

Alaska BEYOND»

MAGAZINE JUNE 2017

THE HEAD AND THE HEART

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ON THE MAIN STAGE

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music-fest essentials

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Staying up late in Alaska

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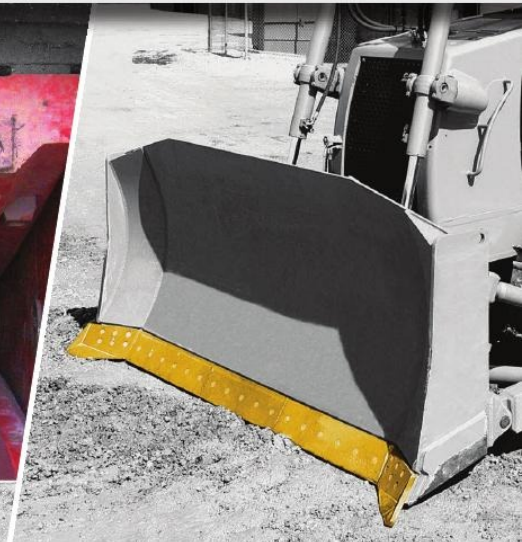
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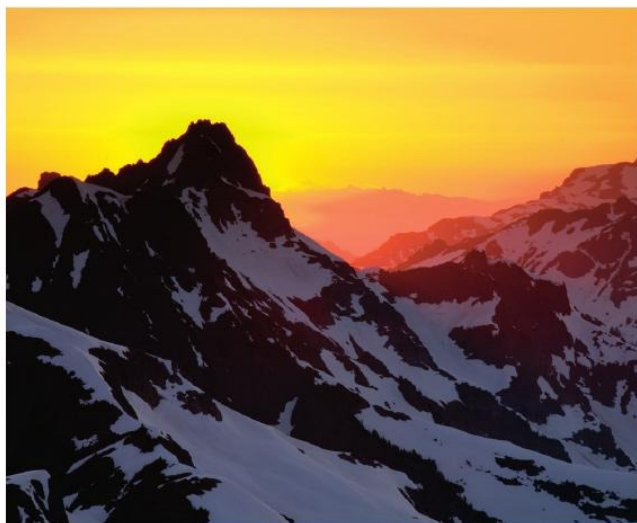
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The Head and The Heart.

Photo by Gus Black.

Volume 41, No. 6

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Thank you My Best 10! I feel like I'm 30 years old again! This is the best decision I've made in years. It took me five years to sign up for the program, but when I finally did, life changed for me.

Prior to My Best 10, I focused on everything that was important in my life – my three children, work and family. I went through some tough years, gained weight, didn't feel healthy, had low energy and lost all dedication to me. I loved hiking and would spend time exploring the beautiful mountains in the great Northwest, but that was adventuring, not weight loss. When my children left home and went to college, I had a lot of time on my hands. I knew that I had no excuse but to focus on making the changes I desired.

Everything I'd read about the program inspired me. I knew it would change my life and that once I lost weight, I'd start finding myself again. I wanted to look at myself in the mirror again being happy and content. My goal was to lose 20 pounds in 10 weeks. When I told this to my amazing personal trainer, he loved my determination and dedicated his training to my goal.

After meeting with all my team members, the passion and dedication to my new life became even more exciting. My dietitian was with me weekly, checking in on my food intake. Because of her and the educational videos I watched, I learned all about salt, sugar and fat, and I know I'll never gain my weight back because of this.

My personal trainer not only helped me lose the 20 pounds, but also got me addicted to

working out! The sessions were so fun and focused, they went by super-fast! I lost the weight, got toned and became stronger than I'd ever imagined.

Last, but not least, Dr. Levy and his amazing Medical Spa team gave me the skin I've always wanted. The outcome was incredible! So natural and simple. I'll always go back. It was also fun knowing that after the program was over, I'd have some beautiful photographs that would keep me dedicated. After all, once you find yourself again, why not have a photo shoot, get spoiled with a hair stylist, makeup artist and incredible photographer? The photos were proof of my new self and changed me forever.

When I started fitting back into my favorite jeans and jackets, I was thrilled. I love fashion and was super happy to get that back into my life. I also realized how strong I'd become. When I had to move something heavy, it amazed me that I could do it by myself.

Of course, I have to attribute some of my success to Bo Derek, the iconic actress who starred in the movie "10." She inspired me from the start. If it hadn't been for My Best 10, I wouldn't be where I am today – happy, healthy and living life to the fullest. When you dedicate yourself to YOU, it's amazing what the outcome can be!

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Alaska

WELCOME»



Brad Tilden,
Chief Executive
Officer

A LEAGUE OF HER OWN

» When people ask me why I believe Alaska Airlines has been successful, I say because we have great people. People like Donna Arledge, one of our Los Angeles-based flight attendants.

Donna's mother grew up in Japan during World War II. To get through the hardships of wartime, she and her six siblings would pass time watching baseball. Their team was the Tokyo Giants. If the Giants won, Donna's grandmother would cook that night; if the Giants lost, the family would get only miso soup and rice.

Donna's father, an American, was raised in Hot Springs, South Dakota, and worked as a teletype repairman in Hawai'i. He met Donna's mom in Japan, after the war. They came to California, settled in Westminster and started life in America.

Donna's mom spoke very little English. But

her kindness required no translation. Once, when Donna was young, there was a knock at the door, and her mother cheerfully greeted some missionaries from a local church. They asked, "Do you know when Jesus will be back?" To which her mother exclaimed, "Oh, yeah, he'll be home at 5 o'clock!"

As the visitors stared in disbelief, Donna explained to her mom that they weren't asking about her dad.

When Donna was selected as a flight attendant for Jet America, which was later acquired by Alaska Airlines, her mother would rise very early and prepare *onigiri* (Japanese rice balls), wontons and other delicacies for the crew. Donna was voted the Spirit Award winner by her fellow flight attendants that year, an honor similar to Miss Congeniality. She says it was because of her mother.

Donna's upbringing of respecting her

» WELCOME

heritage, with its culture of caring and gift-giving, makes her a truly amazing employee. She knows many of our guests by name, and she has developed close friendships in every city we serve—from her co-workers at our airports to the folks who drive the hotel shuttles. She refers to fellow flight attendants and pilots from LA as her family. They lovingly refer to her as “the mayor” for the lasting impression she makes, and the incredible relationships and sense of community she has built in her 32 years with the company.

Last year, when a co-worker had a family emergency, Donna organized and delivered groceries, meals and gifts for the family,

driving more than two hours roundtrip.

This month, we are honored to formally recognize Donna’s contributions to our company with the highest honor an Alaska Airlines employee can receive: the Customer Service Legend Award. Donna joins 11 other employees from Alaska Airlines and Virgin America whom we are celebrating all year long.

I recently ran into Donna at a Seattle Mariners baseball game. She was there with her three kids, Carlee, Matthew and Jake, loudly cheering on the M’s (a nice surprise given that Donna lives in LA). When she looked around to see if her family was being too rowdy, there I was. I loved it. Donna’s son

Jake plays college baseball for the Arkansas Razorbacks, and you can bet that she’s in the front row, cheering loudly.

I am reminded every day that Alaska is great because of people like Donna and our other Legends of Customer Service. They represent the best of the best at Alaska Airlines and are truly in a league of their own.

Thank you to Donna and the other Legends for setting a high bar for the rest of us, and thanks to all of you—our guests—for flying with us today. —Brad

Read about one of our Legends each month in our People Behind the Spirit column.

» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo

UN CASO EXCEPCIONAL

» Cuando me preguntan por qué creo que Alaska Airlines ha llegado a ser exitosa, contesto que se debe a que tenemos personas maravillosas. Personas como Donna Arledge, una de nuestras sobrecargos con base en Los Ángeles.

La madre de Donna creció en Japón durante la Segunda Guerra Mundial. Para superar las dificultades de la guerra, ella y sus seis hermanos pasaban el tiempo mirando juegos de béisbol. Su equipo favorito eran los Gigantes de Tokio. Si los Gigantes ganaban, su madre cocinaría esa noche; si los Gigantes perdían, solo comerían sopa de miso y arroz.

El padre de Donna, quien era estadounidense, fue criado en Hot Springs, Dakota del Sur, y trabajaba como técnico de teletipos en Hawái. Conoció a la madre de Donna en Japón después de la guerra. Vinieron a California, se establecieron en Westminster y comenzaron una nueva vida en los Estados Unidos.

La madre de Donna hablaba muy poco inglés. Pero su amabilidad no necesitaba traducción. Una vez, cuando Donna era joven, tocaron a la puerta y su madre recibió alegremente a unos misioneros de una iglesia local. Le preguntaron, “¿Sabe cuándo regresará Jesús?” A lo que su madre exclamó, “¡Sí,

regresará a casa a las 5 en punto!”

Como los visitantes la miraron con incredulidad, Donna le explicó a su madre que no estaban preguntando por su padre.

Cuando Donna fue elegida como sobrecargo para Jet America, posteriormente adquirida por Alaska Airlines, su madre se levantaba muy temprano y preparaba *onigiri* (bolas de arroz japonesas), wontones y otras exquisiteces para la tripulación. Ese año, Donna fue seleccionada como la ganadora del Spirit Award (Premio al espíritu) por sus compañeros sobrecargos, un honor similar al de Señorita Simpatía. Ella dice que fue gracias a su madre.

La crianza y educación de Donna de respeto a su herencia y su cultura de afecto y generosidad hacen de ella una empleada realmente increíble. Conoce a muchos de nuestros pasajeros por sus nombres y ha entablado amistades estrechas en cada ciudad donde brindamos nuestros servicios, desde sus compañeros de trabajo que trabajan en nuestros aeropuertos hasta las personas que conducen el transporte desde el hotel. Ella habla de sus compañeros sobrecargos y de los pilotos de Los Ángeles como si fuesen su familia. Ellos hablan con cariño de ella como “la alcaldesa” por la impresión duradera que ha dejado y por las



Donna Arledge,
Leyenda de Servicio al Cliente

Lea acerca de todas nuestras Leyendas a medida que presentemos a cada una de ellas en la columna Personas Detrás del Espíritu de esta revista.



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PHOTO: Thai Seafood Salad.

Recipe featured in John Howie's *Passion & Palate* Cookbook, page 71. Cookbook available at all John Howie restaurants. Photo by Angie Norwood Browne.



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IN THE KNOW»

A sneak peek at the new Alaska Lounge scheduled to open this month at Sea-Tac Concourse C.



WHAT'S NEW AT SEA-TAC

An inviting Alaska Lounge is opening in Concourse C

» **Yes, there will be pancakes—and much more.** The new Alaska Lounge scheduled to open this month at Seattle-Tacoma International Airport Concourse C will offer its guests upgraded food and drink options, free and improved Wi-Fi, ample access to power, enhanced privacy seating, and dramatic views of runways and the Olympic Mountains. This new space will also maintain popular features of other Alaska Lounges, including the award-winning service of Alaska Lounge concierges and amenities such as the somewhat-legendary pancake printer that makes excellent flapjacks with the push of a button.

“The new Alaska Lounge adds additional space for lounge guests that is even more convenient to passengers flying out of C terminal,” says Melyssa Schug, manager of the Alaska Lounge program. “You’re right there on the mezzanine level, at the edge of the runways, with floor-to-ceiling windows,” Schug says. “It’s a comfortable place to sit, relax and watch planes.”

This lounge will focus on healthy and fresh food offerings, by

partnering with local bakeries and vendors. Food and snack options will rotate regularly to complement staples such as soups and salads.

The bar will be fully stocked to offer complimentary beverage options, as well as premium, handcrafted cocktails and liquors.

High-backed chairs will offer a degree of privacy, and a dramatic water feature will create a space where guests can escape the hustle and bustle of the airport. Plenty of power stations will be built into lounge seats, tables, the walls and the bar.

Connecting to the internet will still be free, with faster, more reliable Wi-Fi.

The lounge at Concourse C is one in a series of projects at Sea-Tac aimed at enhancing the travel experience for all Alaska Air Group passengers. The upgrades will culminate in 2019 with the planned opening of expanded space in Sea-Tac’s North Satellite.

Visit alaskaair.com/content/airport-lounge to learn more about the Alaska Lounge program and how to join. ✈

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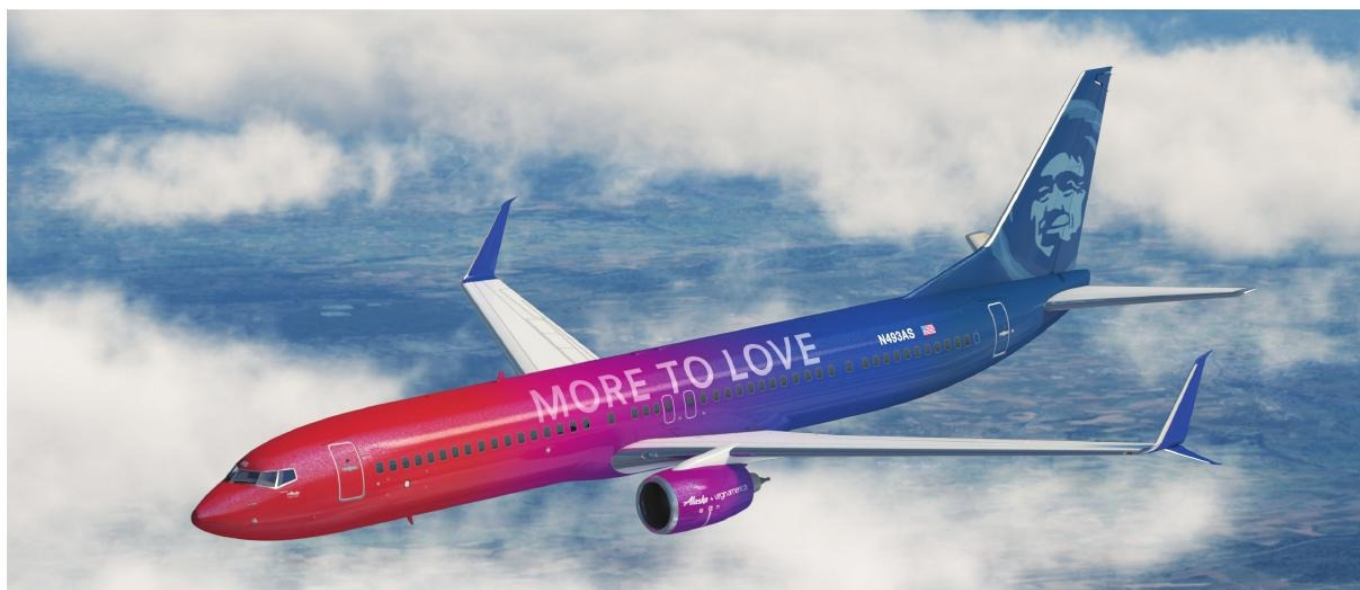
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MAKING YOUR JOURNEY A BREEZE

What to expect as Alaska Airlines and Virgin America grow together

» **The merger of the two top airlines** on the West Coast presents a tremendous opportunity for local travelers. Already, flyers are enjoying service upgrades and enhancements, including more flights to more places.

The Virgin America brand name is likely here until sometime in 2019, but you will see changes to both airlines' products phase in over time. Following are a few helpful tips to make your journey as hassle-free as possible:

How do I check in for my flight?

No matter where you booked your flight—whether your trip is nonstop or includes connections—always check in with the airline operating the first flight of your trip.

If I book a flight on alaskaair.com, how will I know which airline I'll be flying?

You will see flights for sale at alaskaair.com that have an Alaska flight number, but are actually operated by Virgin America. Flights operated by Virgin America will be indicated as such throughout the booking process. Also, it may help to know that Alaska flight numbers 1000–1999 are operated by Virgin America.

When you're shopping at alaskaair.com, flight information will look something like this:

- **Virgin America 740 (Alaska 1740)**
- **Operated by Virgin America**
- **Check in with Virgin America**

Once you've completed your purchase, you'll receive an Alaska confirmation number and a Virgin America confirmation number.

How do I purchase a preferred seat on a Virgin America flight on alaskaair.com?

As we combine our online systems, we don't currently have the ability to allow guests to select or pay for preferred seats on Virgin America flights at alaskaair.com or via Alaska customer service agents. Once you've purchased a ticket at alaskaair.com, go to virginamerica.com and enter your confirmation code and last name. Select from the available preferred seats and complete the purchase of your newly selected seat.

What's changing at the airport?

If you're traveling through Los Angeles International Airport (LAX), you should note that Virgin America has moved to join Alaska

Airlines at Terminal 6, allowing for more seamless connections. With the move, the Virgin America Loft has closed. Virgin America First Class passengers and Elevate Gold members now receive complimentary access to the Alaska Lounge in Terminal 6 until year-end 2017.

In the Bay Area, Alaska Airlines is moving some flights to Terminal 2 at San Francisco International Airport, joining Virgin America. Alaska Airlines flights will operate out of both the International Terminal and Terminal 2.

Be sure to check your flight details before your trip.

How do I make a change to my trip?

When your plans change, return to the place you originally booked your ticket: If you booked a Virgin America flight directly from Virgin America—including the Virgin America website or mobile app, contact Virgin America. If you booked a Virgin America flight on alaskaair.com or through another Alaska Airlines channel, contact Alaska.

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HANDLING WITH CARE

Larry Hamlin, Ramp Service Agent for Alaska Air Cargo, is a Legend of Customer Service

» **Larry Hamlin is a 41-year veteran** of Alaska Airlines who admits he almost quit after his first two weeks.

Hired in 1975, initially to fill in for a senior ramp agent, Larry started on the day shift, alongside the ramp's most senior workers. He was young and strong, but confided to his wife that he was worried about keeping up the hard work and pace.

That's about the time when a co-worker showed him a more efficient way to load a plane—and also told Larry he didn't have to work every flight. It turns out Larry had been loading one plane and running to unload another, when his crew was meant to split the work with another group.

"I was working double," Larry says.

Today, Larry makes it a mission to help newcomers and to set a good example.

"We have great employees in Cargo," he says. "Since we pride ourselves on doing a good job, it spills over to new employees. They see it, feel it and want to do it, too. That's our legacy."

Now Larry's main role is driving a van to run high-priority GoldStreak freight to customers. He also picks up specialized freight, such as animals and medical supplies. And co-workers have noticed that he still does extra. Recently, he set down his lunch to help with a line of customers, though it wasn't his job to do so.

Larry's work extends beyond his job. He is very involved at his church in Anchorage, and in programs that help the homeless.

Co-workers praise Larry's positivity, his willingness to help, and his warm and caring approach to colleagues and customers. He no longer takes on every flight, but Larry continues to be legendary for going beyond what is asked of him. ✕



Larry Hamlin.

QUESTIONS & ANSWERS

What's your favorite part of your job?

My co-workers and regular customers. It's a family here at Cargo. And some customers have been with us as long as I have—for 41 years. We have a lot of fun.

What is a memorable recent experience from your work?

I get to pick up the puppies and cats. That's always fun. Sometimes it's a miniature cow, or a seal going to the zoo.

What do you consider success at work?

Making sure that when customers leave, they have smiles on their faces.

What is your most memorable trip?

A trip to the Panama Canal found us in the Cayman Islands on Christmas Day. It was 80 degrees—very different from back home!

What are you most proud of?

My wife of 42 years, kids and grandkids.

KUDOS FROM LARRY'S CO-WORKERS

"Larry Hamlin is among the finest in our Alaska family. ... Larry, I can't thank you enough for helping me in my younger years on learning good, safe, hardworking ethics. My hat is off to you!"

—Richard D., Line Aircraft Technician, Phoenix

"Larry Hamlin deserves to be a Legend after 41 years of hard work and dedication. It was a privilege to work with him."

—Karen S., Retiree, Anchorage

"Great job, Larry. All of us in Cargo are proud of you."

—Erik G., Supervisor, Cargo Operations, Anchorage

"Larry has helped create a safe workplace with his suggestions and actions. He is extremely caring and jumps in whenever possible to help give our customers a faster, more hassle-free experience."

—Jeff O., General Manager, Cargo Operations, Anchorage



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PACKING FOR A MUSIC FEST

By Heather Campbell

» You've patiently endured rumors and speculative early lineups during the wait for your favorite music festival. Finally, the on-sale day arrives. *Click!* Victory—in the form of tickets—is yours! Now, what's next?

Smart planning and packing choices help you avoid frustrations that distract you from the thing you're traveling to enjoy: the music. Here are some tips on preparing for your trip.

1 Avoid dead weight. Before you pack, take a look at the festival's list of prohibited items, usually found on its website. Doing so can save you luggage space. And plan on rechecking the list before getting in line at the festival. This can save you money and time by preventing the need to throw things out at the gate or run things back to your car.

2 Be a happy camper. Flying to a festival that involves camping takes advance planning. Learn about what camping gear is allowed in checked baggage. For items you can't check or carry on, do some research to find places near your destination to rent or buy.

3 Plan ahead for greater comfort. If you are more of a collapsing-into-a-fluffy-bed-at-the-end-of-the-day festivalgoer, book a hotel room or a rental near the festival to minimize your travel time. Look at how to avoid traffic and parking headaches by using mass transit, a ride-sharing service or a festival shuttle. If you must drive, look for festival-sponsored carpool programs that offer prizes or prime



parking spots as rewards for sharing rides with fellow fans.

4 Get some storage space. Some festivals offer lockers for rent on the festival grounds. Get one—in advance, if possible. Renting a locker gives you a place to stash items you only need at certain times—such as rain gear.

5 Pack it up. Along with your toiletries and clothing (including something weatherproof and warm), here are some essential items to take on a trip to a music festival:

■ **Phone and charger/cord/battery.** Your smartphone is likely your lifeline at a festival. It's how you post to social and reconnect with friends after splitting up for different stages. It's your clock, map, camera, flashlight and more. Festival grounds can have internet connectivity issues that kill batteries quickly. The ability

to recharge can improve your experience. (Note: A spare lithium-based battery can generally travel in a carry-on but not in checked baggage.)

■ **Water bottle.** Many festivals allow you to carry an empty one to fill once you're past security. Having one helps you stay hydrated and avoid buying water on-site.

■ **Earplugs.** These magical items can protect your long-term hearing and help you tune out the acts you don't like.

■ **Sunscreen.** Buy a travel-size bottle, and keep reapplying it throughout the festival.

■ **Wristband.** If the festival mailed a wristband for admission, don't forget it! Replacing one on-site is difficult and wastes time.

■ **Sunglasses.** See the band, or squint in the direction of the stage? You decide. Note: Some festivals offer free sunglasses.

■ **Clothes with zipper pockets.** Pocket your essentials. Zip up. Worry less. ✈

ALSO-USEFUL ITEMS

Scarf: A simple cotton scarf can help you stay warm or cool (if you wet it). **Rain boots and a poncho:** Pack or wear these if there's a chance of rain. Boots are especially helpful in mud. **Gaffer or spike tape:** Good tape can help you repair key items, such as glasses. **Mini hand sanitizer:** Festivals don't always have running water or enough soap. **Tissue packs:** Portable toilets can run out of toilet paper. Enough said. **Bandages:** You don't want to deal with the first-aid tent for a small cut. **A printed schedule:** This can be a life-saver if you can't get a phone signal. —H.C.



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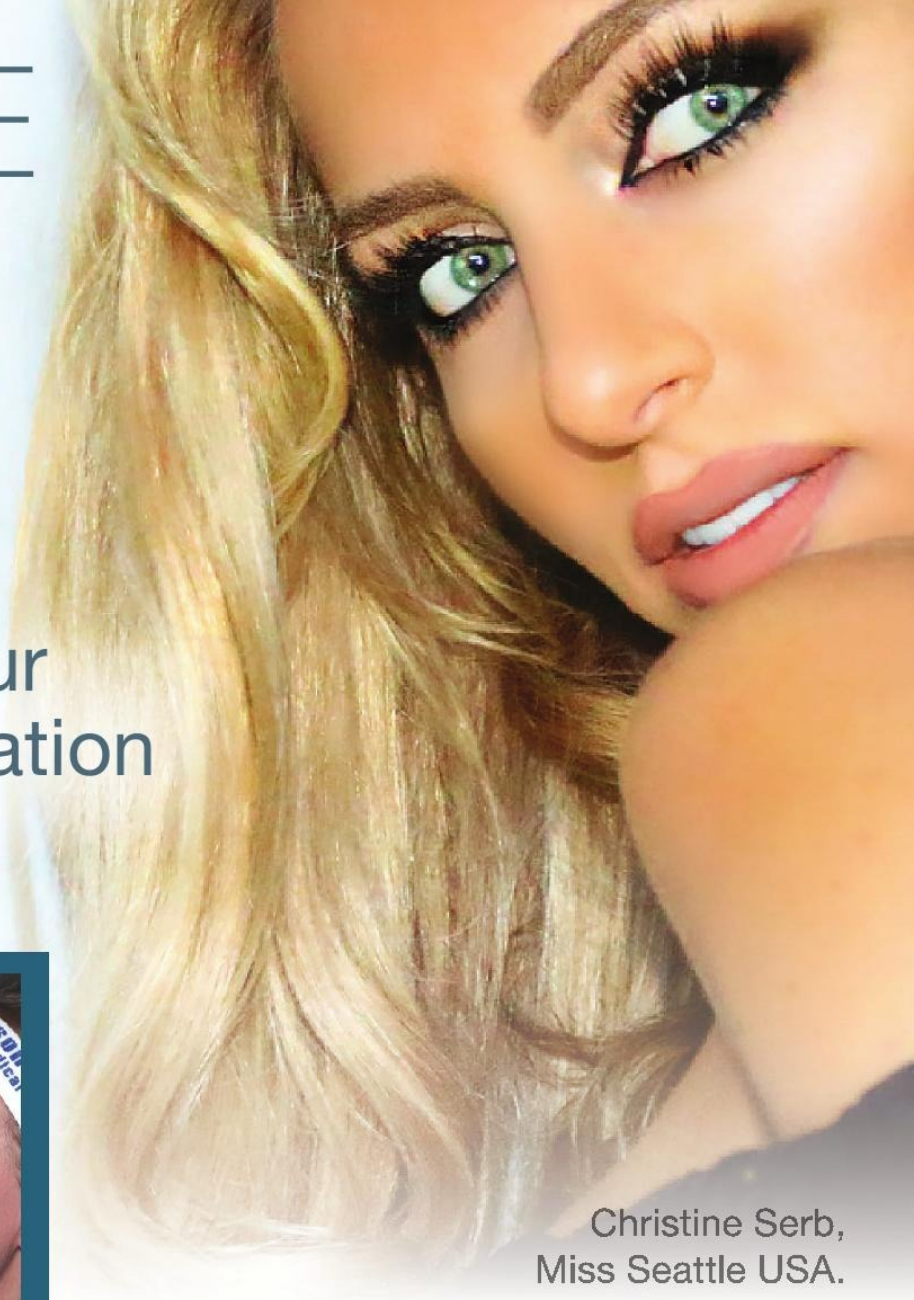
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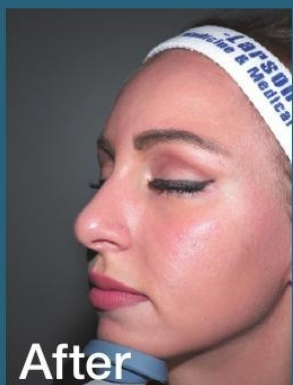
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GETTING IN TUNE

Choosing our boarding music

» As you enter an Alaska Airlines

aircraft and make your way to your seat, you might find yourself tuning in to the music playing in the background. Vibrant and fresh, it keeps you engaged as you watch your fellow travelers stow their bags and settle into their seats. The music feels good—a soundtrack to launch your journey.

If you look at the people around you right now, you'll understand that it can be difficult to put together a music soundtrack that speaks to everyone. From age differences to demographics to personal interests, the variables are many. Music is part of that broad experience, and it can help set the mood for each journey, says Ashley Sharpe, brand manager for Alaska's onboard experience.

Sharpe works with a company called Spafax that puts together the music packages: music titles, licensing and onboard delivery. She says she's looking for eight to 10 songs with a unique West Coast vibe. Spafax uses data from across the airline to fine-tune a custom program of songs, and Sharpe's marketing group narrows the list. It can take several go-rounds to get the right mix—typically featuring lesser-known artists with a popular sound that might seem familiar to millennial-minded guests. The focus is upbeat and a little unconventional. Recent selections lean more toward indie pop than oldies, classic rock or instrumentals.

The same list plays on a 6 A.M. flight as plays on a 2 P.M. flight, and the music is intended to encourage people to keep moving, without giving them too much of a push. Neither is the intent to put everyone to sleep before the flight attendants even close the aircraft door.

Here's an interesting fact: Many of Alaska's fabulously technical 737 aircraft bring you boarding music via old-school audio cassette—think the mixtape that you used to



bust out at a friend's house. Same technology. The B-side might have holiday tunes slated for December or Hawaiian-theme music for flights headed toward the Islands.

On the other hand, Alaska has one of the youngest fleets in the country, and the newer Next Gen 737s crank out a digital signal. It's the same incredible playlist, though, and in some cases, Spafax has tweaked the output levels to compensate for typical aircraft acoustics. You get all the percussion the band intended, and the vocals stand up over the hum of airplane generators and passengers shuffling by. Lyrics are vetted for family listening, and the songs are arranged for flow from one track to the next. And, for the sake of flight-crew sanity, the set is guaranteed to not sound too repetitive.

"We have a deep understanding of our guests, and the mood and experience we want them to have while onboard," Sharpe says. If that includes travelers discovering a new artist, even better. It's all part of

creating an airline people love.

So next time you hear the music, it will be time to deplane. Relax. Help someone with their bag. Exit the plane with a song in your head and adventure in your heart. ✈

OUR PLAYLIST

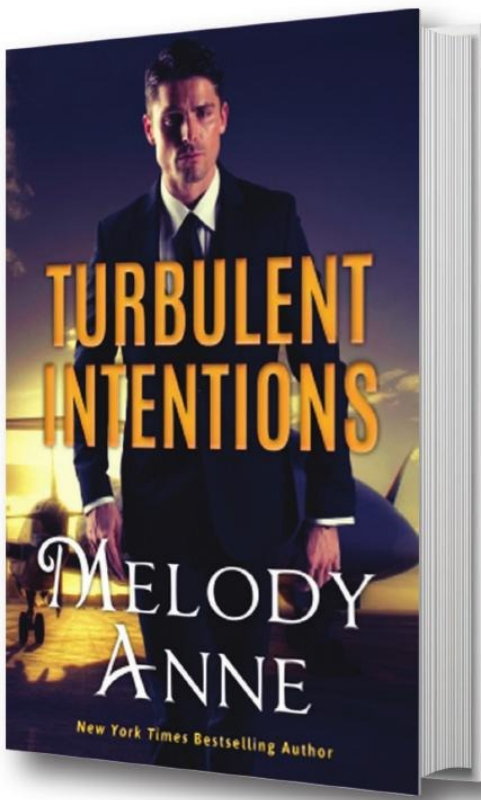
Like what you hear? This month's playlist appears below, and each month's list can be found on the Alaska Beyond Entertainment pages toward the back of the magazine.

ARTIST

- Max Friedman
- TeamMate
- Dia Frampton
- Local Natives
- Passenger

SONG

- Sad*
- Souvenir*
- Golden Years*
- Dark Days*
- When We Were Young*
- Peace of Mind*
- Love Is Blind*
- Running*
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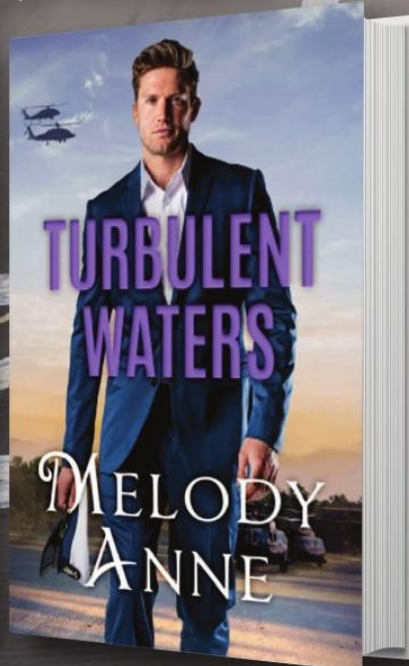
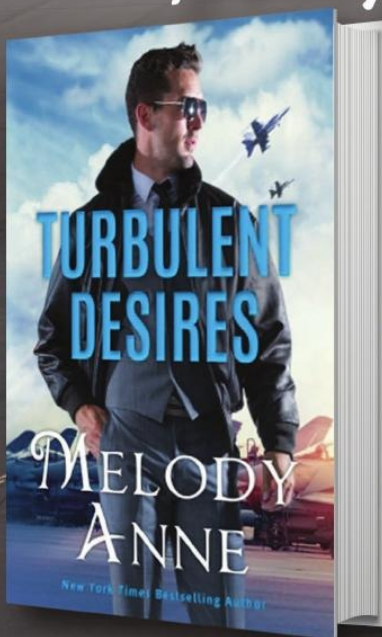
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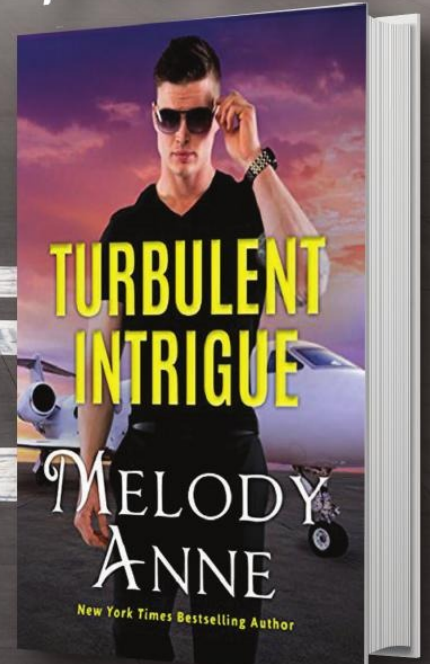


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Alaska Airlines and Horizon Air employees show their pride.

FLYING WITH PRIDE

Alaska Airlines and Horizon Air employees celebrate Pride Month

» **If you're watching** some of the major parades and civic celebrations in cities around the West this summer, you'll likely have the opportunity to meet employees of Alaska Airlines out demonstrating their pride.

The airline has a large contingent from across its many work groups who actively support the lesbian, gay, bisexual and transgender community, and appreciate a workplace that not only celebrates diversity, but has created a culture of inclusion for employees and customers alike.

This year, for the third year in a row, Alaska Airlines received a perfect score of 100 percent on the 2017 Corporate Equality Index, a national benchmarking survey and report on corporate policies and practices related to LGBT workplace equality, administered by the Human Rights Campaign Foundation.

Executives at Alaska have long been sup-

porters of diversity and inclusion efforts, largely driven by employees. Last year, more than 1,000 leaders of the airline's front-line and back-office workforce participated in an intensive session titled "Inclusive Leadership—Lead It, Own It, Drive It." Through conversation, self-reflection and experiential learning exercises, the leaders challenged their own, and each other's, core beliefs and assumptions about race, gender, sexual orientation, social status and more.

Alaska's commitment to LGBT issues is focused toward the general public, as well. The airline encourages the LGBT community to travel not only to Pride events, but also to gay-friendly destinations all over the country. The airline has put together a section of its website to highlight destinations that support marriage equality, Pride celebrations, and other events of interest to the LGBT commu-

nity. Learn more at alaskaair.com/gaytravel.

"We have come a long way in the last 10 years with some of the biggest turnout at Pride events this year," says Chad Gabagat, vice president of communications for Alaska and Horizon's LGBTQ Business Resource Group. "When employees are able to be who they are at their core, they're able to be their best self in the workplace, which ultimately makes us a better company. We appreciate and applaud Alaska's continued support of all diversity and inclusion programs for both employees and the communities we serve."

You can see Alaska's parade contingents at Pride events during June and through the rest of the year in Portland (June 18), San Francisco (June 25), Seattle (June 25), San Diego (July 15), Honolulu (October 21) and Palm Springs (November 5). ✈

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OLD-TIMEY ENTERTAINMENT

» With major airlines such as Pan Am and Northwest Airlines flying leading-edge DC-6s into Anchorage in 1958, Alaska Airlines needed to step up its game to compete. Alaska president Charlie Willis bought a used DC-6 cargo plane and installed seats on removable pallets. He hired an artist to decorate the cabin walls and placed a piano and lounge seats in the rear of the plane to create a small piano lounge—complete with live music. The airline's new image was called "Golden Nugget Service," recalling the Alaska/Klondike gold rush era. On some flights, Willis, ever the promoter, tended bar while his wife, Elizabeth, played piano. On the flight pictured above, Willis played banjo for guests.

"We've been quirky throughout our history," said Ron Suttell, retired facilities director and a longtime archivist for Alaska Airlines. "We definitely stood out, and that was part of our legacy. We were competing against giants." ✈

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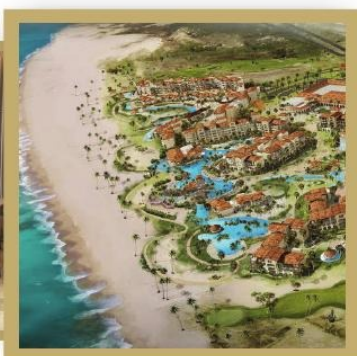
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Music adds zest to the kitchen, as this couple demonstrates in dance.

A MUSICAL FEAST

Food and music blend harmoniously in cooking and dining

By Tom Douglas



» A few weeks ago, I taught a class about cooking *timpano*, an Italian dish of fantasy and lore. This elaborate creation—which we made at the Hot Stove Society, the Tom Douglas Restaurants cooking school—consists of layer upon layer: pasta, meatballs, mozzarella, more pasta, salami, more pasta, spinach, eggs, tomato sauce, fennel sausage, more sauce, and even more pasta and cheese. It all gets baked in a large, deep, round casserole.

One of my favorite ingredients for making this often-celebratory meal is music. *Timpano*—whose name and finished shape are associated with the *timpani* drums used by orchestras—is memorably prepared in the film classic *Big Night* (1996). You should absolutely try making the meal while listening to the soundtrack from the movie, which is set in a 1950s Italian restaurant. You can mambo around the kitchen to the rhythms of Rosemary

Clooney, sip bubbly Prosecco accompanied by Louis Prima, and melt your cheese as you enjoy Claudio Villa's delicious *Stornelli Amorosi* (a traditional Italian song that features falsetto).

Music and food are often intimately linked for me—in my favorite food-oriented scenes from movies, in memories of cherished moments that featured sounds as well as succulence, and in my vision for the celebratory spirit in which a kitchen ought to operate.

My all-time favorite song-and-dinner representation in film involves Satchmo, better known as Louis Armstrong, serenading Dolly Levi (Barbra Streisand) during her triumphant return to society at an upscale restaurant. In this classic scene from the screen version of *Hello, Dolly!* (1969), Miss Levi struts down the grand staircase and through the gilded dining room of Harmonia Gardens—right

» ON POINT FRESH TAKES

onto Louis' bandstand. Red-jacketed waiters crisply wave silver trays of *duck à l'orange*, prime ribs of beef, and giant steaming lobsters while weaving their way around sommeliers popping Champagne corks and toque-wearing chefs carving chateaubriand tableside. I've always wanted to open a restaurant resembling Harmonia Gardens, but I never had the nerve, due to the grand expense.

That said, music and sound do feature prominently in my restaurants. Many chefs require silence in the kitchen, interrupted only by choruses of "Yes, Chef!" and "Heard, Chef!" Not me. I have always liked cooking accompanied by music, such as the harmonies of the Dixie Chicks or the bluesy notes of Bonnie Raitt. I also enjoy cooking with a baseball game playing over the radio. For many years I listened to announcers Dave Niehaus and Rick Rizzs combine to call Seattle Mariners games in tones that resembled a lyric or refrain: "Deep to left field / to the warning track / to the wall ... / Fly away!" I could almost smell the garlic fries and taste the crusty griddled hot dogs over the radio waves.

My home kitchen is a place of refuge for cooking and singing. My wife, Jackie, and I often divide up the evening's menu and prep list. There is nothing more romantic than searing and braising a veal osso buco to the lusty and soulful songs of Brandi Carlile or Dave Matthews, both Seattle-based music legends and consummate foodies. As the veal shank slowly attains tenderness that only time can bring, we sip Barbaresco or Barolo wine, and the dances of kitchen and song become one. The music of my life always seems to make the food of my life all that much more delicious. Cheers! ✈

As the veal shank slowly attains tenderness that only time can bring, we sip wine, and the dances of kitchen and song become one.

