delays. And it’s not always the weather at the airport you’re departing—it’s usually the weather along your route or at your destination. Some delays have seasonal causes (like snow and thunderstorms), while others are unusual. Wildfire smoke, for instance, repeatedly delayed flights in the Pacific Northwest and California this past summer. In a more common scenario, San Francisco’s visibility-impairing fog regularly complicates schedules.

Air travel has seen huge growth over the past decade, and it has been difficult for airports to meet demand for more runways and gates. At Seattle-Tacoma International Airport, for instance, the number of available seats on planes is up 36 percent in the past five years.

“We’re taking a proactive approach to



manage air traffic on a day-to-day basis,” says Todd Sproul, Alaska’s managing director of systems operations control.

What’s Alaska doing about it?

Air Traffic Control is an ongoing process. Multiple times each day, Alaska’s ATC chief dispatchers communicate with the FAA in Virginia about what’s happening in the sky. Alaska’s Flight Operations ATC team not only listens to the FAA, they also propose changes to the FAA’s requirements to minimize the impact of delay programs.

Alaska recently hired Steven Osterdahl as Director of Air Traffic Control & Airspace Operations. He brings 33 years of FAA experience. “Alaska Airlines is investing time, energy and resources to operate as efficiently as possible,” he says.

Longer term, Alaska’s Air Traffic, Dispatch and Systems Operations teams are continually seeking creative solutions to address delays, regardless of cause. The team studies weather patterns, rush-hour travel times and seasons, airport configurations—any number of variables, in search of ways to schedule the most reliable flight times possible.

Working with pilots, the ATC tower and the FAA, Alaska’s team has made more efficient use of Seattle’s runways, which has decreased

the number of departure and arrival delays.

Our country’s current Air Traffic Control system costs customers and airlines \$30 billion annually in delays, cancellations and lost productivity. Alaska and other airlines have been calling on the federal government to remove ATC from the government’s funding constraints and create a not-for-profit entity to operate the ATC system and push it toward modernization.

A modern solution will help airlines continue providing our customers the service they expect, at a reasonable cost. ✈

FOUR WAYS TO MINIMIZE THE IMPACT OF DELAYS

- Get the Alaska Airlines app and have the latest information about your flight pushed directly to your mobile device. If you don’t buy your ticket directly at alaskaair.com, be sure to add your flight reservation to the app.
- Check your flight status before you go to the airport; alaskaair.com/flightstatus.
- Use your confirmation code at alaskaair.com/flightnotifications to sign up for flight updates via email or text message.
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PARTNERING WITH MVP KEVIN DURANT

The NBA star is Alaska Airlines' Ambassador to the Bay Area

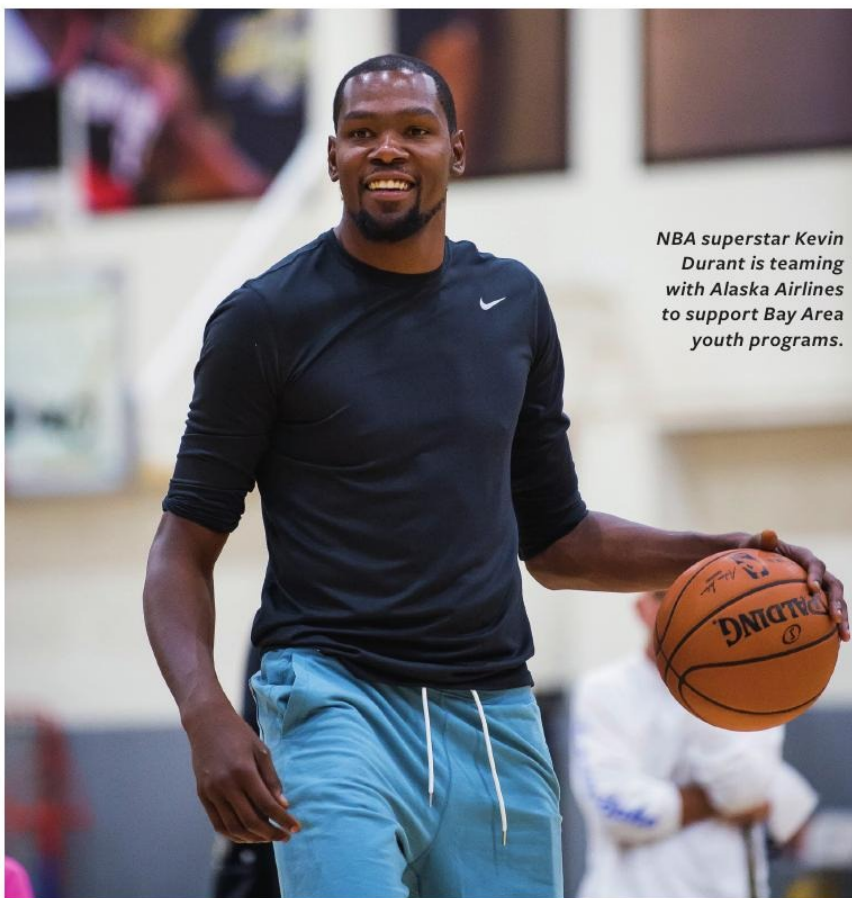
» **NBA All-Star forward Kevin Durant** knows the importance of giving back.

In 2013, while playing for the Oklahoma City Thunder, Durant gave \$1 million to the American Red Cross for tornado relief, after a twister roared through the Oklahoma City area, killing 24 people and injuring hundreds more. It was one of the earliest gifts made by the Kevin Durant Charity Foundation, which was founded the previous year to focus on helping children and families in underserved communities. Throughout his career, the superstar, who helped lead the Golden State Warriors to the 2017 NBA Championship and was named the NBA Finals MVP, has never forgotten his humble beginnings in Seat Pleasant, Maryland, or the challenges his mother faced as a single parent.

Those experiences have spurred him to always give back to the local communities wherever he plays basketball. Through his charity foundation and also anonymously, Durant has given money to support local shelters, single-parent households, groups helping homeless kids, and after-school programs, to name just a few of his causes.

His most recent initiative is one very close to his heart: The Build It and They Will Ball Global Initiative constructs and renovates basketball courts in underserved neighborhoods in the United States and around the world. It is a project that Alaska Airlines is also supporting.

"Kevin looked at the basketball court as a haven for him when he was growing up," says his manager and business partner, Rich Kleiman. "It was an environment where he was safe. It took him away from some of the difficulties of the neighborhood. He wanted to help others have that same experience."



NBA superstar Kevin Durant is teaming with Alaska Airlines to support Bay Area youth programs.

Durant so far has built 14 basketball courts across the nation, and in three other countries, including one in Berlin, Germany; another in Guangzhou, China; and two courts in New Delhi, India. Kleiman says Durant gives a basketball clinic at the opening of each court.

Since arriving in Oakland in 2016 to become a Golden State Warrior, Durant has continued to help local communities and those in need. In the Bay Area, Durant opened two courts in Oakland this past May and recently completed a court at the Boys and Girls Clubs of the Peninsula in Redwood City. Kids at the club also received foundation shirts and Nike hats.

The 2014 NBA MVP recently became an advisor to Alaska Airlines CEO Brad Tilden. Durant will serve as an Alaska Airlines ambassador, representing the company at regional events. He and Alaska Airlines will also be partnering on projects aimed at helping the youth of the Bay Area.

Durant and Alaska Airlines are committed to supporting athletic, educational and social programs for local at-risk kids. Durant will be involved with various marketing projects, and helping the airline increase its involvement in Bay Area schools and community projects.

The airline will also be working with Thirty Five Media, a production and creative development firm run by Durant and Kleiman, which creates content to be shared across social platforms, including Durant's online sites.

"Kevin and Brad Tilden were able to meet and talk. They share a lot of the same values and principles such as giving back to the community," Kleiman says. "They really hit it off."

As for future plans, we may see Durant team up with Alaska Airlines' Chief Football Officer Russell Wilson, who is also involved with helping to support youth and education programs.

"I think working with Russell is definitely a goal of Kevin's in the future," Kleiman says. ✈



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It was a chilly Christmas morning and I woke up with a happy heart thinking about the week-long celebration planned with my family. The joy didn't last long. When I tried to get out of bed, I felt a nagging pain in my low back which extended up to my shoulders. While I had been experiencing aches and pains for a while, these restrictive movements had never struck so harshly before. I felt the urgency to address my health issues before they got out of control.

After going through the 20/20 LifeStyles program, I realized that all my previous efforts at losing weight had merely been patchwork attempts. 20/20 LifeStyles provided a complete and sustainable overhaul of my lifestyle, and proved to be the right choice.


It was a tremendous learning experience, starting from the free introductory seminar (a real eye-opener) and having a registered dietitian and personal trainer kept me motivated and counseling also helped me understand that I was not alone. There were other people going through similar challenges.

I was surprised by how my lifestyle became healthier each day. I used to binge eat after coming home from work and craved desserts. As I tracked my meals, I became more conscious about what I ate. Exercise became a routine part of my week. The tips I gained during the program like the "fork trick" or how to avoid overindulging when eating out created many "a-ha" moments. I felt as if I was being introduced to a whole new world!

The knowledge I gained has become a permanent part of my life. I gained more confidence in my appearance and abilities, and I've inspired many of my friends to take their health seriously. My family also adjusted to healthier food habits.

Although I'm most happy about my weight loss, I'm also pleased that my joint pain has diminished and I no longer feel too tired to enjoy activities. I now spend quality time with my son, and our favorite activity is badminton. Fitness has become a big part of my life because it makes me feel so good.


My best advice for someone struggling with weight? Join 20/20 LifeStyles. It works!!




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FLYING THROUGH THE HOLIDAYS

'Tis the season for travel

» **Each year**, the last two weeks of December are among airlines' busiest periods. As you navigate the holidays this month, Alaska's airport employees have a few tips and reminders to help you get to your destination more smoothly. So, make your to-do lists, check them twice, and use the following suggestions to have holiday travels that are nice.

■ Plan ahead, using technology

Download Alaska's award-winning mobile app to save time before and after you arrive at the airport. You can use the app (downloadable at alaskaair.com) to purchase tickets, check in, access your mobile boarding pass, get trip alerts and preorder inflight meals, if you choose to do so.

■ Check in and tag bags in advance

Passengers can check in online for domestic and international flights up to 24 hours before departure at alaskaair.com, or on the mobile app. And international passengers can enter their passport information online.

Also, gifts aren't the only things to put tags on this season. To save time, you can print bag tags when you check in online from home, or at a kiosk at the airport. Alaska provides check-in kiosks at airports and many off-site locations. Learn more about self-tagging at alaskaair.com.

■ Know the baggage rules

Before you head to the airport, make sure the gifts you put in your sack will make it to your destination safely. Keep in mind that some items—such as hoverboards and electronics with lithium-ion batteries—are prohibited or subject to restrictions. On the other hand, holiday cookies and other baked goods are OK in checked bags or carry-ons, and fresh seafood can be checked in non-Styrofoam leak-proof containers.



Customer service agents make extra efforts to keep holiday travels running smoothly.

An important reminder: Wait to wrap gifts until you've arrived at your destination. Wrapped packages are subject to inspection—and unwrapping—regardless of whether you check them or take them through security.

For carry-ons, each passenger is allowed one bag and one personal item, such as a briefcase, laptop or purse. Passengers may bring shopping bags containing unwrapped gifts onto the plane in lieu of a carry-on bag.

For more information about our baggage rules, visit alaskaair.com.

■ Get there early

Especially during the holiday season, we strongly recommend that you arrive at the airport at least two hours before a domestic flight is scheduled to depart, and three hours before an international departure. Airports are busier than usual around the holidays, and

terminals tend to have a greater number of less-experienced travelers (so lines may be longer and move more slowly than usual). You'll also want to allow extra time during this season for traffic and parking.

Passengers must be checked in, at the gate, ready to board at least 30 minutes prior to departure. If you're checking bags, you must have your luggage processed at least 40 minutes prior to domestic departures and 60 minutes before international flights.

■ Pack some patience

Airport staff will do everything they can to ensure that your travel is as hassle-free as possible, but remember that the holidays are a busy time of year, and many people who fly just once or twice a year will be traveling at the same time. A bit of good cheer helps everyone stay in the spirit of the season. ✈

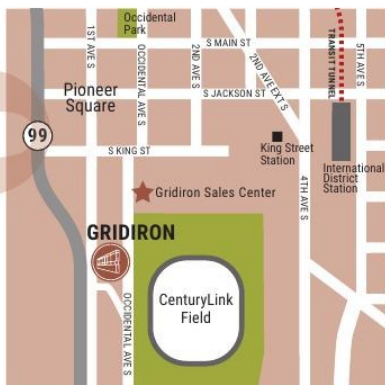
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SANTA IN THE FLIGHT DECK

» **Santa Claus** supervises the signing of a giant candy cane from onboard an Alaska Airlines DC-4 at Seattle's Paine Field. The airline has a long history of celebrating the season in communities around its route system. In Spokane, for instance, Alaska takes more than 60 kids from local shelters and community programs on its Fantasy Flight to the "North Pole" to visit Santa. In Alaska, the airline flies an entire Christmas party, with Santa as the pilot, to the remote Aleutian Islands community of Adak. Each year there are waiting lists for employee volunteers to help with such events. ✈



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Volunteers with Seattle-based Food Lifeline work to redistribute bulk shipments to local meal providers.

FOOD FOR GOOD

Sharing sustenance with people in need

By Tom Douglas



» **This is the time of the year** when thoughts to help thy neighbor are front and center in my brain. I feel a calling to feed hungry people—whether they can afford it in a restaurant or not—and I take that calling very seriously.

My restaurant group hosts or participates in hundreds of events for charitable causes each year. We are devoted to healthy, delicious, locally grown and sustainably managed ingredients, and everyone is dedicated to hunger-relief issues.

Our partner of choice for feeding folks who are in need, down on their luck, sick or unable to work is Food Lifeline, a food-bank and meal-program distributor in our hometown, Seattle. Aid recipients might be parents feeding more mouths in their family than their wallets can support, or seniors living on fixed incomes and making choices between medicine, rent and meals. There are so many reasons why people might need a helping hand at certain moments in life, and there isn't a more natural way to help than feeding them tasty meals or loading them up with bags of fresh groceries.

So, what is a food-bank distributor? Most large metropolitan areas have at least one, and they are worth their weight in gold. The magic that Food Lifeline alone makes (distributing the equivalent of 97,000 meals per day) is mind-boggling. Imagine if every small community food bank was faced with sourcing all of the food it needed for the clientele lined up each week in front of its food pantries, homeless shelters and senior centers. Most volunteer person-hours would be spent fundraising and locating food instead of dispensing the love and care that are needed on the front lines.

Here is how food-bank distribution works. I'll use our situation in Western Washington as an example, but this model is in action more or less all over the country, championed by the umbrella organization Feeding America.

There is generally enough food produced in the United States to feed the entire population and more. It's just not always where the hungry people are. Food often needs to be "rescued" from where it is in abundance and moved to where it is scarce.

» ON POINT FRESH TAKES

An example might be that a vegetable grower in Nebraska has three rail cars of frozen green beans that are the “wrong color” for selling in the marketplace, even though they are perfectly edible and healthy.

Now, there isn’t any food bank I know of that could handle even one rail car of frozen veggies, much less three. But does that mean they just get thrown away in the local landfill? No! Feeding America will connect this bounty of beans through its network to food-bank distributors such as Food Lifeline in Seattle. The beans are shipped (often as a donated service) and arrive in the 130,000-square-foot Food Lifeline warehouse, still frozen in 1,000-pound totes. Next, an army of volunteers—a phone-list force of more than 13,000 people, if needed—works in a frenzy, bagging the frosty beans into 1-pound bags, which are more suitable for distribution. Then it’s back into the freezer for those beans.

When this process is complete, the beans make it onto Food Lifeline’s website inventory list alongside hundreds of other items to be viewed and ordered by food banks and meal programs. Those “not-so-perfect beans” are so-very-perfect on the plates of folks who are not concerned with their color, but desperate for their wholesomeness.

At my company, we are thankful for any clients who can afford to walk through the front door of our restaurants and pay for a lovely dinner. This gives us the financial wherewithal to pay a living wage and offer access to healthy benefits for our team. A portion of our leftover resources (money left after business expenses) goes directly to our village—our community.

Our commitment isn’t limited to filling the hungry bellies of our neighbors directly. We also appreciate and support those employees who give their time as volunteers to organiza-

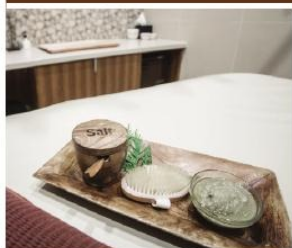
tions that help get food to people in need. We believe that time spent on nonprofit boards, talent used to create balanced school-lunch programs and experience gleaned from years in food service are often just as important as monetary donations to the efficiency and ultimate success of an organization such as Food Lifeline.

As a team, we live by the slogan, “We want to be a pillar in our community and not to just scrape and collect the cream off the top.”

It feels good to give, too. At the end of the day, your act of reaching out a helping hand to your neighbor may be the meal your soul is craving. Cheers! 🍷

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

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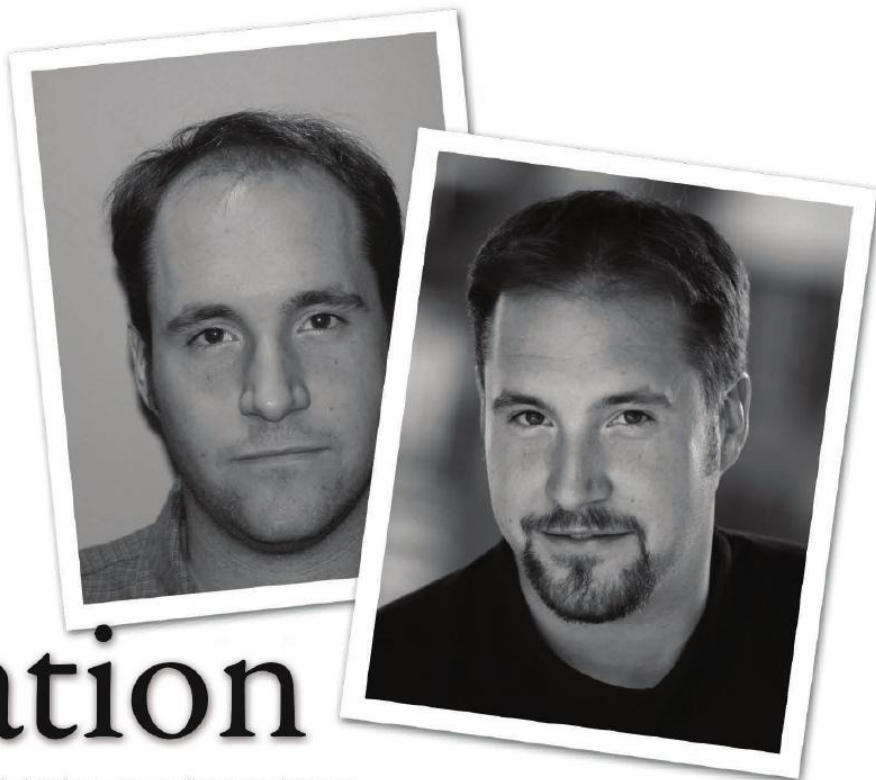
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Brian O. Goertz M.D.
Founder of Hair Transplant Seattle

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

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

"It is important for today's patients to understand that the results that can be achieved can look completely natural and amazing when done properly," says Dr. Goertz. But patients should not be

fooled with promises of new machines or instruments doing hair transplants. "The instruments are developed to aid the doctor," says Dr. Goertz. "Ultimately, natural results are achieved by the surgeon who has the surgical and aesthetic skill to create results that are completely natural." When a hair transplant can pass the scrutiny of a hair stylist, you know you have a great hair transplant. "Dr. Goertz has an eye for artistry in making it look natural, which is why I refer my clients to him," says David Cheung, master designer and owner of MARGIDAVID SALON in Seattle.

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

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

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



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Pyramid of the Sun
at Teotihuacán,
near Mexico City.

LIKING THE LAYOVER

A well-planned stop can help you make the most of your travels

By Bridget Veltri



» I was getting to experience two cultures with one trip. I stood atop one of the pyramids at Teotihuacán, yet the amazing ruins of the ancient metropolis were just outside of a bustling modern one, Mexico City.

It was spring break of my junior year in high school, and I was traveling with my mom to an exotic destination. Mom, an astute traveler, knew that a layover could be one of the highlights of almost any trip, so our itinerary included an eight-plus-hour stop in Mexico City, with a fascinating excursion to Teotihuacán, which became a UNESCO World Heritage site in 1987. The city was built between the first and seventh centuries A.D., according to UNESCO.

We headed straight from the plane to a taxi for the 30-mile drive northeast to Teotihuacán, which is also one of the most visited archaeological sites in Mexico. Being able to climb the pyramids and wander

through the ruins, and stroll down the famed Avenue of the Dead was memorable and special, and my memories of Teotihuacán remain vivid more than a decade later. On our return flight, our Mexico City excursion was lunch in an urban restaurant courtyard and a visit to the ornate Metropolitan Cathedral, built between the late 1500s and early 1800s, and one of the largest cathedrals in the Americas.

Our layover experiences on that vacation opened my eyes to how traveling can be enhanced by scheduling a flight with a layover and making the most of it.

Even layovers of just a couple hours can give me time to eat, find my departure gate and meander through the airport's newsstands and gift shops. This can also be an opportunity to catch up on business, one email at a time, or simply indulge in a little pleasure by reading or watching a show on my device from the comfort of my gate.

» ON POINT VIEW

Sometimes, there's someone in the layover city you'd like to visit. When my best friend, who lives in Portland, Oregon, recently had a layover in my hometown of San Francisco, I met her at the airport, and we enjoyed coffee together just outside of security.

But it's even better when you have more time to explore a city that's along the route to your final destination. In fact, layovers can become trips themselves. I have a friend who was able to extend her layover in Fiji into a weeklong adventure in that South Pacific country on her way to Australia.

Alaska Airlines and its Mileage Plan Global Partners typically have multicity/stopover booking options that make it easy to expand your travel enjoyment.

For instance, on Global Partner Icelandair, travelers can include a stopover of up to seven nights to explore Iceland—from touring volcanic landscapes, soaking in hot springs and seeking northern lights to whale watching, riding an Icelandic horse and sailing in a Viking ship replica—on their way to their final



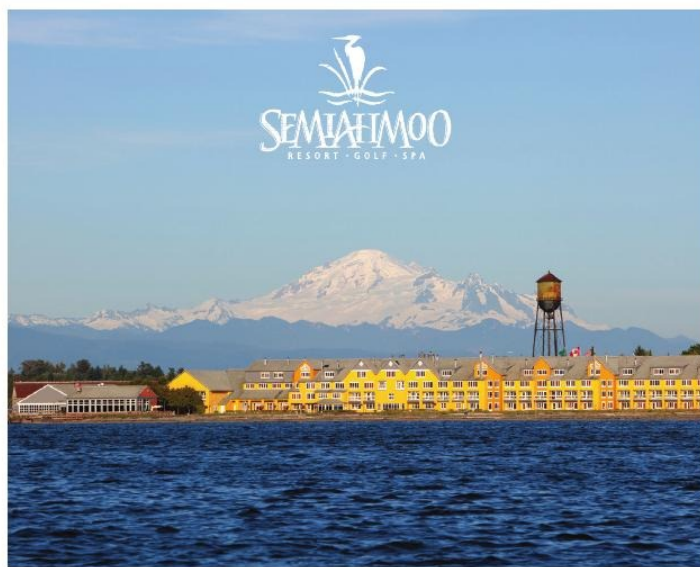
The Blue Lagoon geothermal-water complex, Iceland.

TIM E. WHITE / GETTY IMAGES

European destination. Icelandair offers flights from 20 North American airports to Iceland, with flights from Iceland to more than 25 European airports. That's something I will strongly delve into on my next trip across the Atlantic.

Exploring a layover locale is almost like being in two places at once: one foot standing amid the wonders of your present place; the other foot ready to step toward your final destination. And both feet are happy feet. ✈

Bridget Veltri is a San Francisco-based freelance writer and blogger.



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TIPS AND TIDINGS

By Johnny Jet

» It's difficult to believe that the holiday season is already upon us! To help ensure you arrive at your destination feeling the holiday spirit rather than feeling like Scrooge, I've created a list of five holiday travel tips that will help make your travels smoother, cost-effective and full of cheer.

1 Consider the timing

This should be a no-brainer, but you'll want to arrive at the airport terminal two hours prior to domestic flights and three hours prior to international flights.

If the security lines are long, see if the airport offers Clear. It's a fast-track service through the identity-check line at security. You can usually sign up within minutes in the airport, and it's effective immediately. The company is expanding rapidly and sometimes offers new customers the first month free; after that, it's \$15 a month (clearme.com).

If you have several days or more before your flight, consider signing up for TSA Precheck. You'll need to go to a security screening at an enrollment center (appointments are recommended), and the application fee is \$85. If approved, you can access your Known Traveler Number online in as little as two to three days; then, you can apply it to your ticket. Membership lasts five years (tsa.gov).

And remember: If you start to feel impatient or frustrated, just take a deep breath and think how lucky you are to be traveling, whether it's to an exotic location or to see loved ones.

2 Wrap your gifts when you get there

The TSA allows wrapped gifts, but if there's something in the gift that needs to be inspected, they will open it, and trust me, they won't do it neatly. Instead of spending time wrapping your gifts and getting them all wrinkled before you depart, just do it at your destination. All you need to do is pack scissors (in your checked luggage!), tape and wrapping paper, or pick some up when you arrive.

3 Bring chocolates

When I travel, I almost always bring three bags of individually wrapped chocolates—one for the flight attendants, one for the hotel clerk ... and one for me!

The attendants and clerks are some of the most unappreciated workers in the travel industry, and most travelers don't realize that these people can make or break your trip.

When you give them the chocolates, do it with a big smile, be genuine, and don't look for anything in return. However, if there is a chance they can give you better service, it's possible that they might.

4 Save on hotels

If you know in advance that staying at your family's or in-law's house is going to be overcrowded or too tense, then consider booking a hotel. If you book a hotel in advance, one way to save can be to check the price of your stay about three or four days before you check in. Often, hotels that don't fill up lower their prices to entice potential guests. If you have a refundable reservation, and you booked directly through the hotel, you should be able to reserve a

room at the lower price and then cancel the original reservation.

5 Help ensure your security

If you're traveling away from home, make sure you have a good alarm system, or ask a neighbor to keep an eye on the house, or hire a house sitter.

You'll also want to make sure that your bank and credit card information is secure. One way to feel more confident is to sign up for text or email notifications that will alert you when a transaction above a certain amount is made. If any fraudulent activity takes place, you'll know immediately. It also helps to have your bank's telephone numbers preprogrammed into your phone so you can take action quickly if needed. ✈

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





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NEW LIGHTS

» **Dragons in Chinese culture** do not breathe fire or hoard treasure. Instead, they summon rain and represent good luck. At 180 feet long, the silk lantern dragon at the Vancouver Chinese Lantern Festival, Dec. 15–Jan. 21, 2018, is an event favorite. The festival, taking place on the Pacific National Exhibition grounds in Vancouver, British Columbia, celebrates Chinese culture and helps commemorate the end of the lunar year. The upcoming Lunar New Year is Feb. 16, 2018.

Chinese lantern festivals, which serve as a venue to pray for a good harvest, can be traced back at least 2,000 years. Vancouver's festival includes 35 lanterns in shapes such as pandas and dragons, and placards explain the symbolism of each form. The festival also features two 30-minute nightly performances showcasing traditional Chinese dance and acrobatics, storytellers sharing tales highlighting the virtues of ancient China, and activities for children. For more information, visit vancouverlanternfestival.ca. —Avalon Ashley

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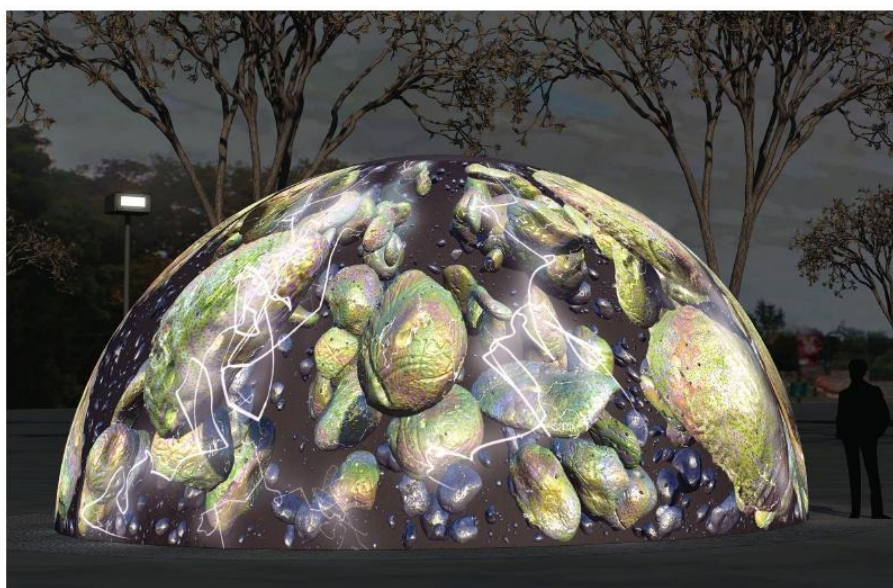
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PARKWAY PROJECTIONS

» **Four domes gleaming** and shimmering with dreamlike digital projections will grace Philadelphia's Benjamin Franklin Parkway through March 2018. *Winter Fountains*, by artist Jennifer Steinkamp, is helping to celebrate the parkway's 100th year and is showcasing the city as a premier place for public art.

A tree-lined boulevard that's often compared to Paris' Champs-Élysées, the Benjamin Franklin Parkway stretches from City Hall to the Philadelphia Museum of Art. The fiberglass domes, which are 13 feet tall and 26 feet wide, were inspired by the arcs of spraying water in the parkway's signature fountains, and are installed near Aviator Park, the Rodin Museum, Park Towne Place and Spring Garden Triangle. The domes are lit from sunset to midnight. *Winter Fountains* is commissioned by the Association for Public Art, and is part of the Parkway Council Foundation's calendar of exhibitions and events celebrating the parkway's centennial. For more information, visit parkway100.org/winterfountains. —Madeline Sargent



MUMMIES IN KC

» **While ceremoniously** buried mummies are commonly associated with Egyptian pharaohs, mummified bodies have been found on every continent. Preserved by both natural

and intentional means, more than 150 real mummies and artifacts will be on view in "Mummies of the World: The Exhibition" through the end of the year at Union Station in Kansas City, Missouri. The exhibit includes some of the Vác Mummies, which were discovered in 1994 by a brick worker making repairs in a Hungarian church. The 265 preserved bodies—believed to be late-1700s and early-1800s carpenters, city officials, priests and seamstresses—were buried in a crypt and mummified in the cool dry air. The Burns Collection, also on display, is made up of early 19th century mummies embalmed and preserved by a Scottish researcher to help teach anatomy. The exhibition's "Science and Medicine Gallery" focuses on a mummy that researchers at the University of Maryland, Baltimore created in 1994 replicating techniques used by ancient Egyptians.

Mummies can offer insight into the average height, life span, diet, lifestyle, values and cultures of previous eras. For instance, scientists have discovered that the Egyptian priest Nes-hor (above), one of the oldest mummies in the collection, was 5 feet 5 inches tall, did not perform strenuous labor and died around 190 B.C. at approximately 60 years old. For more information, visit mummiesoftheworld.com. —Kristen Gustafson

HEARING HER VOICE

Only about a quarter of the plays produced in the U.S. are written by women. That stat, published in *American Theatre* magazine in 2016, is something the Women's Voices Theater Festival in Washington, D.C., Jan. 15–Feb. 15, is hoping to change.

The festival, which started in 2015, will feature 25 productions—13 of which are world premieres—all written by women. Venues include the Shakespeare Theatre Company, Signature Theatre and The Kennedy Center. Visit womensvoicestheaterfestival.org for more information. —Avalon Ashley



Familiar by Danai Gurira opens Feb. 5.

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When choosing a growing media or soil to plant in, there are tons of options to consider. Some are all natural, while others contain synthetic ingredients. Many try to lure you in with bold claims and guarantees, often using hard to pronounce chemical ingredients. More and more we are reading the labels on our foods and striving to be healthier by being selective of what we put in our bodies. So why wouldn't you be just as conscientious with the soil you choose to grow your plants in?

This December, Mother Earth® is releasing two premium, all-in-one indoor + outdoor potting soils called "Groundswell" Performance Soil and "Coco Peat". They both have comprehensive blends of quality, natural ingredients. Groundswell™ contains aged forest products, peat moss, perlite, pumice and 14 other beneficial additives. For growers that prefer an alternative to aged forest products, Coco Peat uses a coconut coir base instead. The high-aeration formulas allow for maximum control and impressive results. Both products are hand-crafted in the Northwest in small, consistent batches.

Many other soil products contain undesirable ingredients such as potassium carbonate. This mineral is most often found in its crude impure form obtained from wood ashes, which contains excess chlorine that will harm plants, inhibit the uptake of nitrogen and may even contain unsafe levels of zinc or copper. Mother Earth® brand is the smart choice for you, but more importantly for your plants.

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OLYMPIC HOPES SOAR

» As a 15-year-old in 2016, Chloe Kim became the first female snowboarder to land two 1080s (three rotations) back to back. That feat helped her win the 2016 U.S. Snowboard and Freeski Grand Prix in Park City, Utah, topping some of the best riders in the world—including three-time Olympic medalist Kelly Clark. But Clark, now 34, responded by placing first at the Toyota U.S. Grand Prix at Mammoth Mountain Ski Area in 2017.

Now, Kim and Clark are two of the world's top female halfpipe snowboarders, and they meet again with Olympic qualification on the line at the Toyota U.S. Snowboard & Freeski Grand Prix at Mammoth Mountain in California, Jan. 17–21, 2018.

That is one of many storylines to follow during the upcoming Grand Prix, which includes ski and snowboard competitions in men's and women's slopestyle, halfpipe and big air events. These events determine winners based on points earned by performing

tricks while completing the designated course or feature.

Other athletes competing at Mammoth include Maddie Bowman, 2014 Olympic gold medalist in ski halfpipe; Greg Bretz, 2010 and 2014 Olympic snowboard halfpipe competitor; and 17-year-old Maddie Mastro, who placed third at the 2016 Grand Prix at Mammoth in snowboard halfpipe.

Visitors can watch from vantages such as the Main Lodge sundeck, at the base of the halfpipe and along the terrain park fence line.

American snowboard and freeski athletes will have a chance to make Team USA and compete at the 2018 Olympic Winter Games in Pyeongchang, South Korea, Feb. 9–25, based on their results on this season's Grand Prix Tour, which concludes at Mammoth. The top three men and women in each discipline will make the U.S. Olympic team. For more information, visit mammothmountain.com and usskiandsnowboard.org. —Bayley McComb

» SNOWBOARDING made its Olympic debut at the 1998 Winter Games in Nagano, Japan, with events in giant slalom and halfpipe.

BIG PICTURES

Twin girls in collared dresses hold up posters with large black lettering that reads, "Women register!" On the bottom, in smaller script, the posters say, "League of Women Voters." The girls are part of a photograph depicting almost two streets filled with people holding the same poster. It is 1920 in St. Louis, Missouri. Women have earned the right to vote.

