

Alaska BeyondTM

February 2015

ALASKA AIRLINES MAGAZINE

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YOUR PERFECT
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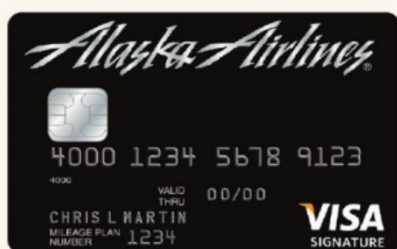
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Dr. Upton, the Medical Director of the Anti-Aging Center at PRO Sports Club, has been practicing medicine for over 17 years. He became inspired by anti-aging through this extensive experience with preventative medicine.



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of
425
2013/2014



AT AGE 61 I'M JUST BEGINNING

I had been going to a naturopath and started HRT a few years ago. It worked for me, until my naturopath informed me that I'd been on HRT too long and my health risk was increasing with use. She set me up on an unsuccessful regimen to wean me off and I finally gave up.

A year later (after suffering night sweats from fear rather than hot flashes), I was informed that the new information on the medical scene indicated bio-identical hormones (unlike bio-similar) were perfectly safe and may even have many health benefits. She suggested I do some homework and make a decision for myself.

The Anti-Aging program had recently opened at PRO Sports Club. I had already been through the 20/10 weight loss program and respected the club's professional approach to health. I took some friends and went to the Anti-Aging introductory seminar. I wondered what the program might have to offer that my naturopath wasn't already providing. After some more research, I decided to work with Anti-Aging expert Dr. Joe Upton.

I was so glad that I chose the Anti-Aging program. Using a combination of natural herbs and bio-identical hormones tailored to my needs, I was soon on a healthy path.

But it didn't stop there. The Anti-Aging program included state-of-the-art testing of my cardiovascular system, bone density, the health of my skin, and much more. The results helped me make improvements in my exercise plan, skincare regimen, and select supplements most beneficial for my health. There is a synergy of good health that explodes with an approach like this.

While some of my friends are talking about winding down their lifestyle, at age 61, I feel like I'm just beginning. With a new career as an author and speaker (Define Your Life – Design Your Home), I have the energy and stamina to keep up with my dreams.

I'm a firm believer that excellent health makes everything in life more enjoyable. The Anti-Aging program at PRO Sports Club has been an excellent partner in my pursuit of healthy living.

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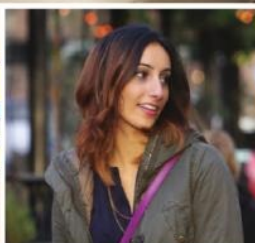
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Spirit of Alaska



Brad Tilden,
Chief Executive
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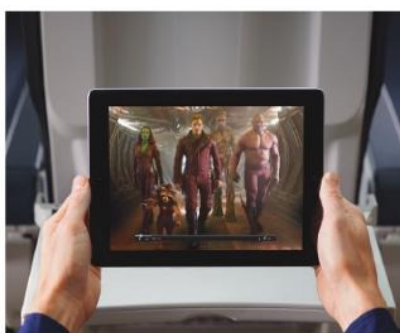
MOVING BEYOND

Do you remember your first flight? The sense of anticipation and adventure as you boarded the airplane, and the thrill of lifting off the runway and soaring into the sky? The excitement of leaving your everyday world behind and arriving someplace entirely new just hours later? For me that experience was 40-something years ago. But I remember it like it was yesterday.

For a lot of us at Alaska, that feeling is what got us into this business, and we want every trip you take with us to feel just like that first flight. We want to make air travel something you look forward to—something beyond getting from Point A to Point B. I hope you agree that Alaska has always had excellent service delivered by our fabulous employees. We're working to pair this great service with tangible products and services to make everything we do come together to create an incomparable experience.

We want to be the easiest airline to fly. Period. As you may know, we were the first U.S. airline to sell tickets over the Internet, and we were the first U.S. airline to let you check in from home and print boarding passes. We've been longtime leaders in offering ticketless travel with electronic check-in kiosks, self-bag-tagging, and the use of mobile apps to load boarding passes onto personal devices. These innovations are aimed at one simple thing: making your experience with us as easy as possible.

We know your time is valuable, so we've worked hard to have the best on-time performance of any major airline for four straight years now, according to Flightstats.com. We think it will be five when the 2014 figures come out. Quick and early boarding, and dual-door deplaning (which you'll see more of soon), get you on and off the airplane quickly. And if you're headed to baggage



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claim after you land, you won't have to wait for long. Alaska has a 20-minute bag guarantee that is still the only bag guarantee in the business.

We've added some new features to make your flight more comfortable and relaxing, which I hope you'll take advantage of. Below are some tips for making the most of your trip with us:

Get Comfortable: Our new Recaro seats were custom-designed to give you more personal space. Try out the six-way adjustable headrests to find the perfect fit for you. And if you have devices, charge them during the flight using the standard and USB power at your seat. Most of our fleet now has these seats.

Eat and Drink Well: You also have access to high-quality, delicious meals, snacks and beverages. Your options include signature dishes from award-winning chef Tom Douglas; Beecher's

and Tillamook cheeses; Seattle Chocolates truffles; Starbucks coffee; and a variety of local microbrews, handcrafted liquors and Washington wines (including Chateau Ste. Michelle wines in our first-class cabin). We want you to eat and drink as well on our airplanes as you do on a special night out.

Tune In: We have a brand-new inflight-entertainment system that allows you to watch a huge selection of hit movies and television shows right on your own tablet, laptop or smartphone. Right now, all premium movies and TV shows are free. Download the app and start watching! We're rolling out Microsoft-powered tablets for customers who need a device.

This new flight experience is called Alaska Beyond, and reflects our belief that your journey becomes part of the adventure. You'll notice that *Alaska Beyond* is the new name of this magazine, as well. I hope our articles will instill the spirit of discovery and introduce you to new places, food and people that inspire your senses and spark your next adventure.

From the moment you book your flight to your arrival at your destination, we want your trip to be easy, smooth and fun. That's how air travel should be, whether this is your first or your 101st flight. Thanks for flying with us today.

El Espíritu de Alaska



Brad Tilden,
Jefe Ejecutivo

LLEGAMOS MÁS LEJOS

¿Recuerda su primer vuelo? ¿La sensación de expectativa y aventura al subir al avión y la emoción al despegar de la pista y al elevarse en el cielo? ¿El entusiasmo de dejar atrás su mundo cotidiano y de llegar a un lugar totalmente nuevo unas horas más tarde? Viví esa experiencia hace un poco más de 40 años. Pero lo recuerdo como si fuera ayer. Para muchos de nosotros en Alaska Airlines, esa es la sensación que

nos hizo elegir este trabajo, y deseamos que se sienta así en todos los viajes que haga con nosotros. Queremos que espere con ansias sus viajes en avión, que sean más que ir de un lugar a otro. Esperamos que esté de acuerdo con nosotros cuando decimos que los fabulosos empleados de Alaska Airlines siempre han brindado un excelente servicio. Trabajamos para combinar este magnífico servicio con productos y servicios tangibles para hacer que todo lo que hacemos se traduzca en una experiencia incomparable.

Queremos ser la aerolínea con la que sea más fácil volar. Y punto. Como usted sabe, fuimos la primera aerolínea estadounidense en vender boletos por Internet y en permitirle registrarse desde su hogar e imprimir sus pases de abordar. Desde hace mucho tiempo, somos líderes en viajes con boletos y quioscos de registro electrónicos, autoservicio de etiquetado de equipaje y uso de aplicaciones móviles para cargar pases de abordar en dispositivos personales. El objetivo de estas innovaciones es simple: hacer que su experiencia con nosotros sea lo más fácil posible.

Sabemos que su tiempo es valioso. Por eso, hemos trabajado arduamente para tener el mejor desempeño con respecto a la puntualidad entre las principales aerolíneas durante cuatro años consecutivos, según Flightstats.com. Creemos que serán cinco años cuando

se publiquen los resultados de 2014. El abordaje rápido y fácil y el desembarque por dos puertas (que pronto será más frecuente) permiten subir al avión y bajar de este con rapidez. Y si después de aterrizar, debe reclamar su equipaje, no tendrá que esperar mucho, gracias a nuestra garantía de equipaje en 20 minutos. Alaska aún tiene la única garantía de equipaje del sector.

Hemos agregado algunos servicios nuevos para hacer que su vuelo sea más cómodo y placentero, y esperamos que los aproveche. A continuación, le brindamos algunos consejos para que disfrute al máximo su viaje con nosotros:

Póngase cómodo: Nuestros nuevos asientos Recaro fueron diseñados a medida para darle más espacio. Pruebe nuestros apoyacabezas ajustables con seis puntos y elija el más adecuado para usted. Y si tiene dispositivos electrónicos, cárguelos durante el vuelo con alimentación estándar y por USB desde su asiento. La mayor parte de nuestra flota ahora cuenta con estos asientos.

Coma y beba bien: A bordo, tiene acceso a deliciosas comidas, refrigerios y bebidas de primera calidad. Las opciones incluyen platos exclusivos del galardonado chef Tom Douglas, quesos Beecher's y Tillamook, chocolates Seattle Chocolates, café Starbucks, y una variedad de cervezas locales, bebidas alcohólicas artesanales y vinos de Washington (entre ellos, los vinos

Chateau Ste. Michelle en nuestra cabina de primera clase). Queremos que coma y beba tan bien en nuestros aviones como lo haría en una cena especial.

Conéctese: Contamos con un sistema de entretenimiento completamente nuevo a bordo, que ofrece una gran variedad de exitosas películas y programas de televisión que puede ver en su propia tableta, computadora portátil o teléfono inteligente. Actualmente, todas las mejores películas y los programas de televisión son gratuitos. Descargue la aplicación y disfrútelos. Comenzamos a ofrecer tabletas con tecnología de Microsoft a los clientes que necesitan un dispositivo.

Esta nueva experiencia a bordo se llama "Alaska Beyond" y refleja nuestra convicción de que su vuelo debe ser excepcionalmente placentero. Además, como verá, *Alaska Beyond* es el nuevo nombre de esta revista. Esperamos que disfrute los próximos artículos que tenemos programados sobre destinos, gastronomía, cultura y personas que lo ayudan a comenzar su aventura.

Deseamos que su viaje sea fácil, tranquilo y divertido, desde que reserva su vuelo hasta que llega a su destino. Así deben ser los viajes en avión, ya sea el primero o el centésimo primero.

Gracias por volar con nosotros hoy.

Brad



TAKE OFF WHAT DIETING WON'T

Having undergone abdominal surgery as a young child, Heather was always aware of the two trapped pockets of fat that had developed around the scar tissue on her belly. In spite of her diligence with exercise and diet, they seemed immobile. Over the years, she'd explored one cosmetic procedure after another, hoping to find a solution.

"Heather was the ideal candidate for SmartSculpt," says Cosmetic Dermatologist Dr. Daniel Levy. "It allows me to precisely target stubborn pockets of fat and eliminate them in a single treatment. Most importantly, general anesthesia is not required, so it's much safer than traditional surgery and the recovery is swift."

"With each pregnancy, my stomach would stretch out and, while it would come back in, I could never seem to lose those stubborn pockets of fat. It even affected the way I dressed. Since having the procedure done, I feel much more comfortable in form-fitting clothes."

"The other amazing thing about SmartSculpt is that recovery time was so quick. Of course, I was sore for a couple of weeks, but I was still able to care for my three kids and continue with the responsibilities of daily life."

"It has been a great experience throughout. Dr. Levy and his staff are so wonderful and friendly. The one thing I love is that it feels

so spa-like. You get to slip into a warm robe and it's relaxing. In comparison, during a consultation at another medical clinic, I had to wear a paper gown and felt awkward. Here, they go out of their way to make you feel comfortable. That was unexpected. I thought once I'd completed the procedure, that would be it. However, both Dr. Levy and my personal trainer would check in every so often after work to see if I had any questions and if everything was going well. I felt very cared for."

"The combination of the SmartSculpt and the core workouts with a personal trainer made all the difference. Having the fat removed gave me a jumpstart. Then I began to develop ab definition I've never had before. I can see muscles. I dropped an entire pant size and lost nine pounds."

"I can't quite believe how my whole life feels easier. My husband is also thrilled. He says he needs to write a thank-you note to my trainer and Dr. Levy. The results have been amazing!"

So Long Saddlebags.
Farewell Flabby Arms.
Bye, Bye Baby Belly.
Hello, Dr. Levy.

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Dr. Daniel Levy has 10 years of experience providing cosmetic and aesthetic medical services. With experience at the country's top-tier institutions, Dr. Levy brings with him a cutting-edge approach to cosmetic dermatology, as well as an enthusiasm for wellness.



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WHAT'S NEW



NEW LOOK FOR THE CFO'S PLANE

Alaska Airlines is showing customers that champions never rest. Chief Football Officer Russell Wilson's 737-900ER aircraft recently received a refreshed look to celebrate the common traits shared between Alaska and its favorite hometown quarterback—dedication and hard work. The new Russell Wilson look will fly throughout Alaska's entire route network.

FREE MOVIES AND TV EXTENDED THROUGH MARCH

Alaska Beyond™ Entertainment will continue to offer free movies and TV through March 31, 2015. Using your own Wi-Fi-enabled tablet, smartphone or laptop, enjoy more than 70 top movies, 80-plus TV shows, and short-subject content provided exclusively for Alaska fliers. See the insert in this magazine following page 16, along with page A5 in the back of this magazine, or alaskaair.com/Beyond for more info.



ALASKA RANKED NO. 1 BY THE WALL STREET JOURNAL

In *The Wall Street Journal's* annual survey of major U.S. airlines, Alaska was ranked the best airline in the United States for the third consecutive year. The newspaper's annual "Middle Seat" scorecard of the largest airlines highlighted Alaska for its top performance in on-time arrivals. Alaska also had the fewest extreme delayed flights and customer complaints.

FOCUS ON COMMUNITY



A Sweet Donation

Alaska Airlines recently donated more than \$30,000, raised from onboard chocolate sales, to the Fred Hutchinson Cancer Research Center. The Seattle Chocolates Extreme Dark Truffle Bar was available on flights longer than an hour throughout the month of October as part of Breast Cancer Awareness Month. Alaska customers purchased more than 9,000 chocolate bars. Funds were directed toward breast cancer research.

Tenacious Teacher

Each year, Alaska Airlines recognizes a handful of its most celebrated employees as Customer Service Legends—the airline’s highest honor. We invite you to learn about one of our Legends, Director of Regulatory Compliance Jim Winkelman.

*Jim Winkelman,
Alaska Airlines
Legend*

There’s a little bulldog attitude in Jim Winkelman, and for a guy who spends his days interpreting Federal Aviation Administration regulations, that’s a good thing. As Alaska Airlines’ Director of Regulatory Compliance, Jim makes sure the airline and its pilots adhere to the safety and operational regulations that impact nearly every decision pilots make.

Jim is a tenacious researcher with a need for answers. He’s a born teacher who believes that the pilots need first to understand how a regulation came about in order to fully apply it.

“I do have a passion for asking a ‘why’ question,” he says, noting that FAA officials he works with have come to expect repeated calls from Jim as soon as they release a new regulation or update.

“Jim’s great gift is his ability to take a lot of regulatory material and boil it down to something our pilots will understand,” says Vice President, Flight Operations Gary Beck. “He’s reluctant to let anything go until he’s satisfied that he has the best, simplest answer.”

Oddly enough, part of what makes Jim so good at what he does is a learning disability, a form of dyslexia. He reads slowly, with difficulty recognizing some characters and confusing others, but as he works through a piece of reading, he breaks the text down into its most-basic concepts—distilling bullet points perfect for teaching others. He has a reputation for an almost encyclopedic understanding of regulations. Pilots have gone out of their way to try to stump Jim on regulation details, but with little success.

Jim got his first taste of flying in 1974 as a high school graduation present in New Orleans. When his family moved to Seattle later that year, Jim signed up for lessons at a local airfield. It wasn’t long before he had a job servicing planes based there. He worked his way through pilot certifications and obtained a job with a Piper Aircraft dealer, delivering brand-new planes from the Florida manufacturing plant to Seattle.

Jim soon started his own business, an aviation ground school for a wide range

of pilot ratings, teaching everything from aeronautical theory to navigation and meteorology. Jim had five Alaska pilots working part-time for him, and in 1989 one suggested that Jim interview for a position as an instructor at Alaska. It turns out a number of the pilots he met during the interview process had been in his classes at some point. He was on the job at Alaska within the week.

In the 1980s, Jim served on the original board of directors of the National Association of Flight Instructors. He also chairs the FAA’s national Operations Specifications Working Group.

“I’m trying to make regulations work better, not go away,” Jim notes.

Jim is considered unselfish, compassionate and positive. He’s a father of two, involved in church and community, and willing to offer a caring ear and good counsel for those in need.

“Jim is a unique blend of spirit, resourcefulness, integrity, professionalism and caring,” says Alaska Captain Dave Strelinger. —*Paul Frichtl*

VOLUNTEER SPIRIT

Bringing Penny Home

Thanks to dog lovers across the country and Alaska Airlines, a Vizsla puppy named Penny is home safe after an unplanned adventure.

Penny went missing near her Central Washington home on December 19, worrying her owners, Kendra and Colt Brown. When a local pet-rescue organization put Penny’s picture on Facebook, a woman called to say she recognized the dog from a truck stop. A cross-country truck driver had thought Penny was a stray and had taken the dog.

The Browns made dozens of phone calls to the trucking company. Once they finally reached the



Kendra Brown, happy to be reunited with her puppy, Penny.

driver, they learned that Penny had made it to Iowa and was still headed east. The driver agreed to find a shelter where he could leave Penny, and on Christmas Eve, a pet hospital in Pennsylvania confirmed, through an ID chip, that it had Penny.

That’s when dozens of Alaska Airlines employees began working to bring Penny home, arranging to fly her from Baltimore to Seattle after nearly two weeks on the road. “Helping folks in our communities is at the core of who we are,” says Marilyn Romano, Regional VP Alaska. “And our four-legged friends are no exception.” —*Marianne Lindsey*

SEATTLE, WA

Native Art in the Emerald City

Making its West Coast debut, the exhibition **"Indigenous Beauty: Masterworks of American Indian Art from the Diker Collection"** is on view February 12 through May 17 at the Seattle Art Museum. Encompassing about 120 works, the American Indian art collection of Charles and Valerie Diker is among the world's finest. The art, which includes ceremonial regalia from nearly 150 years ago, spans Native cultures and media types.

Visitors to the exhibition have the opportunity to see how multiple cultures influenced the works—for example, a buckskin dress with European glass beads. Lectures, dance performances and workshops will accompany "Indigenous Beauty."

Running concurrently, the exhibition **"Seattle Collects Northwest Coast Native Art,"** on view through May 17, will spotlight contemporary regional works.

To learn more, call 206-654-3100 or visit seattleartmuseum.org.

—Marie Larsen

Guests of participating hotels can enjoy half-off admission at more than 40 venues during **Seattle Museum Month**, (Feb. 1–28; seattlemuseummonth.com).

*Tunic and leggings
(late 19th century);
Chilkat Tlingit; Klukwan,
Alaska; cedar bark, wool,
metal cones.*



CHICAGO, IL

Green Fun for All

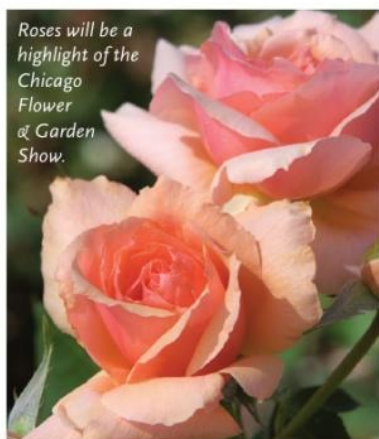
Visitors to this year's **Chicago Flower & Garden Show** will be able to take hands-on gardening workshops; enjoy garden-photography displays; be inspired by 22 featured gardens; and shop at a marketplace of garden, landscape, jewelry and other items. This year's show will take place at the Navy Pier, March 14–22, with the theme of "Do Green. Do Good."

In addition to the featured gardens, the show will include at least six smaller display gardens and three teaching areas, including the How-to Garden, the Garden Gourmet and the multisensory Kids' Activity Garden. A cake-decorating competition featuring Chicago-area bakeries will add one more element of fun. Learn more at chicagoflower.com. —*Leah LaCivita*

ALSO OF NOTE ...

• **The Orchid Show**, Feb. 14–March 15; 12,000 blooming orchids, weekend classes and live music; Chicago Botanic Garden; 847-835-5440; chicagobotanic.org/orchid.

• **Vallarta Flower and Garden Show**, Feb. 20–28; garden-related lectures, presentations and demonstrations; Puerto Vallarta, Mexico; vbgardens.org.



Roses will be a highlight of the Chicago Flower & Garden Show.



Snowboard cross stars such as Nate Holland (in black pants) are expected to participate at events in Squaw Valley next month.

RACING DOWN THE SLOPES

SNOW-SPORT CHAMPIONS GO HEAD-TO-HEAD

As the conclusion of the 2014–2015 racing season draws near, the **USANA International Cross Cup** (March 4–8) will set internationally renowned racers against one another in two World Cup competitions: the **Audi FIS Ski Cross World Cup** and the **FIS Snowboard World Cup**. As attendees line the course, the peaks of Squaw Valley will provide a breathtaking backdrop for the excitement of the events' distinctive six-person head-to-head racing. Athletes to watch include Olympic snowboard cross silver medalist Lindsey Jacobellis and seven-time X Games gold-medal boarder Nate Holland. While visiting the area, fans can also enjoy attractions such as snow-tubing, ice-skating and fine après-ski dining. For more information, call 800-403-0206 or visit squawalpine.com and fis-ski.com. —*Jacob Sodeman*

PHOENIX, AZ

The Da Vinci Codex

The set of 72 journal pages known as *The Codex Leicester* reveals the insights of one of history's keenest observers. Guests can view this document, along with artworks inspired by the ultimate Renaissance Man's

thinking, in the exhibit "**Leonardo da Vinci's Codex Leicester and the Power of Observation**" (at Phoenix Art Museum through April 12). Interactive screens offer translations of the

journal. Also included are paintings by Claude Monet, photos by Ansel Adams, and works by many other artists. Call 602-257-1880 or visit phxart.org to learn more.

—*Marie Larsen*



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PRESERVING THE PAST

EFFORTS TO SAVE A HAWAI'I LANDMARK GAIN GROUND

A visitor strolling along O'ahu's Kaimana Beach on a Friday evening might hear the surprising sound of bagpipes—and be led by the music to a significant monument to Hawai'i history: the nearby **Waikiki War Memorial Natatorium** (shown above). Built to honor more than 10,000 World War I servicemen from Hawai'i, the natatorium is a combination memorial and saltwater swimming pool (the pool is currently closed to the public). From its opening in 1927 to the pool's closure in 1979, the natatorium was



a gathering place for Hawai'i residents, and it once hosted celebrities such as swimmer-actress Esther Williams and Olympic gold medalist and actor Johnny Weissmuller.

In recent years, the local nonprofit Friends of the Natatorium has been building support for full restoration of the pool. The National Trust for Historic Preservation named the site a National Treasure in 2014, and restoration proponents are optimistic that the landmark can be a thriving center of activity for future generations—one that also honors the past. Visit natatorium.org to learn more. —Leah LaCivita

KONA BREWERS FESTIVAL

March 11–14; craft beer, Hawaiian food and live music benefit Big Island nonprofits; sponsored by Alaska Airlines; Kailua-Kona, HI; 808-331-3033; konabrewersfestival.com.



O'AHU, HI

Festival by the Sea

Held at the scenic Turtle Bay Resort from February 26 through March 1, **Wanderlust O'ahu** is a yoga retreat and more—it provides visitors with chances to participate in yoga classes for all skill levels, surfing events, live concerts and other activities. One event to watch for is stand-up paddleboard yoga, in which instructors and participants use paddleboards as mats and practice poses on top of the water. In addition, on February 27 there will be an elegant Sea to Table dinner, featuring organic ingredients from the North Shore area. Visit oahu.wanderlustfestival.com. —Tanya Friedland

Wanderlust O'ahu features stand-up paddleboard yoga (above).

I Thought I Was on Top of the World

I'd been drinking to excess for years. Being in radio and on the road with rock acts, from Hendrix to Zeppelin, The Beach Boys to Bad Company, cocaine and other things also entered the picture. Oh sure, I thought

I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where a little group of friends cornered me and demanded that I get treatment. I thought, "Are you kidding? I'm no weak, simpering alcoholic or addict. I just like to drink." The group demanded I go to Schick Shadel Hospital in Seattle, which has a unique ten-day medical treatment that halts addictions. "OK, fine," I said. In ten days, these guys will get off my back and I can drink again, socially of course. Ten days later, I walked out of Schick Shadel Hospital to never have another drink. My habit, the urges, desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed. So, may I tell you the rest of the story?

Mr. Charles Shadel of Seattle once said, "Something just isn't right. People are addicted to alcohol. It's wrecking lives. They want to quit, but they can't. Churches, rehab centers, counselors all try to help, but the craving seems impossible to extinguish. Soon, they're right back into drinking

or the drugs. We must be doing something wrong!" He joined with Doctors Lemere and Voeghtlin in search of a solution.

It was clear from their studies that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase the overpowering urge of dependency. These latent cravings simply become overwhelming. The doctors concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious" — And they did! Their stunning achievement created a medical treatment that has been proven to be very successful. Logically you're asking, "What is it they do?" The answer is that two powerful but painless medical innovations were combined to take away the cravings.

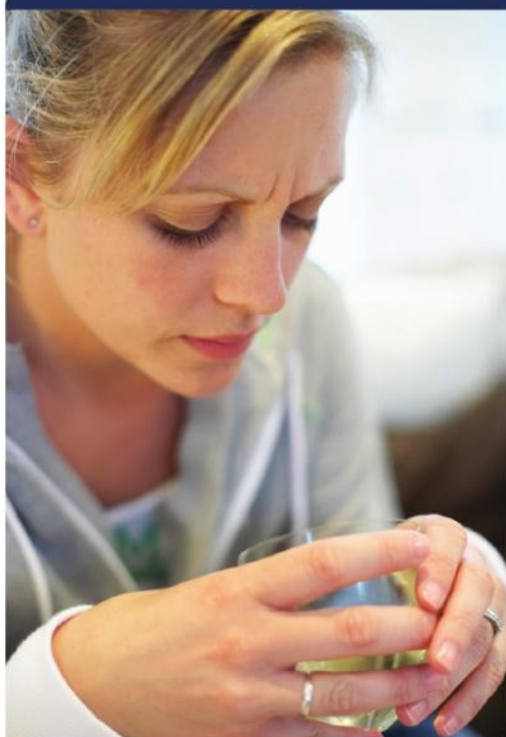
First, they developed a powerful "Counter Conditioning" methodology that "trains" the patient to hate the sight, smell, taste and thought of using the addictive substance.

Photo of Pat O'Day, Seattle radio personality, celebrating the completion of Seattle's Columbia Tower with a broadcast in 1984. (Photo courtesy of Dennis Law)

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

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"Besides achieving my goal weight, I'm thrilled by the improvements in my health."

Photo: Arlene Chambers Photography



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CATALINA LOST 23 LBS & 10 YEARS IN 10 WEEKS

When I began My Best 10, I joked that my goal would be to lose 20 pounds and look 20 years younger. What started as a joke had a happy ending – because I lost 23 pounds.



before

I had this dream about doing the My Best 10 program every time I read another success story in a magazine. When I turned 45, I decided it was time and gave myself an early birthday present. It seemed like the perfect opportunity.

Two years before, I had started working with a personal trainer and successfully lost 10 lbs. But other than meeting with my trainer once a week, I didn't exercise much. I'd take an occasional walk or hike, but that was the extent of it.

The My Best 10 program provided the perfect jumpstart to change my exercise and lifestyle habits. The entire team – coordinator, dietitian, personal trainer, medical spa, spa, physician, and counselor – was fabulous. They all guided me through the program with continuous support and encouragement. My weekly dietitian appointments, which included a weigh-in, became my "moment of truth."

I looked forward to seeing my progress every week.

I also loved all the spa appointments and looked forward to those moments where I could relax. The best day of the program was the photo shoot with four hours of complete pampering. I also had the privilege of having my daughter with me. She was leaving for college a few days later and the photos we took together are priceless. I'm so grateful that I'll have that memory with me forever and ever.

Besides achieving my goal weight, I'm thrilled about the improvements in my health. I used to have high blood pressure and now it's normal. I also think my skin improved with the changes in my diet and the spa treatments I received. I participated in a 5K run after completing the program and finished it in seven minutes less than I had two years ago. The program has made such a big difference. It's so much easier to run and exercise – and so much more enjoyable as well. I couldn't have picked out a better 45th birthday present for myself!

mybest10.com

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➔ **ANOTHER ALASKA CLASSIC:** 2015 Fur Rendezvous winter festival, Feb. 27–March 8; more than 30 events; held in Anchorage since 1935; 907-274-1177; furrondy.net.

FAIRBANKS, AK

Entertainment on Ice

Celebrated as the largest ice-sculpting event in the world, the **BP World Ice Art Championships 2015** kicks off February 23 and will continue through March 29. Spectators can witness several ice-sculpting competitions, such as the Multiblock Classic, in which teams of ice sculptors have 132 hours to create a masterpiece out of 10 blocks of ice, often totaling more than 45,000 pounds. The grounds of the championship span more than 25 acres and include a kids park, made entirely of ice, and a maze with ice walls more than 6 feet tall. **At night, the sculptures are illuminated with colored lights,** which make for particularly magical viewing. For more information, visit icealaska.com.

—Tanya Friedland

The sculpture Maidens of Birch Tree was the 2014 winner of the Realistic category in the Multiblock Competition.



BOCA RATON, FL

Arts Alive in South Florida

The ninth-annual **Festival of the Arts BOCA** will bring acclaimed musicians, films, dancers and speakers to Boca Raton's Mizner Park Amphitheater March 6–15. The festival will open with a screening of the 1961 film *West Side Story*, digitally remastered and accompanied by a live symphony orchestra. Other highlights will include a show by the celebrated husband-and-wife banjo duo **Béla Fleck and Abigail Washburn (shown at right)**; an evening featuring the Stars of International Ballet; a Mozart Gala, with world-renowned flutist Sir James Galway; and lectures by six Pulitzer Prize winners, including columnist Thomas Friedman. For more information, call 866-571-2787 or visit festivalboca.com. —Leah LaCivita



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Genetics Pioneer

UW researcher continues to seek cancer's underlying triggers
By Diane Mapes

Like most research labs, it's not glamorous. Outside the door there are biohazard stickers, a standing freezer, a faded child's drawing and an old drugstore rack full of postcards from students in far-flung places.

Inside, there are workbenches, test tubes, researchers in white coats and a small office bursting with binders, books, and Latin American folk art. There is also one very driven scientist, Mary-Claire King, the University of Washington professor and genetics researcher who's made groundbreaking discoveries in hereditary breast cancer. King has won major awards for her contributions to biology, medicine and human rights, and was portrayed by Oscar-winner Helen Hunt in the film *Decoding Annie Parker*.

At 67, King is unquestionably among the most famous geneticists. She pushed boundaries (and buttons) with her 1973 UC Berkeley dissertation that showed humans and chimpanzees are 99 percent



Annie Parker (left) was the subject of Mary-Claire King's pioneering genetics research, for which the scientist was awarded a Lasker Foundation prize. King's University of Washington facility is a research lab and learning venue for the geneticist's younger helpers—the next generation of scientists who will further advance her ideas.

“It took 17 years to find it,” says King. “Now it would take weeks. It's amazing what the Human Genome Project allows one to do.”