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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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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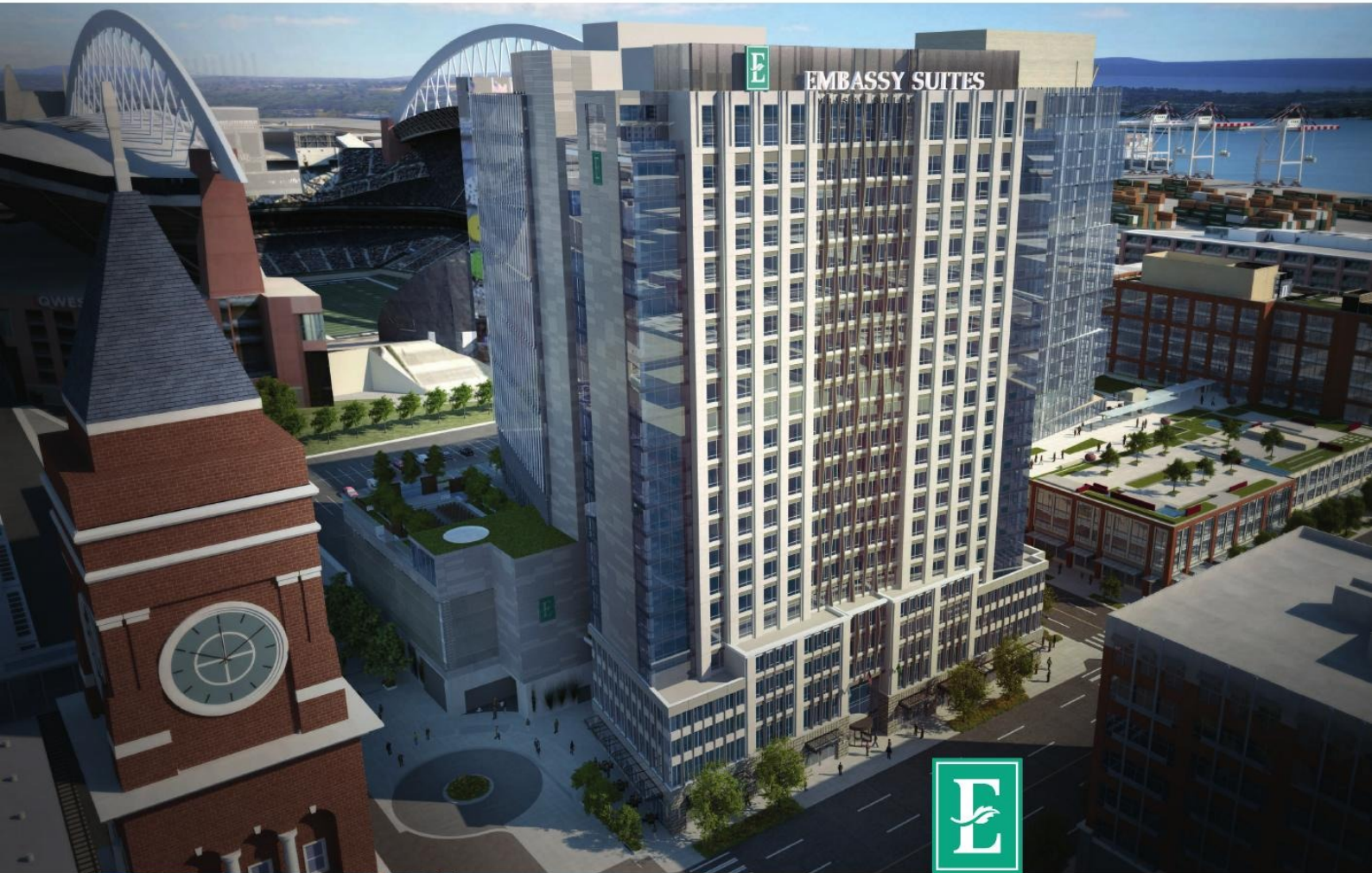
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As part of their wedding celebration, Dionne and Paul led a Second Line Parade in New Orleans' French Quarter.

MY FIRST SECOND LINE PARADE

By Bridget Veltri



» **I've got a song stuck in my head.** Part of my mind is still in New Orleans—still celebrating the wedding of my dear friend Dionne and her beloved Paul. I'm still in my black bridesmaid dress, balancing my beverage and my bouquet—which has two handkerchiefs wrapped around the stem, their ends fluttering in the Louisiana night air—as I follow the newlyweds in a Second Line Parade through the historic streets of the French Quarter, with a brass band booming behind us.

Second Line Parades were inspired by the city's famous jazz funerals, which featured musical processions. Today's Second Line Parades mark occasions related to everything from charity fundraisers to social-club celebrations. The front

of the parade traditionally consists of everyone involved in the event, with the band following them. The Second Line consists of any spectators who join in behind the band along the way.

But variations are common. For Dionne and Paul's festivities, the bride and groom—white and black parasols in hand, respectively—led the parade with their attendants, close family members and the band close behind. Other wedding guests marched after the band, alongside many additional well-wishers who decided to join in the revelry that capped off an evening of celebrating love, and how it had joined two lives.

This was my first Second Line Parade. And I will never forget it. Not only was I celebrating special

» ON POINT VIEW

people in a special place, but there was something about parading through the Crescent City streets to trumpets and tubas, while singing, dancing and waving to smiling onlookers, that made me feel like more than a tourist. Observers joined in the line, or shouted congratulatory remarks from French Quarter balconies and sidewalks. Second Lining in New Orleans made me feel like I was part of the place I was visiting.

New Orleans is a unique and beautiful city, and I remember the sights it offers and respect the sorrows it has seen. But it entered my heart through my ears.

The city's airport is named for legendary jazz musician Louis Armstrong, and whether you arrive day or night, music will be pulsing through the veins and streets of New Orleans. Jazz was born and raised here; it's the soundtrack of the city's *laissez les bon temps rouler* (let the good times roll) attitude. Whether music is blaring from Bourbon Street bars, Frenchmen Street clubs, or the solo musicians and street bands dotting the French Quarter, you can't really get away from jazz in the Big Easy, and why would you want to?

NOLA isn't the only American city whose music is as popular as its landmarks. Memphis is known for its blues, and is also called the birthplace of rock 'n' roll. Chicago has its own style of blues. Nashville's nickname is "Music City," and many a country music legend has graced the stage of its Grand Ole Opry. Hawaiian locales popularized 'ukulele and slack-key guitar music. As with New Orleans, music is a big part of what makes these places special.

Sometimes, the music you hear while you're visiting a city becomes music that also fills your head, heart and soul ... and your playlist ... when you get home. When I ride the bus to work in the morning, I see the San Francisco Bay and its iconic bridge, but I often hear the brassy jazz of New Orleans. ✈

Sometimes, the music you hear while you're visiting a city becomes music that also fills your head, heart and soul ... and your playlist.

Bridget Veltri is a blogger for The Bold Italic:
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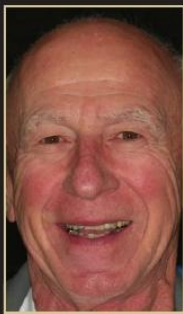
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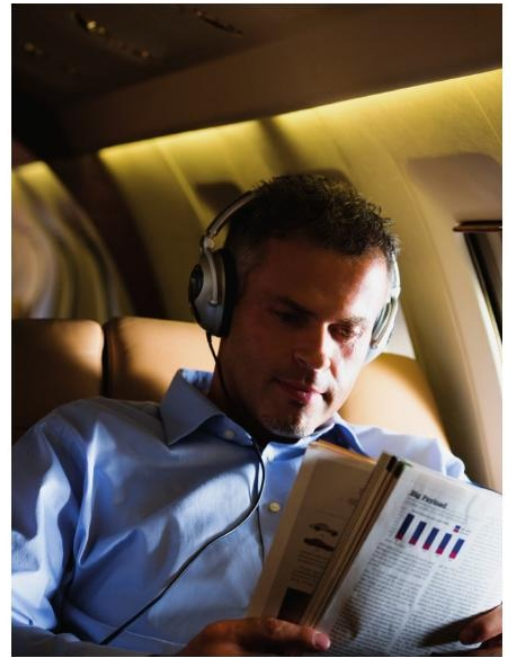
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ENRICH YOUR TRIP WITH TUNES

By Johnny Jet

» I was about to board the inaugural plane for what was in 2004 the world's longest commercial flight (18 hours, from Singapore to Newark), when my cell phone rang. My brother was on the other end, telling me a number of reasons why it was unbelievable for me to get on a flight that long. I started to feel a bit tense, so I grabbed my iPod and started playing some of my favorite songs. Listening to music quickly helped get back my mojo. I've realized that music can make your trip in many ways.

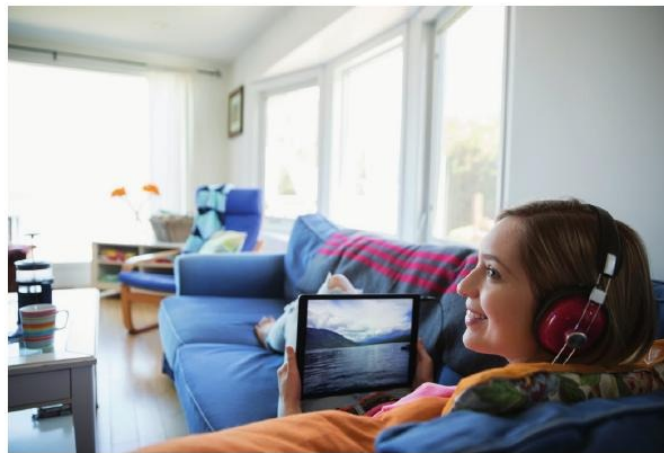


1 Music can help calm a nervous flyer

Considering that I make a living traveling the world, people are shocked when I tell them that I used to be afraid to fly. Music was what really helped me. In the '80s I would listen to music on my bulky yellow Sony Walkman—Michael Jackson's *Man in the Mirror* really gave me that confidence boost. These days, practically everyone has a smartphone loaded with music, so it's easy to listen to your favorite tunes wherever you are.

2 Music blocks out other noise and helps you rest

I don't know many (if any) road warriors who travel without noise-canceling headphones. But even an expensive pair of headphones won't muffle the noise of a chatty group sitting behind you. So load an array of music onto your phone to mask extra noise and help you find your Zen.



3 Music can become the soundtrack of your trip

Music often enhances an experience, and sometimes, before you even realize it, your trip has its own soundtrack! If you want to listen to music while out on a boat, in a park or in your hotel room, then bring a compact, portable, water- and sand-proof speaker. I use the Altec Lansing Omni Jacket Mini, which is also shock-proof and floatable.

4 Music keeps your conversations private

Many hotel rooms have connecting room doors. These are great for families, but the doors also readily transmit noise to the room next door. I've heard it all, from wake-up calls at 4 A.M. to people having loud conversations. If you are in a room with a connecting door, turn your music up (not too loud) while you are conducting private business.

5 Music helps preserve your memories

Ever hear a certain song over and over during your travels? Think: Israel Kamakawiwo'ole's *Somewhere Over the Rainbow* in Hawai'i.

Whenever I hear a song I really like, but I don't know the name of it, I just whip out my phone and launch the Shazam app. Within a few seconds, I can find out what song is being played, along with all kinds of facts, such as the musician, the album, and the artist's most Shazamed songs. The app also offers a link where I can buy or stream the song on other platforms, so that I can play it later to bring back the great memories. ✈

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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MAXIMIZE YOUR MILEAGE PLAN STATUS

By Scott Mackenzie

» **Some travelers** earn elite status by accident, a byproduct of traveling for work. Other people are tempted by the possibility of upgrades and bonus miles, and do everything they can to qualify. Whichever camp you fall into, Alaska Mileage Plan has some unique benefits that go over and above the competition. By familiarizing yourself with some of these perks, you can earn more miles and potentially save yourself hundreds of dollars each year.

Miles and free checked bags

It's no secret that elite members often earn more miles for the same flight and get to bring along some bags for free. However, you may not have realized that Alaska's policies are unusually generous.

MVP elite members receive a 50 percent bonus on base miles earned on Alaska, Virgin America and Alaska Global Partners; MVP Gold elite members receive a 100 percent bonus; and MVP Gold 75K elite members receive a 125 percent bonus.

Comparable elite status levels at most other airline-loyalty programs offer 40 percent, 60 percent and 80 percent bonuses, respectively.

Free checked bags are easier to get, too. All elite members receive two free checked bags. Companions in the same reservation have their fees waived, too. And all Mileage Plan members can check a free case of wine when they depart from airports in various wine-producing regions.

Change bookings with no penalty

Perhaps the most valuable Alaska Mileage Plan benefit is the ability to cancel or rebook a nonrefundable ticket with zero penalty. Most airlines charge \$100 to \$200, but it's completely free for MVP Gold and MVP Gold 75K elite members as long as the request is made before departure. If you are an MVP elite member or do not have status, a similar benefit is available up to 60 days before departure.

And Alaska offers a price guarantee. If you book a flight on alaskaair.com and the price later drops, you're entitled to a credit back to your account for the difference. Rather than worrying about prices going up as you try to finalize the details of an upcoming trip, you can lock in today's low price. Simply adjust your schedule if plans change. A difference in fare will still apply if the new ticket costs more. If the new ticket costs less (or if you cancel altogether), you can keep those funds in your "My Wallet" virtual account to use for a future flight.

Confirm upgrades in advance

I saved upgrades for last. We all know they're a major benefit of elite status, but actually receiving one comes down to a bit of luck, depending on who else is on the plane. Fortunately, Alaska offers many types of confirmed upgrades to lock in that big seat months before departure, and at a lower cost than with a regular First Class ticket.



Upgrades are complimentary and do not require any additional fees or costs. However, sometimes an eligible fare costs more than the cheapest Main Cabin ticket. Other times, it is the same price.

All elite members are eligible to confirm an immediate upgrade without redeeming anything, although only certain fares are eligible. (One benefit of higher status is that more fares are eligible.) In addition, MVP Gold and MVP Gold 75K members get four Gold Guest Upgrade certificates to use for themselves or a friend.

There are many more eligible fares when you redeem one of these certificates, so you can pay less for your Main Cabin ticket. If you run out of Gold Guest Upgrades, you can redeem 15,000 miles for a one-way upgrade.

Mileage Plan MVP Golds and above are upgraded to First Class or Premium Class 75 percent of the time (based on average historic systemwide rates of upgrade) on Alaska Airlines flights. Complimentary elite upgrades on Airbus flights will debut for the first time in late 2018, as Alaska expands its First Class and Premium Class seating to Airbus aircraft. ✕

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

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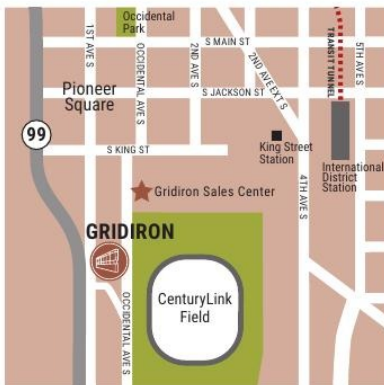
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FLORAL ARRANGEMENT

A dozen pianos will be planted amid flowering perennials and blooming lavender at the San Francisco Botanical Garden this July. “Flower Piano,” July 13–24, allows guests to get lost in both music and nature as they listen to sweet sounds and smell the fragrance of flowers throughout the 55-acre garden.

Everyone is welcome to play something on the pianos—be it *Chopsticks* or Chopin. Weekend performances by local and international musicians are also scheduled.

“Flower Piano” was collaboratively created by the Botanical Garden and Bay Area artists Mauro Fortissimo and Dean Mermell, whose project “Sunset Piano” began covertly placing pianos in beautiful locations around the region in 2013 as a way to promote traditional music in an increasingly digital world.

Visit sfbotanicalgarden.org/flowerpiano for more information. —Jill Christensen





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POLYNESIAN PERFORMERS

» Before Tiana Liufau choreographed the Oscar-nominated 2016 Disney film *Moana*, she proved herself as one of the world's best Tahitian dance leaders at the Tahiti Fête competition. She led her Polynesian dance troupe, Nonosina, in winning the event's Best Overall award for eight years, most recently in 2012.

"Dance has given me life, so I want to give my life to dance," Liufau says. She's not alone in her devotion. Drawing an estimated 7,000 attendees, Tahiti Fête, July 1-3 this year in San Jose, California, is celebrating 25 years. The event focuses on traditional- and contemporary-style dances with Tahitian and Hawaiian influences, such as 'ōte'a, a fast-paced, hip-shaking dance, and 'aparima, a soft, swinging, hula-influenced dance. Tahiti Fête will also feature children's perfor-



mances and group performances portraying Polynesian folklore. For more information, visit tahitifete.com.

—Olivia Sullivan

POETIC STRUCTURES

Frank Lloyd Wright (June 8, 1867–April 9, 1959), the world-renowned American architect, thought of himself as a poet, crafting his more than 1,000 structural designs with an artist's eye. Now, "Frank Lloyd Wright at 150: Unpacking the Archive," June 12–Oct. 1 at the Museum of Modern Art (MoMA) in New York, offers



an anthology of Wright's work meant to be analyzed and contextualized, just like a poet's writing. The exhibit will feature nearly 400 pieces, including photographs, architectural drawings, furniture, paintings and models—such as one of The Solomon R. Guggenheim Museum in New York, shown above. For more information, visit moma.org. —Rachel Lucas



HAPPY BIRTHDAY, CANADA!

Canada is turning the big one-five-oh. July 1 marks the 150th anniversary of the Canadian Confederation—which united the British colonies of Nova Scotia, New Brunswick and the Province of Canada—and our neighbors to the north are celebrating the occasion with many exciting festivities in 2017. One such event is the Calgary Stampede, left, which will be

punctuated each night, July 7–16, by a grandstand show produced by Dave Pierce, who won an Emmy Award for Outstanding Music Direction for his work on the Vancouver 2010 Olympic Winter Games Opening Ceremony. Ottawa, the nation's capital, is hosting several 2017 celebrations, such as the Interprovincial Picnic on the Alexandra Bridge on July 2. Nationwide events include National Aboriginal Day on June 21 and Canadian Multiculturalism Day on June 27. For more, visit passport2017.ca. —Olivia Sullivan

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SETTING SAIL

» For the first time in nearly two decades, the tall ships are returning to Boston Harbor for Sail Boston 2017. The harbor is an official port of the Rendez-Vous 2017 Tall Ships Regatta, which is a 10,000-mile international nautical race that commemorates the 150th anniversary of the Canadian Confederation.

Boston will host wind-powered boats from countries around the world for a celebration of maritime culture and history—in the city's largest convergence of ships since the turn-of-the-millennium celebration and regatta held in 2000.

The festival sets sail on June 17 as the U.S. Coast Guard barque *Eagle* leads more than 50 boats in a grand parade into the harbor, where the ships will remain docked until June 22. Visitors can view and board participating ships and speak with captains and crewmembers about their unique vessels, which range from privately operated commercial and racing ships to country-owned naval training ships.

The festival will also feature family-friendly sailing workshops and live entertainment,



including a downtown cadet and crew street parade on June 19.

Visitors who haven't been to Boston Harbor since the last time the tall ships sailed in are sure to notice a few changes. For example, the architecturally stunning Institute of Contemporary Art, Boston marked the first

arts museum built in the city in a century when it opened its waterfront doors in 2006. And Liberty Wharf, established in 2009, houses restaurants that offer harbor views from floor-to-ceiling windows and dockside tables. Visit sailboston.com for more information. —Amanda Easter



FESTIVE FOURTHS

This July 4, the following celebrations will serve hot dogs with a helping of history.

June 29–July 4: Philadelphia's Wawa Welcome America

In 1776, representatives of the 13 colonies met at Independence Hall, where they voted to approve the Declaration of Independence. In 2017, the 25th Wawa Welcome America festival will feature more than 50 free events—from educational demonstrations to a historic block party to movie screenings to a concert on July 4 headlined by Mary J. Blige. For more information, visit welcomeamerica.com.

July 4: Baltimore's 4th of July Celebration

After U.S. troops successfully defended Baltimore's Fort McHenry against British advance during the War of 1812, Francis Scott Key was inspired to write *The Star-Spangled Banner*, originally called *Defence of Fort McHenry*. In Baltimore this year, celebrate our nation by listening to the U.S. Navy Band Commodores at the Inner Harbor Amphitheater and experiencing a fireworks show set to patriotic music from historic Baltimore sites, including Federal Hill and Fell's Point. For more information, visit promotionandarts.org.

—Jill Christensen

[I GROW]

to help change lives

No act of kindness, however big or small, is ever wasted - it's for this reason that Sunlight Supply has reached out to a variety of charitable organizations to provide support. Sunlight Supply applauds the efforts and values of these organizations, whether they're paying it forward, providing comfort in an unexpected situation, distributing food and medical relief in a disaster situation or raising funds for medical research. These charities are all over the world and making a difference every day.

Recently, Sunlight Supply connected with the Salvation Army. We were excited to hear what they were doing in our hometown community of Vancouver, Washington! They are building a much-needed community resource center that will expand capacity and services to assist even more families and children. The Salvation Army is dedicated to supporting communities across the world, helping families in need and responding to natural disasters with teams of volunteers offering help and supplies. The Salvation Army is truly living up to their beliefs when they say "Doing the most good."

Supporting charitable causes, like the Salvation Army, reflect the values of our company and employees who care about the communities we live in and the lives touched by these organizations. Sunlight Supply hopes, through their efforts, to inspire other individuals and local businesses, to engage and support their communities however they can.

Sunlight Supply is a wholesale manufacturer and distributor of specialty gardening supplies, offering over 5,500 different products. The sales of these products, through independent gardening retailers, allow us to support organizations like the Salvation Army. They need support, along with many other organizations, as they work to change lives & communities and ultimately make the world better for all of us.

For more information about the Salvation Army, visit: www.salvationarmyusa.org.



Did you know:

The Salvation Army founded in 1865 is a worldwide organization. The bell-ringers during the Christmas season are volunteers and total more than 25,000 in the U.S. Donating to the Red Kettles allows the Salvation Army to provide over 10 million nights of shelter and 57 million meals a year.



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HŌKŪLE'A HOMECOMING

Three years, 40,000 miles, more than 150 ports, 18 countries: The global odyssey of *Hōkūle'a*, Hawai'i's voyaging canoe, is impressive. Now *Hōkūle'a* is coming home, and when it reaches Honolulu's Magic Island on June 17, it will have left in its wake more than sheer distance.

Since departing May 30, 2014, the 62-foot double-hulled canoe that was built in 1975 has spread the Hawaiian spirit of aloha around the world, from Australia to South Africa to the U.S. East Coast. It has also promoted sustainability by demonstrating the still-viable voyaging skills of an ancient nautical tradition.

Thousands of well-wishers, including family members, students, educators, sustainability organizations, ocean conservationists, residents and visitors are expected to greet the vessel for the celebration at Ala Moana Beach Park on June 17, 8 A.M.–5 P.M. The event will include music, traditional chants and ceremonies, and an afternoon festival. The Polynesian Voyaging Society will also host a three-day summit following the grand arrival. And *Hōkūle'a* is not done: After maintenance, the canoe and its sister, *Hikianalia*, will depart on a yearlong journey around the Hawaiian Islands, visiting 40 communities to spread the Hawaiian voyaging tradition around the state. For more information, visit hokulea.com. —Eric Lucas



ART FOR ALL

At the 41st Utah Arts Festival, 100 attendees will each paint an image on a 2-foot-by-2-foot tile. These paintings will then be assembled to make up 100 artists/1 image, a 20-foot mosaic. The collaborative project embodies the spirit of the multidisciplinary festival, June 22–25 in Salt Lake City. The festival will unite more than 80,000 attendees of all ages, 160 visual artists and 100 performing artists to celebrate creative expression. For more, visit uaf.org. —Jill Christensen



A BITE OUT

» **Kathleen Blake**, a four-time James Beard Awards semifinalist (2013, 2015–2017), is among the chefs participating in Orlando's monthlong celebration of food. Bite30, June 1–30, provides a taste of the city's up-and-coming cuisine scene with more than 15 restaurants, including Blake's The Rusty Spoon, offering multi-course prix fixe menus.

Other restaurants participating in the event's fourth year include Maxine's on Shine, which is known for its 1940s-style decor and for hosting the Rejuvination Brunch on weekends, and The Smiling Bison, famous for its bison burger. At Bite Night, June 26, guests can sample dishes from many of the Bite30 participating restaurants.

In addition to existing Orlando service, Alaska Airlines (alaskaair.com) begins offering nonstop flights from San Francisco on June 14.

For more information on Bite30, visit bite30.com. —Rachel Lucas





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MODERN MEXICO

Mexican muralist Diego Rivera once noted, "The role of the artist is that of a soldier of the revolution." The 175 works in "Paint the Revolution: Mexican Modernism, 1910–1950," June 25–Oct. 1 at the Museum of Fine Arts, Houston, chart the development of modern art in Mexico.

These works were created in the early 1900s during and after the Mexican Revolution, which ultimately ended dictatorship in the country. The exhibit includes prints, photographs, paintings and mural fragments by well-known Mexican artists such as Rivera, Frida Kahlo and José Clemente Orozco. Visit mfah.org for more information. —*Rachel Lucas*

LET THE GOOD TIMES ROLL

In New Orleans' spin on the famous Running of the Bulls, the bulls don't just have horns. They also have plastic bats and roller skates that make them especially fierce as they chase about 20,000 willing participants down a mile-long route during San Fermín en Nueva Orleans. The event, inspired 11 years ago by the original version in Pamplona, Spain, trades bulls for Big Easy Rollergirls and skaters from around the world, but it doesn't cut short any of the adrenaline or fun. This year's festivities get rolling with the El Txupinazo celebration on July 7 prior to El Encierro (Running of the Bulls) on July 8. The festival concludes July 9 with El Pobrédé Mi, featuring the Ernest Hemingway Celebration. It honors the American author who famously wrote about the Pamplona tradition. For more, visit nolabulls.com. —*Rachel Lucas*



DAYS OF GOLD

» In the late 1800s, Juneau, Alaska, was home to some of the largest gold mines in the world, and over six decades produced what today would be about \$7 billion worth of gold.

To honor the state's prosperous history, visitors can go for gold—or pan for it—at Alaska's biggest mining and logging competition, the 27th-annual Juneau Gold Rush Days, June 17–18. Tradition and competition unite at the two-day festival, in which events include spar-tree speed climbing, spike driving, logrolling, power-saw and handsaw bucking, and jackleg drilling.

The Gold Rush Days bring in a daily audience of about 5,000 people, and include activities for the whole family.

For the little ones, there's hand mucking—a relay race of filling ore carts with a mixture of dirt and mud. Adults, meanwhile, can perfect the art of nailing a bull's eye with axe throwing. Festivalgoers also can enjoy roast pig and freshly made doughnuts.

For more, visit traveljuneau.com/event/gold-rush-days/64. —*Olivia Sullivan*

» A spar-tree speed climber, above, competes at Juneau Gold Rush Days. The world's fastest spar-tree climbers can ascend 90-foot poles in less than 30 seconds.



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SHAVE ICE RENAISSANCE

By Martha Cheng

» At a parking lot on Kaua'i's south side, a 1960s Lil' Loafer polished-chrome trailer churns out shave ice with rivulets of cream running over a cascade of fresh strawberry puree, capped with bananas. Shave ice—ice shaved finer than snow from a single block, then rounded and soaked in syrup—isn't new. But shops around the state are taking novel approaches to this classic Hawai'i treat.

Take **The Fresh Shave**, the south Kaua'i-based business that eschews artificial ingredients and makes syrups from actual fruit. The company, which also recently opened a shop in California, names its creations after mustache styles. Examples are The Fu Manchu, with the fresh strawberry and banana toppings, and The Chevron, with coconut-lime-flavored ice topped with coconut-chia seed

cream. Priscilla Soulé, who runs The Fresh Shave with her husband, Daniel, says their shave ices are very unlike most others.

Nearby, at **Wailua Shave Ice** in Kapa'a, Brandon Baptiste, who has cooked at Per Se in New York, applies gourmet skills to create concoctions that include the Kaua'i Orange Dream, an orange-coconut-drenched ice that is often topped with a cloud of coconut foam.

Over in Kona on Hawai'i Island, **One Aloha Shave Ice Co.** focuses on organic, natural ingredients, such as *liliko'i* (passion fruit) and guava. There's also the Kona Mudslide, with Kona-coffee ice cream covered with shave ice flavored by Kona-coffee syrup, and topped by coconut cream or sweetened condensed milk.

Adults looking for an icy twist seek out **Breakwall Shave Ice Co.** in Lahaina on Maui,

SHAVE ICE CLASSICS

Longtime faves with housemade syrups.

- **Matsumoto Shave Ice**, O'ahu.
- **Waiola Shave Ice**, Honolulu, O'ahu.
- **Ululani's Hawaiian Shave Ice**, Maui.

where boozy shave ices on the menu include strawberry-guava daiquiri and mango margarita flavors. Kid flavors are also available.

Families also enjoy **Uncle Clay's House of Pure Aloha** in Honolulu, where Bronson Chang pioneered all-natural shave ice syrups in 2011. For example, the shop offers real-strawberry syrup, and the "kalespin," with kale, spinach and apple juice. Chang sees using real fruits and cane sugar as a return "to the roots of how shave ice was originally made." ✈

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FINANCIAL UPDATE

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CARMEN ESTEBAN, Vice President, Relationship Manager
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Apartment Loans: Earn Green by Going Green

In today's fast-paced and competitive commercial real estate environment, the apartment owners with whom I partner are continuously looking for ways to differentiate their properties by not only being amenity-rich, but also sustainable. "Going green" is of course a noble undertaking from an environmental standpoint, and it can be financially advantageous. Fannie Mae Multifamily Green Financing offers an array of benefits for borrowers, including significant preferential pricing and additional loan proceeds for energy and water efficiency retrofits.

With market conditions contributing to a more volatile lending marketplace and lenders tightening their purse strings, it is imperative to understand how accessible green financing is, how it works, and how it can result in considerable cost savings for your multifamily construction project. Additionally, municipalities in the Pacific Northwest and throughout the country are increasingly revising their building codes to incorporate more green elements. Through Fannie Mae, Green Financing Loans allow borrowers to fund smart, energy-efficient improvements or reward investments for refinance, acquisition, or supplemental financing. HomeStreet Bank is one of 25 lenders that are part of Fannie Mae's Delegated Underwriting and Servicing (DUS®) Lenders. DUS® lenders are authorized to underwrite, close, and deliver most loans without Fannie Mae's pre-review. This translates into the most efficient service available in the industry and fantastic long term fixed rate loans.

Multifamily developers and owners are quickly discovering the significant cost savings with green financing. They are seeing increased cash flow through reduced energy and water usage, and even revenue from energy-producing additions such as solar panels. Green-built buildings are also distinguishing structures in their neighborhoods, which often protects their long-term value.

HomeStreet Bank Commercial Real Estate offers reduced rates under the Fannie Mae Green Financing program to reward owners for thinking green. By making green enhancements, property owners not only improve a building's operations and efficiencies, but are able to qualify for an interest rate reduction up to 0.39%.

Fannie Mae has two Green Financing Loans for multifamily owners – Green Building Certification and Green Rewards. These two programs encourage efficient and eco-friendly building, as well as incentivize owners of older buildings to make green improvements by offering reduced rates.

- **Green Building Certification:** To qualify for the Green Building Certification price break, the new construction property must possess at least one of the following Multifamily Green Building Certifications prior to rate lock:
 - o EarthCraft
 - o ENERGY STAR®
 - o Enterprise Green Communities
 - o Green Globes
 - o GreenPoint
 - o Leadership in Energy and Environmental
 - o Design (LEED)
 - o National Green Building Standard (NGBS)
- **Green Rewards:** To earn the Green Rewards price break, the property owner of an existing older building must commit to improvements that are projected to reduce the property's annual energy or water usage by at least 20%. Fannie Mae provides a free energy and water audit to determine the best way to make this reduction. Examples of ways to minimize operating costs and earn pricing incentives include:
 - o Upgrading to ENERGY STAR® appliances
 - o Upgrading boiler
 - o Replacing inefficient lighting
 - o Installing solar systems
 - o Installing water-saving irrigation systems

- o Improving insulation
- o Installing low flow faucets & showerheads

At the inception of the Fannie Mae Green Financing program, HomeStreet Bank Commercial Real Estate worked with a Pacific Northwest developer on the first project in the region to be funded by Fannie Mae's Multifamily Green Financing program. HomeStreet Bank was selected because, as a strong community bank, we take pride in customizing loans around the needs of our business partners. In this instance, we knew that the property owner would greatly benefit from the Fannie Mae Green Financing Program. And, in fact, they ultimately saved nearly \$25,000 on a \$3.8 million loan. Additionally, HomeStreet Bank understands that funding the loan is just the beginning of the relationship. We underwrite, close, and service our Fannie Mae loans locally, which results in both cost and time savings for our clients.

Are you ready to earn green by going green? If you are looking to increase your building's long-term value and realize significant savings in both the operations of your building and financing terms available, contact HomeStreet Bank Commercial Real Estate. We can provide you with more information about the Fannie Mae Green Financing Program, as well as other loan programs that best meet your investment needs. We truly value our lending relationships and the growth needs of our clients.

Footnote: DUS® is a registered trademark of Fannie Mae.

Please visit:

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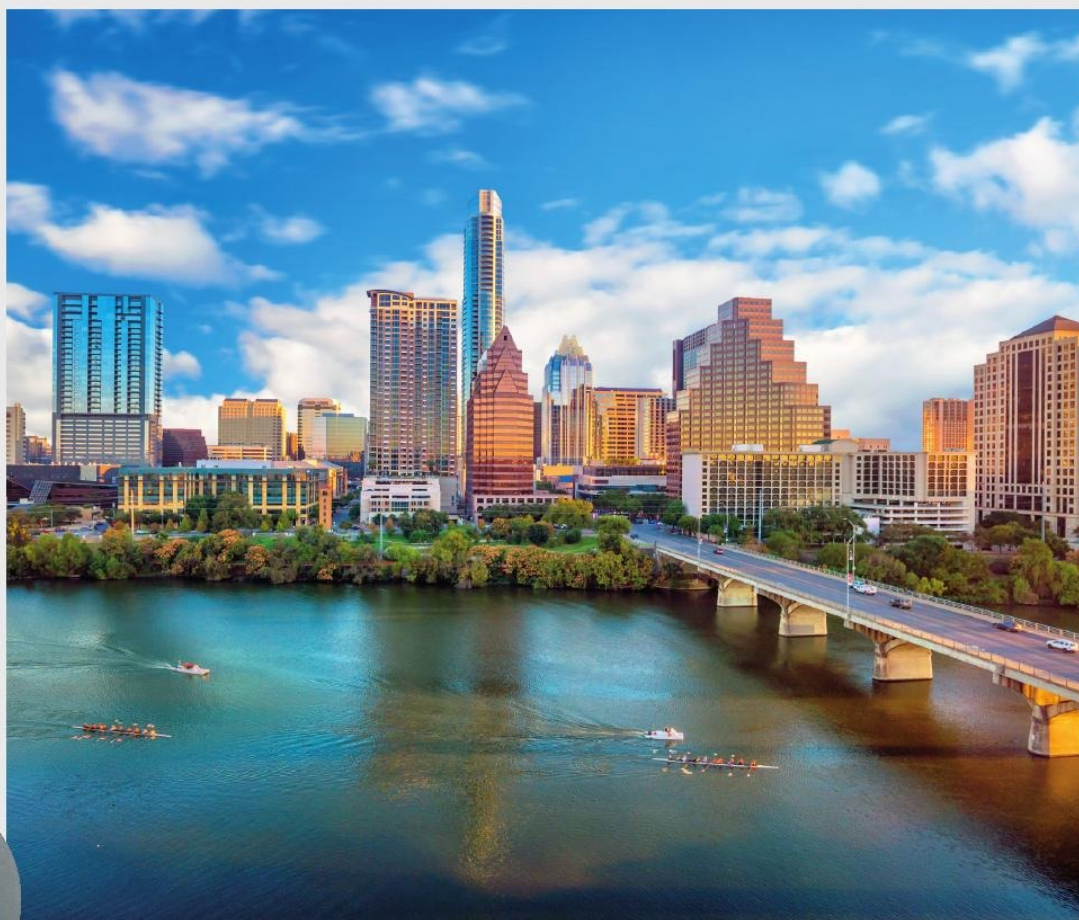
DAY 1

» Austin greeted us with sunny blue skies and the warm hospitality so unique to the South.



Living in Portland, Kari Young (@meatballssmama) has a taste for adventure and delicious foods. With close-ups of her favorite happy hour snack or burger, Kari knows how to showcase drool-worthy content on any social media feed. She posted some of these scrumptious shots after traveling to Austin, Texas, as part of Alaska's #WeekendWanderer series. For more #WeekendWanderer posts, follow @alaskaair on Instagram.

blog.alaskaair.com



AUSTIN'S POWER

» Our Austin getaway took us straight to SoCo (South Congress Avenue), one of the liveliest and most diverse parts of Austin—a neighborhood that reminded us fondly of our hometown of Portland, Oregon, but had a charm and vibrancy of its own.

We shopped and people-watched on Congress Avenue and then ventured to a nearby cocktail bar, WeatherUp, to relax with drinks and snacks in a vintage house. We sat in the gorgeous yet simple outdoor-garden area, which allowed us to experience Austin in the best way possible—in the sunshine.

One of my favorite parts of the weekend was checking out the bar scenes on West Sixth Street and in the Rainey Street Historic

District. The diversity in the nightlife kept things fresh—from the Firehouse Lounge, with hip-hop-spinning DJs, to Small Victory, a sophisticated, modern cocktail bar that has truly mastered the art of mixology.

Austin's kitchens are also among the best in the South. At Clark's Oyster Bar, we treated ourselves to some of the most delicious briny oysters I've ever tasted. On another day, we braved the line at la Barbecue for some finger-licking-good ribs and brisket. Worth the wait!

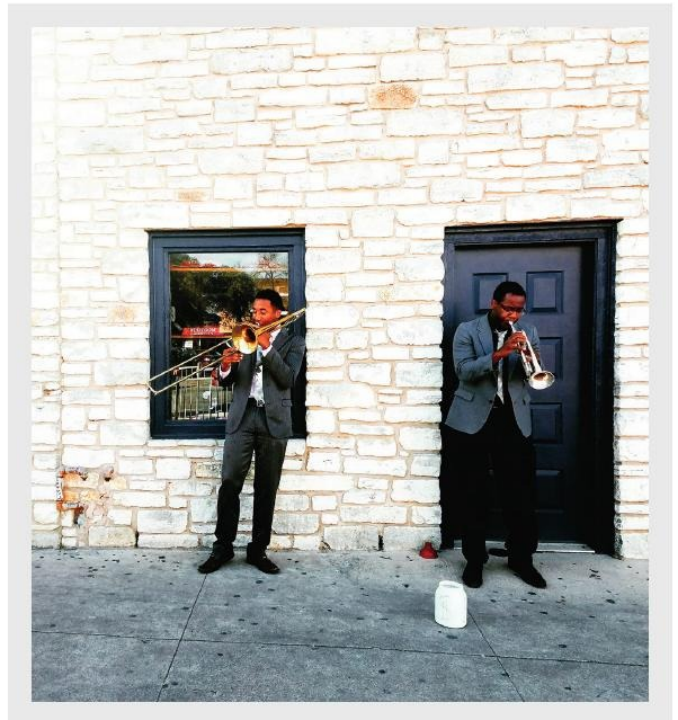
At the heart of Austin is its people. Now, Southern hospitality has taken on a completely new meaning to us. From tacos to sushi, everything was served with a smile.

DAY 2

» There's no question that the gateway dish in Austin is tacos—our #WeekendWanderer trip took us to Torchy's Tacos, where we found these. Austin, you know the way to my heart.



» The vibrant and lively music scene is just one part of what gives Austin its energy and style. We spotted these two musicians as we walked in the Red River Cultural District on our way to more food!



DAY 3



« Brunch of crab Louie, pork and grits, and a Bloody Mary was out-of-this-world delicious at Launderette on Holly Street.

» The perfect end to our trip in this colorful and culinary city was a late lunch at la Barbecue.

Thanks, Austin!



BRIAN

LOST 72 POUNDS



My son is the primary reason I joined 20/20 LifeStyles. When he was born, I wanted to be around for a long time to watch him grow up and, more importantly, I wanted to be a role model so he'd learn healthy habits. I also just wanted to feel better and healthier so I can keep up with him and all the activities he'll want to pursue in the future.

I've struggled with my weight my entire life. By my mid-30s, I was starting to battle the health effects of being overweight. I was on medication for high blood pressure and acid reflux, and had started to notice new issues with cholesterol levels. I knew my diet was unhealthy but, no matter how many times I resolved to change my ways, it just wouldn't stick. I might exercise more, but wasn't taking the steps to improve my diet. I saw that my poor eating habits were impacting my wife's eating choices too. Something had to change.

When I began the 20/20 LifeStyles program and started learning about proper nutrition, it was eye-opening! I discovered that even the "healthy" fruit smoothies I'd been making for breakfast


were having the opposite effect. I learned so many little tips and tricks, but what stood out the most for me was the theme of mindfulness. By just stopping for a moment to think about what I was eating and, more importantly, why I was eating it, has changed my view on food forever. I no longer snack mindlessly. I make each meal count. If it's "on plan," then I want the right fuel to get me through to my next meal or carry me through an activity. If it's "off plan," then it needs to be delicious. I won't waste calories on comfort food like pizza unless it's a pizza I'll really enjoy, and even those moments have become fewer and fleeting. I don't overindulge. It's all about being present and mindful, choosing what I eat and not letting the food choose me.