This is one of 68 photographs in "Panoramas of the City," on display at the Missouri History Museum through Aug. 12, 2018. The exhibit showcases snapshots that were taken predominantly by locals—some of them professional photographers, and some of them laypeople—in a collection that reveals forgotten details of big moments in St. Louis history.

The photographs have been placed in mostly chronological order to take the viewer through a timeline from 1900 through 1950.



Seven of the photographs have been expanded to as much as 10 feet tall, helping to transport viewers to scenes such as baseball games and Charles Lindbergh's 1927 welcome-home celebration.

Visitors are encouraged to share through email or social media their own panoramas of St. Louis for a digital display in the museum. Admission to the exhibit is free. For more information, visit mohistory.org/panoramas. —Avalon Ashley

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DINOS YOU CAN DIG IN AUSTIN

» The *Spinosaurus* is one of the largest known carnivorous dinosaurs. It measured more than 50 feet long and had a sizable back fin to help it slice through North African swamps. On the other side of the scale, the *Nemicolepterus* is among the smallest flying reptiles ever discovered—its wingspan stretched only 10 inches.

Life-size models of both dinosaurs are among the more than 80 replicas, some of which are animatronic, on display in “Jurassic Quest,” a traveling exhibit that is at the Austin Convention Center, Dec. 15–17. “Jurassic Quest,” which takes visitors back in time more than 65 million years, also includes interesting tidbits about the prehistoric creatures. For example, it is believed that modern birds

evolved from carnivorous dinosaurs, many of which actually had feathers instead of scaly skin.

The exhibit is family-friendly, and visitors ages 2 to 12 can ride a *Triceratops* and other models, participate in a fossil dig, explore the inflatable mazes in the “Dino Bounce” area and make dinosaur crafts. After “Jurassic Quest” visits Austin, it will move to Dallas, Jan. 12–15 and 19–21, and Louisville, Kentucky, Feb. 2–4. Go to jurassicquest.com for more information.

—Kristen Gustafson



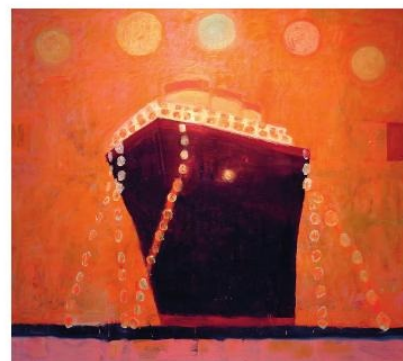
» Life-size dinosaur models, including these animatronic T. rexes, make up “Jurassic Quest,” coming to Austin, Dec. 15–17.



HER IMPRESSION

» American artist Mary Cassatt (1844–1926) spent much of her career in Paris, where she was one of the female artists embraced as part of the Impressionist movement. “Her Paris: Women Artists in the Age of Impressionism,” at the Denver Art Museum through Jan. 14, showcases more than 80 paintings by 37 women artists who created work in Paris from 1850 to 1900. Pieces on display include Cassatt’s *Children Playing on the Beach* (shown left) and French artist Berthe Morisot’s *The Lesson in the Garden*.

The Impressionist movement for painters was characterized by the departure from strict formal representational technique in favor of a more dynamic impressionistic style. For more information, visit denverartmuseum.org/exhibitions/her-paris-women-artists-age-impressionism. —Kristen Gustafson



300 Years of Bayou Beauty

Founded by the French in 1718, ruled for about 40 years by the Spanish, and bought by the United States in the 1803 Louisiana Purchase, New Orleans has long been a melting pot of cultures. Helping to celebrate the city’s tricentennial, the New Orleans festival Prospect.4: The Lotus in Spite of the Swamp is showcasing paintings, such as Katherine Bradford’s *Ship with 5 Moons* (shown above), as well as photographs, musical compositions, films, sculptures and site-specific installations by 73 artists from 25 countries, through Feb. 25.

The festival’s art has been curated to reflect how New Orleans’ natural environment, surrounded by bayous and wetlands near the Mississippi River, can inspire art. For instance, Mark Dion’s *Field Station for the Melancholy Marine Biologist*, installed on the bank of the Mississippi, explores the interplay between nature and the impact of studying it. The festival also includes public artist talks and academic conferences. For more, visit prospectneworleans.org.

—Kristen Gustafson



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REALOGICS



PGA TOUR IN FULL SWING

» **Entering the final day** of the PGA Tour's 2016–17 FedExCup Playoffs, Justin Thomas was 200 points behind Jordan Spieth. But a 4-under 66 on the Sunday of the Tour Championship was enough for Thomas to leapfrog Spieth and win the FedExCup title—and the \$10 million prize that came with it.

Now, another exciting FedExCup season is underway, and upcoming events include the Sentry Tournament of Champions in Maui, Jan. 4–7, and the Sony Open in Hawaii in Honolulu, Jan. 11–14. Thomas, Spieth and Hideki Matsuyama, all 25 and under, and Dustin Johnson, 33, are ranked among the best golfers in the world.

Introduced in 2007, the FedExCup is a season-long competition, featuring nearly 50 tournaments in which players earn points based on their finishes. The top 125 qualify for the FedExCup Playoffs, which in



2018 begin at The Northern Trust tournament in New Jersey, Aug. 23–26. Each week, the field will be winnowed down, and only 30 players will make the Tour Championship in Atlanta, Sept. 20–23, with a chance to win the FedExCup.

For more information, visit pgatour.com/fedexcup. —Madeline Sargent

» **Last season, Justin Thomas won five PGA Tour events, including the PGA Championship, and he went on to become the FedExCup champion.**



» **Siblings of Doctors, featuring Danny Pudi (right), has performed at the Chicago Sketch Comedy Festival.**

CHICAGO CELEBRATES SKETCH COMEDY

» **In 2002, Brian Posen,** an award-winning comedian who studied and taught at The Second City improvisational comedy troupe, wanted to create a festival that gave up-and-coming Chicago-area sketch comedians a chance to showcase their talents. Now, the Chicago Sketch Comedy Festival—Jan. 11–21 in 2018—has become one of the country's premier events of its kind. It's grown from 35 local groups performing for nearly 2,000 patrons

in the inaugural year to more than 180 comedy ensembles from around the world performing for more than 11,000 patrons. Danny Pudi, from NBC's *Community*, was among last year's comedians. This year, Los Angeles-based The Cool Table will be one of the groups performing at the event featuring nearly 200 shows in eight days. Performances will take place every hour, on the hour, in Stage 773's four entertainment spaces. Tickets go on sale Dec. 1. For more, visit stage773.com/sketchfest. —Madeline Sargent



HOLIDAY SHOPPING IN NYC

Sip rich hot chocolate topped with hand-cut marshmallows made by local Squish Marshmallows. Peruse jewelry, olive oils, soaps and other goods sold by about 150 artisanal vendors. New York City's Union Square Holiday Market, open through Dec. 24, has been a festive tradition in Manhattan for more than two decades, with millions of people strolling the aisles each year. Visit urbanspacenyc.com/union-square-holiday-market for more information.

—Madeline Sargent

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DAY 1

» When we got to the Top of the Rock, it was cold and windy, and the sun was hidden behind the clouds. But when I saw that clear sliver of sky on the horizon, I suspected it was going to light up. So we waited, and then I got this shot.



With his busy lifestyle, Justin Halbert, a San Diego native, is living up to his city's nickname, the "City in Motion." As a chef, photographer, teacher and father, Halbert knows just how to capture a world in motion. He returned from New York City, where he traveled as part of the Alaska Airlines #Weekend-Wanderer series and slowed down enough to post these amazing shots. For more #WeekendWanderer posts, be sure to follow @alaskaair on Instagram.

blog.alaskaair.com

TOP-NOTCH NYC

» Just before my trip, I saw a friend who had recently returned to California after working for five years as a chef in New York City. One of his recommendations was Boqueria, a Spanish tapas restaurant. My wife, Stacy, and I ate at the Flatiron District location our first night, and after a delicious dinner—and a dessert of Churros con Chocolate—we knew we were in for a great weekend.

I'm a classically trained chef, and creativity is what fuels me. Whether it's food or art, I'm constantly looking to improve my skills, and NYC is a study in both. I based all of our outings around the best photo and dining spots. Shoot before sunrise; have a great breakfast; walk, cab or subway to the next location; shoot; eat a good lunch; and so on. It was cold,

but that made the experience more fun—we don't get to wear layers in San Diego.

My wife likes going on photography trips with me because I set the agenda, and she gets to enjoy the experiences and meet social media friends I've made. This trip was special because it was Stacy's first time in New York.

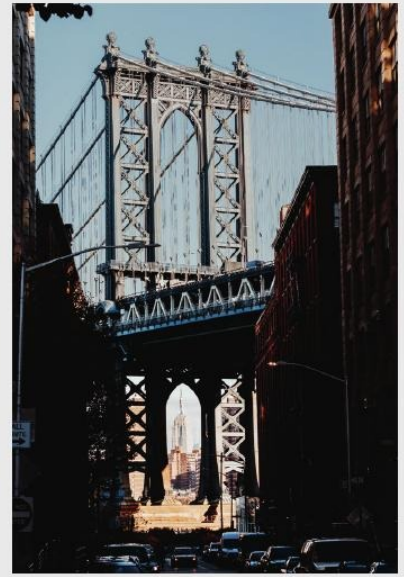
Highlights included sunrise at the Top of the Rock at Rockefeller Center, the 9/11 Memorial, sunrise on the Brooklyn Bridge, the holiday lights outside Radio City Music Hall and the view of downtown from the Manhattan Bridge.

And, of course, the food. Every place we ate was great, but for me, it was the New York pizza. Somehow, it really does taste better in New York. I'm already cooking up another visit to get my next slice.

DAY 2



⌄ The 9/11 Memorial is a beautiful piece of art that evokes somber reflection.



⌄ If you stand in the right spot, the Empire State Building lines up perfectly underneath the Manhattan Bridge, which connects Brooklyn with Chinatown in Manhattan.

DAY 3



⌄ We took a nice walk through Central Park and found the last colors of fall holding on before winter arrived.



⌄ An estimated 750,000 people per day pass through Grand Central Terminal, and it has a special charm during the holiday season.



HOLIDAY FUN IN THE TWIN CITIES

Minneapolis and St. Paul offer
plenty of winter wonder

By Berit Thorkelson

» **Residents of the Twin Cities** embrace the month of December in a special way, thanks to the abundant and diverse activities in this metropolitan area.

To get into the holiday spirit, you can visit Minneapolis' Holidazzle celebration (holidazzle.com) at the city's downtown Loring Park, Thursday through Sunday until December 23. The annual event includes an ice-skating rink, visits from Santa, and plenty of local food,

beverages and gifts. There are outdoor Holidazzle Movie Nights throughout the month and fireworks displays on Saturday evenings.

A great way to experience the season is to bundle up and stroll through the Minneapolis Sculpture Garden, which ranks among the city's winter attractions.

The garden is beautiful when a gentle snow falls, dusting the works of art, whose numbers have increased to nearly 60 individual pieces

» THE FEED
WHEN IN THE TWIN CITIES



» St. Paul's WinterSkate ice rink (far left) offers seasonal fun. Snow falls on Spoonbridge and Cherry at the Minneapolis Sculpture Garden (above). A Christmas Carol will be performed for the 43rd season at Minneapolis' Guthrie Theater.

after the garden's recent expansion.

One of the more interesting new works is Katharina Fritsch's *Hahn/Cock*, a giant blue rooster, which makes for a stunning photo-op. Fritsch's work joins longtime installations, including the iconic *Spoonbridge and Cherry* by Claes Oldenburg and Coosje van Bruggen.

The neighboring Walker Art Center welcomes visitors with contemporary collections and exhibits. A popular December tradition,

now in its 31st year, is the presenting of The British Arrows Awards, which showcases some of the most inventive British commercials. The screening will be held at various times throughout the month of December.

Another beloved tradition is the production of *A Christmas Carol*, being performed on the Guthrie Theater's Wurtele Thrust Stage through December 30. This is the 43rd year that the Guthrie has brought the classic Christmas story to life. The latest production is complete with period costumes, ghosts descending from above the stage and a four-ton set of Scrooge's home that rotates.

The Guthrie is one of the dozens of area theaters, offering a variety of entertainment

options, including musicals, comedies and shows for kids.

Across the Mississippi River in St. Paul—Minnesota's capital—is the WinterSkate rink, adjacent to the historic Landmark Center. Skating at the rink has become a local tradition. Rental skates are inexpensive, and you can enjoy a stop at the warming house, which sells hot cocoa and other treats. Across the street from the rink, you can walk through Rice Park, admiring St. Paul's city Christmas tree and the park's trees aglow with lights.

A few blocks south is the Science Museum of Minnesota, which offers enchanting views of the Mississippi surrounded by snow, and is filled with exhibits, including a dinosaur and fossil collection that has one of the world's few complete specimens of a *Triceratops*. Its Omnitheater is showing the film *Rocky Mountain Express*, through March 1, which explores the amazing landscape traversed by Canada's first transcontinental railway line. ✈

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FOODS OF FORTUNE

By Megan Hill

» If you're seeking health, wealth or just plain good luck in the new year, perhaps you should consider what you put on your plate as the clock strikes midnight.

Many cultures around the globe celebrate the new year by eating foods thought to bring about luck or general good fortune, and the traditions are as diverse as the world's cuisines.

In Japan, for example, eating soba noodles is a common New Year tradition; the long noodles represent life's longevity. It is also said that since noodles are easily cut, they symbolize letting go of regrets from the past year. Many Germans eat sauerkraut on New Year's Eve to bring about as much wealth and fortune as the number of shreds of cabbage in the pot, as the calendar rolls over. Italians prepare a special dish called *cotechino con lenticchie*, made with simmered pork and lentils. The

round, yellow lentils symbolize gold coins to bring about wealth, and pork is thought to bring good luck. Chinese tradition involves a slew of food symbolism for dining during the Lunar New Year, February 16 in 2018, including noodles for happiness and longevity, dumplings and spring rolls for good fortune, whole fish for prosperity, and cold-weather fruits such as oranges and tangerines for wealth.

Chef Victoriano Lopez of La Mar restaurant in San Francisco has continued some of the traditions of his native Peru. "In Peru, we take New Year's very seriously, with a heavy dose of superstition and tradition," he says. "There are a couple eccentric traditions that are shared countrywide." Many Peruvians eat 12 grapes at the stroke of midnight. Each one is thought to bring luck to all 12 months of the new year, he says. Participants make a wish as they eat one

grape for each of the last 12 seconds of the New Year countdown. "Some people mix and match grapes, six green, six purple. I don't mind as long as they're seedless," Lopez says.

The grape tradition is shared in multiple Spanish-speaking countries, and its origins can be traced to the turn of the 19th century in Spain. In some Spanish supermarkets you can even find cans containing exactly 12 seeded and peeled grapes for quick midnight eating.

Another tradition Lopez keeps also involves food—but not eating it. "Lentils and rice will bring money and prosperity," he says. "All you have to do is grab a mixture of both items [they can be dry]—a big handful—and stuff them in your pockets, wallet and/or purse [and leave them there until they naturally fall out]. I always find lentils and rice some months after." ✂

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POP A PÉTILLANT

By Danielle Centoni

» If Champagne is the elegant doyenne of the sparkling-wine world, *pétillant naturel* is the free-spirited wild child: carefree, a little unpredictable and eager to steal the spotlight.

French for “naturally sparkling,” *pétillant naturel* is an age-old style made by bottling wine before it has finished fermenting, while traditional Champagnes complete an initial fermentation before they are bottled. As the yeasts continue to eat up the sugars, carbon dioxide bubbles form, get trapped and lie in wait until they’re released into the glass. It’s a technique so ancient it’s known as *méthode ancestrale*. And this low-tech, no-fuss precursor to Champagne has found a new legion of fans among American wine lovers.

“They’re just really fun to drink,” says Brianne Day, winemaker at Day Wines in Dundee, Oregon. “They’re often made with aromatic grapes, and they often have a lot of

liveliness to them—a lively joy that comes from having the wine still alive and going through fermentation. They’re full of their primal life,” says Day, whose Mamacita! sparkler was one of the leaders of the American *pétillant-naturel* movement back in 2014. This unfettered (and unfiltered) joy shines through even before the first sip. *Pét-nats*, as these wines are playfully called, tend to be unabashedly cloudy, and are often sealed simply with a bottle cap like a beer. And since these sparklers don’t require special equipment or long-term aging, they’re more affordable, usually around \$20 to \$30.

“It’s awesome that you don’t have to spend a lot to be able to enjoy a sparkling wine that’s made really well,” says Portland sommelier and natural-wine-expert Dana Frank. “Sparkling wine has always been put in the box of ‘celebration wine,’ but this is the introduction to drinking sparkling wine with any meal at any time.”

MORE PÉT-NATS TO TRY

■ **Birichino 2016 Pétulant Naturel Malvasia Bianca, Santa Cruz, CA, \$22:** This complex and aromatic white is brimming with pear notes with a hint of rounded sweetness.

■ **Johan 2015 Pétillant Naturel Pinot Noir, Willamette Valley, OR, \$22.99:** A sparkling rosé made from biodynamic grapes, with juicy notes of strawberries and watermelon. —D.C.



Along with the wine’s popularity in France’s Loire Valley and Northern Italy, United States options have grown from just a few to a few dozen. “I think the natural-wine movement is really driving it,” says Day. “That, and *pét-nats* are delicious.” ✕



» THE FEED LIKES

The famous Newport Beach Christmas Boat Parade is celebrating its 109th year in 2017.

ENJOYING HOLIDAY LIGHTS

By Avalon Ashley

» **Some of the great pleasures** of the holiday season are the wonderful light displays that can be seen across the country. The following are a few of the spectacular light shows that brighten this heartwarming season.

Newport Beach Christmas Boat Parade, Newport Beach, CA: Celebrating its 109th year, the boat parade, which includes yachts, sailboats, kayaks and canoes bedecked in holiday lights and streaming music, will cruise through the Newport Harbor nightly, December 13–17. Participants compete in categories such as Best Lights, Humor and Originality, and Animation and Special Effects. Viewers gather along the waterfront and in vessels around the harbor to watch the trail of glowing ships.

Lights of the World, Phoenix, AZ: With an estimated 10 million lights and 75 displays, this is one of the largest light and lantern festivals in North America, featuring such displays as a 217-foot-long dragon with more than 20,000

china plates forming its scaly body. Running through January 2, the festival combines traditional Chinese lanterns with innovative technology and is organized by the US–China Cultural & Educational Foundation.

River of Lights, Albuquerque, NM: Visitors can ride the Polar Bear Express (the Rio Line train) through the River of Lights in the ABQ BioPark Botanic Garden. Millions of lights illuminate dramatic displays that range from dinosaurs to submarines, to a jack-in-the-box snowman. A holiday model train also can be seen chugging on a miniature garden railroad. The River of Lights activities will go on through December 30.

Blossoms of Light, Denver, CO: The Denver Botanic Gardens illuminates its many flowers and trees with 24 acres of holiday lights. Viewers can control an interactive display of LEDs that respond when instruments are played. HoloSpex glasses, provided at the

event for \$2, create kaleidoscopic patterns. The light show lasts until New Year's Day.

Holiday Festival of Lights, Charleston, SC: More than 700 light displays illuminate James Island County Park, southwest of downtown Charleston, through January 1. The festival also has a climbing wall, a Victorian carousel, and a more-than-50-ton sand sculpture of holiday movie characters such as the Grinch and Frosty the Snowman.

Dyker Heights Christmas Lights, Brooklyn, NY: Some of the best light displays in New York City are found in the cozy Brooklyn neighborhood of Dyker Heights, south of Manhattan. Since 1986, residents have had a friendly competition with elaborate displays featuring everything from giant glowing reindeer to a huge inflatable Elsa from the film *Frozen*. Bus tours of the neighborhood are available and the lights usually remain shining bright through the end of December. ✈

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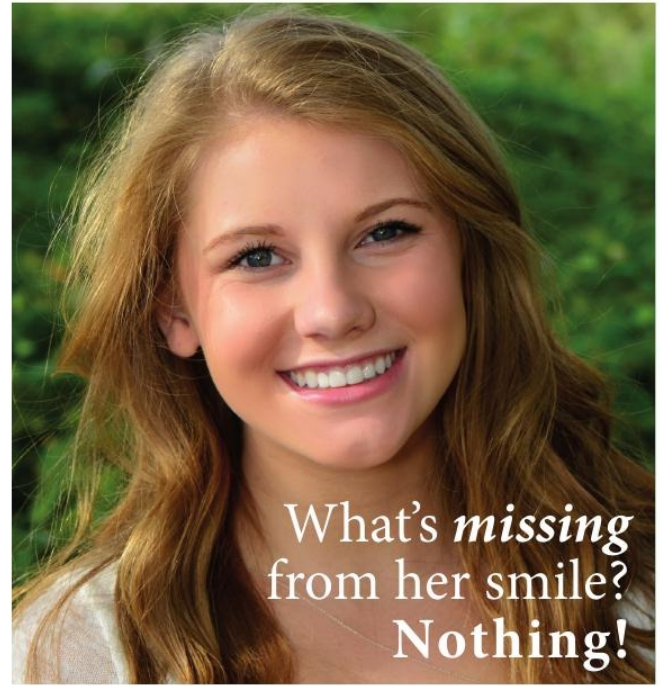
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also heard implants could be painful, took many visits and over 6 months to heal, and were expensive. Then she met with Dr. Shawn Keller. With many options offered, treatment was made affordable with a payment plan. Jordan wanted to improve the look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

"Dr. Keller changed my life!"

- Jordan

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HOLIDAY CHEER

Apparel that even a Grinch could love

By Lora Shinn

» “Ugly Christmas sweaters” have gone from stomach-clenching bargain-shop steals to possibly cute department-store deals that show up at December parties across America. Chill in these holiday-apparel picks.



Wonder Woman: Winter Wonder-land Christmas Sweater

This superheroine sweater will lasso goodwill toward all. It’s “much comfier, and stretchier, than plates of armor while you’re at the dinner table,” says Merchoid, which sells a variety of hero-themed holiday sweaters (\$54.99; merchoid.com).

Lana Dress in Candy Cane Stripe

The 1950s-era styling of this festive striped candy-cane dress is typical for Burbank-based Pinup Girl. The company offers sassy retro-inspired holiday dresses, skirts and tops that are designed for a variety of sizes and shapes (\$122; pinupgirlclothing.com).



Women’s Dreidel Joggers

I have a little dreidel; I made it out of 100 percent premier acrylic yarn. Hanukkah “swants” (sweater pants)? Why not? Don some dreidel joggers and take a spin. Matching festive sweaters sold separately, because you can never have too much of a good thing (\$45; tipsyelves.com).



Elves Family Pajamas

Take “Elf on the Shelf” to the next level and knock the annual family photo out of the snowdrift with these soft organic cotton PJs.

Portland-based Hanna Andersson offers a sleigh’s worth of pajama patterns, such as St. Nick, Reindeer ... and Yeti (\$33 per piece; hannaandersson.com).



Kids Crochet Reindeer Hat

Rudolph has at least one friend this year—any kid topped off with this adorable chenille-yarn hat. Brighten any day with this noggin-warmer by San Diego Hat Company. It’s perfect for holiday shopping or visiting Grandma’s house (\$23.10; sandiego-hat.com).

Gingerbread Break a Leg Socks

These socks are festooned with ever-so-ginger gingerbread men that wield candy-cane walking canes, along with gingerbread ambulances. Portland-based Sock It To Me also offers holiday-gnome socks for kids, ages 1 to 2 (\$6.50–\$11.50; sockittome.com).



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» THE FEED
IN PLAY

Clemson wide receiver
Hunter Renfrow eludes
Alabama defenders during the
2017 College Football Playoff
National Championship Game.

COLLEGE PLAYOFFS HIT THEIR STRIDE

By Dave Boling

» **Debates over college football** supremacy have raged since at least 1869, when fans of Princeton University and Rutgers University both hailed their teams as the true national college football champion. Of course, the only two games played during what is considered the first college football season were between Princeton and Rutgers, and they split the contests, leaving both teams with 1–1 records.

Since that inauspicious beginning, the controversies over the annual title, and the means of determining it, have rarely slackened.

However, in 2014, a group of university presidents and conference commissioners implemented a possible solution: the College Football Playoff System (CFP), with a four-team competition. Results for the first three years, including last year's come-from-behind

victory by Clemson over Alabama, 35–31, have calmed critics by producing worthy champions while also generating high viewership.

The CFP is determined by a 13-member selection committee, with the four top-ranked teams seeded in two semifinal bowl games for the right to advance to the national championship. This season's semifinals will be held on New Year's Day in the Rose Bowl and Sugar Bowl, with the winners of those two bowls squaring off for the championship at Atlanta's Mercedes-Benz Stadium on January 8.

The most obvious improvement with the CFP is the determination of a champion by competition on the field, not like in the past with subjective ballots cast by sports writers and coaches, or by computer rankings.

Some critics still contend that the “final

four” pool is too small, but the outcome has been hard to debate, with exciting games and worthy teams coming on top.

Granted, with the playoff teams drawn from the dominant “Power 5 Conferences,” there's only a slim chance of a Cinderella team emerging, which is a popular aspect of NCAA basketball tournaments. However, the CFP results have been unpredictable, with No. 4 seed Ohio State beating No. 2 seed Oregon for the 2015 title. The last two championships were split in dramatic fashion between Alabama (2016) and Clemson (2017).

While the CFP may lack some of the unpredictability of March Madness, it accomplishes the goal at hand: determining the nation's best team. Cinderella never wore football cleats to the ball, anyway. ✂

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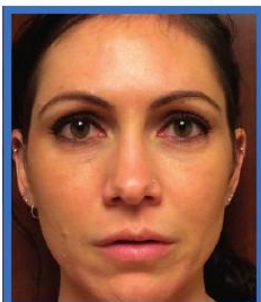
BEFORE

AFTER



I'm in my 20's. I noticed my face was changing with exercise, weight loss and a lean diet. I had a dent in my cheek, hollow temples and I looked tired. I didn't look like myself. I had talked to plastic surgeons that wanted to do surgery but I knew there had to be something better. Then I found Margaret who changed my life with the non-surgical Bellafill® treatment. Margaret is an amazing injector with an artistic eye. I am so happy with the results and the care I received at Larson Medical.

Christine



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Vonnice



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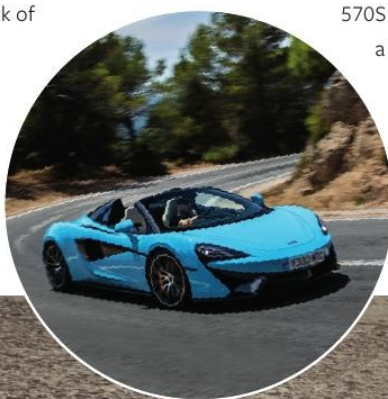
THE RACETRACK MEETS REAL LIFE

McLaren's 570S Spider spins a web of F1 racing pedigree with a great driving experience

By Bengt Halvorson

» For decades, the British company McLaren has been one of the most prestigious names in performance cars—and, yet, it's technically one of the newest automakers to sell vehicles in the United States. Long known for its racing technology and its ultra-rare Formula 1 supercar of the 1990s, the brand launched McLaren Automotive in 2010 as a spinoff of McLaren Racing. McLaren Automotive's Sports Series, which debuted in 2015, helps bring the racecourse to a track of your choice. The series delivers supercar styling and the race-derived pedigree of its flagship cars, such as the \$1.15 million P1, while also bringing the price point down to \$188,600 in the 570S Coupe or \$208,800 in the 2018 570S Spider, which is the headliner of the series.

The 570S Spider gets to 60 mph in about three seconds, to a top speed of more than 200 mph when driving on a closed course, and it navigates a variety of roads in astonishing form. It's also in relatively rare company among modern sports cars for its driving experience. Communicating the cornering forces, the grip available at the tires, and the car's sense of balance and speed to the person behind the wheel, the 570S Spider is fun to drive even if you aren't racing toward a checkered flag. ✕



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CARBON CORE

The F1-inspired carbon-fiber MonoCell II passenger cell is the core of the 570S. That core lets the car weigh about 330 pounds less than equivalent vehicles made of aluminum and steel.

RACECAR REV

The 3.8-liter twin-turbo V-8 engine climbs to 7,500 rpm and makes 562 horsepower and 443 foot-pounds of torque. It's complemented by a fast-shifting 7-speed dual-clutch transmission.



IT'S JUST LUNCH
CLIENTS ▶

LAWRENCE CHIARELLI
Regional Sales Director:
Tech start up

EDUC: BS, Bloomsburg Univ

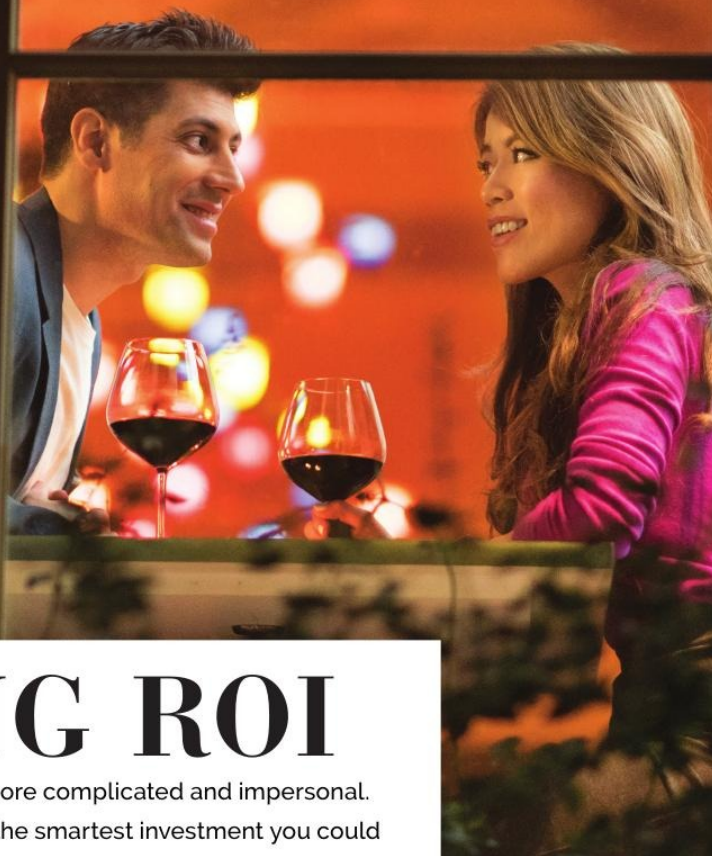
INTERESTS: Golf, running,
travel

PING MA

Owner of RollingPing:
Custom Cakes

EDUC: MS, Columbia Univ

INTERESTS: Travel, wine,
jogging with dog



DATING ROI

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. IJL's matchmakers got to know him and his preferences. They selected his dates, arranged schedules, and even made the restaurant reservations. Dating became stress-free and fun. Larry was a practical guy and didn't believe in love-at-first-sight, but that was until IJL introduced him to Ping.

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

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

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

Ping: I fly frequently for work and for

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

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

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

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

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

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

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

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

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» Mexico City's Polanco district features elegant dining and lovely parks, left, as well as upscale shopping, such as at El Palacio de Hierro, above.

POLANCO PROMENADE

By Chaney Kwak

» One of Mexico City's poshest districts also happens to be among its most walkable. North of the centrally located Chapultepec Park, the wealthy enclave of Polanco has been compared to Beverly Hills, and is known for the luxury international boutiques that line busy Avenida Presidente Masaryk. Yet you can also experience plenty of distinctive-to-Mexico moments as you amble along manicured streets and lanes, named in a sophisticated fashion after philosophers, writers and other prominent figures (from Socrates to Shakespeare to Tomáš Garrigue Masaryk, the first president of Czechoslovakia). September's earthquake did only limited damage to this section of the city.

Start a stroll at Parque Lincoln, the neighborhood's central hangout. Saturday mornings feature a lively *tianguis*—an open-air market with street vendors and food stalls—but you

can enjoy the park every day of the week, together with Mexico City locals of all ages.

North of here, customers congregate at sidewalk cafes on the arc-shaped street Virgilio. Indulge in window-shopping at nearby Pasaje Polanco, a sweet little shop-lined passageway that connects Avenida Masaryk with Oscar Wilde and Julio Verne streets. In the shops, you'll find locally made traditional handicrafts in eye-popping colors. And of course, *hecho en México* can mean upscale local products, too: Head to Onora, a home-decor specialty store with muted palettes, or Tane, a luxury jewelry shop that channels the country's proud silver-smithing heritage into cufflinks, rings and necklaces. Or make shopping a one-stop affair at the department store El Palacio de Hierro, whose strikingly geometrical flagship building has imports as well as works by Mexican

brands, such as Pineda Covalin's leather goods and Alexia Ulibarri's diaphanous dresses.

Polanco is also a foodie heaven, with celebrated eateries that update traditional ingredients and rank among Latin America's best restaurants. These include Biko, which offers an expansive-yet-affordable tasting menu; boldly colorful Dulce Patria, run by *Top Chef México* judge Martha Ortiz; and the renowned restaurant Pujol, operated by the global culinary ambassador Enrique Olvera.

After a grand dinner, continue walking, noting the neighborhood's fashionable hotels, such as the 35-room Las Alcobas, which has a contemporary design that incorporates wooden elements inspired by the carvings in cathedral and church doors. A stay at one of the Polanco's luxury accommodations is an elegant way to cap a day of exploration. ✈

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AN EXCURSION TO HISTORIC PUEBLA

By Maya Kroth

» Walking through the **Centro Histórico** of Puebla de Zaragoza (aka Puebla City or just Puebla), about two hours southeast of Mexico City, feels somewhat like walking back in time. Founded in 1531 (as Puebla de los Angeles), the colonial city is famous for its gold-interior Baroque churches, its Talavera pottery (colorful ceramics with a white base glaze), and its Mexican-cuisine classics such as *mole poblano* and *chiles en nogada*, dishes that many say originated here. Dotted with vibrantly colored buildings bedecked by tile facades and intricate decorations, Puebla is also the place where the outnumbered Mexican army defeated the French on 5 de Mayo, 1862.

Some of Puebla's historic buildings were damaged by the earthquake that struck Central Mexico on September 19, but most parts of the city were back to their normal functions within a few weeks, and government engineers have diligently inspected and certified buildings that are open to the public.