Warm, energetic and as brilliant as her glacier-blue eyes, King runs her own lab, tucked into the labyrinth of the UW Health Sciences complex where, for the past 20 years, she's been teasing out the genetic puzzle of inherited cancers, supported by money from the National Institutes of Health and private foundations. She continues to win acclaim, most recently a 2014 Lasker Award (often a precursor to a Nobel). The Lasker,



a statue of the goddess Nike, occupies a kids' play table outside her office festooned with ribbon, performing double duty as a dress-up doll for young visitors.

King clearly has a soft spot for family—she's renowned for her genetics work reuniting the “disappeared

children” of Argentina with their loved ones, and her grown daughter helps rescue abandoned animals in California. The researcher is thus determined to keep hereditary breast cancer from cutting a swath through even more families than it already has, and she's campaigning for all



women over 30 to be tested for BRCA mutations so they can take preventive measures.

Because of smaller families, paternally inherited mutations or other considerations, half the women with BRCA mutations don't have a family history of breast and ovarian cancers and don't know they're at risk.

“It's a radical idea, but you'd save many lives,” she argues. “Every time you find a BRCA1 or 2 mutation after a woman has developed cancer, that's a missed opportunity to have prevented that cancer.”

King's life outside the lab includes chamber music concerts, English murder mysteries and her love of Seattle's green spaces. But these pastimes definitely take a backseat to the grueling, not-so-glamorous business of saving lives. And we're all better for it.

“Every time you find a BRCA1 or 2 mutation after a woman has developed cancer, that's a missed opportunity to have prevented that cancer.”

genetically identical, then went on to painstakingly prove that a predisposition for breast cancer could be passed from one generation to the next by locating the BRCA1 gene—known for harboring mutations like the one carried by Angelina Jolie—years before the mapping of human DNA.

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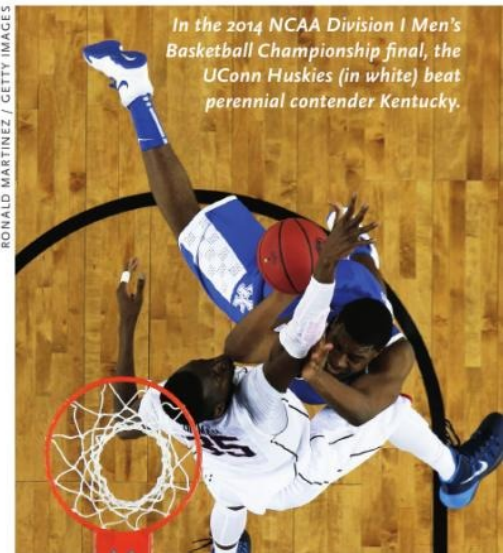
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In the 2014 NCAA Division I Men's Basketball Championship final, the UConn Huskies (in white) beat perennial contender Kentucky.

MULTIPLE LOCATIONS

Madness in March

Excitement is building for the **2015 NCAA Division I Men's Basketball Championship tournament**, which will be held March 17–April 6. KeyArena in Seattle will be among the venues for the second and third rounds, marking the first time tournament games will be played in Seattle since 2004. The games will be hosted in part by the University of Washington; Alaska Airlines is KeyArena's official airline partner.

Second- and third-round games will also be played in Portland and Omaha, among other locations. The championship game will take place in Indianapolis on April 6. Call 317-917-6222 or visit ncaa.com/sports/basketball-men. —Jacob Sodeman

The inaugural Northwest Rivalry Series, running through the school year, is in its final months. This competition, presented by Alaska Airlines, awards points to men's and women's teams from Oregon State University, University of Oregon, UW and Washington State University for wins in matchups in 10 sports. The school that wins the most will be champion. Visit northwestrivalryseries.com.

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BIG ISLAND OF HAWAII: Kona Marketplace • Kings' Shops • Hilton Waikoloa Village
NORWEGIAN CRUISE LINE: Pride of America
BOSTON: Natick Mall • Northshore Mall CHICAGO: Oakbrook Center • Woodfield Mall DALLAS: NorthPark Center
DENVER: Cherry Creek Shopping Center LAS VEGAS: Grand Canal Shoppes at The Venetian LOS ANGELES: Glendale Galleria
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Dating can be fun and invigorating – from that instant attraction you feel the first time you meet to jumping in the car for an impromptu weekend getaway. Unfortunately, it can take a lot of work to get to that stage of dating.

From spending hours sorting through online profiles looking for a good match to trying to connect via pokes, winks and email, dating can suddenly feel like a full-time job. Wouldn't it be nice if you could just fast forward to the fun part of dating? That's exactly what newlyweds Desiree and Michael Schlitt say It's Just Lunch, a dating service for busy professionals, did for them. The matchmakers at It's Just Lunch took the time to learn what they were looking for in a partner and then delivered.

With so many dating options out there, why did you choose It's Just Lunch?

D: I travel a lot for work, so I'd read about It's Just Lunch in airline magazines, and then I ran into a friend who was attending the wedding of an attorney in town who'd met her husband through IJL – the fact that those two events happened so close together, I thought I should call them. At the end of my work day I didn't want to come home and go look at profiles online. I felt like it was a waste of my time.

What would you tell a friend who was apprehensive about investing the money on IJL?

M: I'd ask, "Are you looking for a relationship or not?" With online dating you never know who's on the other side of the line. IJL had better quality people who were interesting. It truly was an experience that was tailored for me.

Describe your first meeting with an IJL matchmaker?

M: I had a phone interview first and then went in and met with a matchmaker. It really made me think. Online you can say anything, but if you're paying for this I assume you're not going to lie about what you want.

Tell us about your first date with one another.

D: I never went on lunch dates because I was always busy at work so I met Michael after work at a downtown restaurant. The conversation just flowed. I was attracted to him from the start. I remember it turned into dinner.

What was your favorite part about dating through IJL?

D: I met my husband, so I guess I would say that! It's Just Lunch – it's just a lot of fun. I remember I'd get off a plane and have a voicemail from the matchmaker saying she had a potential date for me. With online dating, you can go back and forth and waste a month with someone and not really get to know them. With IJL, you go meet your match and if you like them, you see them again, and if you don't, you're done.

Find out what an It's Just Lunch matchmaker can do for you by calling **1-800-858-6526** or visit **ItsJustLunch.com**.



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23 YEARS

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Dates arranged by IJL matchmakers. (They know how to bring the right people together.)

66%

Of singles surveyed say chemistry is more important than compatibility. A computer can't detect that!

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Amount of time most people need on a first date before they decide if they want to see their date again.

70%

Of people prefer to date someone in a different profession vs in the same industry.

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It's Just Lunch Matchmakers



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



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

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

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

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

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

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

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

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



eyebrow Transplantation
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Staying on Track

Technology for monitoring fitness and optimizing health *By Tanya Friedland*

As the new year rolls along, and resolutions slip into the past, it can be easy to revert to unhealthy habits. However, there are now plenty of **technological supports for helping to take control of one's health**, including fitness apps to match virtually every interest and activity level, and link to motivational online communities. Many apps work on different smartphone platforms and can sync to dedicated wearable fitness devices. Below are some of the most popular and useful applications available.



Jawbone UP24 device (shown in pink).

APPS FOR HEALTHY LIVING

TOOLS TO RECORD FITNESS DATA AND ASSESS ROUTINES

COUCH TO 5K

Android, iPhone, iPad; active.com/mobile
This tool guides beginning and out-of-shape runners on a nine-week training adventure to get them 5k-ready. Users run for 30 minutes a day, three days a week, until the program is complete. The app provides audio cues and can track outdoor routes and treadmill workouts.

NOOM COACH: WEIGHT LOSS

Android, iPhone, iPad; noom.com
This app aids progress toward weight-loss goals by encouraging users to make positive lifestyle changes. With a new inspirational quote flashing every time the page is refreshed, the app's easy-to-use interface helps users log meals and track weight and exercise.

RUNKEEPER

Android, iPhone, iPad; runkeeper.com
Despite its run-centric name, this app has functions for a variety of workouts, including

cycling and CrossFit. It tracks speed, pace, distance, elevation and calories burned, and can provide audio updates during workouts. Users are able to plan workouts and running routes, train for events such as a 10k and sync with tracking devices such as a Fitbit.



SLEEP CYCLE ALARM CLOCK

Android, iPhone, iPad; sleepcycle.com
A popular sleep-health app, this alarm clock softens the impact of early mornings by going off during the lightest part of a user's sleep cycle (within a selected 30-minute window). The app uses a smartphone's accelerometer to monitor movements during sleep and lets users chart sleep quality over time.

UP

iPhone, iPad; jawbone.com/up
This versatile app can be

used with a smartphone or with a dedicated UP device. The app tracks the user's fitness, sleep and diet, and is able to connect with social networks.

WORKOUT TRAINER, BY SKIMBLE

Android, iPhone, iPad; skimble.com/workouts
This app enables thousands of different workouts, ranging from weight lifting to running to yoga. Timed step-by-step audio and video instruction allows easy hands-free use.

ZOMBIES, RUN!

Android, iPhone, iPad; zombiesrungame.com
Part fitness app, part videogame, "Zombies, Run!" lets users run or walk through a real-life workout while following audio instructions for evading the undead in a virtual scenario. This app features an engaging storyline, several levels of play and "Zombie Chase" interval training. —T.F.

FITNESS DEVICES

Fitbit Charge (\$129.95) tracks motion and sleep, and syncs wirelessly to the Fitbit app; the **Fitbit One (\$99.95)** is a pared-down version.

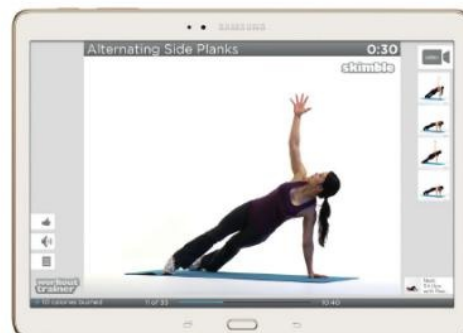
Garmin Vivofit (\$129.99) customizes daily goals after "learning" a user's activity levels; works independent of an app; displays steps, calories and distance traveled; monitors sleep.

Healbe GoBe (\$299.99) reads body-glucose levels through contact with skin; tracks calorie intake and use; and monitors stress, hydration level and sleep patterns.

Jawbone UP24 (\$129.99) wirelessly accesses all health-fitness features of the UP app; Smart Alarm technology wakes wearers during lightest sleep; Idle Alert functions encourage activity during idle periods; the **UPmove (\$49.99)** offers some of the same features.

Nike+ Fuelband SE (\$99) works with Nike Fuel, a specialized system that measures activity level and intensity instead of counting calories; syncs with Nike+ Fuelband app.

—T.F.



The Workout Trainer app offers thousands of expert-coached multimedia workouts, such as this one on planking exercises.

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PHOTO: Lobster Macaroni and Cheese.
 Recipe featured in John Howie's *Passion & Palate* Cookbook,
 page 171. Cookbook available at all John Howie restaurants.
 Photo by Angie Norwood Browne.



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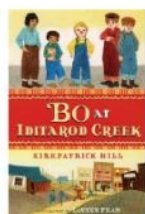
Empowering Reading

New titles to inspire young and young-at-heart readers *By Martha Brockenbrough*

The birthday of the late Theodor Geisel (Dr. Seuss) will be celebrated on March 2 with the annual Read Across America Day, an event aimed at encouraging youth reading (for more information, visit nea.org/grants/886.htm). What better way to generate enthusiasm than by finding a new book? For middle-grade readers, young adults and adults seeking entertainment with inspiration, here's a look at some recently released and upcoming titles.

FRESH READS

YOUNG-ADULT & MIDDLE-GRADE PICKS



BO AT IDITAROD CREEK

By Kirkpatrick Hill, Illustrated by LeUyen Pham; Henry Holt and Company; December 2014

This family tale of hardship and grit resembles *Little House on the Prairie* set in post-gold rush Alaska.

MORTAL HEART

By Robin LaFevers; Houghton Mifflin Harcourt; November 2014

The New York Times best-selling "His Fair Assassins" trilogy closes with this story of Annith, a 15th century assassin-nun who must overcome a devastating betrayal.

MY SECRET GUIDE TO PARIS

By Lisa Schroeder; Scholastic Press; February 2015

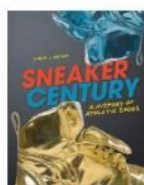
Nora's beloved grandma passes away, and the girl must draw courage from

a Paris treasure map and letters left behind.

SNEAKER CENTURY: A HISTORY OF ATHLETIC SHOES

By Amber J. Keyser; Twenty-First Century Books; January 2015

For readers inspired by nonfiction, here is an engaging look at history, science, visionary people and the sneaker enthusiasts who turned a humble shoe into an icon.



UNDER A PAINTED SKY

By Stacey Lee; G.P. Putnam's Sons; March 2015

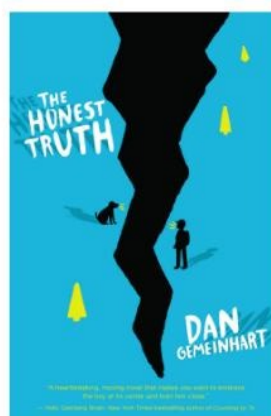
Two girls, one a runaway slave and the other a musician, hit the Oregon Trail disguised as boys, seeking California gold.



ZEROBOXER

By Fonda Lee; Flux; April 2015

A rising star in the gravity-free martial art of zeroboxing must balance celebrity, competition and personal responsibility.



THE HONEST TRUTH

By Dan Gemeinhart; Scholastic; January 2015

This novel by an elementary school teacher-librarian in Washington state is a survival tale about a mostly average adolescent boy, Mark, who dreams of climbing Mount Rainier. What sets Mark apart is that he has cancer.

Redefining what it means to survive, Mark runs away to the mountain with his camera, his notebook and his dog. At home, his best friend, Jessie, struggles to keep his whereabouts a secret.

Gemeinhart, a debut author, has crafted an extraordinary story about savoring life and exploring the meanings of strength.

—M.B.

YOUNGER READERS

A Crankenstein Valentine, *By Samantha Berger; Illustrated by Dan Santat; Little, Brown & Company*

A Poem in Your Pocket, *By Margaret McNamara; Illustrated by G. Brian Karas; Schwartz & Wade*

Albie's First Word: A Tale Inspired by Albert Einstein's Childhood, *By Jacqueline Tourville; Illustrated by Wynne Evans; Schwartz & Wade*

Cat & Bunny, *By Mary Lundquist; Balzer + Bray*

Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah, *By Laurie Ann Thompson; Illustrated by Sean Qualls; Schwartz & Wade*

Finding Spring, *By Carin Berger; Greenwillow Books*

George in the Dark, *By Madeline Valentine; Knopf Books for Young Readers*

Last Stop on Market Street, *By Matt de la Peña; Illustrated by Christian Robinson; Putnam Juvenile*

Night Owl, *By Toni Yuly; Feiwel & Friends*



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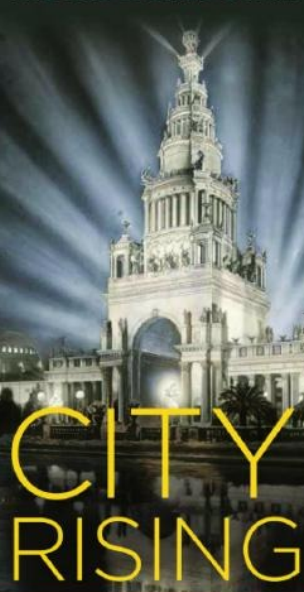
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SAN FRANCISCO AND
THE 1915 WORLD'S FAIRCALIFORNIA HISTORICAL SOCIETY
PPIE100.ORGPOSTER IMAGE: TOWER OF JEWELS, ILLUMINATED AT THE PANAMA-PACIFIC
INTERNATIONAL EXPOSITION, SAN FRANCISCO, 1915, RETOUCHE GELATIN
SILVER PRINT, CALIFORNIA HISTORICAL SOCIETY, CH5204.1756

SAN FRANCISCO, CA

Celebrating Innovation,
Then and Now

The **centennial of the 1915 Panama-Pacific International Exposition** kicks off this month and is the focus of a full year of events, performances, exhibitions and seminars hosted by more than 40 Bay Area organizations. The original exposition celebrated the 1914 opening of the Panama Canal and the recovery of San Francisco after its 1906 earthquake. It also focused on innovation and featured novelties such as the 'ukulele, the transcontinental phone call and a working Model T assembly line.

The centennial opens February 21 with a **community celebration at the Palace of Fine Arts**, the only remaining structure from the fair. This event features music and dance performances, a Uke-A-Thon and a light show. Inside the palace, the Innovation Hangar offers more than 80,000 square feet of free daily exhibits, workshops and hands-on activities that celebrate innovative ideas from 1915 to today. Learn more at ppie100.org. —Leah LaCivita

Between 1911 and 1915, San Francisco's Marina District was cleared, filled in with sand, and transformed into the 635-acre grounds of the **Panama-Pacific International Exposition**. This world's fair featured 11 exhibition palaces and included displays from more than 48 states and 21 countries. Nearly 19 million people attended the fair over a ten-month period. —L.L.

TRAVEL ART IN WASHINGTON, D.C.

Scenes of 17th century Japan, rendered in ink and gold leaf, adorn the six-paneled Japanese folding screens at the entrance to **"The Traveler's Eye: Scenes of Asia"** exhibition at the Smithsonian's Arthur M. Sackler Gallery. Showing through May 31, the exhibition traces themes of travel through more than 100 works, ranging from Chinese scrolls to architectural illustrations of Sāmarrā, Iraq. The exhibition presents the artistic perspectives of 17th through 20th century travelers from various nations and features a collection of rare postcards from across Asia. From the gallery, visitors can send home e-card facsimiles of the postcards to remember their visits. To learn more, call 202-633-1000 or visit asia.si.edu. —Jacob Sodeman

Utagawa Hiroshige, Kawasaki, from the series Famous Places of the Fifty-Three Stations (1855), woodblock print: ink and colors on paper.

GIFT OF VICTOR AND TAKAKO HAUGE, FREER STUDY COLLECTION,
FREER GALLERY OF ART, SMITHSONIAN, FSC-GR-705.3

CALENDAR

Through April 26

"Peanuts in Wonderland," celebrating the 150th anniversary of Alice's Adventures in Wonderland; Charles M. Schulz Museum, Santa Rosa, CA; 707-579-4452; schulzmuseum.org

Through April 19 "Modern
Photographs from the
Thomas Walther
Collection, 1909–49,"

more than 300 images; the Museum of Modern Art, New York, NY; 212-708-9400; moma.org

February 14 Opening of
Islands Art Museum
building, with the
exhibition "Illuminated:
Glass by William Morris,
1998–2013" (Feb. 14–May
12), a new San Juan Island
space opens with works by a
renowned glass artist; Friday
Harbor, WA; sjima.org.

**February 20 Hukilau
Marketplace Grand
Opening**, new dining
and retail in a restored
1930s-inspired village
setting; Polynesian Cultural
Center, Lā'ie, O'ahu,
HI; 800-367-7060;
hukilaumarketplace.com

**March 2–13 Arti-Gras
2015**, performances,
exhibits, workshops and the
annual Sitka Wearable Art
Runway Show & Extrava-
ganza; multiple locations,
Sitka, AK; thinkartthink-sitka.com

March 2–13 Arti-Gras

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exhibits, workshops and the
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Runway Show & Extrava-
ganza; multiple locations,
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March 9–May 10

**"The Plains Indians:
Artists of Earth and Sky,"**
150+ masterworks from
European and North
American collections;
Metropolitan Museum of
Art, New York, NY;
metmuseum.org

March 12–22 San Diego

Latino Film Festival;
international cinema; AMC
Fashion Valley 18, San
Diego, CA; 619-230-1938;
sdlatinofilm.com

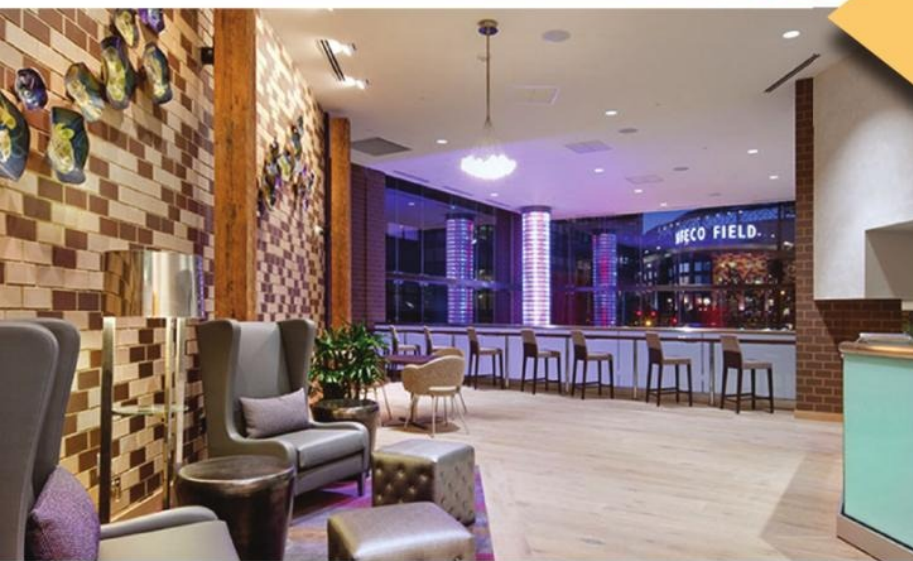


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EL GAUCHO, THE QUINN T. ESSENTIAL STEAKHOUSE

By Quinn Travis

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

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

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

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

THE ULTIMATE STEAK

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

is Certified Angus.) This came as a mild quake to me, since I felt the steaks were already superior at this establishment. The man is Paul Mackay, and the steakhouse is El Gaucho. I must confess, Paul was not blowing smoke.

A SUPER-HIP CIGAR ROOM

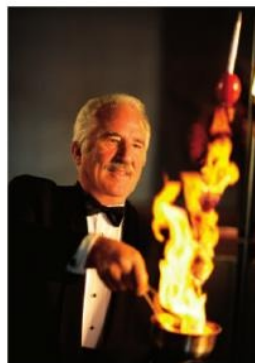
First-time visitors to the El Gaucho are immediately hit by its distinctive atmosphere. Nondescript on the outside and dimly lit and well appointed on the inside, El Gaucho is a perfect representation of what my worldly brother-in-law architect Ron Rea terms a "swank 1940s New York nightclub." Yes, even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

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

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

ALWAYS ON, EVERY NIGHT

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



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

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

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

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

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

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

FOR RESERVATIONS:

SEATTLE	BELLEVUE	TACOMA	PORTLAND	INN AT EL GAUCHO	AQUA	ELGAUCHO.COM
206.728.1337	425.455.2715	253.272.1510	503.227.8794	206.728.1133	206.956.9171	

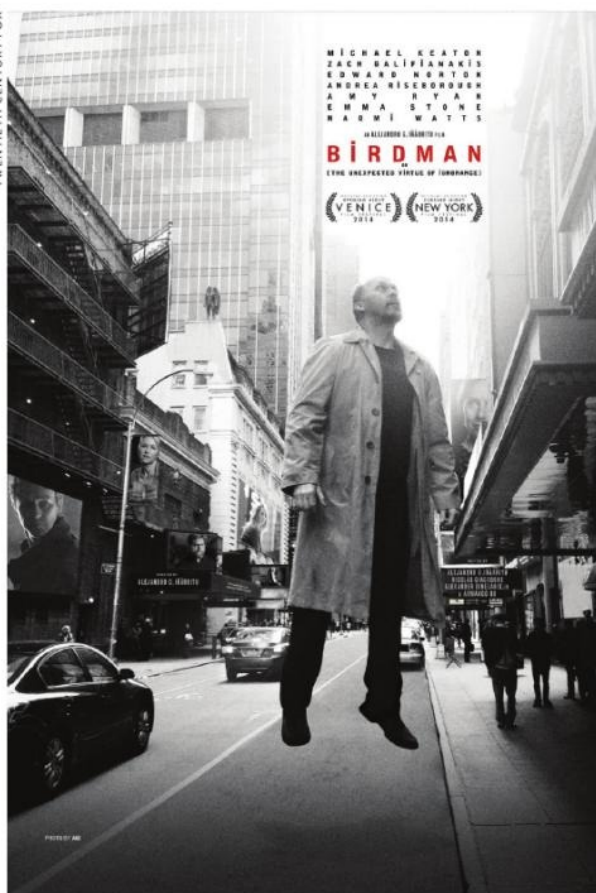
Washington State banned smoking in public places in December 2005. El Gaucho Seattle and Tacoma still have cigar lounges, however smoking is unfortunately not permitted on premises. El Gaucho Portland has an open and dedicated cigar lounge.

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BEYOND Entertainment

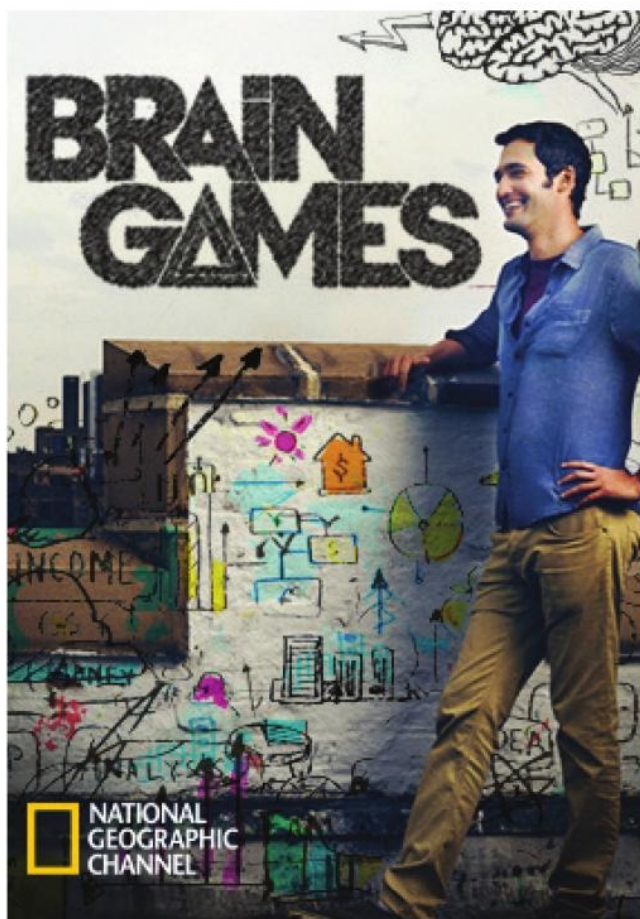
TWENTIETH CENTURY FOX



DISNEY



Alaska Airlines introduces a whole new world of inflight movies, television and specialty programming **By Paul Frichtl**



NATIONAL GEOGRAPHIC CHANNEL

Upper left: Michael Keaton stars in *Birdman*. Above: *Brain Games* offers travelers a mental challenge. Left: *Maleficent* features Angelina Jolie.



SOMEWHERE OVER the Oregon Coast, as my flight to Honolulu eases up to cruising speed, I watch Chris Pratt make the jump into hyperspace. As the character Peter Quill in *Guardians of the Galaxy*, he's just battled his way off a distant planet where he's stolen a mysterious orb and it's become quite obvious that Quill, an intergalactic rogue with a

rockin' 1970s mixtape plugged into his spaceship, is not the only one interested in this relic. As I wing across the Pacific, Quill falls in with a misfit bunch of warriors and bounty hunters, each with a plan. What's more fun than racing through space accompanied by a heavily armed raccoon with attitude, a beautiful green warrior running from her past,

a tattooed strongman with a need for vengeance and an indestructible tree beast? Maybe an episode of *Parks and Recreation*. Pratt plays Andy, the slightly vacuous but endearing lead of the band Mouse Rat, co-starring with comedian Amy Poehler. Or maybe Pratt's other blockbuster hit of 2014, *The Lego Movie*, in which he voices the lead

Top: *The Book of Life* is a colorful adventure story about following one's heart.
Above: Sylvester Stallone and Arnold Schwarzenegger are reunited in *Expendables 3*.
character, Emmet Brickowski. That's just the beginning of my options when I start up my tablet on an Alaska Airlines flight. The new *Alaska Beyond™* Entertainment system is loaded

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with premier movies—more than 70 titles—as well as episodes from popular TV series. Special programming from airline partners including SIFF (Seattle International Film Festival), the National Geographic Channel and Red Bull TV serve up an enticing roster of shorts sure to spark a sense of adventure.

Connecting to Alaska's new entertainment offering is easy. Using your own tablet, smartphone or laptop, simply start up your Wi-Fi system and

MERRICK MORTON, TWENTIETH CENTURY FOX



D. STEVENS, UNIVERSAL PICTURES



connect to your aircraft's onboard Wi-Fi service. From the opening page, you can click the Entertainment panel to find a complete listing of all the programming available.

Don't worry about battery life: Plug your device charger or USB cord into the personal power outlet in the seatback ahead of you.

If you don't have a device suitable for streaming video, speak with a flight attendant about tablets available for use on longer routes.

And through the month of March, all movies and TV programming on the airline's entertainment system are free.

Top: Nick Dunne (Ben Affleck) struggles with media accusations in the film *Gone Girl*. **Above:** Chadwick Boseman portrays James Brown, the Godfather of Soul, in *Get On Up*.

If you're interested in browsing the Web or catching up on your email and social-media accounts, that's available, too. Just pick one of Gogo In-Air Internet's available fee packages—from 30 minutes to an unlimited-access plan.

FOR MANY TRAVELERS, flight time is a great opportunity to relax with a new movie, and Alaska Beyond Entertainment

▶ SIFF SELECTS

Seattle International Film Festival has long been a treasure of the Seattle arts scene. The annual 25-day event is one of the largest film festivals in the country. Each year, SIFF presents more than 450 features, short films and documentaries from more than 70 countries.

With the introduction of

Pacific Northwest, national and international filmmakers," says Managing Director Mary Bacarella.

Among the dozen short films selected for Alaska Beyond Entertainment in February is *A Finger, Two Dots Then Me*, a poem written and performed by Derrick Brown that explores

SIFF



Alaska Beyond™ Entertainment, SIFF is now presenting some of its favorite short films for Alaska Airlines passengers to enjoy.

"We're excited to bring the experience of SIFF directly to Alaska flights with an ever-changing selection of evocative, hilarious and thrilling films from

Derrick Brown's short film *A Finger, Two Dots Then Me*.

love, death and finding each other in the hereafter.

This year's SIFF festival runs May 14–June 7. For more info, see SIFF.net/AlaskaBeyond. —P.F.



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The popular TV series *Brooklyn Nine-Nine* stars Andy Samberg (left) and Terry Crews.

has something for everyone, from the latest box-office hits to classics; from comedic dramas and action thrillers to animated family adventures.

Among the top features this month is Academy Award Best Picture nominee *Birdman*, with nine Oscar nominations. It's the story of Riggan Thomson, an actor known for playing an iconic superhero, who is trying to rekindle his faltering career by directing a stage production. Michael Keaton has garnered best-actor nominations as Thomson, and Edward Norton and Emma Stone have been recognized for their supporting roles in this cinematically engaging film.

The Grand Budapest Hotel is a quirky, colorful charmer that also has earned nine Academy Award nominations, including Best Picture. And that's after winning a Golden Globe for Best Picture.

Gone Girl is another film receiving recognition in this year's awards, with Rosamund Pike nominated as best actress for her portrayal of Amy, the wife of Nick Dunne (Ben Affleck), who mysteriously disappears. Nick becomes the suspect in the investigation.

Among other popular titles featured this month are:

Marvel's X-Men: Days of Future Past featuring Hugh Jackman as Wolverine and Jennifer Lawrence as the blue-skinned shape changer Mystique. *Edge of Tomorrow* pairs Tom Cruise with Emily Blunt in a battle to reclaim Earth from an alien takeover, and *Marvel's Captain America: The Winter Soldier* finds Steve Rogers (Chris Evans) awakened after being frozen for 50 years, and struggling to find his way in modern America.