My personal trainer was also a huge part of my success. When I was younger, I despised running and couldn't string together two miles without a lot of motivation. Once I got into shape, exercise became fun! Now, I routinely run 5-6 miles, three or four times a week. I recently completed the Seattle Half Marathon in 2 hours and 20 minutes, far exceeding my own expectations! I routinely run 5Ks and

10Ks and have signed up for four more half marathons in 2017. I also plan to run my first full marathon next October. I used to make excuses for not exercising. Now, I look forward to working out, hitting the workout room or running on the road six days a week. I also swim, cross-train and plan to get back into hiking and yoga, as well as try skiing for the first time next winter and kayaking over the summer. I'm also trying Pilates for the first time.

Exercise is great for busting stress and staying in shape, but exercise alone won't fix the problem. You have to have diet and exercise in harmony. Even now, I see my trainer and dietitian regularly to get my diet dialed-in to support my level of activity.

Biggest changes? I could list so many, but what I love the most is that I have more energy, feel so much more confident, and love wearing clothes from stores I couldn't have set foot in before. It's a lifestyle change, not a diet. I'll be working on my lifestyle for the rest of my life. At least now, I have the tools to get it right most of the time.




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16th Street Mall.



Civic Center Park.

MILE HIGH CITY STROLL

By Ted Alan Stedman

» The pride of Denver pedestrian routes is the open-air **16th Street Mall**, a 1.25-mile corridor of shops, restaurants and engaging public spaces. Visitors, merchants and locals mingle here, in what the local visitors bureau calls the “heart and soul of downtown.” The tree-lined promenade, designed by architect I.M. Pei, features red, white and gray granite in a diamondback-snake pattern. Entertainment ranges from impromptu performances to clubs. For walkers not used to Colorado’s high altitude, horse-drawn carriages, bicycle cabs and free MallRide shuttles are available.

Start a walk at **Civic Center Park**, off the mall’s south end, at the core of the city. The 11-acre space is among the nation’s premier city parks and contains a Greek-style amphitheater, a large fountain and 7,200 square feet of gardens. Look east to the golden dome of the **Colorado State Capitol**; look west to the

Neoclassical **City and County Building**—and the Rocky Mountains beyond.

You’ll find the mall a few blocks north. At this end you’ll pass sidewalk cafes, small shops and high-end stores. The dramatic Art Deco **Paramount Theatre**, just off 16th, is an architectural standout. The 2,000-seat venue opened in 1932 and is known for its 1,600-pipe Wurlitzer organ that generates complete orchestral sounds—an important feature for the range of contemporary to alternative bands that play here. Tip: Book tickets early.

After a few more blocks, stop in at one of the nation’s earliest restaurant-breweries, the original **Rock Bottom**, opened in 1991. This upscale brewpub showcases an impressive brewing operation behind glass. A seating area outside is a place to enjoy food and drink while watching the street scene.

One block up is **Skyline Park**, a stretch of

NEAR 16TH STREET MALL

- **Larimer Square:** A historic block with restaurants, bars and shops.
- **Coors Field:** Catch a Colorado Rockies game; sample Colorado brews.
- **Denver Art Museum:** One of the largest collections in the Western U.S.

greenery surrounded by skyscrapers. This three-block-long park hosts seasonal events.

Near the northwest end of the mall, find the 16,000-square-foot **Tattered Cover**, a vaunted indie bookstore with cozy armchair nooks perfect for perusing titles while sipping craft-coffee creations from the gourmet cafe.

Cap your walk by heading to the recently renovated **Denver Union Station**, a core of transit activity, with top bars and restaurants, and the station’s original 1914 Great Hall that recalls Denver’s early era as a frontier hub. ✈

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 show at Red Rocks Amphitheatre.

A RED ROCKS RAMBLE

By Albert Rodriguez

» It's a scene out of a postcard—a wedge of sloped seating embedded in a hillside among giant slabs of tilted red sandstone. Cocoa-colored mountains can be seen in the distance, and tree-dotted hills descend into valleys and toward the Denver city skyline.

An excursion to **Red Rocks Park and Amphitheatre** is a draw for daytime exercise enthusiasts, hikers and shutterbugs. But it is most famously suited to music fans wishing to catch world-class concerts with amazing natural acoustics, often beneath starry skies, at an altitude above 6,000 feet. Indeed, for musicians and music buffs from around the world, Red Rocks is a bucket-list destination.

Shows this season (through October) include back-to-back concerts by Grammy

winner Chris Stapleton; a two-night 40th-anniversary-tour appearance by Tom Petty & The Heartbreakers; a three-night run by Widespread Panic; and much-anticipated concerts by the legendary Paul Simon, rock-folk troubadour Beck with the Preservation Hall Jazz Band, and the eclectic virtual group Gorillaz (possibly with animated alter egos projected on a screen). Fans should book in advance as tickets often sell out.

Since opening in 1941, the renowned venue, about a half-hour drive from downtown Denver, has drawn a who's who of musicians.

Last June, pop superstar Sia enthralled a capacity audience. This May, Chance the Rapper performed live renditions of songs from his Grammy-winning "Coloring Book."

Farther back, The Beatles had Red Rocks on their historic 1964 North American tour. In 1978, the Grateful Dead played the first of 20 shows at the site. And perhaps no artist was more associated with Red Rocks than late singer-songwriter and longtime Coloradan John Denver, who performed there 17 times.

A defining Red Rocks show took place in 1983, when U2, not yet a supergroup, played a set recorded on the live album "Under a Blood Red Sky" and its associated concert film.

Red Rocks Amphitheatre is open to the public daily, except on Christmas and New Year's Day. Fitness buffs run the 192 steps on either side of the stage, zigzag up the venue's 70 rows, or downward-dog amid majestic panoramic views. Visit redrocksonline.com. ✈



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ALBUQUERQUE

CHANGE YOUR PERSPECTIVE



FLYING OVER ALBUQUERQUE, A WORLD LEADER IN BALLOONING

By Ashley M. Biggers

» **Moments before the hot-air balloon** in which I'm about to ride is ready to lift off, I have a rather inconvenient thought: I think I'm a bit afraid of heights. However, if you live in Albuquerque, New Mexico, one of the top ballooning cities in the world, such misgivings must be quickly forgotten.

There is hardly a moment to dwell on my newfound phobia before the burner fires, the pilot drops the sand-bags, and we are aloft. The balloon rises steadily over Balloon Fiesta Park. Any anxiety melts away as we float silently and serenely over the Albuquerque area. I can see

the spectacular granite crags of the Sandia Mountains rising just to the east of the city and the shimmering waters of the Rio Grande to the west.

Albuquerque, the state's largest city, with about 560,000 residents, is a unique ballooning location. It is one of the nation's highest major cities, with an elevation that ranges from about 5,000 feet near the Rio Grande Valley to about 6,000 feet in the foothills of the Sandia Mountains. Clear skies, light winds, a dry climate and moderate temperatures make this area perfect for the more than 300 resident balloonists who live here.

» THE FEED WHEN IN ALBUQUERQUE

The city is also home to one of the most popular balloon festivals in the world, the Albuquerque International Balloon Fiesta, held October 7–15 this year, at Balloon Fiesta Park. The event attracts about 800,000 attendees to see some 550 balloons—one of the largest gatherings in the world. The array of balloons are designed into nearly every whimsical shape imaginable, ranging from the traditional inverted teardrop to flying turtles, zany animals and even “Star Wars” film character Darth Vader. On the park’s packed field, the balloons stand many stories high and press together, forming a rainbow-hued mosaic before taking flight and filling the sky. The event also offers food, entertainment and activities.

Albuquerque cemented its place as a global ballooning center in 1978, when high-flying locals Ben Abruzzo, Maxie Anderson and Larry Newman successfully piloted the *Double Eagle II* to the first-ever balloon flight over the Atlantic. Abruzzo and Newman also crewed the first trans-Pacific flight three years later. Since then, local pilots have continued to reach new heights.

In 2015, Albuquerque pilot Troy Bradley and Russian pilot Leonid Tiukhtyaev teamed up to fly the balloon called *Two Eagles*, which was fitted with a capsule to protect the pilots. They set new world records for distance (traveling more than 5,260 miles) and duration in a



gas-filled balloon (nearly 138 hours aloft). The city is also home to the Anderson-Abruzzo Albuquerque International Balloon Museum (named after the accomplished pilots), which is dedicated to the history, science and art of ballooning, and has become the world’s premier balloon museum. On display are many artifacts, including the cramped yellow *Two Eagles* capsule, which measures only 7 feet long, 5 feet high and 5 feet wide.

While the fall fiesta is one of Albuquerque’s marquee events, area balloonists are always ready to take visitors for a ride, says Shawn Buckley, vice president of marketing, communications and tourism for Visit Albuquerque (visitalbuquerque.org). “The Albuquerque balloon culture is alive and well here 365 days a year,” Buckley says. ✈

» Dozens of hot-air balloons fill the New Mexico skies, top left. Balloonists, above, prepare for launch. At left, a whimsical variety of balloons lift off from Albuquerque’s Balloon Fiesta Park.



CLOCKWISE FROM LEFT: BENNIE BOS / THE ALBUQUERQUE INTERNATIONAL BALLOON FIESTA; JEFFREY M. HARRIS / GETTY IMAGES; ANGELINA PEARCE / THE ALBUQUERQUE INTERNATIONAL BALLOON FIESTA



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Fried Brussels Sprouts Salad with sweet-and-spicy sauce, cilantro and jalapeño, served at Austin City Limits Music Festival.



FESTIVAL FARE

By Naomi Tomky

» Once typified by items such as corn dogs and funnel cakes, food at today's music festivals is taking a more interesting turn as organizers bring the same discerning taste used in picking bands to curating the food court.

"When I'm on vacation, I don't eat at restaurant chains," says Kevin Noonan, who organizes the food for Austin City Limits (ACL) Music Festival. "I eat at local restaurants, and I try to implement the same mindset for our patrons." Which is why, among other factors—such as whether the food is photo-worthy—he asks himself about potential vendors, "What would I want?"

ACL organizers, like those at San Francisco's Outside Lands, Pasadena's Arroyo Seco and Chicago's Lollapalooza, understand that when people have traveled to get to the festival, they want to try local specialties:

barbecue and tacos in Austin, porcini doughnuts from Rich Table in San Francisco, Ray Garcia's innovative modern Mexican food from Broken Spanish in Pasadena, or kaiser-roll Cheezborgers from the famed Billy Goat Tavern in Chicago.

"People are starting to look at food like they look at music: Musicians create; so do chefs. Festivals are a good venue to bring the two together," says chef Evan Rich of Rich Table. In his four years of serving snacks at Outside Lands, Rich has learned that the perfect festival dish needs to be easy for him to execute, and even easier for someone to eat with their hands—while they walk, drink a beer or dance.

Finding the perfect festival food, transporting the kitchen, and changing up the routine can be hard, Rich says. But the experience is worth it to serve his food directly to

ACL MUSIC FESTIVAL BITES

These foods are among the tastiest at ACL, according to Kevin Noonan, the festival's vendor operations manager:

- Frozen chocolate-and-peanut-butter-dipped bananas from Bananarchy.
- Mighty Cone's tortilla cones filled with fried chicken, slaw and special sauce.
- Artisanal grilled cheese sandwiches from Burro Grilled Cheese Kitchen.
- Amy's Ice Creams, a local favorite perfect for the hot weather. —N.T.

such an enthusiastic audience. "They're excited, and they let loose. They allow their excitement to be seen when they're eating our food." ✕

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MUSIC IN THE VINES

By Naomi Tomky

» Jeff Bundschu started inviting bands to play at his family's Sonoma winery, Gundlach Bundschu Winery, for selfish reasons: He wanted to see good shows in his hometown. But he quickly realized that not only do wine and music have a lot in common, they pair together very well. "Both are very subjective, and if you're a fan of either, you can spend a lot of time geeking out about it," he says. But in both wine and music, he celebrates approachability and bringing people together.

Washington's Chateau Ste. Michelle has been doing the same since it opened its Woodinville winery as a concert venue in 1984—it is now one of the Northwest's largest outdoor music venues. The winery's concert manager, Piper Scalise, believes the symbiosis between wine and music comes

from how each creates memories out of experiences. "Just like how hearing a song can take you back to when you first heard it, wine can do the same. You open a bottle and flash back to a specific party or era."

Which bottle should you open this summer? Chateau Ste. Michelle makes a custom wine for its concert series called the Midsummer's White, which this year is a blend of Chenin Blanc, Riesling and Gewürztraminer. Bundschu also leans white, suggesting Gundlach Bundschu's Gewürztraminer or Chardonnay for shows.

Pairing wine with music is nearly as natural as pairing it with food, says Bundschu. "They're situational, shared with others, and keep everyone vibing on the same sensory experience. ... [Music] enhances almost any part of existence, much like wine." ✂

TASTING NOTES

"Some of our wines are more elegant and refined, so they pair with that type of artist. Others are meant to be sipped from a plastic cup, and there are acts that fit with that—a young and fun wine with an upbeat, younger artist."

—Piper Scalise, Chateau Ste. Michelle

"A dark, low-tempo, sonically rich sound tends to do well with heavier red wines. Upbeat music with higher tempos and more major chords enhances whites that are lighter, more acidic and bright on the palate."

—Jeff Bundschu, Gundlach Bundschu Winery

—N.T.



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The Sub Pop Airport Store at Seattle-Tacoma International Airport is the ultimate stop for fans of the Seattle music scene.

THE SUB POP EXPERIENCE

By Jacob Uitti

» A must-stop for any music fan at the Seattle-Tacoma International Airport is the Sub Pop Airport Store on Concourse C.

The label that first shot to fame and helped to launch the grunge movement by signing Seattle bands Nirvana, Mudhoney and Soundgarden celebrated the third anniversary of its airport retail outlet—its only store—last month.

It is full of CDs, vinyl records, books about music, art prints, clothing and tote bags. It's a slice of Emerald City culture, offering a mix of familiar music from bands such as Mudhoney, Nirvana, Sleater-Kinney and Soundgarden and newer works from artists such as Fleet Foxes, Father John Misty and The Head and The Heart.

The front of the store is reserved for clothing and merchandise, with most boasting the Sub Pop label. The back of the store

contains the music, which includes a wide variety of CDs and albums. You can even buy a turntable. In the center of the space is a listening station with headphones, where visitors can enjoy a variety of the label's talented bands.

Sub Pop's origins date back to the early 1980s, when Bruce Pavitt, a student at The Evergreen State College in Olympia, Washington, began writing and publishing a fanzine named *Subterranean Pop*, which chronicled the music of American independent record labels. The publication soon shortened its name to *Sub Pop* and began to sell compilation cassette tapes of obscure rock bands. In 1986, Pavitt released a compilation LP, *Sub Pop 100*. Two years later, Pavitt partnered with Jonathan Poneman to form the Sub Pop Company.

In 1989, Sub Pop landed its biggest seller

by releasing *Bleach*, the debut album by Nirvana, which helped introduce a growing audience to the grunge sound. Sub Pop has since incorporated a more diverse collection of music, signing groups such as indie-rock favorites Flight of the Conchords, The Postal Service and The Shins. In 2007, Sub Pop created a sister label, *Hardly Art*, which has signed bands such as La Luz, Chastity Belt and Tacocat.

Displayed in the Sub Pop store are albums or CDs from many of these bands. There are also music biographies, coloring books, cookbooks and many other items sure to be favorites of Sub Pop fans. For those wanting to learn more about the Sub Pop story, enjoy Seattle music or share some of the local sounds with friends and family in other cities and towns, the Sub Pop outlet is the ultimate airport experience. ✈

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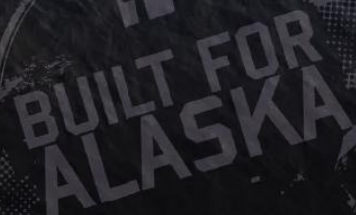
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TOTE's cold ironing initiative in Tacoma – supplying electricity to dockside vessels – reduces greenhouse gas emissions by 2,600 tons annually – the equivalent of removing more than 550 cars from the road each year.

 **TOTE Maritime**

TOTE Maritime Alaska | Learn more at totemaritime.com

 **BUILT FOR ALASKA**

OFF THE CHARTS

Festival trends bring style to the stage

By Kate Brack

» These days, style stakes are as high as the temperatures at summer music festivals. From buzzworthy items seen at Coachella to the street chic of Austin's SXSW and Las Vegas' Life is Beautiful, tune-loving tastemakers are throwing flower crowns to the wind and breathing new life into their concert gear. Whether you aspire to step up your look or ascend to new heights this summer, check out some of today's designs that will help you hit a fashion high note.



The airy **Sabrina Kaftan** by Misa Los Angeles will add a touch of bohemian flare to your outfit. It's a sophisticated yet simple look to dress up or down (misa losangeles.com).



Classically classy with a handmade-in-LA twist, Nick Fouquet's **designer hats** are on point. Constructed of high-quality Ecuadorian straw, these hats have the power to carry an entire outfit. Go big or go simple—either way, you'll be dapper (nickfouquet.com).

When it comes to the grassy catwalks, you're not off the hook, guys. This ASOS **Racer Back Tank** offers a stylish look while staying breathable under the summer sun (asos.com).



Walk the line between fashion and function with this shoulder-peeking ribbed **T-shirt dress**. Complete with a blue bandana scarf (included), you'll weather the heat while looking festival sleek. Handmade in LA at GM Studio (gmstudiola.com).



It's a win-win. From Rihanna's Fenty Puma kicks to Kendall Jenner's Adidas Gazelles, **branded sneakers** look super sharp and are perfect to traverse terrain. Maybe you'll want to try a pair of timeless Nike Airforce 1s with an unexpected teal twist (nike.com).



Skip the nuisance of lugging an unwieldy bag with this super-soft **Italian-pebbled-leather fanny pack**. Complete with an interior security pocket, the hip bag by San Francisco-based Ames Tovern will set you (hands) free (amestovern.com).

HOBBY:

Flying a small private airplane

OCCUPATION:

Piloting a FORTUNE 500 company



When Alaska Airlines CEO **Brad Tilden** graduated from UW Foster's Executive MBA Program in 1997, his career was ready for take-off. With Brad's leadership, Alaska Airlines continues to reach new heights—and he has the confidence of knowing that 16 of his senior leaders are well equipped for business with their own Foster MBAs.

foster.uw.edu

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POWER PACKS

Portable energy sources with multiple functions

By Chaney Kwak

» Whether you are headed out for a rock concert, a business conference or a day exploring a new destination, you'll want to keep your tablets, phones and other mobile smart things charged. There are many batteries on the market, but the following gadgets offer you power on the go, as well as other functions that can give your day a boost. Note that spare lithium-based batteries are generally allowed in carry-ons but not checked bags.

Raden A22 Carry-on: The power pack embedded in this sturdy, lightweight carry-on can provide four full phone charges—and with two ports, it can charge two devices at a time. The luggage also boasts a built-in scale and a tracking device that can sync to a smartphone app (\$295 for carry-on; \$395 for a checked-bag version; \$595 for the set, at right; raden.com).



Goal Zero Nomad 7 Plus Solar Panel: Going off the grid doesn't have to mean losing power. Foldable and weighing 12.8 ounces, this weather-resistant portable solar panel powers up most USB and 12V devices, such as phones and GPS equipment (though not tablets). It indicates solar intensity and has a kickstand. You'll stay selfie-ready while having fun in the sun (\$99.99; goalzero.com).

MORE POWER TO YOU

These accessories make charging electronics easy.

Global Charginghub 300:

An adjustable adapter that charges two USB devices at once, across 150 countries (\$34.99; ventev.com).

Nomad Battery Cable:

It's a cable. It's a battery. It's both. Charge a gadget and backup power with this 4.9-foot reinforced line that has an integrated battery (\$49.95; hellonomad.com).

Paracables: Made of high-grade materials, these cables are durable and fast-charging (from \$16.95; paracable.com).



Power Practical Lithium 4400:

This handy little device combines a lithium battery with four LEDs that can pump out brilliant light for 30 hours or charge a device quickly. With 3.5-by-2-inch dimensions, this power pack can be mounted on a bike or packed easily into a carry-on (\$29.99; powerpractical.com).



Nomad PowerPack:

This hardy power bank is a standout thanks to its high-quality battery and multiple ports, housed in a military-grade, drop-resistant casing. Thanks to the pack's built-in Tile-brand wireless locator, you won't scramble to find your backup power (\$119.95; hellonomad.com).



JBL Charge 3:

With a powerful lithium-ion battery, this water-proof, portable Bluetooth speaker can charge phones and tablets via a USB port and can play music for up to 20 hours. The push of a button enables wireless speakerphone calls, and multiple devices can sync to the speaker (\$149.95; jbl.com).

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2. Titanium implant with zirconia abutments.
3. **CERAROOT** Zirconia implant.

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Solution: Zirconia metal-free implants are white, strong and beautiful. They are undetectable and blend perfectly with any smile. **100% biocompatibility** is one reason Dr. Shawn offers a lifetime guarantee. This is why people are flying to Washington for the future of implant dentistry.

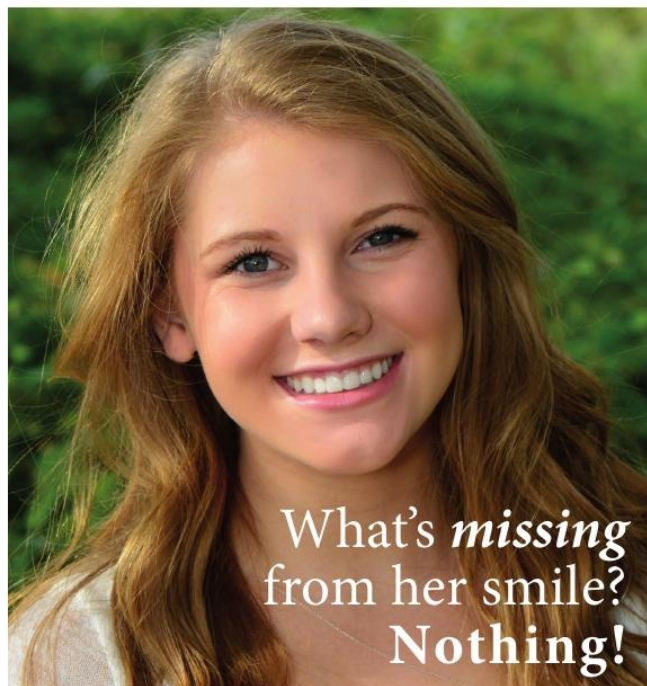
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Jordan's Story

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

Then she learned about Dr. Shawn Keller, the first dentist in Washington to offer CeraRoot metal-free implants. These ceramic zirconia implants are 100% metal-free and are as strong as they are beautiful. She was hesitant, having seen traditional implants with dark lines at the gum that did not look natural. She also heard implants could be painful, took many visits and over 6 months to heal, and were expensive. Then she met with Dr. Shawn Keller. With many options offered, treatment was made affordable with a payment plan. Jordan wanted to improve the look of the rest of her smile and with Dr. Shawn's advanced sedation, she had the implant placed and cosmetic rejuvenation done at one visit, all while she slept peacefully. Thanks to the stem cell therapy used during the procedure, she had no discomfort and her beautiful smile was completed in the same day. Now Jordan is proud to smile with the peace of mind that her healthy new teeth will last a lifetime.



"Dr. Keller changed my life!"
- Jordan

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MARTIN THE MAGNIFICENT

Actor from Alaska Native community finds fame in Hollywood

By Eric Lucas

» When actor Martin Sensmeier serves Hollywood friends a favorite traditional meal from his hometown, he sometimes neglects to say beforehand exactly what's on their plates. Instead, he relishes his guests' post-prandial surprise.

"We were eating moose steaks?" they invariably exclaim. Yes, he tells them. They have enjoyed part of a care package shipped to Southern California by Sensmeier's mom in Yakutat, a small community with a significant Native population. The town is a fishing and cold-water-surfing center, and the hometown of Alaska's lieutenant governor, Byron Mallott.

It is also where 32-year-old Sensmeier, the Tlingit/Koyukon-Athabascan (and part Irish) star of the 2016 remake of *The Magnificent Seven*, finds his spiritual foundation. One of

the film industry's Native American stand-outs, Sensmeier plays the Comanche warrior Red Harvest in the film. In his entrance to the action, Sensmeier has a staredown with Denzel Washington, a Hollywood powerhouse with whom any young actor would be delighted to share a screen.

Indeed, Sensmeier fulfilled a boyhood dream by acting alongside Washington. This was no overnight success. Sensmeier's path to the big screen involved multiple moves to LA and back to Alaska. He was a welder in Anchorage for three years. He enrolled in acting courses and sought guidance from established stars such as Graham Greene (whose many credits include *Dances with Wolves* and *The Green Mile*). Sensmeier spent years working Prudhoe Bay oil fields and flying to California during his weeks off from rig work. He had to learn to ride a horse for *The Magnificent Seven* because, he says, there are no horses in Yakutat: "I think we had a llama for a while."

Over the past two years, Sensmeier has missed hunting season in Alaska because, he says wryly, he has "been hunting for jobs." This job search led to a role in his most-recent

film, *Wind River*, which premiered at the Sundance Film Festival in January and was directed by the actor and Oscar-nominated screenwriter Taylor Sheridan. In this film, Sensmeier plays a drug addict. "Not exactly a brave warrior this time," Sensmeier says.

With the prominence he has gained through his acting, Sensmeier promotes indigenous causes, working with organizations such as the Native Wellness Institute. And he proudly points to his roots in a resilient Native culture—one that has historically endured great hardship—as a source of strength and persistence in his own career.

While Sensmeier aims to continue landing roles in California, he remains connected to Alaska. He pauses when asked what he would do if forced to choose between a Hollywood lifestyle and moose shipments from home.

"Man, I might have to go with the moose meat," he says, and grins at his quintessential Alaskan answer. ✈

» Actor Martin Sensmeier, far left, is a rising star in Hollywood. Sensmeier, above right, acted alongside Chris Pratt and Denzel Washington in *The Magnificent Seven* (2016).

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nancy.klinck@rsir.com | www.rsir.com**



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Bell Hill NW Contemporary home with sweeping views of Sequim Bay, Mt Baker, the Strait and the islands. Combines tasteful interior fixtures and finishes with gated, lush manicured grounds. Chef's kitchen, vaulted ceiling, deck, studio, family room. 3,716 sq. ft. on 1.2 acres. Tranquil and private, yet only minutes to downtown Sequim. Offered at \$865,000 | MLS #1097016
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Southern-styled traditional in the heart of Broadmoor! Sited on an expansive double lot, this home has a floor-plan combining elegant formals, library, 4 bedrooms, kitchen/family room & daylight rec-room. French doors lead to either the intimate brick courtyard in the back or open to the balconies that trim the home. 2 charming patios, a child's cottage, tree-house & lush garden. Offered at \$3,495,000 | MLS# 1106160
Laura Halliday | 206-399-5842 | laura.halliday@rsir.com



PORT ANGELES, WA

Sited on a natural rise overlooking Freshwater Bay, this visionary reflection of PNW life features sweeping views of the bay, the Strait of Juan de Fuca and beyond to Canada. Reminiscent of a Scottish countryside manor, this 3,327 sq. ft., 3 bedroom home offers timeless elegance in a private magical setting on 5 acres of lush gardens, terraces and trails. Offered at \$1,198,000 | MLS #1091439
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Tranquil 5-acre estate perched on a hill with gorgeous views of Sequim Bay, the Strait and beyond to Canada. This 4,291 sq. ft. home wraps comfortable living in designer touches. Chef's kitchen, great room with vaulted ceiling, French doors & custom built-ins. Master retreat, family room, shop, RV parking, guest House. Featuring lovely gardens and a spacious back patio for entertaining. Offered at \$979,000 | MLS #1088450
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TRAINING FOR A TRIATHLON

By Katherine Nichols

» **Though I've participated** in more than 100 triathlons, I still remember the trepidation I felt at my first race, a kids' event. I was 9, and my father offered to complete the short race alongside me. I gratefully accepted his support, and we crossed the finish line together.

Triathlons, which require completing three sequential endurance disciplines—usually swimming, cycling and running at varying distances—can be overwhelming to beginners. However, with the right preparation, you can find success. Preparing for your first triathlon demands attention to training, nutrition, gear and time management. However, the art lies in assembling these pieces in a strategic plan.

The best way to start training is by choosing the right race about three months in advance. The distances for the three sections should be feasible for you. Once the race is chosen, work backward. Set weekly goals, in reverse from the event date, until you arrive at your starting fitness level. Plan to work out in each discipline at least

twice per week for 30 to 60 minutes. Schedule one rest day each week.

The next step is to put the three pieces of the race together. First, try running within five minutes of biking, because that's the hardest transition. Swimming is usually the most intimidating part of the race. The fittest non-swimmers can get winded because of poor technique. Find a swim team or a coach to help you improve your motion. When cycling, spend the time to get comfortable on hills, in the wind, and around other riders.

As for nutrition, be sure to eat before you work out. Afterward, eat or drink protein—eggs, beans, cheese, lean meats, falafel or protein shakes—within 30 minutes of a workout to help you recover more quickly.

Once race day arrives, keep it in perspective: Focus on finishing safely, and enjoying the experience. ✈

*Katherine Nichols writes from Boston. She is the author of the book *Deep Water*, published by Simon & Schuster.*

» **Athletes churn** through the waters of Kailua Bay on Hawai'i Island during the 2.4-mile swim portion of the 2016 Ironman World Championship triathlon.



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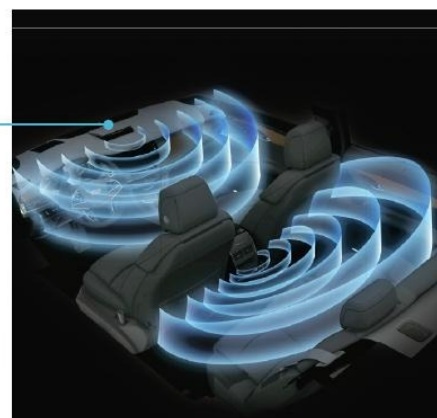
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» **Bose Panaray**, featuring 34 speakers that fill the cabin with sound, is exclusively available in the Cadillac CT6 sedan.

TUNED UP

Vehicle sound systems are operating on new wavelengths

By Bengt Halvorson

» While many home sound systems have been replaced by earbuds and countertop digital music players, vehicle sound systems continue to pump tunes from speakers throughout the cabin. The following automotive audio technology is helping systems to perform better than ever—and has driven their capabilities past playing music.



Back to the Future

Chances are, you once toted around a thick Case Logic binder of discs or had a massive CD changer in the trunk. The irony is that while your sound system is likely better than those of the past, the source media you're probably relying on—MP3s, satellite radio or music apps—simply don't provide the same

sound quality as CDs. To fill in lost auditory details, new processing algorithms in today's vehicle sound systems help give digital music greater clarity and punch. One of the leaders is Harman's Clari-Fi, which analyzes sound in real time and essentially remasters your music on the spot, adding back missing frequencies.

All Around You

Vehicles have long been one of the best places to feel fully immersed in favorite live tracks, especially with a system that has surround-sound technology and a suite of well-placed speakers, all specially configured for your cabin. Bose Panaray, exclusive to the Cadillac CT6 sedan, is one of today's best systems and appeals to serious audiophiles. Panaray uses 34 speakers that aim sound directly at the listener. It also incorporates many digital-processing systems, including enhanced Bose soundstage technology, bringing a 360-degree sound field to all occupants—because wowing passengers is part of the fun.

Always-On Entertainment

With an always-on 4G LTE connection, your car becomes a wireless hot spot reliable enough for passengers to stream Netflix.

The connection also lets you seamlessly transition from playing music on your phone to playing it from your vehicle's sound system.

Audi and Tesla were the first companies to offer embedded 3G data, and GM started widely offering 4G LTE speeds several years ago. Now many companies—including BMW, Fiat Chrysler Automobiles, Jaguar/Land Rover, Mercedes-Benz, Porsche and Volvo—offer speedy data connectivity. And even-faster 5G technology is already being developed. ✕

SOUND ON, SOUND OFF

Backup Vocals

Those sporty sounds might not all be from your engine. Soundaktor resonators in the Volkswagen Golf GTI and Audi TT emit supplemental engine revs, and a number of BMWs and the Ford Mustang (in EcoBoost form) pump in extra roars via the sound system.

The Sound of Silence

Active-noise-cancellation (also called active-noise-control) technology identifies frequencies of unwanted road noises and emits inverse soundwaves to effectively cancel out the undesired sounds. The result is a hushed, serene cabin. —B.H.



IDYLLIC SETTING | Bellevue, WA
Stunning custom estate at water's edge. 150+/- ft. of tranquil frontage on a private peninsula offers westerly views of Lake Washington and Olympic Mountains. \$6,598,000. MLS #1106488. Rondi Egenes · rondi.com · WRE/East
Sandy Nicholls · sandynicholls.com · WRE/East



SUMMER BREEZE | Medina, WA
A beautiful luxe addition and renovation boasts modern sophistication! The great room cascades through Nano doors to the terrace, pool, fire pit and gardens. 5 bedroom, 3.75 bathrooms, 4,272 sq. ft. \$3,498,000. MLS # 1117305. Anna Riley · 425.0761.8836 · WRE/East Inc.



RUBY HILL ESTATE | Lakeside/Poway, CA
Stunning gated estate on 8.2 acres with priceless panoramic views. Illuminating onyx bar, stone wine cellar, infinity edge pool, and tennis court. 16990deerhillestates.com \$2,195,000. MLS #170016193. Barbie Accordino · 858.200.5600 · CalBRE #01306504



GRAND ESTATE | Georgia Strait, WA
Arrive by land, sea or air to your private 66-acre compound on 1,575 feet of Georgia Strait waterfront, vistas to U.S. San Juans and Canadian Gulf Islands. \$17,868,000. MLS #969507. Vimeo.com/mdoyle/georgiastraitestate
Michael Doyle · 206.669.0203 · WRE/Midtown



NW CONTEMPORARY | Clyde Hill, WA
Gateway Collection masterpiece. Unparalleled construction, superlative finishes, breathtaking ridge-top views. Luxury defined, inside and out. \$7,880,000. MLS #915592. aderberger.com
Shawna Ader & Heather Berger
206.527.5445 · WRE/Midtown



WATERFRONT | Lopez Island, WA
Private, peaceful sanctuary, complemented by a stunning modern home. 230 ft. of waterfront on a 5+ acre level wooded parcel with pond and trails. Vimeo.com/mdoyle/serenelopezisland \$3,650,000. MLS #1110321. Michael Doyle · 206.669.0203 · WRE/Midtown



WATERFRONT | Mercer Island, WA
Destination Refined. 2009 contemporary 5 bed, 6 bath, fully complements 1/2+ acre and 147± feet of level lakefront. \$7,600,000. MLS #1118081. SouthpointeWaterfront.com. Larry Williams · 425.445.9870 · WRE/MI



LUXURY CONDO | Seattle WA
Simply stunning...this iconic development sits on 11 acres of pristine grounds along the Sound, just north of downtown in the lively Ballard community. Top notch amenities and luxury finishes throughout. \$1,100,000. MLS# 1110405. Joanie Brennan · 206.595.5443 · WRE/Midtown



VACATION LIVING! | Vashon Island, WA
Meticulously restored low bank waterfront with picturesque views. Gracious light-filled rooms, fine finishes, expansive outdoor living areas, 1 bedroom apartment and two tax lots. \$1,795,000. MLS #1100261. Nancy Davidson · 206.406.2952 · WRE/Vashon



ELEGANT CRAFTSMAN | Bellevue, WA
Refined luxury and exquisite craftsmanship abound in this truly magnificent custom estate. Offering quiet seclusion, minutes from eclectic downtown Bellevue. \$5,000,000. MLS #1109935. Bryan Loveless · 425.968.8181 · WRE/NE, Inc.


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EQUESTRIAN ESTATE | Poway, CA

Stunning single-level gated equestrian property. 5 bed, 6 bath, 6,200 sq.ft. home including guest quarters. 9-car garage, owned solar electric, pastures, arenas, wash racks, 16.7 fenced acres. \$2,975,000. MLS #170018329.

Eric Matz · 619.733.8087 · CalBRE #01024385



MOUNTAIN CABIN | Big Bear, CA

Big Bear Lake mountain cabin located near Big Bear Mountain Ski Resort and backing National Forest Service land. 4 bedrooms, 3 full baths, 3 fireplaces. \$549,000. MLS #3171496.

Patrick Lane · 909.585.6535 · CalBRE #01399770



GOLF COURSE CONDO | Indian Wells, CA

Wake up to golf course and mountain views. 2 bedrooms, Lock-off bedroom has private entrance. \$229,000. MLS #217008456.

GaryMorlock@Windermere.com

Gary Morlock · 760.636.8098 · CalBRE# 02008544



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Anna Riley · 425.0761.8836 · WRE/East Inc.



TIMELESS CRAFTSMANSHIP | Kirkland, WA

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KritsonisLindor.com

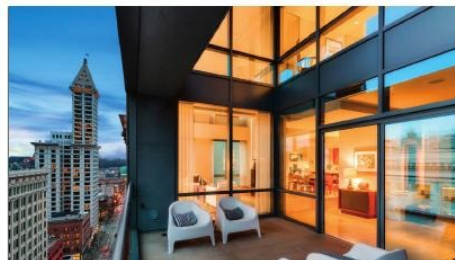
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THE HEAD AND THE HEART

Indie-folk band
with Seattle roots
charts a whirlwind
path to success

BY CHARLES R. CROSS





IF YOU WANTED to get an idea of what life on the road is like for a rock band, you couldn't do much better than look through the notebook of The Head and The Heart's bass player, Chris Zsche. To counter boredom on the road, he started creating abstract paintings of the band's dressing rooms. And though Zsche is in a band that just recently played the main stage of the Coachella festival in the Palm Springs area, he says the life of a touring band can be surprisingly and unpredictably devoid of glamour.

"Sometimes the best venues have the crappiest greenrooms," Zsche says, "but ironically those are my favorite paintings."

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THE TWO MEN WERE A YIN AND YANG, BOTH WITH DEEP BARITONES. ...
WHEN THIELEN'S SOPRANO WAS ADDED IN, THE MIX WAS ETHEREAL.



The Head and The Heart performs for a packed house at Red Rocks Park and Amphitheatre near Denver.

"Festivals are really exciting and fun for fans," Zasche adds, "but for the band, and the crew, it's like an away game would be for a sports team. These festivals are harder on everybody."

Yet multiday outdoor music festivals have become the marquee concert events in music, and this summer alone The Head and The Heart will play at nearly every major festival: the Sasquatch! festival, in George, Washington; Bonnaroo in Manchester, Tennessee; the 50th-anniversary Monterey International Pop Festival, in Northern Califor-

nia; the Newport Folk Festival, in Rhode Island; and even Lollapalooza Berlin, in Germany.

And that's not even including the summer show that the band is most looking forward to: a July gig in London's Hyde Park where they've been handpicked by Tom Petty to open up his 40th-anniversary, last-ever England date on his farewell tour.

For the band, Petty's invitation is recognition of not only their intense work ethic, but their creative talent, as well, from one of the most influential

legends in the rock business. It's an affirmation of their music, including their latest album, "Signs of Light," amid a grueling schedule of concert performances.

The Head and The Heart have sold hundreds of thousands of records and had two albums in the Billboard Top 10 album chart, and their 2011 folk-rock song *Lost in My Mind* became a major hit, yet touring remains central to their existence.

Just to get a few of the band members together on the phone on a rare

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IN SEATTLE, "YOU END UP DOING MUSIC AS THERAPY JUST TO GET THROUGH THE WEATHER." IN THIS CASE, THE THERAPY RESULTED IN SWEET MUSIC.

weekend off from touring requires a conference-call dial-in. They just ended a two-week touring jaunt the day before the call, and they've each scurried home for a short break. Singer Jonathan Russell calls in from Richmond, Virginia, where he moved two years ago; Zasche calls from Nashville, where he has a newborn; and violinist and singer Charity Rose Thielen dials in from Seattle.

The rest of the band—most fans refer to the group as THATH on social media—is also far-flung: Drummer Tyler Williams is also in Richmond; keyboardist Kenny Hensley is in Los Angeles; and the band's second lead singer, Josiah Johnson, has been on hiatus from the group for the past year. He wrote the latest album's title song, *Signs of Light*, but the band says Johnson's future status is unclear. His duties in the touring band have been filled by Matt Gervais, Thielen's husband, who also lives in Seattle, previously known for the band Mikey and Matty.

The Head and The Heart formed in 2009 when they all were living in Seattle. Russell and Johnson had only recently moved to Seattle; most of the rest of the band also were newcomers. They came together in Seattle's Ballard neighborhood, a picturesque community with aging brick buildings where a lot of dry-dock work has historically occurred for the Pacific Northwest's fishing fleet. Though the area has become more gentrified in the past decade, with fancy restaurants and boutique shops, Ballard is also home to storied Seattle clubs such as the Tractor Tavern, the Sunset Tavern and the Conor Byrne Pub.

Bass player Zasche worked as a bartender at the latter, and it was at a Conor Byrne open mic that the band got its start. Russell hooked up with Johnson, Zasche and a few other players, some of whom wouldn't last. But the harmony singing between Johnson and

Russell seemed special from the start, and they continued to play regularly at the small club. The two men were a yin and yang, both with deep baritones, but Russell's voice has a lighter yearning in it. When Thielen's soprano was added in, the mix was ethereal.