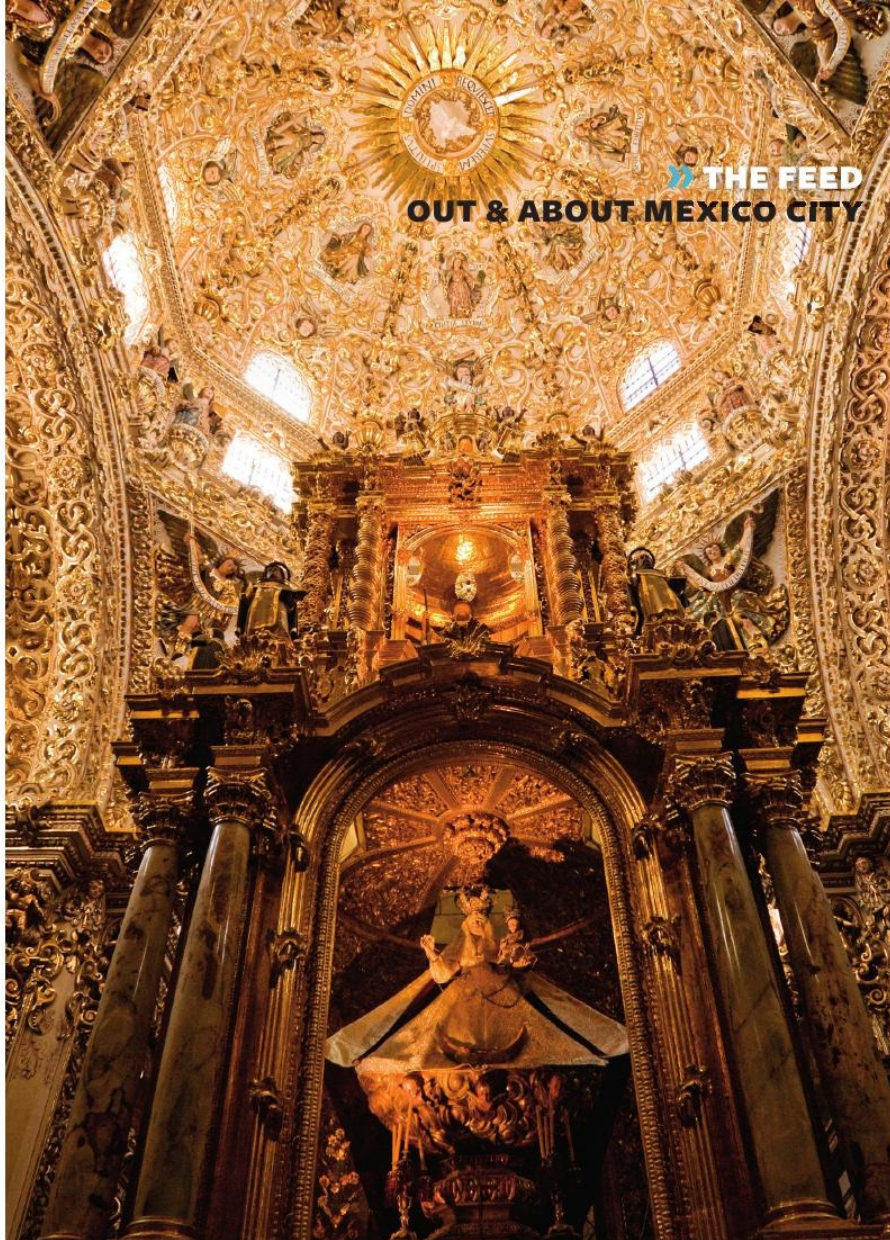
To take a walking tour of Puebla's compact center, start at the Templo de Santo Domingo, whose relatively austere stone facade hides the ornate interior of the Capilla del Rosario, the chapel of the church, which is an eye-popping specimen of Mexican Baroque style, with its

elaborately gilded ornamentation.

From the church, it's two short blocks down the shop-lined and often sun-dappled pedestrian Calle 5 de Mayo to the Zócalo de Puebla, the town's central plaza. Here, you can sit on a bench in the shade of a tall tree and watch the world go by: men getting their shoes shined, children playing tag behind the centuries-old Catedral de Puebla, vendors hawking large bouquets of balloons, nuns floating across the square in full habits.

Take a left on Avenida 5 Oriente to reach the oh-so-Instagrammable Barrio de los Sapos, with its brightly colored buildings and a bubbling fountain at the Plazuela de los Sapos. The neighborhood is best enjoyed on weekends, when its renowned antiques market fills the *plazuela*. End your walk just off the square at the quirky bar La Pasita, a legendary, century-

» THE FEED
OUT & ABOUT MEXICO CITY



» The city of Puebla is known for Mexican Baroque architecture such as in the chapel of the Templo de Santo Domingo, above. The city is also known for dishes such as mole poblano, left.



old cantina that is named for Puebla's signature quaff, a shot of sticky-sweet raisin liqueur garnished with a raisin and a chunk of *queso fresco* on a stick.

For an artistic adventure, take a taxi across town to the Museo Internacional del Barroco (International Museum of the Baroque), which opened in spring 2016 in a new building designed by Japanese architect Toyo Ito. Inside, you can spend hours visiting one gallery after another, learning fascinating details about Baroque painting, sculpture, literature, music, theater and more. ✈



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Flight Paths



Women pilots take wing at Alaska Air Group


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Women in the flight deck remain somewhat of a rarity: Only about 5 percent of commercial airline pilots in the United States are women. Like the airline industry overall, Alaska Air Group wants to foster a flow of new pilots, and it actively promotes the profession to young people. The airline supports education, with an emphasis on STEM curricula, and a special focus on encouraging female students through classroom visits and hosted events.

Among the three women pilots profiled here, there is a certain sense of camaraderie, but above all, they're professional pilots doing what they love—flying guests.

*Photos by
Ingrid Barrentine*



From left: Alaska Airlines First Officer Chazmin Peters, Horizon Air Captain April Eriksson, and Virgin America Captain Kimberly Gabrelcik.

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First Officer Chazmin Peters

ALASKA AIRLINES

CHAZMIN “CHAZ” PETERS now directs the camp that once gave her career direction. She stands at the front of a class at Eagles Aviation Camp, a program in Seattle that helps middle and high school students from populations underrepresented in aviation learn about the field. The camp was founded 22 years ago by Peters’ stepfather, Millison Fambles, a 25-year Alaska pilot, who also still participates.

Peters sets an example of someone who, through hard work, has learned to excel. She also knows that, as a member of the Squaxin Island Tribe of South Puget Sound, with a Native American father, an Asian American mother and an African American stepfather, she can be a role model for underrepresented groups.

At the camp, participants get to fly in a small plane, try a flight simulator and visit The Museum of Flight, south of Seattle. The goal of the class, however, is to encourage students to plan ahead for whatever future they may desire.

Peters says she was an unmotivated student who didn’t have a plan when she first attended the camp as a middle schooler in the 1990s. Despite her stepfather’s job, she says, she “wasn’t that kid in the bomber jacket who grew up with an affinity for aviation.”

After her early camp experiences, Peters decided to seriously consider being an airline pilot, a decision that gave her a reason to improve academically. “I made a declaration that I was going to try hard and focus ... and I did,” she says.

Peters believes hard work and careful tendencies help her do her job. “I’m a rule follower and a planner—not a big risk-taker,” she says. “I want to do everything that will make things more safe.”

Raised in a small community near



“Sharing our stories,
and saying you can be
whatever you want to
be, is important.”

Olympia, Washington, Peters earned an associate’s degree from Big Bend Community College, in Moses Lake, while gaining flight hours necessary for a commercial pilot rating. She then returned to Olympia to be a flight instructor with Glacier Aviation. She also earned a bachelor’s in urban studies from the University of Washington Tacoma. In 2006, Peters took a job with Massachusetts-based Cape Air, and five years later, she moved to Portland, Oregon, to fly for SkyWest Airlines.

In 2014, Peters was hired at Alaska. Soon after, she was First Officer on a flight captained by her stepfather—a proud, defining moment for her entire family.

Since her hire, Peters has also made her work family proud. “What she does in the community and the way she represents Alaska Airlines—we’re very for-

tunate to have her,” says Carlos Zendejas, who was her supervising Base Chief Pilot.

As Peters sees it, she is part of a larger community of Alaska pilots and other employees doing good works. This is one of the reasons she was intent on working at the airline. “Alaska cares about the community, our camps and a lot of other programs,” she says. “That matters to me.”

In addition to running the camp, Peters volunteers for the Seattle Solo Flight Academy, helping underprivileged students gain training and flight experience. In May, she taught a seminar for Aviation Day, an annual event that aims to inspire Puget Sound-area youths. And she participates in events geared toward encouraging women in aviation.

Peters received help along the way and aims to pay it forward. “Sharing our stories, and saying you can be whatever you want to be, is important,” she says.

She sees many possibilities for her own career, including working in Alaska’s training department: “Eventually, I’d love to have a group of pilots who say, ‘She helped me get my job; she got me started in aviation.’” —Ben Raker

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Captain April Eriksson

HORIZON AIR

A WOODEN BOWL on the corner of Horizon Air Captain April Eriksson's tidy desk is filled with treats such as York Peppermint Patties, Snickers and Twix. The candy is there to create an inviting atmosphere for the more than 270 pilots she manages as Horizon's Seattle Base Chief Pilot, she says.

"I want the pilots to know that they're welcome to come in here, even if it's just to chat. I genuinely care about them, and want to help them advance their careers. I tell them, 'Come on in, sit down, get a piece of candy.' And I also think it's the little things that can make a difference—just making someone's day a little nicer."

Ali Donway, Director of Flight Standards for all of Horizon's approximately 750 pilots, says the Seattle base is the most demanding because it has the most arrivals and departures, but Eriksson deftly juggles everything, from scheduling and regulatory compliance to mentoring pilots and working on special projects. "No task is too big for her," Donway says, "and she cares about her colleagues in all positions at the airline. She's also got a great personality, so if you're in a flight deck with her, it's going to be enjoyable."

Eriksson says she loves flying: "I enjoy the challenge of flying in various conditions and environments, and the views in the Northwest are second to none in terms of an aviation career. There's also something pretty special about knowing I'm flying 76 people to places they want to go, and it's an honor to have them on my airplane."

With flight crews, Eriksson stresses safety, doing the right thing, a positive attitude, teamwork, service and caring. On an especially memorable flight, one of

the female passengers was turning 100 that very day, and had never flown before. Flight attendants used their creativity to craft a pretend birthday cake. Eriksson made an announcement to the other guests and gifted the centenarian

"There's something special about knowing I'm flying people to places they want to go. ... It's an honor."

with a pilot-wings pin. "She had tears of joy because of the treatment she got," Eriksson says.

One of Eriksson's favorite captain activities is inviting youngsters to see the flight deck before departure. In fact, getting to see flight decks as a child helped inspire her to be a pilot. So did giving a school report at age 8 on Amelia Earhart.

To achieve her career goal, Eriksson attended Embry-Riddle Aeronautical

University's campus in Florida (where she also ran track), and the summer before her December 2009 graduation, she did an internship with Horizon, during which she realized she was also interested in airline leadership. After working as a flight instructor in San Diego, she was hired by Horizon in 2011. Two years later, she was selected for Alaska Air Group's prestigious and rigorous Developing Emerging Leaders program, and she went on to become Horizon Base Chief Pilot in Anchorage, then Portland, before taking the Base Chief Pilot role in Seattle last January.

To help foster the next generation of pilots, she enjoys giving presentations at schools, connecting with college students at Women in Aviation events and representing the airline at community events.

On her office wall, Eriksson displays a quote that particularly resonates with her. It's by Amelia Earhart: "The most effective way to do it, is to do it."

"That quote shows the mentality that something might seem intimidating or challenging at first, but ... just go ahead and do it," she says. —Michele Andrus Dill





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Captain Kimberly Gabrelcik

VIRGIN AMERICA

ONE OF THE FLIGHTS KIMBERLY GABRELCIK

treasures most happened three years ago. Six original Bay Area “Rosie the Riveters” were honored at the White House for their work in the Kaiser Richmond Shipyards in support of World War II, and Gabrelcik captained their flight to Washington, D.C. “These women are so inspirational. They’re sharp, witty, strong and involved in their communities,” says Gabrelcik, who now has lunch with the Rosies regularly. “They shaped the course of history and showed that women could do anything.”

For Gabrelcik, that has meant piloting a commercial jetliner. When she was growing up near Seattle-Tacoma International Airport, she says, “A number of our neighbors were pilots, but it never dawned on me that it was a job I could pursue as a woman.” One evening at a dinner party, Gabrelcik met a female pilot. The two spent just 10 minutes talking, but Gabrelcik had an epiphany: “Wow! This was something I could actually do.” The next day, she began plotting her career in aviation.

Gabrelcik enrolled in Big Bend Community College in Moses Lake, Washington, to study aviation and learn to fly before transferring to Embry-Riddle Aeronautical University to finish her degree. For her first commercial job, she piloted tours for Scenic Airlines over the Grand Canyon. She moved up to jets with now-defunct Ryan International, flying U.S. Mail as a flight engineer on Boeing 727s based in the Bay Area for the first year, then as a First Officer for two years.

Then the dream job came knocking. After more than three years of flying nights—six days on, eight off—she began flying Boeing 737s to Hawai‘i for Aloha

Airlines. She moved to Hawai‘i, met her husband, Jim (also an Aloha pilot), and they enjoyed Island living—until 2008, when Aloha declared bankruptcy. Overnight, the Gabrelciks were out of work.

As luck would have it, Virgin America had launched its first flights just months earlier and was looking for pilots. The ambitious new company liked Gabrelcik’s professional attitude and especially her experience flying across the Pacific to the Islands. She became part of the initial cadre to certify Virgin America pilots for Hawai‘i flying. For the past four years, she’s also served as a Line Check Pilot, working with other pilots on routine training and evaluations.

“Being a pilot is a job that comes with a lot of responsibility. You’ve got to be a planner and processor,” she says, noting that she enjoys the opportunity to work with other pilots and crew members. Even if she boards a flight with teammates she’s never met, it’s always like working with family, she says. Each crew member brings a shared purpose and parallel experience, and in crew briefings before each flight, Gabrelcik is a clear

Even if she boards a flight with teammates she’s never met, it’s always like working with family.

communicator on each crew member’s individual responsibilities.

“Kim exemplifies the brand, culture and what it means to be a Virgin America pilot and teammate,” says Chris Corcoran, the airline’s System Chief Pilot.

Flying is a passion that Gabrelcik enjoys sharing with others, as well. She coordinates fundraisers and hospital visits for Pilots for Kids at Alaska/Virgin America’s San Francisco base.

Gabrelcik also likes to bring kids into the flight deck before a flight, noting that it’s also important for parents to witness that experience and recognize the possibilities for their child as part of the next generation of aviators.

A little piece of inspiration can go a long way, Gabrelcik says. —Paul Frichtl





making a difference

Giraffe Heroes Project spotlights everyday people working to better their communities by Lora Shinn

Founded in 1982, the Giraffe Heroes Project is aimed at inspiring optimism and activism by sharing the stories of everyday people doing heroic deeds. Their stories are archived on the Giraffe Heroes website (giraffe.org).

More than 1,400 people of all ages, professions, walks of life,

and regions of the world have been recognized by the organization's board of directors as "Giraffes," individuals who "stick their necks out" to help solve some of society's most difficult issues, and who show initiative in working for the common good, such as alleviating suffering, rectifying injustice, advancing peace and helping to create a healthy environment. The program was begun by Ann Medlock, who says part of her impetus was to counter the steady stream of negative news that we all experience on a daily basis. "I'd been concerned that popular media would tell everything awful that happened that day and leave you there," says Medlock, who runs the program from the Giraffe Heroes Project office in Langley, Washington, about 35 miles north of Seattle. "What I thought needed to be added is: 'Here's somebody who is working on a solution to the problem,' so people wouldn't end up thinking they'd just like to pull the covers over their heads and never get out of bed again."

The following profiles spotlight people of varying ages and differing backgrounds and from a variety of locations. What they have in common is that they all took a chance and stuck their necks out to make the world a little bit better place.

Dr. Sheryl Fleisch: Physician to the Homeless Nashville, Tennessee Giraffe Hero: 2017

Most doctors provide patients with treatments, medications and empathy. Dr. Sheryl Fleisch also offers socks, food and the occasional sleeping bag.

Fleisch's approach is the result of her unique clientele. She founded the Vanderbilt Street Psychiatry and Homeless Health Services program in Nashville, Tennessee, in 2014.

The psychiatric-consultation service for people experiencing homelessness was one of the first of its kind in the nation. Fleisch, 35—who attended Vanderbilt as an undergraduate and also graduated from its medical school in 2008—is now the program's medical director.

She began her journey of working with people who are homeless in 2004, as a first-year medical student treating a homeless patient struggling with mental illness. The woman showed up at a Nashville hospital with severe hypertension. It was the fourth time that month she'd been seen by care providers, including Fleisch, who realized the medical interventions suggested for the woman were not realistic, considering her situation.

"She was too mentally ill to navigate follow-up appointments by herself," says

Fleisch. “And we lacked understanding of what homelessness really meant and why she cycled into our hospital so many times. I realized that there must be a different way to do this. For me, it wasn’t a matter of wanting to do something, it was a matter of having to do something.”

It’s this attitude that led to Fleisch starting the Street Psychiatry program. Once a week, Fleisch leads a “street team,” which includes three psychiatry residents, a medical student and an outreach worker from a partnering nonprofit, into Nashville’s streets and homeless encampments.

In the morning, the team visits camps and assesses psychiatric and medical needs. Then they meet people at scheduled appointments at fast-food restaurants, the library and parks—anywhere someone wants to meet. More than 90 percent of the team’s patients show up for their appointments.

By providing direct care and support, Fleisch and her team are changing the way both the hospital and the community view and treat individuals with mental illness who are also homeless. The approach is also practical. By treating the patients in environments where they feel safe, the team is helping to improve patient outcomes and may be reducing hospital costs. In addition, Fleisch is teaching the next generation of physicians that the field of medicine for those experiencing homelessness is an important element of the health-care system.

However, these changes don’t happen overnight. It often takes time, patience and repeated visits for the team to overcome suspicion and earn the trust of the people in the camps and on the streets.

Four years ago at one homeless en-

The Giraffe Heroes Project hopes to inspire optimism and activism by sharing the stories of everyday people doing heroic deeds.

Dr. Sheryl Fleisch and her “street team” of health providers examine a resident of an encampment to check on his health.

campment, a resident would not accept food or items, only nodding silently when Fleisch passed. She nodded back. Then, two years later, the man finally spoke for the first time, requesting Fleisch’s team to assist another homeless individual who needed help.

“Last year, he accepted shoes and a sleeping bag, and again asked us to check on various people who were more ill than him,” she says. “A few weeks ago, he told us his feet were hurting, and he was upset about his runaway cat. He allowed us to examine his feet while we talked about his cat,” she says.

A small victory, perhaps. However, Fleisch knows that such small steps are a major part of her practice and that they can lead to major breakthroughs.

“Success comes in many forms,” she says.



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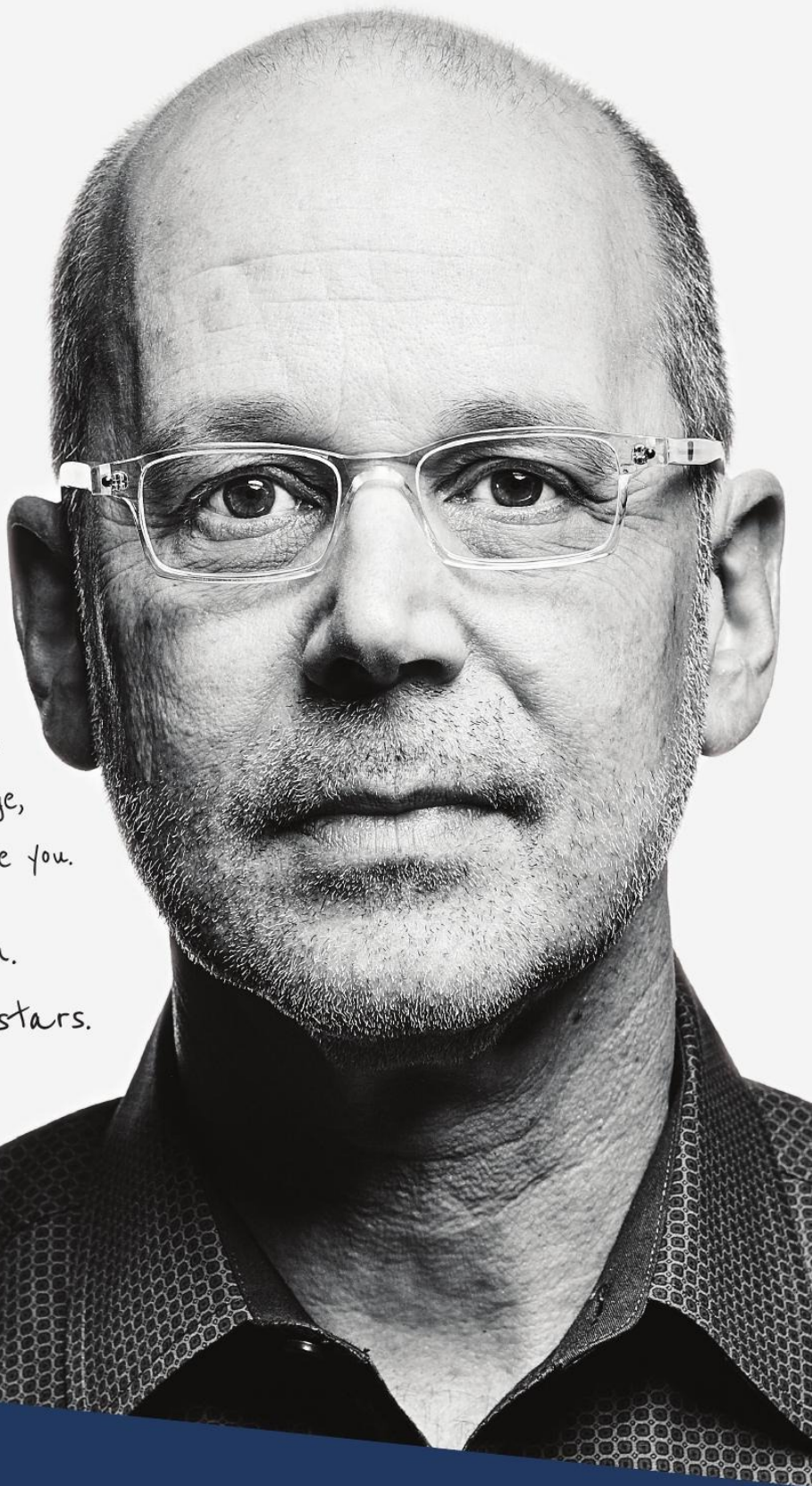
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Ron Finley:
The Gangsta Gardener
Los Angeles, California
Giraffe Hero: 2013

Ron Finley was angry. In 2010, his South Central Los Angeles neighborhood was being described as a “food desert,” meaning that there were no grocery stores offering fresh produce for miles in any direction. He literally had to drive more than 20 minutes to buy a fresh vegetable.

“I’m tired of this,” the former fashion designer remembers thinking. “Leaving my neighborhood to buy fruit, when thousands of people live here. Why can’t we have healthy food?”

With local stores bereft of fresh produce, the local population was left with many unhealthy food options and faced increased health risks. In Finley’s words, “The drive-thrus are killing more people than the drive-bys.”

He set out to make a change, and in the process, created a social movement. Finley worked with mentors to establish a garden on the 10-foot-by-150-foot

Ron Finley of South Central Los Angeles is advocating that fresh fruits and vegetables be grown in the inner city and at schools to help supply the local population.

Finley has gained a lot of interest for his call to “transform food deserts into food forests around the world.”



FROM TOP: JIM NEWBERRY; LEROY HAMILTON



meridian strip between the curb and the sidewalk outside his home. He created a fruit and vegetable garden—growing everything from melons to squash.

The city of Los Angeles ruled the garden was illegal, and Finley received a citation ordering him to demolish his garden and show up for a hearing. Finley needed a \$400 permit to plant on the city’s barren strips, and the vegetation could only reach 3 feet tall. Finley challenged the permitting ordinance. He lobbied city council members, created an online petition, and received media attention and a public following. The hearing ended up being canceled and the crops ripened and were harvested.

His push for fresh produce in the inner city became a cause. Finley’s 2013 TED talk on “guerrilla gardening”—gardening in abandoned or neglected city sites—has garnered more than 3 million views.

Today, the “gangsta gardener,” as he is known, has created a large garden on his property around his home, including growing potted plants in an empty swimming pool. He runs the Ron Finley Project (ronfinley.com), in which he speaks about food injustice, the need for urban gardening in other cities and encouraging gardening in schools through the “Another Gangsta Garden” gofundme.com project. Finley has gained a lot of interest for his call to “transform food deserts into food forests



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around the world.” He often can be found speaking at a convention or hosting architecture and design students from the University of Southern California on his property to speak about gardening.

Being recognized as a Giraffe Hero has made a difference because this type of work can be isolating, according to Finley.

“You think you’re in it by yourself,” he says of trying to change how people think about growing food in the city. “So when someone reaches out and says, ‘We see what you’re doing, and we like and respect it,’ that’s big. You need to know you’re doing something that’s in the right direction. Because it’s not for the faint of heart.”

**Christopher Yao:
Changing the World,
One Child at a Time
Long Island, New York
Giraffe Hero: 2011**



As a precocious 11-year-old in sixth grade, Christopher Yao was diagnosed with a severe underbite. He saw specialists in the dental and medical fields, and found himself heading into the classroom in 2007 wearing embarrassing medical appliances in his mouth. “The social stigma was hard in middle school,” says Yao, who is now 21.

The insight into what it’s like to have face and mouth medical issues helped Yao empathize when he learned about youngsters in other countries suffering from cleft lips and palates, orofacial birth defects that often require surgery. “I knew I had to do something,” Yao says. He began raising money with an online volunteer read-a-thon to help pay for corrective surgeries in developing countries. “I was only expecting a few hundred dollars through the read-a-thon fundraiser, but I was stunned to collect more than \$1,000 by the end,” he says.

Encouraged, Yao founded later that same year the nonprofit organization Kids Change the World (kidschangetheworld.org), with the goal of “leveraging the power of young people to change the lives of children around the world,” he says. He received a commendation as a Giraffe Hero at the age of 14 for his charitable fundraising efforts.

To date, more than 100 surgeries have been funded by Kids Change the World (KCW), which continues to organize fundrais-



“Children deserve access to quality health services and a solid education in order to live productive, fulfilling lives.”

Christopher Yao, left, sits with a mother and her child, above, at the Stomatological Hospital in Beijing, China, where the child underwent cleft-palate surgery in 2015. Yao’s charity has helped fund the cost of more than 100 such procedures.

ers such as the Smiles for Lives Read-A-thon, which involves students and youth groups from around the world. The organization also partners with companies such as Nestlé to donate supplies to students in underserved schools, and to contribute to Reach Out and Read programs by providing books to underserved children at major medical centers and pediatric clinics across the country.

Christopher’s success wasn’t easy. To begin with, he had to overcome skepticism from teachers and parents about his dream of funding the surgeries. Even now, KCW only receives a small fraction of the grants it applies for. “But if you haven’t failed, you haven’t tried hard enough,” he says.

In addition to his ongoing involvement with KCW, Yao is also a student in the University of Pennsylvania Master of Public Health Program. He plans to attend medical school in the future, and pursue a career at the intersection of medicine, public health and nonprofit management.



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He credits Giraffe Heroes with helping to raise awareness about KCW's mission. "The Giraffe Heroes recognition helps us get the word out about the children who so desperately need our help," Yao says. "Children deserve access to quality health services and a solid education in order to live productive, fulfilling lives. Giraffe Heroes reminds our volunteers that the work we're doing is changing lives."

Shalisa Hayes: Building a Safe Community Tacoma, Washington Giraffe Hero: 2016

One day in 2011, Billy Ray Shirley, III asked his mother, Shalisa Hayes, "How do you open a community center?"

The question caught Hayes by surprise, and she asked her 17-year-old son why he wanted to know. Billy Ray replied that young people needed a place to hang out in East Tacoma. The neighborhood library was closed, a local nonprofit kids club had been downsized to a small space within a church, and kids needed a place to have fun while staying out of trouble. It was typical of Billy Ray to think about others in that way. Hayes says her son was always volunteering his time, and once even gave clothes and shoes to a student in need.

Just a few months after the conversation and a week before Billy Ray would have started his senior year in high school, he was killed by random gunfire at a party. It was a case of being in the wrong place at the wrong time, and the crime has so far not been solved.

Hayes was devastated. However, Billy Ray's words came back to her. At Billy Ray's funeral, Hayes stood before 500 mourners and said, "He wanted a community center. We've got to make it happen." Two days later, a car wash organized by Billy Ray's friends brought in the first \$700 toward the newfound goal of developing a community center in Billy Ray's honor.

Hayes began to realize that the goal was attainable. She created the Billy Ray Shirley, III Foundation (billyray.org) to keep Billy Ray's dream alive and build a community center.

The foundation quickly developed into a community cause, with volunteers organizing fundraisers, applying for government and foundation grants, and setting up meetings with city and state leaders to push for support for the center. Seattle Seahawks Coach Pete Carroll has even become a booster, talking about his support of Hayes and the foundation's goals.

After six years, Billy Ray's dream is finally becoming a reality. Through public and private partnerships, the Eastside Community Center is scheduled to open in 2018. It will include a gym, a pool, after-school activities and a community kitchen.

It will also boast a recording studio for students to experi-



"My goal is to help young people stay alive and free from incarceration, while also empowering them for brighter futures."

Shalisa Hayes, top, stands next to a favorite picture of her son, Billy Ray Shirley, III, who was killed in 2011. A rendering of the Eastside Community Center is shown above. The facility was Billy Ray's dream, and is scheduled to open in 2018.

ment with creating music.

Beyond the foundation, Hayes has formed Mothers of Magnitude (M.O.M.), a peer-support and mentoring network for mothers who've lost children to violence or have had children sent to prison.

Recognition from groups such as Giraffe Heroes has brought Hayes to the attention of various groups, including the Caux-Initiatives of Change Foundation, which is dedicated to creating a just, peaceful and sustainable world. Hayes was invited to Switzerland to speak at the foundation's 2017 forum. Despite all this activity, Hayes has maintained a full-time job at a local insurance company.

She also has remained focused on keeping neighborhood teens out of trouble and keeping them engaged in the commu-



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"My goal is to help young people stay alive and free from incarceration, while also empowering them for brighter futures," Hayes says.

Katie Eder: **Telling Our Stories** **Milwaukee, Wisconsin** **Giraffe Hero: 2017**

As a child, Katie Eder ice-skated competitively, practicing daily and making friends in the rink. However, after an injury in fifth grade, she stepped away from the sport. Feeling a bit empty, she signed up for a writing class. "I fell in love with it," Eder, 17, says of writing. "I could share everything going on in my head. It helped me find a new passion and a new place to put my energy, and get over the loss of skating."

As a prolific middle-school writer, she entered short-story contests, and her work was published in youth literary magazines. However, that wasn't quite enough for Eder. She began to notice that other kids didn't find writing a joyful experience, perhaps due to assigned essays and book reports, which offered few ways to be creative. At 13, Eder volunteered to teach a writing workshop at a community center near her home to help pass on the love of writing that she felt. In the last 15 minutes of the workshop's final day, a little girl named Alana burst forth with her story of how she had been shuttled between her divorced parents' homes.

"It was the first time she felt she had a voice," Eder says of Alana. "And I had a moment where I realized, this is something I have to do, and that I can have an impact on kids' lives."

In 2014, Eder decided to start the



LOIS BIELEFELD

Katie Eder, second from left, tells students that they each have a voice and a story to tell, which is why writing is so important.

nonprofit Kids Tales (kidstales.org) to teach young people, ages 8 to 12, the joys of prose. Today, the nonprofit has more than 300 dedicated teen volunteers, who've engaged about 1,200 students in 12 U.S. cities and eight foreign countries in workshops, including one in a refugee camp in Hungary.

A set of Kids Tales supplies and online training programs help teen teachers offer Kids Tales workshops anywhere in the world. They also receive the tools of the trade: pencils, notebooks and worksheets.

Kids might write about a personal experience or something silly, such as penguins eating french fries, Eder says. The final stories are then assembled and self-published by the group in an anthology—a real book.

"We're not picky about grammar," Eder says. "We want kids to see how writing can be fun. We want to teach kids that they have a voice and a story and experiences that matter. People want to hear what they have to say." ✕

Lora Shinn writes from Seattle.

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A photograph of a forest path with two people walking, framed by a large, flowering red rhododendron in the foreground. The path is made of dark mulch and leads into a lush green forest. Two women are walking away from the camera on the path. The woman on the left is wearing a dark coat and a scarf, while the woman on the right is wearing a blue jacket and jeans. The foreground is dominated by a large, dense bush of red rhododendrons with dark green leaves. The background shows tall evergreen trees and a dappled light filtering through the canopy.

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On the cover: The Glen at beautiful Bloedel Reserve on Bainbridge Island.

Photo by: Keith Brofsky / Courtesy Bloedel Reserve.

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• WASHINGTON •

Bicycling Bainbridge

By Craig Hill

I'm already enjoying a panoramic view of Puget Sound and the Seattle skyline—from the Space Needle to the Seattle Great Wheel to the football stadium—and my adventure has barely started.

I've joined cyclists traveling to Bainbridge Island, on a 35-minute Washington State Ferries trip from downtown Seattle, for an annual bike ride called the Chilly Hilly. The name neatly sums up this acclaimed 30-plus-mile ride, which draws participants from across the country and even from as far as the United King-

dom. The ride is chilly (it takes place the last Sunday in February), and it's hilly (2,191 feet of elevation gain).

Since its inception in 1972, the Chilly Hilly has signaled the unofficial start of each year's Northwest organized-bike-ride season, as it attracts riders of varying skill levels to the island. The route offers water views a good share of the way. It has multiple woodland stretches. And it may pass fun roadside landmarks such as Frog Rock: two stacked granite boulders (likely deposited by receding glaciers thousands of years ago) that local

high schoolers painted to look like a frog more than four decades ago. A smaller companion boulder was subsequently painted as a ladybug.

I'm not even halfway done with the ride when I realize that Bainbridge will need to become a regular excursion. The hills might test your legs, but the views take your breath away. The roads are quiet, with the speed limit rarely exceeding 35 mph, and Bainbridge clearly loves and welcomes cyclists, with signs that note, "Bainbridge Shares the Road."

While the Chilly Hilly has drawn as many as 6,029 cyclists, riders visit the island throughout the year. Bike Barn Rentals is open June into September at the ferry-terminal complex, and a short stroll north is Classic Cycle, offering year-round rentals and a museum with nearly 300 bikes.

Paul Johnson, owner of Classic Cycle, says he gets visitors from around the world, and he typically sends them out to ride half of the Chilly Hilly course. The north section



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- **Blake Island:** Take a four-hour Tillicum Excursion cruise from downtown Seattle to 470-acre Blake Island for fire-roasted fish and Northwest Native American dancing and stories, April



through September (argosycruises.com). To visit the island (parks.state.wa.us/476/Blake-Island) other times, a resource might be sites such as boatsetter.com for boat-rental options, with or without a captain.

• **Chambers Bay Golf Course:** This challenging, rolling links-style course, with a fantastic Puget Sound view, hosted the 2015 U.S. Open (chambersbaygolf.com).

• **Mt. Baker Ski Area:** Attend the Legendary Banked Slalom in February (lbs.mtbaker.us) to watch amateur and top snowboarders race. At sea level, Bellingham, a waterfront city to the west of Mount Baker, is a hub for outdoor recreation such as biking, running, paddling and

of the route is a little less hilly, he says. (The route's markers usually remain painted on the road from late winter to early fall, but it's a good idea to also get a map and ask Classic Cycle for route details.)

"It's a classic, scenic ride that people love to do, but not everybody wants to do the whole thing," Johnson says. He adds that the hills are short, and the island's most notorious hill (a 23 percent grade known locally as "Toe Jam") is no longer part of the Chilly Hilly route.

Most people can finish the entire 30-plus-mile route in three to four hours or less, although allow extra time if you want to stop for pasta at Via Rosa 11 or pizza at the Treehouse Cafe. "There's no judgment for showing up in spandex," Johnson says.