If your first priority is getting your kids set up for a little inflight diversion, Alaska Beyond Entertainment has a number of exciting choices, from animated features such as *The Book of Life*, *The Lego Movie*, *Rio*, *Frozen* and *How to Train Your Dragon 2*, to family adventure films such as *Dolphin Tale 2*.

Travelers of all ages can tune in to their favorite TV shows on board, as well. Alaska's new system offers multiple episodes of more than 30

▶ CHRIS PRATT

Chris Pratt is a funny guy these days, and having fun. He's a talk-show favorite who can carry an interview with quick wit, a self-deprecating sense of humor and the sculpted good looks of a comic-book hero that he cultivated for his 2014 blockbuster hit. Not for the Lego-brick hero of *The Lego Movie*, though his voice work there was big, but his energetic lead in Marvel's *Guardians of the Galaxy*. That's the role he relishes, the one that helped make the film the biggest box office draw of 2014 and secured for him the name Star-Lord.

Now he and his movie-star wife, Anna Faris—who got her major film start in 2000 with the *Scary Movie* series and currently stars in the popular TV series *Mom*—are the darlings of the red carpet, having presented at the Golden Globe Awards in January. Pratt was recently ranked No. 2 on *People* magazine's 2014 list of Sexiest Men Alive.

A huge Seahawks fan, Pratt recently created a little social-

"discovered" while working as a waiter. Actor/Director Rae Dawn Chong cast him, after a chance breakfast meeting, in her horror short *Cursed Part 3*. Two weeks later, Pratt was on set in L.A.

He has never lacked for ambition, and he read for leading roles such as Kirk in the recent *Star Trek* film series—he was told he didn't quite fit the image of a starship captain. He's not shied away from making adjustments,



Pratt as Andy in *Parks and Recreation*, and Owen in the upcoming *Jurassic World*.



though, swinging his weight 50 pounds or more to get roles: *Moneyball* (he lost 30 pounds to get the role of Scott Hatterberg), *10 Years* (bulkied up), *Zero*

media buzz, posting selfies from a suite he shared with Seattle rapper Macklemore at the NFC Championship game in Seattle.

Pratt grew up in Silver Lake, outside of Seattle, as a likable kid, a wrestler identified in his yearbook as the class clown. He admits to a distinct lack of direction and wound up in Maui, living out of a van and working odd jobs to cover food and fishing supplies. Yet Pratt was that mythical guy who was actually

Dark Thirty (trained with Navy SEALs to get ultrafit). For the TV show *Parks and Recreation*, Pratt cultivated the doughy physique of rocker Andy Dwyer, but then got back in top form to captain his own starship in *Guardians*.

Next up, Pratt plays the lead role in *Jurassic World*, set 22 years after the original dinosaur-park meltdown. Due out in June, it probably won't be a comedic role, but certainly a lot of fun with Chris Pratt. —P.F.

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current series, from popular comedies such as *The Big Bang Theory* and *Brooklyn Nine-Nine* to *Chicago Fire* and the British drama *Downton Abbey*.

More in the mood for a crime drama? Click on *The Mentalist* or *Gotham*. On the lighter, comedic dramas side, try an episode of *Louie* or *Suits*.

FOCUSING ON the adventurous spirit of its travelers, Alaska Airlines has also loaded its entertainment system with an exclusive package of free content hand-selected to inspire.

To start, check out the Discovery panel for a list of programs that includes *Nat Geo's Most Amazing Photos* and *Brain Games*, featuring puzzles, illusions and mind games. "It's the perfect program for the Alaska Airlines travelers who want to give their brain a real-world tune-up," says Jerry Kolber, executive producer of *Brain Games*.

Click the Music & Lifestyle panel and you'll find episodes of *Uncorked*, which this month explores the Zinfandel country of Paso Robles, California, and *Wahlburgers*, a reality series starring Boston restaurateur Paul Wahlberg and his actor brothers, Donnie and Mark.

Under the Adventure panel, you'll find Red Bull TV programs such as *Red Bull Unfastened*, focusing on kitesurfing, and *Red Bull Aces*, spotlighting the spectacular new skydiving sport in which four wingsuit racers compete through an aerial slalom course.

WINGSUITS might be a bit extreme for many adventurous spirits, but your options with Alaska Beyond Entertainment are many. Go ahead, laugh out loud. Wipe away a romantic tear. White-knuckle the armrest. Hum the theme song from *Frozen* with your daughter—one more time. That's what entertainment is all about. ▲

Paul Frichl is the editor of Alaska Airlines Magazine.

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Tips for refreshing
an exercise routine

By Heidi Mills

Fitness Inspirations



After more than 20 years as a competitive amateur tennis player, Diann Smith wanted to supplement her sprints on the court with a new athletic activity. So, she decided to take to the water.

Smith, 46, and two of her friends signed up for an adult learn-to-row class at the Pocock Rowing Center in Seattle. She had been intrigued by the graceful shells gliding on the waters of Lake Union and Portage Bay and thought the smooth rowing stroke might be a good counterbalance to the high-impact movements that are part of tennis.

To her delight, she found that adding rowing to her regular workout not only complemented tennis

but also provided a secondary outlet for her competitive, perfectionist nature. Mastering the rowing stroke challenged her both technically and physically, and she discovered a pure love for starting her mornings on the lake.

"It's really therapeutic for me to be on the water," Smith says. "[I] live in this beautiful area, and I wanted to be able to take greater advantage of it."

Whether you are a lifelong athlete such as Smith or a reluctant gym visitor who feels the need for a change, a new exercise program can inspire you to get back in the gym and stay in shape.

Fitness experts say changing an exercise routine can prove beneficial for both casual exercisers and serious athletes. New movements exert different muscles, enabling people to keep improving their physical fitness. "We become fine-tuned through muscle adaptation to execute the same move without the same effort," says Andrea Metcalf, a Chicago-based fitness trainer and lifestyle expert who also works with the online community Womensforum.com. "We need to change the workout or intensity to keep seeing results."

For many people, a new workout routine also prevents mental fatigue. Repeating the same activity week after week can lead to loss of motivation.

However, with so many workout options available, deciding which new athletic activity to try can be a daunting task. Metcalf suggests asking friends for suggestions, and then sampling a new group or class with them. You can also do research online to find out what is popular, or watch YouTube videos to see different exercise classes.

"When people choose a new workout, they have to make sure the routine fits into their life schedule," says Josh Fitchitt, senior director of fitness at PRO Sports Club, which has facilities in Bellevue, Redmond and Seattle, Washington. "It is really important that they choose something they can commit to on a regular basis."

To truly commit to a new workout requires



COURTESY: CARA KENNEDY

Above: Exercising on the rings is part of the varying workout at the Northwest CrossFit gym, located in Seattle's Greenlake neighborhood. Left: Rowing is a full-body workout in which participants can train in a single or a multi-person shell.



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OUTHOUSE IMAGE WORKSPACE

finding the right type of exercise that fits your personality type and that you would most enjoy.

"The best exercise is the one you will keep doing," Metcalf says. "The one that doesn't feel like exercise."

A personality assessment can be useful even when narrowing gym classes to sample. If clients tell Chris Freytag, a Minneapolis, Minnesota-based group fitness instructor, certified personal trainer and founder of GetHealthyU.com, that they love to dance, she'll steer them to Zumba classes. "Think about what you want to do that is active and also fun for you," Freytag says.

The following are ideas for workouts that should appeal to a range of athletic abilities, interests and personality types.

Join an Indoor Climbing Gym

■ **Who should consider it:** Puzzle solvers who like a social environment.



RADIUS IMAGES / ALAMY

■ **Who should steer clear:** Those fearful of heights.

■ **The workout:** A full-body exercise, including the core muscles, arms, hands and legs.

Most major cities offer climbing gyms, with facilities that have ropes and harnesses for safety. Many locations also offer bouldering gyms, in which participants climb to lesser heights without ropes, relying on mats to pad falls.

Chris Potts, co-owner of the Seattle Bouldering Project and the soon-to-open Austin Bouldering Project, says indoor gyms provide a safe and accessible way to climb on a regular basis when logistics or weather don't allow treks to the outdoors.

Find a U.S. Masters Swimming Group

■ **Who should consider it:** Swimmers (18 and older) of all ability levels seeking inspiration from a team and coach.

■ **Who should steer clear:** Anyone who doesn't like being in water or participating in organized group workouts.

■ **The workout:** Swimming provides a cardio challenge and a full-body workout.

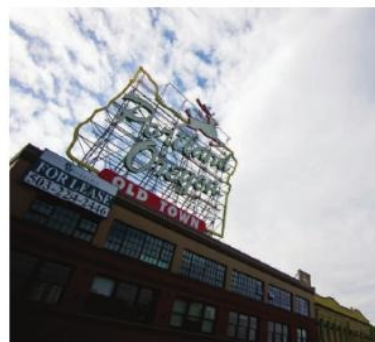
Public and private pools host masters swimming groups, which typically practice in the mornings or evenings. Some members choose to compete in local meets or triathlons,

Bouldering and climbing gyms, such as the Seattle Bouldering Project shown above, offer a variety of climbing challenges.



JANIE AIREY / ALAMY

Swimming is a good cardio and full-body workout. Left: Trail running is a fun alternative to road running and also gives participants a chance to get out into nature.



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while others swim for the camaraderie or motivation. "If you're going to get up in the dark and cold to jump in the pool, it's much more fun to do that with a group of like-minded people than all alone," says Tawnee Prazak, a Laguna Beach, California-based endurance and wellness coach, and host of the podcast *Endurance Planet*.

Prepare for a Marathon or Triathlon

- **Who should consider it:** Social people who want to support a good cause and train for a distance event.
- **Who should steer clear:** Those who hate running or group meetups.
- **The workout:** Endurance training.

Many charities and nonprofit groups help create running teams to train for a marathon or other races and also to raise money for their cause. Team In Training, a program of The Leukemia & Lymphoma Society, which is one of the preferred charity partners for Rock 'n' Roll Marathon Series across the country, organizes groups to prepare for marathon, half-marathon and triathlon events.

Participants typically meet with team members for training sessions once a week. Many groups plan their own supplemental workouts on additional days. Those who don't want to or can't make group training sessions can sign up for Team In Training Your Way, which includes online coaching and a mobile training app for phones or electronic devices.

Ultimate Frisbee is one of many team sports that are gaining in popularity. Team sports tend to attract people who like competition and exercising in groups. Below: Cycling classes let riders set their own pace, allowing experienced athletes and beginners to exercise together.



CANDYBOX / ALAMY

Go Trail Running

- **Who should consider it:** Runners who are bored with the monotony of pavement pounding.
- **Who should steer clear:** Those easily injured by high-impact sports.
- **The workout:** Trail running provides the same cardio challenge as road running, with the added benefit of improving balance and better



COURTESY: BARRE3

A combination of ballet, Pilates and yoga, barre has become one of the country's hottest new exercise trends.

overall body fitness and muscle conditioning.

For runners seeking workouts that are more varied than road running, consider taking to the trails. Due to the terrain, runners may incorporate uphill running or walking, which adds variety to the muscular workout. Navigating rocks and roots

requires agility and balance. "For me, it is mostly the escape I get from being directly engaged in nature in a way you just can't achieve on roads," says Adam Chase, a trail runner in Boulder, Colorado, and president of the American Trail Running Association.

Try CrossFit

- **Who should consider it:** Those looking to combine both strength and cardio exercises.
- **Who should steer clear:** Those who don't like to sweat or are not comfortable with intense exercises.
- **The workout:** A regularly changing workout that includes cardio and all of the major muscle groups.

The popularity of CrossFit programs has expanded greatly in the last decade. Workouts vary and typically involve a combination of strength and cardio exercises. An example would be that participants do a series of rowing sprints, pull-ups, and kettlebell swings.

Martha Moseley, a Seattle-based CrossFit-certified trainer and co-founder of the youth fitness nonprofit



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Photos: Gerald Pope



ARTHUR LOST 61 LBS

Ever since my late teen years, I've been overweight. After I left home, where my mother always controlled what I ate, things just got worse. Besides being overweight, I was also a one-pack-a-day smoker, had high blood pressure, and steadily-climbing cholesterol levels. I was drawn to fad diets and crazy workout routines that yielded results, but only temporarily. I'd eventually end up putting the weight back on, and then some. It was a vicious cycle. When I found 20/20 LifeStyles, I knew this was something different. I was hopeful that I could finally make a permanent change. This program finally made sense and, best of all, it worked. Here are the keys to my success:

Enjoy exercise. My trainer made exercise very motivating and engaging by never sticking with a fixed routine. We'd always explore new exercises and ways to keep me motivated. I also branched out on my own, starting to run and taking Group Fitness classes.

Establish a routine. It helped me to stick to the smallest details so that I didn't get off track. If I did slip up and have a setback (and I didn't have many since I've always been good at following rules), I simply moved on. There was no point in remorse. I returned to my good habits the very next day.

Be a little selfish. Think about how you want to look good and be healthy. It's all about you. Do this for yourself and no one else. My family lives in Brazil, so I kept

the whole program a secret from them. This actually helped since I could focus completely on myself and, at the same time, not fear that I'd be letting someone else down if I failed.

Establish boundaries. It seems that everyone has an opinion on how "that extra serving won't mess up your diet." Don't allow others to dictate how you conduct yourself during the program. You are the one food tracking. You know best.

Find a good rhythm. It's really important that you're in sync with your body and know what you can and can't do regarding exercise and eating. Remember, you're not doing the program so you can go back to your old habits and not feel guilty. You're in the program to help create new and better habits for a lifetime.

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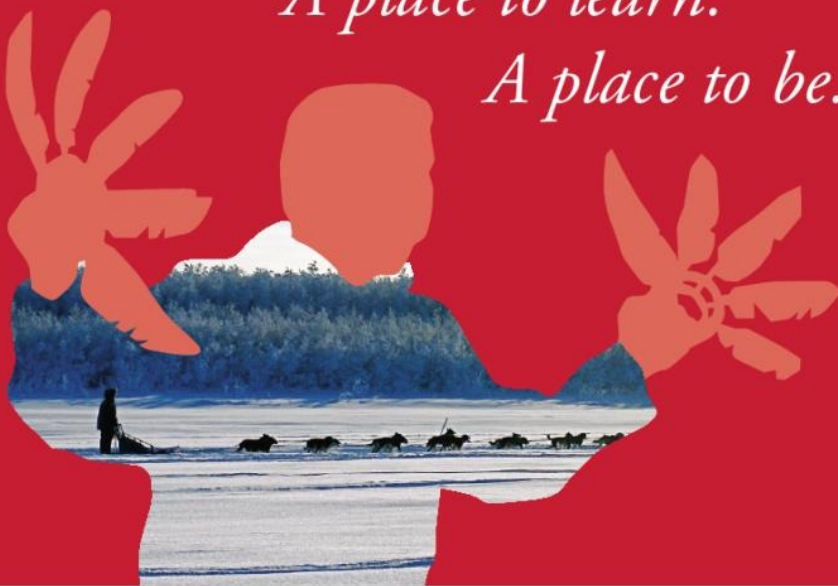
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Upower, which serves underprivileged youth, says the workouts always change and are based on functional movements.

"There's a stereotype that CrossFit is only for the young and strong, but I think it's for anyone who is interested in building strength, in cardio stamina and in having a good time," Moseley says.

Join a Sports Team

■ **Who should consider it:** Athletes who like competition and a team environment.

■ **Who should steer clear:** Solo exercisers and those who don't enjoy team sports.

■ **The workout:** It varies by sport, but team sports often require running, agility and hand-eye coordination.

People who think of going to the gym as a chore and who would rather turn a workout into a game should consider signing up for a sports team. Most cities offer a wide range of leagues that often include everything from soccer to softball to Ultimate Frisbee. The leagues often have divisions for different competitive levels, age groups and genders.

Experiment with Barre

■ **Who should consider it:** Those seeking a strength workout inspired by dance.

■ **Who should steer clear:** Devotees of endurance and cardio workouts or anyone not comfortable with the exercise's dance element.

■ **The workout:** Barre incorporates ballet work with yoga and Pilates-inspired moves, providing a total-body exercise.

Barre classes, a fitness trend that's gained popularity during the past five years, typically enlist small-muscle movements and isometric holds to build strength. The workout is inspired by ballet, and much of the routine takes place at a traditional dance barre (a stationary handrail, such as that used in ballet). "I love that barre classes blend the grace of ballet work with challenging, yet doable isometric exercises," says

Sadie Lincoln, the founder of Barre3, which has studios across the country.

Take an Indoor-Cycling Class

- **Who should consider it:** People who want a cardio workout in a group environment.
- **Who should steer clear:** Anyone who doesn't like endurance exercises or extensive cardio exercises.
- **The workout:** Mainly cardio, legs and lower body, with some conditioning for the arms and upper body.

"An absolute beginner can ride next to a world-class triathlete, and both can walk out of the [cycling] class and say, 'Hot dang! That was worth my time!'"

Given the independent nature of being on your own bike, indoor-cycling classes draw a wide range of participants. Roland Roth, a cycling instructor and an American College of Sports Medicine Certified Personal Trainer, suggests asking friends and acquaintances for recommendations on indoor-cycling instructors, as class formats and teachers tend to vary widely. Cyclists can seek out specialty studios, such as Fly-wheel Sports, which is in many cities across the country. It offers more cycling gadgets and a stadium-style atmosphere.

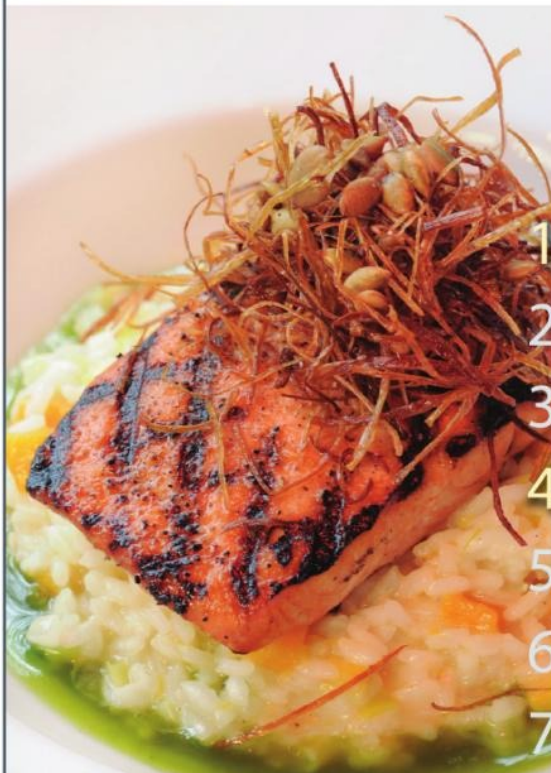
"I love that it's self-paced," Roth says of an indoor-cycling class. "An absolute beginner can ride next to a world-class triathlete, and both can walk out of the class and say, 'Hot dang! That was worth my time!'" ▲

Heidi Mills writes from Seattle about health, fitness and other topics.

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Wellsprings of Wellness

Fitness is no luxury,
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By Marlene Goldman



for five days of wellness activities, and my experience in “Aerial Yoga” is just one episode in a tally of eight fitness classes, one guided meditation, two health and healing lectures, one massage, a half-day hike, a truffle-making demo, and a journey to the center of my soul. Throw in consultations to measure my body type and general health, and I am officially bingeing on wellness.

And, despite the stereotypes attached to the term “spa,” my Canyon Ranch sojourn exemplifies a new reality: Today’s destination spa resorts offer equal measures of fitness and relaxation—and both enhance wellness in different ways.

The aerial yoga epitomizes the modern spa experience. I’m half expecting a hanging trapeze or some other Cirque du Soleil-like contraption. Instead, there are silk Nicaraguan-style hammocks suspended from the ceiling with mats placed underneath. We half-dozen participants will combine mat work with the hammocks as an intro to what is also known as antigravity yoga. Following some warm-up floor postures, it’s playtime. Our first aerial posture is a lunge with one leg through the silk swing, the other foot still on terra firma, mostly for us to practice trusting the hammocks to hold us up.

We continue with gentle backbends and forward planks with our legs straight and toes barely touching the floor, using the hammocks around our torsos to support our weight. I feel my core muscles engage, yet without the strain on my joints and muscles from holding earthbound postures for an extended time. Once we are comfortable, we play with full backbends and inversions, completely dangling from the hammock. These zero compression exercises create space between each vertebra and release stress and tension from the lower back. For our finale, we nest ourselves in the hammocks and gently swing, the optimal relaxation pose.

Exotic as it all sounds, such experiences are commonplace at today’s destination spas. Roughly 100 such U.S. resorts cater to those who realize that good



Hiking in the Santa Catalina mountain foothills brings Canyon Ranch’s guests outdoors.

Fitness is serious business: Strength, cardiovascular capacity, nutrition, flexibility, mental and spiritual equilibrium. So here I am hanging in a hammock in a classic cocoon position, swinging gently like an infant in a cradle.

Rock-a-bye, baby: Really, how serious is this?

Very. I’m at Tucson’s famous Canyon Ranch spa

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COURTESY: SANCTUARY ON CAMELBACK MOUNTAIN

health and longevity lie in their own hands.

The number of people coming to that conclusion translates to big business. California research group SRI International reports that the global spa and wellness industry was worth \$3.4 trillion in 2013, while the spa industry alone generated \$94 billion in 2013, according to a *Global Spa and Wellness Economy Monitor* report, up from \$60 billion in 2007.

By definition, a destination spa is designed to promote a healthy lifestyle for spa-goers with a

comprehensive program that includes spa services, fitness activities, wellness education, healthful cuisine and special-interest programming, according to the International Spa Association (ISPA).

"There are many benefits of a spa experience—ISPA has been conducting industry research for 15 years and consistently the top reason why men and women visit a spa worldwide is to learn how to manage their stress," says Lynne McNees, president of ISPA. "The first step is quieting the chaos that surrounds us and taking a moment to pause, and spas allow us to do just that."

Fittingly, then, I start my Canyon Ranch stay with a 20-minute meditation. Our guide directs us to focus on different parts of our body, awakening the senses slowly. We are reminded that if the mind wanders, to gently nudge it back to the breath.

Taking my quiet mind and tingling body to one of the gym rooms, I next choose Fierce! Tabata Workout, boot camp-style interval training that includes jumping jacks, sprints, sidesteps, high jumps, and other heart-pumping bursts of energy.

Like many of the visitors I meet, I am intent on trying as many different experiences at the ranch as I can squeeze in. The remainder of my day I alternate between body-intensive classes and balanced activities for mind and body. On the list is everything from Aqua Zumba, trying my best dance moves underwater, to the aerial yoga.

Bamboo shades the courtyard at Arizona's Sanctuary Camelback Mountain.

Below: Cavallo Point Lodge's Healing Arts Center is just across the Golden Gate Bridge north of San Francisco.



KODIAK GREENWOOD

I wrap up with an insightful lecture from Canyon Ranch's integrative medical expert Param Dedhia, MD, about boosting brain power. "What is good for the heart is good for the brain," Dedhia says, noting that mental acuity improves by using all our senses and by expressing joy, whether it be through food, dance, art or exercise.

Canyon Ranch is not without its indulgences. Sore from a day of jumps, squats, arm strengthening and core work, I slip off to the spa for an 80-minute "Muscle Melt for Road Warriors" massage, including warm pouches filled with herbs and joint-loosening Thai massage techniques.

I also tend to my spiritual side with a Soul Journey experience at the new Spiritual Wellness Center building, led by director of spirituality Julie Haber, M. Div. This is a bigger challenge for me, as inner discovery demands more homework than a core conditioning class, but Haber assures

us the potential benefits are beyond what I can comprehend.

"At Canyon Ranch, we see spirituality and creativity as the next chapter in the evolution of holistic wellness," says Mel Zuckerman, Canyon Ranch founder.

At dinner I join a communal table and meet a 70-something couple from Pittsburgh here for the 15th time. Many staff physicians and therapists have been at Canyon Ranch 20 years or more, drawing repeat visitors who have more of a relationship with the spa's practitioners than with health care personnel back home.

While destination spas concentrate on wellness, resort spas, which focus more on leisure and pampering, are continually adding wellness programming to entice a clientele that seeks both.

Sanctuary on Camelback Mountain near Phoenix is more like a spa resort with its luxury casitas, upscale restaurant

BY THE NUMBERS

Revenue for all types of U.S. spas rose from **\$14 billion** in 2012 to **\$14.7 billion** in 2013, a 5.1 percent increase.

Spa visits rose from **160 million** in 2012 to **164 million** in 2013, a 2.5 percent increase.

Spa locations rose from **19,960** in 2012 to **20,180** in 2013, a gain of 1.1 percent.

Revenue per person per day rose from **\$87** in 2012 to **\$89**, a gain of 2.5 percent.

—ISPA 2014 U.S. Spa Industry Study

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760-438-9111; lacosta.com
Founded in 1965, Omni La Costa Resort & Spa has transformed from resort to wellness retreat. The Deepak Chopra Center for Wellbeing is headquartered here, offering 30-minute group meditation sessions and various yoga classes. New for 2015 is a quarterly series of LiveWell Weekends.

Red Mountain Resort, UT

877-246-4453
redmountainresort.com
Capitalizing on its proximity to Snow Canyon State Park, Zion and Bryce Canyon National Parks, and other red-rock cliffs and canyons, Red Mountain Resort emphasizes outdoor fitness as much as its on-property classes, workshops and spa treatments. Head out canyoneering or kayaking, or connect with the spirit of wild mustangs. Back at the resort, try Tai Chi on the Rocks or Tabata Bootcamp, luxuriate with a warm lava detox wrap, or sign up for an Ancient Puebloan pottery workshop. The resort is introducing in 2015 a small-group weight loss program, including personal training and nutrition workshops.

Rancho La Puerta, Tecate, MX

858-764-5500
rancholapuerta.com
Just south of the border near San Diego, the family-owned Rancho La Puerta is one of



COURTESY: OMNI LA COSTA RESORT & SPA

the oldest North American destination fitness resorts. Located at the foot of Baja California's Mount Kuchumaa, the resort spreads over 3,000 private acres, including a 6-acre organic farm. Today, the resort is in partnership with Lifewellness Institute for its Executive Wellness Program, a personalized approach that starts with a physical. Fitness options run the gamut from cardio drumming to guided bird walks. Spa specialties include nighttime Watsu (water shiatsu) treatments.

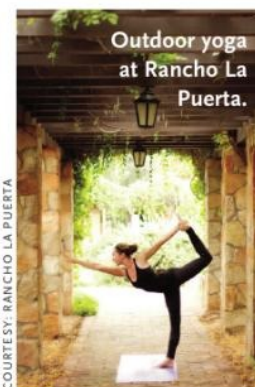
Esalen Institute, Big Sur, CA

888-837-2536; esalen.org
Truly disconnect and embark on an inner journey at Esalen, located on 34 acres in Big Sur. This nonprofit educational institute was

founded in the early 1960s and primarily offers week-long workshops in a range of categories, including spirituality, psychology, meditation and arts, as well as body and movement practices such as yoga, massage, and qi gong. Aside from the more than 500 workshops a year, visitors come to dip in Esalen's healing hot springs and can partake in personal retreats that incorporate massage, movement and meditation classes, and healthful farm-to-table dining.

Salish Lodge & Spa, Snoqualmie, WA

425-888-2556; salishlodge.com
Just a half-hour from Seattle, the 84-room Salish Lodge & Spa in the Cascade Mountains overlooks Snoqualmie Falls. The view takes center stage for the spa's various Yoga by the Falls classes held in The Hidden Terrace. Spa treatments also take advantage of the surrounds, including a body scrub using honey from the lodge's apiary, as well as the regionally inspired Northwest coffee exfoliation. The Dining Room serves locally sourced cuisine with a view overlooking the falls.



COURTESY: RANCHO LA PUERTA

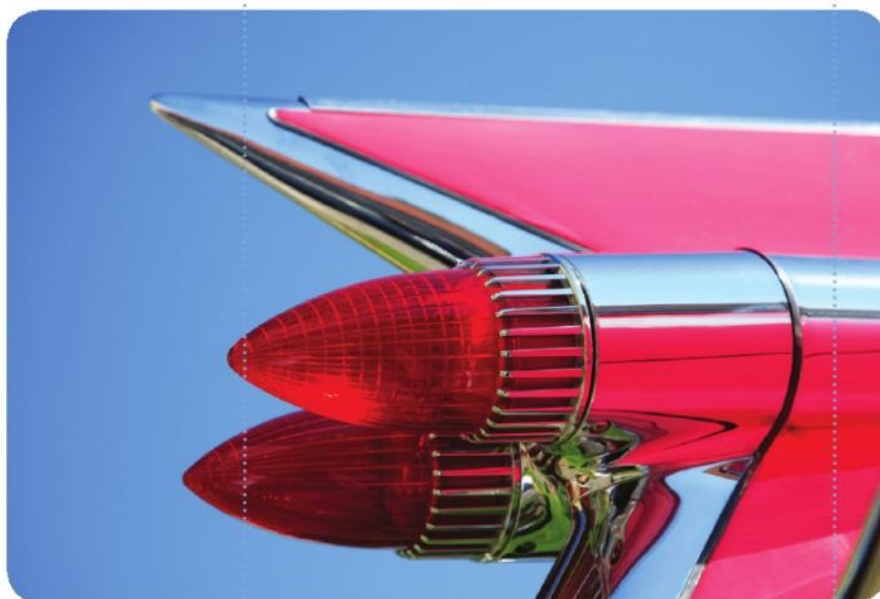


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FITNESS RETREATS

called Elements, and Asian-inspired Sanctuary Spa, replete with a small Zen meditation garden.

Heeding Dr. Dedhia's advice about joy, I indulge in a 90-minute Natural Facelift facial and dine sumptuously, without the calorie count menus found at Canyon Ranch.

While Sanctuary does specialize in pampering, it also offers Satori Wellness Retreats, multi-day packages with activities custom-designed by a personal

**I am told I may not
see results for a while,
but this will be
life-changing.**

trainer. The trainer then contacts participants after their stay to help motivate them to continue their fitness regimes.

From my home base in San Francisco, it's a short journey to the North Bay's Cavallo Point Lodge & Spa, set on the former army post Fort Baker just below the Golden Gate Bridge in Marin. Cavallo Point also offers monthly lectures on topics such as stress management, yoga and other health retreats, and integrative medicine packages. Cavallo's Healing Arts Center features a meditation pool and treatments that range from physical to spiritual, such as a bamboo scrub or a 90-minute shamanic journey. I am told I may not see results for a while, but this will be life-changing.

Whether that comes to pass, or whether I maintain any specific inspiration from my spa visits, is not the key question. What counts is time carved out to stimulate my body and mind with new practices and ideas—the balance between nourish and nurture that I have a hard time finding back home. ▲

Marlene Goldman lives in San Francisco.

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BY LESLIE FORSBERG

*A*t first glance it resembled many outdoor weddings: A gentle breeze carried the whispers of guests gathered in rows of white chairs on a blufftop as they waited for the ceremony to begin. Sun warmed everyone after a rain-splashed morning, and a 'ukelele player began strumming *I Can See Clearly Now*. The groom, standing at a scenic overlook, the cobalt Pacific Ocean behind him, eagerly scanned past the bridesmaids in their charcoal wrap dresses, parading arm in arm with the groomsmen. Then the

bride appeared—radiant in a flowing white gown, a haku lei (flower wreath) in her hair and a playful, modern touch of electric-blue strappy sandals peeking out from her hemline.