Zasche was the most experienced musician, as he'd already played with a number of more-established bands, including The Maldives. But a lot of what made THATH special, he says, was the unique essence of the Seattle music scene, which emphasizes community over commercialism.

"Musicians in Seattle have a blind eye to popular music," Zasche says. "It's the opposite of what you think about Los Angeles, or Nashville, where people are literally writing songs trying to make them hits. You can smell that from a mile away when someone is writing a song to get on the radio, or make people clap, as opposed to writing a song because they have to write a song."

Russell, Johnson and soon-to-join Thielen all "had" to write songs.

Credit, too, Seattle's weather. "It's something that a lot of people in the rest of the country don't understand," says Thielen, the only member of THATH who grew up in Seattle. "You end up doing music as therapy just to get through the weather."

In this case, the therapy resulted in sweet music.

Critics have said the band's rich, multilayered harmony singing harks back to the singer-songwriters of the 1970s. *Rolling Stone* called one song on the band's latest album "a throwback that feels cozy and stylish at the same time." The magazine also said it could have been a lost track "off a Fleetwood Mac album."

In fact, Fleetwood Mac; Crosby, Stills & Nash; and Joni Mitchell have been a few of the band's influences, as well as

Album By Album



The Head and The Heart

(2011, Sub Pop)

The band's self-titled debut album came out when they were mostly known only in the Northwest, but it

quickly made them national stars. *Lost in My Mind* became a national radio hit, with upbeat harmony singing that mined 1970s folk-rock stylings. *Paste* magazine cited the song's mix of "rootsy Americana with orchestral, chest-swelling chamber-pop." The real winners on the album, though, are more multilayered, and darker emotionally, and show how Jonathan Russell and Josiah Johnson skillfully mix their harmony singing. Russell wrote *Down in the Valley* about walking through Seattle's Central District, but the song has an Appalachian campfire feel. *Sounds Like Hallelujah* is the album standout, for the contrast of the mournful piano with the more cheery vocals.



Let's Be Still

(2013, Sub Pop)

For their second record, THATH moved to slightly more complex rock structures, but still within the traditional folk-

rock elements of acoustic guitars and harmony singing. *Shake* is the kind of upbeat crowd-pleaser that gets fans moving in concert, while the title track is a moodier discourse on relationships. The band had been playing *Josh McBride* for some time before its release here; it is an example of the kind of Springsteen-esque story ballad the band does well. A live version of *Homecoming Heroes*, recorded at the Seattle radio station KEXP, ended up as a bonus track on some releases.



Signs of Light

(2016, Warner Bros.)

For this album, the band jumped to the majors and Warner Bros. The band demoed the record

in Stinson Beach, California, and the sound, they say, is rooted in California sunshine. *All We Ever Knew* has become one of the band's most successful singles, probably because it showcases the band's mix of layered singing, harmony, acoustic guitar and piano melody line. Add in Thielen's violin, and you have a band with several melody lines in each song. Russell says it's more complex than a simple pop song, say by Sheryl Crow: "I can't get through a song without having some part of messed-up emotion in it." It's that sweet-but-sour mix of emotions that draws fans to THATH's slightly off love songs. —C.R.C.

groups such as Radiohead, Wilco and Death Cab for Cutie.

The band quickly drew attention in Seattle, and as they began to play outside Ballard, legendary Sub Pop Records took notice. Though that label was mostly known for 1990s-era grunge, the indie label had also scored big with the Fleet Foxes, a Seattle band that plays roughly in the same singer-songwriter/'70s-inspired genre as THATH. When *Lost in My Mind* from THATH's 2011 self-titled debut album broke, the band suddenly had a career.

One of the unique aspects of the group is that with Russell, Johnson, Thielen, and now newcomer Gervais in the band, THATH have many singers who can carry a lead or melody. It allows them to be multifaceted. If their debut was mostly upbeat, their

follow-up, 2013's "Let's Be Still," had deep strains of melancholy.

When the band jumped from Sub Pop to Warner Bros., expectations ramped up, but it also made the songwriting process more difficult. The nonstop touring only continued.

Thielen will attest that it hasn't been without benefit. She finds sleeping on a tour bus difficult, so she's often up writing while others sleep.

"Some of my best songs flow through me when I've had crappy sleep," she says. "It's usually lyrics. It opens up the spiritual challenges."

OUT OF SUCH CHALLENGES has come some of the band's best work: the 2016 release of "Signs of Light." In 2014, after four years of nearly nonstop touring, the band decided to do something



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almost revolutionary for a group whose foundation was in Seattle's rainy weather: They decamped to California. The band rented a home in Stinson Beach, just north of San Francisco, where they wrote much of the album, before actually recording it in Nashville.

"This is a sunny record," Russell says, "with a Spanish Californian vibe. This record has palm trees. California became the creative theme."

For a band that had shown a lot of darkness and moodiness, even in their most upbeat songs, that represented a stylistic shift.

For The Head and The Heart, though, the biggest show so far of 2017 has been one they performed for charity in February. As part of the Grammy Awards charitable arm, MusiCares, the band played a benefit fundraiser honor-

ing Tom Petty as MusiCares Person of the Year. On a bill that carried legends such as the Foo Fighters, Stevie Nicks, Randy Newman and Petty himself, THATH did Petty's *You Got Lucky*. It earned them rave notices, and served to lift their visibility in the industry.

The review that mattered most came from Tom Petty himself, who in his acceptance speech at the benefit name-checked THATH. He said he was "heartened" to see the group, and a couple of others, carrying forward his ethic.

THATH band members were sitting in the audience listening, and Russell says his girlfriend had to squeeze his leg because he was in shock.

Every band needs to maintain a solid belief in what they're playing, but any conversation with THATH is still punctuated by a sense of wonder the band

has over what they've achieved. That seems particularly true for Thielen.

"The first rung of surprise," she says, "was that I couldn't believe Tom Petty even said our band name, and in the context of the history of rock 'n' roll. I still don't believe it."

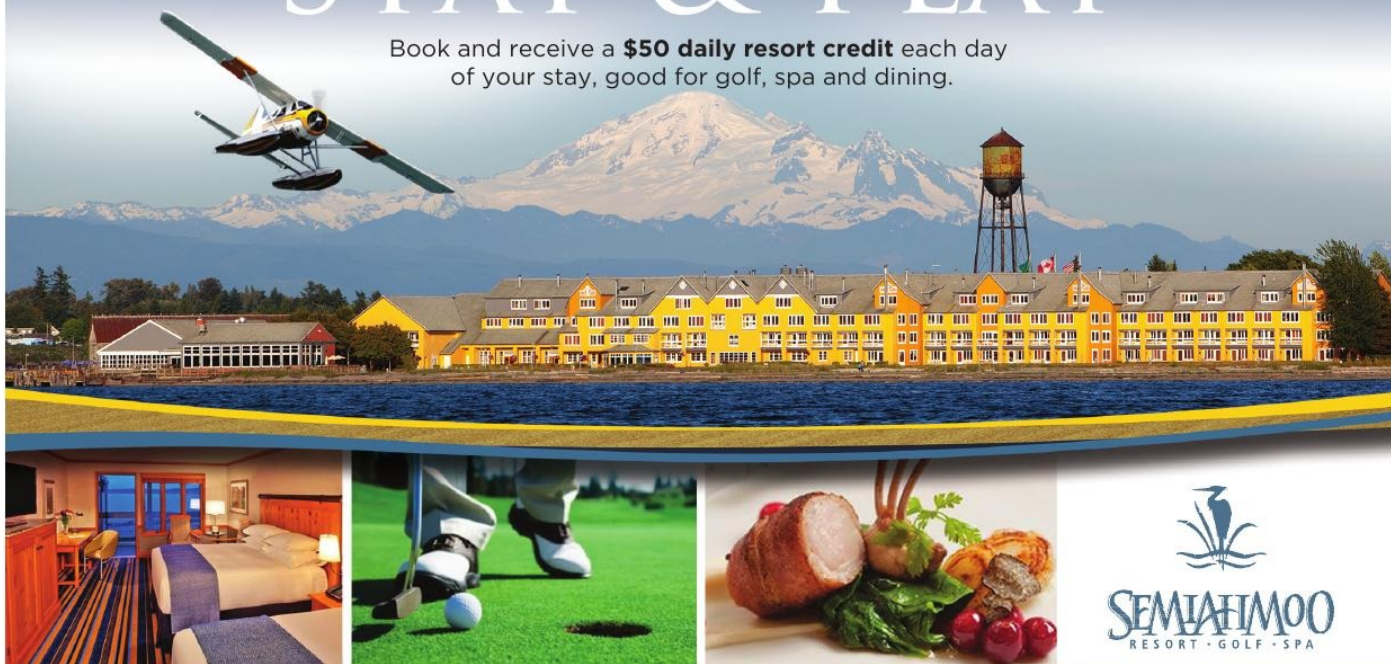
Petty liked the band enough that he invited them to open up his London farewell show. For THATH, that opportunity is something they never could have imagined the day they all stepped up to a Ballard open mic without any thought of success or a career.

Still, the timing of the London concert doesn't give the band much time to reflect. After Hyde Park, they get back on the road for their own tour. ✈

Charles R. Cross is a Seattle-based music writer.

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THE SIGHTS AND SOUNDS OF MUSIC CITY

Nashville offers something for every music fan

By Solana Hawkenson

» **Nashville is a unique community** that lives up to its nickname of Music City.

The Tennessee capital is a center for the nation's music industry and helped bring the country genre to the world. It attracts nearly 14 million visitors each year, with most coming to enjoy its many festivals, concerts and live-music venues. Still, this growing city exudes the same small-town Southern charm that has made it such a special place to live, work and visit.

The city draws artists of all types who come here to record and perform. Many end up staying. So, it's not uncommon for residents to bump into the occasional megastar.

I was reminded of this when I saw country legend Faith Hill shopping for her daughters at The Mall at Green Hills, and

when I met Dierks Bentley at my favorite taco restaurant. Both stars were gracious and offered me an easy smile.

Friends of mine have spotted Nicole Kidman and Keith Urban shopping at Whole Foods. My older brother stopped by the famous bar Robert's Western World not long ago to watch a few bands play and soon realized he was standing next to British rocker Sting, who had performed earlier that evening down the street at the Municipal Auditorium.

Nashville is a top location for live music performances at venues that range from the Grand Ole Opry to the honky-tonk bars along Broadway. At the same time, the city is going through a major growth phase as more people are being drawn to the area.

The Gulch is one neighborhood that is

NEAR & FAR»



nearly unrecognizable from just a few years ago. Today it is home to upscale hotels, rooftop bars and celebrity restaurants. There's Tànsuǒ, a contemporary Chinese restaurant created by star chef Maneet Chauhan, or Marsh House, a classy Southern seafood establishment

from celebrity chef John Besh. As for music, drop by The Station Inn for country and bluegrass.

Even with the new developments, Nashville remembers its roots. Not far from the glitz of The Gulch, long lines still form every weekend morning at casual breakfast eatery Pancake Pantry, founded in 1961 in Hillsboro Village.

The American bistro Tin Angel on West End Avenue has remained a reliable haunt since 1993, and the long-established nightclub 308 still packs the house.

Nashville is the city where musicians and hopeful songwriters come to fulfill their dreams and movie stars buy homes to escape the paparazzi.

However big and busy this city has become, Nashville remains a humble place that takes pride in its down-home roots.

» **Clockwise from left:** Nashville's Broadway Avenue offers an array of nightclubs and music spots. A full-scale replica of the Parthenon in Athens, Greece, can be found in Centennial Park. For a little bowling and bocce, visit the entertaining Pinewood Social bar and restaurant. The I Believe in Nashville mural in the 12 South neighborhood has become a favorite spot for posing for photos.



CLOCKWISE FROM LEFT: DANITA DELMONT / GETTY IMAGES; NASHVILLE CONVENTION & VISITORS CORP.; STEPHEN DEVRIES / AURORA PHOTOS; NADINE ROYNER / GALLERY STOCK



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A long weekend in Nashville

A weekend in Nashville should begin and end with the city's most famous local industry—music. Start with a tour of the Grand Ole Opry, which has been called the “Home of American Music.” Located in northeast Nashville, the Grand Ole Opry began as a radio broadcast in 1925 and helped launch the nation's love affair with country music.

Today shows are performed in the Grand Ole Opry House theater. Legendary singers share the bill with new stars, with performances every Friday and Saturday night. For instance, on June 8, Blake Shelton, Trace Adkins and The Oakridge Boys will perform. Take a backstage tour and you may get to pose for a picture onstage as if you're warming up to perform to a sold-out theater.

You'll find the historic Ryman Auditorium in the heart of the city. The one-time tabernacle, which hosted the Grand Ole Opry from the 1940s to the 1970s, is famous for its church-pew seating. Some of the acts appearing this summer include Darius Rucker and Vince Gill.

Next, visit the music venues along Broadway Avenue. The street is lined with



honky-tonks (the term is even used in the names of some local bars) where the cover bands often sound as good as top recording artists. The aforementioned Robert's Western World should be on your list, as should Tootsie's, both of which are hangouts for local talent.

On Saturday, visit the 12 South neighborhood of Nashville, about 3 miles south of downtown. Eat at Taqueria del Sol, a Tex-Mex quick-service restaurant, and walk the streets of the neighborhood to shop the boutiques, such as part-time Nashville resident Reese Witherspoon's retail store Draper James, and premium-denim brand Imogene + Willie. Stop at the popular *I Believe in Nashville* mural for a photo, and finally, cool down with a frozen treat at Las Paletas.

» **The Country Music Hall of Fame and Museum, top left, tells the history of one of the great American music genres. Dolly Parton, top, performs at the Grand Ole Opry. Etch restaurant, above left, offers a sophisticated menu, which includes scallops with porcini and caramelized onion farro. One of Nashville's trademark dishes is hot chicken, such as the spicy recipe offered by Hattie B's, above.**

WHERE TO STAY

■ **Gaylord Opryland Resort & Convention Center** is one of Nashville's most unique hotels. The resort has a lush garden with waterfalls, exotic plants and flowers at the center of the hotel. It is located just a short walk from the Grand Ole Opry.

■ Once a 19th century railroad station, **Union Station Hotel** is an elegant retreat, with a stained-glass ceiling in the grand lobby that is lit up by large chandeliers. It's one of the city's most sophisticated hotels.

■ **Omni Nashville Hotel** is integrated with the Country Music Hall of Fame and Museum and sits two blocks from the famous nightclub scene on Broadway Avenue. It also boasts a rooftop pool and three different restaurants. —S.H.

In the evening, visit Chauhan Ale & Masala House, where you'll find modern variations of Indian classics in a stylish space that shows Bollywood films on the walls. Or try Etch restaurant, for Deb Paquette's creative menu of dishes such as Octopus and Shrimp Bruschetta, and Carrot Enchiladas.

A must-see is the First Saturday Art Crawl, in which 20 art galleries across Nashville offer free admission on the first Saturday of every month. On the same evening, Arts & Music at Wedgewood/Houston presents its own lineup of free-admission art galleries and live music to enjoy in the Wedgewood neighborhood of Nashville. On Sunday, catch one of the eclectic performances at 3rd & Lindsley Bar and Grill.

For lunch or dinner, be sure to try one of the city's signature dishes—Nashville

hot chicken, which is coated in a cayenne spice blend. If you're up for a hot challenge, visit Hattie B's and order a helping of the fiery bird, with extra pickles.

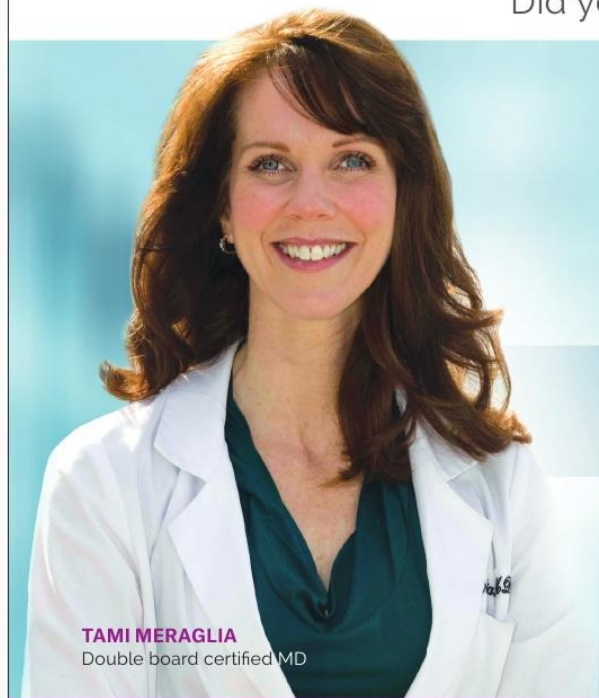
Nashville is known for its many summer music festivals, and a few of the highlights include the 2017 CMA Music Festival, June 8–11, which features a variety of acts, such as Brad Paisley, Miranda Lambert, Florida Georgia Line and the legendary Kenny Rogers.

Country star Chris Young will headline the free Fourth of July concert "Let Freedom Sing!" with the Nashville Symphony and one of the largest fireworks shows in the country.

The first couple of Nashville music, Tim McGraw and Faith Hill, will perform for the Soul2Soul tour, August 4–5; and this fall, Justin Timberlake will rock the Pilgrimage Festival, September 23–24.

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City attractions

The Country Music Hall of Fame and Museum tops just about everyone's list of attractions. Among the current exhibits is "Dylan, Cash, and the Nashville Cats: A New Music City," which discusses the influence of Bob Dylan and Johnny Cash on Nashville. If you want to know more about the Man in Black, visit The Johnny Cash Museum, located a few blocks from the Ryman Auditorium. Here, you'll learn about Cash's story, and see many of his personal items, clothing and instruments. Country fans will also want to stop by the George Jones Museum, located nearby on Second Avenue North.

Pick up a blanket and visit Centennial Park for a free Saturday-afternoon concert at Musician's Corner, where you'll find food trucks and local artisans. You'll also want to visit the Parthenon, a full-scale



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The Frist Center for the Visual Arts in downtown Nashville offers a mix of art

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and music exhibits. Currently on display is the "State of the Art: Discovering American Art Now" exhibit, which is showing through September 10. It offers an overview of the trends in American art.

Tour the beautiful Cheekwood Estate & Gardens, a 55-acre property that has vibrant gardens, great views and a Georgian mansion. History buffs will enjoy touring Belle Meade Plantation, located southwest of downtown, which offers a glimpse into plantation life and the estate's history as a thoroughbred horse farm. You can also have a tasting at the plantation's own winery.

Nightlife

Celebrating its 35th anniversary this year, The Bluebird Cafe is renowned for launching aspiring songwriters into the limelight. The *Nashville* TV program also filmed at the cafe in the past. Marathon Music Works, a performance venue in a former factory just west of the city center, books everything from rock bands and R&B artists to electronic groups and a burlesque troupe. For a different kind of fun, Pinewood Social has a bar and restaurant, a six-lane bowling alley, and a patio that features bocce ball, two small pools and an outdoor food and beverage trailer.

Sinema is a nightspot in the former Melrose Theater. A curved stairway at the entrance leads you up to a classic lounge. Sinema even has two flat-screen televisions that show classic films. ✈

Solana Hawkenson writes from Nashville.

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HELSINKI CALLING

The Finnish capital is defined by a stunning coast, emphasis on culture, and community spirit

By Laura Iisalo

» **Starting the day with long strolls** along the Helsinki coastline—passing fellow walkers, Art Nouveau architecture and outdoor public-art installations—I'm inspired by the ever-changing culture of the city. It has been fascinating to see how Helsinki has evolved in recent years, its dynamism reminding me why I enjoy living again in my hometown after nine years of being abroad. Once a slightly remote and little-known spot, Finland's capital has turned into a multicultural city while maintaining and strengthening a sense of community.

The city's transformation mirrors a

global trend of benefiting from person-to-person connections and information sharing, facilitated by social media. In Helsinki, the city is working to collaborate with the residents in order to boost the local culture. In everyday terms, this means more things to do and enjoy: more restaurants and food trucks, many new festivals and events, and more arts opportunities, including street art. Add various thoughtful regeneration projects and stunning, accessible nature to the mix, and you get a buzzing city with a soothing character that is both welcoming and exciting to visit.



Helsinki is greatly influenced by its scenic waterways, such as Töölönlahti Bay.



Taste of the City

A whopping 200 new restaurants opened in Helsinki in 2016. The city's range of dining options is wide, but casual dining is definitely on the rise. This means more fast (yet chic) food spots, as well as festivals. And local traditions and dishes are gaining momentum. Finland has pristine ingredients—from fresh fish and game to wild herbs and lingonberries from the woods. No wonder Nordic cuisine is a fast-growing trend.

For a somewhat fancy dinner made with local offerings, I head to Finnjävel, a temporary venture by chefs Henri Alén and Tommi Tuomin, running until April 7, 2018. The restaurant features ingredients such as black currants, lavaret fish and

roe, and focuses on reviving traditional cooking methods.

When friends visit, I love taking them to Kuuma, a charming coffee shop in the Punavuori, a hip creative district tucked between the city center and the peaceful Kaivopuisto Park. Typically, Finns start their day with a big bowl of porridge, but Kuuma's all-day breakfast—with items such as delicious avocado toast and yogurt served with homemade granola and fresh berries—is delightful.

Teurastamo, a lively food district in a former meatpacking area about 2 miles from the city center, hosts a variety of interesting food entrepreneurs and an impressive program of events. In the center of the district is the Helsinki

» Stop in the Lokal shop and gallery to admire the art and enjoy a coffee, top left; head to the Teurastamo food district for a variety of open-air food events and festivals, top right; or walk along the historical waterfront, below.

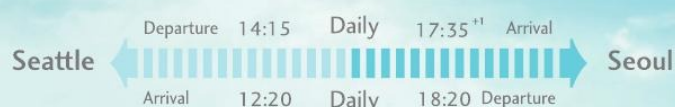




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Distilling Company, which produces a selection of spirits such as whiskeys, gins and akvavits in a building that was once a power plant. The distillery organizes tours and tastings, and recently opened an on-site cocktail bar and restaurant.

Restaurant Day is a great example of community spirit that quickly gained the support of city officials. The event encourages anyone to open a restaurant for a day, omitting the usual requirement to apply for permits and other regulations. Parks, streets and private yards fill with people enjoying food from all over the world, for one day in February, May, August and November.

Another event, Dinner Under the

Helsinki Sky, June 12 and August 25–27 this year, has a similar theme of encouraging connections through food. People across the city gather to dine together in parks and other public spaces—even in museums and libraries.

City of Art

I am often inspired by the exhibitions at the many local museums. I like to visit the Museum of Contemporary Art Kiasma to admire its selection of art and to enjoy an unhurried lunch with friends or colleagues at the Kiasma Cafe, the museum's ground-level restaurant. Before leaving, I make sure to visit the library upstairs, which has an extensive collection of con-

» *The Ateneum Art Museum houses one of the country's oldest and largest art collections, top left. Kuuma cafe offers a fresh breakfast of avocado toast and granola with berries, top right.*

The design of the Museum of Contemporary Art Kiasma features natural light and curving corridors, bottom left. Visitors can rent a stand-up paddleboard at Hakuna Matata SUP Rental, bottom right.



Bike Town

■ Bicycling is a perfect way to move around Helsinki. The City Bikes program was launched in 2016, and this year even more bikes were added, now totaling 1,400 at 140 stations all over the city. Daily and weekly passes are available after registering.

In addition, Helsinki Bike Tours offers guided tours, providing a local's insight into the city. —L.I.

temporary-art and photography books from Finland and abroad. It is a hidden spot that not many people know of, and a real treat on a rainy day.

Nearby, Helsinki Art Museum (HAM) was completely renovated in 2015. With a focus on contemporary and modern art, the permanent collections at HAM include

works and frescoes by Tove Jansson—best known as the creator of the Finnish children's book characters the Moomins.

Ateneum Art Museum, located next to the Central Railway Station, has a vast collection of Finnish classics. I love to go there to view Hugo Simberg's *The Wounded Angel*. I have recently been researching my Finnish roots and also find Akseli Gallen-Kallela's paintings of the 19th century epic poem *Kalevala* fascinating. *Kalevala* has inspired many art forms, from Finnish composer Jean Sibelius' *Kullervo*, Op. 7, to J.R.R. Tolkien's foundational Middle-earth tale, *Story of Kullervo*.

In the past decade, public-arts projects have begun to flourish in Helsinki. Street art, after being illegal from 1998 to 2008, is now widely considered a valuable part of urban culture. Several public areas have been devoted to murals and paint-

ings to enhance the city's landscape. One of the newly devoted areas worth visiting is Baana, a 19th century rail corridor that was converted into a mile-long artful pedestrian and bicycle corridor in 2012.

For a dose of homegrown art and design, I like to visit Lokal, a gallery and shop in Punavuori. Lokal is run by photographer Katja Hagelstam, who has become a central figure in the local art scene. My visiting friends always find something nice to take home with them at Lokal, with options ranging from exhibited art pieces to unique wooden utensils.

The music scene in Helsinki is thriving, as well. An annual highlight is the Flow Festival, August 11–13 this year in the waterfront area of Kalasatama. The festival is not just about music—although the lineup is always impressive, with 2017 acts such as Frank Ocean and Lana Del

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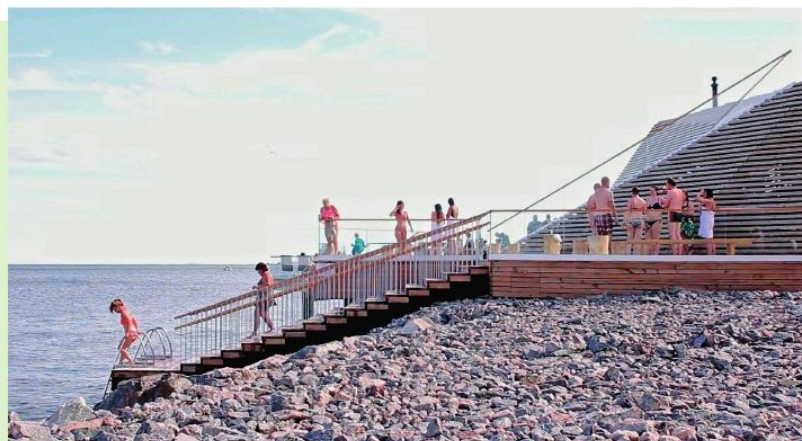
Rey. It's also about seeing and being seen; admiring the colorful light show; sampling foods from local restaurateurs; and savoring the end of summer in style.

After the festival, I love riding my bicycle back home through the quiet streets while listening to the occasional call of seagulls, and smiling at the fresh memories of a night to remember.

Into the Wild

Bordered by the Baltic Sea, Helsinki is very much defined by its stunning coastline and archipelago, with many islands open to the public and perfect for day trips.

Suomenlinna, a circa-1748 sea fortress built on six islands now inhabited by civilians, is a favorite among locals and visitors alike, and is a UNESCO World Heritage Site. I like to take the ferry to Suomenlinna from the Market Square to



SAM KINGSLEY/APP / GETTY IMAGES

SAUNA CULTURE

Several new public saunas have opened in the past few years, making many Finns' favorite tradition easily accessible. Along with a steam room and cold bath, the experience traditionally incorporates a tied bunch of fresh birch twigs that are used for a stimulating massage. Located on the waterfront, the sauna Löyly (the Finnish word meaning the rising steam in a sauna), shown above, has quickly become popular among sauna-goers. Another new addition is Allas, an outdoor spa in the South Harbour area. Both places serve food and drinks, best enjoyed while admiring the sea view. —L.J.

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» NEAR & FAR FINLAND

wander around the island with my dog, enjoying the views of the fort ruins. Additional islands that merit a day of exploration include Lonna, a small island visible from Helsinki, which became available to visitors in 2014, and Vallisaari (Finnish for “bulwark”), which was renovated as a city park and reopened to visitors in 2016.

One of my favorite summer activities is to stand-up paddleboard (SUP) in one of the city's beautiful waterfront areas. Töölönlahti Bay, less than a mile north of downtown, is a lovely place to paddle. Bordered by a lush park, the area is popular among joggers and has several cafes—perfect for relaxing and soaking up the sun. You can rent a SUP at Hakuna Matata SUP Rental, which operates during summer months.

It is astonishing that the nearest forests are just a half-hour tram ride north of downtown in Central Park. Here visitors can stroll through nearly 2,500 acres of parkland. The park's Hältiala forest contains more than 700 acres of protected old-growth trees, some reaching more than 100 feet in height.

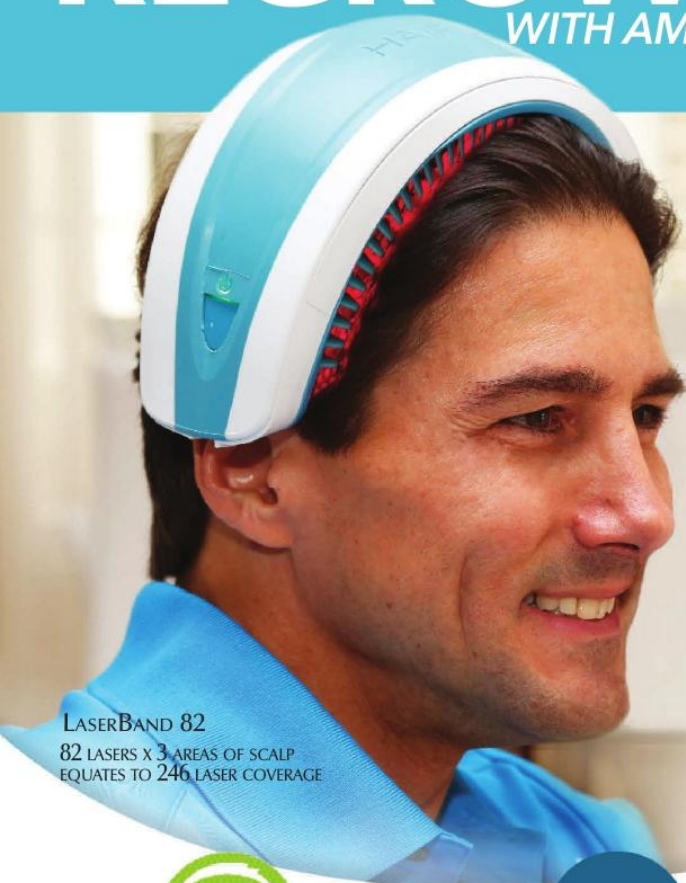
That is a big part of the beauty of Helsinki. Along with the vibrant culture and urban feel, the city is also full of nature and peaceful moments. It is precisely why I have decided to stay. ✈

Laura Iisalo is a Helsinki-based freelance writer and photographer. Her book Helsinki: People Make the City, written with Melanie Dower, was published in 2016.

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PADDLER'S PARADISE

The Portland area offers a variety of kayaking options

By Jim Moore

» It's one of those hint-of-summer late-spring mornings in Portland, and I'm navigating my kayak around Ross Island in the Willamette River. It's quiet out here on the water, near Oaks Bottom Wildlife Refuge. I hear a variety of birds in the wetland shallows, and I'm pretty sure I just saw an otter bobbing among the reeds. Next, I spy the huge stick-built nest of bald eagles in a nearby tree, and I watch great blue herons in the process of preparing nests.

As I commune with

nature this tranquil morning, I realize that my bucolic location is actually bordered by two traffic bridges, Interstate 5 and the popular Springwater on the Willamette Trail. Welcome to a largely unknown aspect of Portland life—it's a paddler's paradise. For instance, the Ross Island area is a kayaker's gem in the heart of the city. The 3-mile circumnavigation route offers a number of places from which you can launch a kayak. I highly recommend exploring the central lagoon, where a restoration project is creating 35 acres of prime wildlife habitat.

I discovered Ross Island by reading *Wild in the City*, a fascinating book cover-



HERE & NOW »

ing a multitude of urban nature adventures in the Portland, Oregon, and Vancouver, Washington, area. After my kayaking excursion I track down Mike Houck, who, along with noted local outdoor author M.J. Cody, edited the adventure guide.

He agrees that many people would be surprised to learn about Portland's abundant locations that are perfect for paddling. And with at least three kayak rental operators in downtown, the sites are accessible to anyone with basic skills and a yen to explore by water. The following are a few of the area's best locations.

Beginners might want to start with a trip along the **Columbia Slough**, a narrow, placid network of waterways in northeast Portland that creates a nature preserve amid industrial warehouses. A leisurely paddle will take you past a diverse collection of wildlife, including threatened species such as the northern red-legged frog and western painted turtle.

Another prime paddling site is the **Smith and Bybee Lakes Natural Area**, a relatively overlooked spot tucked away on the northern edge of Portland, 7 miles northwest of the Columbia Slough. You can see most of the region's water birds in this natural area.

In **Oregon City**, about 15 miles south of Portland, put your kayak in at one of the many parks downriver from the Willamette Falls to explore three river islands: Goat, with a great blue heron nesting colony; Cedar, where a circumnavigation will take you past beaver dams; and heavily treed Hogg, which has a small beach on its less-traveled side channel.

Other excellent paddling destinations include **Sauvie Island**, located 15 miles north of Portland. This 24,000-acre island encompasses 21 interior lakes, three boat ramps and several sandy beaches. Farther north, **Scappoose Bay** offers an intricate network of 85,000 acres of wetlands, creeks and channels. A local marina rents equipment and provides maps. ✕

A FESTIVE TIME IN THE CITY OF ROSES

By Susan G. Hauser

» Prepare to party this month in Portland as the city celebrates the 110th Rose Festival, May 26–June 11. One of the most popular events of the year, the festival is jam-packed with activities, such as dragon boat races, parades, fun runs and more. Alaska Airlines is a premier sponsor for the festival.

There will be three Rose Festival parades. The first is the whimsical, illuminated Starlight Parade on Saturday evening, June 3. This year's grand marshal is local Elvis impersonator John Schroder, who is sure to put on a show. Prior to the parade, the 5K Starlight Run, billed as "Portland's Party in the Streets," will take place. The run is expected to draw more than 5,000 participants, many in costume, who will run the parade route about 45 minutes before the Starlight Parade begins. The runners will be cheered on by



thousands of people waiting curbside. The top prize for the 5K's best costume is two roundtrip tickets on Alaska Airlines.

The festival's second parade is the all-children's Junior Parade, an official festival event since 1936. It is held on Wednesday, June 7, at 1 P.M.

The third parade is the largest of the three, the Grand Floral Parade, which is sponsored in part by Alaska Airlines and will be held on June 10 at 10 A.M. It will include various floral floats, including one by Alaska Airlines, which celebrates educa-

» Clockwise from top: A mime performs at CityFair. The Astoria Regatta Royal Court takes part in the 2016 Starlight Parade. Battle Ground High School marching band plays at the Grand Floral Parade. Portland Timbers mascot Timber Joey greets the crowd at the 2016 Grand Floral Parade.



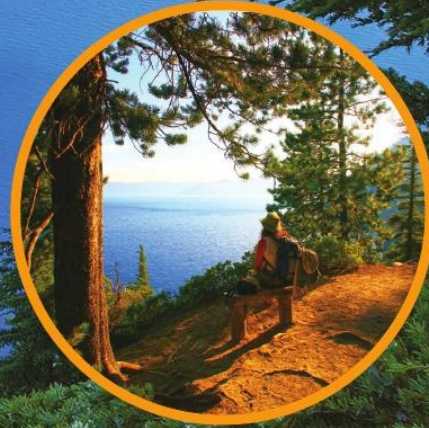
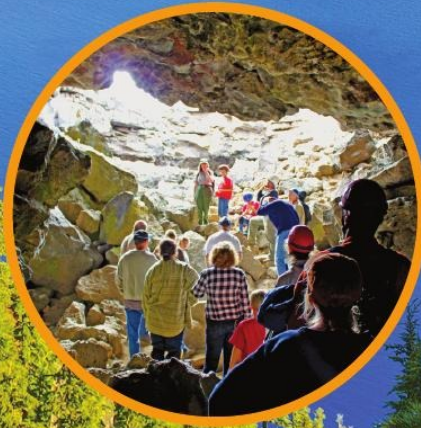
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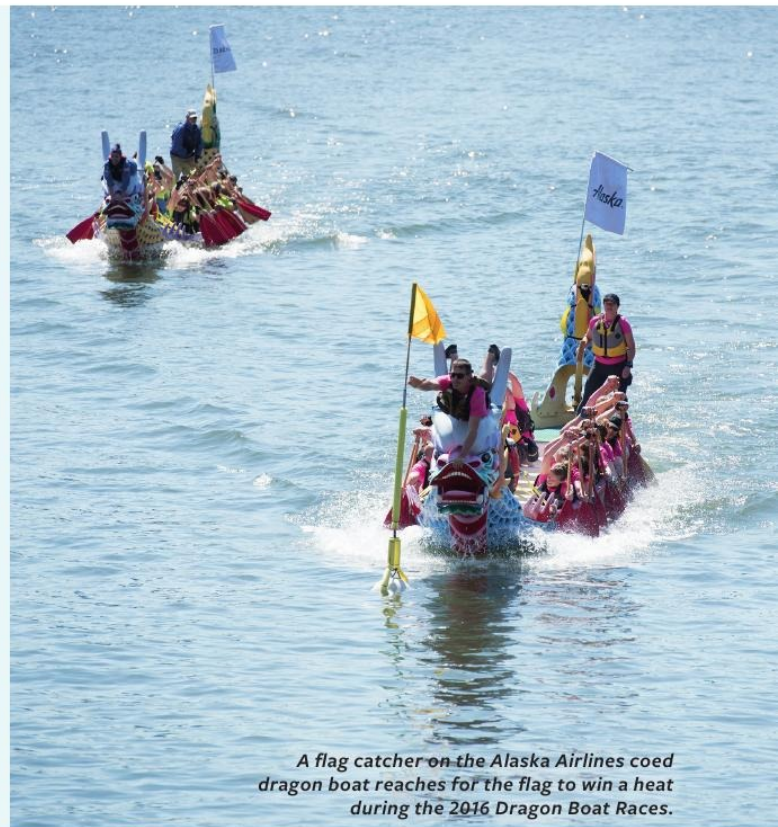
Dragon Boats

» Looking out across the Willamette River, where paddlers on eight colorful dragon boats are training diligently for the Rose Festival's June 10–11 Dragon Boat Races, Tom Crowder says he never tires of the vibrant river scene.

Crowder, a retired Portland Community College administrator, has been in charge of the festival's Dragon Boat Races for 13 years. At the same time, he coaches two strong contenders in this year's races: the Alaska Airlines team in the coed adult division, and the young women of St. Mary's Academy in the women's division.

Dragon boat races have been a part of Rose Festival activities since 1989, when Portland's sister city Kaohsiung, Taiwan, made a gift of four colorful 40-foot boats designed with elegant dragon heads and tails. The races were an instant hit and introduced a new sport to America. Now, teams from Portland and other U.S. cities compete in dragon boat races all over the world.

Four years ago, Kaohsiung replaced Portland's aging four-boat fleet with eight fiberglass dragon boats, each large enough to accommodate 20 paddlers, a tiller, a stroke caller (who during races pounds out the beat on a large drum) and a flag catcher. As the boat passes the finish line, the catcher has to reach over the dragon's head to grab a flag from a buoy. This year, more than 70 local, national and international teams are expected to compete in three divisions: coed adult, women-only and high school. The boats compete in four-team heats, June 10–11. Champions in each division are determined on Sunday, June 11. —S.G.H.



A flag catcher on the Alaska Airlines coed dragon boat reaches for the flag to win a heat during the 2016 Dragon Boat Races.

tion. It also features the Rose Festival royalty, equestrian teams, marching bands and the entertaining Alaska Airlines Flight Attendant Drill Team. Participants will wind their way along a 4-mile route from the Veterans Memorial Coliseum, across the Burnside Bridge and through downtown.

The parade will include the 2017 Queen of Rosaria, who will be crowned early on the day of the parade. Each year a young woman is

chosen from the royal court composed of princesses selected by Portland-area high schools. Immediately before the Grand Floral Parade, the coronation of the new Queen of Rosaria is held at Memorial Coliseum. From atop a floral float, surrounded by her court, the queen waves to her subjects along the parade route. Those interested can sign up to walk all or half of the Grand Floral Parade route. The Wilson High School Marching

Band will lead the way, before an estimated crowd of about 500,000 people.

"Every year is new," says Rich Jarvis, public relations manager for the Portland Rose Festival Foundation. "It's the same kind of parade, but every bit of it is new each year."

A fresh addition this year is a women's dance team from Idaho, the Red Hot Mamas, who have performed in the Macy's Thanksgiving Day Parade. The women wear outr-

PORTLAND ROSE FESTIVAL FUN FACTS



The roots of the Portland Rose Festival date back to the 1905 Lewis and Clark Centennial Exposition. Noting the event's economic boom, Mayor Henry Lane declared a "festival of roses" would be Portland's next undertaking. Two years later, the first rose festival was held.

In 1917, Portland's interest in roses led city leaders to proclaim the "City of Roses" would accept European hybrid roses endangered by World War I destruction. The International Rose Test Garden, home to about 10,000 rosebushes in Washington Park, started with war-threatened roses from Europe.



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» More than 5,000 runners, many in costume, are expected to take part in the Portland Rose Festival's Starlight Run, held before the evening Starlight Parade on June 3.

geous outfits and perform with energy and attitude. Other fun activities during the festival include the CityFair at Governor Tom McCall Waterfront Park in downtown Portland. The fair will be open on the weekends of June 2-4 and June 9-11. It will include rides, live music, food, and arts and crafts.