In addition, an appealing side trip might be a detour farther north to visit Bloedel Reserve, a tranquil 150-acre green space with areas such as The Moss Garden, the Japanese Gar-

• **Clockwise:** A view of downtown Seattle from the Bainbridge Island ferry. Cyclists exit a ferry for the Chilly Hilly ride. Via Rosa 11 is a popular island stop. Vintage bicycles at the Classic Cycle shop and museum.

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den, the Bird Marsh, The Woodlands and The Glen. Park at the reserve's bike rack and stretch your legs to explore this lovely attraction.

Even if time, energy or experience indicate the Chilly Hilly route isn't for you, it's worth visiting Bainbridge Island to explore Bloedel Reserve (Kitsap Transit BI Ride bus service is available from the Bainbridge ferry terminal to Bloedel, Tuesday-Saturday) and to visit the village of Winslow, a short walk from the ferry terminal.

You'll find boutique shops, restaurants, wineries, museums and, of course, Johnson's Classic Cycle. The shop's museum displays about 50 bikes at a time, and Johnson rotates new ones in each week.

The collection includes a rickshaw from New Delhi, bikes that were owned or ridden by Olympians, and a 1966 Raleigh bike used by a U.S. diplomat in Moscow. "The man who donated it said he was tailed by the KGB every time he rode it, and twice they stopped him and took it apart," Johnson says.

Some of the bikes have been used for the History Channel show *American Pickers*, he says, which spotlights antiques.

Johnson says the most popular displays are a bicycle lawn-mower from the 1980s and a 1926 bike made by acclaimed bike builder Willy Appelhans. According to Johnson, pro racer Frank Bartell used the bike in California to set a human-

powered land-speed record (80.5 mph) in 1935.

Visitors are sometimes so enthralled by the museum, they ask Johnson if they can take one of the bikes out for a spin, but he tells them: "Old bikes are like cars from the '60s. They're fun to look at, but riding them is a pain. The new ones are so much more enjoyable." **GNW**

Craig Hill writes for The News Tribune in Tacoma. For more information on the Chilly Hilly, see cascade.org/chillyhilly. For Bainbridge Island, see visitbainbridge.com. For Washington, see experiencewa.com.

Alaska Airlines (alaskaair.com) provides regular service to cities throughout Washington.

Memorable Holiday

I was working the colossal grill, cooking burgers as fast as my father-in-law could deal the patties out in front of me. My daughter and niece were applying ketchup to buns, while the rest of the family readied fruit, chips and other items for the dinner line.

It was Christmas Eve at the Tacoma Rescue Mission, and hundreds of people were lined up on the frigid evening, eager for a warm meal. When the doors opened, it would be the most frenetic holiday hour of our lives. And perhaps the most rewarding.

Guided by rescue-mission staff, our whirlwind of Angus, cheddar and condiments settled into an assembly line dispensing tray after tray of food. The mission houses 390 people (more than 100 of them are kids) each night, and it serves around 800 meals a day. But over the holidays, the number of meals increases to about 1,200. "It's something we



couldn't do without volunteers," says Noah Baskett, the mission's senior director of community engagement. He told me the story of a man named Kenneth who had lost his home, job and three family members when Hurricane Katrina devastated New Orleans in 2005.

Homeless, jobless and aimless for years, he had relocated to Tacoma, and had wandered into the mission for a warm holiday dinner. He got a plate of smoked turkey, mashed potatoes and much more. At the meal, he learned about the mission's counseling and job programs. Today, Kenneth has a full-time job.

"Serving can make a big impact," Baskett says. "It is meaningful to show people that they are welcomed here."

Serving also had a big impact on our family. We headed home feeling very good, indeed, about delivering nourishing meals and a little joy during this season of giving. —C.H.

golfing (bellingham.org).

• **Mount Rainier Triple Crown:** Climb the lofty peak; hike the 93-mile Wonderland Trail; and complete the 150-plus-mile Ride Around Mount Rainier in One Day (redmondccyclingclub.org). The bike ride takes place in one day, but plan multiple visits to accomplish the full triple crown. Or, try one of the park's many scenic day hikes (nps.gov/mora).

• **Mount St. Helens:** Hike Hummocks Trail; visit the Windy Ridge Viewpoint; or learn more about the volcano at the Johnston Ridge Observatory (seasonal) (www.fs.usda.gov/giffordpinchot).

• **The Museum of Flight:** See fighter and commercial planes, including a replica of Boeing's first aircraft, the B&W (built



in 1916), and a NASA full-fuselage Space Shuttle trainer, as well as exhibits such as "Bush Pilots of Alaska," which includes the origins of Alaska Airlines (museumofflight.org).

• **Olympic National Park:** Options include the Hoh Rain Forest, the vast view at Hurricane Ridge (chains required in winter) and the postcard-caliber sunset at Rialto Beach (nps.gov/olym).

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National Park Service Complex: The secluded lake offers summer paddling amid a mountain wilderness; it can be accessed from Western or Eastern Washington, but logistics require advance planning (nps.gov/noca and rosslakesort.com).

• **San Juan Islands:** Hike, bike, paddle, shop and whale watch in these spectacular islands that attract people from across the globe (visitsanjuans.com).

• **Seattle Center:** Enjoy numerous performing-arts productions, and explore Chihuly Garden and Glass (chihulygardenandglass.com), Museum of Pop Culture (mopop.org), Seattle Children's Museum (thechildrensmuseum.org) and the iconic Space Needle (spaceneedle.com). Alaska Airlines is a sponsor of Seattle Center (seattlecenter.com).

• **Seattle Waterfront:** This dynamic area (visitseattle.org/neighborhoods/waterfront) has restaurants, shops, seasonal water excursions, Washington State Ferries and *Victoria Clipper* terminals, the Seattle Aquarium (seattleaquarium.org), the Seattle Great Wheel and Wings Over Washington flying ride (seattlegreatwheel.com), stairs to famous Pike Place Market (pikeplacemarket.org), and at the north end, the Olympic Sculpture Park, an attraction that operates under the umbrella of downtown's Seattle Art Museum (seattleartmuseum.org).

• **Tacoma Museum District:** The world-class museums include LeMay—America's Car Museum (americascarmuseum.com).



NANCY O'CONNELL

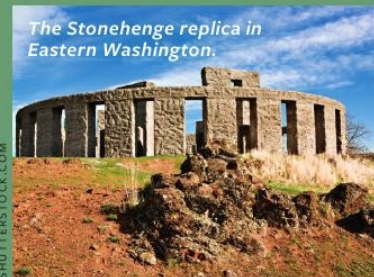
Museum of Glass.

org), the Museum of Glass (museum-ofglass.org), the Tacoma Art Museum (tacomaartmuseum.org) and the Washington State History Museum (washingtonhistory.org). You can also create your own "museum piece" via guided glass blowing at nearby studios such as Area 253 and Tacoma Glassblowing Studio.

EASTERN WA

• **Columbia River Gorge:** Washington's side of the scenic gorge includes intriguing sites such as the Northwest's version of Stonehenge near the Maryhill Museum of Art, which is open mid-March to mid-November (maryhillmuseum.org). In other Washington sections of the gorge, see a collection of nearly 4,000 rosaries

The Stonehenge replica in Eastern Washington.



from across the globe, at the Columbia Gorge Interpretive Center Museum (columbiagorge.org), and the view atop Beacon Rock (parks.state.wa.us).

• **Eastern Washington Wine Country:** Areas such as the Yakima Valley (yakimavalleywinecountry.com), Tri-Cities (visittri-cities.com), Walla Walla Valley (wallawallawine.com), Columbia Gorge (columbiagorgewine.com) and Wenatchee/Chelan (visitwenatchee.org and lakechelanwinevalley.com) are all great destinations for touring and tasting, with hundreds of wineries open to visitors. Alaska Airlines Mileage Plan members can check their first case of wine free from Yakima, Tri-Cities/Pasco or Walla Walla on Alaska Airlines. See alaskaairlines.com/wine for details. Urban wine touring is available in Spokane's Cork District (visitspokane.com/cork-district). Washington is the country's second-largest premium-wine-producing state (washingtonwine.org).

• **Grand Coulee Dam:** A laser light show takes place late May to late September on the wall of the 1941 dam, which provides water to irrigate about 690,000 acres. The visitor center is open most days year-round. Its exhibits interpret Grand Coulee's role as one of the main irrigation, flood-control, and hydroelectric dams on the Columbia River, and the effects the dam has had on various groups of people, including Native Americans and early settlers (www.usbr.gov/pn/grandcoulee).



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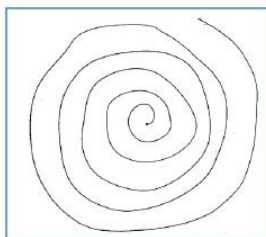
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- **Lake Chelan:** Take the 50.5-mile cruise (operating days vary) to the charming village of Stehekin aboard the *Lady of the Lake* ferry. You can fuel up for area adventures at the Stehekin Pastry Company, open in summer (ladyofthelake.com).
- **Leavenworth:** This Bavarian-inspired village has an array of shops (including a year-round Christmas store), a vast selection of fudge, and a museum with more than 6,000 nutcrackers. Thousands of visitors,



including St. Nick, arrive during the first three weekends of December, when more than 500,000 lights illuminate the town. During the summer, the many activities range from hiking to river rafting (leavenworth.org).

- **Methow Valley Cross-Country Skiing:** The valley is home to one of the largest Nordic-skiing trail systems in North America, with 120 miles of groomed trails. Some trails are open to fat biking—the bikes have huge tires that travel well over snow (methowtrails.org). Methow Cycle & Sport in Winthrop rents skis and fat bikes (methowcyclesport.com). Sun Mountain Lodge offers cross-country skiing lessons; equipment rentals are available (sunmountainlodge.com).
- **Spokane Lilac Bloomsday Run:** The annual 12-kilometer run takes place the first Sunday in May, and with more than 40,000 runners, it is one of the world's largest foot races (bloomsdayrun.org). Spokane's late-June Hoopfest is also worthy of weekend warriors' lists: The event is a world-renowned 3-on-3 basketball tournament (spokanehoopfest.net).

—C.H.

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Willamette Valley Wine

By Jim Dullo

In retrospect, I'm embarrassed to say that my first comment upon arriving in the Willamette Valley 10 years ago was: "Oregon has wine? Who knew?"

It turns out a lot of people already knew that the fertile valley—whose major waterway is the north-flowing Willamette River, and which extends approximately 150 miles from the Eugene-Springfield area to the Portland area—was an outstanding region for vineyards. Over the past 50 or so years, wine grapes have become a major crop here, alongside hazelnuts, blackberries, marionberries, hops and seed crops. There are now more than 700 wineries in Oregon, and more than 550 of those wineries are in the Willamette Valley, where lodgings, restaurants and even Vista Balloon Adventures tours are complementing and enhancing the wine-touring experience.

When a 2007 business trip took me to an early 20th century inn in the heart of the valley's Dundee Hills, I was instantly captivated. Vineyards with lush bunches of Pinot Noir fruit were right outside my window.

Nearby was Domaine Drouhin Oregon, an elegant winery with a stupendous view of the valley. It was founded by the Drouhin family of Burgundy, France, in 1987, right after they discovered the outstanding quality of the Pinot Noir grapes growing on Oregon hillsides.

Their Willamette Valley Pinot Noir grapes are hand sorted, and the wine is aged in oak barrels custom-made in Burgundy. The Domaine Drouhin Oregon Pinot Noir Dundee Hills has notes of spice and rose, and aromatics of white pepper and black cherry.

I also explored several other valley wineries, such as Ken Wright Cellars, founded in 1994, and focusing on small-scale fermentation, in the tiny town of Carlton. I recently enjoyed the Savoya Vineyard Pinot Noir 2015 and its hints of cranberry.

After tasting wines from various valley vintners and discovering the small-town charms of McMinnville, I knew where I wanted to settle. A year later, my family and I relocated to wine country, and we have lived here ever since.

Almost a decade after my trip, the wine community is still an integral part of our lives. We have learned about additional Oregon wine pioneers, such as Adelsheim, Erath, Eyrie, Ponzi, Sokol Blosser and Willamette Valley Vineyards, all of which provide excellent visitor experiences along with standout wines.

Also contributing to the growth and reputation of the industry have been vintners such as Michael Lundeen, the winemaker for Walnut City WineWorks, founded in 1999 in an old McMinnville walnut-drying building. In addition to his work for Walnut



City, Lundeen has his own private label, Lundeen Wines, founded in 2006. You can sample and buy both labels at the Walnut City Wine Bar and Tasting Room in McMinnville. I'm fond of the La Cantera 2014 Pinot Noir, which has floral and fruity aromatics with modest tannins.

Oregon Wines Fly Free. Alaska Airlines Mileage Plan members can check a case of wine for free on any domestic flight from Eugene/Springfield, Medford, Portland or Redmond/Bend, OR, and from Walla Walla, WA. For more, visit oregonwinesflyfree.org.



• *Top: Roots Wine Company's expansive vineyard and the surrounding valley; left: Domaine Drouhin Oregon was founded three decades ago by a family from Burgundy, France; far left: Pinot Noir grapes grow well in the Willamette Valley.*

At Roots Wine Company, established in 2002, Chris Berg makes outstanding Pinot Noir, Pinot Gris and sparkling wines from vines that were planted in 1999 in his own backyard. He shares his wines, and valley views, with visitors in a charming tasting room adjacent to his house.

In the Newberg area, Domaine Divio was opened by another French import, fourth-generation Burgundy winemaker Bruno Corneaux, who in

2014 planted a vineyard and created a beautiful new winery and tasting room in the Ribbon Ridge section of the Dundee Hills. Corneaux first came to Oregon in 1996 as a wine-making intern at Domaine Drouhin, and came back in 2010 as the winemaker for Grand Cru Estates in Yamhill before starting his own business.

Wines from stellar producers, along with fresh artisanal cheeses, meat from grass-fed livestock and

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Oregon



Haystack Rock at Cannon Beach.

MORE IDEAS

• **Ale Trails:** Savor some of the nation's best craft brews along the Bend Ale Trail (visitbend.com/things-to-do/Bend-Ale-Trail), the Eugene Ale Trail (eugenecascades-coast.org/eugene-ale-trail) and the PDX Ale Trails (pdxaletrails.com). Also see oregon-craftbeer.org for information on Oregon breweries by region.

• **Central Oregon Golf Trail:** Tee off at your choice of more than two dozen courses, from high-mountain to high-desert layouts, spring through fall in the Bend and Sunriver areas (visitcentraloregon.com/things-to-do/golf).

• **Crater Lake National Park:** The showpiece of this park is a crystalline wonder of freshwater that is one of the deepest lakes in the world (nps.gov/crla).

• **Evergreen Aviation & Space Museum:** This McMinnville attraction houses Howard Hughes' enormous *Spruce Goose* airplane and many more aviation exhibits (evergreenmuseum.org).

• **Food Cart Pods:** Portland's many gatherings of carts are great

neighborhood meeting spots, with tastes for nearly every mood (foodcartspokane.com).

• **Haystack Rock:** The 235-foot-tall rock at Cannon Beach is a natural wonder and puffin rookery (cannonbeach.org).

• **Hood River County Fruit Loop:** A pick-your-own and farmstand paradise in summer and fall (hoodriverfruitloop.com).

• **Jacksonville:** Year-round, tour this 1850s gold-rush town (jacksonvilleoregon.com) near Medford, and in the summer, enjoy the Britt Festival, with national and international touring acts (brittfest.org).

• **John Day Fossil Beds National Monument:** Glorious rock formations and protected fossils, with awesome hiking in canyons (nps.gov/joda).

• **McMenamins Crystal Ballroom:** Dance on a floating floor at this 1914 music venue in downtown Portland, with a dance floor set on bearings. Top touring acts visit (crystalballroompdx.com).

• **McMinnville's Third Street:** The town's main



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other foods sourced from local farms, typify my family's lifestyle in the Willamette Valley.

These delights also appeal to visitors who—as I once did—are discovering this area. Like me, visitors may never want to leave. **GNW**

Jim Gullo makes regular excursions to

sip and savor wines in his home region. For more on Willamette Valley wine touring, see willamettewines.com. For more information on recreation in Oregon, see traveloregon.com.

Alaska Airlines (alaskaair.com) provides regular service to destinations throughout Oregon.

Memorable Holiday

• **There were three** very good reasons, each equally compelling, to open our new home to complete strangers. We were new to the neighborhood and wanted to meet our neighbors. It was the holiday season, two weeks before Christmas. And we like cookies—REALLY like cookies—and have always lived by the satisfying maxim that you can never have too many cookies during the holidays.

So we decided to host a cookie-exchange party with a simple proposition: You come to our place with a couple-dozen cookies, and you leave with a couple-dozen different cookies, selected from what other people brought. Of course, a lot of cookies also get eaten in the process.

Our son Joe, who was 10 years old, delivered invitations to each mailbox on our street. We began to bake up a storm. I made Russian tea cakes, which are delightful balls of chopped nuts and butter that are rolled over and over in powdered sugar. Kris made her famous gingerbread and then stamped out reindeer and snowmen with some of the many cookie cutters we have ac-

quired through life's journey. My mother made her pecan-chocolate bars. Tables were set. The tree was decorated.

And, yes, people came—new friends and neighbors bearing trays of their favorite holiday offerings. Chinese

friends brought sensational bite-size custard tarts and sweet

balls of dough studded with sesame seeds.

One neighbor brought exquisite shortbread cookies, called *sablés* in French,

from the local Carlton

Bakery. Somebody else brought Italian cookies dotted with pine nuts from a Portland bakery. It was cookie heaven. Arthur from down the street supplied all of the eggnog.

It was a great bonding experience, too, as we all got to know each other a little better and were able to break down some shyness and barriers through the simple act of sharing holiday treats.

Years later, our cookie exchange is still the talk of the neighborhood, and an event that we have reprised many times. Why? Because it's the holiday season, and we're neighbors. And because you can never have too many cookies. —J.G.





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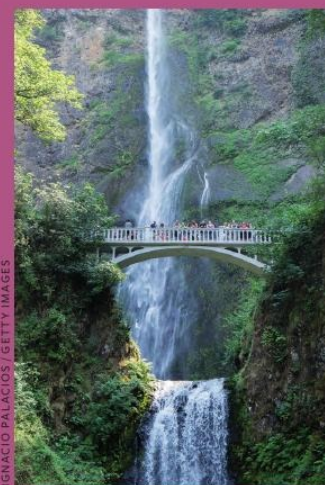
• GREAT NORTHWEST •

Oregon

drag has buildings dating to the 1870s that now house tasting rooms, brewpubs and several excellent restaurants (macdowntown.com).

• **Mt. Bachelor:** One of the largest ski areas in the country, with more than 4,300 acres of lift-accessible terrain, this Bend-area resort also offers Nordic skiing, tubing, snow-shoe tours and sled-dog rides in winter (mtbachelor.com).

• **Multnomah Falls:** Located on the Oregon side of the Columbia River Gorge, the beautiful cascade is easily



IGNACIO PALACIOS / GETTY IMAGES

accessed from Interstate 84 (www.fs.usda.gov/recarea/crgnsa/recarea/?recid=30026).

• **Oregon Shakespeare Festival:** This festival in Ashland dazzles with productions of classic and contemporary theater, mid-February to the end of October (osfashland.org).

• **Seven Waterfall Wonders:** In the Eugene-Springfield area, see beautiful waterfalls with year-round consistency, such as 286-foot Salt Creek Falls (eugenecascadescoast.org/7-waterfalls/salt-creek).

• **Umpqua Valley Wine Touring:** More than two dozen wineries are open for visits in the Umpqua Valley region, whose wine-growing history dates to plantings by German immigrants in the 1880s, and whose modern plantings date back to the late 1960s (umpquavalleywineries.org). —J.G.

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Boise River Variety

By Buddy Levy

It is early December on the Boise River, and the cottonwoods shimmer in the breeze, gilded by the morning sun. Mist swirls above the stream as I wade into a thigh-deep pool, peering through my polarized shades at the glassy surface of the river just below Barber Park, at the eastern edge of Boise's 25-mile-long Greenbelt.

No fish are feeding on the surface, so I tie on a medium-size streamer, a black woolly bugger. I land my first cast short of the pool, letting it drift for a moment, then begin to strip the

line back in, giving the streamer lifelike action.

I next cast farther out. As I let out more line and the fly drifts on the current—*bam*, I get a strike! I raise the rod tip firmly up and set the hook. The trout zings away, then leaps once, breaching the surface of the water. It is a rainbow, maybe 16 inches of muscle. As it splashes back into the river, it runs again, downstream into a faster-moving riffle.

I wade deeper into the river, using the rod tip to coax the fish away from

the bank into calmer water and back toward me. Easing the fish gently, I net the beauty and release it back into the water. I reel in my line, noticing a great blue heron eyeing me from across the stream. The bird appears annoyed. Apparently, I am encroaching on its fishing hole.

The Boise River is a remarkable fishery that includes a north, a south and a middle fork. Their headwaters emerge from the dramatic Sawtooth Mountain Range to the east. The three forks of the river meet in the Arrowrock Reservoir, about 30 miles east of Boise, and then emerge at the western end of the reservoir as the mighty Boise, which flows through Idaho's capital and then farther west until meeting the Snake River at the Idaho-Oregon border.

The stretch of the river through downtown Boise offers some of the best year-round urban fishing in the United States, including steelhead in the winter. My favorite locations are



• *Left: A cyclist crosses Ann Morrison Bridge in Boise. Above: Cross-country skiing is a favorite activity along the Boise River. Below right: An angler fishes on the Boise's South Fork.*



• GREAT NORTHWEST •

Idaho



Boise's San Inazio Festival celebrates Basque culture.

MORE IDEAS

• **Basque Culture & Food:**

Explore Boise's Basque history and culture at the Basque Museum and Cultural Center (basquemuseum.com). Enjoy Basque cuisine at nearby restaurants Bar Gernika (bargernika.com) and Leku Ona (lekuonaid.com).

• **Boise Museums:**

Local museums include the Boise Art Museum, the Idaho Black History Museum, the Idaho State Historical Museum, the Idaho Museum of Mining and Geology, and the Military History Museum (boisemuseums.org).

• **Bruneau Dunes State Park:**

The park offers year-round camping and cabins. You can also rent sandboards at the park's

• **Craters of the Moon National Monument:**

The lunarlike landscape is the result of ancient volcanic lava flows that covered 700 square miles. Winter activities include cross-country skiing and snowshoeing (nps.gov/crmo).

• **Discovery Center of Idaho:**

Located in Boise, the center has more than 150 hands-on exhibits (dcidaho.org).

• **Lewiston:**

One of the gateways to Hells Canyon Recreation Area, Lewiston (visitnorthcentralidaho.org) offers great fishing on regional rivers. The area also is home to the Lewis-Clark Valley AVA, with nine wineries and 16 vineyards (lewisclarkwine.com). Overall, Idaho has more than 50 wineries, with the Snake River Valley being the largest AVA. Alaska Airlines Mileage Plan members can check their first case of Idaho wines for free from Boise and Lewiston (for details, visit idaho-winesflyfree.com).

• **North Idaho Lake District:**

Area lakes include Lake Coeur d'Alene (lakecoeurdalene.com), Lake Pend Oreille (sandpointonline).



Boarding Bruneau Dunes.

Visitor Center for surfing the local dunes (parksandrecreation.idaho.gov/parks/bruneau-dunes).

CLOCKWISE FROM LEFT: JONATHAN CONTI; CHAD CASE; MARK LISK; GLENN OAKLEY; JONATHAN CONTI/ALL IDAHO STOCK IMAGES

above and below most of the bridges along the Boise River Greenbelt, which provide convenient put-in spots. The section between Barber Park and Boise State University can be terrific, with bridges at East Parkcenter Boulevard, Baybrook Court, West Parkcenter Boulevard and Broadway Avenue.

I have also had good luck with the urban stretch north of the city, between Glenwood Bridge and the town of Eagle, located about 10 miles

northwest of Boise. Because the river stays a moderate temperature throughout the year, it is prime for rainbow trout. Brown trout can also be found lurking in the deep holes.

For a mountain adventure, drive an hour and a half to the river's South Fork, in the Sawtooth National Forest, southeast of Boise. The South Fork flows from the national forest and through the Soldier and Smoky mountains near Fairfield, Idaho.

Fishing licenses are required to fish all lakes and rivers in Idaho, and can be purchased at most sporting-goods stores. Many locations will have information about which lures and flies to use, and which stretches of the river are catch-and-release, and catch-and-keep.

The Idaho Angler (idaho-angler.com) offers guided trips on the Boise River, including in the city. They also rent gear. So, get out there and enjoy fishing

the Boise, and as they say, "Tight Lines!" **GNW**

Buddy Levy lives in Northern Idaho. For information on fishing on the Boise River and other parts of Idaho, go to the Idaho Department of Fish and Game at idfg.idaho.gov. Learn more about Idaho at visitidaho.org.

Alaska Airlines (alaskaair.com) provides regular service to destinations throughout Idaho.

Memorable Holiday

Huffing and puffing as I clomped through two feet of fresh powder snow, I crested a ridge and climbed the last steep slope to the top of an open glade. The midafternoon sun glinted off the snowpack, and the ice crystals sparkled like glass. My two black Labs ran ahead, scooping up mouthfuls of snow as they yipped and leapt, playing with a pack of hounds already at the top. Our friends, who owned the other dogs, huddled in a large group of about two dozen, bundled in multicolored parkas and snow boots. Two teenagers whipped past me on a sled, chased by a yellow Lab, and another teen, the son of a friend, zipped by on a snowboard. I peered behind me where a line of people trudged upward to our rendezvous point—the summit of Moscow Mountain.

At the top, my wife, Camie, and I posed for a "group-hug selfie" with my daughter, Logan (25), and son, Hunter (21). It was the 20th-annual Levy Moscow Mountain Christmas Day Hike, and as I looked down at our little college town of Moscow, 6 miles to the southeast, and at surrounding Palouse fields that unfurled like great quilts, I marveled that we'd been doing this for two decades, every Christmas Day, without missing a single one.



MARCI STEPHENS

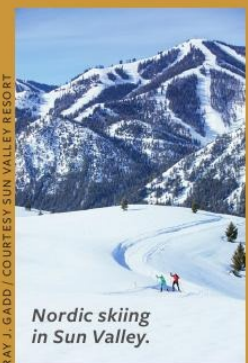
Camie had instilled in me the importance of family traditions. In 1997, a decade into our marriage, she suggested we hike up Moscow Mountain on Christmas Day. We chose Mountain View Loop in Idler's Rest, a forest protected by The Nature Conservancy. That first year it was just me, Camie, our 5-year-old daughter Logan, our friend Tom, and his two daughters, Teva and Brya—oh, and a couple of our retrievers. We hiked to the top of the trail, drank hot chocolate, ate some regifted fruitcake, sledged, and went home invigorated.

Every year since, we've invited more people, and our numbers have steadily grown. By 2016, our pod of friends and family, who range in age from 2 to 65, had swelled to 34 people and nine dogs. All of them hiked up this mountain just to be together in this place. We convened on a knoll, flanked by cedars, firs and pines. After sledging, building snowmen and carving telemark turns in the fresh powder, out came the hot cocoa—the grownups' version spiked with Yuletide cheer—and cameras for the annual group photo. Our friend John—the group's designated photographer—sets a self-timer, and after three tries we got the perfect shot, revealing our large gathering. Who knows, we might just have 40 participants this year. —B.L.

com/rec/lakeguide) and Priest Lake (priestlake.org). They have excellent boating, camping, fishing and swimming.

• Skiing Locations:

Skiing areas are found throughout the Gem State. A few top spots include Bogus Basin, Lookout Pass, Schweitzer Mountain, Silver Mountain, Sun Valley and Tamarack. Many recre-



Nordic skiing in Sun Valley.

RAY J. GADD / COURTESY SUN VALLEY RESORT

ation areas around the state also offer Nordic skiing (visitidaho.org).

• **Stanley:** About 60 miles north of Sun Valley, Stanley offers access to the Sawtooth Mountains and Nordic skiing at different locations (stanleycc.org/do/skiing).

• **Wallace:** The historic mining town on Interstate 90 tells the fascinating story of the region's mining industry (wallace-idahochamber.com). About 15 miles east of Wallace, on Interstate 90, is the Route of the Hiawatha bike trail (ride-thehiawatha.com). The spectacular 15-mile trail runs on a reclaimed railway line and passes through 10 tunnels and over seven trestles.

—B.L.

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Big Mountain Fun

By Jean Arthur

Watching the winter sun dip toward the western skyline as we perch at the summit of Whitefish Mountain Resort, my 26-year-old daughter, Gretchen, and I zip hoods over helmets to make our final descent into Ptarmigan Bowl under the glow of the setting sun.

We are skiing at the northwest Montana resort, about 7 miles north of the town of Whitefish, during a preholiday December week. For three days, snow has cloaked the local mountains, and we've skied each day in snowstorms—on new snow—with depths increasing daily by feet, not inches. Even so, shopping, dining, sampling spirits and making new ski friends have nearly outshone the skiing. Until now.

Suddenly, just before sunset on our last day here, the storm's clouds have scudded eastward, and we can see their art: Snow-encrusted evergreen trees known as snow ghosts loom over the ski trails. The sculpted peaks of Glacier National Park, 15 to 20 miles east as the crow flies, are colorized with alpenglow pink. Around us, a hundred other fans of Mother Nature's handiwork seem to dance on their skis and snowboards. The whoops and hollers of other deep-powder enthusiasts outlast my puffs of frosted breath.

Whitefish Mountain Resort's 3,000 skiable acres include the wandering

trails served by the Tenderfoot chairlift, the amicable cruisers near the Swift Creek Express, the pulse-raising routes of the area's East Rim and the glorious glades of Ptarmigan Bowl, where we've spent much of our time.

We've also watched a ski-school class of 8-year-olds carve turns through puffy snow on the Toni Matt run (named for a famous ski-racing champion)—and I've recalled how much my kids loved the ski program here when they were younger.

We've tested turns in the powder pockets of the Good Medicine run and, below that, in the area known informally as Bad Medicine, for its tighter trees.

And we've fallen in love again with this mountain and its 105 marked trails; four terrain parks; a ski-cross/board-cross park; the bowls and the trees of The Faults, Sling Shot and Corkscrew; and the 3.3 miles of the longest run, Hell Fire.

It's hard to believe that Whitefish Mountain Resort is septuagenarian—at 70, it's in great shape. We see high-speed lifts, top-notch lodgings and award-winning restaurants. Yet the local snow-sport tradition dates back to the 1930s, when a few Norwegians and many enthusiastic Montanans strapped 7-foot-long skis to leather boots and hiked up to glide the glades of Hellroaring Mountain near the tiny lakeside town of Whitefish.



CLOCKWISE FROM TOP: TETRA IMAGES / ALAMY STOCK PHOTO; MONTANA OFFICE OF TOURISM AND BUSINESS DEVELOPMENT (2); WHITEFISH MOUNTAIN RESORT

MORE IDEAS

• **Alpine Skiing:** The state's 15 ski resorts and ski areas showcase slopes ranging from the rustic Turner Mountain Ski Area, near Libby, in northwestern Montana; to the massive Big Sky Resort, southwest near Bozeman; to the high-elevation Showdown Ski Area, with its base at 6,800 feet, in central Montana (visitmt.com/places-to-go/ski-areas-and-resorts.html).

• **Bird-Watching:** Montana is home to about 250 breeding bird populations and hosts another 170 migrating species. Starting in

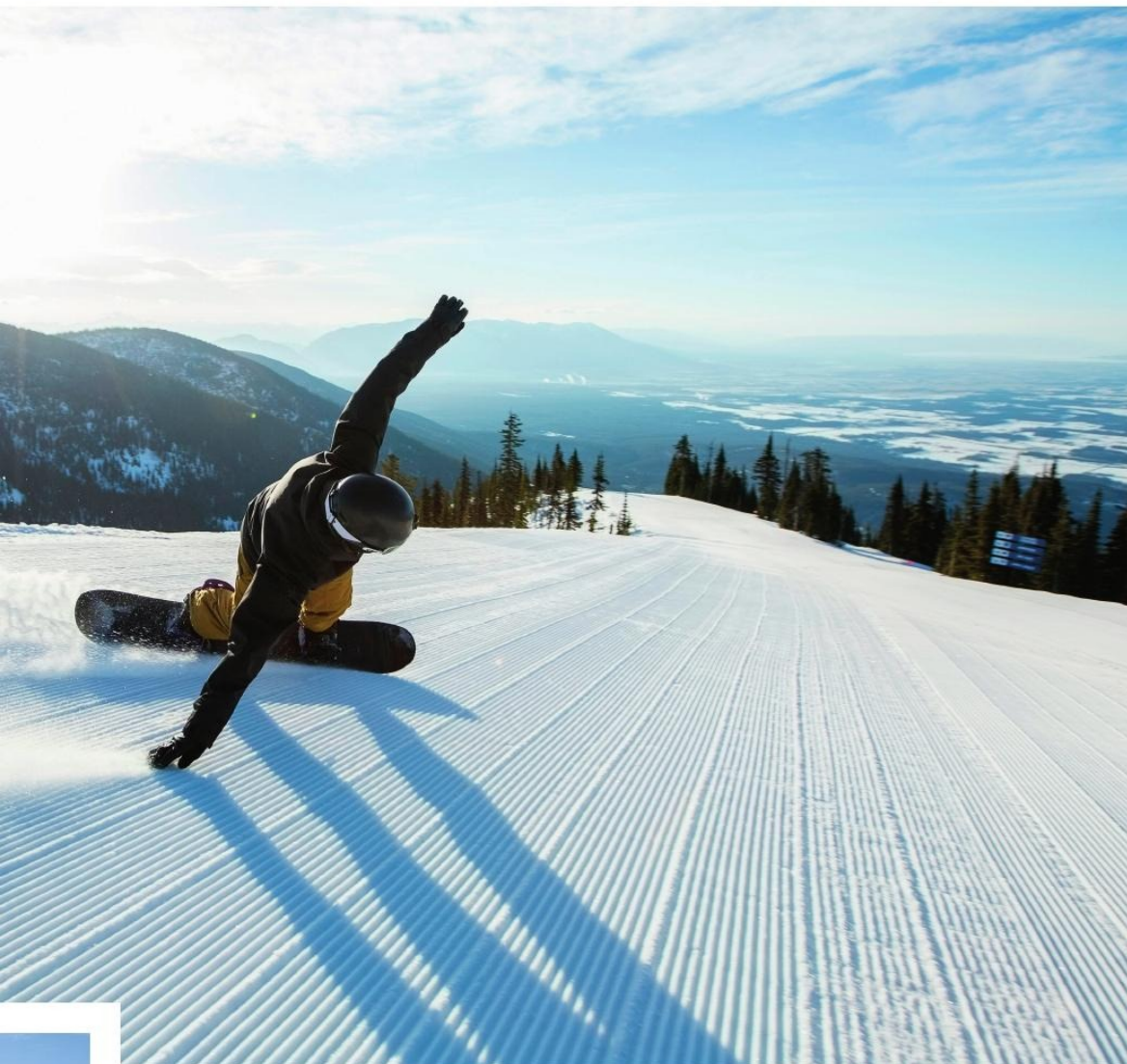


Freezeout Lake.

March, many species can be seen during spring migration on Freezeout Lake near the city of Great Falls (visitmt.com/listings/general/lake/freezeout-lake.html).