These were the nuptials of Hollywood producer Sascha Rasmussen and pharmaceutical rep Jamie Ellerbroek last November at the Sheraton Maui Resort and Spa. But what might seem just a traditional wedding celebration had as many special touches and meaningful moments as the shifting waves below, thanks to the alluring Hawai'i location; the active, full-on fun brought by family and friends who had winged their way here; and the hospitality of Hawaiian culture itself, which informed many of Jamie's and Sascha's choices.

Jamie Ellerbroek and Sascha Rasmussen's wedding at Sheraton Maui Resort and Spa featured the sublime ocean view at the hotel's Kā'anapali location.



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Hawai'i is not
a state of mind,
but a state of grace.

—PAUL THEROUX

Puakea Ranch is in the up-country North Kohala district of Hawai'i Island; the ranch's historic home and cottages often house entire wedding parties.

The last few days before a wedding are typically the most challenging, as penultimate preparations commingle with high expectations, a touch of anxiety and all those last-minute phone calls from vendors and family. But Jamie and Sascha spent their final days of singledom just having fun—paddleboarding, swimming and snorkeling with their best friends and family in a cove filled with all kinds of fish.

Instead of a sit-down rehearsal dinner the night before, Jamie and Sascha opted for a sunset catamaran dinner-and-drinks cruise. Instead of formalwear, Sascha—who planned the entire wedding—had his grooms wear khakis, minus belts, and white shirts, the top two buttons left undone; their guests were encouraged to wear “flip-flops, shorts, whatever they were comfortable in.”

And after the wedding, following the reception, in an unplanned moment of sheer exhilaration, “We all just jumped into the ocean,” Sascha recalls.

“Jamie went in with her wedding dress. Everyone got in a circle around us and congratulated us,” Sascha says, the

tender memory softening his voice.

Sascha and Jamie are active, outdoorsy sorts who love to have fun, but they are among the many types of people flocking to Hawai'i for destination weddings.

Of the 22,813 couples who pledged their troth on Hawai'i's shorelines and uplands in 2013, more than half—14,154—were nonresidents of the Aloha State.

Weddings in Hawai'i are inherently extraordinary, given the abundance of gorgeous tropical settings with palm trees, sand

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A nautical theme prevailed for the 2014 wedding of Andrew Cordes and Brian Teichman on the water near Honolulu.

underfoot, and lush foliage and flowers framing the boundless blue of the ocean and the glistening green of the mountains. With professional wedding planners providing most of the detail work beforehand, destination weddings here are a piece of cake. Marriage ceremonies in Hawai'i promise beauty, meaning and sensory richness.

The Fairmont Orchid, an oceanfront resort on Hawai'i Island's Kohala Coast, is a traditional wedding setting with spectacular options, including the Turtle Pointe Gazebo, on a black- and white-coral shore; Coconut Grove, a sandy oceanfront ideal for tiki torches; and the Courtyard Lanai, overlooking an immense lawn and pool with the ocean beyond. It's where Jen Marvin, a Los Angeles advertising account executive, and Nick Wilson, a sales and operations manager, wed in September 2014.

"If we'd had our wedding locally, I would have seen each person for a minute or two each. A destination wedding allowed us to spend quality time with our guests—and we could have fun with them before the wedding," says Jen.

She was surprised and gratified by the response to their wedding invitation: "We invited 120 people, and 76 came. We were stunned. We thought 50 people was a generous estimate. People really like Hawai'i," she reports. Friends and family arrived a week

It was really magical—it was over the top for what was already over the top for us.

—BRIAN TEICHMAN

before the wedding, and engaged in a full roster of group activities. "I put together an itinerary with activities that gave people many chances to see us before the wedding day," says Jen.

The highlights included a nightly cocktail hour, a snorkel excursion, a barbecue, and outrigger canoe racing. Their wedding was much like a jubilant family reunion, Hawaiian style.

Hawai'i's unique history as a place that is welcoming to all visitors makes it an attractive option for LGBT weddings, and Andrew Cordes and Brian Teichman are

among the thousands who have come here to tie the knot since the Aloha State's Marriage Equality Act took effect on December 2, 2013. In just the first six months of the new law—between December 2013 and June 2014—1,086 same-sex marriage licenses were issued, 12 percent of total marriage licenses.

While weddings are inherently rich with symbolism and meaning, in traditional Hawaiian culture the smallest gestures carry great significance; think of the tilt of a hand during a hula that symbolizes undulating waves. It's natural to weave Hawaiian cultural symbolism into 21st century ceremonies, creating a fabric that's stronger and more resonant. Working with Island wedding planners and vendors brings brides and grooms a whole new realm of possibilities.

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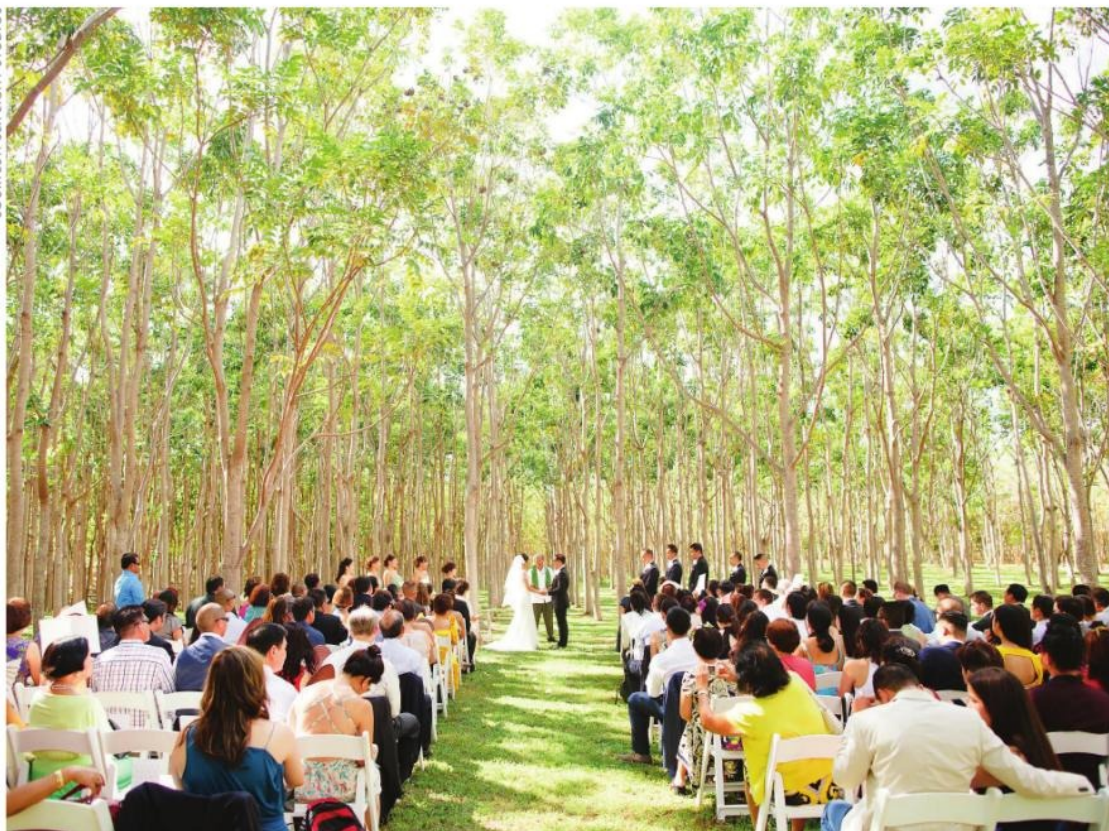
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Na 'Āina Kai Botanical Gardens is a privately owned wedding site on Kaua'i, with ceremony settings that range from lush gardens to airy woodlands.

"Both my business partner and I are native Hawaiian," observes Keane Akao, co-owner of Perfectly Planned Hawai'i, which manages all aspects of luxury gay weddings, and planned the Cordes-Teichman nuptials. "My family has been here more than seven generations; my mother's family is from Maui, and my dad's family is from the Big Island."

Akao and his business partner believe in bringing the Hawaiian culture to the forefront to create an authentic experience for their clients—and they do so carefully, in a culturally appropriate way. "The most important thing for my family is the tradition of leis," says Akao. "We are very selective in whom we use as our lei vendors, how we present our leis to our guests, and the type of lei, based on the situation."

"One of the things we do for our clients is provide each of the grooms or brides with a Ni'ihau necklace as a token of our appreciation," he adds. It's a generous token. The tiny shells are harvested by hand on Ni'ihau, the small, private island that's off-limits to all but native Hawaiians and a few others who live there in a self-sustaining society. The shells are gathered by master crafters, who weave intricate, unique necklaces that have become valuable collector's items.

For the March 2014 wedding between Andrew and Brian, Akao

chose *maile* leis. The shiny-leaved native Hawaiian plant has been used in leis since the earliest times in Hawai'i; they symbolize respect and honor, and are used for ceremonial occasions.

These are the leis that were draped around the necks of the two grooms as they said their vows aboard a sailboat off Diamond Head, as the orange ball of the sun melted into the ocean. Both have lived near the water all their lives; Brian grew up in Galveston and is deeply involved with his family business, a maritime company. After interviewing the couple, Akao suggested a nautical theme for the wedding.

"Several Hawaiian traditions added to our experience," says Brian. "We threw overboard an offering of a wrapped ti leaf filled with yellow roses—for the Yellow Rose of Texas—in honor of my family members who had passed away. It paid homage to my family," says Brian. Afterward, an Episcopal priest joined Akao in

The Grand Hyatt Kauai overlooks peaceful Keonelo Bay; its bayside lawn is popular for weddings and receptions.





offering a native Hawaiian chant asking blessings for the union.

When Andrew and Brian were pronounced married, the friend-filled sailboat erupted in applause. Then something completely unexpected happened. The two grooms lifted flutes of their favorite champagne to toast each other and, as if on cue, whales breached, leaping out of the water alongside the boat.

"It was really magical—it was over the top for what was already over the top for us," marvels Brian.

Couples planning their nuptials in Hawai'i have numerous options to select among in terms of locale. Many choose to marry at hotels or resorts; this makes it easy for couples, since on-staff wedding planners or catering managers are highly experienced in planning all the details. With a plethora of spectacular outdoor locales, there are many other options as well, though. The Hawaiian Islands are home to some of the world's most beautiful places, from sand or lava rock beaches to parks and gardens, from verdant uplands burgeoning with tropical foliage to carefully groomed golf courses overlooking the ocean. Each island has its own winsome

The Modern Honolulu is in Waikiki, and offers an intimate setting for weddings on its terrace overlooking the yacht harbor.

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Waikiki's historic Royal Hawaiian is known as the "Pink Palace of the Pacific." Its wedding planners help couples personalize their ceremonies.

settings and charms: Kaua'i is justly known as the Garden Isle, with blossoms everywhere; Hawai'i Island affords innumerable vistas of its two immense volcanoes as a memorable backdrop.

With its vast distances and dramatically different landscapes, from the lush, tropical east side to the sunny beaches of the west side, the Big Island offers many choices of locales for weddings. The primary resort areas include Kailua-Kona, the Kohala Coast and Keauhou.

Beaches and oceanfront settings are naturals for weddings, but

a less well-known option is the upcountry North Kohala area near Hawi. At the secluded hideaway of Puakea Ranch, a historic home and bungalows are often all rented out to wedding parties that stay at the ranch. It's a real ranch, complete with horses and chickens. The rural setting inspires a more casual wedding experience, with photos taken with white horses or in other farm settings; night-time bonfires; and the easy bonhomie that's natural with a private celebration in a spectacular place.

Down below, near the northerly end of the Kohala district, the



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Mary Shen and Brandon Zipper were married at Turtle Bay, a destination resort that encompasses a large expanse of O'ahu's North Shore.

Mauna Lani Bay Hotel occupies a headland along one of the area's most protected, beautiful golden sand beaches. The hotel offers wedding services for parties ranging in size from a dozen participants to more than 200—one of the major advantages of a large-scale resort.

Luxury and pampering are synonymous with many weddings, and one of the most elegant locales for weddings on Maui, the Wailea area's Fairmont Kea Lani, just opened a new, 9,000-square-foot spa, Willow Stream, that's popular with brides and their wedding parties. The property itself features all suites and villas, affording couples and their bridal parties lots of additional room and privacy.

Nearby, Andaz Maui at Wailea Resort is a 15-acre beachfront property with a sleek, contemporary look. The resort's wedding planner works with couples to create ceremonies that suit their personalities, whether artsy, elegant or playful. Among the settings available are the Laule'a Lawn and the Nohea Lawn, both overlooking Mokapu Beach and the sparkling Pacific.

On West Maui's Kā'anapali Coast, the Hyatt Regency Maui Resort and Spa features no fewer than a half-dozen outdoor wedding locales, four of them in gardens, ranging from the intimate Oriental Gardens, overlooking the Swan Court Lagoon and surrounded by waterfalls; to Statue Gardens, with ocean views; to

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—STUART KOTAKE

Napili Gardens, just a few yards away from the beach.

Many brides and grooms select private accommodations for their weddings; historic homes provide unparalleled atmosphere for celebrations. Filled with classic details, and with a broad veranda and sweeping oceanfront lawn, the 1922 Olowalu Plantation House, in Lahaina, is a picturesque setting for weddings. The house has a kitchen that a caterer can utilize, and there are numerous options for reception arrangements, from an open-air tent on the lawn to a stage for dancing under the stars.

Another grand historic home is an atmospheric location for weddings on Kaua'i. The 1935 Tudor-style Kilohana Plantation mansion, once the family home at the center of a 26,000-acre sugar farm, is a dramatic feature of a setting that has become very popular for marriage ceremonies. The home's Mahikō Lounge, with its Arts and Crafts styling, creates an atmosphere of classic elegance; Gaylord's Courtyard is ideal for receptions; and a vast lawn offers plenty of space for large weddings.

Kaua'i's Na 'Āina Kai Botanical Gardens, contained within a private estate, offers a wide array of picture-perfect wedding sites. Intimate nooks filled with a lush abundance of tropical plants and flowers are perfect for smaller weddings,



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while the Wild Forest site, with a cool canopy of trees overhead and springs coursing by, lends itself to larger wedding groups. A seaside venue features spectacular views.

At the Grand Hyatt Kauai Resort and Spa, one of the most popular settings for ceremonies is a remote beachfront locale; the Keonelo Bay site overlooks a cove where frothy waves wash onto golden sand; receptions are held on a nearby lawn. The Ilima Terrace, among the reception venues, is surrounded by waterfalls and ponds stocked with colorful koi.

On O'ahu, The Royal Hawaiian—also known as the "Pink Palace of the Pacific"—is a historic icon which offers an atmosphere of timeless elegance in the midst of Waikiki's hubbub. This storied beach locale has been the playground of movie stars and luminaries since it was built in 1927; recent renovations have made it as sumptuous as ever. Associate Director of Catering and Events Stuart Kotake has years of experience helping couples plan their weddings here. "What really makes a wedding impactful is when it becomes personal, and the best way to do that is to understand the personalities of the couple, and understand why they're together," says Kotake. "Their story helps me offer things that will celebrate, support and match their personalities."

For one beach-loving couple, instead of numbering the reception tables, Kotake labeled each table with the name of a beach they'd been to, whether snorkeling or surfing. Another couple was delighted to have a cocktail named after each of their pet names for each other; their reception guests toasted the occasion with "Missy" and "Bubby" cocktails. "If we do it correctly, we help make a memory, because it's more than just serving food and providing a location," Kotake observes. "We try to find embellishments that mean something to you. And if they do, it makes an impression you'll never forget."

Maui



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Sea Ranch cottage,
Travaasa Hāna.

Many of the Islands' hotels and resorts offer honeymooners the sensation of enjoying a true escape from daily life as couples spend time together, celebrating their new lives. **Travaasa Hāna**, in the remote village of Hāna, on the eastern shore of Maui, can truly claim a sense of remoteness and privacy. Just getting there, on the famous Hāna Highway, is romantic, with sinuous curves, waterfalls dashing down alongside historic, one-way bridges, and peekaboo glimpses of the ocean through lush foliage. Travaasa's Sea Ranch Cottages feature classic Hawai'i ambiance, with high ceilings, wood floors and private, ocean-view lanais.

Hotels and resorts are just one option for honeymooners. There are numerous other idyllic honeymoon settings throughout the island in the form of deluxe private estates, private villas, rental cottages and even retreat centers. In Maui's upcountry, **Lumeria Maui** is a choice honeymoon spot for couples who are into yoga or meditation, or who just want to get away from it all in a blissfully serene environment.

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Continued from page 83 The beautifully manicured grounds create a sense of relaxation after the bustle of a wedding.

Maui's neighbor island Lāna'i offers unique options for honeymoons. The **Four Seasons Manele Bay** is an exclusive property on a bluff overlooking a beach often voted best in the Islands; honeymooners can indulge in lavish service, ample beachfront and exquisite food here. A championship golf course designed by Jack Nicklaus, and upcountry activities such as pine-forest horseback rides, provide ample opportunities for outdoor activities.

On Hawai'i Island, the **Mauna Kea Beach Hotel** is a gem whose grand midcentury architecture emphasizes the open-air entry, lobby and hallways. The buildings are poised above one of the most picturesque golden-sand beaches in the Islands, an exquisite setting for leisurely days enjoying the sun, sand and clean salt water.



Starlit Hui, Aulani.

Many marriages combine children from two families, and **Aulani**, a Disney resort on O'ahu, is the setting for quite a few "familymoons," during which newlyweds share their new relationship with their kids from Day One. The resort was built for family vacations, yet it is cleverly designed to offer opportunities for adults to enjoy together, as well. Couples can spend a day with their kids at Auntie's Beach House, yet have time together to sunbathe or use the spa. Activities for the entire family include snorkeling in a lagoon stocked with fish or attending the Starlit Hui evening program.

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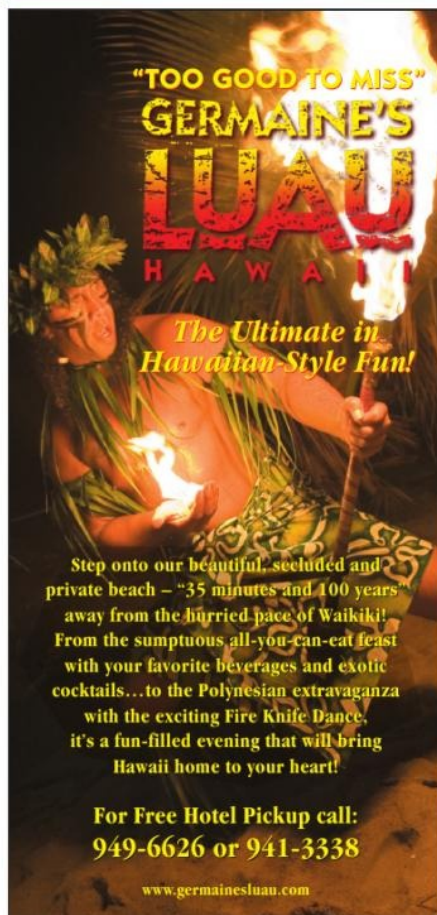
Island Activities

“We had our photos taken at the banyan tree, in the forest, on the bay. ... The sunset shots were especially beautiful.”

—MARY SHEN

Just up the waterfront toward Ala Moana Park, The Modern Honolulu features fresh-looking, “cosmopolitan chic” décor. For those who would like a “beach” setting for their ceremony, but prefer privacy, The Modern has an inventive solution: The hotel’s shallow, decorative Sunset Pool, on a secluded, elevated terrace overlooking the ocean, is surrounded by sand and coconut trees; couples often rent a bridge for a dramatic entrance to the sandy grove, where they hold their weddings.

On O’ahu’s North Shore, with an astounding 5 miles of coastline and settings that range from beach to golf course to an oceanside wedding pavilion, Turtle Bay Resort is renowned for weddings. Mary Shen and Brandon Zipper, of Indianapolis (Mary grew up in Hawai’i), married here in May 2014. “They don’t do cookie-cutter weddings at Turtle Bay, and I felt like we could really make it unique to us,” says Mary, who wed Brandon in the charming gazebo that served as the “yoga pavilion” in the movie *Forgetting Sarah Marshall*. The wedding photography held great importance for Mary, and Turtle Bay provided numerous locations for memorable images. “There were so many different landscapes—we had our photos taken at the banyan tree, in the forest, on the bay, on the rocks, even sitting in a tree over-



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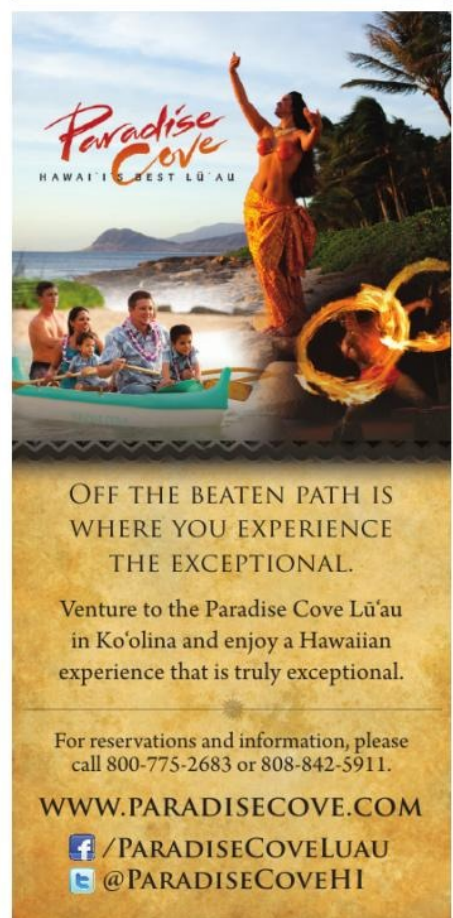
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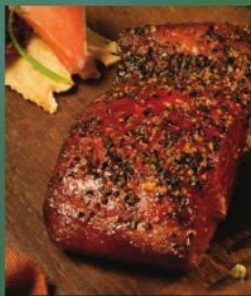
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If You Go

A broad array of organizations and businesses offer advice and services for an Island wedding or honeymoon. The primary starting point is the visitor information website operated by the **Hawai'i Tourism Authority**, gohawaii.com. Check here for information about everything from licensing requirements to florists specializing in wedding flowers. Tabs link to information for all six islands.

Other sources:

The O'ahu Wedding Association is a coalition of professionals serving brides and grooms; oahuweddingassociation.com.

The Maui Wedding Association performs the same function on the Valley Isle; mauiweddingassociation.com.

A similar group on the Garden Island is the **Kaua'i Wedding Professionals Association**; kauaiwedpro.com.

The Wedding Cafe is a Honolulu resource center that provides information and services both on-site and by phone or online; theweddingcafe.net.

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looking the ocean. The sunset shots were especially beautiful," she adds.

From golden sunsets over burnished blue waters to lush tropical foliage, all of Hawai'i's locales add natural beauty to the moments of meaning and celebration that connect couples in marriage. "Hawai'i is not a state of mind, but a state of grace," observed author Paul Theroux, offering a thought that applies to Island weddings as well. ▲

Leslie Forsberg is a frequent visitor to Hawai'i from her base in Seattle.

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Promised Waters

Southcentral Alaska easily fulfills an angler's dreams

By Ken Marsh

We'd found the fish, finally, after a brief downstream search, and now, even as I released another Dolly Varden char—this one a 3-pound chunk with a steel-bright back and flashing, pink-spotted sides—my old friend Geoff Hobson laughed and shouted nearby. His fly rod bowed against a leaping rainbow trout nearly as long as his arm.

Set in a valley cut through a pitching sea of mountain peaks, our Kenai Peninsula stream was far removed from the Douglas firs and misty river bottoms of Geoff's southern British Columbia home. Gushing clear and snowmelt-cold from a notch in the center of the Kenai

Mountains range, this stream wound through the valley, whirling around deadfalls and forming dark pools to bear the headwaters of Alaska's legendary Kenai River. Standing knee-deep in the middle of it all, catching and releasing more fish than we cared to count, was an undeniable rush. Even better was seeing the day come together and watching my friend live out his long-held dream of an Alaska fly-fishing tour.

When anglers consider fishing in Alaska, many envision moments and settings like these. For some, making it all come true can be as simple as booking a week at one of the state's remote wilderness lodges. Big, beautiful fish are all but guaranteed, along with scenic landscapes and gourmet food. Such deluxe accommodations—complete with hardworking guides and daily fly-outs to trout- and salmon-fishing waters unmatched anywhere—are a once-in-a-lifetime opportunity for many anglers.

For anglers on more-modest budgets, the heart of the Alaska fishing dream beats not in



Fly fisher Agnes Stow shows off a Dolly Varden char she caught on the Kenai River.

HAGEPHOTO

MICHAEL F. JONES



frills, but in the currents of the state's countless streams. Living the dream requires little more than planning, imagination—and a place to start. For that, Southcentral Alaska, with its metropolitan Anchorage hub and highway networks providing access to waters north and south, is the perfect place. From the streams and lakes of the Susitna Valley to the north of the city to the famous fisheries of the Kenai Peninsula, the region glitters with easily reached angling gems.

Novelist John Steinbeck observed more than half a century ago that “we do not take a trip; a trip takes us.” And so our travels would take Geoff and me fishing to the Kenai Peninsula, south of Anchorage, where char and trout at times struck nonstop, though not before we drove some 100 miles north from my home in Anchorage to sample a Susitna Valley creek I’ve known for many years and had visited only a month before.

The Susitna Valley in summertime is a verdant country where trout and salmon streams

Grand views are a big reward of an Alaska fishing trip. Above, an angler casts for trout in the reflection of Mount McKinley in Wonder Lake, deep in Denali National Park & Preserve.

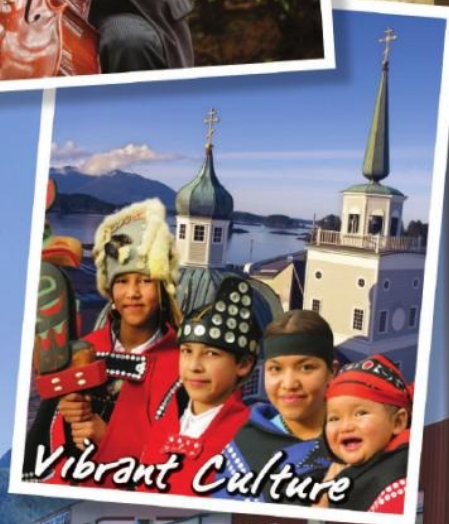
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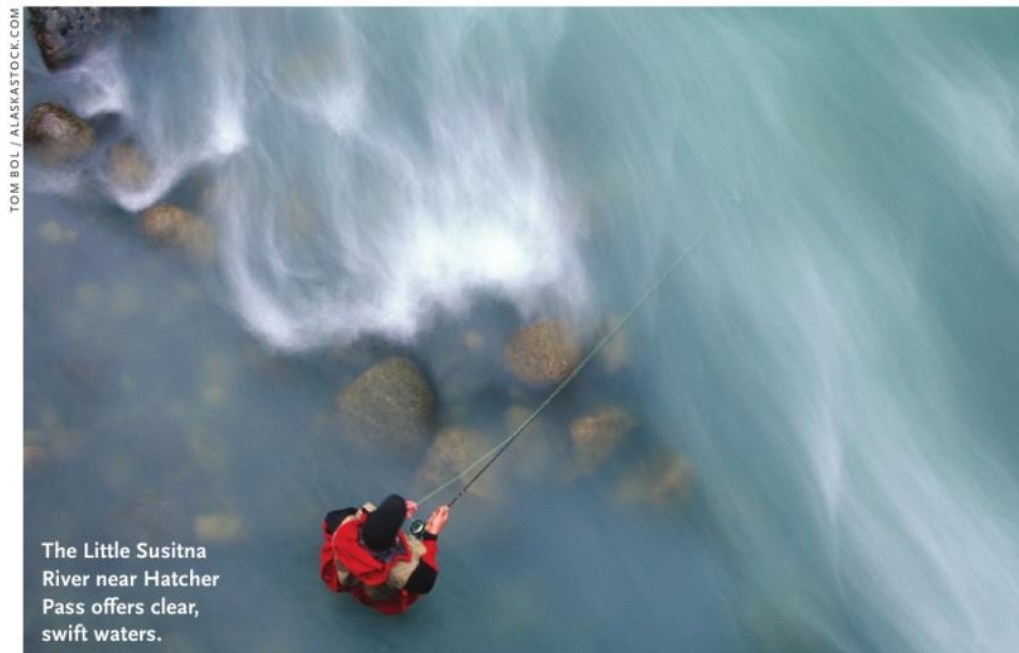
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The Little Susitna River near Hatcher Pass offers clear, swift waters.

spring eternal from the Talkeetna Mountains to drain into the swift, glacial Susitna River. On their westward dashes to the mighty Su, these creeks are bridged by the George Parks Highway, which runs north-south, connecting Southcentral Alaska to the Interior. Stream access from the highway is generally available and easy and the fishing good from June through October.

On my earlier trip, I'd discovered rainbow trout lurking among schools of pre-spawn king salmon. Waiting for eggs to drop, hungry rainbows follow inbound salmon much as wolves shadow migrating caribou herds. Finding trout that day was as easy as locating the kings that glowed in the pools like brick-red shadows. The fishing was superb.

As we drove north, I told Geoff how I'd spent the afternoon working upstream, wading and casting, sometimes busting through boreal jungles of ferns, alders and spiny wild-rose tangles to reach the next open bar. I'd seen no other anglers, and within a half-mile of the road all signs of humanity had vanished. It was the perfect Alaska fishing venue, tempered by the possibility that the next alder thicket might hold the grizzly responsible for the set of dinner plate-size tracks I'd crossed in the sand (as always, I'd

worn holstered on my chest a canister of pepper spray, just in case). Each pool held its share of good, heavy trout, and once hooked, some of the larger fish tore off in the current, forcing me to run downstream after them.

I shared cellphone snapshots of the rainbows I'd caught and released, fish resembling fine-art pieces more than 2 feet long, hand-painted by

Mother Nature herself with scarlet-striped sides freckled with leopardlike spots. Those trout and the day I'd had catching them matched anything an angler might expect from a far-flung Southwest Alaska river.

Geoff was impressed, and for a while we drove on in silence. Ahead, beyond the centerline and over a horizon of rolling, spruce-forested hills, Mount McKinley, known as Denali in

Alaska, loomed crisp and snow-white against a cloudless blue sky. The air crackled with great expectations.

Unfortunately, as we would soon discover, times had changed. And I should have known.

Call it Trout Anglers' Axiom No. 1: *Find the*



MICHAEL DEYOUNG PHOTOGRAPHY

Fishing in the more remote regions of Alaska, such as a fly-in trip to the Alaska Peninsula's Ugashik River, can yield some incredible catches, including Arctic char.

WHEN YOU GO

>> **To get started**, read up and study maps to locate waters reachable from the road system. Good introductory information is provided in the sport-fishing pages of the Alaska Department of Fish and Game's website, adfg.alaska.gov.

>> **Next**, define your passions. For those who believe the best days of fishing are as much about solitude as fast action, look for waters that appear promising, but that require extra time and effort to reach. One example close to Anchorage is Symphony Lake, known for big grayling. From the Chugach State Park trailhead, the trail weaves for 5 miles through spruce forests and alpine meadows to the lake.

>> **Equally scenic** grayling waters are found at Crescent Lake, located at the end of a groomed, 6-mile-long trail in the Kenai Mountains.

>> **For anglers** who don't mind company, the more popular fisheries that consistently produce good fishing for salmon, trout, grayling and Dolly Varden are the Little Susitna River, and Willow and Montana creeks, and the Kenai Peninsula's Russian, Kenai and Kasilof rivers. Campgrounds and lodging are available at or near all of these fisheries.

>> **As a rule**, the best action won't be found in the heavily fished reaches near bridges and pull-offs. Better to plan on working up- or downstream to find undisturbed pockets where the fishing can be surprisingly good. —K.M.