The Rose Garden Contest

While the Rose Festival might seem like all fun and games, there is a competition going on, as well. This year marks the 79th year of the Royal Rosarian Rose Garden Contest. Rose growers, living within 20 miles of Pioneer Courthouse Square, compete to have the best amateur rose gardens and commercial plantings. Judges travel to see each contestant's rose garden to make appraisals. The best gardens are announced June 20 at the International Rose Test Garden.

Roses have always played a major role in Portland, dating from before the 1907 founding of the Rose Festival. In 1889, the Portland Rose Society was founded by Georgiana Pittock, wife of Henry L. Pittock, the publisher of *The Oregonian* newspaper and a Rose

» HERE & NOW PORTLAND

Festival founder. The society's first Rose Show was held the same year in Mrs. Pittock's own garden.

This year, the 129th edition of the Spring Rose Show, the longest-running rose show in the nation, will be June 8–9 at Portland's Lloyd Center. About 4,000 rose exhibits are expected to fill the event space with their fragrant blooms, drawing rose lovers from across the country. ✂

CALENDAR

■ **Show Your PDX Pride.** The annual Portland Pride Waterfront Festival and Parade will be June 17–18 at Tom McCall Waterfront Park. The event, whose sponsors include Alaska Airlines, kicks off Saturday, June 17, at the park with live entertainment, food and activity booths from noon to 8 P.M.

On Sunday, the Portland Pride Parade is expected to include more than 7,000 participants, many holding banners and wearing costumes, who will march from downtown Portland to the festival site, while being cheered on by more than 30,000 spectators. The parade route begins at West Burnside Avenue and Northwest Park Street and runs through Portland's Old Town Chinatown before making its way along the waterfront and ending at the Pride festival. For more information, visit pridenw.org.

— Jill Christensen

■ **Zoo Concerts through the Summer.** Get ready to rock and roar at the Oregon Zoo Summer Concerts, June 21–September 9 at the zoo's amphitheater.

The “wildest” outdoor concert series in Portland begins with “Seu Jorge Presents The Life Aquatic: A Tribute to David Bowie,” on June 21. Other performers in the eclectic summer lineup include Pat Benatar, Brandi Carlile, Echo

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Launched in 1979, this set of concerts in Portland is one of the oldest summer zoo concert series in the nation. On the day of the show, concertgoers receive free admission to the zoo with their show ticket. For information, visit zooconcerts.com.

—Olivia Sullivan

■ **World-Class Beers.** The hoppy drink will be in the spotlight during the Portland International Beerfest, June 23–25. The event, which is held in the Portland Pearl District's North Park Blocks, will offer more than 200 beers from around the world, including many hard-to-find beers from countries such as Austria, Belgium and Germany. A Portland tradition since 2001, the beerfest draws thousands of people every year. To learn more, go to portland-beerfest.com.

—Rachel Lucas

■ **Women Composers Take Center Stage.** The groundbreaking musical achievements of women composers will be celebrated at this year's Chamber Music Northwest Summer Festival, June 26–July 30.


The five-week event presents music spanning more than nine centuries and will be performed by well-known national and international musicians. The concerts will be held at various locations in the Portland area, with most being performed at Kaul Auditorium at Reed College and the Lincoln Performance Hall at Portland State University.

The summer series will offer music ranging from Hildegard von Bingen's 12th-century compositions to Pulitzer Prize winner Caroline Shaw's contemporary pieces. For more information, visit cmnw.org. —Olivia Sullivan


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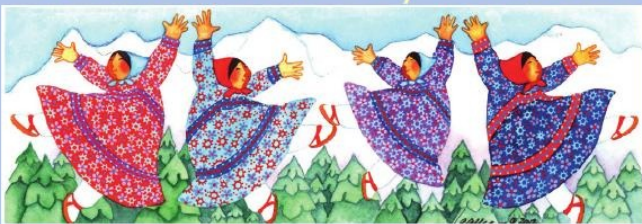
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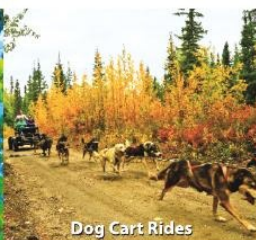


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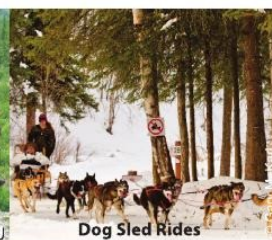
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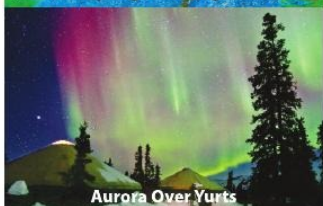
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NICK JANS

DAYS ON END

During Alaska summers,
night never comes

By Nick Jans

» From a rocky summit in Alaska's Brooks Range, I squinted north into a sun that would not set. It hung low in a pale sky, playing peekaboo between ragged peaks that spilled into a limitless distance. Instead of sinking, the orb continued a great horizon-hugging arc, and began to slowly curve upward. As golden light and long shadows spread over the wild landscape, dusk seamlessly merged into dawn. Mountains miles away glowed with such clarity that they seemed a painted backdrop.

It was June 1979—my first midnight sun, the first of many Alaska summer solstices for me, stretching over nearly four decades. Though the thrill of that first experience has faded, the magic of the Great Land's ever-lit summer remains, an iconic occurrence that beguiles visitors each year. The season's apex

is the solstice, the longest day of the year in the Northern Hemisphere, and the official first day of summer—on or about June 21, depending on the calendar. The summer solstice also marks the highest point that the sun will reach in the sky that year. Of course, this general pattern is the same in the Lower 48. But even along the northern tier of the contiguous states, there's still a recognizable line between day and night.

In Alaska, not so much. Summer days seem to stretch on forever—a phenomenon that disorients and dazzles locals and tourists alike. It's jarring enough in Ketchikan, in the state's southeastern corner, where the longest day of the year translates into 17 hours of sun above the horizon, plus another couple hours of half-light added on. As you work your way

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northward, the effect becomes gradually more pronounced—keep in mind, Alaska stretches roughly 1,400 miles north to south, longer than the drive between Seattle and San Diego.

Anchorage's sunlight during the solstice totals 19 hours, 21 minutes; Fairbanks, 260 miles to the north, just a shade under 22 hours. The Arctic Circle, another 200 road miles north, marks the line where the sun doesn't set for at least one day a year: a full 24 hours of sunlight.

By the time you reach Barrow, as far north as the Great Land goes, it's almost unbelievable. In this community of approximately 4,500, the sun doesn't dip below the horizon for more than 10 weeks. (This year, it will remain daytime from May 10 until July 30.) People stagger around bleary-eyed after midnight, their biological clocks short-circuited; finally, they end up turning in when they should be rising, and waking in time for another evening. Some of my friends describe this off-kilter state as "getting backward."

The long, bright nights are bathed in almost surreal, low-angle light, rendered all the more gorgeous by various atmospheric effects common to the Arctic, including mirages and sun dogs. In any Native village off the grid, it's not uncommon to see children playing baseball or riding around on ATVs at 4 A.M. They'll tell you: "We never sleep yet." My advice to any visitor? Go with that flow.

I lived above the Arctic Circle a third of my

life, in tiny Inupiaq settlements, and spent many a late spring and summer night wide awake—and dealt with the resulting disarray. I recall one May afternoon when I came home from teaching at the village school, flopped down on my bed, clothes and all, and immediately slid into an exhausted sleep. I woke with a start to sun streaming in my cabin window, and my watch read 9:00. School started at 8! I dragged on shoes and sprinted out the door. Fifty yards up the trail, I realized the sun was in the northwest, not the southeast. It was 9 in the evening, and I'd only slept three hours. I slunk home, hoping no one had noticed.

Naturally, many Alaska towns mark the summer solstice in some way. From Fairbanks' Midnight Sun Game, a late-night, semi-pro baseball game, sans lights, to Anchorage's Downtown Summer Solstice Festival to events in Seldovia and Girdwood, solstice celebrations draw people from near and far.

Alaskans are right to celebrate their longest day. Despite the fact that summer will officially continue another three months, and the warmest weather lies ahead, it's all downhill from the solstice—gradually declining days and longer nights, trailing toward the bleak dark of December, and the winter solstice, the shortest day of the year.

As Arctic elder John Blower once reminded me, on a sweltering, sun-bright day shortly after the solstice, "Better get ready. Winter's coming." ❄



Midnight Sun Festival.

SOLSTICE CELEBRATIONS

Across Alaska, people salute the summer solstice. Here are a few festivities.

- **Midnight Sun Festival**, Fairbanks. Food trucks, gold panning, live music.
- **Midnight Sun Game**, Fairbanks. Late-night semipro baseball without floodlights.
- **Midnight Sun Run**, Fairbanks. 10K beginning at 10 P.M.
- **Downtown Summer Solstice Festival**, Anchorage. Beer gardens and family fun.
- **Moose Pass Summer Solstice Festival**, Kenai Peninsula. Live music, local art, food vendors, carnival games.

Midnight Sun Game.



FRUITFUL LAND

By Eric Lucas

» They are found underfoot, at knee height, at eye level and in branches dangling head high. They glimmer in blue, indigo, yellow, vermillion, crimson and apricot. They speckle ancient rainforests, sub-Arctic tundra, sandy shores, sunny hillsides and urban backyards. Alaska's summer berries are among the state's most prolific and most treasured delights, a gift of nature almost every resident enjoys, and one that visitors may seek, as well.

"Well, I know a spot." These are the magic words travelers hear when they inquire, as I have on many trips north. I've been guided by friends and tour operators to secret patches on coastal islands, to carpets of berry plants at the foot of Denali, to little cafes that liven muffins with berries from out back. Pancakes, pies, compote, jelly, juice, marinade, oat-



Alaskan salmonberry.

» HERE & NOW ALASKA

meal and teas—berries find their way into Alaska cuisine in many ways. Most often, though, they simply make their way as quickly as possible from bush to hand to palate, an on-the-spot gustatory adventure.

The list of wild berries ranges from some of Earth's most common, such as strawberries and raspberries, to near-mythical gems, such as the fabled nagoonberry. Crowberries, salmonberries, huckleberries, gooseberries, serviceberries, currants—the University of Alaska Fairbanks Cooperative Extension Service catalogs more than a dozen wild edible berries (uaf.edu/ces/foods). I've sampled them all, and many of my best memories of Great Land trips include berry picking.

I've found them on late August's autumn-color tundra near Denali's north face, with a massive caribou bull overseeing the scene as I knelt in the cushion of moss to taste mild, sweet crowberries and puckery, crisp cranberries. I've browsed waist-high blueberry bushes for a frost-nipped midmorning snack on a hike to the top of Wickersham Dome, near Fairbanks. I've framed a photo of cerise high-bush cranberries at eye level in dappled sun in mist-ridden woods near Chena Hot Springs. I've hidden at the crunch of an approaching car in the Copper River Delta, my nagoonberry guide not wanting to give away our berry patch. And I've been sent home from Juneau with jars of berry preserves. "Here, these are from last summer's cranberry

picking. Oh, and this is huckleberry jelly. Mostly juice," my host said, reaching into her cupboard. She frowned, shaking the jar. But juice was fine for Lower 48 standards; at home, I added it to seltzer to make a fizzy cerulean spritzer.

It's best for Alaska visitors to rely on local guidance before sampling berries; simply expressing an interest opens a wondrous window into life up north, where wildland berries earn the same keen affection that homegrown tomatoes do in the rest of the states. Aside from the marvelous taste of wild berries—far deeper than anything store-bought—berry picking provides an outdoor sensory experience as profound as anything Alaska has to offer.

Once, on a wilderness island south of Juneau, my guide, Lara, and I were admiring, and piling up in bowls, blueberries the size of gem sapphires, when one of Lara's fellow guides pulled up nearby in an ATV. "The bears are back at the viewing site," he declared. "Hop on."

Lara and I looked at each other, at the blueberries, at the ATV and waved him on. Seen one bear, you've seen 'em all, and wild blueberries beckoned with blinding appeal. You might say a berry in the hand is worth two bears in the bush. We had blueberry pancakes the next morning. *For more information on berry picking, which begins in June but is best in August, visit alaska.org/advice/berry-picking.* ✈

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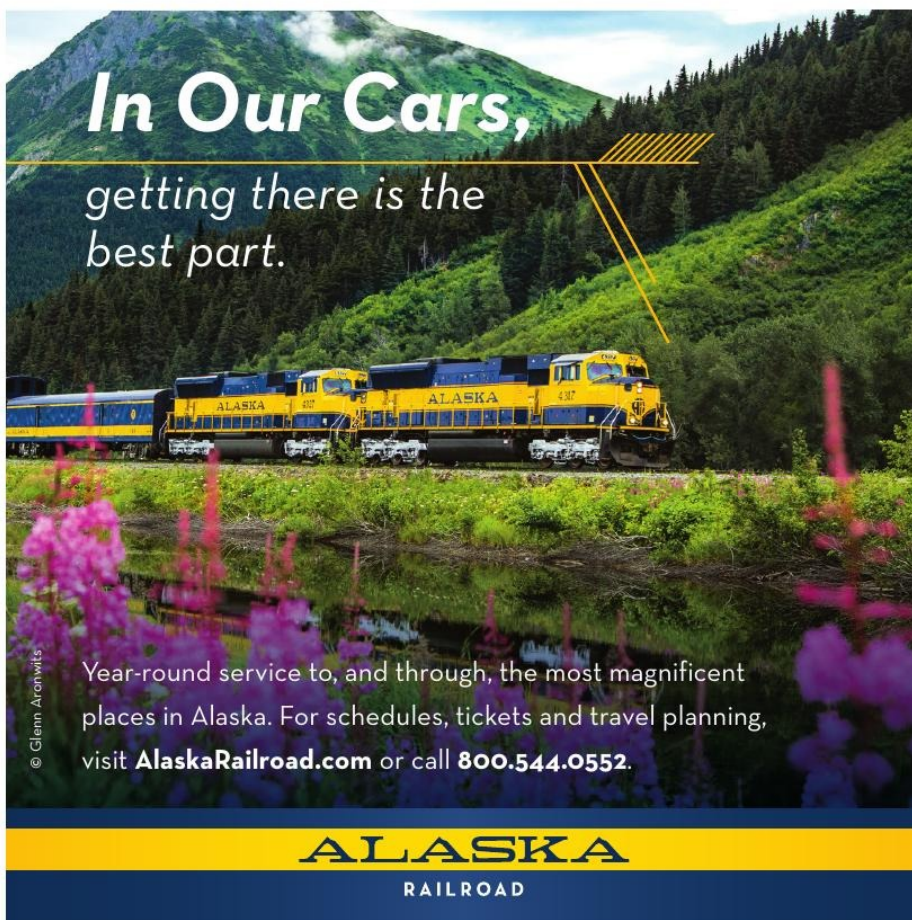
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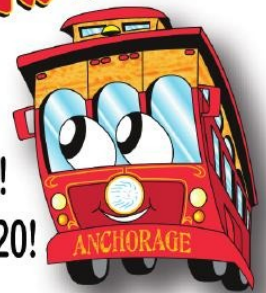
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MUSIC UNDER THE STARS

Summertime brings a glittering assortment of musical talents to the LA area

By Kathryn Drury Wagner

» **The night felt refreshingly civilized**, especially for a big-name concert. My husband and I strolled up to The Greek Theatre on a warm summer evening and headed to a counter to pick up our preordered dinners: grilled salmon for him, a cheese plate for me. We promenaded under hanging lanterns before finding the right bar (there are plenty at The Greek) for a margarita. This was before the main attraction—a concert by Mumford & Sons—in which the band wowed with their set list, light show and a surreal moment when lead singer Marcus Mumford dashed through the crowd, brushing by us in our seats. The Greek has fantastic acoustics, and if you haven't sung along to *I Will Wait* with 5,000 other fans under the stars, well, you should try it.

Los Angeles is a special musical destination, and one of the delightful things about living in the LA area is that every act will likely pass through at some point. I was recently looking at concerts online and had scrolled through seemingly endless June listings before I realized, *Wait, I'm still only on June 1!* The diversity and virtuosity are simply

brehtaking: There's songstress Idina Menzel one night, rapper Snoop Dogg the next. Burt Bacharach. Judy Collins. Modest Mouse. Taiko drumming. Gipsy Kings. Herbie Hancock. It all happens on the stages of Los Angeles and Orange County, and thanks to the benign SoCal climate, it's often under an open sky.

The Hills Are Alive

LA boasts a set of landmark outdoor venues nestled into hillsides that are aural marvels, with storied pasts and programs that dazzle all season long.

Tucked inside Griffith Park, with a capacity of 5,900, **The Greek Theatre** debuted in 1931. The Greek feels user-friendly through-

» **The Greek Theatre is one of the stellar venues in the Los Angeles area for catching summer concerts.** Above, LA indie-rock band Local Natives performs at The Greek in 2016.

The Hollywood Bowl features concerts by the Los Angeles Philharmonic and other top acts from a range of genres.



out, but for a VIP experience, splurge on box suites, which come with special menus and waitstaff. John Mellencamp plays with Emmylou Harris and Carlene Carter, June 18. Nick Cave and The Bad Seeds close their North American tour here on June 29. July and August acts include Latin star Prince Royce (July 15), rockers Third Eye Blind (July 20), Steve Miller Band with Peter Dinklage (Aug. 10), and The Avett Brothers with Dr. John & The Nite Trippers (Aug. 11). Note: The Greek has age requirements on some shows.

When I first visited **The Hollywood Bowl**, I was struck by its sheer scale—and I was justified in having this impression. This is one of the nation's largest natural amphitheaters, with a capacity just under 18,000. The first season here kicked off in 1922, and audiences have been enjoying concerts—performed in various permutations of the venue's band shell—ever since. Past performers read like an

all-star list of music history: Aaron Copland, Billie Holiday, Judy Garland, Dave Brubeck, Bob Dylan, The Beach Boys, The Beatles.

The June calendar features the acclaimed 39th-annual Playboy Jazz Festival, June 10–11, with a lineup that includes Grammy-winner Corinne Bailey Rae and blues titans Taj Mahal and Keb' Mo'. The official season kicks off June 17 with The Moody Blues, celebrating the 50th anniversary of their seminal album "Days of Future Passed." Singer-songwriter Jason Mraz plays on June 23. Highlights next month include Pentatonix for the July 4th Fireworks Spectacular, showing July 2–4, and Jack Johnson on July 16.

Families and lovers of crisp apple strudels can do-re-mi on June 24 at the "Sing-A-Long Sound of Music," and classical music aficionados will be happy to note that The Hollywood Bowl is the summertime home of the Los Angeles Philharmonic, with concerts on

SEBASTIAN'S HAUNT

Los Angeles has plenty of superb jazz venues, it's true. But fans of the film *La La Land* may be most curious about the **Lighthouse Cafe**, where piano-playing Sebastian first takes Mia to show her the joys of jazz. The real cafe is in the city of Hermosa Beach. Since opening in 1949, the Lighthouse has featured acts such as Miles Davis and Chet Baker. You can enjoy live music there each day. Spoiler alert! "Seb's," the club Sebastian owns at the end of the film, was played by a whiskey bar called The Blind Donkey, located in Long Beach. —K.D.W.

Tuesdays and Thursdays. This summer's classical-music season will include the Philharmonic's dynamic Gustavo Dudamel conducting beloved ballet scores and one of the most popular symphonies ever written: Beethoven's Symphony No. 9.

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.

The success of It's Just Lunch is built on creating high quality matches in low pressure situations. In 26 years, they've set up millions of first dates. Make meeting someone special a priority. Get in touch at **800-858-6526** or **www.itsjustlunch.com**.

It's Just Lunch Matchmakers



MELISSA BROWN



SARA DARLING



JULIE LOPEZ

DATING STATS:

30 MIN

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

2/3

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

56%

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

4 OUT OF 5

Singles are open to a kiss on a first date.

26 YEARS

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IT'S JUST LUNCH

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» Aloe Blacc, right, played a show at the John Anson Ford Amphitheatre in 2016. Outdoor jazz at the Los Angeles County Museum of Art, below, is another hot summertime ticket.



Like the Hollywood Bowl, the **John Anson Ford Amphitheatre** has a history dating back to the 1920s. Today's amphitheater is looking sprightly: The 2017 Summer Season is its first full schedule after a major restoration. The revitalized Ford has enhanced lighting and sound, better production capabilities and expanded dining. The season starts July 15,

with dancer Savion Glover, and runs through Oct. 16. Look for singer-songwriter Rufus Wainwright, Latino/Chicano performance trio Culture Clash, and Senegalese artist Youssou N'Dour, to name a few other upcoming acts.

Cultural Centers

The Los Angeles Philharmonic's music and

artistic director Gustavo Dudamel is as popular and recognizable as a sports star. "The Dude" presides over "The Phil" indoors at **Walt Disney Concert Hall** for a Bartók cycle with Yuja Wang playing Piano Concerto No. 2, June 1–2, and Concerto No. 3, June 3–4.

The **Los Angeles County Museum of Art (LACMA)** feeds the senses, with visual arts galore and world-class dining at Ray's & Stark Bar. LACMA pleases the ears with more than 100 classical, jazz, Latin and new-music concerts annually. The Friday-evening free jazz series, which runs through November, is a much-loved program. Bring a blanket and food, or buy dinner on-site. On Saturday evenings through September, top artists play free Latin music. And the Sundays Live chamber music in Leo S. Bing Theater has five June dates, including Capitol Ensemble, June 11, and pianist Daniel Schlosberg, June 18.

For contemporary works, UCLA's **Center for the Art of Performance** is on the leading edge. The 2017–2018 season, which starts in September, includes a multimedia presentation called "In My Mind," by jazz pianist Jason Moran.





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LOCATIONS NATIONWIDE

Grand Pasadena

About 10 miles northeast of downtown LA, Pasadena has a sumptuous music scene, with **The Pasadena Symphony and Pops** bringing class to indoor and outdoor shows. The symphony plays at Ambassador Auditorium; the Pops delights picnicking audiences at the verdant **Los Angeles County Arboretum and Botanic Garden**. The Pops are led by pianist and singer Michael Feinstein, a former assistant to Ira Gershwin. For the Pops' 2017 Summer Concert Series, look for Feinstein and guest stars Liza Minnelli, Joel Grey, Rachel York, Jessie Mueller, Madelyn Baillio and more. The season runs from June 17 through September 9.

Goldenvoice, the organizer of the famous Coachella Valley Music and Arts Festival ("Coachella"), is presenting **Arroyo Seco Weekend**, June 24–25 in Brookside Park, next to the Rose Bowl Stadium. This two-day festival has three stages for live music, curated menus from LA restaurants and chefs, and craft beer and wine. Big-name acts include Tom Petty & The Heartbreakers, Alabama Shakes, Mumford & Sons,

GRAMMY GETS SERIOUS

Located in downtown Los Angeles, the **Grammy Museum at L.A.**

Live has a quieter profile than many local museums, which is ironic considering it's all about music. But this institution is dedicated to broadening the historical and cultural significance of music, and has a robust series of intimate lectures and performances, so keep an eye on its shows. Recently, the Cold War Kids dropped by to discuss their new album and play songs. The exhibit "Monterey International Pop Festival: Music, Love, and Flowers, 1967," is showing through Oct. 22. There's also plenty to see year-round, including a songwriters' hall of fame and red-carpet artifacts. —K.D.W.



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and local LA indie-pop-soul faves Fitz and the Tantrums, among others. There are no seats, so bring a blanket. All ages are welcome, and kids 10 and under are free.

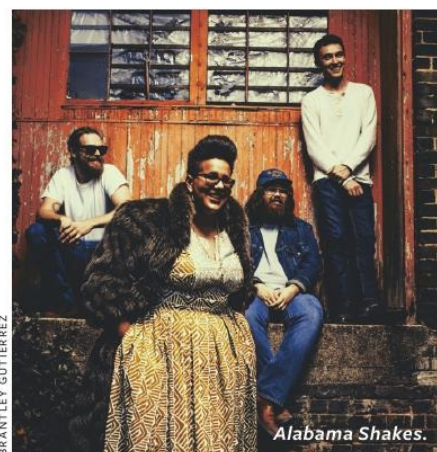
While you are in Pasadena, step back into the Gilded Age at The Langham Huntington, Pasadena, a grand hotel dating to 1914. The Tap Room there has jazz on Thursday nights beginning at 8 p.m., and live music Friday and Saturday nights starting at 9 p.m. What to sip while you listen? Why, the signature gin cocktail, of course. It's a "South Pasadena."

In Orange County

Music and theater thrive alongside fabulous shopping and restaurants in lovely Orange County. The largest nonprofit arts organization in Orange County, the **Segerstrom Center for the Arts**, has it all. This 14-acre campus in Costa Mesa has six performance venues, and is home to three of the region's

major performing-arts organizations: Pacific Symphony, the Philharmonic Society of Orange County, and Pacific Chorale. It includes the facilities of the South Coast Repertory, known for its plays. And the campus is adjacent to the expansive, upscale **South Coast Plaza** shopping center.

The Segerstrom is the place to catch a national tour of a Broadway show, such as this summer's *The Bodyguard* (through June 11) and family-friendly programming such as pop icon Frankie Valli & The Four Seasons (June 24). The Segerstrom also has intimate performances of jazz and cabaret, classical music by chamber orchestras and ensembles, and free performances open to the public. If you want to see the center from behind the scenes, take a free tour led by Segerstrom Center docents to areas rarely seen by the general public. The 60- to 90-minute tours are ADA-accessible. Reservations are required.



BRANTLEY GUTIERREZ

With so many great venues featuring shows in SoCal this summer, you're sure to find many that appeal to your musical tastes. The hardest part? Fitting them into your calendar. ✈

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

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REVISITING THE SUMMER OF LOVE

Rare photos offer a portal to a unique time and place

By Dennis McNally

» I was recently on a mission, hunting for pictures relating to San Francisco's Summer of Love of 1967. Specifically, I was searching for photos of San Francisco rock stars of the 1960s in their earliest performance incarnations as folk musicians. My friend Vanessa Kaukonen, wife and manager of former Jefferson Airplane lead guitarist Jorma Kaukonen, had sent me to Marjorie Alette, a photographer who in 1963 had been Jorma's girlfriend. Marjorie welcomed me into her Bay Area home and pointed me toward a stack of pictures she had taken one night in 1963 at The Offstage folk theater in San Jose. On that occasion, a young woman had shown up and asked if anyone was willing to back her on guitar. Jorma had said sure.

I started going through the photos, and suddenly, there I was, looking at a 19-year-old Janis Joplin. She was still baby-faced, wearing a thoroughly conventional basic black dress and not at all resembling the powerful and dynamic rock star she would be just three years later. Marjorie told me that Joplin quickly figured out that conventional black dresses were not required in California folk clubs and changed back into the jeans that made her feel comfortable. No one cared either way, of course. Even then, Joplin had a very special voice.

By the time I visited Marjorie, I had spent a few months gathering photos and artifacts on behalf of the California Historical Society, which is exhibiting "On the Road to the Summer of Love" through September 10.

The media often reduced the meaning of hippie to flowers, beads and long hair, but the ideas that thrashed around the Haight-Ashbury district still provoke powerful responses.



MARJORIE ALLETTE

This exhibition, along with numerous other events in the Bay Area, celebrates the 50th anniversary of that fateful season when a small section of San Francisco became the nexus of American counterculture. I've written about Jack Kerouac (in my book *Desolate Angel*) and the Grateful Dead (in *A Long Strange Trip*), among other topics, so it wasn't a reach to start looking at the origins of the Haight-Ashbury scene of 1965–1967.

Something special happened there. A small neighborhood had been operating under the radar—at least until January 1967, when residents threw a party called the Human Be-In, in Golden Gate Park, and so many people came that the media took notice and the neighborhood's cover was blown. People in The Haight were exploring freedom—in

» Janis Joplin was a 19-year-old newcomer in 1963 when guitarist Jorma Kaukonen (who rose to fame with Jefferson Airplane) backed her at The Offstage in San Jose.

terms of consciousness, gender roles, relationships with nature and culinary awareness (the natural-foods industry arguably started in the area). Those issues have never stopped being meaningful.

To be sure, the media often reduced the meaning of hippie to flowers, beads and long hair, but the ideas that thrashed around the Haight-Ashbury district still provoke powerful responses, positive and negative. William Faulkner once said, "The past isn't dead. It isn't even past." I'd argue that the culture of The Haight isn't even past at all.

Perhaps the single most potent feature of the scene was the music. Joplin may have left



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» HERE & NOW CALIFORNIA

50TH SUMMER OF LOVE

Explore the following attractions this summer in the San Francisco Bay Area and beyond. For more, visit summeroflove2017.com.

■ **"The Summer of Love Experience: Art, Fashion, and Rock & Roll,"** through Aug. 20; 1960s posters, photos and interactive music-and-light shows; de Young Museum; deyoung.famsf.org.

■ **"On the Road to the Summer of Love,"** through Sept. 10; specially curated photos and ephemera trace the history of San Francisco's counterculture; California Historical Society; californiahistoricalsociety.org.

■ **The Summer of Love Magic Bus Experience 2017,** through Sept. 15; sound and film programs aboard a colorfully painted bus; multiple stops; boards at Union Square; magicbusf.com.

■ **Monterey International Pop Festival,** June 16-18; modern performances honor the iconic 1967 festival; Monterey County Fair & Event Center, Monterey, CA; montereypopfestival50.com.



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us at the heartbreaking young age of 27, but her music still moves millions.

I told Marjorie that I had to have that picture for the show, and when I got home, I put on "Pearl," Joplin's last record. It's a superb album, evidence of Joplin's growing command of her art—and the knowledge that she died while making it gives it a bittersweet tenderness. We should have had so much more from her and from the era she will always represent. Her rendition of *Me and Bobby McGee*, Kris Kristofferson's wistful celebration of lost love, still makes me cry. ✕

Author and historian Dennis McNally was 17 during the Summer of Love.

Washington

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A view from the air of impressive Washington sites.

W37 EXCITING EASTERN WASHINGTON

Remarkable recreation areas, from lake and river locales to wineries and the picturesque Palouse.

Cover: Cowgirl Tiffany Fewel, trail boss at her parents' Cherry Wood Bed Breakfast and Barn in Yakima Valley wine country.

Photo: Susan Seubert.

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On Tour

Interesting and unique excursions in the Puget Sound region ● By Scott Driscoll

As I walk through the **Main Arcade** in Seattle's famed Pike Place Market, passing colorful piles of fresh produce grown by Washington farmers, my tour guide, Sara Patton, asks, "Ever notice how unusual the lighting is?"

Now that she mentions it, the large white globes that line the arcade remind me of lights around a mirror in a theater dressing room. "There's a reason for that look," Patton says. "These lights are believed to have been suggested by Arthur Goodwin, whose mother was a Broadway actress."

Arthur was the nephew of Frank Goodwin, who struck it rich in the Klondike Gold Rush.

Frank and his wife, Mabel, eventually settled in Seattle, and Frank is believed to have been at the market during its initial weeks in August 1907, as farmers sold their produce, from the backs of their wagons parked on Pike Place, to consumers eager to avoid price-inflating middlemen.

Frank, an architect and real estate developer who co-owned a nearby hotel with his brothers Ervin and John, noticed that when it rained, the lack of shelter meant farmers were struggling to sell soggy produce. "He felt sorry for them," Patton says, and he built the arcade in the fall of 1907.

She consults her fact sheet. "Here's some fun Frank Goodwin trivia: Frank, who was a vegetar-

Above: Pike Place Market's lively Main Arcade is popular with locals and visitors. Top right: The *Fremont Troll* sculpture is one of the stops on The Fremont Tour.

ian, was said to be so passionate about fresh air and foliage, he'd sleep outside on a platform under a tree in his backyard."

Today, approximately 85 farmers sell their produce at Pike Place Market, says Patton, who is president of Friends of the Market (friendsofthemarket.net), a nonprofit that started offering one-hour walking tours of the market in 2007, the market's centennial year.

Market vendors also include about 225 local artists/crafts-

Washington

people, and about 240 small businesses. The MarketFront expansion, scheduled to celebrate its grand opening on June 29, will add 47 new stalls for farmers and artists. And the market has 13 locations where buskers perform. The start of today's tour, at the red neon Public Market Center sign and clock, was enlivened by a busker singing as he strummed a washboard.

Passing The Athenian Seafood Restaurant and Bar in the Main Arcade, Patton notes that Tom Hanks and Rob Reiner ate here for the 1993 movie *Sleepless in Seattle*. I mention that on a recent weekend my seventh-grader sat in Reiner's chair. In return for my allowing my son that privilege, he agreed to try a taste of my clam chowder.

Another tour highlight is the Gum Wall in Post Alley by the Market Theater, where Unexpected Productions Improv performs comedy shows. Patton says the wall has been recognized as one of the "germiest" tourist attractions in the world.

Theatergoers began sticking their chewed gum to the red-brick wall in the 1990s, and as others added their own masticated contributions, an unusual piece of abstract art evolved, she says. In 2015, when the wall received its first major steam cleaning, about 2,350 pounds of hardened gum was removed. Much of that has since been replaced.

"My son's school class did a tour of the market," I tell my guide. "What would you guess was their favorite thing?" Patton nods and laughs. "The Gum Wall."

The Pike Place Market tour is



among the wide variety of Puget Sound-area tours that offer fun for locals and visitors alike. The options include tours that even many longtime Seattle residents like me are just discovering, such as The Fremont Tour north of downtown, Alki Kayak Tours in West Seattle, Pretty Gritty Tours' Boos and Booze Tour in Tacoma, and the Eastside Audubon Society's guided tour of Juanita Bay Park, a bird-watcher's delight in Kirkland.

The Fremont Tour

Mark Ukelson, owner of The Fremont Tour (thefremonttour.com), is wearing a white construction hard hat, with attached miniature rockets; bright-yellow tights under blue shorts; and a T-shirt that says, "Rocket Man, Super Hero, Sort of." Five of us have gathered for his tour of the

CAPITOL HILL BLOCK PARTY

Diplo, a Grammy Award-winning record producer/singer/songwriter/rapper/DJ, will be among the 100-plus performers—65 of them local artists—expected for the Capitol Hill Block Party, July 21–23, in the hip Capitol Hill neighborhood known for its music and arts culture.

The festival, marking its 21st anniversary, showcases famous and up-and-coming artists. The 2017 lineup also includes hip-hop duo Run the Jewels, indie-electronic-music artist Jai Wolf, mixed-genre singer/songwriter Angel Olsen, and indie-rock singer/songwriter Lucy Dacus.

Drawing attendees from



throughout the Northwest, the festival is a popular part of Seattle's acclaimed music scene, which includes numerous genres, venues and events.

In addition to the many restaurants and bars in the six blocks of the Capitol Hill Block Party, the event will include three beer gardens and various food trucks.

For more information and a full schedule of this year's performers, see capitolhillblockparty.com.



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Washington

funky Fremont neighborhood. First, we must learn how to be “Fremonsters.”

“We will all be playful while appreciating public art,” Ukelson explains. “Let’s practice. When I say, ‘Rocket Man, Super Hero,’ you say, ‘Sort of.’” We try a few rounds, laughing.

Ukelson, who was a member of the Fremont Arts Council in the 1990s, provides art tours, with eight stops on a half-mile walk, that encourage interactions with bystanders at various sites.

For instance, near the cast-aluminum streetside statue *People Waiting for the Inter-urban*—installed by local artist Richard Beyer in 1978, and featuring five standing adult figures, a babe in arms, and a dog (with a human face) at their legs—Ukelson opens a carry-on suitcase he’s been rolling along.

He pulls out costume supplies. One woman in our tour dons a Groucho Marx mask with glasses, heavy brows, a big nose and a mustache. Another woman pulls on a rainbow-colored wig. The rest of us are charged with chanting on cue.



A driver stopped for a red traffic light rolls down his window. The two costumed women wave a sign declaring, “Welcome to Fremont: Center of the Universe.” Ukelson bellows, “I am Rocket Man, Super Hero. ...” We shout the response, “Sort of!”

The driver grins before heading off when the light changes.

The tour also includes art such

Above: Kayaking the waters around West Seattle might include a view of Mount Rainier. Below: Pretty Gritty Tours offers an unusual Boos and Booze Tour in Tacoma.

as the *Fremont Rocket* and the *Fremont Troll*. The approximately 50-foot-tall rocket was mounted on a cinder block building in the 1990s by Seattle sculptor John Hoge. He added fins on the rocket and cut out round windows.

The concrete troll, installed in 1990 by a team led by Seattle-area artist Steve Badanes, is 18 feet tall and has his hand wrapped over an actual 1963 VW Beetle.

Fremont old-timers claim there have been troll sightings under the bridge since it was completed in the 1930s, according to the Fremont Chamber.

Alki Kayak Tours

Paddling our sea kayaks around the northern end of the West Seattle peninsula, from the Seacrest Boathouse in the city of Seattle’s Seacrest Park to the Alki Point Lighthouse, we are practically eye level with bobbing surf scoters, cormorants, grebes and goldeneyes. A bald eagle soars overhead. Our flotilla is watched by a curious harbor seal.

We stroke along in a steady rhythm, following the advice of our guide, Greg Whittaker, owner of Alki Kayak Tours (kayakalki.com), to let our torsos do the work and not tire out our arms. I revel in the quiet waterscape, the crisp feel of the briny air, the droplets running down my paddle handles.

Whittaker, paddling with me in a tandem kayak for the 6-mile, three-hour roundtrip, which parallels Alki Beach Park for part of

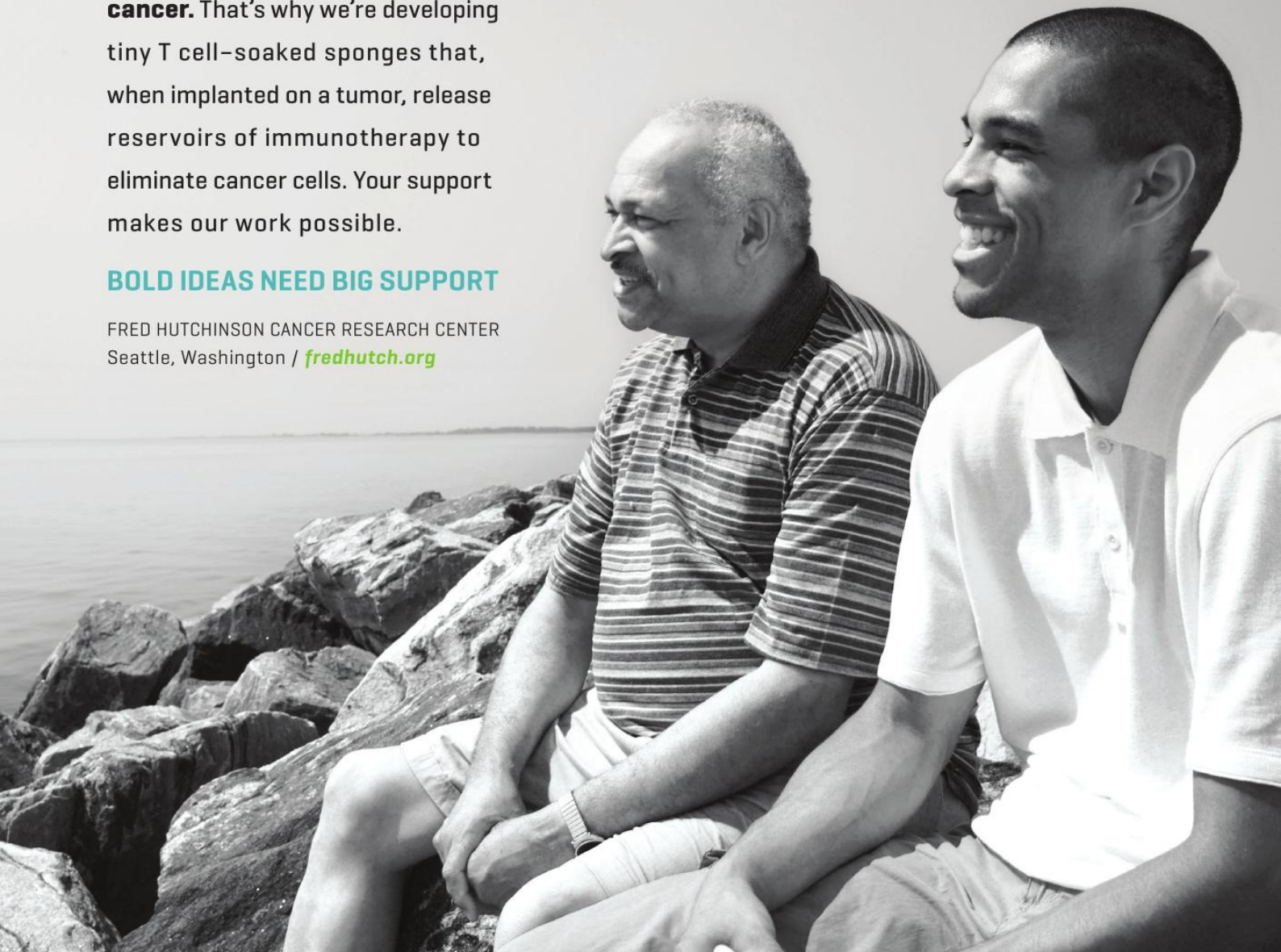


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the way, says his goal is to show “residents and visitors the natural beauty and importance of Puget Sound—the best way to get in touch with it is to get out on it.”