• **Craft Beer:** Montana ranks highly among U.S. states for craft breweries per capita. A few highlights: Bayern Brewing in Missoula, Blackfoot River Brewing Company in Helena, and Mighty Mo Brewing Co. in Great Falls (visitmt.com/things-to-do/food-and-drink.html).

• **Flathead Lake:** This big body of water near Kalispell is the largest natural freshwater lake



• **Top: Whitefish Mountain Resort** has beautiful vistas and gorgeous slopes for skiing and snowboarding. **Left: Downtown Whitefish** is a pleasant place to unwind after a day on the slopes. **Far left: Evergreens** coated in the area's abundant snow are known as snow ghosts.

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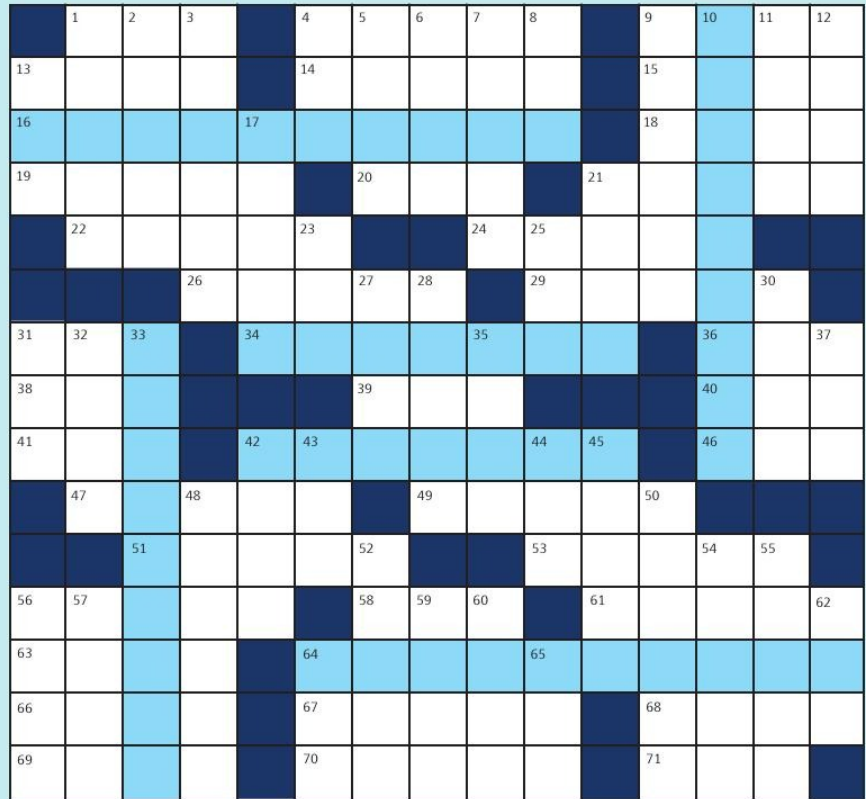
Transbay Transit Center Steel and Interiors, San Francisco



UP Beauchamp Rec Center, Portland



Stone34, Seattle



Across

1. Aged
4. You might break into one
9. Caffeine, e.g.
13. One female deer
14. National Zoo sight
15. ___ of passage
16. Skanska office since 1972 (City, St)
18. Kitchen appliance
19. Bert's best bud
20. Racing swimwear brand
21. Really bad at
22. Mails
24. Of better quality
26. Oozes
29. Famed Argentine player
31. Genre for Kendrick Lamar
34. Skanska office since 1946 (City)
36. Crawling plant
38. "What?"
39. Baby's bleat
40. Daniel ___ Kim of Lost
41. Plastic ___ Band
42. Skanska off. Location in the Bay Area
46. Tolkien tree creature
47. Certain Wyoming mountain
49. Rancor
51. Famous hurler Ryan
53. Swarms
56. Say cheese
58. Settle the bill
61. Hotmail competitor
63. Move to the runway
64. "Heavenly" Skanska office locale (City)
66. Military br.
67. The same
68. Ask of a hand or an ear?
69. Stun
70. Feel it in the air
71. Airport guard grp.

Down

1. Smells
2. SNL's Michaels
3. Takes out of a can?
4. Place to relax
5. Desire
6. Former MLB player Chavez
7. Decorate
8. Sticky stuff
9. Quadcopters, e.g.
10. Skanska office location since 1919 (City)
11. W. Tx. Sch.
12. Might accompany a lady
13. Copy
17. They're bad if buried
21. Slurpee competitor
23. Observe
25. Set list shorthand for a Rubber Soul staple?
27. Chess piece
28. Fill a task force
30. He was Great or Terrible
31. P, to Socrates
32. Bee, Em or Beru
33. Skanska office in the sun (City, St)
35. Kind of street
37. But
42. One and only
43. Funny Gasteyer
44. Painting, e.g.
45. Like a vegan cookie recipe
48. A toast
50. Liquefy again
52. Home to S. Claus
54. Boys
55. Tuscan city
56. Earpiece?
57. Corn flour
59. N ___ Nancy
60. Tibetan bovinds
62. Deadhead's trip?
64. Notes to follow sols
65. Maiden-name preceder?



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GREAT NORTHWEST

Montana

By 1947, the slopes of the mountain had officially become The Big Mountain. The area was renamed Whitefish Mountain Resort in 2007.

Now, during the resort's 70th-anniversary season, several events will spotlight the leather-boot era during Hellroaring Ski Heritage Days, Jan. 19–21. Festivities will include a Retro Ski Day, for which Gretchen and I plan to go shopping in Whitefish for vintage 1950s Bogner ski pants to go with the 1960s White Stag sweaters I once “borrowed” from older brothers (and still have).

Yet skiers and riders need no excuse to celebrate. Between the snow and the scenery, the friendly folks and the feisty steepes, Whitefish is one of the top ski resorts in North America.

On the mountain, Gretchen and I and a passel of new friends embrace the warmth of the last

rays of sun. Our exuberance expands as we head down the mountain.

I imagine the snow ghosts laughing at us, the powder lovers, dressed in the colors of gems and gliding over frozen crystals. Meanwhile, I'm laughing and hooting and hollering for the pure joy of winter in Montana. **GNW**

Jean Arthur's book Hellroaring: Fifty Years on The Big Mountain describes the old-school skiers and history of Whitefish Mountain Resort. Visit skiwhitefish.com to learn more about skiing at the resort. For more information about Montana recreation, go to visitmt.com.

Alaska Airlines (alaskaair.com) provides regular service to destinations throughout Montana.

Memorable Holiday

A pair of Belgian draft horses trot through lodgepole pines near Big Sky, Montana, with seemingly a million stars shining above. The horses pull our sleigh filled with a dozen hungry skiers—who have just spent the day on Nordic trails—to a gourmet dinner at Lone Mountain Ranch's North Fork Cabin. We're on one of five horse-drawn sleighs participating in this holiday outing, and my family and I laugh and sing with other guests.

Our ride started at the ranch's historic 1915 homestead cattle operation near the Gallatin River—a site that reopened in 2017 after a multimillion-dollar restoration. The oil-lantern-lit North Fork Cabin glows ahead. Starlight flashes on flaxen manes and tails. The 2,000-pound steeds trot in time to *Jingle Bells*—or maybe, just maybe, it's that we sing in time to their dashing hooves.

My family and I spent the afternoon cross-country skiing along some of the ranch's 85 kilometers (about 53 miles) of perfectly groomed Nordic trails. Then we lounged in the ranch saloon, and



then joined other guests of the ranch for the 20-minute, less-than-a-mile trot to prime rib, freshly baked rosemary popovers, and fixings such as crème fraîche mashed potatoes and roasted winter vegetables cooked over a 19th century wood-fired stove.

There's also homemade apple-huckleberry cobbler with mascarpone cream, cowboy coffee (made over a fire with beans, water and a pot), and a cowboy singing with a guitar for entertainment in the off-the-grid log cabin. The atmosphere is romantic and memorable.

After dinner, my family and I head outside into a wintry scene of snowballs flying, launched by youngsters in the group. Eventually, the splats on backs and puffs on hoods end as we are ushered back into the sleighs by the drivers.

The cowboys tuck thick wool robes around each sleigh's bench of guests. We snuggle together and inhale the pine-scented night. The trot back to the ranch headquarters and lodgings is silent except for the sounds of horses' hooves on snow and their bells ringing in the new year. —J.A.

west of the Mississippi River, in terms of mainland shore miles (161.4 miles). It features fishing, boating and nearby golfing (flatheadlake.us).

• **Glacier National Park:** Northeast of Kalispell, Glacier forms an international peace park with its Canadian neighbor, Waterton Lakes National Park. The U.S. park has 26 glaciers and 700-plus

Lake McDonald.



lakes, including 10-mile-long, 472-foot-deep Lake McDonald (nps.gov/glac).

• **Hot-Spring Hot Spots:** Montana has 13 developed hot-spring resorts, including the family-friendly Fairmont Hot Springs, between Missoula and Butte, and historic Chico Hot Springs Resort & Day Spa, 45 miles north of Yellowstone National Park (montanahot-springs.net).

• **Nordic Skiing:** Cross-country skiers enjoy 14 Montana Nordic centers that collectively boast hundreds of kilometers of trails. One highlight: 35 kilometers (about 22 miles) of track in the Rendezvous Ski Trails of West Yellowstone, south of Bozeman (visitmt.com/things-to-do/winter-activities/cross-country-skiing.html).

• **Pictograph Cave State Park:** Less than 10 miles southeast of Billings, this

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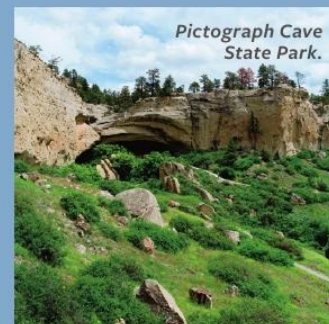


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• GREAT NORTHWEST •
Montana



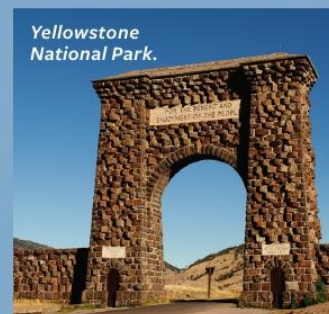
Pictograph Cave
State Park.

archaeologically rich area has three main caves with prehistoric paintings created up to 2,000 years ago. A loop trail allows views of the art, and a visitor center displays artifacts found in the area (stateparks.mt.gov/pictograph-cave).

• **Ski Heritage Center:** This skiing museum, scheduled to open this month in Whitefish, will explore the sport's history in northwestern Montana dating back to the 1930s (fvsef.org).

• **U-Pick Cherries:** Cherries grown near Flathead Lake are delicious and prolific (with 3 million to 5 million pounds picked yearly). U-pick farms are open for about two weeks from late July through early August. Bring your own buckets for Bings, Rainiers, Lamberts, Royal Annes and more (montanacherries.com).

• **Yellowstone National Park:** Accessed via Bozeman or Billings (in summer), the world's first national park gushes with 10,000 hydrothermal features. It also hosts 67 mammal species—including bison, elk and bears—and offers wildlife-viewing and recreational activities (nps.gov/yell). —J.A.



Yellowstone
National Park.

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False Creek and Granville Island.

• BRITISH COLUMBIA •

Granville Island

By Lauren Kramer

My kayak bobs gently in the water at a Granville Island dock as I slide into the seat, grasp the paddle and nod thank you to a staffer from Ecomarine Paddlesport Centres. The outfitter offers kayak rentals year-round, and guided kayaking tours from early May to early September. Within minutes of pulling away from the dock, I feel a refreshing breeze as I move into the watery cul-de-sac of False Creek—which is actually an inlet—bordering downtown Vancouver, British Columbia.

Kayaking provides a great vantage point from which to see Granville Island, a longtime industrial area that was redeveloped by the Canadian government in the 1970s and '80s, and is now a hub of shopping, restaurants and artistic creativity. I can see visitors gathered to listen to a busker's music,

people eating lunch in a courtyard overlooking the water, and couples strolling streets to shop for unique objets d'art made on-island. Luxurious yachts are anchored in the inlet, and their owners bask in the sunshine as they look out at the Vancouver skyline. I also pass small ferry-boats carrying passengers to the island from various sites, and I wave back to fellow kayakers and recreational boaters out on the water.

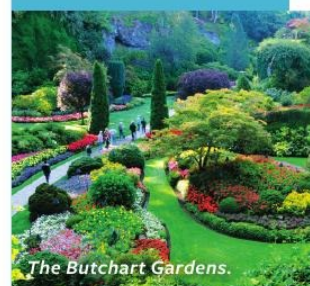
I circle back when I reach Science World (which has fun hands-on exhibits and an Omnimax theater), at the eastern end of False Creek, and I focus my attention on the north shore of the waterway during my return paddle for a good view of BC Place, which hosts sporting and live-entertainment events, and was the site of the opening and closing ceremonies for the 2010 Winter Olympics. BC Place is part of the 2.9-kilometer (1.8-mile) False Creek Olympic Village walking route, which also includes the 2010 Olympic Aboriginal welcome work, titled *Salish North Star in Maple Leaf*, and other public art pieces. *Salish North Star in Maple Leaf* is at the site of the athletes' Olympic Village, now a mixed-use community with several parks, as well as residential and retail spaces.

After returning my kayak to the dock, I explore Granville Island on foot. I stop to watch

• GREAT NORTHWEST •
British Columbia

MORE IDEAS

- **Comox Valley:** A verdant Vancouver Island coastal region, about 230 km (142 miles) north of Victoria, with lots of charm, homegrown cuisine and activities (discovercomoxvalley.com). Comox Harbour Charters offers crabbing and other expeditions (comoxharbourcharters.com).
- **Gardens:** Options include The Butchart Gardens in Victoria, which in winter has holiday lights, carolers and ice-skating, complementing winter blooms such as snowdrops and the Christmas rose hellebore (butchartgardens.com). In Vancouver, VanDusen Botanical Garden includes a maze comprising 3,000 cedars, and also hosts a Festival of Lights, Dec. 1–Jan. 7 (vandusengarden.ca). Indoors, the Bloedel Conservatory, at Queen Elizabeth Park in Vancouver, is a tropical garden



The Butchart Gardens.

with free-flying birds and exotic foliage (bloedel-conservatory.ca).

- **Greenheart TreeWalk:** Eight metal suspension bridges crisscross the University of British Columbia Botanical Garden in Vancouver, at heights of up to 23 meters (75-plus feet),

boat builders add final touches to gleaming watercraft, then I stroll to professional ceramicists bent over pottery wheels, glass blowers twisting and turning their fiery creations, and jewelry designers crafting wedding and engagement rings with Canadian diamonds. (Diamond mining in Canada started in the 1990s, with mines now located in Northwest Territories, Ontario and Quebec.)

Later in the day, theatrical artists will arrive on the island, which is home to half a dozen theater companies, as well as being an events site for the annual Vancouver Fringe Festival each September and the Vancouver International Improv Festival each October.

After dark, comedians compete for laughs at Vancouver TheatreSports' Improv Centre, which offers some family-friendly as well as adult shows. Steps away, the island's Waterfront Theatre hosts many of the city's notable theater productions and festivals. Carousel Theatre for Young People's *The Lion, the Witch and the Ward-*

robe will be onstage through December 31. Before an evening's entertainment, visitors often enjoy dinner at Bridges or Sandbar, two of the island's top-rated restaurants.

I enjoy everything about Granville Island, and whenever I visit, I almost always find a one-of-a-kind gift for a friend or a unique item for my own home. Today, I leave with a colorful abstract ceramic serving platter whose vibrant artistry will grace my dinner table for years to come—a lovely reminder of a wonderful day on the island. **GNW**

Lauren Kramer lives in Vancouver. For more information on kayaking around Granville Island, see ecomarine.com; for additional information about island recreation, see granvilleisland.com. For more information on BC recreation, see hellobc.com.

Alaska Airlines (alaskaair.com) provides regular service to Vancouver, Victoria and Kelowna, BC.

(seasonal; botanicalgarden.ubc.ca).

• **Grouse Mountain:**

Only about 15 minutes from Vancouver, the ski area has a 1-mile Skyride tram, 33 downhill runs, six terrain parks, ice-skating, snowshoeing, a sliding



The Skyride.

zone, and also summer and year-round activities (grousemountain.com).

• **Kettle Valley Railway Bicycle Trail:**

This former railway route near Kelowna is now a scenic trail (kettlevalleyrailway.ca). See myracanyonrental.com for bike rentals (seasonal).

• **Nk'Mip Desert Cultural Centre:**

The center, in Osoyoos, about 125 km (77 miles) south of Kelowna, celebrates the culture of the Osoyoos Indian Band, including artifacts and walking trails (nkmipdesert.com).

• **Stanley Park:**

The 400-hectare (988-acre) Vancouver park has water views, trails, totem poles, and attractions such as the Vancouver Aquarium (vancouver.ca/parks-recreation-culture/stanley-park.aspx).

• **Wine Touring:**

The Kelowna/Okanagan area is famous for its wines, including ice wines (tourismkelowna.com/do/wine/all-wineries). —L.K.

Memorable Holiday

My four kids and I crane our necks skyward to watch the main attraction of a chilly December evening. Malcolm Brodie, mayor of Richmond, BC, south of Vancouver, is being hoisted 25 feet in the air by a mobile cherry-picker lift at the Richmond Cultural Centre.

When he reaches the highest point, he lights a candle in a giant menorah to celebrate the first night of the Jewish festival of Hanukkah, also known as the Festival of Lights. His face breaks into a broad smile as he waves to the 200 people below. A guitarist strums the tunes of a Hanukkah song, and the audience begins spontaneous collective singing.

Hanukkah (starting December 12 this year) is an eight-day celebration of the rededication of the temple in Jerusalem more than 2,000 years ago. It's a celebration of light and miracles (the

temple's menorah is described as staying lit for eight days despite only a one-day supply of oil being available), and of the triumph of spirit and tenacity over adversity.

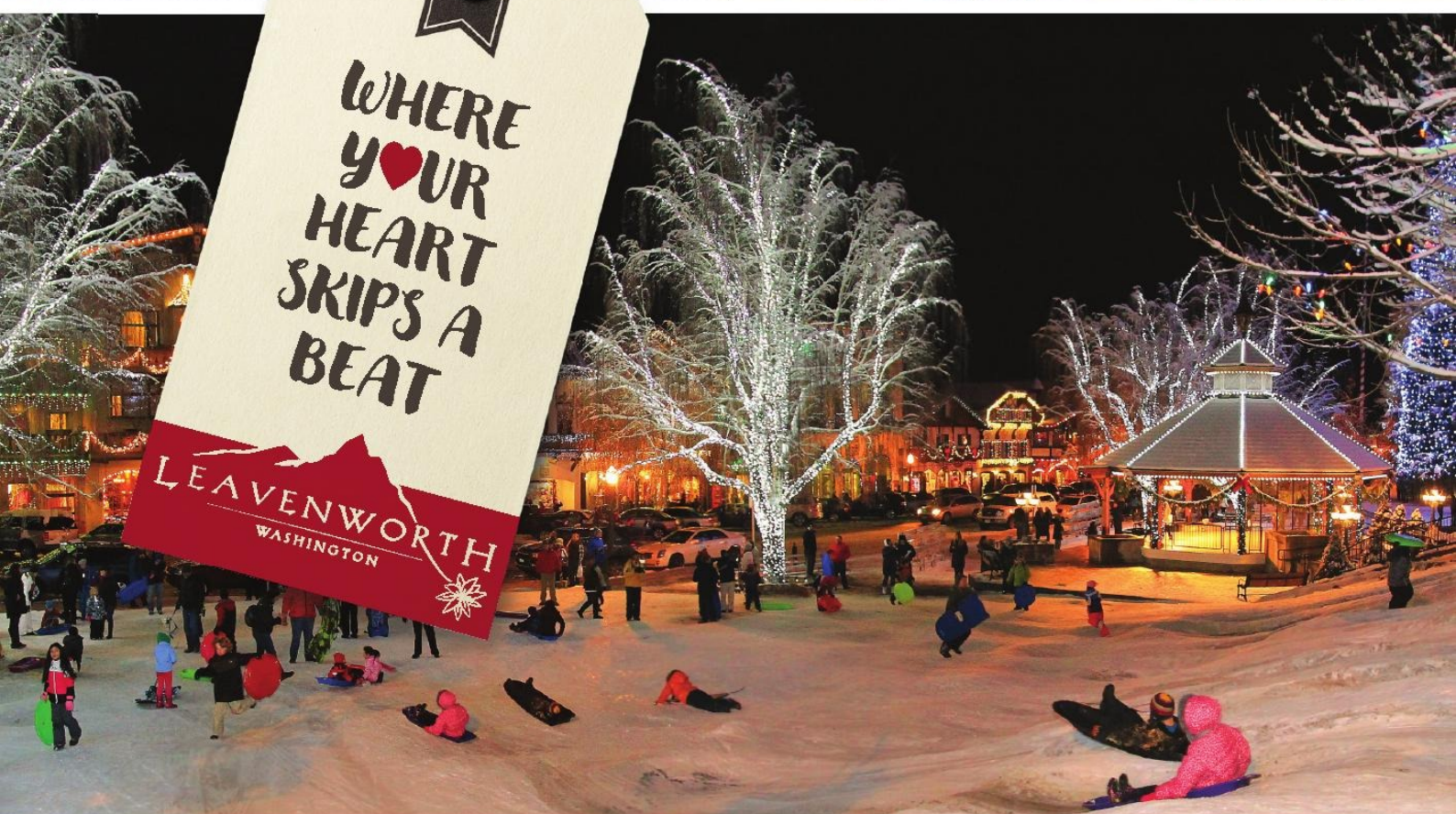
Food is intimately connected with the celebration, and before long, members of a local Jewish synagogue, The Bayit, hand out complimentary traditional foods.

There are *sufganiyot* (rich jam doughnuts dusted with sugar) and latkes (fried savory potato pancakes that leave our fingers greasy and our stomachs wanting more).

After we savor our snacks, a clown captivates the children with magic tricks, and the guitarist is encircled by a crowd singing additional Hanukkah folk songs.

The dark night is illuminated by the giant menorah, and we head home warmed by the light and camaraderie of this annual event. —L.K.





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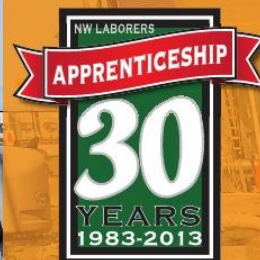
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Shopping in Paradise

Enjoying Hawai'i's retail opportunities is all about the experiences



By Kathryn Drury Wagner

When it comes to world-class shopping destinations, it's hard to beat Hawai'i. The Hawaiian Islands have it all, from giant open-air shopping centers with outposts of all the top luxury brands, to an ever-growing pool of local boutiques, fueled by homegrown design talent. It's delightful to stroll under tropical foliage, your arms laden with packages. And shopping in Hawai'i encompasses more than retail therapy—there are many amazing free classes, performances, festivals and opportunities for vacation fun that come along with exploring the stores. Yes, free! These, my friends, are the perks of shopping in paradise.



Hawai'i shopping centers emphasize beautiful settings and have many amenities and activities. O'ahu's Ala Moana Center, opposite, has expansive open-air spaces. Kids love its Lucky Climber, left. International Market Place, above and right, boasts a revamped layout and live performances.



O'ahu

Ala Moana Center, touted as the largest open-air shopping center in the world, by square feet of retail space, is home to about 340 stores and more than 100 dining options. It also has a multimillion-dollar public art collection, so check out some of the new acquisitions, including my personal favorite, *Pumpkin* by Yayoi Kusama. How could anyone fail to be impressed by a giant, bronze, polka-dotted squash?

The center also recently unveiled a children's play area with a structure called a Lucky Climber. This 20-foot-tall, 40-foot-long maze of nets and plastic platforms has an undulating design inspired by ocean waves. Kids ages 3 to 12 are encouraged to climb all over it.

Once you and the family have built up appetites, head to the upscale new food hall, Lanai @ Ala Moana Center. There are charges for food and drink, but the atmosphere is complimentary: a charming

alfresco environment is a bonus to enjoy with your delicious treats and libations.

In Waikiki, **International Market Place** has many recently opened shops, including 3.1 Phillip Lim, the brainchild of award-winning designer Phillip Lim, praised for fashion that blends "wearable," "dressy" and "cool." International Market Place—which reopened in 2016 after a major redevelopment—retains at its center a giant, 160-year-old banyan tree. Savvy shoppers partake in the happy hour, daily from 3 to 5 P.M., when restaurants on the Grand Lānai, such as Eating House 1849 by Roy Yamaguchi, offer deals on cocktails and appetizers.

Now, for the gratis offerings. You can burn off calories from those appetizers with free open-air yoga classes, offered on Sundays on the marketplace's Queen's Court. Or head to the Kalākaua Avenue side of the marketplace, daily at sundown,

for storytelling that honors the history of Hawai'i's celebrated Queen Emma. She founded a medical center in the 1860s that still stands—and still benefits from the nonprofit Queen Emma Land Company that owns the land the marketplace is on.

Also in Waikiki, **Royal Hawaiian Center** boasts four levels of shopping bliss, with esteemed retailers such as Jimmy Choo and Tory Burch. The center is known for a robust calendar of cultural classes, from lei making to weaving *lauhala* (pandanus leaves), to *lomilomi* classes, in which a certified practitioner teaches the basics of



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Hyatt Regency Waikiki
International Market Place
Outrigger Waikiki Beach Resort

Royal Hawaiian Avenue
Royal Hawaiian Center
Sand Island Factory Store
Waikiki Beach Marriott
Waikiki Beach Walk®

MAUI

Front Street
The Shops at Wailea
Whalers Village





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Insider's Tip

Are you petite? Check out the fashions by local designer Allison Izu, who recently relocated to Kaimukī, on O'ahu. Her made-in-Hawai'i clothing caters to women who are five foot six or shorter.

massage, Hawaiian-style. Bring a partner for the massage class.

If you're interested in a lively, contemporary shopping area, **Salt at Our Kaka'ako** may be just your speed. The stores here include the tropically inclined botanical boutique Paiko, which offers cut flowers, live-plant arrangements, books, gifts and more. For beverage options at this shopping area, there is a multitude of coffee shops, as well as the craft-beer-focused Village Bottle Shop & Tasting Room. On the third Friday and Saturday of each month, at 5 P.M., the shopping center hosts Pa'akai Marketplace, a family-friendly event that celebrates Native Hawaiian culture with presentations and performances by local artists, crafters and cultural practitioners.

Shopping is also hopping in **Honolulu's Chinatown and downtown areas**. Chinatown has local design whiz Roberta Oaks, who creates bold, modern takes on aloha shirts. And the iconic fashion designer Sig Zane, based in Hilo on Hawai'i Island, now has a low-key outpost on Smith Street, in downtown Honolulu: Sig on Smith currently offers men's clothing found only on O'ahu. While downtown, I also never miss an opportunity to pop into Fighting Eel, which features super-flattering, locally designed clothing for women.

Visitors to The Shops at Wailea, on Maui, can learn about Polynesian traditions through cultural demonstrations and classes (right and below). For example, guests might enjoy an 'ukulele lesson in a courtyard encircled by the center's inviting boutiques.



Maui

Located in the sunny beach resort area of Wailea, **The Shops at Wailea** is a collection of 70 shops and restaurants. Offerings include high-end boutiques, such as Bottega Veneta; shops for vacation-ready attire, such as Canyon Beachwear; a headwear specialist, Aloha Hat Company; and Cos Bar, a beauty-goods emporium that I

consider to be my personal "danger zone" for its many temptations.

While you are at The Shops at Wailea, you can learn about Polynesian traditions, as experts present about coconut husking, coconut-frond weaving and Hawaiian woodcarving. There are also free 'ukulele lessons and Polynesian dance shows.

What to wear? Flower headbands are popular—why not try your hand at making *lei po'o* (head lei)? Classes are Mondays at 2:30 P.M. and Wednesdays at 1:30 P.M., with all tools and materials provided, and all ages welcome. Also check the schedule for the music series Concerts at the Shops that is open to the public. These



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For the Grill Master

Unlike the usual tomato-based sauces, Aunty Liliko'i Passion Fruit Kiawe BBQ Sauce is mustard-based. Featuring the smoky taste of Hawaiian *kiawe* (mesquite), the sauce made a splash at the World Hot Sauce Awards (\$8 for 10 ounces, auntylilikoi.com).

farm. Send a gift pack with roasted and chocolate-covered cacao nibs, chocolate shell tea (tea made with cacao husks) and signature chocolate bars (\$55, steelgrass.org).

For the Cookie Monster

With a mission to "spread the Spirit of Aloha around the world with gourmet Hawaiian shortbread cookies," the Honolulu Cookie Company's pineapple-shape treats can be found at a variety of shopping centers and retailers on O'ahu and Maui, as well as in Las Vegas and Guam. Flavors include Kona coffee, as well as pineapple and macadamia nut. Among many gift-pack options is the Mele Gift Basket, perfect for the holidays (\$70, honolulucookie.com).



PUAMAKAMAE DESOTO

For the Beach Lover

Aloha Modern offers a plush, 5-foot-diameter circular beach blanket that depicts 'ulu, or breadfruit, said to be one of the subsistence plants Polynesians brought with them on early voyages to Hawai'i (\$100, livealohamodern.com).



For the Natural Beauty

Reef-safe and handcrafted on Hawai'i Island with 100 percent natural and organic ingredients, Ao Organics Sunscreen comes in a handy travel tin (\$15 for 2 ounces, aoorganicshawaii.com).

For the Travel Pro

Handmade on Hawai'i Island, a distinctive passport cover from Salty Western may invoke feelings of wanderlust (\$65, saltywestern.com).

For the Jewel of Your Life

Hawai'i has a multitude of native plant species, and the Na Hoku company has been making jewelry in the Islands—many with Island-plant motifs—since 1924. Put these things together and you get—for example—a charming pair of gold earrings in the shape of tropical ferns (\$479, nahoku.com). —K.D.W.

concerts are held 5:30 to 7 P.M. the third Wednesday of each month, with impressive acts, such as five-time Grammy nominee Amy Hānaiali'i.

Lahaina used to be a whaling town, so it's natural that its glorious beachside mall is named **Whalers Village**. There is plenty of sun-drenched shopping to be enjoyed here, with Sephora, Honolua Surf Co. and Maui Divers Jewelry among the 60 shops and restaurants. Whalers Village recently underwent a makeover, adding a kids' play area with a cool—literally—splash-pad water feature. Also look for



Whalers Village, above, is located in West Maui, in the seaside town of Lahaina. It was revamped in 2017 and features the Whale Pavilion, right, an exhibit with whale artifacts.



Insider's Tip

The North Shore Maui town of Pā'ia is a center of small, locally owned boutiques. It's worth a stop for shopping fans.

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family-friendly movies under the stars on Tuesday nights, weather-permitting; just bring a blanket to the grass in the lower-level courtyard. Movies start about 15 minutes after sunset.

December through March is roughly the high season to spot humpback whales off of Maui. Soon, you will be able to learn about these incredible creatures—as well as about other marine life and Maui's whaling era—at the Whale Center of Hawai'i, which is expected to open at Whalers Village in early 2018.

Already open at the village is the Whale Pavilion, where experts make presentations about ocean wildlife on most Mondays, Wednesdays, Fridays and Saturdays, every half hour from 11 A.M. to 1 P.M.

Kaua'i

In the Po'ipū Beach resort area of Kaua'i, shoppers flock to **The Shops at Kukui'ula**. This is a great place to hunt for art, as there are multiple fine-art galleries. Shoppers in search of fashion, beauty and home goods won't be disappointed, either. Don't-miss shops include the hometown brand Mālie Organics and the trendy SoHa Living.

Foodies should stop by the weekly culinary market, Wednesdays from 3:30 to 6 P.M., to find food vendors selling jams, treats, fresh tropical fruit and local favorite dishes. While you nibble, watch a local chef's cooking demonstration, given at the culinary market at 5 P.M.

The South Shore is also home to **Poipu Shopping Village**, with stores such as Fish Eye Kauai, a local art gallery, and Sand People, a charming boutique that spotlights items with coastal themes. On Mondays and Thursdays there are free hula shows.



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Nestled in the Kaua'i resort area of Po'ipū, The Shops at Kukui'ula, left, harmonizes with its natural setting. It is known for art galleries and its weekly culinary market, below.



Insider's Tip

Hanalei Center, on Kaua'i's North Shore, features historical buildings, including an old school, that have been transformed into delightful places to shop and eat. Also, don't miss Yellowfish Trading Co., housed in a more modern building.

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Kings' Shops, located on the Kohala Coast area of Hawai'i Island, has an attractive lakeside setting, above. It highlights popular big-name brands, as well as distinctive Hawai'i shops, such as Noa Noa Hawaii, right.



Coconut Marketplace, farther up the east coast of Kaua'i in Kapa'a, has an especially relaxed feel, with a variety of shops and attractions. You can enjoy the Farmer's Market, on Tuesdays and Thursdays, from 9 A.M. to 1 P.M. You can also enjoy regular, free music performances at the marketplace.

Hawai'i Island

On the Island of Hawai'i, you can enjoy top-notch shopping on the Kohala Coast.

Kings' Shops has a set of major-brand stores—such as Tori Richard and Michael Kors—as well as shops you can't find on the U.S. mainland, such as Noa Noa Hawaii, which specializes in hand-batiked natural fabrics with Polynesian themes.

To dive more deeply into Hawai'i culture, take advantage of a Kings' Shops

KINGS' SHOPS (2)



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weekly guided expedition to explore the nearby *ki'i pōhaku*, which translates to “stone images.” The indigenous Hawaiian people carved these petroglyphs hundreds of years ago. To learn more about them, meet up with expert guide Michaela Larson on Thursdays and Fridays at 9:30 A.M., by Island Fish & Chips, for the hike’s start. Bring a hat, sunblock and covered walking shoes for this one-hour, moderate-level walk.

In addition to shopping and hiking, Kings’ Shops hosts talks about Hawaiian history and culture. And free hula lessons are available on Saturdays for ages 8 and up (call ahead or sign up at the shopping center’s management office).

Also on the Kohala Coast, you’ll find **Queens’ MarketPlace**, with 35 stores and restaurants. Shops here include Island Pearls by Maui Divers Jewelry, and Reyn’s, famed for its men’s aloha shirts. Local-favorite boutique Persimmon is known to have influence on stylemakers of the Islands—it’s a place where you can find a lot of work by Hawai’i designers. Persimmon features women’s clothing, shoes, gifts and jewelry.

For fun perks at Queens’ MarketPlace, *keiki* (children) can enjoy the daily koi feeding at the Coronation Pavilion at 9:30 A.M. or 3:30 P.M. And music fans can check out a monthly concert series on Saturdays.

One of the largest shopping centers on the island is in Hilo, at **Prince Kuhio Plaza**. It’s a traditional, indoor mall—think Cinnabon and Claire’s—and it’s handy if you are on this side of the island visiting Hawai’i Volcanoes National Park and want to find a Macy’s or a Hawaiian Island Creations (part of a favorite surf-shop retail chain).

You can also squeeze in a workout at the mall. The plaza hosts a



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Queens' MarketPlace, left and above, features fountains, koi ponds and elegant landscaping. Live-music events, such as the one above, enhance the shopping experience.

walking program—on hiatus in December but returning in January—on Tuesdays and Thursdays from 10 A.M. to 1 P.M. Participants can register to be entered into a drawing for prizes.