HAGEPHOTO



The Dolly Varden char, such as this one caught on the upper Kenai River, are distinguished by their bright pink spots.

food source and you'll find the fish. In Alaska, winter is never far away, so trout, char and grayling feed opportunistically and ravenously to store fat against the coming months of scarcity. For these fish, nothing adds weight and provides energy more efficiently than high-protein salmon eggs.

In the Susitna Valley, king salmon begin

settling over spawning beds in late June, drawing trout, grayling and, in streams such as Clear Creek and the Talkeetna River, Dolly Varden char. Later, chum salmon, pinks and coho arrive, and as summer wanes, good fishing is found behind them. On the Kenai Peninsula, sockeye salmon arriving in mid-June through mid-August feed big rainbows and Dollys well into fall.

This piscine preference for salmon eggs explains why Southcentral Alaska fly fishers often rattle when we walk. It's because most of us fish largely with beads, which we carry in our fly vests or fanny packs in small, compartmentalized boxes. Available in many sizes and colors, beads closely resemble salmon eggs, and the proper size and color on a given day can be wickedly effective, perfectly imitating the salmon eggs spilling out of redds (salmon "nests") and tumbling downstream.

Of course, all the beads in the world won't catch fish that aren't present. Which brings us back to Trout Anglers' Axiom No. 1: *Find the food*



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source and you'll find the fish. The trick is in locating the salmon. Sometimes that's easy. Other times it requires a detective's mind and a heck of a lot of hiking.

Few sleep more soundly than worn-out fishermen, and when Geoff and I eased into our Susitna Valley stream early on our second morning, it was as if we'd stepped back into a dream. We'd spent a comfortable night at the Talkeetna Alaskan Lodge, and overnight temperatures had fallen into the upper 30s. Now the water steamed, and the forests were veiled in mist. From the top of a high bank, we spotted fish immediately: first the coho, as we'd hoped, and predictably among them, the rainbow trout.

This was in contrast to the afternoon before, when we'd fished miles upstream, as I had a month earlier, and found nothing. Framed by cottonwoods and neck-high ferns, the river, that old tannic beauty, had looked at first glance the same as it had in July. Translucent and amber as bourbon on ice, it had hustled over cobblestones the size of bowling balls, and we'd rigged our rods under a high, warm sun, unaware that a key dynamic had changed.

The kings had spawned and died out since my previous visit, but I knew that subsequent successions of salmon would have entered the creek—pinks, chums, and now, in late summer, coho. We'd watched for salmon as we hiked upstream, finding very few early on, and, eventually, none at all. For a while, as we'd cast to empty pools and eddies previously so vibrant with big, lively fish, I'd wondered what had happened. Several fishless hours later, I'd realized the clues were obvious. In fact, they paved the stream bottom: Those large cobbles formed suitable spawning habitat for big king salmon, but the smaller coho required finer gravel, prevalent several miles downstream.

Tired and disappointed, we'd admitted defeat and turned around; dinner and

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ice-cold beer, locally brewed, waited in nearby Talkeetna. That evening, relaxed and enjoying a spectacular view of the sun setting over Denali, we'd sat in the lodge dining room and come up with a new plan, one that had taken us now to the lower reaches of our George Parks Highway stream.

In the cool silence of that misty morning, we waded into the shallows and started casting. For a moment, the previous day's frustration hung heavy around us. Then, over the melody of the current gurgling around my thighs, I heard a shout and looked up to see Geoff holding

Geoff knelt and grinned, holding yet another pink-spotted char. "This is what I came for," he muttered, his voice soft and reverent.

his fly rod high. Out front, a fish leaped once, twice, before surging deep into a steaming pool.

Geoff beamed. Easygoing and already enjoying his time in Alaska, his experience with that first fish—a modest 16-inch trout that reflected the water, forests and morning sunrays now filtering through the fog—marked the fulfillment of a promise. We would catch more fish that day, and much bigger ones, too—trout and fresh coho—along with many, many others in the days to come, but few would be more memorable than that icebreaker rainbow, the first act of a dream come true.

Our last stream flowed before us like a living canvas. The Kenai Mountains reflected crisply in its pools, and spawning sockeye salmon—scores of them all scarlet, green-headed and hook-nosed—appeared to float like zeppelins above painterly images of alpine valleys. At

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the edge of the scene, Geoff knelt and grinned, holding in his hands yet another pink-spotted char, dripping, alive and big enough to seem unreal.

"This is what I came for," he muttered, his voice soft and reverent.

He'd made the same announcement several times over the last few days, while catching rainbows in the Susitna Valley, and later, along Turnagain Arm, as we'd traveled Kenai Peninsula—bound down the Seward Highway with perhaps 100 brilliant-white beluga whales—some shadowed by dark-colored calves—porpoising in the murky waters just a stone's throw from the road.

We'd spent a day in a drift boat piloted by my friend Robert Begich of Soldotna, floating and fishing a prime 5-mile-long stretch of the upper Kenai River. That morning had started cool, gray and spitting rain, but those famous emerald-green waters hadn't disappointed us. We'd caught fish all day long—rainbow trout the size of sea-run steelhead and Dolly Varden weighing up to 6 pounds—from the moment Robert had slid the boat into the river at Sportsman's Landing until darkness found us just upstream of Jim's Landing, still playing big char and laughing out loud.

Now, on our final day on the little stream where the char, trout and salmon hung among the reflections of mountains, Geoff lowered his fish into the water and gently let it go. Awash in golden sunshine, he paused and watched as the char vanished into the pool. Then he stood up, smiling, framed by those magnificent mountains, the stream sparkling at his feet, delighted to be living the dream. ▲

Ken Marsh is an angler and freelance writer who makes his home in Anchorage, Alaska.

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Treasured Sightings

Alaska's bears fascinate visitors
to the Great Land

By Eric Lucas



Bears are made of the same dust as we. —John Muir

Mist shifts subtly along the ridges, woods and shores of Windham Bay, Alaska. As we kayak slowly across the water, the low clouds swirl around us, painting platinum shadows. The late summer morning in Southeast Alaska is calm and quiet, with the whole scene set in blunt green and gray—except for a large, conspicuous black rock along the bay's north shore. On closer scrutiny, the rock turns out to be a 6-foot, 500-pound bear that seems to be inspecting seaweed exposed at low tide. I point the “rock” out to my companion, Alaskan Dream Cruises guide Emily Herman. She takes a look and nods. It's

a quintessential Alaska moment, treasured by visitors and residents. It's the type of experience that never grows old or mundane.

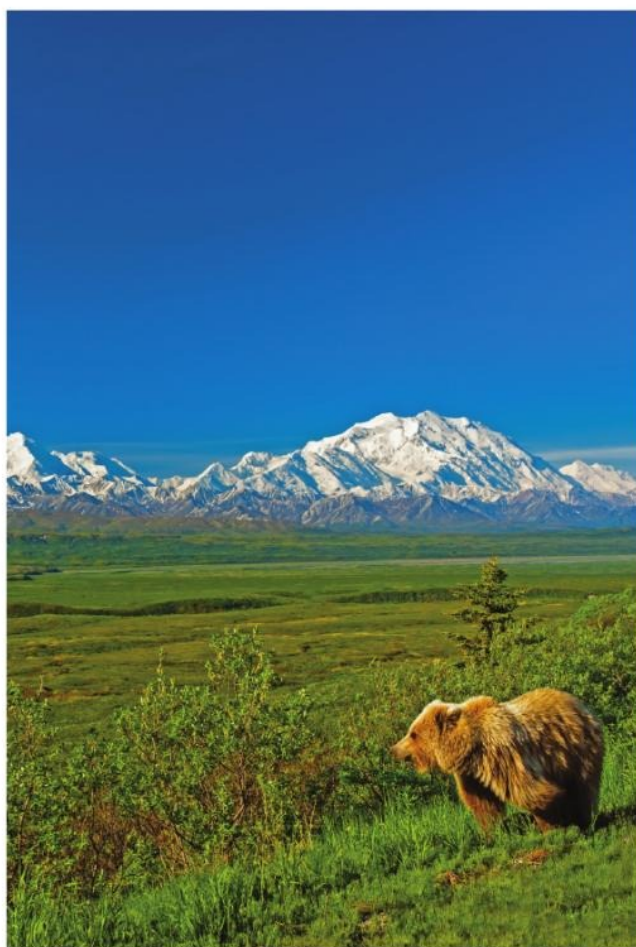
“Doesn't seem like he's noticed us,” I observe. Emily gives me the same look *Game of Thrones* character Ygritte often renders with her now-famous quote for Southlanders like me: *You know nothing, Jon Snow.*

Of course the bear has noticed us. Alaska bears are aware of almost everything, especially people nearby, and humans in Alaska remain alert for bears much of the time.

The two species, 735,000 people and about 133,000 bears, share the Great Land in a unique natural dance in which both sides are aware of each other, a cognizance that includes the fact that we are both predators near the top of the ecological chart.

In the broad spectrum of life on this planet, we humans and the *Ursus* genus are more alike than might be apparent at first glance.

We are both omnivores, willing to eat a great variety of foods—and we both cultivate opinions



A grizzly bear forages in Denali National Park & Preserve, as Mount McKinley rises in the distance.

MICHAEL JONES / ALASKASTOCK.COM

JOHN HYDE / ALASKASTOCK.COM



about our meals. (More on that in a minute.) We are travelers, wandering far across the earth and colonizing new ground.

We give birth to live, helpless babies (the biological term is *altricial*), raise our young for a quarter to a half of our lifespans, have little patience for interference with our ways and are regarded with distinct caution by most other animals. We stand tall, tussle among ourselves and seek shelter from winter's cold.

Bears are so often personified that The Walt Disney Company a decade ago produced two films that centered on a human-bear transformation fable, titled *Brother Bear*. American society celebrates Yogi Bear, Smokey Bear and teddy bears. This utterly wild animal has gained such anthropological importance that Alaska author Kim Heacox devoted a full page to the mythical and linguistic currency of bears in his marvelous memoir of life at Glacier Bay, *The Only Kayak*.

An adult female coastal brown bear can weigh up to 600 pounds.

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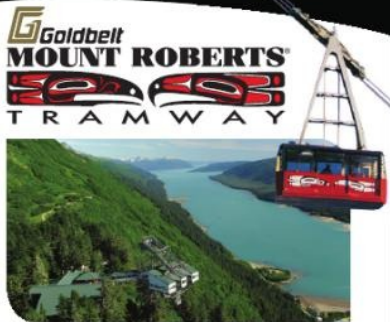
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THE BEAR FACTS

>> Alaska has large populations of all three North American types of bears:

>> **Black bear** (*Ursus americanus*): The continent's most common bear by far, there are an estimated 1 million black bears, ranging from Mexico to the Arctic. Alaska has a population of about 100,000. Mature bears can weigh up to 600 pounds.

>> **Brown bear** (*Ursus arctos*): The interior grizzly males can weigh up to 800 pounds and the females about 450 pounds. The larger coastal brown males reach 900 pounds and females can reach 600 pounds. Isolated groups can be much larger. There are about 200,000 browns in the world. Alaska has about 30,000.

>> **Polar bear** (*Ursus maritimus*): Found only in the Arctic, males can weigh up to 1,200 pounds and the females up to 650 pounds. Their total population is estimated at 25,000, with Alaska being home to about 3,000. —E.L.



A coastal brown bear and her cubs walk on the Hallo Bay beach in Alaska's Katmai National Park & Preserve.

"We speak of that which is *bearable* and *unbearable*," Heacox writes. "In acts of restraint and abstinence we speak of *forbearance*. ... We *bear* witness, *bear* our young, and *bear* glad tidings. We see in *bears* a little too much of ourselves and take that familiarity as a threat on one hand, a consolation on the other. In moments of grace we regard *bears* as ... creatures from a spiritual dimension far richer and more ancient than our own."

Talk to Heacox about bears and his eyes brighten with delight. Our fascination with bears,

Heacox says, comes from "the way a bear moves through his world. A better explanation than that remains, at least to me, an ineluctable mystery."

I myself share a personal characteristic with Alaska's bears: a preference for one salmon over another. Mine is sockeye over king. Biologist Troy Hamon tells me he has observed bears choosing silver salmon over sockeye in spawning streams.

Further, bears are widely known to prefer certain parts of a salmon—the belly, say—just as one diner may choose filet mignon and another rib-eye. Come to think of it, I favor the belly of the salmon, as well.

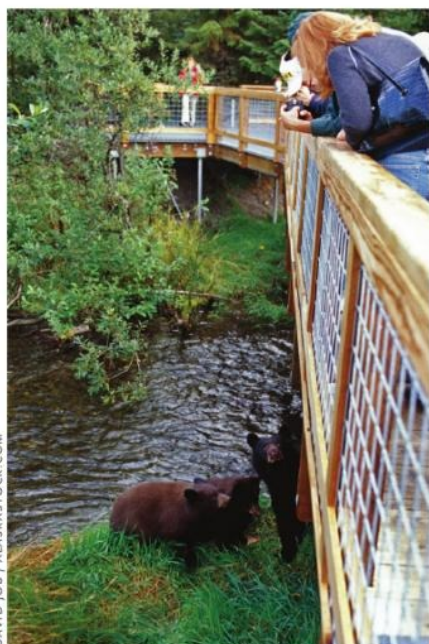
"Some might argue that one salmon is just in better condition than another—the sockeyes may have been in the river three weeks, while the silvers just arrived—but it does seem to go beyond that," observes Hamon, a fisheries biologist by training who has spent decades

observing bears and salmon. He is also the chief of resource management at several national parks, including Katmai, which is home to a large bear population.

"Interesting to think of bears having opinions about the dinner menu, but some seem to have exactly that," Hamon says with a chuckle.

In Alaska, it's fairly easy to watch bears sort their salmon. I've done so at a glorious venue

Visitors watch a family of black bears from the boardwalk near Mendenhall Glacier, in Southeast Alaska.



A polar bear and her 2-year-old cub search for food on Barter Island, part of Alaska's Arctic National Wildlife Refuge. There are an estimated 3,000 polar bears living in Alaska.

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known as Pack Creek, on Admiralty Island, southwest of Juneau. Human visitors, who are rigorously trained by wildlife managers, follow guides along a precise path to a safe lookout point (a rise on a gravel bar near the creek). Here, immense coastal brown bears can be seen all around the gravel bar catching and devouring salmon. Visitors may be within 20 feet of a 600-pound mother bear with cubs; the latter glance idly at their human observers, while we watchers savor the excitement of the moment.

“Alaska has some of the best bear habitat in the world. It’s one of the best places to be curious about bears. ... I just like to go up to Mendenhall Glacier and watch bears being bears.”


At Pack Creek, seven decades of interspecies acculturation has created a unique place where the planet’s dominant primate and one of the world’s largest land predators commingle peacefully. Longtime guides say mother bears somehow pass along to their cubs “information” about the long-standing treaty between bears and people here.

You might also spy a bear on a nearby slope while you’re riding a bus along the Denali Park Road in Alaska’s interior, causing the bus passengers to crowd around the windows, cameras and cell-phones clicking. Or, you might be among the hundreds of thousands of visitors each year who tour the boardwalk on the Mendenhall Glacier, near Juneau, and watch about a dozen bears feast on the summer run of sockeye salmon and the fall run of silver salmon.

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that is as popular as the bear is probably the moose. However, these impressive ungulates still don't quite hold the public's imagination in the same way.

Like many people involved with bears, Alaska Department of Fish and Game Information Officer Riley Woodford has developed his own fascination with our ursine neighbors.

"Alaska has some of the best bear habitat in the world. It's one of the best places to be curious about bears, so that's what I am," says Woodford. "I just like to go up to Mendenhall Glacier and watch bears being bears."

The black bear my guide, Herman, and I are watching at Windham Bay continues to search for a meal. Paddles at rest, we drift about 50 yards offshore. Our "sighting" encompasses barely five minutes, then the bear wanders down the shoreline. We don't follow because, well, bears can swim really fast. It is just an ordinary, everyday black bear sighting. Except, no sighting of a bear is an experience to which you'd apply any humdrum adjective. Consider that while I came north almost 1,000 miles to this moment, in a way, so did the black bear.

The species was not found in the interior of Alaska until about 8,000 years ago, when a path through the glaciers opened from the Idaho Panhandle at the end of the last ice age. Black bears worked their way north, and today there are an estimated 100,000 black bears in Alaska, making them the most populous bear species in the state. Meanwhile, brown bears came to Alaska from Asia about 50,000 years ago and are closely related to brown bears in Siberia and other parts of Asia.

The origins of the bears remains a debated issue in scientific circles. There is evidence that black and brown bears share a common ancestor and split into distinct species first. Later, polar bears diverged from brown bears. However, estimates on when browns and polars separated vary from less than 500,000 to

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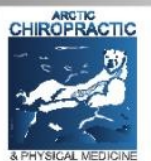
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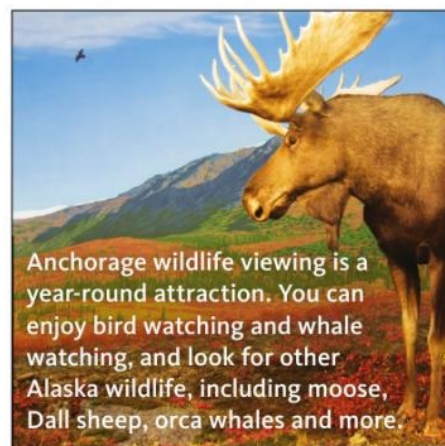
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more than 4 million years ago. Now, diminishing Arctic ice may bring browns and polars closer together. Biologists have already recorded a few cases of brown-polar hybrids in Arctic Canada.

By contrast, on Kodiak Island, a group of brown bears have been isolated from other brown bears for more than 12,000 years and have evolved into what may be the world's largest members of the species. The 3,000 bears in Kodiak National Wildlife Refuge can reach 10 feet tall and weigh 1,500

"Every native culture in North America has myths and legends about the bear, many of them tributes to wisdom and strength," writes author Kim Heacox.

pounds. The largest known Kodiak weighed 2,500 pounds. Such a find only adds to the legends that surround these creatures.

"Every native culture in North America has myths and legends about the bear, many of them tributes to wisdom and strength," writes Heacox. "The bear is good to talk with," say the Yup'ik Eskimos. 'If the bear wanted to speak with you, all it needed to do was remove its mask and there beneath was a human.' "

That day on Alaska's Windham Bay was my most personal encounter with a bear. I don't recall the animal removing its mask or speaking with us, Yup'ik style.

Yet, this brief encounter has become as distinct in my memory as almost any other moment in my life. ▲

Eric Lucas is a contributing editor at Alaska Airlines Magazine.

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February 2015

Spokane

A Special Section of Alaska Airlines & Horizon Edition Magazines

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Cover: Rowing on the Spokane River, Spokane, Washington. Photo by **Young Kwak / The Inlander**.

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Spokane Essentials

TOP SITES IN THE LILAC CITY **By Cheryl-Anne Millsap**

When my husband changed jobs and we moved our family to Spokane in 1999, the shift was about more than a career change. Like many others who make their way to the Inland Northwest, we came here to experience a particular way of life—drawn by the location and landscape, by the tall ponderosa pines that grow on the hills and plains, by the rolling wheat fields and undulating terrain of the nearby Palouse, by the city's proximity to beautiful public lands. After more than a decade of living in the area, we still appreciate the city's attractions and the allure of the lands around it. Whether you're visiting the area for the first time or reconnecting with a place you love, there are many sights to see. The following are a few that speak to the essence of Spokane.



Riverfront Park

The park at the center of it all provides a good introduction to the modern history of the Lilac City. Riverfront Park straddles the Spokane River and forms a boundary between north and south neighborhoods. The park was the result of a monumental reclamation effort to create the city's site for Expo '74, and it has become a vital 100-acre urban green space. Pedestrian paths crisscross the river over footbridges. The area that surrounds the iconic Clock Tower—the only building remaining from a 1900s train station—has become a popular picnic spot and concert venue. Families flock to the historic Loeff Carrousel in summer and enjoy the Ice Palace skating rink in winter. Spokane was born around the river, the place where Native tribes gathered and fished. Today Riverfront Park sits at the heart of the thriving urban area that was, in 2014, named one of *USA Today's* "10 Best Riverfront Cities."



Spokane River Centennial Trail

This 37.5-mile paved track begins west of Spokane, in the town of Nine Mile Falls. It follows along the river through Spokane's downtown and, eventually, to the Washington/Idaho state line, where it meets the North Idaho Centennial Trail. The trail attracts everyone

from lunch-hour runners and walkers to daylong bicyclists, as well as a few cross-country skiers in winter. To me, a perfect day includes packing lunch, pedaling the Centennial trails to Coeur d'Alene, Idaho, lingering over a picnic at Lake Coeur d'Alene, and biking back to Spokane in the afternoon.

SPOKANE RIVER FALLS Spokane boasts a series of cascades that flow through Riverfront Park and continue to a lower gorge. Particularly in spring, when the river swells with snowmelt, this urban waterway is a spectacular attraction. One great way to take it in is to hop on one of **SkyRide Over the Falls'** lilac-colored gondolas that drop 200 feet into the gorge and provide exceptional views. SkyRide was named one of 12 "Incredible Gondola Rides Around the World" in 2013 by *Condé Nast Traveler*.



INB Performing Arts Center Along with Riverfront Park, another legacy of Expo '74 is the former Spokane Opera House, now known as the INB Performing Arts Center. The 2,700-seat hall overlooks the Spokane River and is the site of concerts and live performances by nationally and internationally known performers. The INB is also the site of Spokane's *Best of Broadway* series, which brings Broadway shows and other notable productions to the Inland Northwest each year.

The touring hit musical Mamma Mia! will be at the INB March 20–21.



MANITO PARK This is where I take friends and family when they visit. The 90-acre park, with its gardens, trails, ponds and playgrounds, was created in 1904. It quickly became a jewel of the city. Surrounded by wide

boulevards and historic homes, the park draws people of all ages. In summer, the rose garden perfumes the air and is the setting for weddings and family photos. Friends gather at Park Bench Cafe and enjoy live music.



Cork District

With Spokane's proximity to the premier vineyards of Eastern Washington, it's no surprise that the city has a robust wine industry. The Cork District includes 15 award-winning wineries and tasting rooms, most within walking distance of one another. Annual events include ValenWine (February), Spring Release (May) and Holiday Wine Weekend (November). One of my favorite places to unwind during summer is Barrister Winery's courtyard. Alaska Airlines passengers pay no tasting fees at Cork District venues (and several others in town) when they present, within 48 hours of arrival, their boarding pass with Spokane as the final destination.



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KALISPEL TRIBE OF INDIANS

River Park Square When the downtown mall, anchored by Nordstrom, was built in 1999, it changed the face of Main Avenue in Spokane. River Park Square is directly across from Riverfront Park and Spokane's landmark Art Deco city hall. Surrounded by urban lofts, restaurants and boutiques, the mall includes upscale shopping and dining, a 20-screen theater, an art gallery, and Mobius Children's Museum, a branch of Mobius Science Center for kids 8 years old and younger.

Finch Arboretum

The ubiquitous ponderosa pine may be the official tree of the city (as of April 2014), but there are many additional trees to be found in the area, especially at this park. Situated along Highway 90, between the airport and downtown, the Finch Arboretum encompasses 65 acres planted with more than 2,000 labeled trees and plants, and serves as an outdoor classroom that offers seasonal activities. It is an excellent place to wander and reflect.



Kendall Yards This contemporary multiuse development that opened in 2010 has brought new life to a former industrial site north of the Spokane River. With the number of single-family homes, apartments, condominiums, small businesses and restaurants growing each year, pedestrian-friendly Kendall Yards offers easy access to the Spokane River Centennial Trail and sweeping views of the city's skyline. My ideal Sunday morning is to order a cup of coffee from the walk-up window at chef Adam Hegsted's Yards Brunch on to sip while I stroll from Kendall Yards to the spectacular river overlook at the Monroe Street Bridge. **S**

Travel writer and essayist Cheryl-Anne Millsap lives in Spokane.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Spokane. To learn more about the Spokane area, contact Visit Spokane, 888-SPOKANE; visitspokane.com.



Spokefest.

More Spokane Highlights

SPORTY FESTIVALS

Spokane is celebrated for its outdoor recreation, and it hosts a number of large and distinctive sports events each year.

Bloomsday: Spokane's annual 12k (7.46-mile) run brings about 50,000 runners and walkers to downtown Spokane each May. (May 3, 2015; bloomsdayrun.org)

Hoopfest: Billed as the biggest 3-on-3 street basketball tournament in the world, Hoopfest features around 7,000 teams, 3,000 volunteers, 250,000 players and fans, and about 450 courts spanning 42 downtown city blocks. (June 27–28, 2015; spokanehoopfest.net)

Spokefest: The annual 21-mile bike ride event also has 9-mile and 50-mile options, and a short loop for families with children. (Sept. 13, 2015; spokefest.org)

HISTORICAL SPOKANE

Part of Spokane's downtown revitalization can be attributed to the restoration of landmark buildings and neighborhoods.

Landmarks: Iconic buildings include the 1914 Davenport Hotel, the 1915 Art Nouveau Bing Crosby Theater and the 1931 Art Deco Martin Woldson Theater at The Fox, home to the Spokane Symphony.



Hoopfest.

Neighborhoods: These range from the restored grand mansions of city founders in the Browne's Addition neighborhood to the small-town appeal of the Garland District, the funky vibe of the burgeoning South Perry District and the scrappy-hip legacy of the historic Hillyard District. —C.A.M.



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Creative Attractions

ARTS AND CULTURE FLOURISH IN SPOKANE **By Linda Hagen Miller**

Recently I found myself twirling and laughing through my first-ever square dance. A half-hour before that, I was standing in a circle, holding hands with a bunch of strangers, all of us trying to mimic the dance steps of an energetic young Tibetan man wearing a pumpkin-colored tunic. And before that, I was tapping my toes to Celtic fiddle music. And yet, with more than 100 music and dance performances at the **Spokane Folk Festival** (spokanefolkfestival.org), I managed to take in only a fraction of the attractions.

The annual fall folk festival is representative of the overall arts-and-culture scene in the Spokane area—it offers a tremendous quantity and variety of options. With

more than 1,300 arts businesses employing almost 6,000 people, Spokane County is filled with opportunities. From multicultural events to book fests, museum exhibits, gallery shows and outdoor art walks, the area has many entertaining experiences for residents and for visitors.

On the literary front, Spokane and the Inland Northwest have recently produced and nurtured writers on their way to national prominence. The 2014 PEN/Robert W. Bingham Prize winner Shawn Vestal; *The New York Times* best-selling writer Jess Walter; and award-winning poet, writer and filmmaker Sherman Alexie all have close ties to Spokane and will be featured presenters at this year's

regional literary festival **Get Lit!** (April 20–26; getlitfestival.com).

Since 1998, this literary lollapalooza has brought thousands of readers, writers and poets together to celebrate the printed word. Forty-plus local and national authors will present at Get Lit!, including Vestal, Walter and Alexie, as well as notables such as Walter Kirn, author of *Up in the Air*, the novel that inspired the movie with George Clooney. Walter and Alexie will record an episode of their podcast, *A Tiny Sense of Accomplishment*, at the festival.

From April 18 through July 19, the Northwest Museum of Arts & Culture, in Spokane, will exhibit contemporary art from the Emirates, including Zeinab Al Hashemi's Pearl Tale (2010; above).

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Chronicling the region's past and present, **Spokane-area museums** range from the venerable to the unusual. In Browne's Addition, a five-minute drive west of downtown, you'll find the revered **Northwest Museum of Arts & Culture**, aka "The MAC" (northwestmuseum.org), which documents regional history and people, and features rotating and traveling art exhibits. The touring exhibition "Past Forward: Contemporary Art from the Emirates," will be at The MAC April 18–July 19. The MAC will celebrate its 100th birthday in January 2016.



Top to bottom: Interactive exhibits at Mobius Science Center allow children to explore science in fun contexts; exhibits at the Spokane Valley Heritage Museum include historical photos from the region.

Next door, the historic **Campbell House** (northwestmuseum.org/exhibits/campbell-house) lets visitors tour a preserved Victorian mansion, complete with creaky floors, dark-paneled rooms and docents costumed in 19th century styles.

The **Spokane Valley Heritage Museum** (valleyheritagecenter.org), located about 12 miles east of downtown, is a 4,000-square-foot gem that brings to life the valley's agricultural history, Native American heritage and biographies of the region's best-known residents. For instance, visitors can learn about brothers

Luke and Chuck Williams, Spokane Valley natives who invented the lighted time-and-temperature signs now seen on office buildings and bank marquees. Visitors can also stand in a replica of a 1930s kitchen and listen to radio broadcasts from the era.

Kids rule at the **Mobius museums** (mobiussspokane.org). Located in the lower level of River Park Square (the city's premier downtown high-rise shopping hub), **Mobius Children's Museum**, for children up to age 8, encourages curiosity with dress-up clothes, miniature stores, the chance to pet reptiles and more. At **Mobius Science Center**, which is across the street (but expected to move this year to another downtown location), older kids and family members delve into exhibits so fun that the youngsters might not even realize they're learning about subjects such as gravity, dinosaurs and biology.

Spokane's **First Friday** events (downtownspokane.org/first-friday.php), on the other hand, are for grown-ups. Art fans



Questions for Jess Walter

Writer Jess Walter is a little like Spokane, the town he calls home: approachable and unpretentious. Yet he has several prestigious awards to his credit: *Beautiful Ruins* (2012) was a No. 1 *New York Times* best-seller and *Esquire's* Book of the Year; *The Zero* (2006) was a finalist for the National Book Award and the PEN Center Literary Award. Despite the acclaim, Walter has stayed true to his roots in Spokane.

Q: Why do you live in Spokane?

A: Originally, I stayed in Spokane for family, but more and more I feel, as a writer, like this is the terrain I'm comfortable coming back to. And Spokane has become such a great, livable city. ... I'm inspired and defined by the place where I grew up, by the natural beauty and the lack of pretense. Spokane is thriving in a way that my friends and I used to wish for. Now my wife and I joke that there are too many great bands, too many literary events, too many restaurants opening. And why can't I find a parking place right in front of the place I want to go? It's a really great place to be 25 now—or 50, for that matter.

Q: What's your home office like?

A: My desk is an antique with bookshelves built into the side. I've turned the drawer over to hold a keyboard. We live in a 100-year-old house, and I work in an apartment above the carriage house. My view is pretty great—Mount Spokane and the Spokane River canyon beyond my house, which is like a wildlife freeway—deer and coyotes and turkeys and

Continued from page S11 Weirdly, the deer have become kind of aggressive. They took over my garden, and now they just stare at me when I walk past them on the way to my office, and one night, during rutting season, a buck protecting his doe sort of advanced on me. It was like being in an M. Night Shyamalan movie.

Q: What are you working on now?

A: Sherman Alexie and I do a podcast together (*A Tiny Sense of Accomplishment*), and we are doing live events this year in New Mexico, in Minneapolis and at Get Lit! in Spokane. I'm working on the next novel and, I suppose, the novel after that. I have a short story coming out in *McSweeney's* and am working on a couple of others. I don't really plan very well my "next" thing. I just write and hope for the best. —L.H.M.

Walter will speak at Clark College (Vancouver, WA, Feb. 11); Whitworth University (Spokane, Feb. 24, Mar. 31); and Get Lit! (Apr. 20–26).

peruse downtown galleries, restaurants and coffeehouses to view local art and listen to troubadours. With 40 to 50 rotating venues scattered throughout town, you have many options to choose from during this year-round event.

The coolness factor of the arts in Spokane is underlined by the city's **performing-arts scene**. Lending support to up-and-coming local artists, **Terrain** (terrainspokane.com) has grown in the last seven years from a loosely structured, itinerant, once-a-year event to an organization with plans this year (in fall) to open its own permanent brick-and-mortar venue for performing arts and visual arts, with an attached arts market.