He also regales us with tales of the Denny Party’s arrival at Alki Beach in the autumn of 1851, an event that some consider the city of Seattle’s modest beginning. The settlement consisted of five families—12 adults and 12 kids. They eventually relocated to a site in what is now downtown Seattle.

At the white, red-roofed lighthouse, we haul out the boats to eat a snack and explore tide pools. Built in 1913—and a big improvement on the original kerosene lantern a farmer hung on a barn post in the 1870s to warn mariners of the rocky promontory—the 37-foot-tall lighthouse is now owned and operated by the U.S. Coast Guard. Tours are typically offered on weekend afternoons, Memorial Day to Labor Day.

Paddling back, energized by the break, we pick up the pace. “Want to surf?” Whittaker asks when a swell from a passing tugboat washes our way. We

Species such as the red-winged blackbird are spotted in Juanita Bay Park.

stroke the water like pros, catching the rolling wake. It’s an exhilarating finale.

Pretty Gritty Tours

I start my next tour by sipping a pleasantly hoppy Notteronsense IPA and inhaling the heady aroma of the brews in process in vats at the back of Odd Otter Brewing Company, which in 2015 opened its pub and brewing operation in Tacoma, about 30 miles south of Seattle. Others in tonight’s six-person Pretty Gritty Boos and Booze Tour are enjoying Comrade Otter’s Imperial Chocolate Stout and Ottzel Quatzel Pale Ale.

Paul Richter, one of the four founders of Pretty Gritty Tours (prettygrittytours.com), explains why he and his friends started offering tours in August 2016. “We wanted to lean into the reputation of Tacoma as a gritty industrial city,” he says. “We all went to college nearby and fell in love with the city. It’s really alive, with its own culture. We decided to start a series of walk-

ALSO IN THE PUGET SOUND AREA

These are a few of the many excellent attractions:

• **Bellevue Botanical Garden** (bellevuebotanical.org): The lovely 50-plus-acre property is celebrating its 25th anniversary this month.

• **The Bellevue Collection** (bellevuecollection.com): Enjoy shopping, dining, entertainment and luxury hotels.

• **Blake Island/Tillicum Excursion** (argosycruises.com): Cruise from the Seattle Waterfront to the 475-acre island for fish cooked over an alder fire, and a Native storytelling show.

• **Chambers Bay** (chambersbaygolf.com): Spectacular Puget Sound views compete for your attention at this links-style course that hosted the 2015 U.S. Open.

• **Chateau Ste. Michelle** (ste-michelle.com): The lauded winery is celebrating its 50th anniversary. Take a tour, with tastings; picnic on the 105-acre grounds; and rock to the beat of top musicians performing in the 2017 Summer Concerts series.

• **LeMay—America’s Car Museum** (americascarmuseum.org): The museum is celebrating its fifth anniversary, with various discounts and giveaways. It showcases more than 100 years of automotive history, and also has hands-on activities for families.

• **The Museum of Flight** (museumofflight.org): Described as the largest independent nonprofit air and space muse-

um in the world, it has more than 175 spacecraft and aircraft and thousands of artifacts, plus hands-on experiences.

• **Museum of Glass** (museumofglass.org): Celebrating its 15th anniversary, the museum displays stunning works of glass and also spotlights live glassblowing by artists in the Hot Shop.

• **Olympic Sculpture Park** (visitsam.org/summer): Celebrating its 10th anniversary, OSP showcases impressive outdoor sculptures and water views. “Summer at SAM,” on Thursdays and Saturdays, July 13–Aug. 31, at the sculpture park, includes free activities and programs, such as live music, art-making, and yoga and Zumba classes.

• **Seattle Center** (seattlecenter.com): See outstanding theater-company, Pacific Northwest Ballet and Seattle Opera productions; clap for

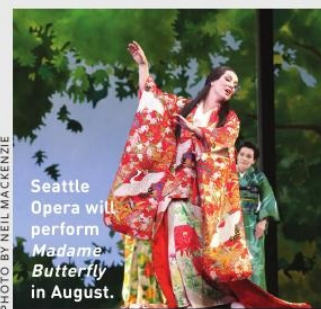


PHOTO BY NEIL MACKENZIE

Seattle Opera will perform *Madame Butterfly* in August.

star performers at KeyArena; experience the Space Needle and International Fountain; and explore attractions such as Chihuly Garden and Glass, the Museum of Pop Culture (MoPOP), Pacific Science Center and the Seattle Children’s Museum. Alaska Airlines is a sponsor of Seattle Center. ►



The Seattle Great Wheel.

● **Seattle Great Wheel** (seattlegreatwheel.com) and **"Wings Over Washington: A Flying Ride"** (wingsoverwa.com), both at Miners Landing on the Seattle Waterfront: Ride the outdoor wheel for a real-life view of Elliott Bay and the Olympic Mountains, then enjoy the thrilling, immersive, high-definition indoor ride to "visit" 14 iconic sites across the state of Washington.

● **Starbucks Reserve Roastery & Tasting Room** (roastery.starbucks.com): See a working roastery that brews rare coffees and is connected to a cafe that offers innovative espresso beverages, fresh-scooped coffee beans and tea.

● **VRcade, Muckleshoot Casino** (muckleshootcasino.com): Wireless virtual reality experiences range from an undersea adventure to fighting off zombies.

● **Woodland Park Zoo** (zoo.org): Learn about more than 1,000 animals, representing 300 species, and enjoy keeper talks, animal experiences and the ZooTunes concert series.

ing tours—from antique row to entertainment row, to unconventional street art—to show it off."

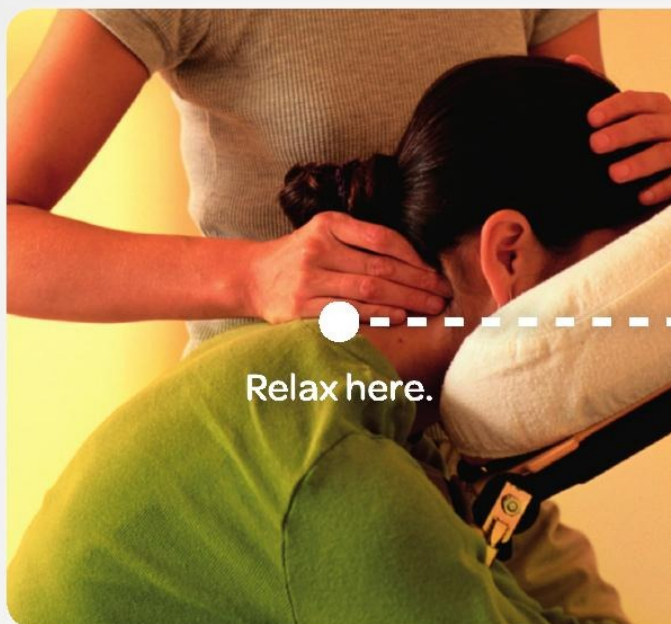
Our two-hour beer-and-ghost tour includes 13 stops on a walk that covers five blocks, including part of Pacific Avenue, once known as "Whiskey Row." Stops include the three-story, late-1800s Bradley Hotel building, part of the Old City Hall Historic District, which is listed on the National Register of Historic Places.

The third floor of the building is closed "because it's been haunted since the late 1800s," Richter says. Employees of a business on the second floor have heard the sound of a young woman crying, says Pretty Gritty

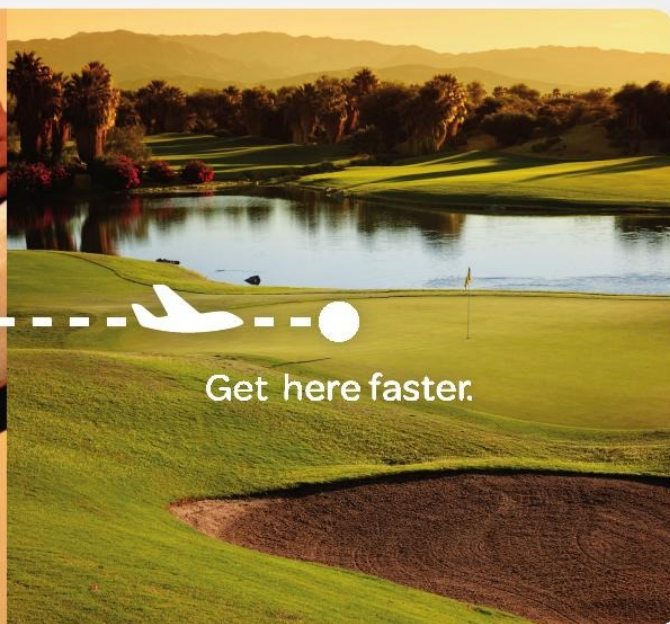
Tours co-founder and lead guide Chris Staudinger. The Thai restaurant on the ground floor, open for business when we walk by, doesn't seem troubled by the ghost.

At another historic site on the tour, the 12-story 1925 Winthrop Hotel, now an apartment building, one of the stories Staudinger shares is that scenes for the 1927 silent film *Eyes of the Totem* were shot here.

The film, whose plot revolves around a woman and her daughter who move to Tacoma from the Yukon to start a new life, was produced by Tacoma's H.C. Weaver Productions. The film was directed by W.S. Van Dyke, who went on to direct



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several Oscar-nominated films and actors.

Our tour ends in the taproom of the Pacific Brewing & Malting Co., which revives the name of a brewery that was established in 1897 but shut down by Washington state Prohibition legislation. The brewery's 21st century incarnation, founded by local brewing enthusiasts in 2014, is located in what was once the horse stable for the local police station.

Each tour participant receives a sampler tray of their choice of three beers, compliments of Pretty Gritty. I savor the 1897 Pale Lager, the crisp Dirty Skoog Double IPA, and the single-malt, single-hop Red Front Northwest Red Ale.

Juanita Bay Park

We're strolling along Juanita Bay Park's east boardwalk when guide Wendy Fawcett asks us to stop and look at a birch tree within arm's reach. A red-breasted sapsucker is drilling holes in the tree.

Fawcett, a volunteer ranger with Eastside Audubon Society, which offers free tours of the park the first Sunday of each month, points out the woodpecker's unusual feet. "It has two claws facing forward and two facing backward," she says. "That configuration helps them cling."

Today's sighting is part of an hour-long walking tour, covering one to two wheelchair-friendly miles of the 100-plus-acre park,



Juanita Bay Park.

which boasts more than 200 species of birds. The park, which belongs to the city of Kirkland, is located on Lake Washington's northeast side, about 15 miles from Seattle.

"We try to bring appreciation of nature to anyone interested,

through enhanced teaching about birds and wildlife," says Jan McGruder, president of Eastside Audubon (eastsideaudubon.org), who is along for the walk today with our group of about a dozen. At the start of our tour, Fawcett handed out binoculars to those



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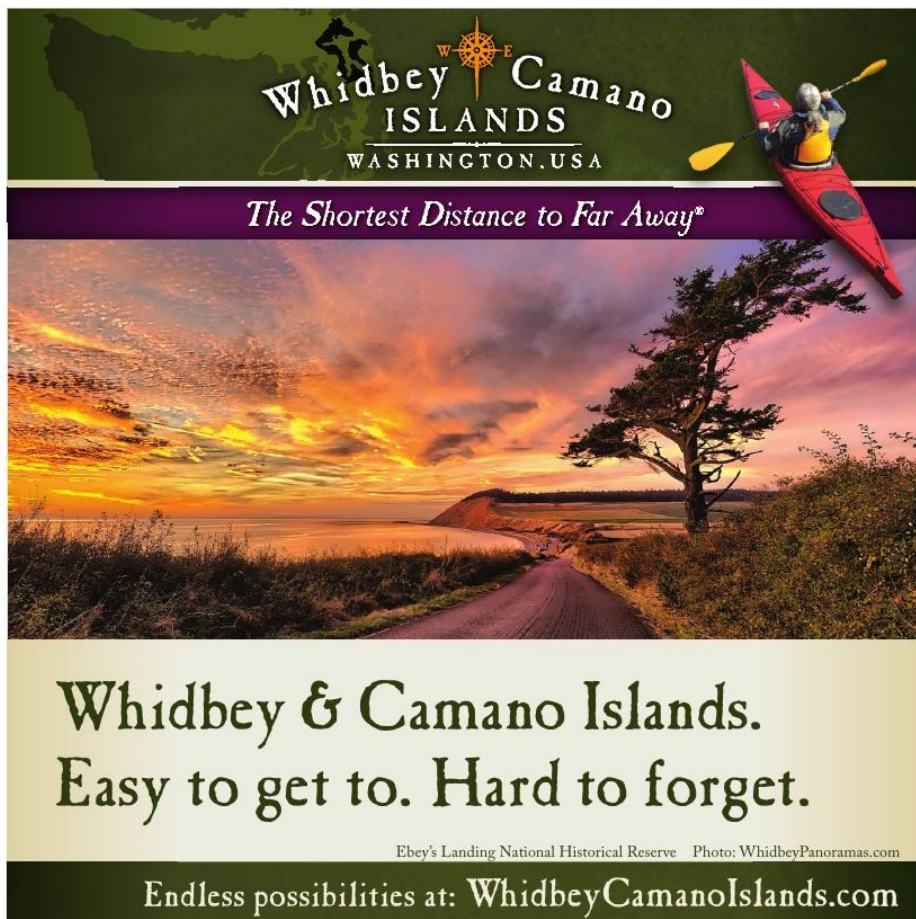
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DAY OR WEEKEND TRIPS FROM SEATTLE

Here are some of the numerous possibilities, all of which offer outstanding outdoor activities, and dining options featuring local ingredients.

- **Gig Harbor** (gigharborguide.com): A delightful maritime area with small-town charm.
- **La Conner** (lovelaconner.com): Historic waterfront village with a strong arts culture.
- **Leavenworth** (leavenworth.org): Bavarian-inspired community amid the stunning Cascade Range.
- **Long Beach Peninsula** (visitlongbeachpeninsula.com): White-sand beaches; lighthouses; and museums with themes such as kites, oysters, and Lewis and Clark.
- **Olympic Peninsula** (olympicpeninsula.org): Olympic National Park, and unique towns such as Forks, of *Twilight* fame, and Port Angeles, gateway to the incredible views at Hurricane Ridge.
- **San Juan Islands** (visitsanjuans.com): Scenery ranging from the Salish Sea to forests and farmlands; whale watching; artist studios; laid-back vibe.
- **Victoria, B.C.** (tourismvictoria.com): B.C.'s capital, blending Old World charm and New World panache, including afternoon tea, gardens and whale watching.
- **Whidbey and Camano Islands** (whidbeycamanoislands.com): Restful rural ambiance, water views, whale watching, farm-stands, heritage attractions, artist studios.



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of us who showed up without them.

We began our walk on the west boardwalk, which provides an elevated trail over marshes and wet meadows in a different part of the park than the east boardwalk. Soon we heard the musical trill of a red-winged blackbird nesting in the cattails. McGruder also pointed to a section of the bay where beavers have a lodge and river otters were recently spotted swimming. "Our best guess is that they like to hang out with the beavers," she says.

We came to a marsh where we counted 18 red-eared slider turtles lined up on a log, lifting their heads in unison. A great blue heron landed in the shallows near the turtles, and then we put the binoculars to our eyes to watch a grebe in the bay catch a white-bellied bass. A bald eagle, likely nesting south of here at Heritage Park, circled overhead.

McGruder then showed us what looked like a long black log floating away from shore. "Those are coots," she said. "They hang together. Safety in numbers. The eagles have an easy time picking off stragglers." I know it's all part of the cycle of life, but I confess that I am rooting for the coots.

A nearby attraction when you're visiting Kirkland is Juanita Beach Park, which has a swimming area with lifeguards on duty July and August. The beach area also includes horseshoe pits, beach volleyball, ballfields and picnic tables. [w](#)

Scott Driscoll lives in the Seattle area. For more information on tours and recreation in the Puget Sound region, see sites such as [visitseattle.org](#), [explorekirkland.com](#), [visitbellevuewashington.com](#), [seattlesouthside.com](#), [traveltacoma.com](#) and [experiencewa.com](#).

Alaska Airlines ([alaskaair.com](#)) offers daily service to Seattle.

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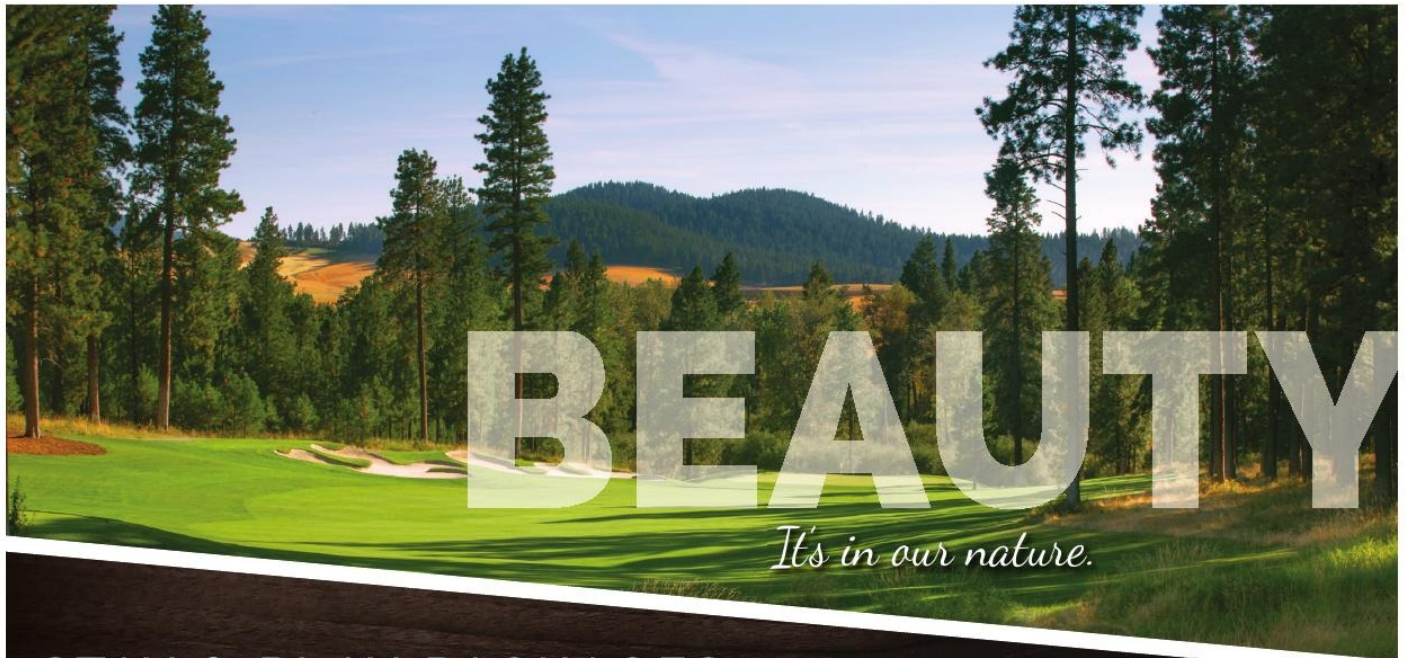
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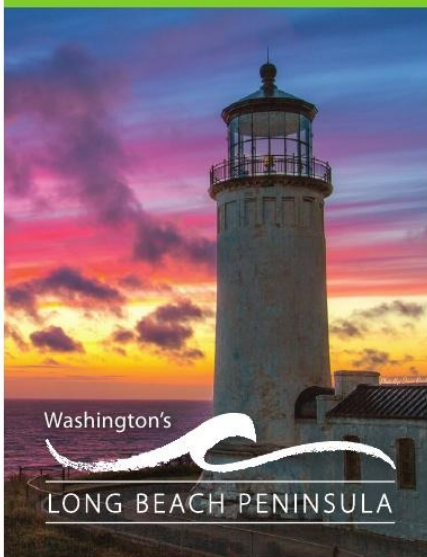


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A Natural Choice

Scenic activities in Bellingham/Whatcom County

● By Lauren Kramer

I hear a loud *whoosh*, and when I look up, I see the *Schooner Zodiac*'s four sails billowing as they catch the wind. Soon we are moving at 13 knots on the Salish Sea. The tall ship, with a 12-story-high mainmast, gracefully courses through the water as it takes us on a journey past rugged islands with thick forests and near rocky outcroppings with basking seals.

The 160-foot-long schooner (schoonerzodiac.com)—built in 1924, with her mahogany, oak and teak restored to their origi-

nal splendor—sails from Whatcom County's Bellingham Bay into the San Juan Islands archipelago to the west, with day sails and multiday sails available. Part of the fun is that passengers get to play an active role in everything from hoisting the sails and reading navigational maps to washing the decks and polishing the brass fixtures, depending on the length of the trip.

For instance, I volunteer for a bow watch on my four-day tour. My job is to keep a sharp eye out for floating logs or other obstructions that might

damage the vessel, but I see only the curious heads of seals and the brief flash of a pair of porpoises.

On a couple of occasions when I'm not on watch, my shipmates and I see orcas gliding past the schooner in perfect unison, their black-and-white bodies gleaming in the sunlight. We also have several opportunities to disembark and explore small islands, walking their trails and enjoying the bliss of being their only occupants.

Upcoming excursions on the *Schooner Zodiac*—which is listed

The *Schooner Zodiac*, sailing from Bellingham Bay, is a novel way to explore the San Juan Islands and other sites. Cruises of varying lengths, including day sails, are offered.

on the National Register of Historic Places, and was a private East Coast yacht before becoming a pilot ship in San Francisco Bay—include brunch, afternoon, ale-themed and salmon-dinner sails, as well as multiday sails such as the San Juan Islands Brewery Expedition, the Pacific

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Whichever trip you choose, you'll likely pass picturesque islands, their arbutus trees hanging at precarious angles off the cliffs, their windswept rocks a refuge for sea lions, and their nutrient-rich waters a feeding ground for bald eagles and cormorants.

The Whatcom County region is known for its fabulous scenery and its variety of al-fresco activities, making this area a natural choice for phenomenal recreation. I visit often to take advantage of this natural splendor. In addition to my recent schooner adventure, my memorable explorations have included hiking a lovely mountain trail and biking a beautiful urban path.

Bagley Lakes Trail

Our family pulls into the Heather Meadows Visitor Center in the Mount Baker-Snoqualmie National Forest (www.fs.usda.gov/mbs) after a beautiful approximately 55-mile early-morning drive along Washington State Route 542 from Bellingham.



Above: The Bagley Lakes Trail is a lovely hike in the Mount Baker-Snoqualmie National Forest. Below: The Interurban Trail connects urban greenways with cliffs and beaches.

The 1940 rock-and-timber structure—originally built by the Civilian Conservation Corps as a Nordic-skiing warming hut but now open mid-July to late September—is the information site for a number of routes that go onto and around Mount Baker, and that provide a glimpse of what northwestern Washington might have been like when nature was completely untamed.

Since there are little feet in

our five-person group, we choose the Bagley Lakes Trail, linking it with the Wild Goose Trail for an easy 2-mile loop that begins near the visitor center. The hike takes us along the eastern bank of Lower Bagley Lake in the shadow of Table Mountain and Mount Herman, two behemoths that are reflected in the water's perfect stillness.

Stone bridges and wooden boardwalks offer dry passage through wetter parts of the hike to the Upper Bagley Lake cirque below Table Mountain, and a close look at the mountain's dragon-back-like ridge. The kids scamper ahead of us on the trail,

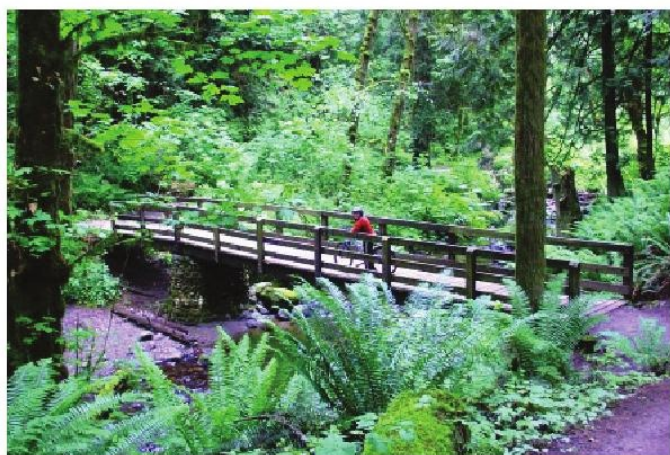
energized by the fresh mountain air and the views of distant waterfalls cascading down other cliffs.

We return to Heather Meadows for a picnic lunch, our short hike making us confident that on our next visit we can take on a full day of exploration and a more complex hike such as the 5.7-mile Chain Lakes Loop leading into the Mount Baker Wilderness.

Interurban Trail

On a subsequent visit, I rise early to enjoy another of Whatcom County's appealing routes—this time on two wheels. I meet up with a friend, and we rent bikes from Fairhaven Bicycle in the historic Fairhaven neighborhood.

Within minutes of leaving the store, we're on the gravel Interurban Trail, a 6.6-mile (each way) mountain-bike route that con-



Washington

ALSO IN WHATCOM COUNTY

• **Chuckanut Drive** (bellingham.org/activities/scenic-drives): This 21-mile drive (aka Highway 11) wends its way from the Fairhaven neighborhood to forested Chuckanut Mountain and out to Burlington, where it links up with Interstate 5. Along the way, the drive delivers spellbinding views of Chuckanut Bay.

• **Fairhaven** (fairhaven.com): Much loved for its late-1800s history and architecture, its cobbled streets, and its many independently owned stores and galleries.

• **Golfing:** Don't miss a chance to challenge yourself at the two award-winning **Semiahmoo Resort courses**—Semiahmoo Golf & Country Club and Loomis Trail Golf Club (semiahmoo.com)—which are open to the public on alternating days. Another

favorite is the public **Shuksan Golf Club**, an 18-hole, 6,737-yard course that offers amazing views of Mount Baker (shuksangolf.com).

• **San Juan Cruises Whale-Watching** (whales.com): Seasonal daylong, half-day and dinner cruises on the Salish Sea.

• **Semiahmoo Spit Bird-Watching** (bellingham.org/activities/bird-watching): Stroll the 1.25-mile strip of land between Semiahmoo Bay and Drayton Harbor to see a tremendous variety of birds, from great blue herons to peregrine falcons.

• **Western Gallery Public Sculpture Collection** (westerngallery.wvu.edu): This collection located on the campus of Western Washington University is among the best



Hole No. 1 at Semiahmoo Golf & Country Club.

sculpture assemblages in the U.S., according to new director Hafþór Yngvason, who previously directed the Reykjavík Art Museum in Iceland. WWU's 32 outdoor and indoor sculptures include works by Northwest artists.

• **Whatcom Museum Maritime History Gallery at Old City Hall** (whatcommuseum.org): Learn about Bellingham's maritime heritage; items range from fishing-industry artifacts to models of Lummi canoes. —L.K.

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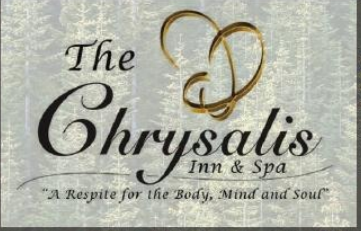
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Washington

nects Bellingham's urban greenways with the cliffs and beaches of Larrabee State Park. In April, the park was honored with a 4-foot-by-4-foot sandstone monument noting its status as the state's oldest state park. It opened in 1915.

We follow the fast-flowing Chuckanut Creek, surrounded by woods, as we pedal at a comfortable speed, pointing out to each other the staccato tapping of a northern flicker woodpecker, the screech of a pair of bald eagles as they zoom through the treetops, and the brown flanks of a mule deer in the underbrush.

At the city of Bellingham's Arroyo Park, where salmon spawn in the fall, the trail takes us parallel to Chuckanut Drive, but at a higher elevation, delivering even better views over the spectacular expanse of Chuckanut Bay.

The trail is an easy one for novice bikers, with dazzling panoramas and just enough exertion to get our hearts racing. Connecting trails offer greater thrills for experienced mountain bikers.

At 2,748-acre Larrabee State Park, we unpack lunches on the grass, and afterward we explore the tidal pools along some of the park's approximately 8,500 feet of shoreline.

Each of my Whatcom County explorations—by pedal, foot and sail—has provided breathtaking scenery and exhilarating activities—reminding me yet again of this region's remarkable natural attractions. **w**

Lauren Kramer visits Whatcom County frequently. For more information on Bellingham/Whatcom County recreation, including special events, see bellingham.org.

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Mount Baker holds the U.S. record for the most snowfall in a single season: 1,140 inches in the 1998-1999 winter.

BELLINGHAM



North Cascades National Park

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At approximately 40 miles long, Whidbey Island is one of the largest offshore islands in the continental U.S.

With 23 vessels, Washington's ferry fleet is the largest in the U.S.



Forks

Werewolves? Vampires?

In Forks, you may find both. The town inspired the "Twilight" series setting.

Olympic National Park



Belleme

SEATTLE

The Puget Sound area is home to numerous Fortune 500 companies, including Alaska Air Group.

Tacoma

Olympia



There have been 627 sasquatch sightings in Washington, more than in any other state, according to the Bigfoot Field Researchers Organization.

Mount Rainier National Park

At 14,410 feet, Mount Rainier's summit is the highest point in Washington.

Long Beach Peninsula

At 28 miles, the beach is one of the country's longest. It's also home to the Washington State International Kite Festival.

Mount St. Helens



Hudson's Bay Company established its Pacific Northwest headquarters of fur trade at Fort Vancouver in the mid-1820s.

Vancouver

PORTLAND

Greetings from WASHINGTON

With National Parks, the National Lentil Festival and so much in between, the Evergreen State is home to many unique finds.

Lake Chelan

With a depth of nearly 1,500 feet, it's the third-deepest lake in the U.S.



Grand Coulee Dam

The structure was made with enough concrete to build a highway from Seattle to Miami.



SPOKANE

Known as the Lilac City, it's also home to Spokane Falls, one of the nation's largest urban waterfalls.



Leavenworth

The Alps-like setting led city leaders to rebuild the town with a Bavarian theme in the 1960s.



Community members created this slogan in 1902 to promote the region's orchards.

Top musical acts play at the Gorge Amphitheatre, overlooking the Columbia River.



About 1,000 small islands dot the Potholes Reservoir near Moses Lake.



The Palouse

This agricultural area is one of the country's leading wheat exporters.



YAKIMA

From leisurely currents to rushing whitewater, the Yakima River can definitely float your boat.



Tri-Cities

Sunglasses are musts in the Tri-Cities area, which sees more than 300 days of sunshine per year.



The Walla Walla Valley is home to more than 120 wineries and more than 2,800 acres of grapes.

PULLMAN

Site of the National Lentil Festival (August 18-19 this year), the Pullman area grows 18 percent of the nation's lentils.



WALLA WALLA

Walla Walla Sweet Onions, originally cultivated from Italian seeds, have been growing here since the late 1800s.



Maryhill

What in the Sam Hill? You're not in England. It's just a replica of Stonehenge commissioned by businessman Samuel Hill and completed in 1929.

Map compiled by magazine Associate Editor Andrew White and Art Director Nancy O'Connell



HOW TO VANCOUVER

like a local

STEP ONE: EXPLORE

Interact with costumed reenactors by candlelight, or climb the bastion in the heart of downtown at Fort Vancouver National Historic Site.

STEP TWO: TASTE

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Photo by Jennie Huang

Vancouver Variety

This riverside city offers intriguing surprises

● By Lora Shinn

Popping in for a coffee

pick-me-up, I order a latte from the barista at downtown Vancouver's Compass Coffee, where the service is as warm as the ambiance created by exposed brick walls, wide wood planks and gleaming filament lightbulbs. Families, couples and friends—locals and travelers—purchase packages of cafe-roasted beans and seasonal drinks such as lavender-almond lattes.

Compass is the perfect place to orient myself for discovering a revitalized Vancouver, Washington state's fourth-largest city, located in the southwestern portion of the state just 10 miles from downtown Portland, Oregon. The cafe is located in a compact downtown where most buildings are just a story or two tall—perfect scale for the pedestrian explorer. Much has changed here since I graduated from a Vancouver high school 22 years ago. Growing up, I noticed a few restaurants and shops downtown, but now Vancouver hosts art walks, contemporary boutiques, a variety of restaurants and a burgeoning brewery scene, the majority of which are on and around Main Street.

Yet Vancouver still feels true to its down-to-earth roots as an 1800s trading post. Locals out-

number visitors and it's easy to find a new friend on the barstool next to you.

Main Street

Latte in hand on a sunny morning, I head to the Vancouver Farmers Market, the largest farmers market in Southwest Washington. More than 160 vendors are here Saturdays and Sundays, offering an array of local produce, crafts, foods, art and more. I wander past coiled fiddlehead ferns, earthy wild mushrooms, vegan cookies and nine flavors of kettle corn.

Residents and visitors browse the stalls, while holding children's hands and dog's leashes—and sometimes both. Samples are plentiful. I savor a locally made chorizo, and sadly note to the vendor that it wouldn't stay cool enough on my way back to Seattle. The vendor suggests bringing a cooler next time.

The scents of made-to-order crepes, tacos, falafel and maple-bacon waffles fill the air from the prepared-foods booths. Diners gather their provisions of choice, then sit down to enjoy scheduled stage performers as well as

entertainment from buskers. I pause to listen to a young musician strumming his guitar under the bright sky, before an open guitar case (he's saving for college).

After he finishes his song, I walk to the nearby Esther Short Park, Vancouver's beautiful 5-acre verdant heart, and Washington's oldest public square. I

walk past the entrance for the 5-mile-long paved Waterfront Renaissance Trail, where runners and cyclists enjoy views of Oregon's Mount Hood and the wide Columbia River, and I stop to admire the two green truss bridges, circa-1917, that span the Columbia River and connect Washington to Oregon. In the park, couples hold hands along paths, children play soccer on the open lawn, and families crowd around the turreted castle-style playground. For more fun, nearby Boomerang Coffee also offers a kid-friendly treehouse.

Leaving the park, I explore the petite shops and restaurants that

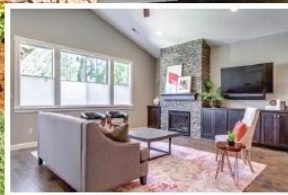
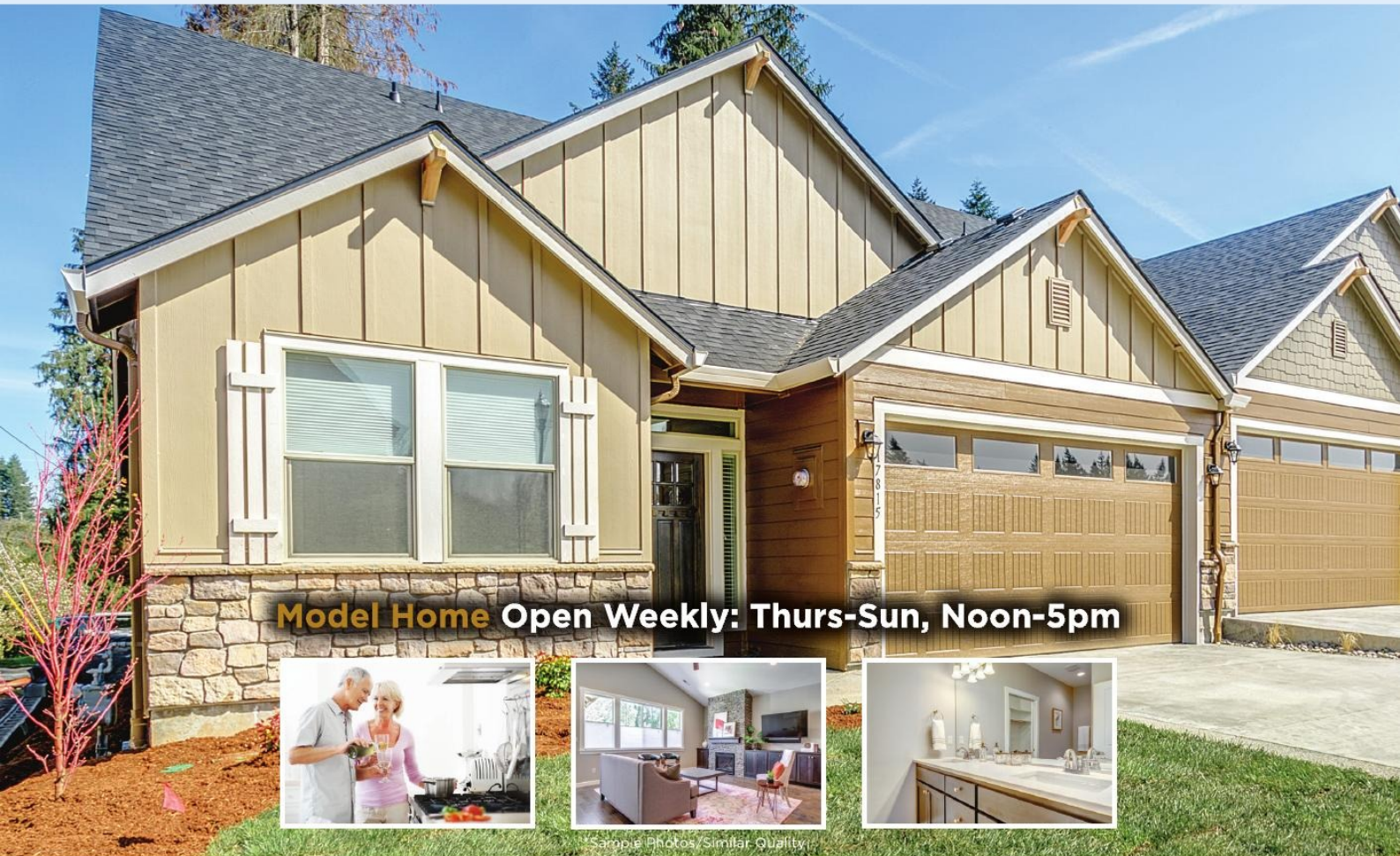


Clockwise from top: Located in downtown Vancouver, Esther Short Park is Washington's oldest public square. Vancouver Farmers Market offers produce such as strawberries. Visitors enjoy Compass Coffee's inviting atmosphere.





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Washington

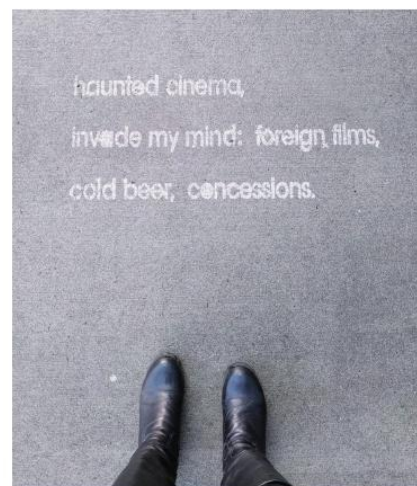
dot the downtown area. At Mackenzie's Treasures, glass cases are filled with swooping Art Nouveau earrings, delicate Victorian-era necklaces and even a political pin from the Nixon campaign. I ask to see one of the oldest pieces, and the shop owner shows me a mid-1800s diamond-encrusted locket, featuring a hand-painted double portrait and a secret note compartment.

I stop for a midday brunch of fried catfish, eggs and grits at Mama's Kitchen, a restaurant serving Southern favorites such as chicken-fried steak and frog legs—home-style, on unassuming red-and-white checkered tablecloths. Vancouver's downtown restaurants reflect the international roots of the city's residents; local favorites include Sushi Mo, Woody's Tacos and Tommy O's Pacific Rim Bistro.

Uptown Vancouver

I meet my Portland-area friend Emily to explore the Uptown Village neighborhood, the northern central area separated from downtown by Mill Plain Boulevard. Together we find blocks filled with diverse offerings, including antique stores, clothing boutiques, ice creameries, patisseries, pubs and a magic shop, where the affable owner shows us sleight-of-hand involving a deck of cards and a disappearing-then-reappearing coin.

At the Clark County Historical Museum, we marvel at a pair of Railroad Era logging boots and the collection of 1800s to contemporary beadwork displayed in the "Making Beauty: Native Beadwork of North America"



exhibit, at the museum through December 2018.

Ready for our next stop, I ask Emily, "So, do you like antique stores?" ready to accept "no" for an answer, as I do from my kids. But it turns out she is also an enthusiastic lover of vintage, so together we sift through 1950s to 1970s dresses at The Urban Eccentric, admire furnishings at Old Glory Antique Mall, and spend a good half-hour perusing the oddities in Main Street Vintage Home.

In the window of The Thirsty Sasquatch taproom, I notice a poster for the Brewcouver passport program. Intrigued, we stop inside, where the bartender provides details: Use the passport as a guide to discover the city's 12 participating breweries, sampling beer and getting your passport stamped along the way—you can collect all the stamps via repeated visits. Bring the completed passport back to The Thirsty Sasquatch (or Ben's Bottle

The Thirsty Sasquatch is a great place to start your Brewcouver passport tour, top. "Rainku" is a recent Vancouver public-arts project in which poems are stenciled in a special paint that only appears when wet, above.