There is so much more to shopping in Hawai'i than just what goes into your shopping bag. These are a few highlights of the many perks you can find. Check with individual shopping destinations for

QUEENS' MARKETPLACE (2)

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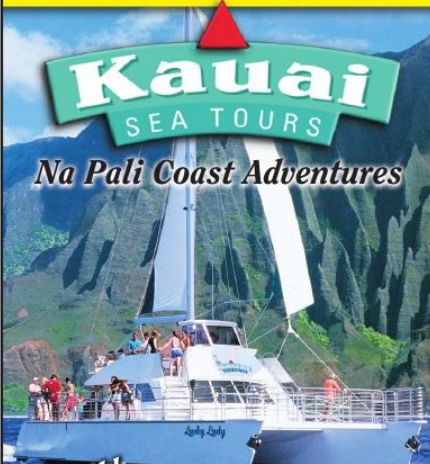
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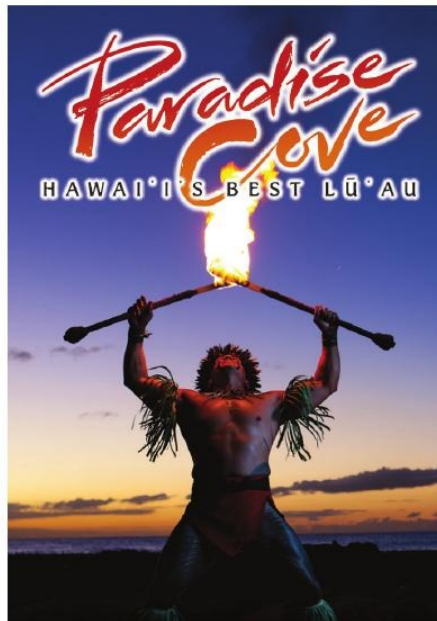
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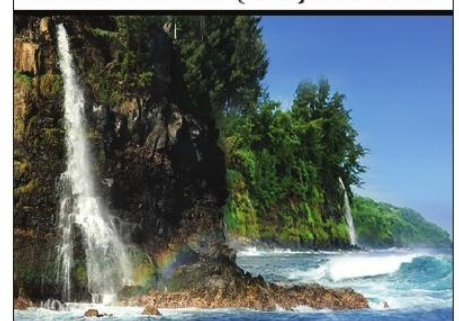
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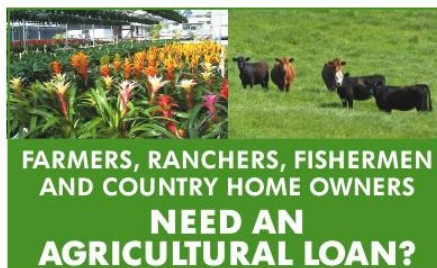
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Where to Shop in Hawai‘i

O‘ahu

- **Ala Moana Center**
(alamoanacenter.com).
- **International Market Place**
(shopinternationalmarketplace.com).
- **Ka Makana Ali‘i**,
a new shopping center on the west side of the island, has children’s yoga events every Thursday in its Center Court, a farmers market on Wednesdays, and a Makana Mele monthly concert series, among many other free activities and offerings (kamakanaalii.com).
- **Royal Hawaiian Center**
(royalhawaiiancenter.com).

- **Salt at Our Kaka‘ako**
(saltatkakaako.com).
- **Ward Village** has recently opened the South Shore Market, which is home to local boutiques such as Kealopiko, Mori by Art + Flea, and Salvage Public. These complement other shopping options at Ward Village (wardvillage.com).

Maui

- **Pā‘ia shops**
(paiamaui.com/shop)
- **The Shops at Wailea**
(theshopsatwailea.com).
- **Whalers Village**
(whalersvillage.com).

Kaua‘i

- **Coconut Marketplace**
(coconutmarketplace.com).
- **Hanalei Center**
(no website).
- **Poipu Shopping Village** (poipushoppingvillage.com).
- **The Shops at Kukui‘ula**
(theshopsatkukuiula.com).

Hawai‘i Island

- **Kings’ Shops**
(kingsshops.com).
- **Prince Kuhio Plaza**
(princekuhioplaza.com).
- **Queens’ MarketPlace**
(queensmarketplace.net).

—K.D.W.

Insider’s Tip

In Hilo, visit the flagship store of Sig Zane, who interprets Hawaiian culture in stunning aloha wear.

seasonal updates and additional free happenings so you can enjoy all the benefits of shopping in paradise. ✈

Kathryn Drury Wagner is a Los Angeles-based editor and writer who lived in Hawai‘i for many years, and often returns as a traveler to the Islands.

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UNDER PARIS SKIES

Exciting new sites enrich the City of Light

By Lindsey Tramuta

» On an unseasonably mild Saturday, my husband and I picked up coffee and set off on a long walk along the Seine River, which runs through the heart of Paris. We weaved our way past amblers and strolled along the path until we turned onto the Pont Neuf, the city's oldest bridge, which offers sweeping views over the river.

I rested my forearms on the ledge of the bridge, closed my eyes and inhaled deeply, taking in the chorus of bicycles bumping along the cobblestones, a breeze rustling the linden trees and carefree giggles from picnickers below, on the Square du Vert-Galant.

"Really, there isn't anywhere better," I said to my husband as I opened my eyes, catching sight of the bow of a riverboat as

it glided out from beneath the bridge.

Even in such simple moments, it's easy to be struck by the beauty of Paris. And not merely from the picturesque rows of 19th century Haussmann-style buildings, iconic museums or charming antiquarian booksellers (*bouquinistes*) along the Seine; my appreciation extends far beyond the exquisite facades.

The sentiment that washed over me in that moment on the bridge was joy borne of the knowledge that I (and any visitor) can have two Paris experiences—the "living artifact" side steeped in history, literature and tradition, reliably unchanging, and the wonderfully imperfect, colorful, real-life version of neighborhoods that in the 21st century are creating a more

NEAR & FAR



eclectic type of experience. The city is rightfully protective of its heritage, as evidenced by well-known sites such as the Eiffel Tower, the Montmartre Sacré-Coeur Basilica and the Musée du Louvre, as well as the number of verdant, immaculately maintained parks, such as the Jardin des Plantes, that have been here for centuries. And over the past decade, the city has also seen a fostering of entrepreneurial spirit in all areas of life, from dining to business, shopping and culture. Tremendous creativity, urban renewal and an openness to outside influences have made it a dynamic place to explore; maybe more so than ever before.

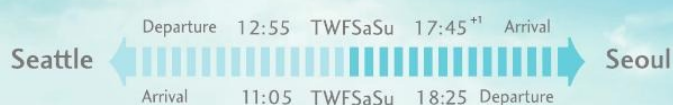
Unspooling the city's curiosities today comes from looking beyond frequently

 *The Seine River offers romantic waterfront views, above. Picturesque structures, such as the Montmartre Sacré-Coeur Basilica, right, add to the city's charming heritage.*





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» While in Paris, enjoy an array of delectable foods, from macarons at Salon de Thé Acide, left, to pastries and small bites at the bimonthly Le Food Market pop-up, right.



visited neighborhoods and directing your attention to pockets that were once overlooked. Many of the city's evolutions, particularly in the area of food and wine, began in a formerly working-class section of the 11th arrondissement, an area east of central Paris.

Since nearly Day One of my arrival 11 years ago, I've lived in the 11th arrondissement's Oberkampf section, known for its array of food artisans, low-key bistros and wine cellars. In the early 2000s, there was a handful of classic

French restaurants in Oberkampf that would draw in diners from across the city, but for the most part, dining in Paris was concentrated in the center of town or the Left Bank and was expensive.

In the affordability of commercial space in the 11th arrondissement and the few dining options in the area, ambitious young chefs saw opportunity. Chefs such as Iñaki Aizpitarte, who opened Le Chateaubriand in 2006, and Bertrand Grébaut, who opened Septime in 2011, wanted to shift the focus away from fine dining to casual, market-driven and experimental bistros (a movement that would earn the name "bistronomy"). They found a willing audience and set the stage for what has become a center of excellent and approachable culinary experiences in Paris.

I could, conceivably, have each meal of the day exclusively within the confines of the 11th arrondissement and be perfectly content: breakfast of green eggs, bircher muesli, or *shakshuka* (a dish with eggs poached in a sauce of tomatoes, peppers and onions) and specialty coffee at Café Méricourt; a beautiful brunch of creamy *labneh* (a Greek cheese akin to yogurt), tomatoes and *za'atar* (a Middle Eastern spice mixture) on toast, or one of the

» Outstanding restaurants in the Oberkampf neighborhood include Café Méricourt, offering breakfasts such as *shakshuka*, above left, and the modern French bistro Tannat, left.



Top Attractions

■ **Arc de Triomphe:** Visitors can climb indoor stairs to the top of the huge ornate arch, which was commissioned by Napoleon I in 1806 to honor the Grande Armée.

■ **Cathédrale Notre-Dame de Paris:** Admire the cathedral's Gothic architecture; take a tour; or attend a traditional mass, held daily.

■ **Eiffel Tower:** Almost 7 million people each year visit the 19th century wrought-iron tower, which displays a glimmering light show on the hour, every hour from sunset to 1 A.M. daily.

■ **Luxembourg Gardens:** Stroll the grounds of the 57-acre park or have a picnic on the lawns of its Observatory Garden.

■ **Musée du Louvre:** The museum, shown above, was formerly home to French royalty, and houses an extensive collection of classical art and archaeological finds.

■ **Musée d'Orsay:** Visitors can see a vast collection of Impressionist and other art, most of which was created between 1848 and 1914.

■ **The Seine River:** The waterfront boasts scenic walking paths, and, in the summer, sandy pop-up beaches.

■ **Shakespeare and Company:** The famous independent bookstore has been visited by writers such as Allen Ginsberg and Anaïs Nin, and featured in films such as *Before Sunset* and *Midnight in Paris*.



The Palace of Versailles.

FESTIVE DAY TRIPS

A quick, 25-minute train ride from Gare du Nord Station in the north of Paris will take you to the town of Chantilly. Its centerpiece: the **Domaine de Chantilly**, whose

château has France's second-largest collection of antique paintings after the Louvre. The domaine's Great Stable houses the Musée du Cheval (Museum of the Horse) and an arena for dressage demonstrations featuring exceptionally trained horses.

Take a 40-minute train trip from eastern Paris' Gare de Lyon station to the town of **Fontainebleau**, which offers two very different experiences: one of cultural discovery in the Château de Fontainebleau, Napoleon Bonaparte's former home (a 30-minute walk from the train station), and one of physical exploration in the surrounding forest—60,000 acres of woodlands that are popular for hiking and bouldering.

Famed as the former home of Marie Antoinette, the **Palace of Versailles** can be reached in less than an hour on the RER C train from the Gare d'Austerlitz in eastern Paris. The 17-acre palace, which was built in the 17th century, sits on nearly 2,000 acres that include hedged English gardens and a mile-long canal.

Vaux-le-Vicomte is located in the town of Maincy, about a 35-mile drive southeast of Paris. The estate is best known for its majestic Baroque château and 74 acres of 17th century French gardens, where the owners host candlelit evenings every Saturday from May to October. At Christmas, the property is enchanting, with the grounds bedecked in lights, as well as holiday installations. —L.T.

rotating lunch dishes, at Mokonuts (conveniently situated near the covered Beauvau Market, also known as the Aligre Market); a slice of homemade apple pie or other delicious pies of the week from Amami; and an exceptional evening feast underneath the mirrored ceiling at Tannat, biting into whatever the chef dreamed up that morning. All of Tannat, from the restaurant's interiors to the rigorous attention to quality cuisine, is in the utmost respect of French tradition. If the city's evolutions have demonstrated anything, it's that Paris is exceptionally good at straddling old and new, honoring the past but not being hemmed in by it.

Farther north, the ethnic and cultural diversity that has seemingly always defined the neighborhood of Belleville remains key to its character today. The



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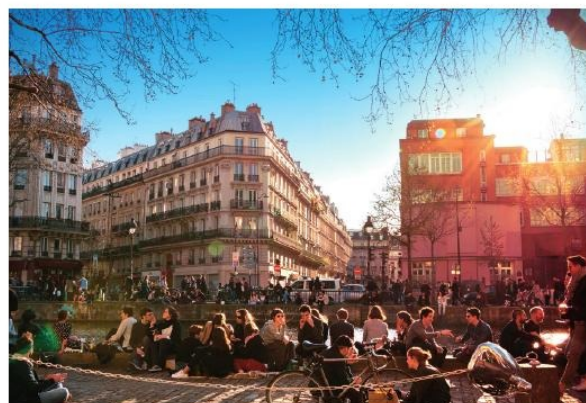
Boulevard de Belleville turns into the Boulevard de la Villette, where it bustles with locals at almost any hour of the day, especially during the twice-weekly open-air farmers market, Marché de la Villette, and bimonthly street-eats pop-up called Le Food Market. The neighborhood is rich in clever cocktail bars, coffee shops and unpretentious *caves à manger* (intimate wine shops that double as restaurants).

Continue northwest along the Boulevard from Belleville and you'll land at the apex of cool, where the Canal Saint-Martin widens into the Bassin de la Villette, the city's largest artificial waterway at half a mile long.

Every year for a friend's birthday, we rent an electric, permit-free boat from Marin d'Eau Douce for several hours and cruise the canal basin. Flanking the canal basin on both sides are waterfront cafes

serving drinks until late, and throngs of revelers, young and old, who gather along the banks to play music, compete in a round of *pétanque* (a lawn-ball game similar to bocce, in which steel balls are tossed at a wooden target ball) or have a picnic when the weather's right.

We continue along the basin past the two-year-old Philharmonie de Paris, the Jean Nouvel-designed concert hall for the Orchestre de Paris, and continue into Pantin, the emerging suburb to the north. Part of the canal's appeal, and why we've made it an annual tradition, is how well it connects us with some of the city's most socioeconomically varied, artistic and dynamic areas. The bohe-



» The Canal Saint-Martin is a popular place for visitors and locals to gather, play music and relax.

mian, bon vivant communities feel at once distinctly Parisian and unique.

The same can be said for Batignolles, a quarter in the leafy 17th arrondissement in the north of the city. I've enjoyed see-



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ing Batignolles evolve from a sleepy residential hamlet to the latest ZIP code en vogue. It's mostly frequented only by in-the-know locals who sensed there was something special brewing in the space between the polished Parc Monceau and the Parc Clichy-Batignolles (or Martin Luther King Park), which is part of a project to transform land formerly occupied by freight yards.

Salon de Thé Acide, a tea house that serves an array of macarons

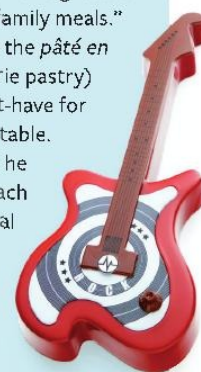
A CHEF'S TAKE ON NOEL

Sylvestre Wahid, chef at the two-Michelin-starred Restaurant Sylvestre Wahid at Hotel Thoumieux in the 7th arrondissement, has a simple but foolproof plan for his holiday food shopping.

End-of-the-year oysters? The chef goes straight to Clamato, chef Bertrand Grébaut's oyster and cocktail bar in the 11th arrondissement, for razor clams and Irish oysters.

"I always go to the rue Cler in the 7th arrondissement, a short walk from my restaurant. There's a special feeling in the air, with all the food artisans opening their doors for Parisians to choose from a vast selection of signature products for their family meals." The chef swears by the *pâté en croûte* (a charcuterie pastry) from Lastre, a must-have for any French holiday table.

And for dessert, he waits impatiently each year for the seasonal desserts by Christophe Michalak, who has three name-sake boutiques in Paris. "This year he has a rock 'n' roll *bûche* [a chocolate Christmas cake, traditionally in the shape of a log] in the form of an electric guitar." —L.T.



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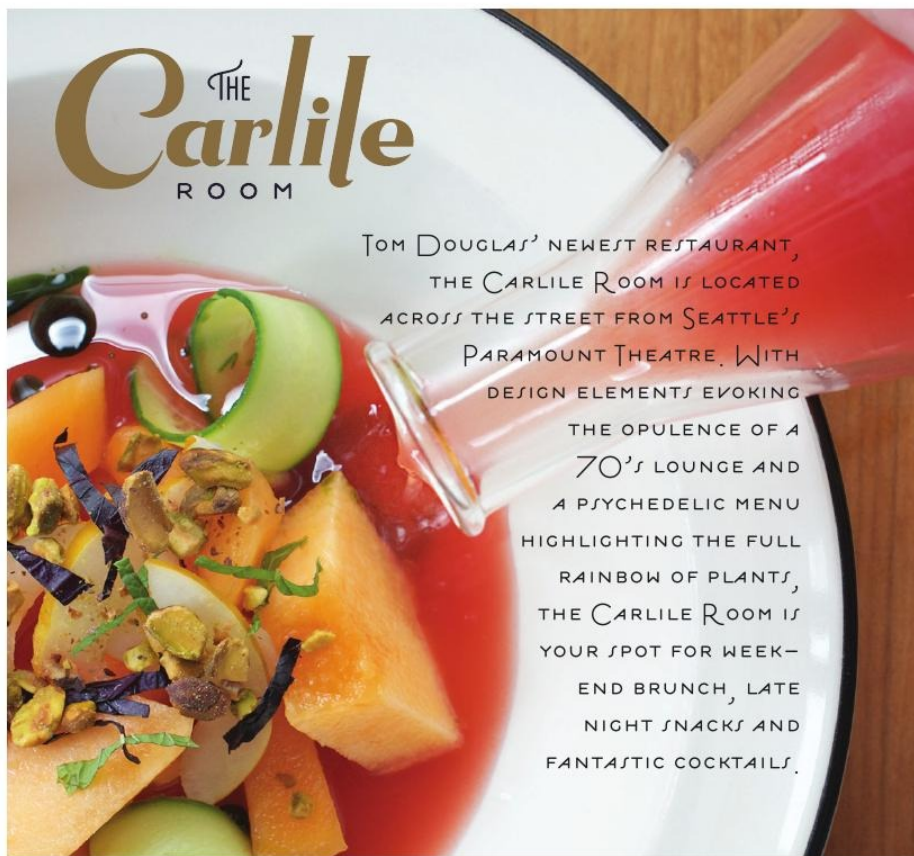
» NEAR & FAR PARIS

and other pastries, has played host to many a languid afternoon inside its prominent space on the rue des Moines for several years. More recently opened in the neighborhood is Flemish chef Wim Van Gorp's nearby restaurant, Wim à Table, which is earning attention from local food critics for its creative small plates. The strong sampling of Batignolles' culinary assets also includes the popular Italian trattoria, Mamma Primi, which serves mouthwatering fresh pastas such as *cacio e pepe* (a traditional Roman pasta tossed in black pepper and grated Pecorino Romano cheese).

As my husband and I gear up for the end of another year, we consider our options for the holidays: take a trip east to the towns of Strasbourg and Colmar, near the border of Germany, to tour their legendary Christmas markets; head south for milder temperatures and just as much festive flair; or stay local, walking through the city's department stores to view their annual holiday displays, strolling the streets in the Oberkampf neighborhood—which will be dressed delicately with twinkling lights and minimal ornamentation—and cozying up inside one of our favorite local spots, the Fontaine de Belleville, for afternoon jazz, inexpensive natural wines and an indefatigable sense of community. Home is where the holidays are. ✈

Lindsey Tramuta is a Paris-based journalist and the author of the best-selling book The New Paris (Abrams).

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BUSTLING BELLEVUE

Vibrant, energetic and growing

By Julie Arnan

» I can feel a childlike grin spread across my face as I enter a wonderland of twinkly holiday lights at the Bellevue Botanical Garden. Garden d’Lights, through December 31 at the 53-acre garden, is an annual tradition for my family. My husband, our three children (ages 9, 12 and 15), and I have been ushering in the holidays this way since before the kids could walk—feasting our eyes on half a million luminescent points outlining shapes such as butterflies, bears and flowers. Charlotte the spider glows as she spins messages in her glittering web, while 15-foot-long Snap d’Dragon appears to be slithering through the sea, and 3-foot-long Honeysuckle the bee sparkles in the newest garden area, the pollinator-friendly “Urban Meadow.”

The botanical garden, celebrating its 25th anniversary this year, evolved from land that was first a forest, then a farm anchored by a log cabin, then a home designed by prominent Seattle-area architect Paul Kirk and surrounded by beautiful gardens. The home and gardens were ultimately deeded to the City of Bellevue to become a park. Today, the Bellevue Botanical Garden welcomes about 200,000 visitors from the Northwest and around the world each year. Its growth echoes that of the Bellevue area. Settlers

began moving to Bellevue, about 10 miles east of downtown Seattle, in the 1860s. Improved transportation options from Seattle, such as a 1913 auto ferry and a 1940 bridge, helped to foster residential and business growth, as did the visionary Bellevue Square shopping destination, which opened with 20 stores in 1946. Today, tech and finance companies, hotels, restaurants, entertainment venues and retailers flourish in Bellevue.

Before my evening at the Bellevue Botanical Garden, I took a stroll to peruse Old Bellevue’s Main Street, where nowadays boutiques sell high-end jewelry, home decor, gifts and more, including lovely candle votives at glassybaby and

delicious confections at Fran’s Chocolates. Next, I enjoyed a half-mile-loop walk along a canal at nearby 21-acre Downtown Park. Renovations this past summer included an Inspiration Playground designed to be accessible for people of all abilities.

Music wafting from the park’s Bellevue Magic Season Ice Arena (operating through January 15) provided a cheery soundtrack as I walked two more blocks to Lincoln Square, part of The Bellevue Collection, which has grown from its start as Bellevue Square to total more than 5.5 million square feet of mixed-

Top: Charlotte the spider at Garden d’Lights in the Bellevue Botanical Garden. **Below:** The Bellevue Magic Season Ice Arena.



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use space, with 200-plus retailers, as well as many dining and entertainment options. A recent Lincoln Square expansion is anchored by the modern, upscale W Bellevue hotel, where the restaurants include The Lakehouse, a farm-to-table gem from James Beard Award-winning chef Jason Wilson. I like to order champagne and the grilled octopus with chorizo aioli at the bar, which has a view of chefs at work and of a massive column with niches for living plants.

Two blocks east of Lincoln Square, I enjoy easing into dessert with Lot No. 3's candied bacon, combining ooey-gooney caramelized sugar with the salty-smoky flavors of one of America's favorite proteins. For a serious sweet tooth, I can bring a dozen friends to The Shops at the Bravern, where the Sugar Factory opened in September. Its King Kong Sundae features 24 scoops of ice cream.

Another Bravern restaurant, John Howie Steak, is known for gourmet meals ranging from prime beef to lobster tail. In addition, diners can enjoy custom bourbon that chef/owner John Howie traveled to Maker's Mark Distillery in Kentucky to create. Howie and his whiskey curator tasted how the flavor profiles of various finishing staves added to a barrel affected the overall flavor. Then they chose 10 staves—including Seared French Cuvée, Roasted French Mocha and Toasted French Spice—to flavor two different barrels of complex bourbons for John Howie Steak.

East of downtown, the Bellevue Brewing Company, celebrating its fifth anniversary, crafts small-batch ales and lagers to pair with made-from-scratch American classics such as cheesesteak sandwiches and chili (with recipes that include beer) served in its Taproom.

For weekend entertainment, I often visit Bake's Bar & Bistro, with live music five nights a week. Recently I found myself clapping to classic Johnny Cash performed by tribute band Folsom Prism. Perhaps it was *Ring of Fire* or my Ginger Snap cocktail, but a contented smile stayed on my face all night. It occurred to me that Bellevue is a place that pleases both my inner child and my millennial adult. ✈

Julie Annan writes from Seattle's Eastside.



SNOWFLAKE LANE

» **Enchantment is in the air** as “snowflakes” flutter down from above. Toy soldiers beat drums in time to holiday tunes as Jingle Bell Dancers swirl their red-and-white umbrellas. And there's a singalong moment likely to engage even Scrooges in the crowd.

Snowflake Lane, presented by The Bellevue Collection, is one of the Northwest's largest holiday performances, drawing an average of 10,000 spectators a night. This year, the celebration—which takes place each evening through December 24—has doubled in length, stretching down four city blocks of Bellevue Way from Northeast Fourth to Northeast Eighth streets in a parade-style performance. The snow, produced by nearly 50 snow machines, falls all along the route.

Sixteen glittering floats with snow-scene themes glide past spectators, and Snow Flurries perform with 6-foot-tall blue flags that each have a giant-snowflake design. Local teens, dressed as white velvet-clad princesses and as holiday characters such as Frosty the Snow-

man, delight tiny tots dancing on the sidewalks. Or you can enjoy the show from the comfort of the Henry's Tavern balcony (adults might opt to have a pint of winter ale in hand); reservations are recommended.

Snowflake Lane is a free event. It starts at 7 P.M. each night. Plan to arrive early to secure parking and a prime parade-viewing spot on the sidewalk. The show lasts about 20 minutes (snowflakelane.com).

Other holiday festivities in Bellevue (bellevuedowntown.com/events/magic-season) include **holiday music and dance performances at Meydenbauer Center Theatre** (meydenbauer.com), and **Gingerbread Workshops**, hosted by the **KidsQuest Children's Museum**, at Hyatt Regency Bellevue. The museum also has two drop-off-the-kids gingerbread house-making workshops (ages vary by workshop) at the museum's own Bellevue location, perhaps the perfect place for kids to play while parents enjoy holiday shopping (kidsquestmuseum.org). —J.A.

A man with dark hair and a light beard stands shirtless on a balcony, leaning on a dark metal railing. He is wearing dark blue boxer shorts with thin, horizontal light blue stripes. The waistband of the shorts features the 'EX#FFICIO' logo. The background shows a scenic view of a town with terracotta-roofed buildings and mountains in the distance under a soft, hazy sky.

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A Few Bellevue Favorites

■ Cappuccino at **Cafe Cesura**, made with locally roasted Caffè Lusso espresso (cafecesura.com).



■ The bamboo steamer basket full of Taiwanese pork dumplings at **Din Tai Fung** (dintaifungusa.com).

■ **Dote Coffee Bar's** ganache-based drinking chocolate, made with chocolate from world-renowned Seattle-based confectionery chef Ewald Notter (dailydote.com).

■ Laugh-therapy comedy shows at **Parlor Live Comedy Club** (parlorlive.com).

■ Spicy whole crab with a rice cake at **Peony**, whose food is inspired by artistic 1930s Shanghai (peonykitchen.com).

■ The wine list at **Seastar Restaurant and Raw Bar**, featuring 740-plus bottles, with wines from around the world as well as from local producers (seastarrestaurant.com).

■ Vintage vinyl records at **Silver Platters** (silverplatters.com).

■ Raw oysters at **Taylor Shellfish Oyster Bar** (taylorshellfishfarms.com) or the “buck-a-shuck” at **Pearl Seafood & Oyster Bar** during happy hour (pearlbellevue.com).

■ Hot-and-sour Tom Yum soup at vegan Thai restaurant **Araya's Place** (arayasplace.com). —J.A.

SINGING SISTERS STAR IN OPERA

By Michele Andrus Dill

» Two sisters whose native tongue is Italian will be making their Seattle Opera debuts in the starring roles of sisters Dorabella and Fiordiligi in Mozart's famous Italian-language operatic comedy *Così fan tutte*, Jan. 13–27, at Seattle Center's McCaw Hall. Ginger Costa-Jackson (Dorabella) and Marina Costa-

Jackson (Fiordiligi), whose mother is Italian, spent their childhoods partly in Italy and partly in the U.S. In 2007, at age 20, Ginger was accepted into the Metropolitan Opera's Lindemann Young Artist Development Program and the next year became a professional performer for the opera. Marina has won international singing competitions, and her professional opera debut came in 2015 with the Michigan Opera Theatre.

The 2018 production of *Così fan tutte*, set in Seattle, is a contemporary take on the 18th-century opera, which has been acclaimed for its passionate music and witty lyrics. The plot revolves around two sisters whose faithfulness to their fiancés, Ferrando and Guglielmo, is tested.

Also making their Seattle Opera debuts in *Così fan tutte* will be Finland's Marjukka Tepponen, alternating in the part of Fiordiligi, and Finland's Tuomas Katajala, alternating in the role of Ferrando with Kansas' Ben Bliss, another first-time Seattle Opera performer.

Seattle Opera's 2017–18 season (seattleopera.org) also includes *Beatrice & Benedict*, an operatic adaptation of Shakespeare's *Much Ado About Nothing* by Hector Berlioz, Feb. 24–March 10; and Giuseppe Verdi's masterpiece *Aida*, May 5–19. Alaska Airlines is a sponsor of Seattle Center. ✈



Marina Costa-Jackson, left, and Ginger Costa-Jackson.

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» As part of its 50th-anniversary celebrations, Chateau Ste. Michelle Winery, in Woodinville Wine Country, northeast of Seattle, has opened a renovated visitor center. At 22,731 square feet, it is double the size of the previous tasting room. The new visitor center includes a room where guests can create their own red-wine blend (shown at left), complete with a custom label. The center also has private tasting salons, a theater and a restaurant-style kitchen. Special visitor-center events include the 50th Anniversary Experience, with five commemorative tastings, through Dec. 31 (ste-michelle.com).

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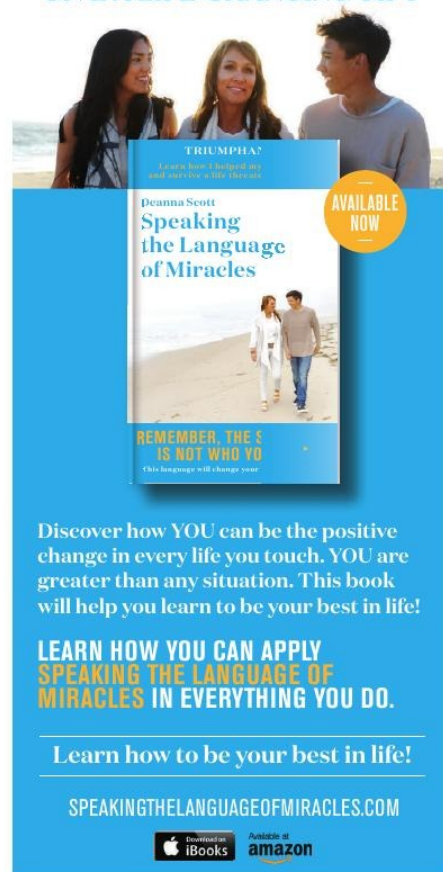
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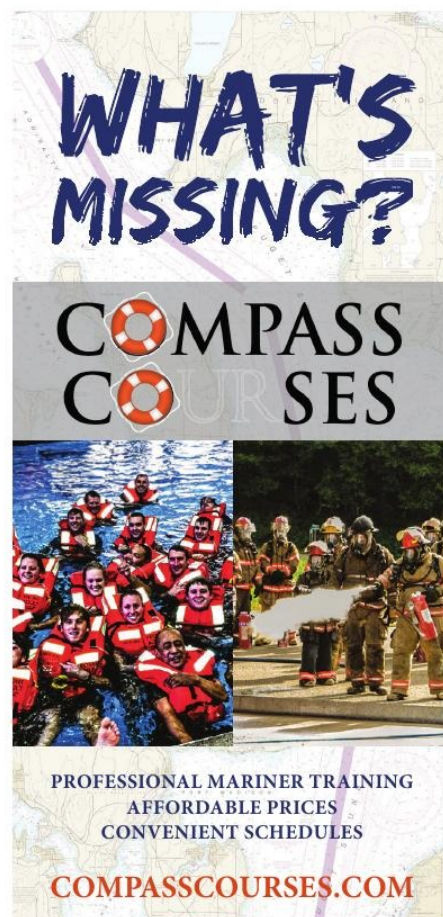
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» **Dressed in costumes** with motifs ranging from giraffe to bunny, and from holiday elf to a bright sun, around 1,900 intrepid Seattleites and visitors kick off each new year with the Polar Bear Plunge at Matthews Beach Park along the northwestern shore of Lake Washington.

The annual New Year's Day plunge into the lake, whose January temperature is typically below 50 degrees, is sponsored by Seattle Parks and Recreation and the Meadowbrook Community Center Advisory Council. Organizers note that "costumes and festive energy are encouraged," and that warm refreshments are served. Participants who go into the water all the way up to their necks receive a Commemorative Badge of Courage.

Registration starts at 10 A.M. The plunge takes place at noon. See parkways.seattle.gov/tag/polar-bear-plunge for more information and important safety tips. Spectators are also welcomed. Here are a few more polar plunges in the Puget Sound area, all on January 1 except where noted.

Gene Coulon Memorial Beach Park in Renton: Take a quick dip off the southeastern shore of Lake Washington, starting at 11 A.M.; participants receive a free cup of chowder (rentonwa.gov/calendar).

Long Lake Park in Lacey: Starts at noon with live music, followed by the plunge at 1 P.M. (ci.lacey.wa.us).

Marina Park in Kirkland: Plunge at 1 P.M. on the northeastern shore of Lake Washington plus free hot cocoa and



GENNA MARTIN / SEATTLEPI.COM

snacks, complementing "free goosebumps for the plungers" (chumpchangeproductions.com/events).

Point Defiance Park Boat Launch on Puget Sound, in Tacoma: Plunge for kids under 10 at 11:30 A.M.; adult/family plunge at noon; includes post-plunge heating tents and free hot drinks (metroparkstacoma.org/calendar/index).

Special Olympics Washington Polar Plunge at Seattle's Golden Gardens Park on Puget Sound: Feb. 3, from 10 A.M. to 3 P.M., with a 1 P.M. plunge; food trucks and beer garden; individual participants must have advance fundraising pledges of \$75 or more (polarplungewa.org).

» **Participants in last year's Polar Bear Plunge at Seattle's Matthews Beach Park take to the water in a variety of creative costumes.**



PAUL REYNOLDS

WINTERFEST

» **Ice-sculpting demonstrations**, an ice-skating rink and an extensive model-train village will be among the attractions at Seattle Center Winterfest, taking place through Dec. 31. Alaska Airlines is a Winterfest sponsor.

In addition, December performers will include Alex Zerbe (left), presenting The Zaniac Comedy Show; the Seattle Girls Choir; the Northwest Boychoir Apprentices; Holiday Harmony (right); SANCA Cirrus Circus; the Garfield Jazz Band; the Greater Seattle TubaChristmas ensemble; the Jingle Bell Rock puppet show; the KlezKidz concert of Jewish music and mirth; the Xmas Maximus band;



and two comedic singing groups—Captain Smarty-pants and Sensible Shoes. Also featured will be additional comedians, plus magicians, improv artists, dancers, and a group combining comedy, kung fu and acrobatics. For specific event and performance dates, see seattlecenter.com/winterfest.

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» HERE & NOW SEATTLE

CALENDAR

■ Artwork by 14 Latin American artists is on display in "Everyday Poetics" at the **Seattle Art Museum** through June 17. The artists repurposed humble materials such as soda cans and dustcloths for their pieces (seattleartmuseum.org).

■ Seven model-train displays will be at the **Washington State History Museum** in Tacoma,



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south of Seattle, during the **Model Train Festival**, Dec. 22-Jan. 1. Models include the largest permanent model-train layout in Washington, at about 1,800 square feet (washingtonhistory.org).

■ As part of a new ongoing experience, "What is Reality," at **Pacific Science Center**, a rotating group of entrepreneurs with local tech startup companies are testing and refining their products and services at a science center "startup-in-residence" space called "The Hive." The entrepreneurs receive real-time feedback from center guests experiencing the new technologies (pacificsciencecenter.org).