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I'm always excited to visit the **public art** downtown in Riverfront Park. Over the years, I have found most of the 20 sculptures spread across the park—part of the **Spokane Sculpture Walk** (a brochure is available at visitspokane.com/art). My favorites are *The Joy of Running Together* and *Garbage-Eating Goat*. The former is made up of 40 life-size steel silhouettes in jogging poses at the west edge of the park; the metal goat delights children near the antique 1909 Looft Carrousel. (Place a scrap of paper beneath the craggy critter's mouth and push a button nearby to have the goat vacuum up the trash!)

To read Spokane/Coeur d'Alene Indian author Sherman Alexie's poem *The Place Where Ghosts of Salmon Jump* (1995), you can walk the granite spiral where it's carved in concrete overlooking Spokane Falls. The poem tells the legend of the falls' origin.

The **Rotary Riverfront Fountain**, another popular attraction, sprays gallons of water on giggling kids all summer.

Other nearby statues—of pioneers, a Vietnam veteran, and Spokane astronaut Michael P. Anderson—prompt additional contemplation about the city's history and its vivid arts-and-culture scene. **S**

Linda Hagen Miller writes and blogs about travel from Liberty Lake, near Spokane.

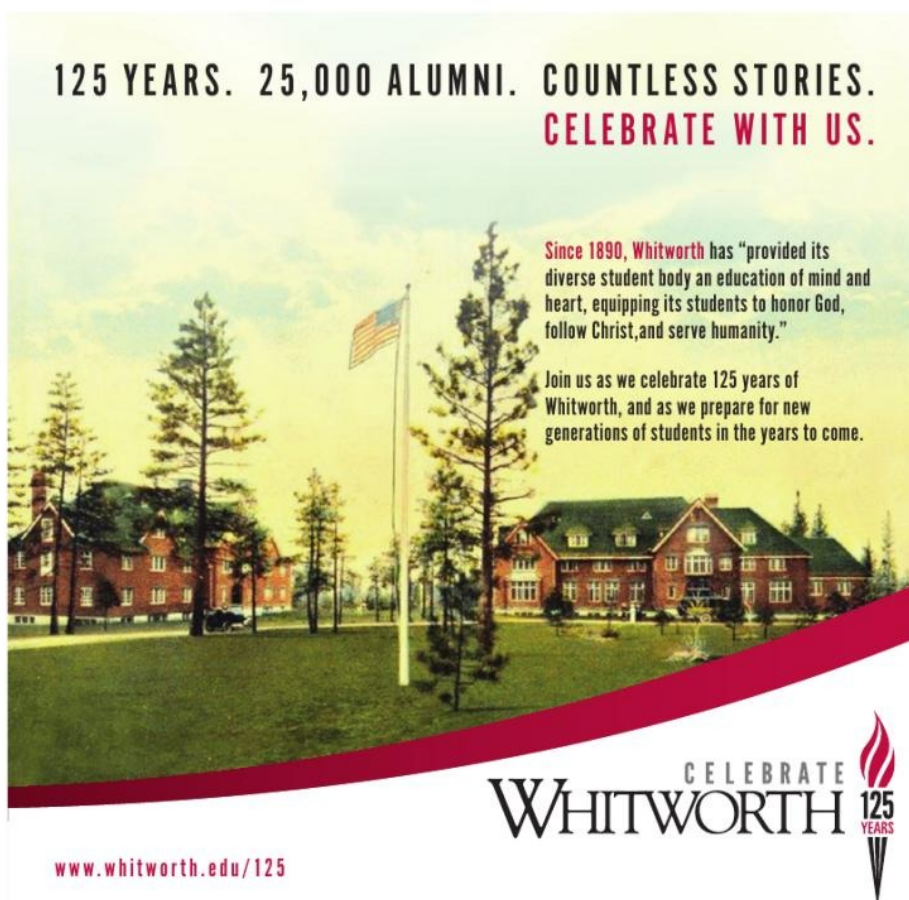
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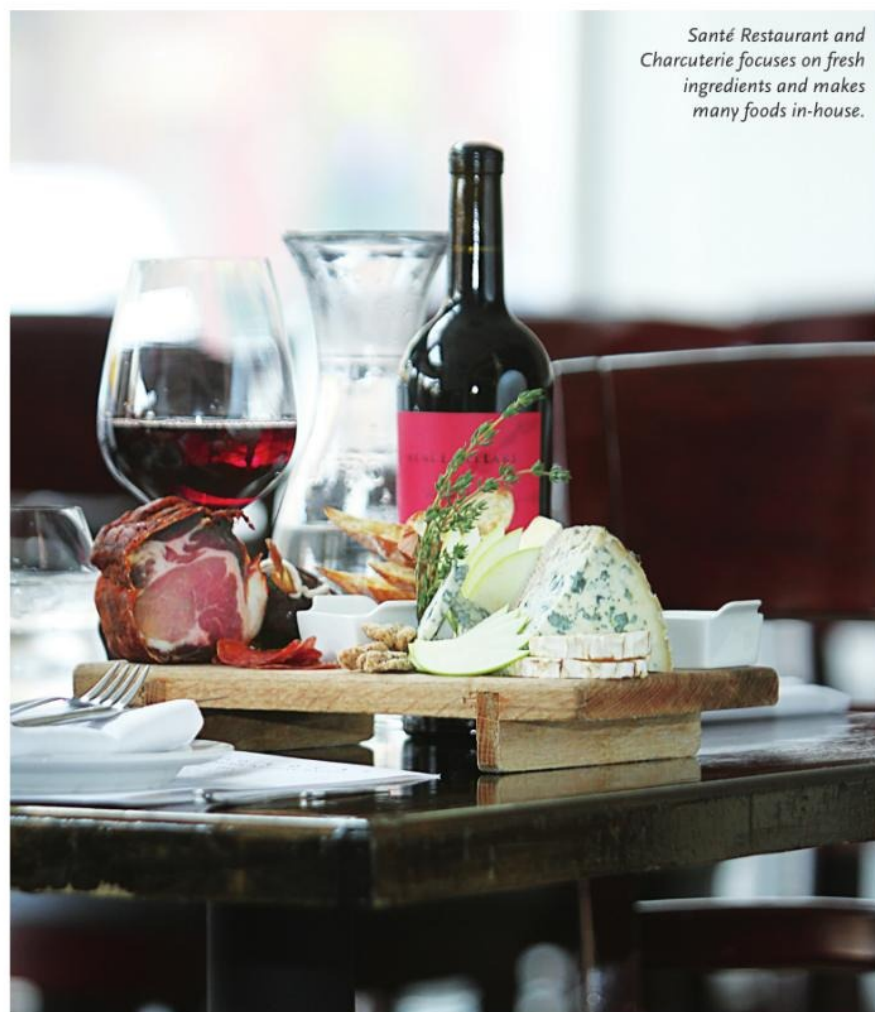
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GREAT SPOKANE DINING EXPERIENCES **By Adriana Janovich**

I'd visited Spokane's Santé Restaurant several times for lunch and cocktails since moving to town about a year ago. But my boyfriend and I had been saving dinner at the sophisticated yet unfussy bistro for a special occasion: my birthday. **When the food arrived**, we lingered over each morsel—from the amuse-bouche at the start of the meal to the chocolate crèmeux with basil ice cream at the end. Three courses and nearly as many hours later, we left happily satisfied, and I vowed not to wait another year before returning for dinner.



Santé Restaurant and Charcuterie focuses on fresh ingredients and makes many foods in-house.

The intimate downtown restaurant with French influences is at the forefront of Spokane's burgeoning culinary scene. Dining experiences in the Lilac City are plentiful and wide-ranging. The overall sophistication edges ever upward, and the options are varied—whether you seek a casual meal or a fine-dining experience.

"Visitors and locals want and expect high-level restaurants," says Cheryl Kilday, president and CEO of Visit Spokane, the not-for-profit corporation responsible for the city's destination marketing. "The growth in our culinary scene is not only good for the palate but great for business throughout the region."

Many of the newer establishments emphasize the use of locally grown and raised ingredients—from farm-fresh fruits and vegetables to herbs, honey and meats.

In the case of Santé, more formally known as **Santé Restaurant and Charcuterie** (santespokane.com; 509-315-4613), the emphasis is on fresh, local, sustainable ingredients and preparations.

"We don't have microwaves. There are no can openers in the house. Nothing comes out of a can, period," says chef Jeremy Hansen, who owns Santé with his wife, Kate. "Everything we put on a plate is made in-house—from our charcuterie and bacon to our soups, crackers, scones, biscuits, breads [and] ice cream."

Tucked inside a historical building and decorated in elegant beige and black, Santé is reminiscent of cafes in Paris. Large windows overlook sidewalk seating and let in an abundance of natural light.

There are fish, poultry and other mains on the menu, but specifics aren't listed, in order to allow for the best of whatever is in



Traditional Italian dishes with a contemporary twist are the specialty of Italia Trattoria.

season. On the night of my birthday, for example, braised elk neck took the place of beef. It was exquisitely prepared and plated, and I didn't have to wonder where it came from. The waiter volunteered that info before I had a chance to ask.

Transparency is important at Santé. So are the partnerships with local farms

listed on the menu. Almost all of the ingredients are produced locally, says Hansen, who is slated to cook for a week in March at the prestigious James Beard House in New York City—for the second time in two years.

Hansen is one of many people raising Spokane's food profile, and Santé is one of



Left to right: Central Food lives up to its name at its downtown view location; Anthony's at Spokane Falls offers river views and fine seafood.



True Brew Masters

It's no accident that Born & Raised IPA bears images of three Spokane landmarks on its label. The Monroe Street Bridge, Riverfront Park Clock Tower and SkyRide gondolas are symbols of the city in which **John Bryant and Mark Irvin** are proud to brew.

The pair partnered in 2012 to put the Lilac City on the map as a destination for craft-beer enthusiasts. They rebranded and expanded Northern Lights Brewing Co., which Spokane native Irvin had started in 1993.

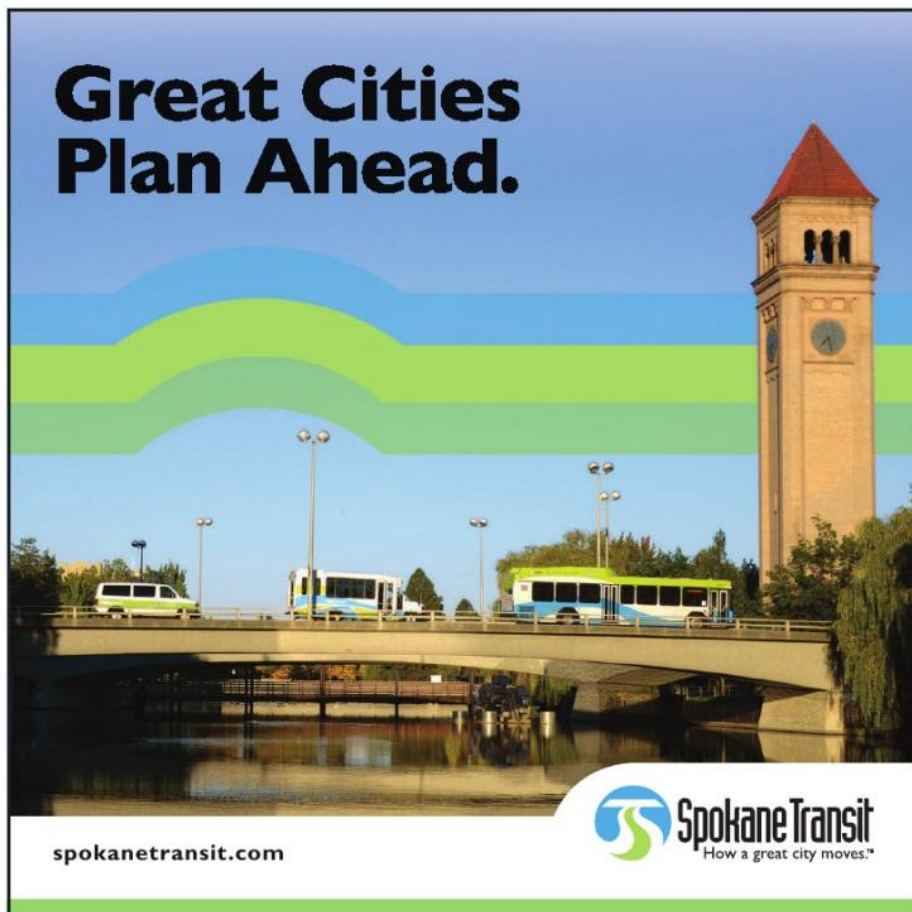
Their **No-Li Brewhouse** (nolibrewhouse.com, 509-242-2739), the oldest operating brewery in Spokane, remains on the forefront of the thriving local craft-beer movement. Located on the banks of the Spokane River, No-Li is home to a new barrel-aging program, a popular small-batch beer fest, a gastro-pub and the federally registered Spokane Style of beer.

"It's really a unique thing," says Bryant of the registered style. "All the beer is made here by people who live in Spokane. And all the ingredients come from within a few hours of here."

For Bryant and Irvin, the authenticity of their craft, and their "fib-free ales," is no lie. —A.J.

No-Li Brewhouse is part of the Spokane area's **Inland Northwest Ale Trail** (inland-nwaletrail.com), which features 27 breweries—up from 16 last year. No-Li brews, along with more than 100 other beers, are also featured at Spokane's **Inland Northwest Craft Beer Festival** (late September; washingtonbeer.com/inlandnwcrafterfestival).

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the numerous excellent options for eating in Spokane.

"The great news for everyone—visitors, locals and food lovers—is that Santé's standard for excellence is shared by so many other establishments," says Kilday.

Following are a few more of the exciting food-and-drink choices in Spokane and its surroundings:

At **Central Food** (eatcentralfood.com; 509-315-8036), chef-owner David Blaine uses herbs and vegetables from the patio garden. He can't source everything from there, so he buys potatoes from Olsen Farms in Colville, north of Spokane, and greens from CasaCano Farms on the city outskirts. Perched on a cliff overlooking the Spokane River, Blaine's restaurant offers spectacular views, along with mains such as Idaho rainbow trout with sage pesto and roasted root vegetables.

In the heart of the historic Browne's Addition neighborhood, **Italia Trattoria**

More Great Dining

- **Anthony's at Spokane Falls** (anthonysons.com; 509-328-9009): fresh seafood and produce from the Northwest; elegant dining and exceptional river views.

- **Churchill's Steakhouse** (churchills-steakhouse.com; 509-474-9888): a taste of Chicago in Spokane; USDA Prime beef; fine cocktails, seafood, desserts.



Churchill's Steakhouse
filet mignon.

- **The Cliff House Estate of Arbor Crest Wine Cellars** (arborcrest.com; 509-927-9463): stunning Spokane Valley views, wine-tastings, concerts.

- **Frank's Diner** (franksdinners.com; 509-747-8798): Eat in a vintage railcar.

- **Mizuna** (mizuna.com; 509-747-2004): vegetarian options with organic produce.

- **Veraci** (veracipizza.com/Spokane; 509-389-0029): fire-roasted pizza, views.

(italiatrattoriaspokane.com; 509-459-6000) offers contemporary takes on classic Italian cuisine. Owners Beth Bowman and Anna Vogel worked for chef Tom Douglas—the renowned Seattle restaurateur who also partners with Alaska Airlines—before starting their own Eastern Washington establishment.

Chef Tony Brown likes to graze. He also gets bored with repetition. So at **Ruins** (facebook.com/ruins.spokane; 509-443-5606), which opened in August 2014 in an Art Deco diner, Brown offers small plates and changes the menu often.

The downtown, booth-lined **Durkin's Liquor Bar** (durkinsliquorbar.com; 509-863-9501) serves craft cocktails and small plates, such as roasted bone marrow and Brussels sprouts with bourbon, brown sugar and sriracha sauce. There are 20 beers on tap upstairs, plus four more at a separate bar downstairs.

Exposed brick walls and wrought iron give **Casper Fry** (casperfry.com; 509-535-0536) an old-time, industrial feel. The restaurant serves Southern-style comfort food year-round, and sources ingredients seasonally from the **Thursday Market in the South Perry District** (thursdaymarket.org; 509-720-8449), which runs May through October in the adjacent lot.

Tucked inside a renovated 1910 bungalow, **Clover** (cloverspokane.com; 509-487-2937) serves European-influenced Northwest fare. It was recognized in The People's Best New Bars 2013 contest by *Food & Wine* magazine.

On Spokane's South Hill, **Luna** (luna-spokane.com; 509-448-2383) offers charming courtyards for alfresco dining, an on-site vegetable garden, an extensive wine list, and light, French-inspired decor.

In the suburb of Airway Heights, at **Masselow's at Northern Quest Resort & Casino** (northernquest.com/resort/dining/masselows; 509-481-6020), operated by the Kalispel Tribe, the modern Pacific Northwest cuisine includes seared

stuffed quail and bison rib-eye steak. Sometimes, in spring, Chef Bob Rogers prepares house-made lilac-flavored ice cream.

With so many tempting dishes and fabulous restaurants available and arriving on the area's culinary map, I will have many to choose from on my next birthday. **S**

Adriana Janovich writes from Spokane about food, lifestyles and travel.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Spokane. For more information about dining in Spokane, contact Visit Spokane, 888-SPOKANE; visitspokane.com.



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A mill for a new century.

When Francis Luerssen III took over as facility technician at the Flour Mill, the 120-year-old brick building was something of a time capsule. Inside was a mishmash of machinery, old and new, cobbled together since renovations began to make it a retail space for multiple tenants about the time of the world's fair in 1974. Air conditioning units had been jammed in windows, and some were run all winter long. Machine timers were simply broken. Components of the HVAC system hadn't been touched in 30 years.

Luerssen found himself in the middle of it all, and he was prepared to take the aging facility into the 21st century—with some collaborative help from Avista. He had his work cut out for him. But as an ex-Navy man, he was used to getting things in shipshape condition.

Over time, he swapped out traditional lighting for LED and compact fluorescent bulbs, upgrading to T8 lamps and electronic ballasts in the

common areas. He mounted light sensors and timers outside and in the restrooms. Plus he installed insulation, included sealing walls penetrated by pipes with expanding foam and fastening weather stripping to all the entrances.

Luerssen's primary focus, however, was the aging HVAC system. He had to loosen valves and repair damper actuators that were stuck open or closed. He rebuilt steam traps,

Pictured above:
Francis Luerssen III
Facility technician
The Flour Mill
(Pictured with Avista Commercial / Industrial
Engineer Bryce Eschenbacher, on left.)

some of which appeared to be of original vintage. And he fixed all the machinery timers, many of which had motor controllers set to hand operation vs. auto or had start-stop pins missing from their timer wheels.



Improved traps no longer let steam escape.

When he correctly aligned all the belt-driven machinery, it paid off with a drop in load.

But the biggest energy improvement with the HVAC system came from incorporating an Alerton(R) direct digital control system (DDC). Installed by ATS Inland Northwest of Spokane, the DDC was a \$20,000 investment.

"[The DDC] really helped everything," Luerssen says. "It gives you a lot of control. It also lets me see a problem from a remote computer."

In place of handset thermostats, the building is now ruled by an always-thinking, always-monitoring digital brain. The DDC system governs when boilers, pumps and chillers turn on and off. Plus, it regulates hot water temperature between floors. This keeps the easily melted goods of the Chocolate Apothecary at a cool 70 degrees while shoppers in the Kitchen Engine enjoy a comfortable 73 degrees.

The amount of control the DDC allowed was extraordinary but Luerssen asked for more. He upgraded to control the hot water circulating pumps so they would turn off based on temperature, not boiler pressure. Now the DDC raises the boiler water temperature as it gets colder outside instead of running at full temperature all the time.

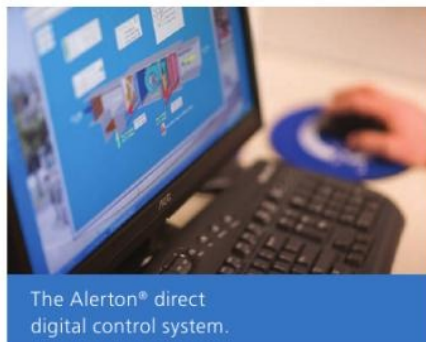
"It's going to make equipment last longer so you're not going to be spending as many man-hours going in and replacing it."

Another encouraging aspect of the DDC upgrade is the lengthened lifespans of the building's machinery. Fans running 24 hours a day before are now on just half the time. And the boiler, which used to run nine hours a day in winter, runs just four and a half thanks to the DDC controlling the boiler's two separate fan coils.

"It's going to make equipment last longer so you're not going to be spending as many man-hours going in and replacing it," he says.

Electrical upgrades have also made a difference, and much of it came down to simply changing light bulbs. 175-watt metal halides were changed out to 26-watt LEDs. LED lights were also installed in the parking lot.

"It's a better light quality, it's instantaneous and I'm never going



The Alerton® direct digital control system.

to have to mess with it again. Those have like 35,000 light-hours," says Luerssen. "The amount of energy they saved us is fantastic."

It's costly to upgrade a building. But for many of his upgrades, Luerssen was able to take advantage of rebates from Avista. And the added efficiency should make everything worthwhile.

Luerssen estimates the boiler upgrades alone will result in

significant savings. The Flour Mill's natural gas costs were reduced by 50 percent. Electrical costs were also cut by ten percent, while adding more load to the system. In the end, these savings can be passed on to tenants by the building's property manager, Kiemle and Hagood.

With help from Avista, Luerssen has transformed a leaky old building



The boiler upgrades alone will result in significant savings.

cobbled together over the years into a 21st-century facility — the envy of any building owner looking to save some money on energy bills. He says any company can do the same.

Avista gives rebates and incentives for energy-efficiency upgrades to many types of businesses and organizations, from retail stores and restaurants to manufacturing plants and municipalities. The energy company's goal is to better manage the region's growing energy needs by promoting ways for its large customers to use less. Those that have participated so far have not only saved energy, but have seen increased productivity and safety and lowered maintenance costs. Avista thinks it's energy well spent.

(For more, visit avistautilities.com/bizrebates)

AVISTA



Walt Worthy.

DAN PELLE / THE SPOKESMAN-REVIEW

Leadership Perspectives

SPOKANE INDUSTRY LEADERS AND COMMUNITY ICONS SHARE THEIR THOUGHTS **By Michael Guilfoil**

Spokane is a city that looks back to its past with respect while looking forward to its future with optimism. Many of the citizens who applauded the restoration of the 1914 Davenport Hotel in the 2000s will soon celebrate the opening of the 17-story Davenport Grand Hotel, which will connect to a newly expanded convention center. Locals also take pride in the legacy of Expo '74 and approved funding to upgrade Riverfront Park, the World's Fair site. Preserving the past while preparing for the future requires entrepreneurs and visionaries working in concert. These pages profile some of the trailblazers who are reinventing Spokane even as they honor the city's traditions.

Walt Worthy

Walt Worthy, who rescued and rejuvenated Spokane's century-old Davenport Hotel, grew up on a Georgia farm "in the back end of beyond," as he likes to say. There were 17 students in his high school graduating class.

After attending Auburn University, Worthy enlisted in the U.S. Air Force. He arrived in Spokane in 1967.

While he was in the military, he also worked at fixing and reselling cars while his wife, Karen, taught first grade. He later launched a construction company specializing in commercial-property development; his playful "Walt Worthy Has Square Feet" banners became ubiquitous.

In 2000, the Worthys purchased the vacant Davenport Hotel—a longtime destination hotel known for its service and refinement—and restored its elegance.

Their latest project—the 716-room Davenport Grand Hotel near the Spokane Convention Center—is scheduled to open this summer.

Alaska Airlines Magazine: How has Spokane changed since you arrived almost five decades ago?

Worthy: The turning point was Expo '74. The World's Fair revitalized a former rail yard along the Spokane River, along with much of the central business district.

AAM: Why did you take on the formidable challenge of restoring and operating a landmark hotel?

Worthy: I was ready for something different, and saw renovating the Davenport as a once-in-a-lifetime opportunity.

AAM: What has surprised you most about this phase of your career?

Worthy: The phenomenal way the community got behind the project and has supported the hotel ever since.

AAM: What can guests anticipate at the new Davenport Grand across town?

Worthy: Much more space—it's a huge building—and a very different decor than our other properties.

AAM: What do you consider the community's strengths?

Worthy: The city's greatest and most under-utilized asset is the Spokane River. Development along the riverfront could contribute immensely to downtown Spokane's economy.

AAM: How do you relax?

Worthy: Strange as it may seem, I enjoy figuring out new projects. Another favorite pastime is visiting restaurants in search of new recipes to offer our guests.

Lisa Brown

Lisa Brown is chancellor of Washington State University's 1,500-student Spokane campus, which emphasizes health-sciences education and research. Among other recent developments, WSU is seeking to create the state's second fully accredited, publicly funded medical school, in Spokane.

Prior to joining WSU in 2013, Brown taught economics at Eastern Washington

University and organizational leadership at Gonzaga University.

She served two decades in the state legislature. In 2005, she became the first woman Democrat in state history to hold the position of Senate majority leader.

AAM: What brought you to Spokane?

Brown: I came here in the '80s to visit friends while finishing my doctorate in economics at the University of Colorado, and I never lived anywhere else. I recognized in Spokane some of the great traits of Boulder, particularly four-season outdoor recreation and an appreciation of the role higher education plays in economic development.

AAM: What is WSU Spokane?

Brown: We're a major component of the city's emerging University District. Our 50-acre campus—on a former rail yard just east of downtown—is home to the colleges of nursing, pharmacy and medical sciences.

The campus's local impact is significant. Since 1994, more than \$200 million has been invested in facilities and biomedical-

plan to train our students in team-based health care. The campus will become even more dynamic as WSU works to create Washington's second public medical school to address looming physician shortages in the state.

AAM: Besides WSU Spokane, how has the city evolved in recent years?

Brown: Spokane's current generation of leaders focuses more than before on emphasizing Spokane's inherent strengths rather than imitating some other place. ... They would rather stay here, start families and businesses, and define the future.

Neighborhoods like the Perry District, Browne's Addition and Kendall Yards have turned Spokane into a walkable, bikeable, affordable, culturally vibrant place to live.

AAM: Do you miss politics?

Brown: Being majority leader was a dream job, but so is being chancellor of WSU Spokane. I work in a stimulating environment with professors doing cutting-edge research and students who want to change the world.



research infrastructure. In the past 10 years we've received nearly \$142 million in health-sciences grants and contracts.

AAM: What's ahead for WSU Spokane?

Brown: We plan to build a health clinic that will house new medical residencies we are developing with community partners, and we

AAM: How do you relax?

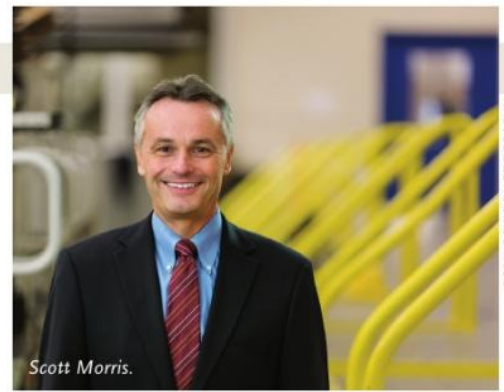
Brown: That's another great thing about our campus—a river runs through it! My boyfriend and I bike, hike and walk the dogs along the river. We regularly check out new restaurants and music venues—especially when my son, a local musician, is playing guitar somewhere.

Scott Morris

Scott Morris heads Spokane-based Avista Corp., which serves about 680,000 electricity and natural gas customers in Eastern Washington, North Idaho, Oregon and Alaska.

Born and raised in Spokane, Morris attended Gonzaga University, where he earned his bachelor's and a master's degree.

In addition to being Avista's board chairman and CEO, Morris is vice chairman of Gonzaga University's board of trustees and current chair of the board of the Federal Reserve Bank of San Francisco, Seattle branch. He has served two terms as campaign chairman for the Spokane County United Way.



DEAN DAVIS PHOTOGRAPHY

Scott Morris.

He and his wife, Liz, have four children and two grandchildren.

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AAM: How has your hometown changed during your lifetime?

Morris: Spokane has always been a family-friendly community, but it has become a destination for bicycling, skiing, fishing, hiking and golf, as well as organized events such as Bloomsday.

AAM: How has Avista evolved since you joined the company?

Morris: We've built on our strengths—trust, innovation and collaboration—and a culture of engagement. We've taken our commitment to customers, employees, investors and the community to a higher level.

AAM: Last year saw completion of the Avista-funded Huntington Park and City Hall Plaza projects. Soon, Mobius Science Center will move into the annex next to the utility's landmark Post Street Substation.

Morris: Making the community a better place has always been in our DNA, going back to 1904, when we helped preserve Manito Park for future generations.

AAM: What goals would you like Spokane to embrace?

Morris: Spokane already has wonderful schools. Avista is working with other partners to leverage that strength by supporting expansion of medical education here and helping create more job opportunities in our community.

AAM: What do you consider the community's greatest assets?

Morris: Our can-do spirit, productive workforce, quality of life and world-class health care. Spokane is a place where an individual or business can make a difference in others' lives.



Phil Haugen.

Phil Haugen

Phil Haugen is general manager of Northern Quest Resort & Casino, the Kalispel Tribe's award-winning property just west of Spokane.

Haugen grew up in Spokane, earned a degree from Eastern Washington University, and spent nine years teaching and coaching high school students.

He began working at the casino as a tribal gaming inspector before rising to executive director of the Kalispel Tribal Gaming Agency. Haugen became Northern Quest's general manager in 2010.

AAM: What are your memories of childhood in Spokane?

Haugen: My family lived on the North Side, when NorthTown Mall was just an open-air plaza. We rode our bikes over there all the time when traffic wasn't nearly as busy as it is now. It's been incredible to watch our community grow and improve, including the revitalization of downtown.

AAM: How has the casino evolved?

Haugen: Our facilities have grown from 50,000 square feet to 750,000. When we opened, we provided 300 jobs. Now we employ 1,500. We're now a destination resort with a 250-room hotel, 14 restaurants and lounges, and a world-class spa.

AAM: How has the casino helped?

Haugen: The Kalispel Tribe was on the verge of bankruptcy in 1998. Many tribal members had almost nothing, and the future was bleak. Thanks to the success of Northern Quest, we've helped save the Salish language, developed education programs, funded roads, infrastructure and law enforcement on the reservations, and created convenient access to a variety of health programs for tribal members and other community residents.

AAM: What goals should Spokane have?

Haugen: I'd like to see Spokane attract more businesses and industries, which would encourage our younger generation to stay in this area after graduation. We need to cultivate the high-quality workforce and amenities that make Spokane such a great place to work, live and visit. **S**

Michael Guilfoil writes weekly business profiles for The Spokesman-Review in Spokane.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Spokane. To learn more about business in the Spokane area, contact Greater Spokane Incorporated, 509-624-1393, greaterspokane.org.

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Dick Hannah



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If your local winter forecast is a daily rerun of cloudy with a 100% chance of perpetual drizzle, a little downhill therapy is the perfect treatment to cure what ails you and get the winter blahs out. Maybe a little unhibernation with a getaway to Idaho for some Vitamin ID can help rejuvenate you. Winters in Idaho are filled with weeks of clear blue skies, great snow and plenty of sunshine. With 18 ski

slopes there are plenty of après ski activities, inside and out, including art galleries, skating rinks, eclectic restaurants, pampering spas and more.

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Mountains above Sandpoint with an average of 300 inches of annual snowfall and a stunning view of Lake Pend Oreille below. Nearby towns of Sandpoint, Priest River and Coeur d'Alene offer overnight lodging, gift shops, galleries, plus restaurants, cafes and bars.