Historic Vancouver

• **A walking history** lesson for the Vancouver visitor, with a multitude of stops, the Vancouver National Historic Reserve is a 366-acre area rich with interesting sites.

The area includes Fort Vancouver, which was created in the early 1800s as an outpost for fur-trading operations on the

West Coast. It soon became a Pacific Northwest hub. The fort features a bastion, working blacksmithing houses and seasonal gardens. Each year, the Fort Vancouver Parade Ground hosts a 19th century baseball re-enactment (July 22 this year).

In addition to the fort, visitors can see



Historical re-enactors re-create a 19th century baseball game at Fort Vancouver.

the restored neighboring historic 19th century Officer's Row homes

along the north side of East Evergreen Boulevard. —L.S.




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COLUMBIA RIVER GORGE

• To see a part of Washington that may be largely similar to the way it was when encountered by Lewis and Clark, head east from Vancouver. A forest of fir and ferns lines Highway 14, then falls away for spectacular lookouts such as Cape Horn, with perspectives of the Columbia River Gorge. (If you see Skamania's famous sasquatch along the way, know that he's protected by county ordinance.)

Once you've worked up an appetite, Stevenson has a nationally acclaimed brewery and restaurant scene—including Walking Man Brewing and Red Bluff Tap House. Or drive farther east to Maryhill Winery, which hosts a rock-focused summer concert series to savor alongside Sauvignon. —L.S.

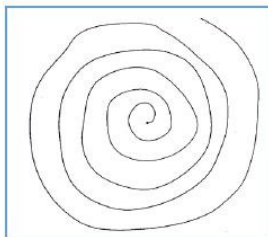
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Shop, which is also a taproom) to pick up a souvenir Mason jar prize.

The idea of a "Brewcouver" isn't new, exactly. Its roots can be traced to the mid-1800s, when John Meunich founded the city's first brewery at Fort Vancouver. Meunich's student, famous Oregon brewer Henry Weinhard, bought the business in 1859 and renamed it the Vancouver Brewery. The plant was subsequently home to popular area breweries and is now closed. Today, Vancouver has 12 breweries, and more than 10 additional breweries are planning to set up shop soon.

Local breweries include Trap Door Brewing, which opened in November 2015. It is family friendly until 8 P.M.—pints are offered alongside board games such as *Battleship* and *Sorry!* to entertain kids. Order your choice of Thai food, tacos or grilled cheese from the food-cart pod outside, then swing into a booth to enjoy your meal alongside one of the craft beers brewed

Washington

on-site, from IPAs to locally sourced coffee stouts.

That evening, I meet Ryan, a friend from high school, downtown at Tap Union Freehouse, which was once an annex for century-old adjoining Luepke Florist. Now, the TV-free, homey pub engenders conversations between friends around a wide oak table and quiet board games in an upstairs loft area outfitted with solid wood tables and comfortable armchairs.

"We modeled it on the traditional English pub," says owner Chris Daniels. I order a refreshing draft pilsner—although there are ciders, IPAs, ales, lagers, stouts and even gluten-free options. It pairs perfectly with my savory house-smoked pork tacos.

Dan Wyatt, sitting on one of the pub's nearby barstools, introduces himself. He is the "captain" of Main Street's Kiggins Theatre. Established in 1936, Kiggins still has the iconic Art Deco facade. Evening entertainment includes stand-up comedy shows, indie flicks, Noir Nights (Pinot Noir and Film Noir), vintage radio dramas performed live, and "Science on Tap," a lecture series sponsored by Washington State University Vancouver.

As I step outside, a brief rain shower brings forth a surprise—a poem stenciled on the sidewalk. I later learn that this is "rainku," a public-art project in which short poems are stenciled using a special paint that is visible only in the rain, through June or July. It's yet another unexpected and intriguing discovery you can find in Vancouver. [w](#)

Lora Shinn lives in Seattle but heads to the Vancouver area whenever possible. For more information about Vancouver, see [visitvancouverusa.com](#).

Alaska Airlines ([alaskaair.com](#)) flies daily to Portland International Airport, the nearest airport to Vancouver.

W



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Over the Evergreen State

● By Jeff Bond

Viewing a landscape from the air adds a different perspective, a **fresh look**. Such as seeing the spectacular volcanic cone of Mount Rainier standing above a blanket of clouds, or observing the stark contrast of the dry lands of Eastern Washington meeting the life-giving waters of the Snake River. Or watching the sharp splinters of land at Cape Flattery besieged by the unending power of the Pacific Ocean surf. The following pictures provide a bird's-eye view of various places around the state, offering a powerful reminder of the variety and beauty of Washington topography.



North Cascades

The jagged Nooksack Ridge, glowing orange during a summer sunset, sits on the edge of North Cascades National Park, a wondrous wilderness of towering peaks, glacier-fed lakes and amazing vistas. A hidden gem, North Cascades National Park is among the least-visited of the country's 59 national parks, according to the National Park Service. The result is that visitors to the park have the opportunity to relish awe-inspiring cathedrals of peaks in relative seclusion.

Washington



San Juan Islands

A ferryboat plies waters around the San Juan Islands, jewels of the Salish Sea. Known best for abundant wildlife, including orcas, sea lions and great blue herons, the archipelago is composed of more than 170 islands and sits between northwestern Washington and southeastern Vancouver Island, Canada. The San Juans have become popular vacation destinations and are known for outdoor adventures, stunning natural beauty, and helping visitors slow down, relax and enjoy a calmer pace of life.

Snake River

A train trestle crosses the Snake River as it winds through a rural section of southeastern Washington, near Lyons Ferry. The Snake is one of the Northwest's great rivers, undertaking a mighty journey of more than 1,000 miles from its headwaters at the western edge of Yellowstone National Park, through the deep canyons of Idaho and along the Oregon border, to the farmlands of southeastern Washington before meeting the Columbia River.





Cape Flattery

Often referred to as the northwesternmost point of the contiguous United States, Cape Flattery sits on the very tip of Washington's Olympic Peninsula and is at the mercy of natural forces that whip the coast with winds, rain and unrelenting surf. The result is a sculpted coastline of carved bays, small offshore islands, spectacular rock pillars and amazing sea stacks. The cape gained its name from explorer Captain James Cook, who wrote in his diary that he mistakenly thought the coast had "flattered" him with a safe harbor. Cook found no safe harbor, but the ironic name has remained.

The Palouse

The fertile Palouse is considered one of the most picturesque places in Washington. It is easy to see why. Located in the southeastern part of the state, the Palouse is a land of gently rolling hills that resemble a series of dunes. However, the landscape is actually composed of a unique collection of soils, including the sediments that settled in the area after massive floods raced through the region at different times during various ice ages. The result is some of the nation's finest land for growing crops such as wheat, barley, lentils and chickpeas.





Mount
Rainier

Rising above the clouds is the iconic Mount Rainier, the tallest peak in Washington, at 14,410 feet, standing prominently in the foreground, with Mount Adams, the second-highest peak in the state, at 12,280 feet, to its left. In the distant background is Mount Hood, Oregon's highest mountain, at 11,250 feet.

Among the largest features in our landscape, the volcanic mountains of the Cascade Range hold special prominence from the air, where you can see these mighty peaks in greater detail.

The mountains are so large that they create their own weather, develop unique ecosystems and can alter the environment in a moment. With such power, these peaks have played major roles in the lives of the people who have lived on this land. We continue to learn more of these mountains' secrets. However, with their snowy white mantles, they remain cloaked in mystery and beauty.



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Myrtle Falls Trail at Mount Rainier

photo cred: Dany Dixon



Mount Rainier Scenic Railroad

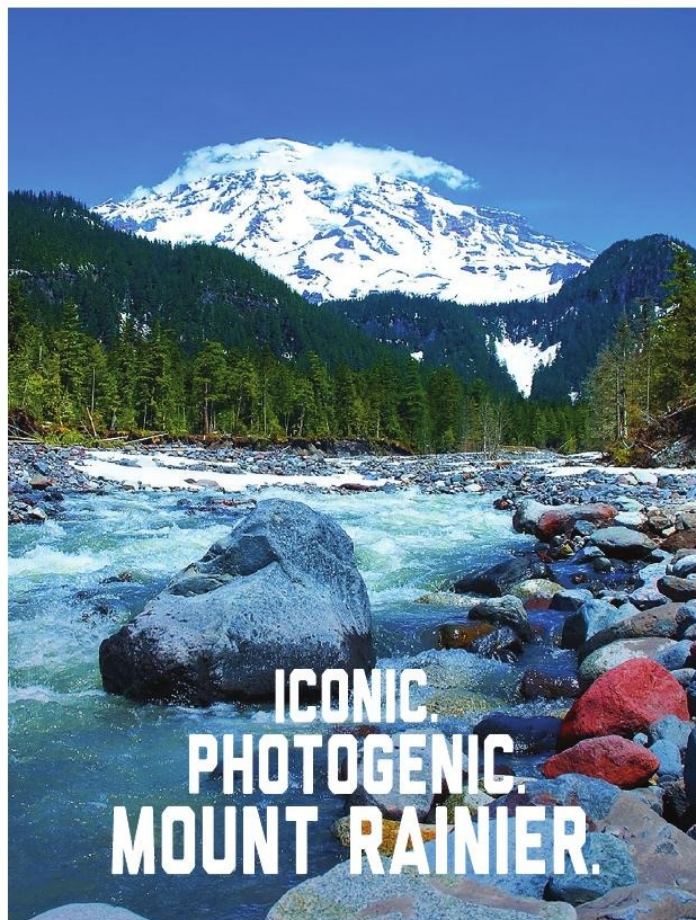
photo cred: Hillary Mercer



Kids' Trek - Northwest Trek

Though it is considered one of the snowiest places on earth, Mount Rainier transforms from a winter wonderland into a spring-time oasis for hiking, animal watching, and steam-train adventure. Northwest Trek gives you up-close experiences with our more wild Northwest animal neighbors, and its new Kid's Trek is a wildlife playground for families. If you want to get a closer look at this famous glacier, summit Mount Rainier's 14,410-foot peak with professional mountaineers, or go the easy way with a breathtaking ride on nearby Crystal Mountain's Mt. Rainier Gondola.

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Washington



Exciting Eastern Washington

Remarkable recreation areas east of the Cascades

● By Cheryl-Anne Millsap

Eastern Washington, commonly known as the “dry side” of the Evergreen State, offers a unique experience all its own. The sky seems bigger, and dramatic open spaces dominate a varied landscape that includes mountains, forests, semiarid scrublands, deep canyons, fertile fields and basalt bluffs. There are orchards with trees bent heavy with fruit and waving wheat fields shining golden in the sun. Vineyards climb steep hillsides and

miles of farmland stretch to the horizon.

Agriculture may have helped build this side of the state, but another important aspect of life quickly followed—recreation. Eastern Washington is a playground rich in lakes, mountains, rivers and plenty of sunshine. It is the perfect place to explore the great outdoors. The following are some of the places my husband and I like to enjoy in this vast land we call home.

Lake Chelan

With hundreds of miles of shoreline and views of the Cascade Range, Lake Chelan is the largest natural lake in the state.

At the upper end of the long, narrow and incredibly deep body of water (reaching nearly 1,500 feet in places), the tiny village of Stehekin is a favorite starting point for those wanting to fish, hike or take part in other activities. The community is accessible by the *Lady of the Lake* ferry that



Lake Chelan, top, is a popular spot for Eastern Washington water fun during the summer months. Apples, above, are one of Eastern Washington's major fruit crops, with up to 12 billion apples harvested annually in Washington state.

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Ken Carper, kencarperphotos.com

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sails daily from the town of Chelan. The scenic ferry ride often includes seeing wildlife on the rocky hillsides, such as bighorn sheep and raptors.

My husband and I spent most of the first day of a recent long weekend exploring nearby wineries and little shops in the Chelan area. Later, we sat in low, comfy chairs next to the lake to bask in the late-afternoon sun. I dipped my toes into the cool water and tipped back my head, my face shaded by the brim of my hat.

On the shore, families picnicked and children played. In the water, people swam and splashed, canoes and kayaks glided across the lake's surface, and powerboats towed water-skiers. I joined those around me and splashed a bit in the water before admiring a beautiful sunset from my chair.

The next day, we picked up treats from Lake Chelan Artisan Bakery (lakechelanbakery.com) and visited a few of the region's breweries to sample outstanding ales and ciders. We ended the day with a guided Twilight Tour of Lake Chelan's beautiful shoreline on electric bikes from Chelan Electric Bikes (chelanelectricbikes.com).

Spokane

Washington's second-largest city is the place we've called home for almost 20 years. The economic and cultural hub of the Inland Northwest, Spokane has a lively arts scene and wine community and is the perfect place to explore outdoor recreation in this vast area.

My husband and I enjoy walks in the city's Riverfront Park and the views from the footbridges that cross above the Spokane River's roaring falls. The river provides opportunities for rafting, kayaking and canoeing, while the many area hikes include the popular Iller Creek Conservation Area Trail, a 4.8-mile loop trail that winds by the creek and is appropriate for all skill levels.

Unwind

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Washington

Spokane is also great for golfers, with seven 18-hole public golf courses within a few minutes of the city center and a total of 33 public and private golf courses in the Greater Spokane area.

Just a short drive east into North Idaho is Lake Coeur d'Alene, where you'll find the luxurious Coeur d'Alene Resort (cdaresort.com), which includes a spa and a championship golf course. The golf layout follows the shore of the scenic lake and features a par-3 14th hole that is one of the world's only floating greens. A small electric boat ferries golfers out to the famous putting surface.

About 30 miles south of Coeur d'Alene, in Worley, Idaho, is the Coeur d'Alene Casino Resort Hotel's Circling Raven Golf Club (cdacasino.com/golf), a 620-acre course established in 2003 by designer Gene Bates. The course draws golfers from around the country with its picturesque setting that includes natural woodlands and native grasses.

Tri-Cities

For the cities of Kennewick, Pasco and Richland—better known as the Tri-Cities—the Columbia River provides fun for a variety of water sports, as well as boating and fishing.

The Sacajawea Heritage Trail—a 23-mile paved path running along the Columbia and Yakima rivers that connects the three cities—is one of my favorite biking trails through this area. We have biked along the path and found interpretive signs providing information about the land and the history of the region. The trail also has a number



of wild areas perfect for bird-watching. On a recent trip, we stopped along the trail to let mountain bikers ride by and saw a kingfisher fly from a branch to snag a meal from the river.

To the southeast of the Tri-Cities, the Sacajawea Historical State Park and Interpretive Center (parks.state.wa.us/575/Sacajawea) is located at the confluence of the Columbia and Snake rivers and provides displays that tell the story of the young Native American woman who joined Lewis and Clark's

Corps of Discovery.

The Columbia River is also the location of one of the area's largest annual events, the Tri-City Water Follies, July 28–30 this year at Columbia Park in Kennewick. Thousands of people line the banks of the river to watch hydroplanes reach speeds of 200 mph as they travel around the 2.5-mile course in the middle of the river. The festival also features an airshow, with precision flying by a group of F-22 Raptors in the skies above the Tri-Cities.

This is wine country, too, so

Spokane's Riverside Park, above, offers a variety of outdoor activities. The hydroplane races, lower left, are favorite events at the Tri-City Water Follies. L'Ecole No. 41, below, is one of Walla Walla's most popular wineries.





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Walla Walla

We always look forward to visiting the scenic town of Walla Walla, especially during the summer months.

A historic community in the southeastern corner of Washington, the town is known for producing crops such as asparagus, sweet onions, strawberries and wheat. But it is the more than 120 local wineries that have helped the town develop into a leader of the state's vibrant wine industry. We always stop by some of our favorite area wineries, including Dunham Cellars, Dusted Valley and L'Ecole No. 41, and then end the day with a great meal, usually at The Marc Restaurant at The Marcus Whitman Hotel and Convention Center (marcuswhitmanhotel.com).

The area's warm weather pairs well with excellent golf at courses such as Wine Valley Golf Club and Veterans Memorial Golf Course, and scenic country roads make Walla Walla popular with cyclists of all skill levels.

On our way back home, we always make a point to stop by a farmstand or one of the area's two weekly farmers markets (which run through October) to stock up on fresh produce, including some of the famous Walla Walla Sweet Onions, which are harvested from June to August. We also like attending the Walla Walla Sweet Onion Festival, which will be held on June 17 this year. [w](#)

Cheryl-Anne Millsap writes from Spokane. For more information on visiting these cities in Eastern Washington, go to lakechelan.com, visitspokane.com, visittri-cities.com and wallawalla.org.

For flight information, or to book a ticket to any of Alaska Airlines' destinations in Eastern Washington, visit alaskaair.com.

Washington



Mountain biking in the foothills near Leavenworth.

MORE TO SEE AND DO IN EASTERN WASHINGTON

• Wenatchee

(wenatchee.org): Known as the Apple Capital of the World, Wenatchee produces most of Washington's annual crop of up to 12 billion apples.

In fact, the area's apples are so prized, they were included in the gift bags for some of this year's Academy Award nominees.

Apples are harvested

from August to November. June and July are for picking cherries, raspberries and strawberries.

The Wenatchee area has various U-pick orchards to enjoy. You can also rent a bike and ride the Apple Capital Loop Trail along the Columbia River.

Downtown, Pybus Market (pybuspublicmarket.org) supports more than 50 local farms and growers and is the place to find fresh produce, meats, cheeses and

Washington wines. It is also a great spot to gather for a good meal or a glass of wine.

• **Leavenworth** (leavenworth.org): Add some international flair to your Eastern Washington adventure by visiting

this small town with a Bavarian atmosphere, located about 30 miles northwest of Wenatchee. From the welcoming beer wagon to the Wiener schnitzel and sauerkraut served in local restaurants to the Leavenworth Alphorns sere-

nade (not to mention a lot of lederhosen), you can immerse yourself in German culture while surrounded by the beautiful foothills of the Cascades. With hundreds of miles of hiking trails, top-tier multipitch rock climbing routes and

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rafting down the Icicle Creek, there is an abundance of summer recreational options.

● **Yakima** (visityakima.com): Located in a fertile valley fed, in part, by the Yakima River, the city is known for its wineries and produce. The fertile Yakima Valley is one of the world's top producers of hops, an ingredient in beer production. It is also the heart of the state's wine region, with wineries located throughout the area.

The Yakima River draws anglers to enjoy some of the best trout fishing in the region.



The Cherry Wood Bed Breakfast and Barn in Zillah features luxury tipis and horseback rides.

SUSAN SEUBERT

About 20 miles south-east of Yakima is the town of Zillah, where you'll find the Cherry Wood Bed Breakfast and Barn, a working ranch that, for the past 16 years, has offered a unique lodging experi-

ence with luxury tipis boasting king- and queen-size beds and other amenities (cherrywoodbbandb.com).

● **Pullman** (pullman-chamber.com): Home to Washington State Uni-

versity, Pullman sits in the middle of the beautiful rolling hills of the Palouse. This verdant area offers plenty of outdoor activities, including teeing it up at the Palouse Ridge Golf Club (palouseridge.com). A

links-style public course, Palouse Ridge is located on the WSU campus and offers an award-winning layout. The area is also known for its micro-brews, such as the impressive Paradise Creek Brewery.

The Pullman area celebrates its agricultural bounty with events such as the annual National Lentil Festival (lentilfest.com), Aug. 18-19, which includes a town parade, a lentil king and queen, a pancake breakfast and the world's largest bowl of lentil chili.

The festival is a celebration of the diversity of lentils. —C.A.M.

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At Mari's Gardens, dinner prepared with fresh ingredients grown on-site can follow a tour of the property.



ALOHA AGRITOURISM

VISIT COFFEE FIELDS, DAIRY FARMS AND VINEYARDS IN HAWAII

By Catherine Toth Fox

THE SUN WAS JUST SETTING, turning the sky a swath of red and orange, as we made our way to a seating area lit by torches and candles. The four-course dinner that awaited us, created by an acclaimed local chef and served amid palm trees and cascading orchids, featured grilled octopus with an *'ahi* crudo and juicy slices of braised pork belly topped with a sous vide local egg. Bottles of Pinot Noir and Syrah were passed around the long glass table. We laughed, shared plates and snapped photos of each perfectly presented dish.

This would have been a typical dining experience in an upscale Honolulu restaurant except for the huge greenhouses in the distance and the rows of lettuce growing nearby. My husband and I were at Mari's Gardens, an 18-acre hydroponic

and aquaponic farm site—one of the state's largest—in Mililani on O'ahu.

A few years ago, Mari's started hosting Dinners in the Garden, a special monthly event beginning with a tour—from the property's state-of-the-art aquaponic greenhouses packed with Mānoa and butter lettuces to orchards of mango and rambutan trees—and culminating in a dinner by a local chef using the fish and veggies grown here. On our dinner night, chef Elmer Guzman showcased the bounty of Mari's' veggies, including a salad of greens we had snipped from their pots.

"The farm-to-table dinners bring everything full circle," says Tanya Candido, our tour guide. "What we just talked about on the tour, our guests are now going to be able to enjoy, see and taste. It's

experiencing the farm in a different light."

Agriculture on the Islands dates back to ancient Hawaiians, who cultivated taro, sweet potato, breadfruit and other staples in large, fertile areas. In the late 19th century, expansive sugar and pineapple plantations brought immigrant labor from places such as Japan, China, Korea, Portugal and the Philippines.

From 1980 to 2015, the number of acres devoted to agriculture dropped dramatically, according to the University of Hawai'i at Hilo. But with the closure of large single-crop plantations, smaller specialty farms have emerged, providing local restaurants with ingredients you couldn't get locally before—vanilla beans, hearts of palm, finger limes.

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Hawai'i agritourism ranges from coffee tours at Greenwell Farms to beekeeping insights at Big Island Bees to tastings at Garden Island Chocolate.



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visitors who travel to Hawai'i each year are looking for something new to experience, something authentic and unique. "Authentic is what's happening when the tourist isn't there," said Frank Haas, a Honolulu marketing consultant, at last year's International AgriTourism Symposium in Hilo. "People want to see the real place."

There's hardly anything as "real" as a farm. As a result, agritourism is taking root in Hawai'i, with farms, nurseries and ranches offering up-close-and-personal experiences for visitors to Hawai'i's four major islands. In a single day on O'ahu, for instance, you can shuck oysters harvested from a historic Hawaiian fishpond, dig into an acai bowl made of the fruit of nearby acai palms and milk cows on a working dairy farm.

"Everywhere you go in the world, something is being cultivated. The Islands, too, have deep agricultural roots, and visitors can go on farm tours and see the many diverse things we do," Candido says after our dinner. "It's part of our culture, part of our history, and it's what makes our Islands so unique."

HAWAI'I ISLAND

Some of the finest coffee in the world grows on Hawai'i Island's farms. And many locations, including Greenwell Farms, open their gates to let visitors tour the orchards and see how beans are transformed into cups of java.

Greenwell is a fourth-generation Kona coffee farm, and offers daily walking tours of its coffee fields and processing facilities on the slopes of Mauna Loa. One of the most popular stops on the tour is the farm's old-fashioned *hoshidanas*, or drying racks, where farmworkers spread sun-dried coffee beans out on rolling platforms. It shows the convergence of traditional and modern while illustrating the farm's humble beginnings more than 150 years ago.

Every Thursday in the pasture behind the H.N. Greenwell Store Museum, the Kona Historical Society teaches visitors the traditional art of baking Portuguese bread in a large, wood-fired oven. Early in the morning, bakers prepare the cavernous oven, filling it with *kiawe* wood. Once the oven is lit, bakers rake out the hot

coals to allow the heat in the oven to equalize, dropping the temperature to 400 degrees, hot enough to bake sweet bread. From 10 A.M. to 12 P.M. dozens of people converge to hand-roll balls of dough, placing them into round aluminum pans. The bakers—with help from visitors and residents—produce more than 90 loaves of sweet bread every week, selling them, still warm, from a roadside stand on Māmalahoa Highway. This has become a weekly custom in Kealahou.

"We want to provide something that connects people to Kona's history," says Joy Holland, executive director of the Kona Historical Society. "People from all over come specifically for this, and they love the experience."

Another sweet option on Hawai'i Island is Big Island Bees near Kealahou Bay. In addition to sampling the company's raw, organic honey, you can spend an hour with a beekeeper. During your tour, you'll explore an actual hive, watch baby bees emerge and even see where the hive queen resides. All safely behind a screen.

KAUAI

With an abundance of locally grown cacao, chocolate is part of the experience on Kauai. Garden Island Chocolate in Kilauea offers a three-hour guided tour through orchards of coconut, avocado, lychee and Tahitian lime trees, stopping along the way to sample the fruits. The tour continues with the cacao trees, laden



Meet goats at Kauai Kunana Dairy.

with clusters of red and yellow pods. There, you learn that these hard pods contain the beans that are fermented, dried, roasted and ground into liquid, and turned into the chocolate that we love. Finally, you get to taste more than 20 types of chocolate, with flavors such as coconut milk curry, spicy pepper, garlic, macadamia nut and shredded toasted coconut. The tour ends memorably with a cup of hot chocolate made in the traditional Latin American style with freshly ground chocolate liquor, fresh whole vanilla pods, freshly ground allspice, fresh coconut meat and coconut milk, and local honey.

After chocolate, you might be in the mood for dairy milk. Started in 1979, Kauai Kunana Dairy, on the island's north shore, has revived its popular tour of the family farm. It specializes in artisanal goat cheese and goat milk products, and

the highlight of the guided tour is sampling the different chèvre produced here. (Meeting the goats is pretty awesome, too.) The farm also grows organic fruits and vegetables and raises bees, all of which can be seen on the tour.

MAUI

"Welcome to my office," says Kele Irvine, beaming.

He's the vineyard foreman at MauiWine, Maui's only winery and the state's oldest, located at Ulupalakua Ranch on the slopes of Haleakalā. (MauiWine used to be called Tedeschi Winery.)

We're looking over 23 acres of gorgeous vineyard, plump grapes still hanging from the vines in a region that's not particularly known for cultivating this crop. In the distance sit the islands of Kaho'olawe, Molokini and Lāna'i.

LEFT TO RIGHT: SARAH AND RYAN WOOTEN; RANDY JAY BRAUN; TONY NOVAK CLIFFORD

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MauiWine guests can tour the 23-acre vineyards, which overlook other islands, and can also sample varietals, right.



WE STROLL THROUGH THE ROWS OF GRAPES AND SIP SOME OF MAUIWINE'S ESTATE VINTAGES WHILE THE SUN SETS OVER THE PACIFIC OCEAN.

The vineyard is located about a mile away from the winery and its tasting room, where we already sampled some of the wines, including the Lokelani, a sparkling wine with nuances of raspberries and orange blossom, and a classic Syrah, with notes of eucalyptus and white pepper.

We're on the Rare Vineyard Experience, an exclusive tour, during which we stroll through the rows of grapes and sip

some of MauiWine's estate vintages while the sun sets over the Pacific Ocean. It's a special experience.

The winery also offers free daily tours, starting at the King's Cottage—originally built in the 1870s for the visits of King David Kalākaua, the last reigning king of Hawai'i—and including the production area and wine cellar. (For \$10 more, you can enjoy a few tastings, too.)

"Maui is such a unique and memorable

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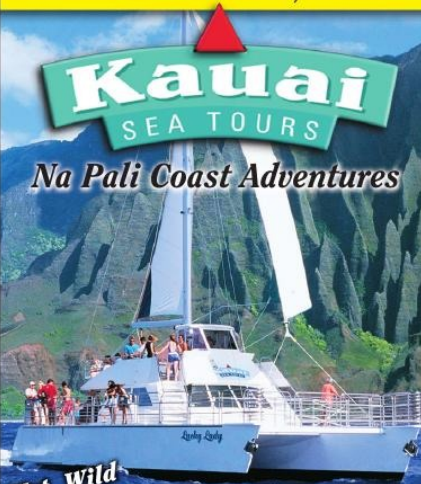
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place for visitors, particularly Ulupalakua, that we have an incredible opportunity to make an impact on people. It's quite a privilege," says Joe Hegele, MauiWine's director of sales and marketing. "We hear from guests who opened a bottle of our wine when they got engaged 20 years ago and still have the same varietal each anniversary. It's pretty inspiring."

About 10 miles northeast at Ali'i Kula Lavender Farm, you can wander through 13.5 acres of lavender in Upcountry Maui. Ali'i Kula is home to about 55,000 lavender plants and 45 different varieties, well acclimated to the cool climate at 4,000 feet above sea level.

The fragrant farm offers guided walking tours daily. You can even reserve a picnic-lunch basket that includes a dessert infused with lavender.

If you're looking to taste a variety of crops, head to Hāna to visit Ono Organic

Farms, a 50-acre family-run certified-organic farm that's one of the largest tropical fruit farms in the state. It grows everything from exotic fruits to cacao to arabica coffee, and all of it is hand-picked.

Ono Organic Farms' Exotic Tropical Fruit Tasting Adventure, offered only on Tuesdays, lets you sample the variety.

Our tasting started with organically grown coffee, which had a nice, smooth finish. On the table was a spread of fruits, from Cuban red bananas to soursop to rambutan. We tasted sweet strawberry papayas, creamy Blue Java bananas and a custardy white sapote that had a pudding-like texture. We even—a little reluctantly—tried durian, a fruit common in Southeast Asia that has been described as tasting like rotten onions and gym socks. (It's true.)

Afterward, we walked through a wild orchard of fruit trees and picked juicy



Growing papayas, sapote and even durian, Ono Organic Farms is one of the largest tropical fruit farms in Hawai'i.

guava and liliko'i (passion fruit). This was a rare experience in Hawai'i—to bite into freshly plucked fruit—and we lingered a little longer to soak it all in.

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O'AHU

On Kahuku Farms on O'ahu's North Shore, Kylie Matsuda-Lum, a fourth-generation farmer, grows most things she needs to run her popular roadside cafe. The 5 acres contain groves of apple banana, star fruit and tangerine trees; rows of pineapples; and fields of eggplant. She even grows acai palms, the seed of which she transforms into a tangy sorbet that's served with slices of apple banana, a drizzle of the farm's liliko'i butter, and a crumble made from graham crackers, granola and macadamia nuts.

"WE WANT PEOPLE TO REALIZE HOW FORTUNATE WE ARE TO HAVE ACCESS TO ALL THIS WONDERFUL FOOD. WE SHOULDN'T TAKE THAT FOR GRANTED."

You can experience this tiny but productive farm from a wagon pulled by a New Holland tractor as it weaves along a dirt road that runs through these 5 acres.

On the Grand Tour one sunny afternoon, we learned about the difficulties of cultivating papaya trees commercially, that Samoan coconut trees only grow to 25 feet tall, and that it took eight years for the farm managers to figure out how to process acai. (Acai has a large seed and a small layer of flesh that surrounds it. It's not easy to remove the flesh without cracking the seed.)

We even saw the cacao trees that grow the beans used to make the farm's exclusive dark chocolate bars, which have a slight licorice flavor. Along the way, we sampled some of the seasonal bounty, from sweet papayas to luscious bananas.

"We want people to realize how

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On O'ahu, ride along on the tractor-pulled Grand Tour at Kahuku Farms, and net seafood on Kualoa Ranch's Taste of Kualoa tour.



fortunate we are to have access to all this wonderful food," says Kylie's husband, Judah, who leads the tours. "We shouldn't take that for granted."

About 16 miles south, Kualoa Ranch, already popular for its movie tours and horseback riding through the lush Ka'a'awa Valley, recently launched the Taste of Kualoa. It's a two-and-a-half-hour tour that showcases the food grown, harvested and sold on the ranch's 4,000 acres spread across three valleys. Tourgoers learn the ancient Hawaiian art of throwing a net to catch fish; shuck oysters that grow in an 800-year-old Hawaiian fishpond; and taste the tilapia,

shrimp, beef and fruits that are raised and grown on the ranch. On the final stop, you can even rope cattle—they're actually wooden prop cows—while your guide grills rib-eye beef tips and root vegetables.

The entire time, you learn about the ranch's history in agriculture, from the 500 grass-fed cattle that roam in Ka'a'awa to the 50,000 oysters that grow in the fishpond and are coveted by local chefs.

"Although agriculture isn't the first thought most people associate with Kualoa, we are actually one of the most diversified food producers on the island," says Taylor Kellerman, director of agriculture

and land stewardship at Kualoa Ranch. "Agricultural tours are an excellent way for visitors to enjoy the natural beauty of this place and, at the same time, gain a better sense of the depth of agriculture in Hawai'i." ✈

Catherine Toth Fox is a Honolulu-based travel and food freelance writer.

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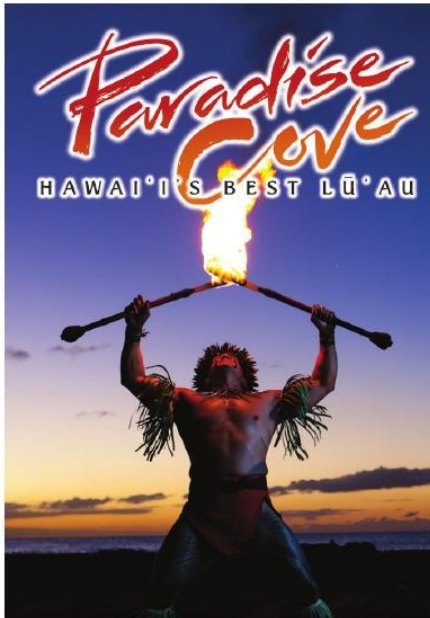
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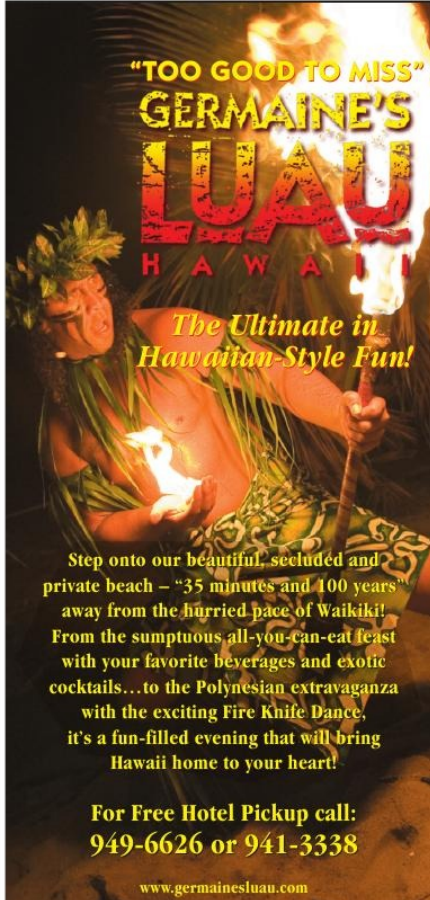



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HILO OFFICE: 988 Kīnoole St., Hilo, HI 96720
Ph: 808 836-8009 • Fax: 808 961-5494
From: Neighbor Islands, Toll Free 1 800 894-4996

FARM CREDIT
SERVICES OF HAWAII, ACA

**FARM CREDIT
100**
ESTABLISHED 1916

FCS of Hawaii, ACA is part of the Farm Credit System, a nationwide system of leading
agricultural financial institutions which started in 1917. FCS of Hawaii, ACA has been doing
business in Hawaii since 1965 through its subsidiary the Federal Land Bank
Association of Hawaii, FLCA. The FCS of Hawaii, ACA is not a Federal Agency
of the Federal Government. Registered with Nationwide Mortgage Licensing
System (NMLS ID# 6136101).

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.

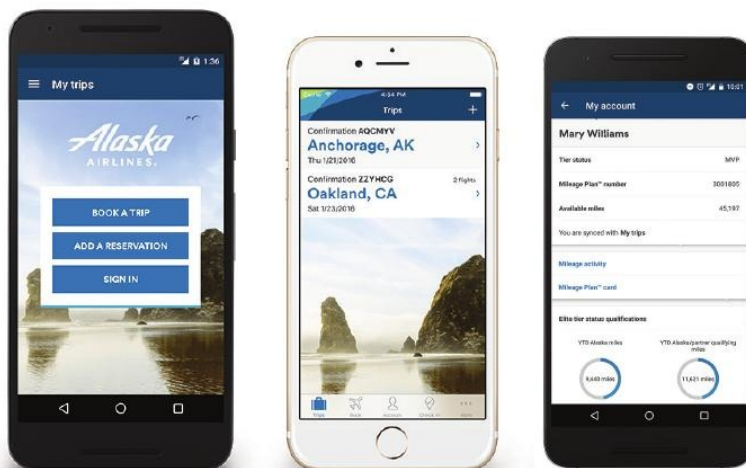


- Always find our lowest fares, guaranteed
- Check out our weekly flight deals
- Plan your whole trip with hotel, car and vacation packages
- Manage your Mileage Plan™ account and use miles
- Check in, print boarding passes and baggage tags
- **NEW**—Book Virgin America flights at alaskaair.com

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.



Enjoy access to our five lounges, in Seattle, Los Angeles, Portland 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. Visit us at alaskaair.com/lounge.

Alaska's Boeing 737 fleet.



B737-900/900ER

Number in fleet: 70
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: 10
Range: 2,985 miles
Seats: 124

B737-400

Number in fleet: 7
Range: 2,000 miles
Seats: 144

B737-400C ("combi")

Number in fleet: 4
Range: 2,000 miles
Seats: 72, plus 4 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: 25
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)

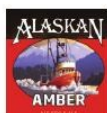
The menu card
in your seatback
pocket displays
all our food and
beverage options.

PREMIUM WINE



Canoe Ridge Exploration
Red Blend

Canoe Ridge Exploration
Pinot Gris



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

All prices in U.S. dollars.

NEW:



La Marca Prosecco \$8



Woodford Reserve Bourbon \$7

LIQUOR



Craft \$7
Sun Liquor Vodka
Sun Liquor Gin
Sun Liquor Rum
Crater Lake Hazelnut
Espresso Vodka

Classic \$7
Sauza Tequila
Dewar's White Label Scotch
Jack Daniel's Black Label
Crown Royal
Courvoisier Cognac
Baileys Irish Cream

First Class Wines

Featured wines this month.



Chateau Ste. Michelle
Washington
Indian Wells
Cabernet Sauvignon

A ripe, jammy style with dark-fruit aromas and flavors; Syrah adds richness.



Chateau Ste. Michelle
Washington
"Mimi" Chardonnay

Made in a lightly oaked style; offers apple and pear fruit character with bright natural acidity.

Beverage service may vary due to time of day and flight-segment time limitations. Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. Government warning: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

Movies, TV, Wi-Fi and more.

The choice is yours.

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.

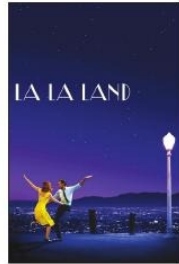
Nearly every flight offers Alaska Beyond Entertainment, our streaming entertainment system that features hit movies and episodes from your favorite TV networks—like HGTV and Travel Channel—as well as new discoveries, including new musicians on Seattle’s independent record label, Sub Pop.



HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:



Hidden Figures



La La Land



Moonlight



Fantastic Beasts



Despicable Me

OUR COMPLETE MOVIE LINEUP:

- Alvin and the Chipmunks: The Road Chip
- Barbershop: The Next Cut
- Batman v Superman: Dawn of Justice
- Birdman
- Birth of a Nation
- Black Mass
- Central Intelligence
- Collateral Beauty
- Creed
- Hail Caesar!
- Hitman: Agent 47
- Jem and the Holograms

- Ice Age: Collision Course
- Jackie
- Joy
- Keanu
- Keeping Up with the Joneses
- La La Land
- Mad Max: Fury Road
- Maze Runner: The Scorch Trials
- Me Before You
- Mike and Dave Need Wedding Dates
- Miss Peregrine’s Home for

- Peculiar Children
- Moonlight
- My Big Fat Greek Wedding 2
- Night at the Museum: Secret of the Tomb
- Penguins of Madagascar
- Pitch Perfect 2
- Popstar: Never Stop Never Stopping
- Race
- Ride Along 2
- Rules Don’t Apply
- Secret Life of Pets

- Sisters
- Spy
- Star Wars: A New Hope
- Steve Jobs
- Storks
- The Accountant
- The Boss
- The Edge of Seventeen
- The Huntsman: Winter’s War
- The Intern
- The Legend of Tarzan (2016)
- The Martian
- The Nice Guys
- The Peanuts Movie

- The Revenant
- Trolls
- True Story
- Wild
- X-Men: Apocalypse

PLUS, TV SHOWS FROM:



Download the app:

You’ll need the Gogo Entertainment App to watch movies. Get it now at loadplayer.com.

Like our tunes?