■ The **Seattle Public Library** (spl.org) is offering story times in English, American Sign Language, Vietnamese, Spanish, Mandarin and Somali this month—a lineup in keeping with **Seattle's recent UNESCO designation as a City of Literature** (seattlecityoflit.org and en.unesco.org/news/64-cities-join-unesco-creative-cities-network).

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A TRUE LIVE WIRE

NPR host Luke Burbank brings quirky comedy to the nation

By Susan G. Hauser

» It's a fall evening at the Alberta Rose Theatre in Northeast Portland, and the *Live Wire* radio variety show, distributed by National Public Radio (NPR), is slightly behind schedule.

The host, Luke Burbank, has only just arrived, delayed by a whopper of a hailstorm on top of the city's rush-hour traffic.

I settle into my seat with anticipation. The program, which has been on the radio for 14 years, has been reinvigorated by Burbank during his four-year tenure. After a while, the lights slowly dim and the theater music rises to a crescendo. Finally, I'm cheering along with the 300-member audience as first the house band and then Burbank himself bound onto the stage. You would think Burbank was a beloved native son, the way the local crowd welcomes him each week. But actually, Burbank grew up in Seattle and now resides in Bellingham, from which he commutes weekly by air.

Burbank has helped put Portland on the proverbial map, in regards to public radio. He has boosted the show's reach from 40 to 125 national markets with his smart mix of interviews, comedy, and local and national musical acts. Boasting a resume that already includes being a correspondent for CBS's *Sunday Morning*, a sometimes panelist and past guest host on NPR's *Wait Wait...Don't Tell Me!* and a host of his own popular podcast, *Too Beautiful to Live*, Burbank has been the perfect voice to bring an hour of sometimes Northwest-tinged entertainment to listeners across the nation. The show's increasing popularity has meant that it now spends



the occasional week on the road, recording shows in Chicago, Phoenix and Seattle, among other cities.

As the cheering at the Alberta Rose Theatre subsides, Burbank stands with mic in hand and delivers his trademark monologue, which has become a favorite feature of the show, for him and his audience. It offers a humorous and often touching glimpse into his personal life that often ties loosely into the theme for each week's variety show. This week's topic is typical of Burbank's homey, yet quirky, sense of humor: A midlife crisis made him take up skateboarding again.

"At age 41 I've finally identified what people really want to hear from me," Burbank says. "They want to hear about things that have happened to me and observations that I have that are sort of universal. When I get the guests to talk about their

Burbank on Portland

Is Portland weird? I don't think of Portland as being a particularly weird town. I think I would describe Portland as earnest. Folks in Portland, and really in the Northwest in general, are fairly earnest, and that's a really good thing. Generally speaking, my choice is to be surrounded by sort of well-intentioned, earnest folks.

Portlandia versus Frasier?

I have a soft spot for the show *Frasier*, but I do believe that *Portlandia* is one of the best TV shows to come along in a long, long time. I also have experienced firsthand many of the tropes that are on that show. For the first two seasons I thought it was a documentary.

What was one of your Portlandia moments?

I've driven by Pine State Biscuits on a Tuesday at 11 A.M. and there's a line down the block. I'm thinking, "Does anyone have a job?" I'm mystified by Portlanders' tolerance for waiting in line for breakfast. It's like Soviet Russia, but instead of food rations you're getting biscuits.

Will Live Wire's popularity bring more people to Portland?

People don't have to come. Through *Live Wire*, we're exporting Portland to them where they live so they won't come to Portland. We do not need more people in line for breakfast in Portland. —S.G.H.



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experiences in a real genuine way, that really seems to resonate with people, and it makes me feel closer to the listeners.”

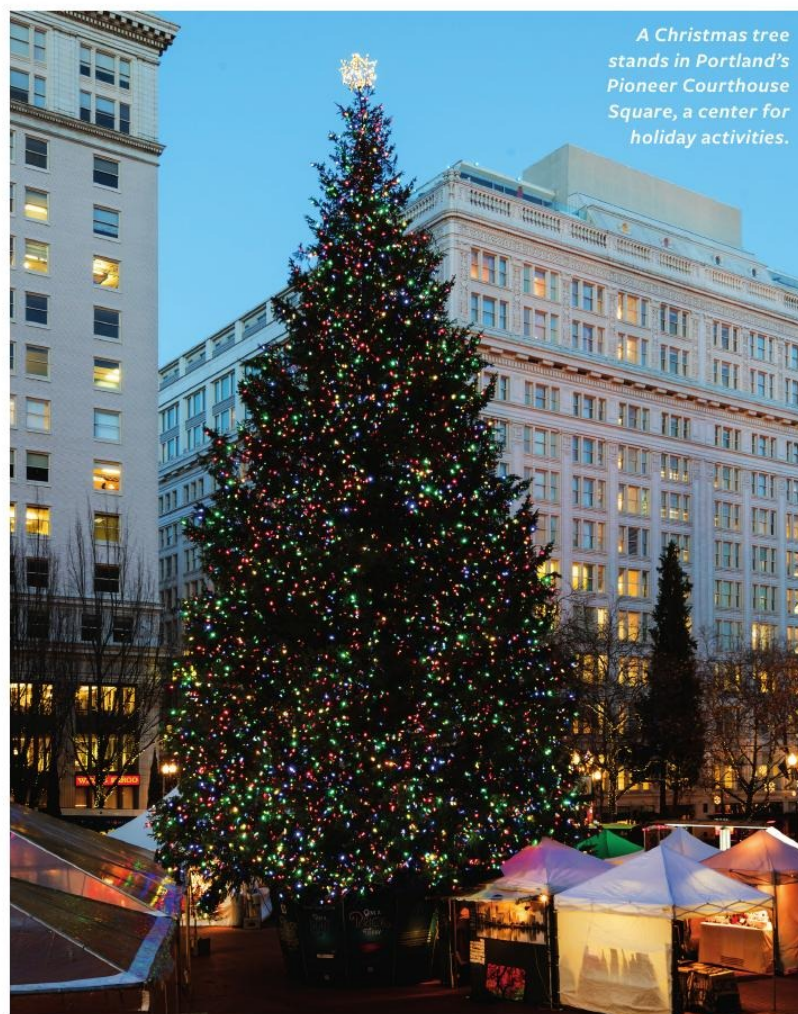
Burbank says *Live Wire* definitely emanates a Northwest feel, and he’s proud of bringing the local culture to the nation.

“I think it’s really cool that we get to do this radio show from Portland,” he says. “We get to tell the rest of the country about all the musicians, artists, actors, comics and people who are making the Northwest this really interesting and vibrant place.” ✂



←
**Pine State
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A Christmas tree stands in Portland’s Pioneer Courthouse Square, a center for holiday activities.

A GLOWING HOLIDAY

Portland offers many ways to enjoy the spirit of the season

By Drew Tyson

» **A 75-foot-tall Christmas tree** in downtown Portland’s Pioneer Courthouse Square twinkles with more than 14,000 lights. It is one of the many ways that the city brightens up for the holidays.

If you enjoy lights, be sure to visit the Winter Wonderland, held at the Portland International Raceway through December 26. Now in its 25th year, the show has more than 250 colorful scenes that are located around the 2-mile oval. Visitors drive slowly around the track to see displays such

as a nativity scene, dinosaurs and a train carrying Santa. Tickets start at \$18 per car, and there’s a bike-only night for \$6. All proceeds go to Sunshine Division, a local charity that provides food and clothing to families and individuals in need.

Another popular light show is ZooLights. The Oregon Zoo, in Washington Park, on the west side of Portland, illuminates the grounds in a kaleidoscope of colors with more than 1.5 million lights. For convenience, ride the MAX Light Rail service to the zoo from downtown Portland.

Other holiday events include the Christmas Ships parade, now in its 63rd year. The parade can be seen at different locations along the Willamette and Columbia rivers on various nights through December 21. Check for times, dates and locations at christmasships.org. Portland is also home to one of the largest Christmas choral festivals in the world, with nearly 160 concerts scheduled through December 30 at The Grotto’s Christmas Festival of Lights (thegrotto.org). The Grotto is a national Catholic shrine in northeast Portland.

For old-fashioned fun, visit Peacock Lane, in the Sunnyside area of East Portland, to see the lighting displays at neighborhood homes, December 15–31.

You can buy unique presents and support worthy causes at the PDX Pop-Up Shops, in downtown’s Pioneer Place and two blocks away on Southwest Fourth Avenue, between Southwest Taylor Street and Southwest Salmon Street.

Your purchases at these shops will help support charities and local small businesses, including dfnrtptigeon, an apparel store where young people create the designs and do the screen printing. It also provides job training and support for at-risk and homeless youth. Another pop-up shop is Tony’s Chocolonely, which sells socially conscious chocolate made from West African cocoa. ✂

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ART IN OAKLAND

Creativity shines brightly in the East Bay

By Kristen Haney

» It's a sunny Saturday afternoon in Oakland's Jingletown neighborhood, and I'm in a group of more than a dozen people gathered around a cement planter, where a guide has helped us discover an unexpected, vibrant mosaic of broken, repurposed tiles in the shape of a lizard peeking out from among overgrown weeds. Before today, most of my group had never been to this part of Oakland (aka "The Town") and even fewer—myself included—realized that 22 mosaic animals are hidden throughout Jingletown. Blocks away, we find Oakland's giant White Elephant mural on the side of the Oakland Museum Women's Board building. Around another corner, we visit a collective of local artists making everything from custom frames out of repurposed building materials to steel sculptures welded into abstract shapes.

We're on the local nonprofit Oakland Art Murmur's Gallery District Walking Tour. The tour celebrates a different creativity-rich district of the city each month. The group is diverse, in terms of age, race and gender—and we're discovering an even more varied



» Oakland's varied art scene includes gallery shows, top left; the Oakland Museum of California, top right, which hosts popular evening events; street murals by Dragon School, center; and works from Creative Growth Art Center, above, a venue for people with disabilities to create art.

assortment of art spread across local galleries, sidewalks and streets. It's one of the things about Oakland I love most: You never know where you'll find artistic expression, or whom you'll find it with.

Another area I always find great art—and people who enjoy art—is the KoNo (or Koreatown-Northgate) district of the city, which comes alive for the monthly Oakland First Fridays events, block parties that draw up to about 30,000 people. At these events, you might find local artisans selling everything from glimmering wire-art creatures to batik-dyed clothing; fledgling MCs performing outside an arthouse movie theater; or random passersby drawn into a crowd-participation dance to the *Cha-Cha Slide*.

The monthly street fest started in 2012 as an extension of Oakland Art Murmur First Fridays, when galleries stay open late and host special events to entice the public to explore Oakland art and mingle with the people who create it. Oakland Art Murmur has been celebrating the arts in the city for 11 years, and now champions more than 50 galleries across five main districts, with six monthly gallery days and strolls, including the walk I joined in Jingletown. Members of Oakland Art Murmur include traditional galleries as well as unusual destinations, such as SoleSpace, a premium sneaker boutique that doubles as a venue for social justice and arts events; Classic Cars West, a vintage-auto showroom that includes

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gallery space, a beer garden and a vegan restaurant; and Creative Growth Art Center, which for more than four decades has served as a venue for adults with disabilities to create art.

A particular type of artistic innovation is flourishing in the downtown and Chinatown neighborhoods thanks to a group of street artists and local teens who tag the walls of consenting local businesses with a symbol of prosperity—the dragon. Over the past two years, Dragon School has created more than 150 murals, with artists and young adults from nearby schools beautifying the area with dragons of various styles and colors that serve as a reminder of the diversity of the city itself.

“The strength of what we do is that it’s a microcosm of the city—we’re bringing together all these people from different walks of life who all have different life experiences to infuse into their art,” says Sage Loring, executive director of Dragon School. “It’s something that’s just not one thing. That’s the special sauce of it.”

The city’s largest art institution, Oakland Museum of California, transcends the role of a traditional museum through innovative events and exhibitions. Every Friday, the museum keeps lights on at night and offers discounted admission, a craft fair, music and food trucks for Friday Nights @ OMCA.

Recent special exhibitions at OMCA have mixed traditional installations with participatory activities. Through January 21, the museum is showing “Nature’s Gift: Humans, Friends & the Unknown,” a giant rainbow-lit, interactive, multisensory sculptural exhibit. From March 24 through August 12, 2018, the museum will show “Respect: Hip-Hop Style and Wisdom,” an exhibition centered on the evolution of hip-hop and its influence on cultural and social movements. The show will include opportunities for visitors to hone lyrical skills, discover how Eastern philosophy has swayed seminal hip-hop groups, and learn about the Bay Area’s importance to the greater hip-hop community.



Icon of Oakland

Drive through Oakland, and the most prolific image you’ll see on car windows and in storefronts isn’t a political statement. Its prominence may even rival the emblem of a certain local basketball team defending an NBA title. The iconic image shows an oak tree with roots and branches outstretched, the logo for the socially minded, Oakland-based apparel and accessories company **Oaklandish**. The image is, in turn, a variation on the City of Oakland’s official tree logo.

“I think the Oaklandish tree is the most common bumper sticker in Oakland,” says Chris White, community coordinator for the company. “It’s a feel-good logo, and if you’re connected to Oakland, you know what it is. It acts as a connection to other people from the city.”

Started as a public art project in 2000 that has since evolved into four brick-and-mortar locations, Oaklandish produces everything from T-shirts that celebrate city pride to jackets and jerseys emblazoned with old-school lettering—in Oakland A’s

and Golden State Warriors’ colors—to prints of city sights such as the Bay Bridge and Oakland’s iconic shipping-container cranes.

Much like its logo, Oaklandish has strong roots in the community. As it produces tees, hats and hoodies designed by Oakland artists and screenprinted in the city, the company creates inner-city jobs, offers a limited-edition shirt for city high school students with a GPA of 3.5 or higher, and donates a portion of its proceeds to nonprofits committed to Oakland, often with a focus on those that serve city youth.

“The T-shirts and accessories are really a means to an end. The main goals are to create jobs and to give people a real sense of belonging in Oakland,” says owner Angela Tsay. “There’s sometimes sensitivity with newcomers coming into the city, but our feeling is, if you move here or travel here and care enough to learn about what was here before you—and if Oaklandish can help you become more involved in the community—then you’re a part of the city.”

—K.H.

“We’re competing with the sofa and phones, so an exhibition has to be relevant, fun and interactive,” says Museum Deputy Director Kelly McKinley. “We put ourselves in the same family of engagement as the city’s other cultural offerings and street fairs. We’re all storytellers.”

What excellent stories are being told through the arts in Oakland—through its street art and sculptures, its galleries and event spaces, and its conventional and unconventional art institutions. ✖

Kristen Haney writes from the Oakland area.

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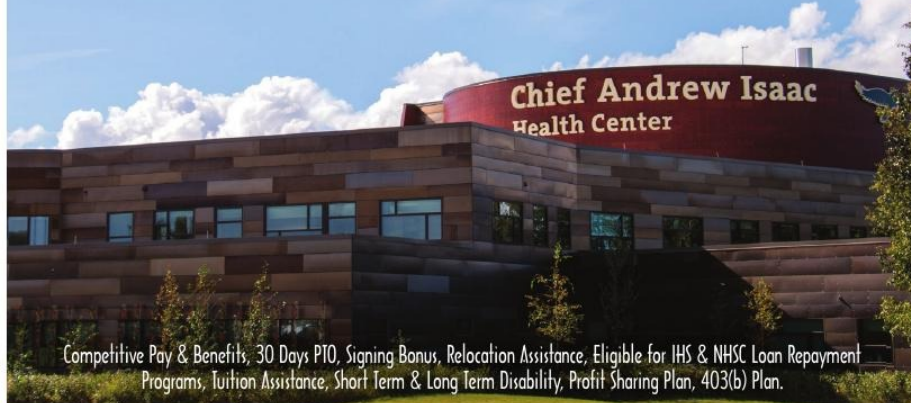


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THE ALLURE OF WINTER SPORT

Nordic skiing, fat biking and ice fishing are just a few pathways to fresh perspectives on Alaska's outdoors

By Ken Marsh

» **I flew low to the ground**, weaving like a forest hawk around frozen birch trunks and snow-covered spruces. It was sheer exhilaration. My body tingled as the world raced by, and my heart fluttered as in a rare dream where I break from gravity, lift off and soar.

But this was no dream. This was mid-December on Jodhpur Loop, one leg of a network of Nordic ski trails in Anchorage's Kincaid Park. On winter days when conditions are right—when snow lies deep and soft, trails are groomed, and temperatures range comfortably from 15 to 20 degrees—it's possible here to step into a pair of skis, glide into the hills and launch headlong into virtual flight.

As an avenue to Alaska's winter outdoors, the allure of Nordic skiing places the snowy season ahead of summer for many Alaskans and visitors alike. Once upon a time, the span

from November through March was reputedly fit only for extreme adventurers, hermit trappers and jaded sourdoughs huddled close to their wood stoves. But in recent decades, that cold-weather rap has faded. Word's out that winter here is, in fact, a vibrant season—a time of rare beauty to be embraced and experienced firsthand.

In addition to Nordic skiing, popular activities include winter biking, which Paul Cyr of Anchorage has been doing in Alaska for at least 30 years. Back in the day, he would insert carbide-tipped screws into standard mountain-bike tires and commute to work on icy, but relatively clear, sidewalks and roads.

"I was riding just around town," Cyr says, "not trail riding then."

Then, in the 1990s, local mountain-biking enthusiasts began fabricating "fat-tire" bikes

(a name later shortened to "fat bikes") for winter riding. The new frames accommodated tires 4 to 5 inches wide for greater "float" over soft, snowy surfaces. The innovations struck a chord, and now nearly every manufacturer builds fat bikes, Cyr says.

Experts write that winter fat-bike workouts burn up to 1,500 calories an hour, a perk for athletes looking to stay fit. Even more appealing to many in Alaska is that fat bikes have made biking a year-round activity.

"Now that we have great LED headlamp systems, you can ride trails day or night—it doesn't matter," says Cyr of the Alaska winter's short daylight hours. "Winter fat biking really gives you a unique perspective."

Getting outside in winter needn't require a great deal of physical exertion, however. Sometimes it simply involves a degree of dedication.

MATT HAGE



On fat bikes with extra-wide tires, riders can safely navigate snow-covered paths. It's one of many Alaska winter adventures.

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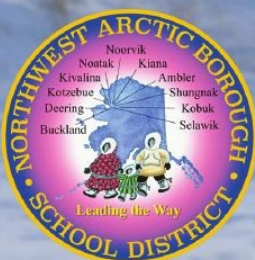
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Jason Perrego of Palmer-based Alaska Lakes Guide Service says ice fishing in Alaska has gained broad appeal. “You’d be surprised how many people come up here in the winter and want to go ice fishing,” Perrego says. “I was booked almost solid from late November through March last year, and 80 percent of my clients were from out of state.”

Reaching some of Perrego’s more remote fishing holes requires clients to pilot snowmobiles, a first-time experience for many. Along the way, they enjoy snow-covered mountain scenery, silent forests and, at the end of some of the best days, views of the awe-inspiring northern lights. At venues where rainbow trout, Arctic char or northern pike may be caught, Perrego sets up a portable ice-fishing shanty and gets down to business.

“I provide ice-fishing tents, heaters, chairs,” Perrego says. “And clients will be warm. I usually keep it around 70 degrees in the tent.”

For Perrego it’s all a labor of love. “I just like to take people fishing,” he says. “I had no idea the market for ice fishing would be so big.”

Sure enough, much wonder glitters in the bright white span of winter months. Nordic skiing, fat biking and ice fishing represent only a flurry of ways to experience it.

Some advice from a longtime Alaskan: Be brave. Embrace hoarfrost whiskers and subarctic-brittle days as gifts of the season. Explore on snowshoes. Hurtle vertical slopes on snowboards or downhill skis. Get pulled by sled dogs or by a horse for a wild hour of skijoring. You’ll find Alaska alive in all seasons, awaiting those with a zest for living. ✈



SIGNATURE ALYESKA

By P.M. Fadden

» **I’m poised atop** Alyeska Resort’s sublime North Face, one of North America’s lengthiest double black diamonds. On the horizon, the massing clouds clustered over the Chugach Mountains hint at the snowy months to come. My heart races and my muscles tense at the sight, because Alaska at its powder best forever alters my skiing memories—that mental journal I draft when carving tracks through deep white.

Rising 2,500 vertical feet from the valley floor, the storied Mount Alyeska, about 40 miles east of Anchorage in the town of

Girdwood, is an oft-noted custodian of the Last Frontier’s snowfall. The resort gets nearly 700 inches each year to pad its 1,600 acres, 375 of which can be skied under the lights. Nearly 200,000 people come every winter to the largest commercial ski operation in the 49th state.

Alyeska’s 60-passenger Aerial Tram and four chairlifts serve 76 groomed trails as well as views of Turnagain Arm’s icy waters and of the alpenglow painting nearby peaks. Skiers and riders can weave in and among diving chutes, powder fields, glades and the legendary North Face. Right before I drop, time seems to slow. My sight sharpens, my nerves calm. Then I launch into a vast realm soft and white, ready to make my mark.

For more, visit alyskaresort.com. ✈

Plan your winter adventures



Nordic skiing. For rentals, see REI in Anchorage (rei.com/stores/anchorage.html), Trax Outdoor Center in Fairbanks (traxoutdoorcenter.com/rentals-lessons/xc-skiing-classic) and Eaglecrest Ski Area in Juneau (skijuneau.com/nordiclessons.php). For locations and trail maps, visit anchoragenordicski.com/

trail-maps, nscfairbanks.org/index.php/trails and skijuneau.com/mountain-information/snow-trails-reports.

Fat biking. In Anchorage, try Arctic Cycles for rentals and guided tours at arcticcycles.com. For DIY tour ideas, visit the Anchorage Fat Bike Facebook page. In Fairbanks, visit Goldstream Sports at

goldstreamsports.com for rentals and fairbanksclub.org/winter for trip ideas.

Ice fishing. Visit the Alaska Department of Fish and Game website at adfg.alaska.gov for general information. Visit the Alaska Lakes Guide Service for trip ideas at alaskalakesguideservice.com/ice-fishing. —K.M.

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Day 5. Hike the Hanging Bridges, and continue on to the Pacific Coast.

Day 6. Free time at your beach resort and spa.

Day 7. Cruise the Tarcoles River. Birdwatching and crocodile spotting.

Day 8. Explore Manuel Antonio National Park. Enjoy the beach coves.

Day 9. Return with great memories!

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—Arthur Frommer, Travel Editor

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Alaska BEYOND
Alaska Beyond Magazine
Horizon Edition Magazine

alaskabeyondmagazine.com



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PalmSpringsAirMuseum.org

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.

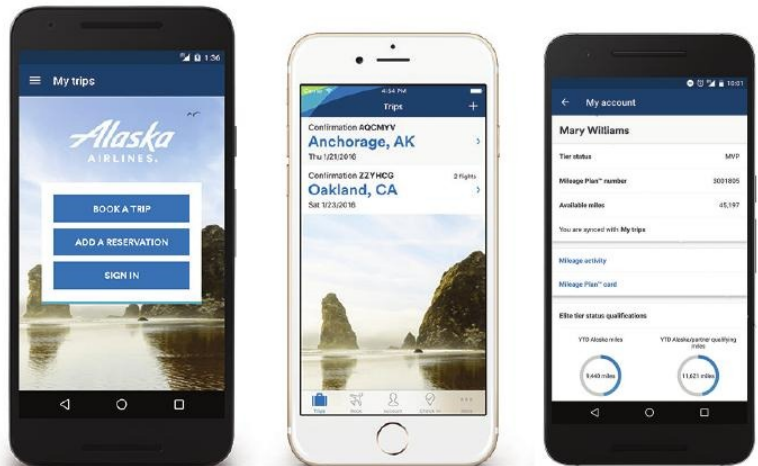


- Always find our lowest fares, guaranteed
- Check out our weekly flight deals
- Plan your whole trip with hotel, car and vacation packages
- Manage your Mileage Plan™ account and use miles
- Check in, print boarding passes and baggage tags
- **NEW**—Book Virgin America flights at alaskaair.com

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 six lounges in Seattle, Portland, Los Angeles 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.

Alaska's Boeing 737 fleet.



B737-900/900ER

Number in fleet: 75
Range: up to 2,720 miles
Seats: 181, or 178 with Premium Class

B737-800

Number in fleet: 61
Range: 2,920 miles
Seats: 159

B737-700

Number in fleet: 11
Range: 2,985 miles
Seats: 124

B737-400

Number in fleet: 1
Range: 2,000 miles
Seats: 144

B737-700F (freighter)

Number in fleet: 3
Range: 2,985 miles
Capacity: 9–10 cargo containers

B737-400F (freighter)

Number in fleet: 1
Range: 2,000 miles
Capacity: 9–10 cargo containers

You'll find Boeing's new Space Bins, offering 48% more stowage space, on many of our 737-900ER aircraft. All -900ERs will feature Space Bins by the end of 2017.

Alaska's regional fleet.



Bombardier CRJ-900

Number in fleet: 52
Range: 1,114 miles
Seats: 76
Operated by Horizon Air



Embraer E175

Number in fleet: 31
Range: 2,150 miles
Seats: 76
Operated by Horizon Air and SkyWest Airlines

Virgin America's fleet.



Airbus A319

Number in fleet: 10
Range: 2,986 miles
Seats: 119
Operated by Virgin America

Airbus A320

Number in fleet: 53
Range: 2,855 miles
Seats: 146–149
Operated by Virgin America

Airbus A321neo

Number in fleet: 2
Range: 3,072 miles
Seats: 185
Operated by Virgin America

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.

The Alaska experience

Enjoy the journey.

Our three travel classes all feature great perks

What can you expect aboard an Alaska Airlines flight? You'll find a variety of comfortable seating choices and a tasty selection of food and drinks. We have power outlets to keep you charged, Wi-Fi to keep you connected, and entertainment options to captivate you. And as always, our warm, friendly flight crew is ready to help you however they can.



First Class

Choose First Class for spacious seating, plentiful food and beverage choices, and our dedicated flight attendants.

- ✓ Luxury at an affordable price
- ✓ Priority access for check-in and security lines
- ✓ Power outlets at every seat, on most aircraft
- ✓ Two bags checked free



Premium Class

More space, more perks and early boarding: Treat yourself to our Premium Class experience on your next flight.

- ✓ 4" more legroom than Main Cabin seats
- ✓ Board early and get settled
- ✓ Drinks are on us
- ✓ Power outlets that are easy to access



Main Cabin

Enjoy our Main Cabin seats with a complimentary snack and beverages.

- ✓ Power outlets at every seat, on most aircraft
- ✓ Over 200 free movies and TV shows on Alaska Beyond Entertainment
- ✓ Tom Douglas-inspired meals for purchase
- ✓ Award-winning service

Enjoy a drink

Refreshing selections, for free or for purchase.

COMPLIMENTARY BEVERAGES



Sodas

Coca-Cola
Coke Zero
Diet Coke
Sprite
Sprite Zero
Seagram's Ginger Ale
Seagram's Seltzer
Seagram's Tonic



Coffee

Proudly serving Starbucks®
Pike Place® Roast

Other

Bottled Water
Orange Juice
Tomato Juice
Cranberry Juice
Apple Juice
Our special blend of Passion, Orange and Guava
(on flights to Hawai'i)
Bloody Mary Mix
Tazo® Awake® black tea
Tazo® Sweet Orange hot herbal tea (caffeine-free)

The menu card
in your seatback
pocket displays
all our food and
beverage options.

PREMIUM WINE

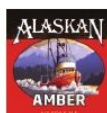


Canoe Ridge \$7
Exploration
Red Blend

Canoe Ridge \$7
Exploration
Sauvignon Blanc

La Marca \$8
Prosecco

All prices in U.S. dollars.



BEER

Premium Beer \$7
Alaskan Amber
Alaskan Icy Bay IPA
Kona Longboard Island
Lager (to/from Hawai'i)
Modelo Especial (to/from Mexico)
Imperial (to/from Costa Rica)

Domestic Beer \$6
Miller Lite
Budweiser

LIQUOR



Spirits \$7
Premium Vodka
Premium Gin
Premium Rum
Woodford Reserve
Bourbon
Crater Lake Hazelnut
Espresso Vodka

Sauza Tequila
Dewar's White Label Scotch
Jack Daniel's Black Label
Crown Royal
Baileys Irish Cream

First Class Wines

Featured wines this month.



Browne Family Vineyards
Generations Collection

Chardonnay, Washington

Sweet oak and vanilla aromatics develop into a full silky body, with flavors of Asian pear, crème brûlée and pineapple.



Browne Family Vineyards
Generations Collection

Red Blend, Washington

Big, dark-berry fruit flavors with blackberry and toasty notes, and a round, velvety finish.

Beverage service may vary due to time of day and flight-segment time limitations. Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. Government warning: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

Movies, TV, Wi-Fi and more.

The choice is yours.

Get Started:

The "Movies & Wi-Fi" card in your seatback pocket has instructions on how to watch.

Kick back with over 200 free movies and TV shows.

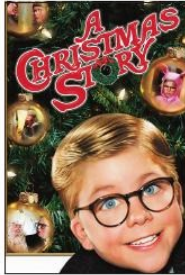
Nearly every flight offers Alaska Beyond Entertainment, our streaming entertainment system that features hit movies and episodes from your favorite TV networks—like HGTV and Travel Channel—as well as new discoveries, including new musicians on Seattle's independent record label, Sub Pop.



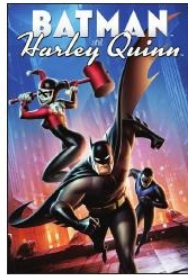
Download the app:

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

HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:



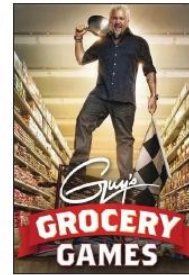
A Christmas Story



Batman and Harley Quinn



Elf



Guy's Grocery Games



Wonder Woman

HERE'S A PEEK AT OUR ALASKA BEYOND ENTERTAINMENT MOVIE LINEUP:

- Alien: Covenant
- Baggage Claim
- Blade Runner 2049
- Chasing Mavericks
- CHIPS
- Daddy's Home 2
- Enough Said
- Epic
- Ferdinand
- Gifted
- Going in Style
- Home Alone
- Justice League
- Kingsman: The Golden Circle
- Kong: Skull Island
- Lilo & Stitch
- Mad Max: Fury Road
- Miracle on 34th Street
- Mrs. Doubtfire
- Murder on the Orient Express
- My Cousin Rachel
- Practical Magic
- Ready Player One
- Sideways
- Slumdog Millionaire
- Snatched
- Son of God
- Table 19
- The Blind Side
- The Book Thief
- The Boss Baby
- The Greatest Showman
- The Jungle Book
- The LEGO Batman Movie
- The Other Woman
- The Polar Express
- The Rocky Horror Picture Show
- The Wolverine
- Tim Burton's Corpse Bride
- Toy Story 2
- Unforgettable
- War for the Planet of the Apes
- Wilson
- X-Men: Days of Future Past
- Young Frankenstein

For a complete movie listing, log on to the Alaska Beyond inflight portal.

Plus, TV shows from:



Like our tunes?

Take a look at this month's boarding music playlist:

Artist

Taylor Swift
Lindsey Stirling
The Sweplings
Maxwell, Miranda, Parsley
Aaron Espe
Fun.
North Pole Patrol
The Sweplings

Lindsey Stirling

Jackson Michelson

Song

Santa Baby
Jingle Bell Rock
Deck the Halls
Ho Ho Home
Jingle Bells
Sleigh Ride
Snowball Fight
It's the Most Wonderful Time of the Year
Dance of the Sugar Plum Fairy
Let It Snow!

Plus, check out our featured Sub Pop album of the month

Dude York

Halftime for the Holidays

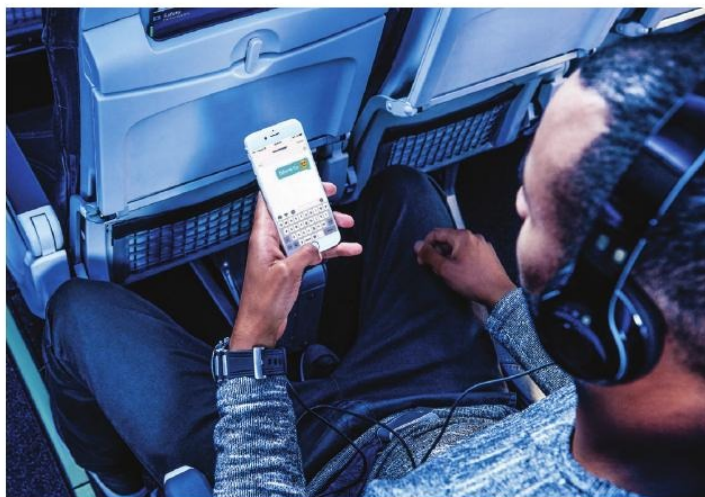
The Seattle-based trio Dude York couches themes of anxiety, breakups and the power of art and friendship in rock tracks that amp up the sweetly melodic crunch of powerpop with massive distortion and bashed-to-heck drums. With *Halftime for the Holidays*, the band tackles "the most wonderful time of the year."



Stay connected with Free Chat™.

Never miss a thing. Free Chat allows you to send messages to friends and family from your smartphone using iMessage, Facebook Messenger and WhatsApp. Please keep in mind:

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



Go online.

Gogo® Inflight Internet is available on all of our Boeing 737 and Embraer 175 aircraft, excluding five half cargo/half passenger aircraft.

- Inflight Internet is not available on flights to/from Hawai'i or when flying over Latin America.
- In the air or on the ground, visit alaskaair.com or gogoair.com to view flexible pricing options.

TIPS FOR MAKING THE MOST OF INFLIGHT WI-FI:

It's great to be able to stay connected while you fly, but inflight Wi-Fi is different from the Wi-Fi you may be used to.

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

Rent one of our premium entertainment tablets.

On most flights over 3.5 hours, you can rent one of our inflight entertainment tablets featuring the newest movies onboard, plus recent hits. Each tablet is preloaded with 25 to 30 movies (depending on the month), plus TV shows, Xbox games, music and digital magazines.

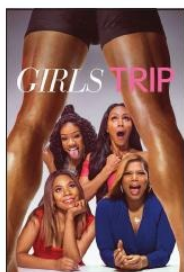
Tablets are free in First Class, and available to rent for \$8-\$10, depending on flight length.



NEW MOVIES ON THE TABLET:



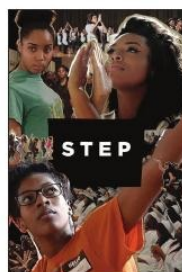
War for the Planet of the Apes



Girls Trip



Atomic Blonde



Step



Dunkirk

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 900 destinations worldwide with our airline partners.



The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.*

MVP

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- Priority check-in
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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:
- Complimentary inflight entertainment player
 - Four Alaska® Lounge day passes
 - 125% bonus miles and more

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



LONDON, ENGLAND



Carry the card for even more rewards.

Limited-time offer: Buy 1 ticket, get 1 for just the taxes and fees with Alaska's Famous Companion Fare™ offer.

• **30,000 bonus miles** after qualifying purchases.

• **Free checked bag** for up to six people on the same reservation.

Learn about all card benefits at alaskaair.com. The benefits above apply to Visa Signature® accounts only and different benefits apply to

Platinum Plus® accounts. Card type is determined by creditworthiness.