Getting to Idaho for your Vitamin ID fix is easy. Just grab your gear, load up the fam and hit the road or hop on a short plane ride. Get ready to put your tray tables and seat backs



PICTURES COURTESY OF SUN VALLEY RESORT

resorts throughout the state, Idaho offers a range of terrain, pricing and amenities to satisfy everyone's craving for bluebird days and Vitamin ID. And short lift lines mean you can make the most of your winter getaway.

Idaho is proud to be home to the country's first ski resort, Sun Valley, which attracts visitors from around the world. It has a cozy, Old World feel of a European alpine village paired with cosmopolitan sophistication. When you're off the

ranges from upscale on the lake to RV facilities and campgrounds in the pines. A short drive from McCall takes you to Brundage Mountain, packed with powder (320 inches annually) and wide, groomed trails.

To the north, Schweitzer Mountain Resort lies high in the Selkirk

in the upright position for some serious fun.

Escape endless doldrums and leave winter-as-usual behind. One word of caution: Vitamin ID straight from the Idaho mountains may be habit-forming, however side effects are undeniably positive.

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Morningstar Large Cap Value Peer Ranking (based on total returns)

December 31, 2014	1 Year	5 Year	10 Year
BVEFX Percentile Ranking %	40th	28th	9th
Number of Funds in Peer Group	1,290	975	666

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Mountain biking in Riverside State Park is one of many options for outdoor recreation in and around Spokane.

Outdoor Experiences

SPORTS AND RECREATION AROUND IN THE INLAND NORTHWEST **By Derrick Knowles**

I grew up near the Spokane River and still live close enough to catch the scent of willow and cottonwood on a spring breeze and to find the occasional caddis fly flitting through our backyard.

The river is a familiar neighbor. Yet the view of the city's spectacular waterfalls from below the cascades, on a section of the Spokane River Centennial Trail that was constructed just last year, is a sight that can cause even locals like me to stop and stare. I often bike this new section of trail just west of downtown Spokane, and I still find myself marveling at the spectacle of the falls each spring, when they are swollen with snowmelt. For many visitors, a trip to Spokane wouldn't be complete without a bike ride or urban hike on this world-class, urban section of the Centennial Trail.

Yet there are plenty of other activities to explore, as well.

"People who love the outdoors quickly fall in love with Spokane," says Jeanna Hofmeister, chief marketing officer at Visit Spokane. "You have incredible hiking, cycling, whitewater rafting and deep-powder skiing—all these



things along with an annual average of 260 days of sun."

In fact, Spokane boasts terrific golfing, fly-fishing, mountain biking, whitewater rafting, rowing and paddling, all within city limits. The city also hosts some of the finest sporting events of their kind, including Hoopfest (the largest three-on-three basketball tournament) and the Lilac Bloomsday Run, a Spokane tradition.

Biking the Centennial Trail

The **Spokane River Centennial Trail**, a 37.5-mile paved pathway, follows the course of the Spokane River eastward from the Nine Mile Falls area, through Riverside State Park and through downtown Spokane on to the Washington/Idaho state line. At that point, the 24-mile



Top to bottom: Canoeing is one of the many water sports possible in and near Spokane; the Circling Raven Golf Club near Coeur d'Alene, Idaho, is among the many fine courses in the Spokane region.

North Idaho Centennial Trail picks up where its Washington counterpart leaves off, continuing east to Coeur d'Alene.

If you head west from Riverfront Park in downtown Spokane, you can explore the newest section of trail. Bike shops such as Spoke 'N Sport (spokensportinc.net) rent road bikes and mountain bikes downtown.

Leaving the park and the falls behind, the trail continues northwestward along the north bank of the river through the Kendall Yards development, with its restaurants and trailside patios. Farther west, city views give way to neighborhood streets overlooking the river, as the trail temporarily merges with the Lilac Bloomsday Run route, including a section on Bloomsday's famous "Doomsday Hill."

From the bottom of Doomsday Hill, cyclists can cross the river and continue northwest along the Centennial Trail through Riverside State Park, the second largest in the Washington State Parks system. Here you can enjoy fantastic river views and miles of smooth riding. With bald eagles and osprey soaring over the pine-filled river gorge, it's easy to forget that you're only minutes from downtown.

Mountain Biking in Riverside State Park

Riverside State Park also has terrific opportunities for a more rugged form of biking—via its vast network of mountain-biking singletrack. The easiest way to access this network is at the **Bowl and Pitcher area** of the state park (and fit riders reach the park on the Centennial Trail from downtown even before starting in on their mountain biking).

To mountain-bike here, pick up a trail map from the park's ranger station and choose a well-worn trail, following the twists and turns on narrow ribbons of smooth dirt and through occasional rock gardens. Newcomers should know that



An Inland Running Icon

Don Kardong, a former Olympic marathon runner and the founder of one of the largest road races in the nation—the Lilac Bloomsday Run—got his start in running while training for high school basketball.

"I found out that I had more talent for running than I did for shooting hoops," says Kardong, now 66. He organized the first Bloomsday Run in 1977, shortly after running in the 1976 Summer Olympics.

Bloomsday brought to Spokane a race model that was becoming popular elsewhere. The idea of bringing elite racers



The 2015 Lilac Bloomsday Run is scheduled for Sunday, May 3. Visit bloomsdayrun.org.

and citizen runners together in one road race that started and ended in downtown Spokane captured Kardong's imagination: "I thought that was a great concept, and I made that comment to a reporter at the local newspaper. It showed up in headlines, and that started the ball rolling."

Kardong, who serves as race director, has watched the 12k (7.46-mile) local race become a destination event. Of 49,094 registered racers in 2014—split about 50-50 between runners and walkers—nearly 21,000 were from out of the area.

"Spokane has become more and more accessible for running and other kinds of outdoor recreation over the years," says Kardong. "Spokane is a great city, and its real claim to fame is that it's situated for quick, easy access to a variety of outdoor-recreation opportunities." —D. Knowles

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there isn't signage for all of the 50-plus miles of trails in and around the park—which can be a bit disorienting. But with limited elevation gain and mostly non-technical trails, Riverside's novice-friendly cross-country trail system on the edge of a major urban area has few rivals in the Northwest.

Other Great Recreation in or Near Downtown

Many recreation options will help make your next Spokane trips ones to rave about. Heading out on foot from downtown Spokane, walkers can explore the winding paths and bridges with breathtaking views of the Spokane Falls on an urban hike through Riverfront Park and Huntington Park that can range from a few blocks to several miles long.

There are many ways to get out on Spokane's beautiful urban riverfront. **Fly-fishing on the lower river** west of downtown is excellent after peak river flows decline in June. Anglers fishing from shore and from rafts may hook trout of lengths up to 20 inches. Try a guided trip with a local fly shop to improve your odds.

On hot summer days, there's perhaps no better way to enjoy the river than **rowing, tubing, paddling, paddle-boarding or rafting**. Options include the scenic, mellow stretch below the falls; the flatwater section just upriver from downtown that is perfect for paddle-boarding; and the thrilling class III+ whitewater farther downstream of the falls. Several outfitters offer a range of guided trips. In the spring, the Spokane River Rowing Association offers multi-session courses for newcomers to learn the sport on calm sections.

For golfers, getting onto a course couldn't be easier. The Spokane region is home to **33 fine public and private golf courses**, featuring fairways surrounded by stunning natural beauty.

Spokane

Several courses are minutes from the city core, including Indian Canyon, The Creek at Qualchan and Downriver. Choose your course—or destinations for other outdoorsy activities—from the many options at visitspokane.com/things-to-do/recreation.

Outside the City

Spokane's proximity to some of the West's finest outdoor destinations makes the city a **premier gateway to fantastic skiing, hiking and sightseeing locations**. Nearby are the Mt. Spokane Ski & Snowboard Park and 49° North Mountain Resort. The Coeur d'Alene, Idaho, area offers additional recreation opportunities—from mountain biking to hiking, camping, fishing, hunting and more. Spokane is also an excellent launching point for trips to classic destinations such as Schweitzer Mountain Resort, near Sandpoint, Idaho, and Priest Lake, Idaho, in the Selkirk Mountains. Within a drive of about 3 hours is the world-renowned and powder-blessed Kootenay region of British Columbia, with legendary ski resorts and heli-skiing, hut-skiing and cat-skiing operations.

You don't need to leave Spokane to find terrific outdoor opportunities, however; due to the city's great trails, centrally located water sports and spectacular parks, there is plenty to do outdoors without taking a step out of town. **S**

Derrick Knowles is the co-publisher and editor of Out There Monthly, a guide to outdoor adventure, travel and the outdoor lifestyle in the Inland Northwest. He has spent more than 30 years exploring the area's trails, mountains and rivers.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Spokane. For more information about outdoor activities in the Spokane region, contact Visit Spokane, 888-SPOKANE; visitspokane.com.



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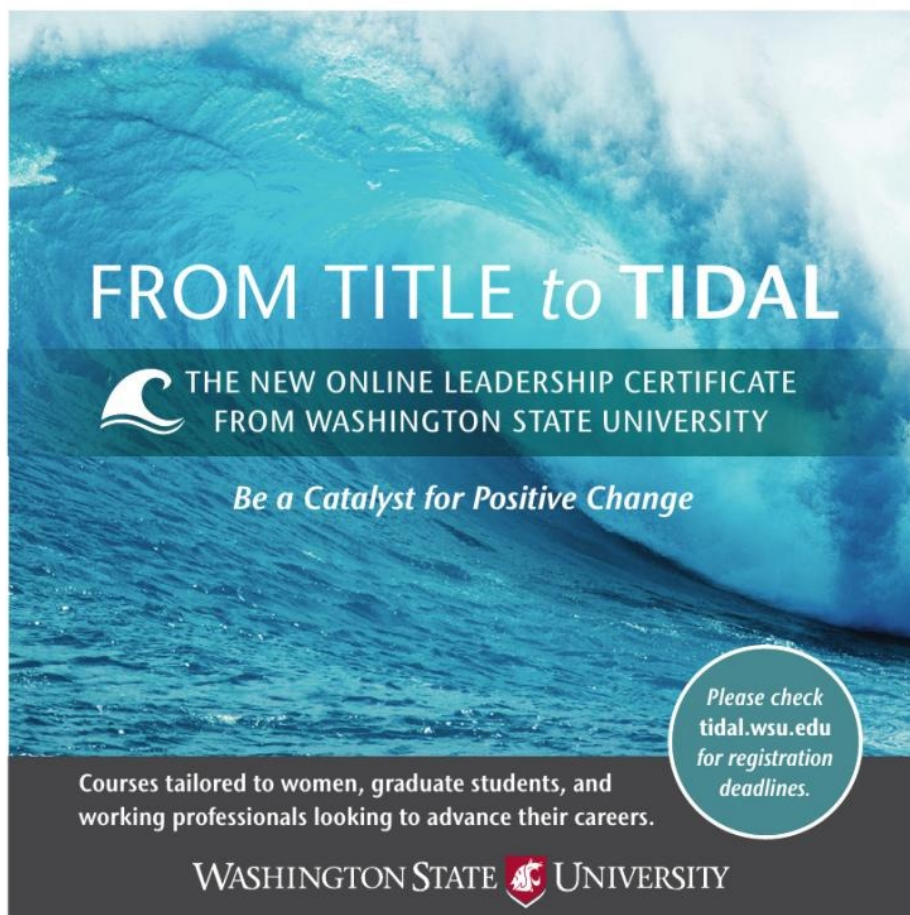


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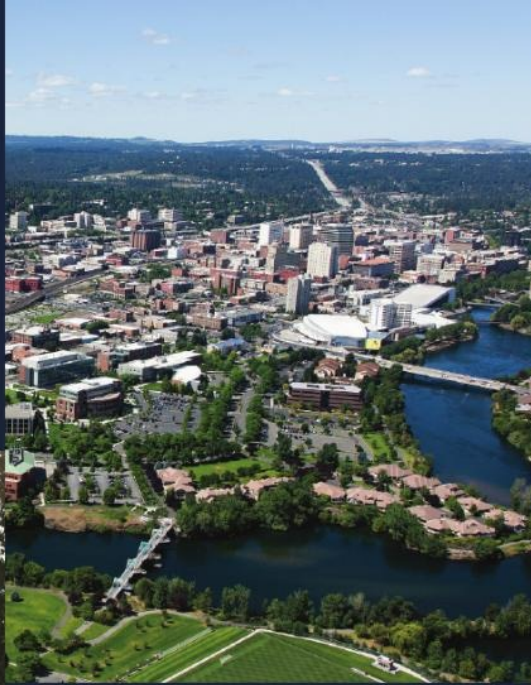
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The Sony Center's neon canopy shelters a popular dining and entertainment plaza.

Cultural Renaissance

Germany's capital is once again an avant-garde metropolis

By Amy S. Eckert

"Berlin is the newest city I have come across," opined a keenly observant world traveler whose remark seems as relevant today as it originally was—in 1892, when Mark Twain visited the German capital. The fact a 123-year-old comment remains germane testifies to this 21st century metropolis's ability to reinvent its dynamic character. ■ More than once, in fact. This is vividly evident near the Reichstag, the

twice-rebuilt German Parliament that anchors a district in which construction cranes are everywhere I look. A 5-story

train station doubles as transportation hub and boutique gallery center. The historic granite-block parliament building itself is

topped by a glistening glass atrium, and the rooftop restaurant is the only such in any world capitol building. Here one can enjoy, by the way, thoroughly modern Germanic cuisine such as braised Wagyu fillet.

It's pretty remarkable for a facility that was largely destroyed by the end of World War II, then rendered useless during a Cold War era in which the city was sundered in two and the capital moved to Bonn. It

Right, the 2014
Classic Open Air
music festival.
Below, *Kitfox
Experimental* by
Roman Signer at the
Kindl Centre for
Contemporary Art.



DAVIDS, COURTESY: CLASSIC OPEN AIR FESTIVAL

returned here shortly after the Berlin Wall fell a quarter-century ago, and the city has been re-establishing its political and cultural leadership ever since. Today, it blends historic character and cultural edginess as well as any city in Europe.

My own visits to Berlin reflect its remarkable transformation from Cold War flash-point to global capital of culture. Sure, I've sampled the popular visitor attractions that focus on the past, such as colorful journeys around the city in antique Trabants, the infamously creaky East German automobiles that have gained retro-chic status. It's no coincidence that this once much-maligned symbol of collectivism has endured as an ironic icon.

Other reminders of the past are common sights: The imposing 1791 Brandenburg Gate, which once languished behind the Wall, is now a hugely popular visitor destination. Close by, the Holocaust Memorial renders silent testament to the Nazi persecution that brutalized Europe; observant visitors might notice the thousands of plaques placed throughout the city marking the residences of Jewish residents who were taken away to Nazi prison camps. A mile away, at Check-



EPA EUROPEAN PRESSPHOTO AGENCY B.V. / ALAMY

point Charlie, the former border crossing between the Russian-ruled sector of East Berlin and the American-controlled sector in West Berlin has become Berlin's favorite photo op (for a fee), complete with two actors dressed as Allied soldiers parading back and forth holding oversized American flags.

Checkpoint Charlie stands in anachronistic contrast to the Berlinische Galerie, another of Berlin's new offerings in modern and contemporary arts. A former glass

warehouse converted to a modern art museum in 1975, the museum has seen several renovations over the years, reinventing itself as often as its home city has. The existing museum building, a contemporary structure of right angles made of glass and white concrete, is currently undergoing yet another modernization



AMPELMANN

Stroll the streets of Berlin and you will encounter the Ampelmann, the uniquely East German figure adorning street crossing signs. The stocky, hat-wearing man was designed by a GDR traffic psychologist just months after the Berlin Wall went up. So popular was he that the little Ampelmann launched his own TV show in 1982, teaching traffic safety to East Berlin's children. Government officials intended to replace the little guy when the Wall came down but East Germans would hear nothing of it, and so he stays, a symbol of Berlin. Visitors will see the little figure on crosswalks as well as on book bags, T-shirts, clocks and even suitcases at Ampelmann shops and a newly opened Ampelmann Restaurant in central Berlin.



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effort that will be completed in May.

When it reopens, its emphasis will be on the polarization and tension that many believe is at the very heart of Berlin's force as an artistic hub. On display will be Berlin-focused works such as drawings by Expressionist Benno Berneis; East European avant-garde sculptures; and postwar architectural photographs comparing the city plans of East and West Berlin.

This adventurous modern culture draws both mainstream travelers and leading-edge artists, professionals and designers who consider Berlin a world cultural capital. January and July bring fashionistas for the city's twice-a-year Fashion Week: Who will the next global clothing star be? February draws 20,000 film industry professionals for the annual Berlin International Film Festival, *Berlinale*, with more than 400 screenings, competitions and international premieres such as the high-visibility *Fifty Shades of Grey*.

Also in June, Berlin—a city given UNESCO's honorific "City of Design" in 2005—celebrates innovation at its annual DMY International Design Festival, which fetes the avant-garde in areas as diverse as contemporary reimagination of Slovakian folk furniture and innovation in LCD imaging technology. The city counts 3,700

Essentially a vast outdoor mural adorning an old stretch of the Berlin Wall, the East Side Gallery includes this depiction of the iconic Cold War auto, a Trabant.

couture houses; and in late 2014, GoEuro pronounced Berlin the "Most Fun City" based on rankings from travel bloggers, tourism offices and travel websites. Berlin also won GoEuro's award for the world's most affordable beer.

Art museums and galleries pop up across the city, some redesigned, others brand new. On my most recent trip to



WHAT TO ORDER

No matter how chic Berlin's dining scene, *currywurst* remains Berlin's snack of choice, available from innumerable food carts. Invented in 1949 using spices obtained from West Berlin's British occupying forces, the *currywurst* is a take-away sausage topped with curry ketchup, most commonly served with a side of fries.

WHEN YOU GO

General Information

For complete travel information, please go to visitberlin.de/en.

Lodging

Westin Grand Hotel Berlin, Friedrichstr. 158-164, westin-grandberlin.com/en. The Grand Hotel opened its doors in 1987 to show off East Berlin's success and prosperity. The Grand remains one of Berlin's most comfortable and impressive hotels, close to public transport and high-end shopping.

Art'otel, Lietzenburger Str. 85; Wallstr. 70-73; Joachimstaler Str. 28-29; artotels.com. Contemporary hotel design and original artworks add a unique sense of style to the hotels in this European chain. Art'otel offers three locations, all close to public transport and fashion, art and festival venues.

Dining

Domklaus, Karl-Liebknecht-Str. 1, ddr-restaurant.de/en. Menu offerings such as Soljanka, a meaty sweet-and-sour Russian soup, and "Fake Rabbit," meatloaf with veggies, recall Cold War cuisine at this restaurant adjacent to the DDR Museum.

Berliner Fernsehturm, Alexanderplatz, tv-turm.de/en. East and West, old and new, all of the German capital lies at your feet from this rotating 660-foot-high dining room atop Berlin's TV tower. Breakfast, lunch and dinner menus range from traditionally German to contemporary Continental.

Dachgarten Berlin, Platz der Republik, feinkost-kaefer.de. Germany's Reichstag is the world's only Parliament building with a public rooftop restaurant. The menu features contemporary German cuisine with a heavy emphasis on local ingredients.

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Berlin, Germany

Berlin I stroll past one of my favorites, the East Side Gallery—actually a massive outdoor mural. An interesting mix of Cold War stodginess and modern edginess unite here at the world's largest open-air art display and the longest surviving stretch of the Berlin Wall. Painted by 118 artists from 21 nations, the vividly colored mural depicts the 1989 fall of the Wall and Germany's reunification a year later. Favorite images include a Trabant bursting through a concrete wall, while in another panel East German General Secretary Erich Honecker and Soviet General Secretary Leonid Brezhnev engage in a passionate, painterly smooch.

Berlin's Kindl Centre for Contemporary Art, which opened last fall, offers year-round opportunities to view modern works within the almost 60,000 square feet of the former Kindl Brewery. Inside the massive concrete Boiler House, where giant vats of barley and malt once steamed, a yellow and red Kitfox aircraft hangs suspended from the concrete ceiling, a series of wall fans spinning the plane. Smaller spaces within the building propel Berlin's creative spirit forward, hosting performances and lectures on topics ranging from experimental music to the future of Berlin's neighborhoods and the art of creating video games.

Berlin's music scene is again at the forefront, too. The Fête de la Musique, which takes place in cities across Germany every year on the summer solstice, includes musical genres ranging from French chanson to jazz, punk, reggae, organ music and "hippie music" on 100 open-air stages in Berlin. August's Pop-Kultur brings concerts and industry gatherings in the area around the city's most popular nightclub, the Berghain.

Classical music reigns during July's Classic Open Air at the elegant Gendarmenmarkt square, a festival featuring opera, classical and jazz performances.

And at Potsdamer Platz, Berlin's entertainment center has reclaimed its 1930s Cabaret-era buzz. In the Jazz Age



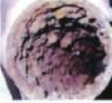

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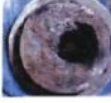

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this was the centerpiece of Berlin entertainment with buzzing nightclubs; the plaza drew such large crowds that the city installed its first traffic signal at one corner. But once the Wall rose in 1961, the square turned into a largely deserted no man's land.

Berlin is fated to be forever becoming, yet never being, according to Karl Scheffler

Today, the huge neon-lit outdoor canopy of the Sony Center dominates the square, shielding restaurant-goers and shoppers from rain and sun. There's little remaining of the wasteland of 25 years ago save a zigzagging cobblestone memorial marker in the pavement, informational displays and a few historical photos of the Berlin Wall. There are also a few lone slabs of surviving Wall. Crowds hurry past them en route to the square's legendary nightlife.

I head for a last dinner in Berlin under the Sony Center's neon canopy, lighting up the nighttime sky in a succession of glowing fuchsia, purple and blue. Live music and the voices of a thousand visitors spill out of the many bars and restaurants. At Lindenbräu I savor roast pork with sauerkraut and potato dumplings, a traditional dinner in a city that has become anything but.

Berlin is fated to be forever becoming, yet never being, observed writer Karl Scheffler in 1910. Today this perfectly expresses the city's ever-evolving, vibrant character. ▲

Amy S. Eckert is based in Detroit.

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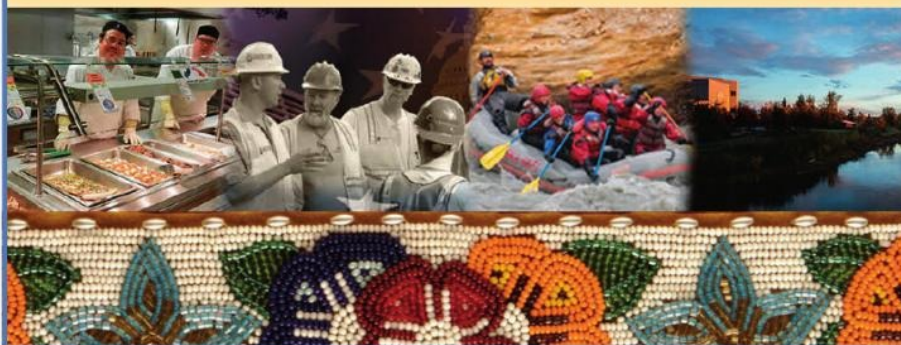
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2015 Volkswagen Golf.



Golf Course

By Bengt Halvorson

More than any other small-car model line, the Volkswagen Golf has stayed its course. ■ The original Golf, conceived as a more modern replacement for the classic Beetle, originally went on sale for the 1975 model year. And over the 40 years since then, a great many small-car nameplates have come and gone, while the few other continuing nameplates, including the Honda Civic and Toyota Corolla, have

evolved to be quite different than their original concepts.

The Golf, on the other hand (or Rabbit, as it's been called, at times, in the United States), is what it's always been—a rather upright compact hatchback, kept thoroughly modern in its features and details.

While the look and format of the Golf are unmistakably familiar, what's under the hood probably isn't. Volkswagen has decided to embrace nearly the entire breadth of modern powertrain technology. Thinking of a diesel, a high-performance turbo model, or even something you can plug in? It's all in the 2015 lineup.

The base engine in the 2015 Volkswagen Golf is definitely a step more sophisticated than what you get in other cost-

conscious compact cars. For the Golf's bargain entry price of just under \$18,000 (in two-door form, or a bit more as a four-door), you get a turbocharged, direct-injected 1.8-liter four-cylinder. It makes 170 horsepower—the same as last year's stan-

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dard (nonturbo) five-cylinder engine—and produces its peak 200 pound-feet of torque at just 1,600 rpm, which is relatively low in the rev band, so it feels like a bigger engine, and you don't need to downshift very much.

Even better, it's smooth and quiet compared to most other smaller four-cylinder engines, and it earns 26 mpg city, 37 highway—that's up to 6 mpg better than the engine it's replacing.

If you're looking for a greener small-car model that emphasizes efficiency, and you're willing to pay a bit more, there are two very different choices in the Golf lineup: the diesel Golf TDI, and the all-electric e-Golf.

The diesel engine is something Volkswagen has been offering for decades, and the company has arguably engineered and refined it to near perfection. In the 2015 Golf, there's a new version of the familiar 2.0-liter in-line four-cylinder turbo-diesel engine. It has a number of mechanical upgrades that make it not only stronger and more fuel-efficient than its predecessor, but also—with the incorporation of an exhaust after-treatment system—about 40 percent lower in its emissions.

The Golf TDI bucks all the old diesel preconceptions. There's not even a hint of soot or fumes when you start it cold, and it settles to a quiet purr once warmed up. Furthermore, it has a much more immediate response to a press of the accelerator than past diesel engines from VW, and it's quicker revving, which made it quite enjoyable to drive with my test car's six-speed manual gearbox.

And the Golf TDI is more fuel-efficient than ever before—to the tune of 31 mpg city, 42 mpg highway by the official EPA figures, or considerably better based on the 49-mpg average I saw in 275 miles of driving on a route that took me on some suburban errands, then from Portland out to the coast and back.

This entire drive, by the way, was achieved in comfort and quiet, in a car that felt perky and responsive, and that included

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an impressive Fender Premium Audio system, heated seats, rain-sensing wipers, a basic but effective Forward Collision Warning system, and adaptive front lighting that helped in corners.

The new 2015 Volkswagen Golf, in base TDI or e-Golf forms, isn't particularly edgy; rather, it's a surprisingly mature, refined small car, with excellent supportive seats, a ride that's firm but controlled and quiet, and quite possibly one of the most precise, best-weighted electric-power steering systems in a front-wheel-drive car.

The Golf has always been on the boxy side for a hatchback, but with the redesigned 2015 version, VW has given the car's silhouette and stance a little more gravitas and elegance without detracting from the Golf's inherent utility.

The interior is surprisingly spacious. Unlike in so many other hatchbacks and sedans today, the roofline doesn't cut downward at the back, and that keeps the back seat useful enough for 6-footers. What's more, seatbacks flip forward, allowing a mostly flat cargo floor and a wide hatchback opening for weekend hauling needs or just stocking up on groceries.

EVEN THOUGH the 2015 model clearly looks like a Golf, every single inch, every contour and nearly every component is different from last year's model. It's the first of many upcoming models from the automaker to use an all-new set of underpinnings. That new platform pushes the wheels farther out to the corners to add space and accommodate the battery packs required by hybrid and electric versions, such as the all-electric e-Golf.

As such, the e-Golf doesn't sacrifice a thing in its packaging or usability—provided you respect its range limitations between charges. With a 24.2-kilowatt-hour battery pack mounted under the rear floor, powering a 115-horsepower electric motor system, the e-Golf has plenty of pep for around-town use as well

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as for short highway jaunts out to the suburbs. It can get to 60 mph in around 10 seconds, or to a top speed of 87 mph.

Driving range, according to official EPA estimates, is 83 miles for the e-Golf—although you're likely to do better than that if you take advantage of this model's Eco and Eco+ efficiency modes. And since those who've previously driven electric cars or hybrids expect less "coasting" than those who are moving from a typical gasoline model, the e-Golf provides three levels of regenerative braking—which affects how aggressively the system recoups energy from coasting and deceleration and stores it back in the battery pack. The e-Golf also uses a heat-pump system to help make cabin heating more efficient during cold-weather months, and it has extra underbody aerodynamic panels to add to efficiency.

With a 240-volt wall-mount charger (or the type of commercial charger that's widely publicly available now in most West Coast cities), the e-Golf charges to full in less than four hours. And with the Combined Charging System (CCS) fast-chargers that are being installed in many metro areas, you can bring the battery up to 80 percent in less than 30 minutes.

For now, the e-Golf is available only in California, Oregon and a few other select markets. Although VW hasn't announced what those markets are, I wouldn't be surprised if they include several metro areas with a lot of electric-vehicle "early adopters," such as Seattle and Atlanta. And the e-Golf could be quite a rival to the Nissan Leaf on a national level.

With the new Golf lineup, Volkswagen becomes the first automaker to offer Americans the choice of a diesel or electric version of the same model.

I recently had the opportunity to drive both models—a production TDI and a prototype version of the e-Golf—back-to-back, and I confirmed that these are two very different, yet both excellent, ways of addressing green-car needs.

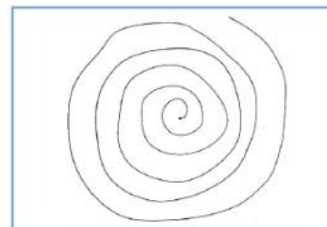
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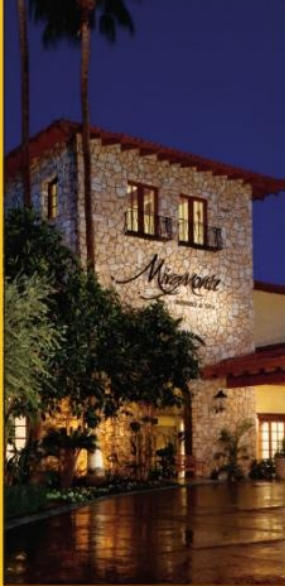
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Going purely by energy used, the e-Golf is more efficient. The all-electric Golf is in its sweet spot at city speeds, and for typical American city and suburban commutes. The Golf TDI gets its best mileage when you're moving a bit faster, making the diesel a great pick for longer freeway commutes or highway trips.

EVER SINCE the early 1980s, when the performance-oriented GTI was added to the lineup, there's been a distinct sporty side to the Golf, too. Today's GTI remains the pick for those who want more of an emphasis on the driving experience—without giving up any of the Golf's comfort or general usefulness.

The 2015 GTI, officially a separate model, gets a 2.0-liter turbocharged four under the hood, making up to 220 horsepower with an available performance pack that also wraps in brake upgrades and a special electronically controlled limited-slip differential that adds enjoyment in tight corners. Just be aware that the ride is quite a bit firmer than in other Golfs.

And there's actually one model higher now in the lineup. If the GTI is the sportiest Golf, then the Golf R is more of a full-fledged performance car, still based on the Golf. With full-time all-wheel drive, a higher-output version of the turbo four, and even more aggressive tuning for the steering and suspension—plus various other upgrades—the Golf R is ready for track time and can get to 60 mph in as little as 4.9 seconds.

Although there's quite the span in purpose from the efficiency-conscious e-Golf and TDI to the extroverted, athletic GTI and Golf R, all of these models have a common core: They're fun to drive, yet versatile and refined. By staying its course, Volkswagen has nurtured the Golf lineup into whatever you want it to be. ▲

Bengt Halvorson is an independent automotive journalist writing from Portland.