Take a look at this month’s boarding music playlist:

Artist	Song
Max Friedman	<i>Sad</i>
TeamMate	<i>Souvenir</i>
Dia Frampton	<i>Golden Years</i>
Local Natives	<i>Dark Days</i>
Passenger	<i>When We Were Young</i>
Peter Wolf	<i>Peace of Mind</i>
Nick Fradiani	<i>Love Is Blind</i>
Austin Basham	<i>Running</i>
Sean McConnell	<i>Holy Days</i>

Plus, check out our featured Sub Pop album of the month on Alaska Beyond:

The Afghan Whigs
In Spades

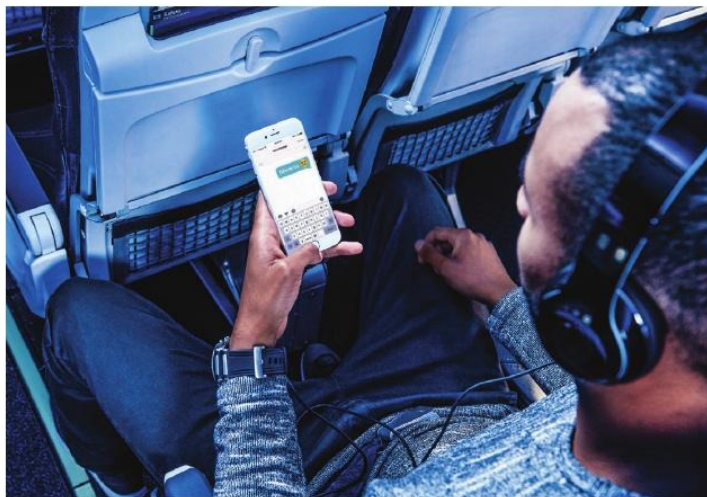
The joys, sorrows and upheavals of innocence and experience echo throughout *In Spades*: It powerfully documents a journey that has spanned decades. The Afghan Whigs were the first band Sub Pop signed from outside the Pacific Northwest.



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:



Logan



Beauty and the Beast



The Great Wall



Fist Fight



Table 19

Alaska Airlines Mileage Plan™

Welcome to a world of rewards.



See the world and earn miles doing it.

Earn or redeem miles on every Alaska flight and flights to more than 900 destinations worldwide with our airline partners.

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



The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.*

MVP

(20,000 miles flown on Alaska)

- Priority check-in
- Two free checked bags
- Eligible for complimentary First Class upgrades
- 50% bonus miles and more

MVP GOLD

(40,000 miles flown on Alaska)

- All MVP® benefits, plus:
- Waived ticket change fees on Alaska
 - Four annual guest upgrades
 - 100% bonus miles and more

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.

We're taking Mileage Plan benefits to the next level. Learn more at alaskaair.com/gamechanger.

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

Mileage Plan gives you the world

Earn and redeem your Alaska Airlines miles to more than 900 destinations worldwide.

Find tips on how to earn and use miles on our global partners at blog.alaskaair.com/mileage-plan.



Explore more with Mileage Plan.



London, England
British Airways



Frankfurt, Germany
Condor



LEGEND

- International partner hubs
- Partner destinations



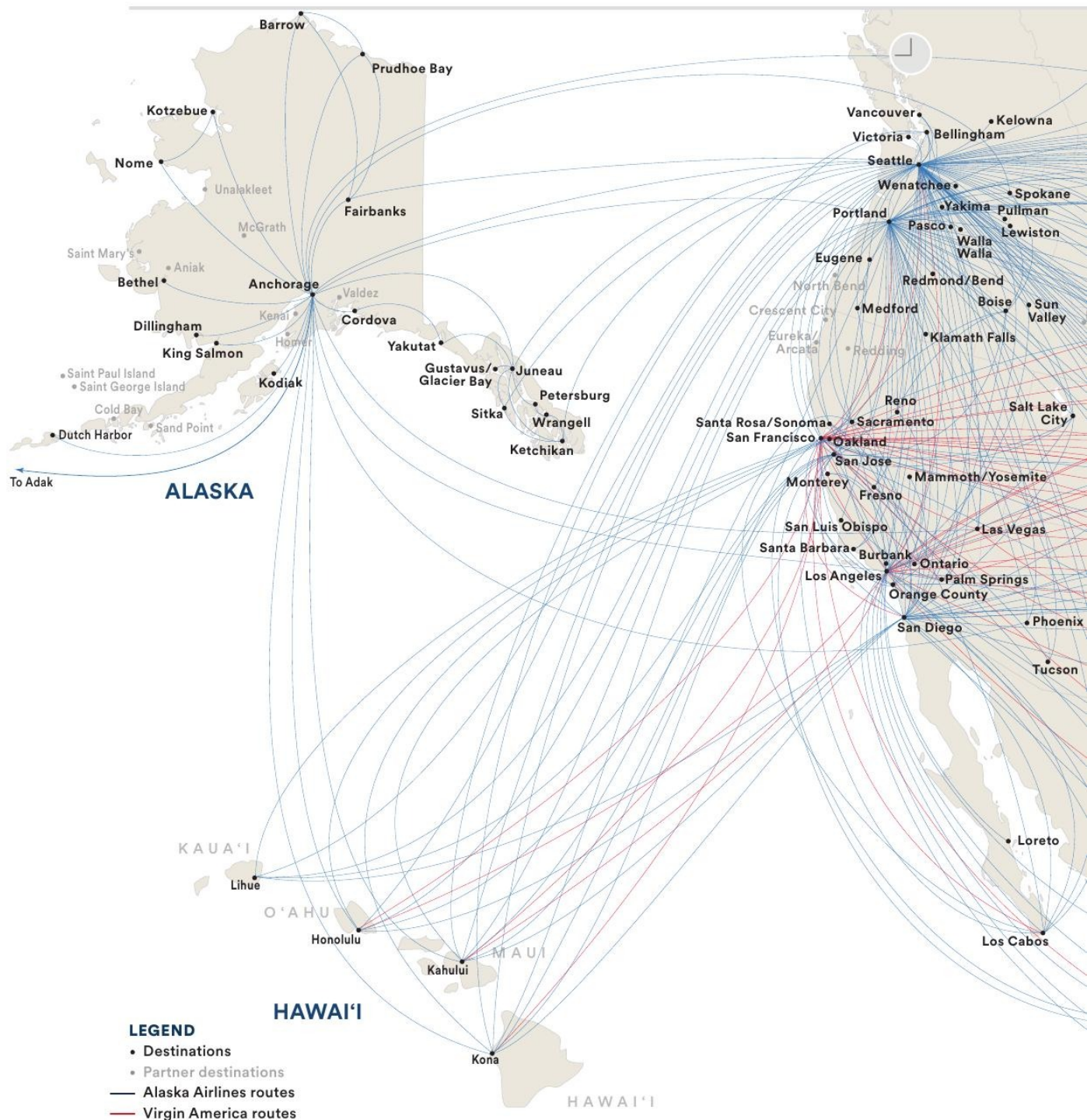
Tokyo, Japan
Japan Airlines

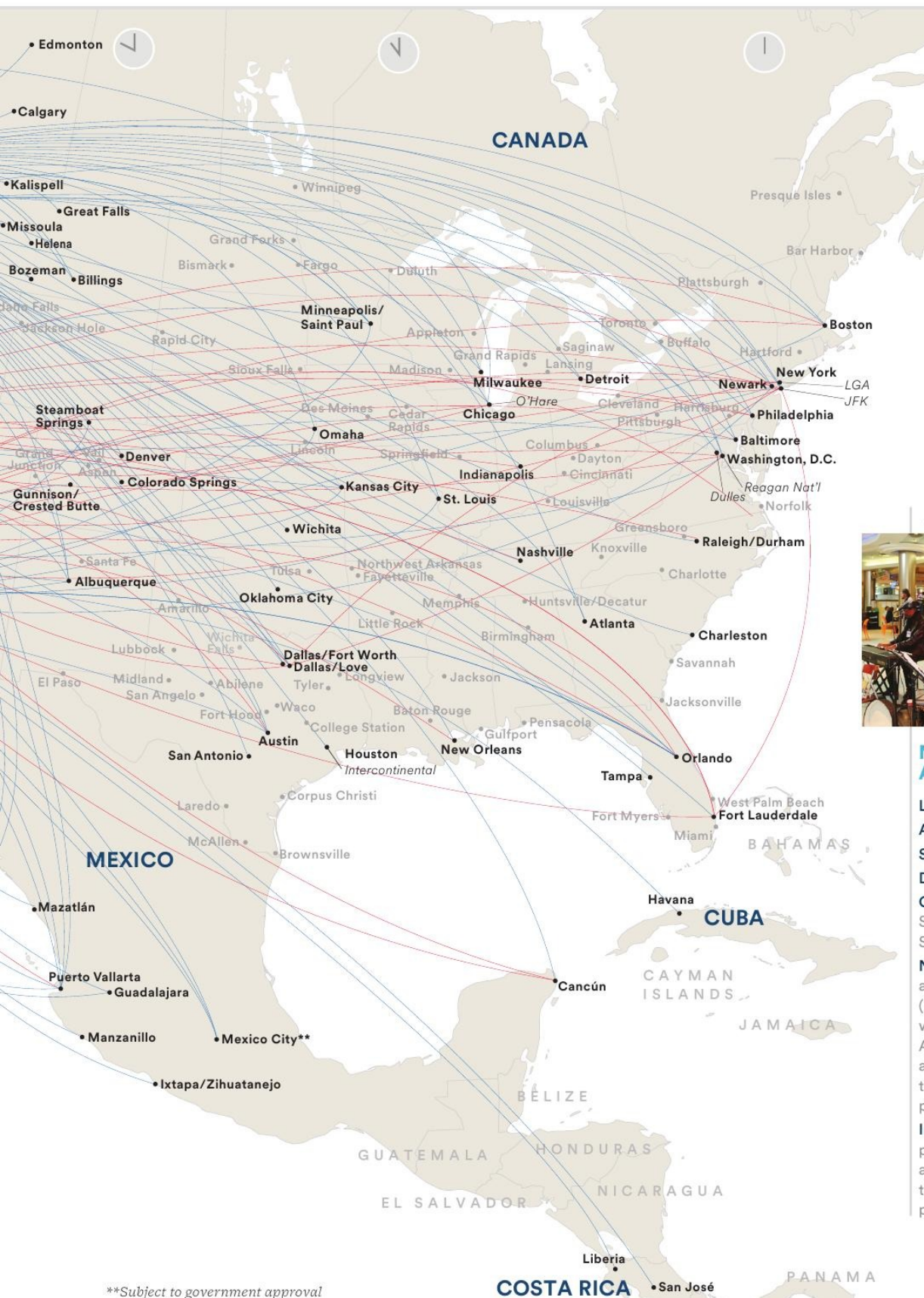


Dubai, UAE
Emirates

Where we fly

118 destinations and counting.





Some Alaska Airlines service operated by Virgin America, Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.

Airport of the Month



Nashville International Airport

Location: Nashville, TN

Airport code: BNA

Served since: 2015

Daily flights: 1

Cities served: Seattle and San Francisco (starting September 5)

Notable: Nashville's first airport, Berry Field Nashville (BNA), opened in 1937 and was built as a Works Progress Administration project. The airport today serves more than 12 million passengers per year.

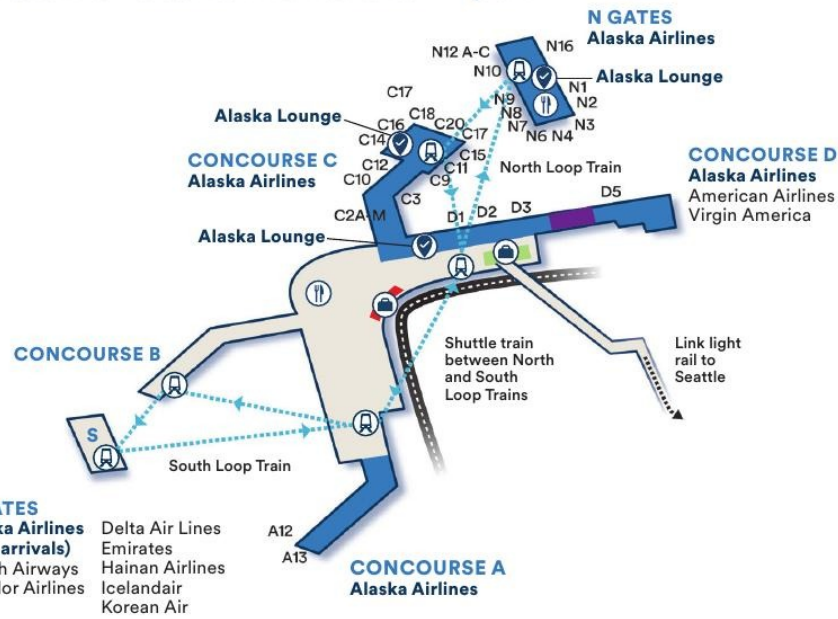
Insider info: There are six performance areas within the airport, featuring top local talent and more than 700 performances each year.

Airport terminal maps

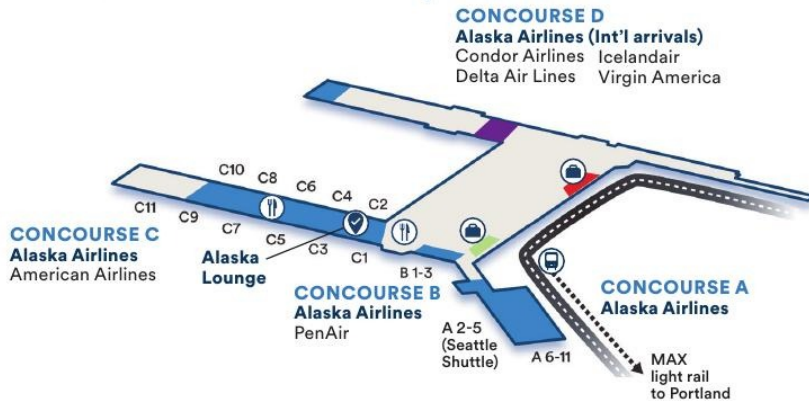
SEA Seattle/Tacoma International Airport

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—opening in June in the C Concourse—lets you raise your “preflight” game. We’ll have complimentary food, premium drinks, free Wi-Fi and more, so you can wait for your flight in style.



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.

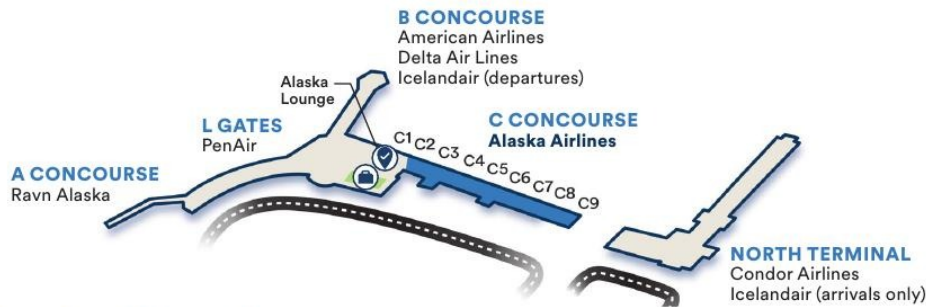


LAX Los Angeles International Airport

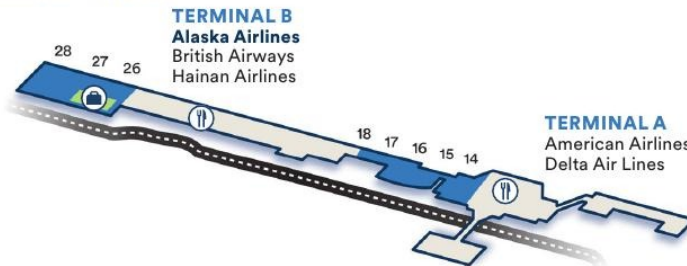


Tip:
Virgin America has moved to Terminal 6. Virgin America Loft has closed: Please visit the Alaska Lounge at Terminal 6.

ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



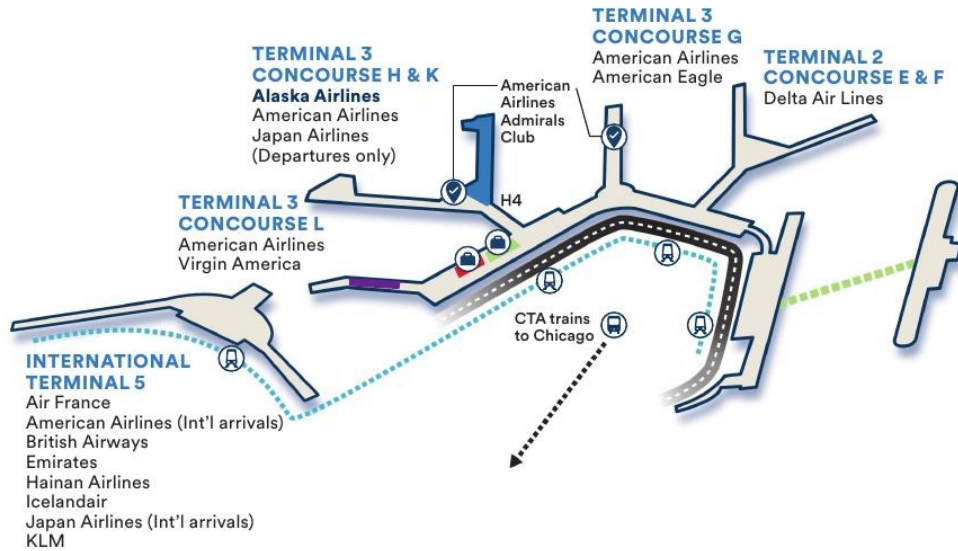
Global Airline Partner terminal maps

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.

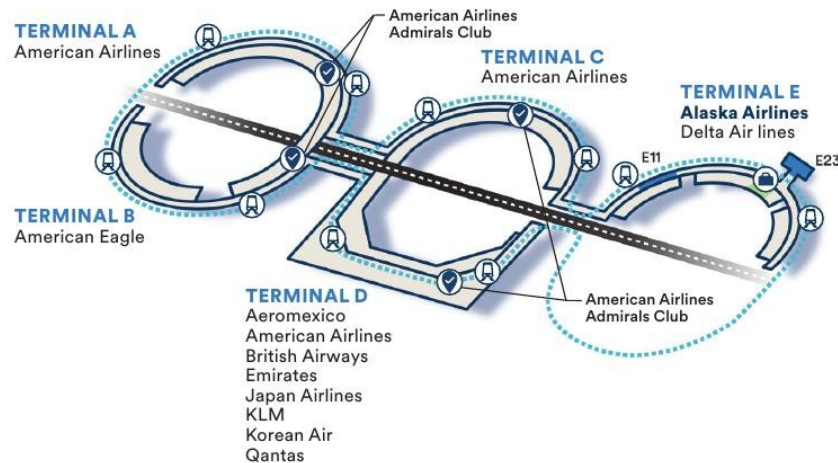
Tip: Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.



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.

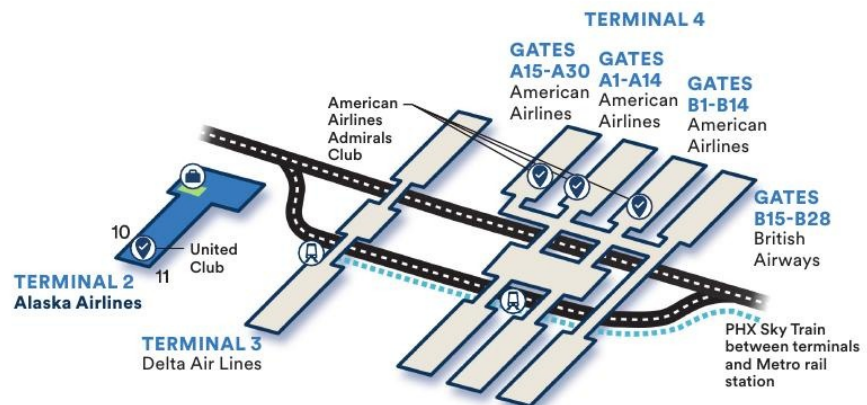


PHX Phoenix Sky Harbor International Airport

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



Virgin America check-in



Public transportation



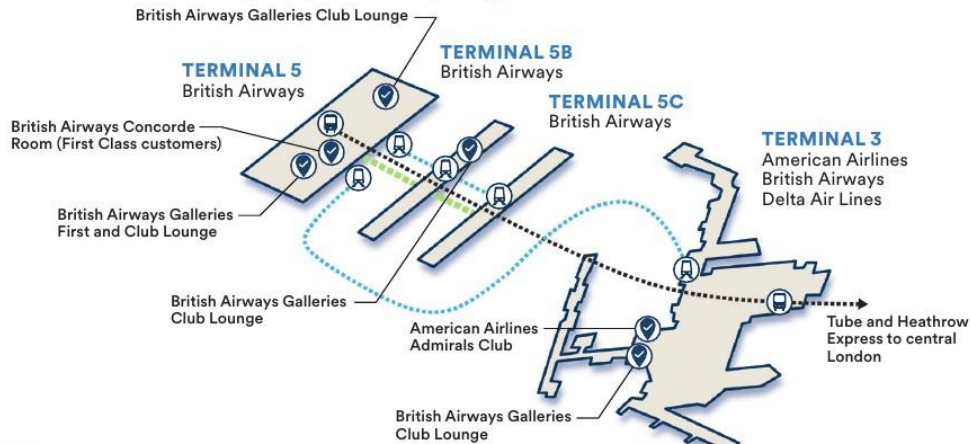
Airport transportation



Underground walkway

LHR Heathrow Airport, London, England

BRITISH AIRWAYS

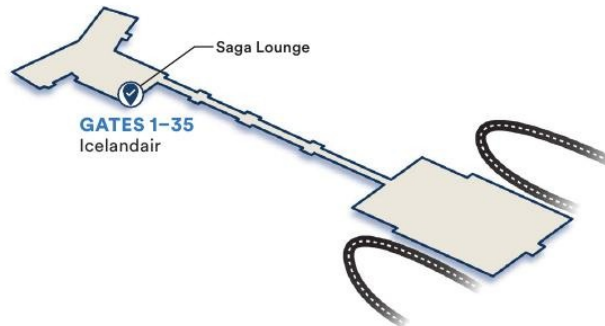


British Airways' London hub offers convenient connections from the West Coast to cities throughout Europe.

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

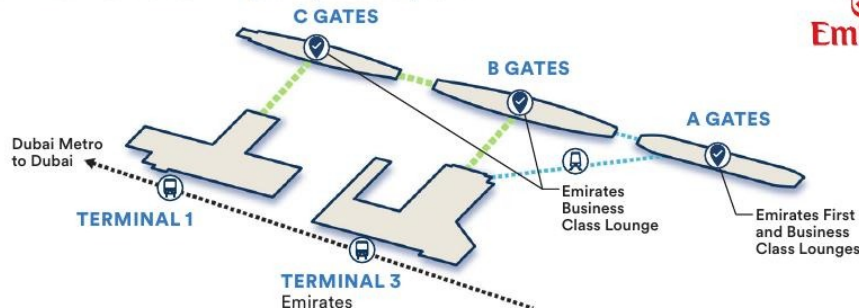


Tip:
MVP Gold and MVP Gold 75K members receive complimentary access to Icelandair's Saga Lounge.

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

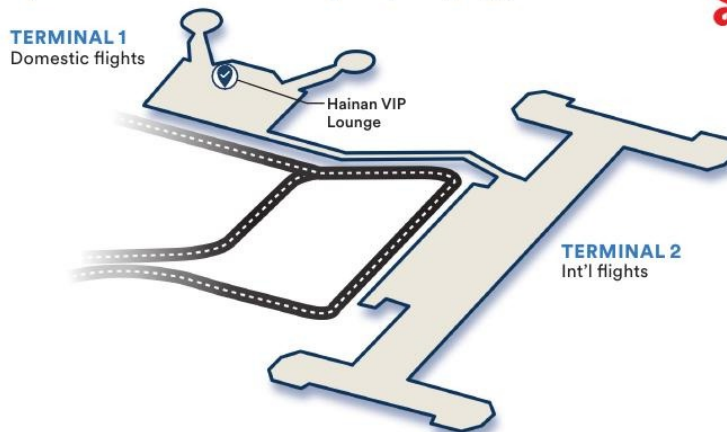
Emirates



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.

A screenshot of the U.S. Customs Declaration form. The form is titled "U.S. Customs Declaration" and includes instructions for travelers. It contains several sections with checkboxes for items like "Alcohol and tobacco", "Firearms", "Plants and animals", "Currency", "Vehicles", "Other goods", and "Declaration of family members". There are also fields for "Passport number", "Date of birth", "Date of entry", and "Signature". The form is designed to be filled out by travelers upon entering the United States.

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; una por persona
- Costa Rica requiere un impuesto de salida de \$29 para cada viajero. Para los boletos comprados tarde del 1 junio, 2016, pagar la cuota antes de check-in con Alaska Airlines en los centros de servicio en el área de registro de entrada en el terminal. La tarifa está incluido en el precio de los boletos comprados el 1 de junio 2016.

Your safety and comfort

SEATS

- Your seat belt must be fastened whenever the “FASTEN SEAT BELT” sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

CARRY-ONS

- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

LAVATORY

- Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.

CREW SAFETY

- Interference with crew members’ (including flight attendants’) duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer’s behavior.

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)

DEVICES

- During taxi, takeoff and landing, portable electronic devices and headphones may be used. Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Tablets, etc.

PETS

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

ALCOHOL AND TOBACCO

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant. No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

OTHER PROHIBITED ITEMS

- Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal 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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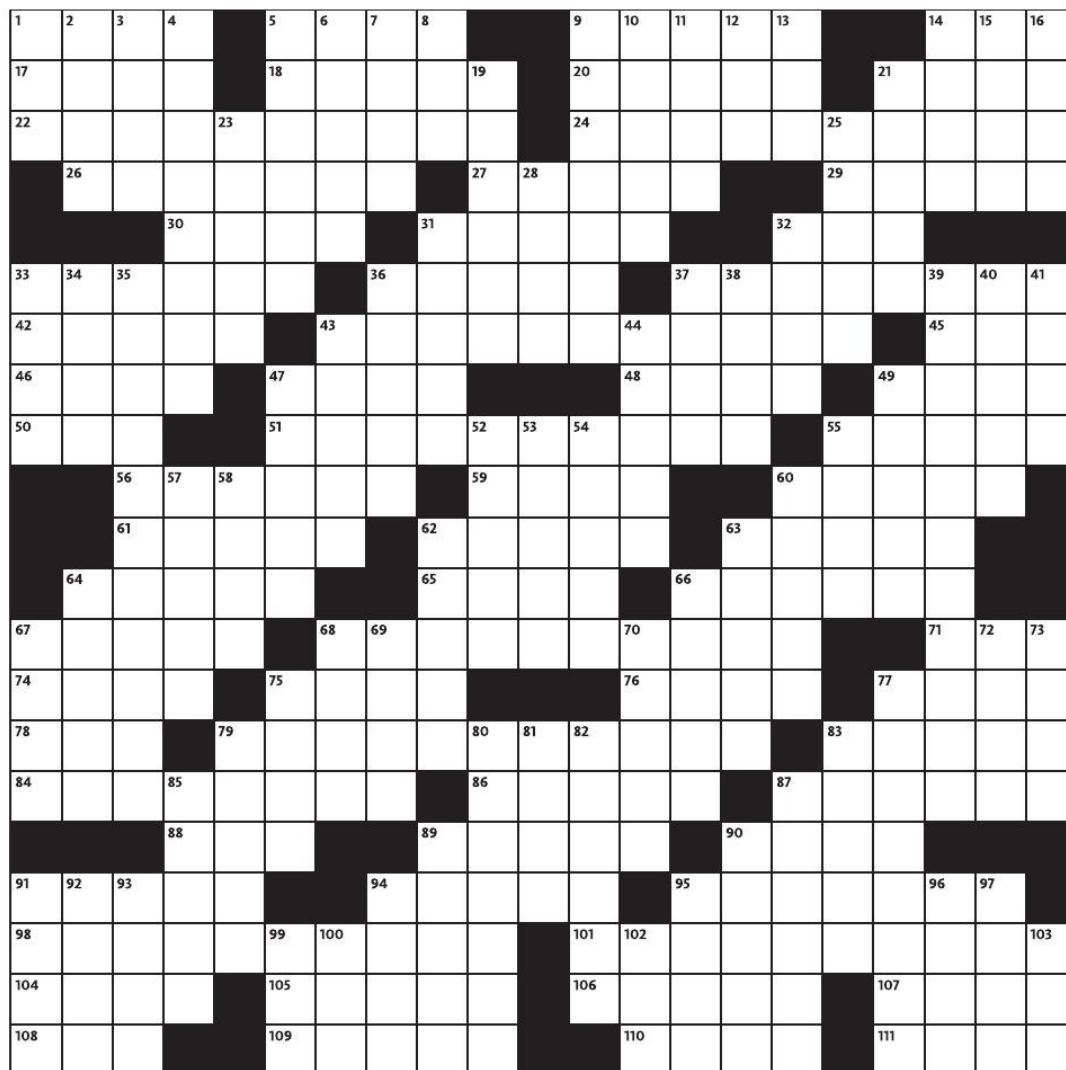
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ACROSS

- 1 Woodwind instrument
5 Polite address
9 Ire
14 La's cohort
17 Skin: suff.
18 Leering one
20 Oscar de la ____
21 White-whale hunter
22 Peter DeRose tune
24 Song of the islands
26 Gratifies
27 Stains
29 ____ *It Black*
30 Ascend
31 Young horses
32 Waikiki wear
33 *The Thrill* ____
36 Kukla's pal
37 Science-fiction series
42 English novelist
John le ____
43 Hoagy Carmichael song
45 Author Johnson
46 Bullring cries
47 Away from the wind
48 Detest
49 Study of the heavens:
abbr.
50 Formerly known as
51 Duke Ellington melody
55 Strong metal
56 ____ land (barren area)
59 Fossil fuel
60 Free from restraint
61 Dodge
62 Championship
63 Woody vine
64 Drop a bundle
65 Foot part
66 Hagggle
67 Director Frank ____
68 Start of Perez Prado
song
71 Farm female
74 Cowboy actor
Tim ____
75 Couple
76 Preholiday nights
77 *King Kong* actress
78 Wind dir.
79 *Sail Along* ____
83 Vassal
84 Move to a new abode
86 ____-garde
87 Mudguard
88 ____ culpa
89 Unzips
90 Grumble
91 Commence
94 Mrs. Gorbachev
95 Rust
98 Norman Luboff song
101 MacDonald/Eddy
musical
104 Gen. Robert ____
105 Whirling



- 106 Ohio Indians
107 Famous lioness
108 Together: pref.
109 Fop
110 Swallow hurriedly
111 Gentle creature

DOWN

- 1 Eccentric
2 Gridlock sound
3 Russian city
4 Nero and Napoleon, e.g.
5 Hairstylist's foam
6 Concur
7 French peaks
8 Brooks or Blanc
9 Mediator
10 Dickens heroine et al.
11 African antelopes
12 Summer, in Calais
13 Stadium shout
14 Siamese
15 Shower
16 Somewhat
19 Do a shoe-repair job
21 Expect
23 Patriot Thomas ____
25 Imitators
28 Miscellany
31 Gave a hint to
32 Burden
33 Religious image
34 Store event
35 *Little* ____ (Bobby
Russell tune)
36 Butter substitutes
37 Carpet type
38 Bandleader Puente
39 ____ *My Love*
40 Ms. Lauder
41 Actor Malden
43 Light-haired
44 Santiago's site
47 *When* ____ *Comes*
Knocking at Your
Heart

- 49 Make amends
52 Frostier
53 Memo taker
54 Linger
55 Drench
57 Obvious
58 *Who's the Boss?* role
60 Passes lightly over
62 *I Saw Her*
Standing ____
63 Tablecloth fabric
64 French river
66 Piece of turf
67 Mask star
68 Speak loudly
69 Busy place
70 Unskilled workers
72 Salary
73 Watcher
75 Mideast bread
77 Threshed
79 Office worker, shortly
80 Swiftly

- 81 Actor Montand
82 Get along
83 Ascertain
85 French novelist Zola
87 Germany's Black ____
89 Propelled a skiff
90 Iman, e.g.
91 Short farewells
92 Slippery
93 Singer Campbell
94 Nothing, to Jacques
95 Muse of history
96 Remove
97 Being, to Cicero
99 Gum unit
100 Swimsuit part
102 Sphere
103 Pitch

SOLUTION ON PAGE 223.

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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 223.**

DIFFICULTY: **EASY**

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

DIFFICULTY: **MEDIUM**

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

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LADDERGRAM

First, write the word that fits the first definition into space 1. Then drop one letter and rearrange the remaining letters to form the answer to definition 2. Drop one more letter, rearrange, and get the answer to definition 3. Put the first dropped letter into the box to the left of space 1 and the other dropped letter into the box next to space 3. When you have correctly solved the puzzle, the dropped letters on the left and right, when read down, will spell out related words.

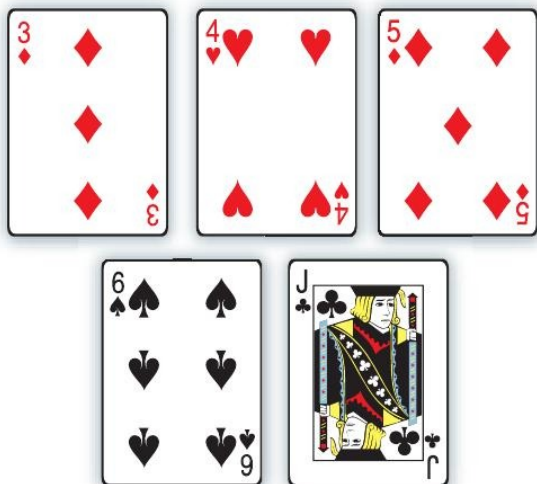
1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	
22.	23.	24.	

DEFINITIONS

1. Iran, once upon a time
2. Tire in the trunk
3. Gather a harvest
4. Drew a breath
5. Flagged (a cab)
6. Best
7. Removed from power
8. Wet thoroughly
9. Took to court
10. Flee successfully
11. Astronauts' domain
12. Violin holder
13. Deliver a sermon
14. Far from expensive
15. Dull pain
16. Actress Keaton
17. Brainstorm
18. Citrus beverage
19. Main dinner course
20. Word of welcome
21. Oak or elm
22. Garbo of film
23. Athlete's equipment
24. Amount to

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 three is directly above the jack.
2. The diamonds are adjacent.
3. The black cards are adjacent.
4. The five is somewhere above the heart.

ANAGRAM MAZE

The diagram contains 36 words, 17 of which are anagrams of other everyday words. Start at the top arrow and anagram STAR. 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 KISS	2 STAR	3 JUMP	4 TELL	5 WALK	6 LEVY
7 MEAT	8 WHOM	9 ZINC	10 CUPS	11 OILS	12 ARMS
13 OWNS	14 TONE	15 MALT	16 FREE	17 OXEN	18 BLOT
19 WOOL	20 WENT	21 HUBS	22 SHOT	23 MAZE	24 DAIS
25 LESS	26 QUIT	27 FORK	28 KIWI	29 MUCH	30 CLAM
31 DANK	32 ROOF	33 SPRY	34 JADE	35 TURN	36 HALF

SOLUTIONS ON PAGE 223.

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SUDOKU ON PAGE 219.

DIFFICULTY: EASY

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

DIFFICULTY: MEDIUM

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

CROSSWORD ON PAGE 218.

O	B	O	E	M	A	A	M	A	N	G	E	R	T	R	A
D	E	R	M	O	G	L	E	R	R	E	N	T	A	A	H
D	E	E	P	P	U	R	P	L	E	B	L	U	E	H	A
	P	L	E	A	S	E	S	S	O	I	L	S	P	A	I
				R	I	S	E	C	O	L	T	S	L	E	I
I	S	G	O	N	E		O	L	L	I	E	S	T	A	R
C	A	R	R	E		B	L	U	E	O	R	C	H	I	D
O	L	E	S		A	L	E	E			H	A	T	E	A
N	E	E		M	O	O	D	I	N	D	I	G	O	S	T
				N	O	M	A	N	S		C	O	A	L	
				A	V	O	I	D		T	I	T	L	E	
				S	P	E	N	D		H	E	E	L		
				C	A	P	R	A		C	H	E	R	R	P
				H	O	L	T		P	A	I	R		E	V
				E	N	E		S	I	L	V	E	R		M
				R	E	S	E	T	T	L	E		A	V	A
					M	E	A			O	P	E	N	S	
				B	E	G	I	N		R	A	I	S	A	
				Y	E	L	L	O	W	B	I	R	D		G
				E	L	E		A	R	E	E	L		E	R
				S	Y	N		D	A	N	D	Y		B	O

BRAIN BOOSTER PUZZLES ON PAGE 220.

LADDERGRAM

I	1. PERSIA	2. SPARE	3. REAP	S
N	4. INHALED	5. HAILED	6. IDEAL	H
T	7. OUSTED	8. DOUSE	9. SUED	O
E	10. ESCAPE	11. SPACE	12. CASE	P
R	13. PREACH	14. CHEAP	15. ACHE	P
N	16. DIANE	17. IDEA	18. ADE	I
E	19. ENTREE	20. ENTER	21. TREE	N
T	22. GRETA	23. GEAR	24. ARE	G

CARD SENSE

By clue 1, the three of diamonds is immediately above the jack of clubs. The five of diamonds, then, is immediately above the three of diamonds (clue 2), and the six of spades is immediately below the jack of clubs (clue 3). By clue 4, the four of hearts is on the bottom of the pile. In summary, from top to bottom: five of diamonds, three of diamonds, jack of clubs, six of spades, and four of hearts.

ANAGRAM MAZE

The path through the maze, with just one anagram given for each, is: 2. rats; 1. skis; 7. tame; 13. snow; 14. note; 20. newt; 21. bush; 22. host; 16. reef; 10. cusp; 11. soil; 12. rams; 18. bolt; 24. said; 30. calm; 29. chum; 35. runt.

1	2				
7			10	11	12
13	14		16		18
	20	21	22		24
				29	30
				35	

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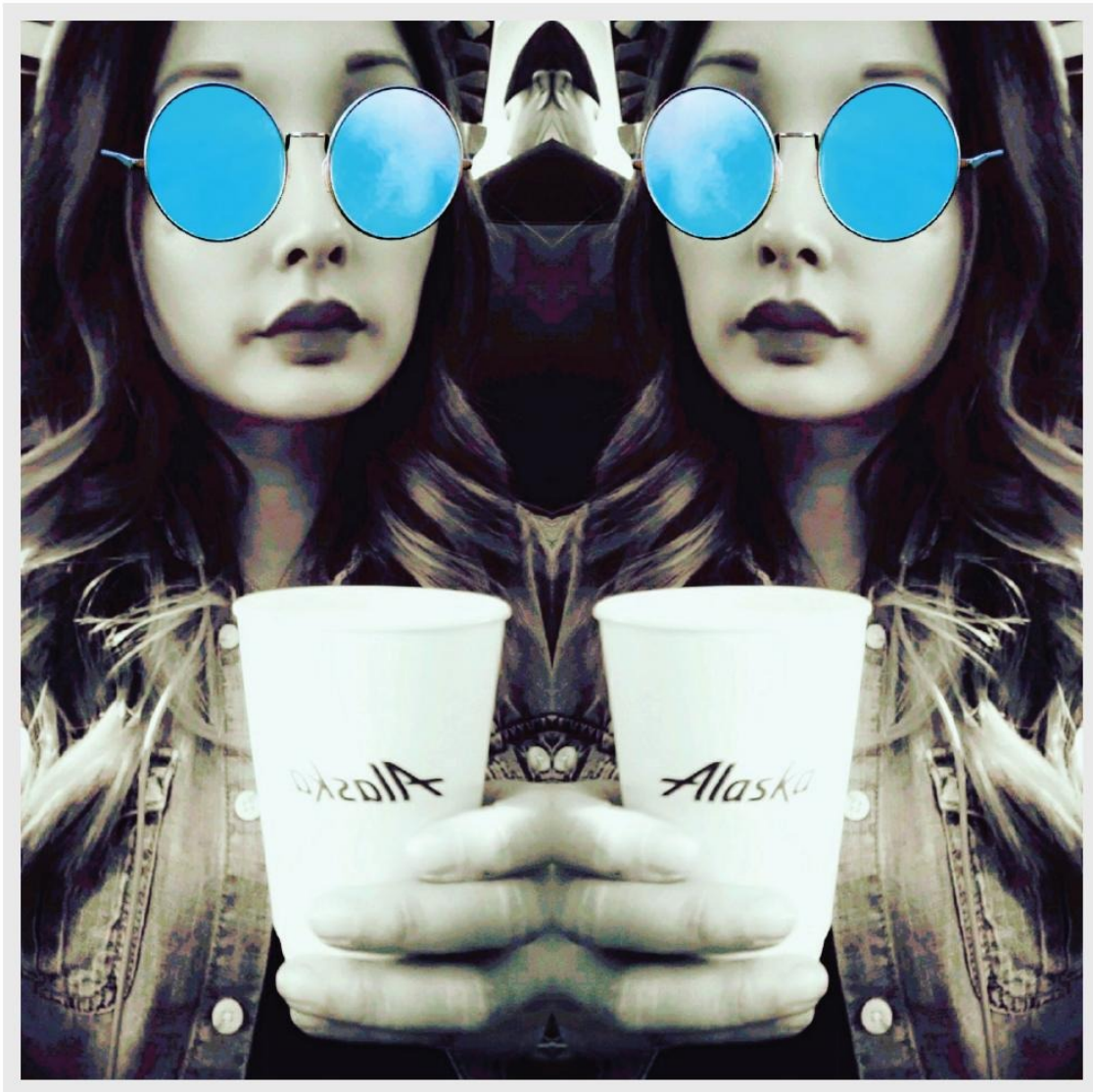
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