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

Apply at AlaskaOffer.com or ask your flight attendant.

For information about rates, fees, other costs and benefits associated with the use of this card or to apply, visit the website referenced above. The Visa Signature® card benefits described herein are subject to certain restrictions, limitations and exclusions. This credit card program is issued and administered by Bank of America, N.A. Visa Signature is a registered trademark of Visa International Service Association, and is used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of Bank of America Corporation.

Big adventures for fewer miles. NEW

You can now book nonrefundable one-way award travel within the continental United States and Canada starting at just 5,000 miles.*

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

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

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Mileage Plan gives you the world

Earn and redeem your Alaska Airlines miles to more than 900 destinations worldwide.

Find tips on how to earn and use miles on our global partners at blog.alaskaair.com/mileage-plan.



Explore more with Mileage Plan.



Paris, France
British Airways



Reykjavik, Iceland
Icelandair



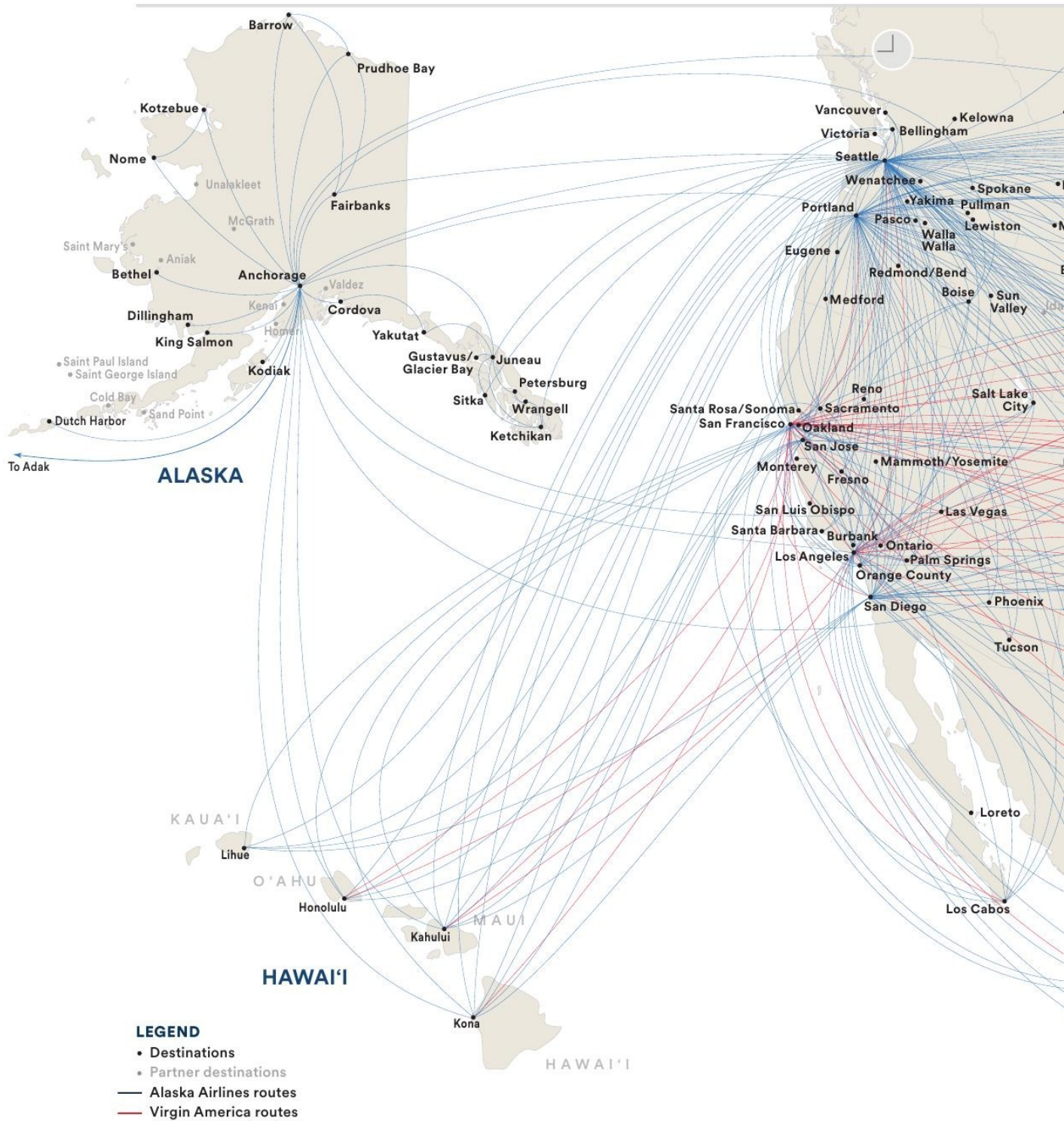
Singapore
Singapore Airlines



Sydney, Australia
Qantas

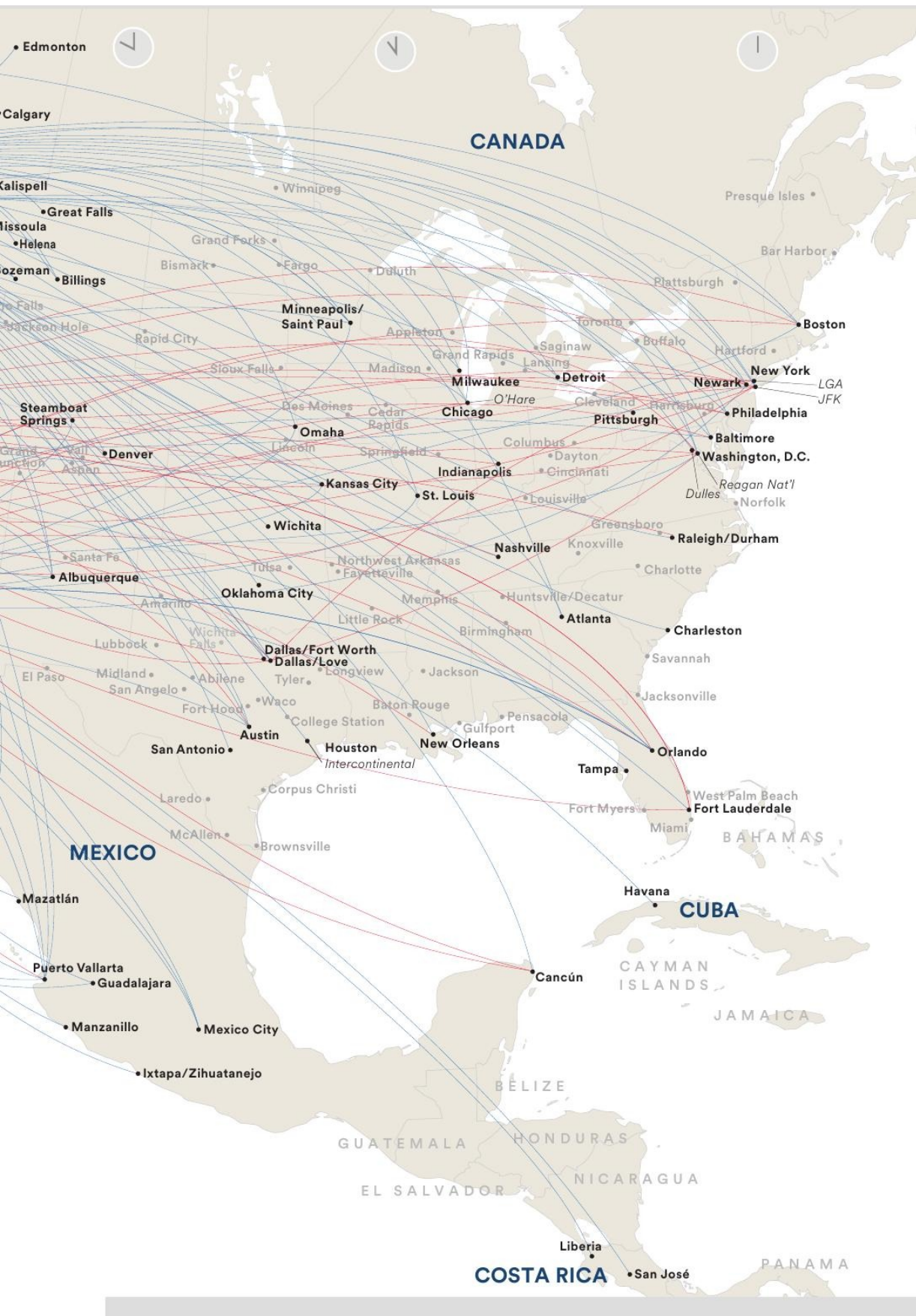
Where we fly

115+ destinations and counting.



UPCOMING NEW SERVICE

Route	Service Begins
San Francisco, CA—Kona, HI	December 14
San Diego, CA—Kansas City, MO	December 15
San Diego, CA—St. Louis, MO	December 15
Seattle, WA—Pittsburgh, PA	September 6, 2018



Some Alaska Airlines service operated by Virgin America, Horizon Air or SkyWest Airlines.

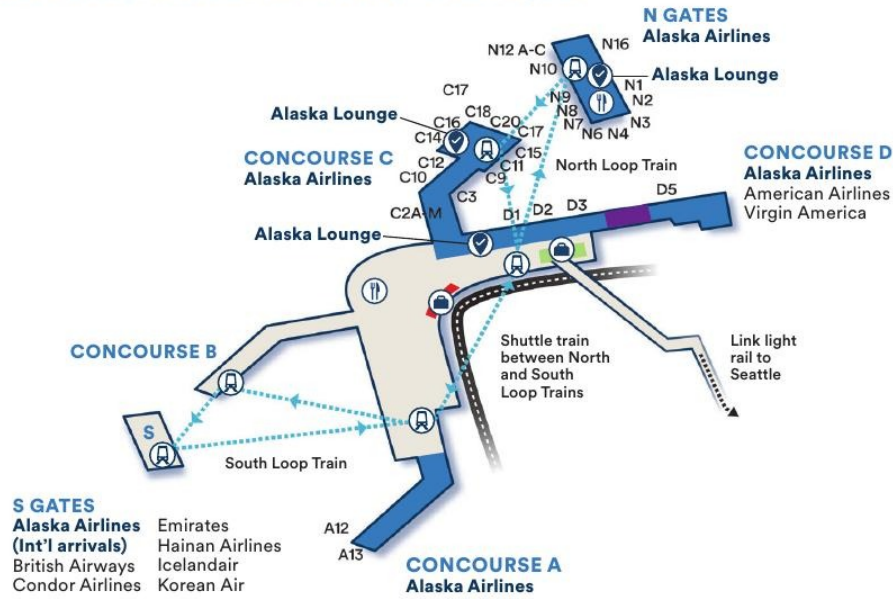
Some routes shown operate seasonally.

Airport terminal maps

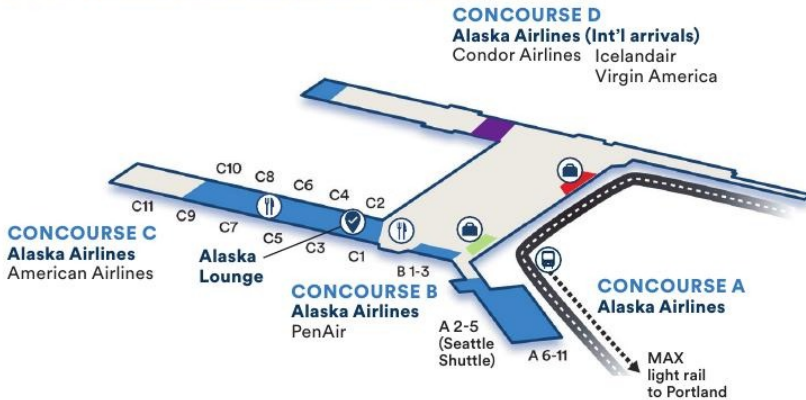
SEA Seattle/Tacoma International Airport

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 opened in the C Concourse: Raise your "preflight" game. We have complimentary food, premium drinks, Wi-Fi and great views.



PDX Portland International Airport



SFO San Francisco International Airport

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

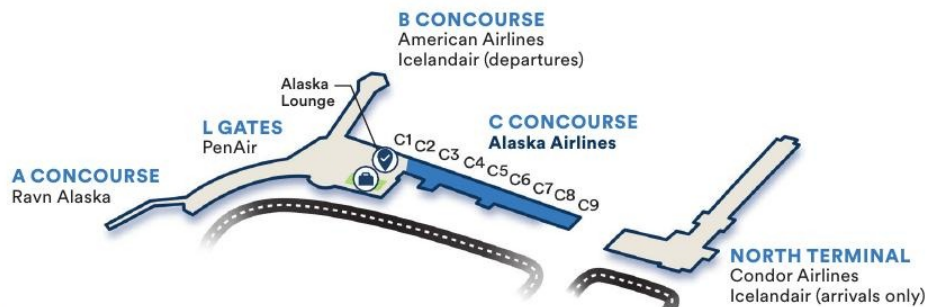


LAX Los Angeles International Airport

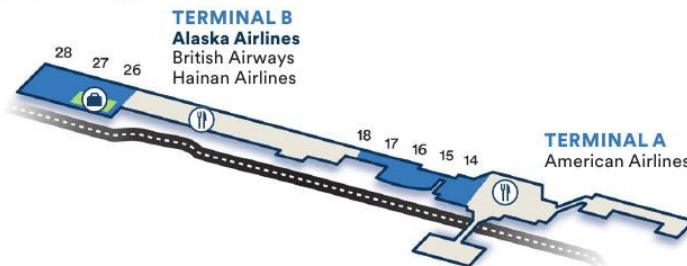


Tip:
 Virgin America has moved to Terminal 6. Virgin America Loft has closed: Please visit the Alaska Lounge at Terminal 6.

ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



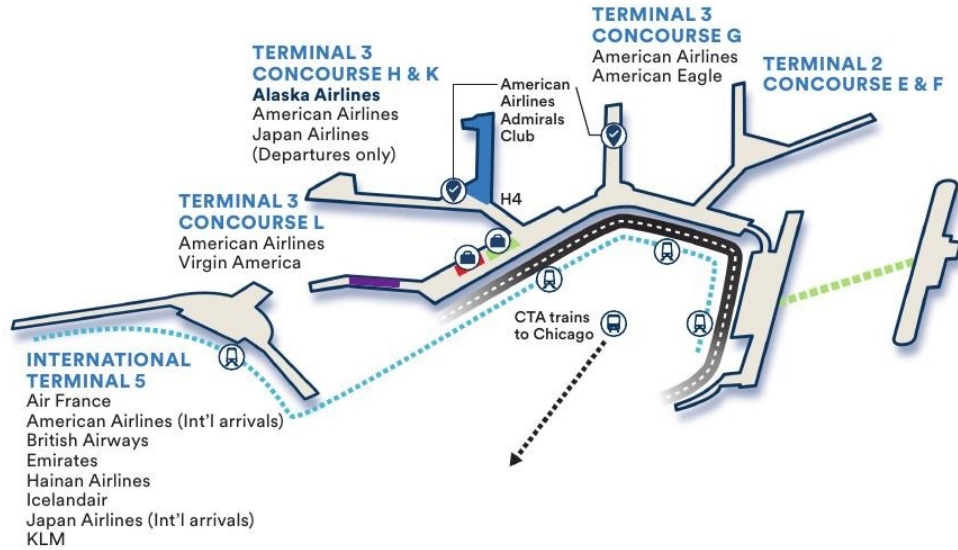
Global Airline Partner terminal maps

ORD Chicago O'Hare International Airport

American Airlines 

From Chicago, American Airlines serves 122 destinations in 11 countries, with convenient connections to Europe from the West Coast.

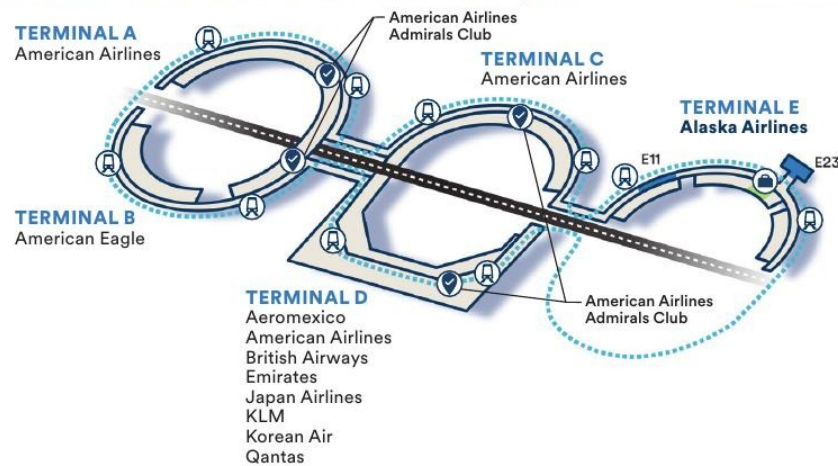
Tip: Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.



DFW Dallas/Fort Worth International Airport

American Airlines 

Headquartered in Dallas, American serves 197 destinations in 29 countries including Latin America, the Caribbean and Europe from DFW.

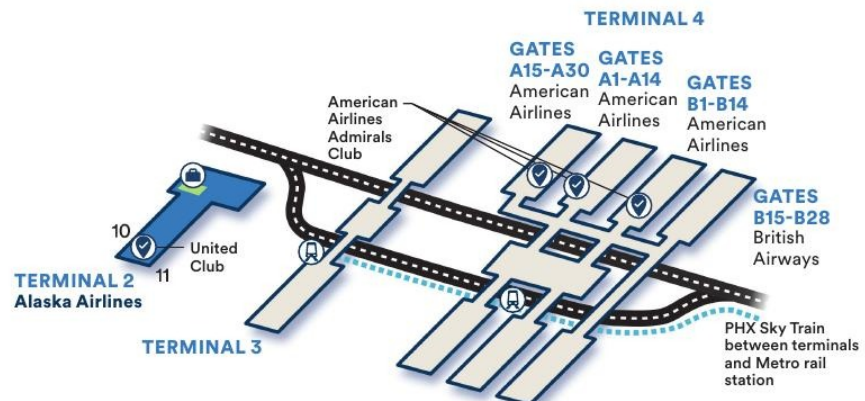


PHX Phoenix Sky Harbor International Airport

American Airlines 

From Phoenix, American flies to 81 cities with over 300 flights.

Tip: Alaska Lounge members have access to the United Club across from gate 10 at Sky Harbor when flying on Alaska.



Legend:



Dining Options



Alaska Airlines check-in



Public transportation



Virgin America check-in



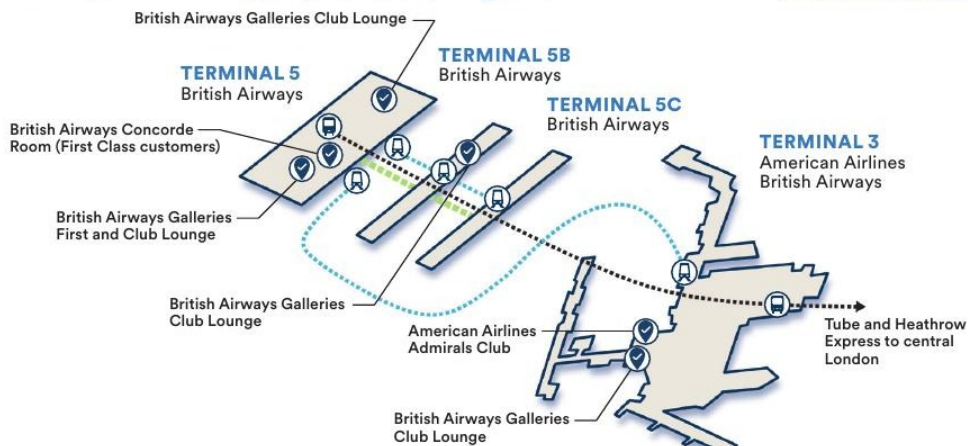
Airport transportation



Underground walkway

LHR Heathrow Airport, London, England

BRITISH AIRWAYS

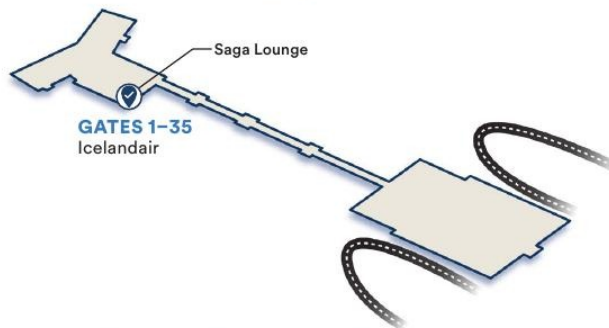


British Airways' London hub offers convenient connections from the West Coast to cities throughout Europe.

Tip:
MVP Gold & MVP Gold 75K members receive complimentary access to British Airways' Galleries Club Lounge in Terminal 5.

KEF Keflavík International Airport, Reykjavík, Iceland

ICELANDAIR

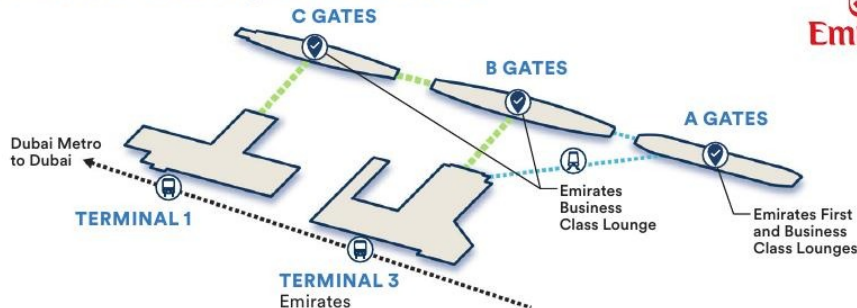


Tip:
MVP Gold and MVP Gold 75K members receive complimentary access to Icelandair's Saga Lounge.

Icelandair's Reykjavík hub makes for easy connections to the airline's 20+ destinations throughout Europe. Icelandair offers free stopovers in Iceland.

DXB Dubai International Airport, Dubai, UAE

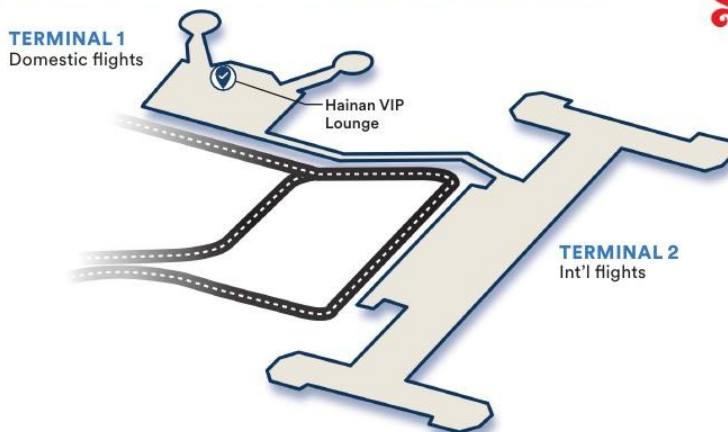
Emirates



Emirates' Dubai hub offers connections to 100+ destinations on 6 continents, all featuring the airline's world-class service.

PEK Beijing Capital International Airport, Beijing, China

HAINAN AIRLINES
Cherished Experience



Tip:
MVP Gold and MVP Gold 75K members receive complimentary access to Hainan's VIP Lounge.

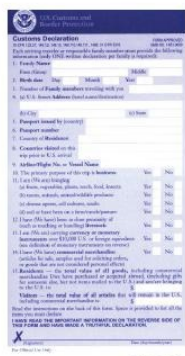
With gateways in Seattle and San Jose, earn miles traveling to Beijing, Shanghai and to other destinations throughout China.

Customs and immigration

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

Global Entry is a U.S. Customs & Border Protection program that offers expedited customs entry with no processing lines, no paperwork, TSA 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

- Your seat belt must be fastened whenever the “FASTEN SEAT BELT” sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

CARRY-ONS

- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

LAVATORY

- Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.

CREW SAFETY

- Interference with crew members’ (including flight attendants’) duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer’s behavior.

PETS

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

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)

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.
- Some restrictions for child-restraint systems apply based on seat locations and flight numbers. Visit <http://bit.ly/InfantTravel> for details.

DEVICES

- During taxi, takeoff and landing, portable electronic devices and headphones may be used. Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Tablets, etc.

ALCOHOL AND TOBACCO

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant. No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

OTHER PROHIBITED ITEMS

- Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal air-purifying devices.

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.

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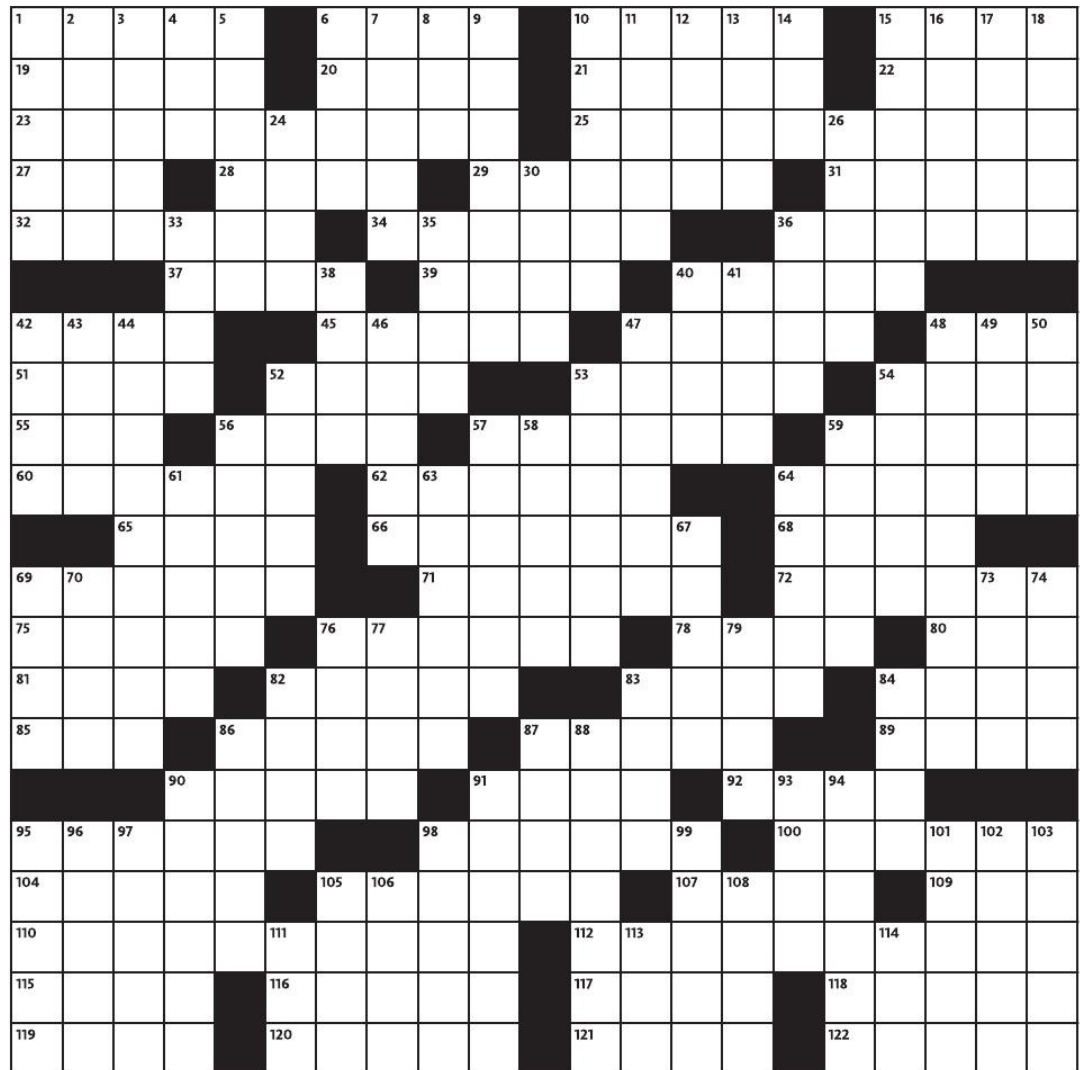
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ACROSS

- 1 Masticates
6 Double
10 Saunter
15 Go by
19 Christen
20 Normandy department
21 Danger
22 Producer Reitman
23 Limitless
25 Extravagant
27 A Stoooge
28 Aquatic bird
29 Disinclined
31 TV's O'Donnell
32 Chela
34 Glossy
36 Pigeon breed
37 Desert nomad
39 Sunder
40 Circus act, e.g.
42 Tight
45 Degrade
47 Small
48 Deli sand.
51 Sheet of stamps
52 Stuff
53 Slide
54 Tart
55 FedEx rival
56 Trickster god
57 Violent gusts
59 Coal conduit
60 Eagle, e.g.
62 Paths
64 Polishes
65 Plant genus
66 Homesteader
68 Java trumpeter
69 Braces
71 Military command
72 Green
75 Sign of spring?
76 Documents
78 Basin
80 Seedy fruit
81 Posterior
82 Ginza noodle-soup
83 Frees (of)
84 Moon goddess
85 Register
86 Signified
87 Snivel
89 King of comedy
90 Boorish
91 Prod
92 Trade center
95 Reach
98 *Silas* _____
100 The Fishes
104 Grow
105 Took part (in)
107 Beerlike brews
109 Computer acronym
110 Very generous
112 Excessive
115 Pro-am tournament



- 116 Flour-free cake
117 Diving bird
118 Honey badger
119 Renovate
120 Cuss
121 Yin's partner
122 Exhausted

DOWN

- 1 Wad
2 Songka River city
3 Clampett portrayer
4 Rainy
5 Deli machine
6 Baum dog
7 Legal orders
8 Hostel
9 Nullifies
10 Subjoin
11 _____andrew
12 Chums
13 Spirit
14 45 inches, once

- 15 Food binge
16 Salty halt
17 Composer Erik _____
18 Villainous look
24 Director Ephron
26 Sarcasm
30 Hollywood crosser
33 Coop
35 Ancient Syria
36 Poled boat
38 Cortex
40 Install
41 Hardy gal
42 Branch track
43 California city
44 Lavish
46 Torments
47 Mixes, as salad
48 Abundant
49 Guitar's kin
50 Very, to Yves
52 Crocus parts
53 Onassis' love

- 54 Bake eggs
56 Lummoxes
57 Secure, with "down"
58 Metric quart
59 Fissure
61 Fine-tuned
63 Gathered
64 Eschews
67 Varnish ingredient
69 Comedian Mort _____
70 Triplets, e.g.
73 _____colada
74 *Pollyanna* star
76 Cushions
77 Iowa town
79 Footnote word
82 Library leather
83 Needle
84 Back muscles, shortly
86 Concise
87 Sported
88 Easily
90 Vegas building

- 91 Wedding throw
93 Mocked
94 Chorus stands
95 Mail
96 Hosiery shade
97 Pointy, as a fork
98 Spanish cloak
99 Actor Novarro
101 Ricketty car
102 Moth-_____
103 Refine ore
105 Tub
106 Present!
108 Tedious
111 _____*My Party*
113 Kiwi's relative
114 Knock

SOLUTION ON PAGE 199.

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Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions on page 199.**

DIFFICULTY: **EASY**

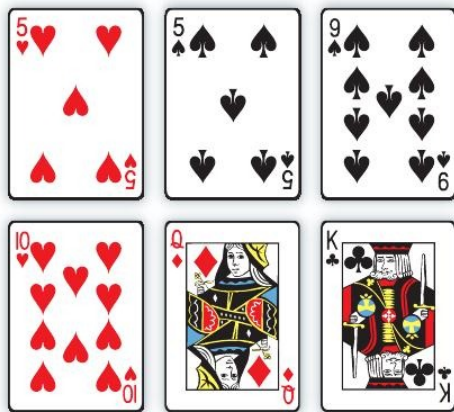
2	7	8				5	9	
5			9	8				7
		6	7					
		3	4		9	7		
1	4						5	9
		7	5		3	2		
					1	9		
8				6	7			5
	6	5				8	2	1

DIFFICULTY: **MEDIUM**

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

CARD SENSE

Five playing cards were shuffled and put in a pile, one on top of another. Using the clues, can you identify each card's position in the pile?



1. The king of clubs is somewhere between the queen of diamonds and the nine of spades.
2. The ten of hearts is somewhere between the queen of diamonds and the king of clubs.
3. The nine of spades is somewhere above one of the fives and below one of the hearts.
4. The five of spades and nine of spades are not adjacent.
5. The five of hearts and five of spades are adjacent.

ANAGRAM MAZE

The diagram contains 36 words, 19 of which are anagrams of other everyday words. Start at the top arrow and anagram POEM. While solving, move up, down, right or left to the only adjacent word that can be anagrammed. Continue until you arrive at the bottom arrow. There is only one path through the maze.

1 HUNT	2 OOZE	3 POEM	4 EVIL	5 BUYS	6 AUNT
7 PURR	8 FOIL	9 CULT	10 ALOE	11 WHIM	12 PANS
13 PEAS	14 FITS	15 PALM	16 FARE	17 FALL	18 SURF
19 DEAF	20 PLUS	21 CUFF	22 COAL	23 BEAR	24 SALE
25 COIN	26 SKID	27 BODY	28 WAIT	29 INTO	30 WINE
31 FIVE	32 FORM	33 TOGA	34 ODES	35 DECK	36 CREWW

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CROSSWORD ON PAGE 194.



SUDOKU ON PAGE 196.

DIFFICULTY: EASY

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

DIFFICULTY: MEDIUM

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

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BRAIN BOOSTER PUZZLES ON PAGE 196.

CARD SENSE

Since the fives are adjacent (clue 5), the nine of spades is above both the five of hearts and the five of spades in some order and below the ten of hearts (clue 3). The card on top of the pile isn't the king of clubs (clue 1) or the ten of hearts (clue 2), so it is the queen of diamonds. The king of clubs is above the nine of spades (clue 1) but isn't second (clue 2); it is third and the ten of hearts is second (also clue 2). The nine of spades, then, is fourth. By clue 4, the five of spades isn't fifth; it is sixth, and by elimination, the five of hearts is fifth. In summary, from top to bottom: queen of diamonds, ten of hearts, king of clubs, nine of spades, five of hearts, and five of spades.

ANAGRAM MAZE

The path through the maze, with just one anagram given for each, is: 3. mope; 4. vile; 5. busy; 6. tuna; 12. span; 18. furs; 24. seal; 23. bare; 22. cola; 16. fear; 15. lamp; 14. sift; 13. apes; 19. fade; 25. icon; 26. disk; 32. from; 33. goat; 34. dose.

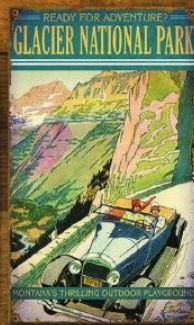
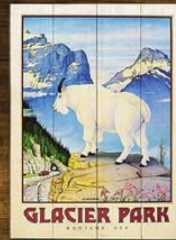
		3	4	5	6
					12
13	14	15	16		18
19			22	23	24
25	26				
	32	33	34		

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» **“So many amazing things in life are worth doing and seeing,”** says Instagram user Jeremy Martin (@live_free_run_far). “The internet and social media are great ways to find and see amazing places. But pictures will never be as good as the real thing. So don’t wait too long, or you might miss them.” This photo was taken at Matanuska Glacier, north of Anchorage, Alaska.

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