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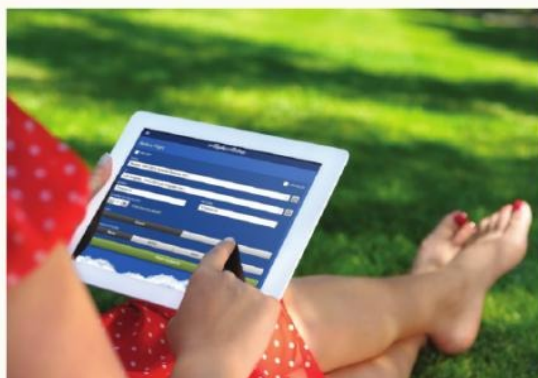
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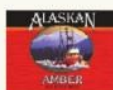


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Dewar's White Label Scotch
Jack Daniel's Black Label
Crown Royal
Courvoisier Cognac
Baileys Irish Cream

Premium Beer \$7 USD

Alaskan Amber
Corona (to/from Mexico)
Kona Longboard Island
Lager (to/from Hawai'i)



Beer \$6 USD

Miller Lite
Budweiser

Complimentary

Coca-Cola, Coke Zero, Diet Coke
Sprite, Sprite Zero,
Seagram's Ginger Ale, Seltzer &
Tonic
Bottled Water
Juices: Orange, Tomato, Cranberry,
Apple and our special blend of
Passion, Orange and Guava*
Bloody Mary Mix
Tazo® Awake® black tea
Tazo® Sweet Orange Hot Herbal
Tea (caffeine-free)
Proudly serving Starbucks®
Pike Place® Roast

*The Meals & Snacks card in
your seatback pocket displays all
our food and beverage options.*

*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.*

** On flights to Hawai'i only.*

Meals & Snacks

FEBRUARY 2015

Signature Fruit & Cheese Platter

featuring
Beecher's Flagship



Alaska Airlines is proud to partner with Beecher's Handmade
Cheese—an urban cheesemaker in Seattle and New York—to feature
Beecher's Flagship in our flyer-favorite **Signature Fruit and Cheese
Platter**. Aged for 15 months, this semi-hard cow's milk cheese has a
robust, nutty flavor and is crafted with the best ingredients available.

Alaska **Beyond**
DELICIOUS

FIRST CLASS

Passengers seated in First Class are always treated to our special brand of customer service. Enjoy our distinctive menus, a dedicated flight attendant, a convenient lavatory and complimentary use of an Inflight Entertainment Player when available.

WINES OF THE MONTH

First Class passengers enjoy fine wines from West Coast vineyards. This month, we're pleased to feature the wines below.



**Chateau Ste. Michelle
Chardonnay
Washington**
Fresh, soft style Chardonnay
with bright apple and sweet
citrus fruit character; subtle
spice and oak nuances.



**Chateau Ste. Michelle
Indian Wells Red Blend
Washington**
Rich, round, powerful style
of Washington fruit; jammy
boysenberry flavors from
the Syrah with a luscious
backbone from the Merlot.

ONBOARD RECYCLING

Please join our effort to reduce
our environmental footprint by
separating recyclable paper,
cardboard, plastic, glass and
aluminum, and passing these
items to flight attendants for
recycling. Thank you.

ALASKA BEYOND™ ENTERTAINMENT

Introducing Alaska Beyond™ Entertainment, which allows you to explore free movies, TV shows and exclusive content on your own device.

MORE THAN 70 TOP MOVIES, INCLUDING:



Birdman
R; 1:19



How to Train Your Dragon 2
PG; 1:42



Gone Girl
R; 2:29

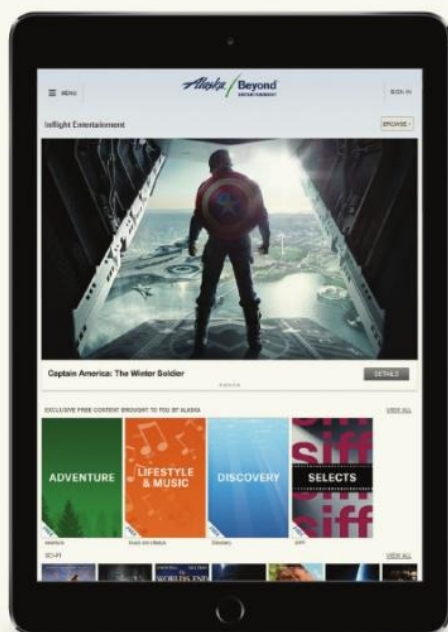


Guardians of the Galaxy
PG13; 2:02

NEW CONTENT PARTNERS



FULLSCREEN



Alaska Beyond Entertainment is rolling out on our 737s—you'll know if it's available by an announcement from our flight team or a card in your seatback. Once your aircraft is at 10,000 feet, here's how to get started:

- 1) **Connect** to the "gogoinflight" network.
- 2) **Launch** your Web browser. *(Internet purchase not required.)*
- 3) **Click on** [WATCH FREE NOW](#). *(Depending on device, you may need to scroll to find the Entertainment section.)*
- 4) **Select** a video and enjoy!

FIRST-TIME USERS:

- 1) **When you select** a movie or TV show, you will be prompted to download the free Gogo Video Player.
- 2) **After download completes**, go back to your browser and enjoy!
(Attention: Apple device users traveling to/from Hawai'i—use home, office or airport Wi-Fi, or your device's cellular connection, to go to the App Store and download the free Gogo Video Player.)

DON'T HAVE YOUR OWN DEVICE?

On longer flights, Windows-powered Inflight Entertainment tablets are available for rent, and offer more than 30 hit movies, 20 TV shows, music, Xbox Games and digital magazines. Available for \$8–\$10 depending on length of flight.



powered by
Microsoft

INFLIGHT INTERNET



Gogo® Inflight Internet is available on nearly all our 737s, including all aircraft flying transcontinental routes.

- Surf the Web
- Check email and access social media sites
- Enjoy free access to alaskaair.com

In the air or on the ground, visit gogoair.com for flexible pricing options. Flight attendants will indicate when Gogo is available.

* Gogo Inflight Internet is not available on flights to/from Hawai'i or when aircraft are flying over Mexico.

U.S., HAWAII AND MEXICO

Alaska Airlines is proud to serve more than 90 locations throughout the United States, Canada and Mexico. We serve many other cities with our codeshare partners, American Airlines, American Eagle, Delta Air Lines and Delta Connection.

On routes that require a connection to one of our partners, we strive to ensure a smooth transition, which includes the ease of purchasing your ticket with just one call or a visit to alaskaair.com, taking care of your bag transfer, and providing assistance at any stage of your journey should you have questions.

What's more, all our codeshare partners are also Mileage Plan partners, allowing generous opportunities to earn Bonus Miles. And with reciprocal elite-status benefits, you can enjoy several enhancements to your journey. Learn more at alaskaair.com.

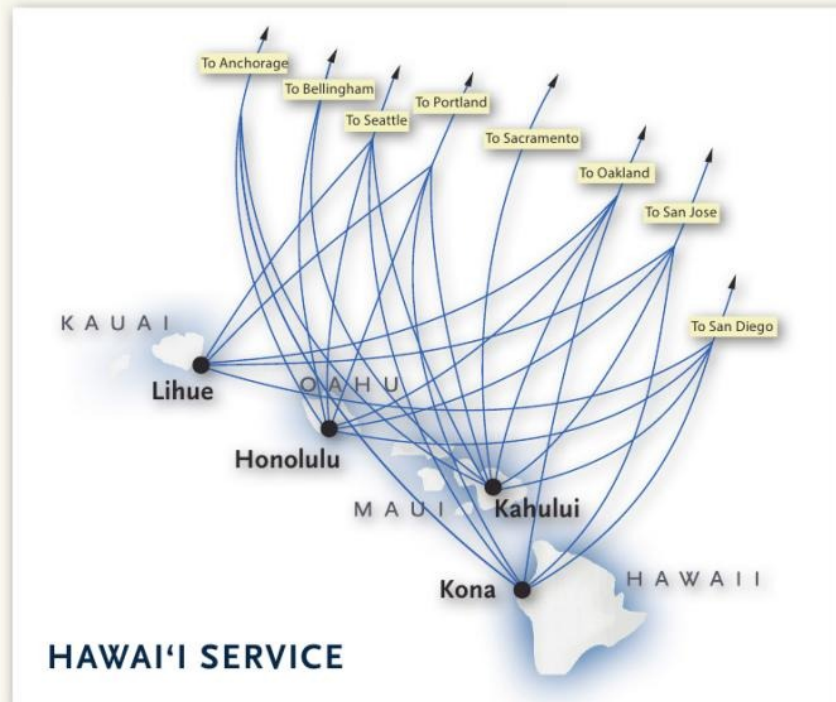
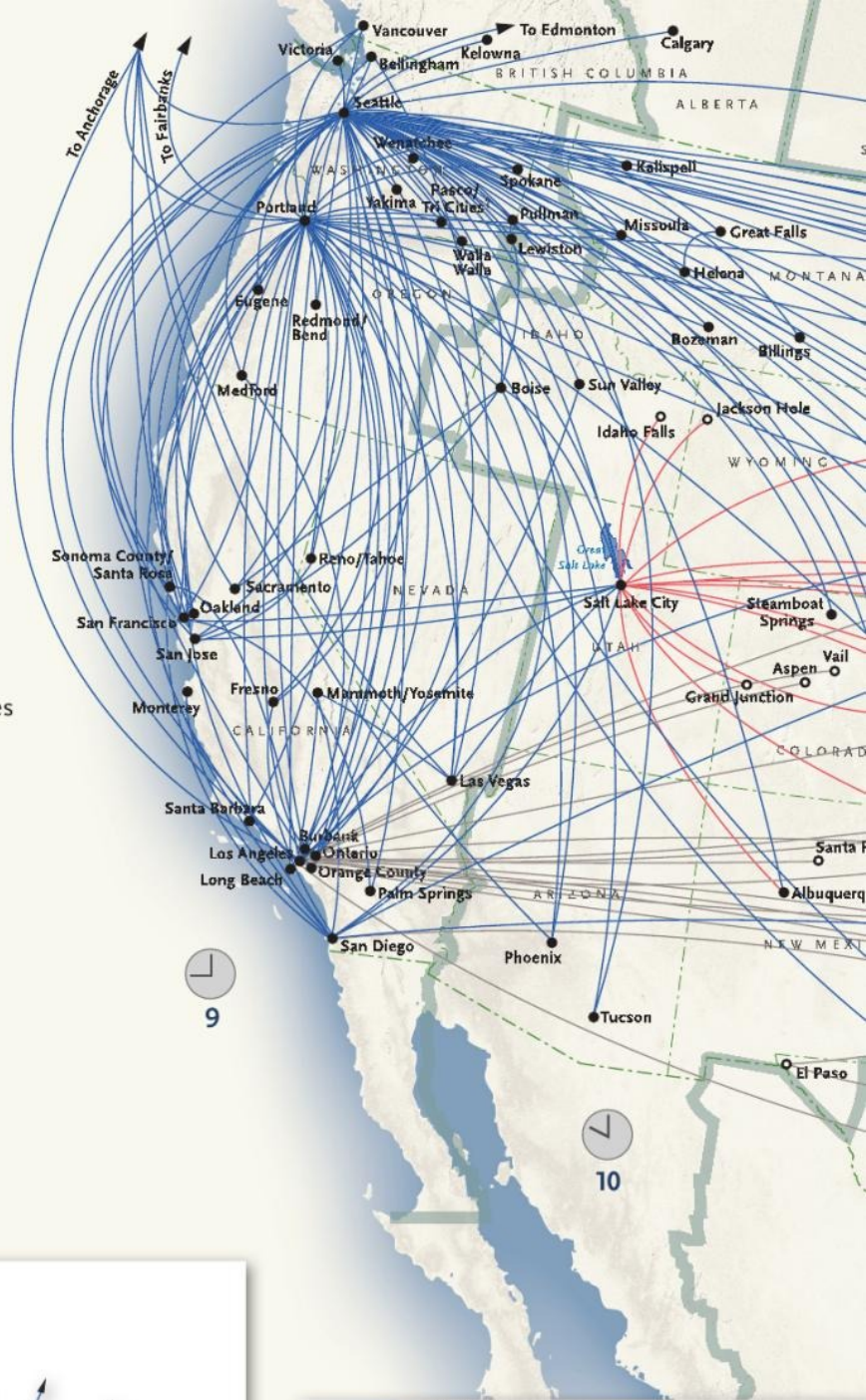
LEGEND

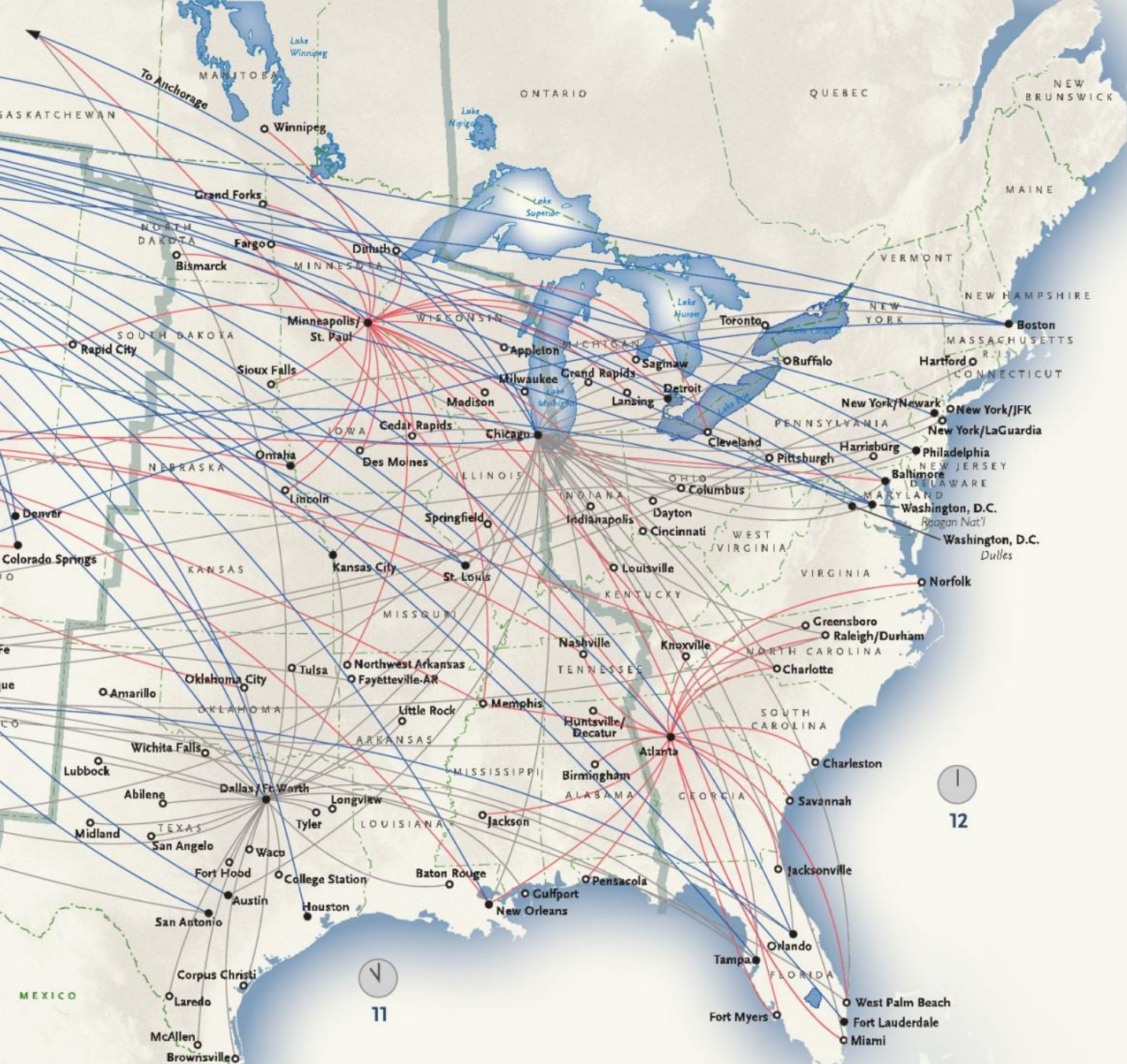
Routes served by:



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

Some routes shown operate seasonally.





U.S. MILEAGE

Between	Mileage
Seattle &	
Boston	2496
Denver	1024
Fort Lauderdale	2697
Honolulu	2677
Los Angeles (LAX)	954
New York City/Newark	2401
Orlando	2553
Phoenix	1106
San Francisco	678
Washington, D.C.	2306
Between	Mileage
Portland &	
Los Angeles (LAX)	834
San Diego	933
San Francisco	550

Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket.

UPCOMING NEW SERVICE

Route	Service Begins
San Diego-Kona	March 5, 2015
Seattle-Washington/Dulles	March 11, 2015
Portland-St. Louis	July 1, 2015
Seattle-Milwaukee	July 1, 2015
Seattle-Oklahoma City	July 1, 2015

ALASKA



ALASKA MILEAGE

Between	Mileage	Between	Mileage
Anchorage &		Fairbanks &	
Cordova	160	Barrow	503
Kodiak	252	Seattle	1533
Fairbanks	261	Chicago	2785
King Salmon	289		
Dillingham	329	Between	Mileage
Bethel	399	Juneau &	
Nome	539	Sitka	95
Kotzebue	549	Petersburg	123
Juneau	571	Yakutat	199
Prudhoe Bay	627	Ketchikan	235
Ketchikan	776	Seattle	909
Dutch Harbor	792		
Seattle	1448	Between	Mileage
Portland	1542	Ketchikan &	
San Francisco	2045	Wrangell	83
Los Angeles	2375	Sitka	185
Honolulu	2776	Juneau	235
Chicago	2847	Seattle	679

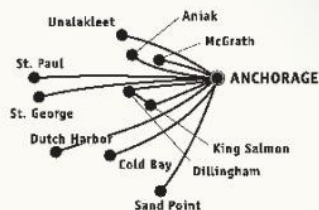
Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

Some routes shown operate seasonally.

† Dutch Harbor–Anchorage service operated by PenAir.

AIRLINE PARTNERS

Make easy connections throughout Alaska with our partner airlines.





Amy, Customer Service Agent, San Francisco

A SU SERVICIO

Alaska Airlines tiene el orgullo de ser la compañía de bandera extranjera más grande que presta servicios con destino a México. Por eso, hemos asumido el compromiso de cumplir nuestra promesa de proporcionar a nuestros apreciados clientes hispanohablantes una experiencia excepcional que, a la vez, sea segura, confiable y llegue a ellos con un servicio genuino y atento. Para atenderle mejor, nuestros productos y servicios se encuentran disponibles en español a través de:

- Centros de atención telefónica de Reservaciones y de Atención al Cliente

- Quioscos de registro del aeropuerto
- alaskaair.com/español
- El editorial mensual del director ejecutivo que se encuentra al inicio de esta revista
- Información sobre las salas de conexión en la página A10
- Información sobre formularios aduaneros e inmigratorios en la página A11

Asimismo, en el aeropuerto o una vez a bordo, nuestros empleados hispanohablantes con gusto le brindarán ayuda. Simplemente diríjase a nuestros empleados sonrientes y cordiales que llevan nuestras exclusivas identificaciones con la leyenda "A su servicio".

OUR BAGGAGE SERVICE GUARANTEE

We're proud to offer a Baggage Service Guarantee. If your baggage is not at baggage claim within 20 minutes of your plane parking at the gate, you're entitled to a \$25 Discount Code for use on a future Alaska Airlines or Horizon Air flight, or 2,500 Alaska Airlines Mileage Plan bonus miles. If we don't meet our 20-minute guarantee, simply see an Alaska Airlines or Horizon Air Customer Service Agent in the baggage claim area for your voucher.

- One voucher per qualified passenger, for one or more checked bags.
- Restrictions apply. See alaskaair.com for full terms and conditions.

A NEW WAY TO GIVE FEEDBACK

Visit alaskalistsens.com at any point in your journey

Alaska Airlines has a new, easy way for customers to provide instant feedback on their travel experiences. At any point in your journey, visit alaskalistsens.com from any device to take a fast, two-minute survey—



even inflight, where access to alaskalistsens.com is free if your flight offers Inflight Wi-Fi. Your feedback will enable Alaska to provide feedback directly to employees you interact with. Give it a try at alaskalistsens.com.

OUR FLEET

Alaska maintains a fleet of more than 125 Boeing aircraft. Our newest, the 737-900ER, features custom-designed Recaro seats and the Boeing Sky Interior, with sculpted overhead bins and mood lighting designed to provide a more spacious cabin experience.



B737-900/900ER



B737-800



B737-400F



B737-400C



B737-400



B737-700



Bombardier Q400
Operated by Horizon Air



Bombardier CRJ-700
Operated by SkyWest Airlines

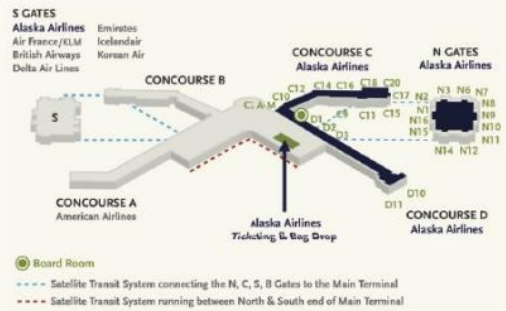
HELPING YOU FIND YOUR WAY

A quick guide to help you make easier connections.

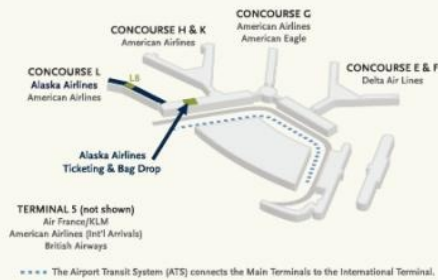
Anchorage International Airport (ANC)



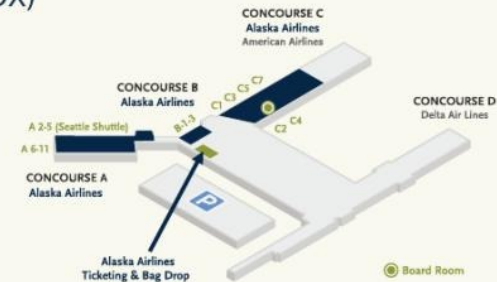
Seattle/Tacoma International Airport (SEA)



Chicago O'Hare International Airport (ORD)



Portland International Airport (PDX)



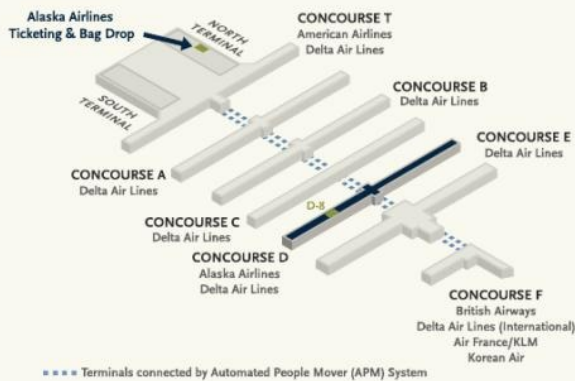
Los Angeles International Airport (LAX)



San Francisco International Airport (SFO)



Atlanta International Airport (ATL)



San Diego International Airport (SAN)



CUSTOMS AND IMMIGRATION

Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building.

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

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption)
- Lines 5, 6—If not using a passport, leave these lines blank
- Line 9—Enter "AS" for Alaska Airlines
- Sign at the "X"

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Línea 5, 6—Si no tiene pasaporte, deje esta sección en blanco
- Línea 9—Use "AS" para Alaska Airlines
- Firme en la "X"

TO CANADA

Flight Attendants distribute a combined Customs and Immigration form during your flight. Prior to landing in Canada, complete this form, which includes easy-to-follow instructions. Completed forms are presented immediately upon entering the International Arrivals building.

Los Sobrecargos distribuyen una forma combinada para aduana y migración. Antes de aterrizar en Canadá, llene esta forma que incluye instrucciones fáciles de seguir. Las formas completas serán presentadas



TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family with same address
- Section 6—It is not necessary to declare medicine for your personal use

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros.

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Sección 6—No es necesario declarar sus medicamentos de uso personal



FMM

Who must complete this form?

All travelers except citizens of Mexico

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México



FEM FOR MEXICAN NATIONALS

Who must complete this form?

Citizens of Mexico

FEM PARA MEXICANOS

¿Quién debe completar esta forma?

Ciudadanos de México (Aun siendo residentes permanentes de EE.UU.)

Datos de ayuda

- Complete una forma por persona. No olvide firmarla.
- Seleccione la opción "Entrada a México".
- En la línea 5 escriba el tipo y número del documento que usará como identificación.



Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

MEXICO STATE CODES

City / State	State Code
Guadalajara / Jalisco	JAL
Ixtapa, Zihuatanejo / Guerrero	GRO
Loreto, La Paz, Los Cabos, San Jose / Baja California Sur	BCS
Manzanillo / Colima	COL
Mazatlán / Sinaloa	SIN
Mexico City / Distrito Federal	D.F.
Nuevo Vallarta, Bucerías and north / Nayarit	NAY
Puerto Vallarta, Mismaloya / Jalisco	JAL

A GUIDE FOR AIR TRAVELERS

The Federal Aviation Administration (FAA) and Alaska Airlines have set the following rules and regulations to assure your safety and comfort:

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.
- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant. No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- During taxi, takeoff and landing, portable electronic devices and headphones may be used. Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Players, etc.
- Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.
- Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal air purifying devices.
- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

IMPORTANT PHONE NUMBERS

CUSTOMER CARE:

800.654.5669
(Mileage Plan, Web Support, Customer Relations)

Toll-Free Reservations

Within the U.S. and Canada:

800.ALASKAAIR
(800.252.7522)

(TTY 800.682.2221)

En Español:

800.858.5525

From Mexico:

001.800.252.7522

Alaska Airlines Vacations:

800.468.2248

USING YOUR DEVICES

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

Allowed on the Ground and in the Air



- › Laptops (must be stowed for taxi/takeoff/landing)
- › Tablets/smartphones (Airplane Mode after door closure)
- › Wireless mouse/keyboard
- › e-readers
- › Media/CD/DVD players
- › Noise-canceling headphones
- › Cellphones (prior to door closure only)

Not Allowed During Flight



- › Voice calls of any kind, including VoIP
- › Devices with cell service enabled
- › AM/FM radios or TVs
- › Personal air purifiers
- › Remote-control toys
- › Electronic cigarettes





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Tundra Tours Inc. invites you to relax at the new Top of the World Hotel, to experience the Arctic on a Summer Day Tour and to enjoy the hotel's restaurant Niġġivikput "our place to eat".





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Puzzle on page 166.



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Renew your sense of adventure while fulfilling your spirit of compassion.

Located in **Barrow, Alaska**, Samuel Simmonds Memorial Hospital is the primary healthcare facility for the North Slope region—an area larger than Washington State that is colored by rich cultural diversity and the beauty of the Inupiat people. And a place where the adventures of the last great frontier are as inviting as the communities under your care.

We look to adventurous and compassionate **Medical, Nursing, Allied Health and Administrative professionals** like you to help preserve the health of our region. We offer highly competitive compensation and benefits, a relocation allowance, subsidized housing; and are an eligible IHS loan repayment site. For more information on Barrow, the North Slope, and the hospital, or to apply, visit www.arcticslope.org.



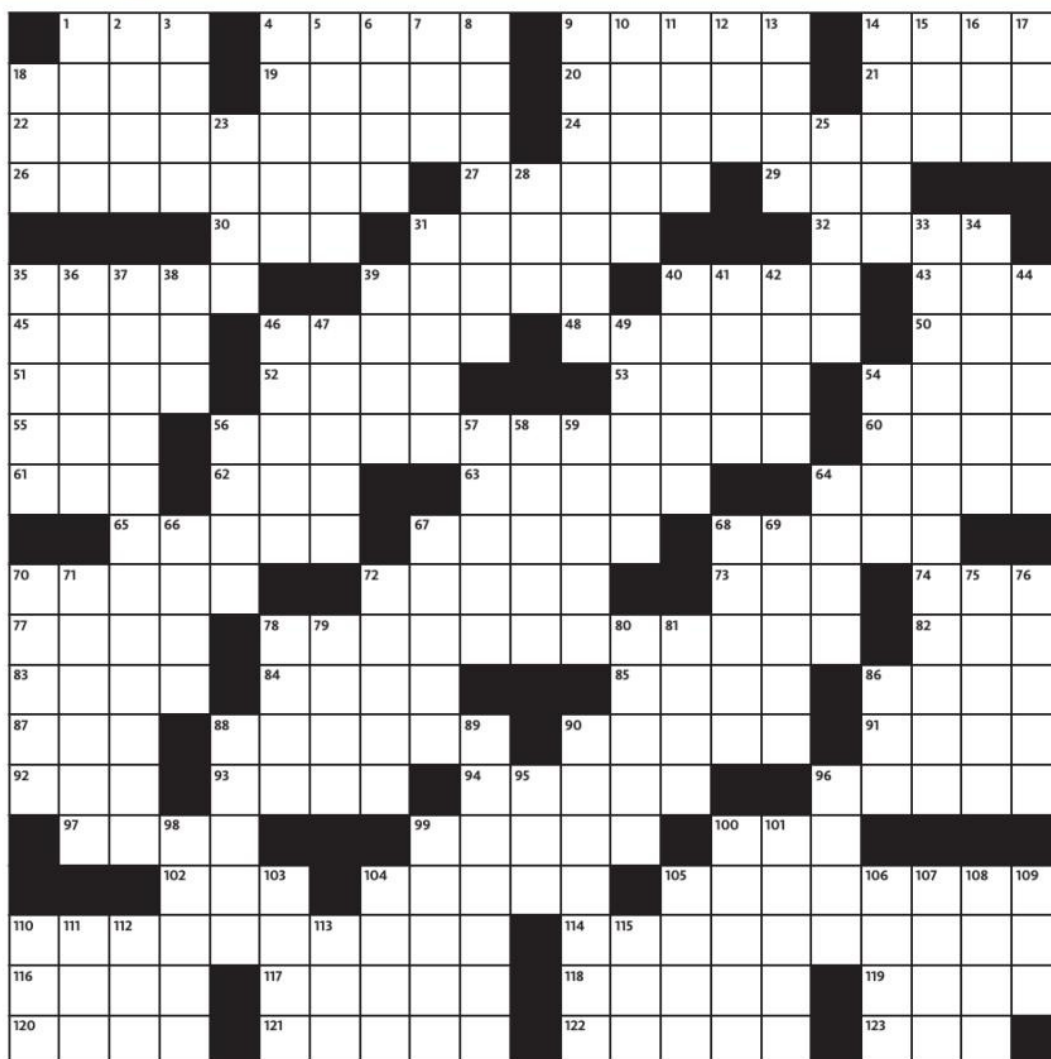
Samuel Simmonds Memorial Hospital
 Arctic Slope Native Association



Embracing the past. Looking towards the future. Together we can heal.

ACROSS

- 1 Remote
4 Files
9 Swindles
14 Infuriated
18 Glen
19 Turn aside
20 Coconut meat
21 Singular
22 Seagoing dugout?
24 Visual subject?
26 Most destitute
27 Prices
29 Charlemagne, to Pepin
30 Computer monitor pt.
31 Tizzies
32 Horse's tresses
35 Schedule
39 Certain Arab
40 Articulate
43 Total
45 Parable
46 Latin year
48 Marsh birds
50 O Sole ____
51 Zenith
52 Laughingstock
53 Seine feeder
54 Society newcomers
55 ____ Speedwagon
56 Forester Rockford?
60 Fashion magazine
61 Piscatory bird
62 Scanner's subj.
63 Botched it
64 Grant's successor
65 Recipient
67 Oktoberfest vessel
68 Pale gray
70 Anwar ____
72 Buenos ____
73 Auricle
74 "____ longa..."
77 Minor Prophet
78 Area bodyguard?
82 Parliament vote
83 Fedora stuff
84 *Vissi d'____*
85 Physicist Murray Gell-____
86 Complacent
87 Shade provider
88 Most sere
90 Player and Busey
91 100 centavos
92 Creek
93 Ayn ____
94 Turin's locale
96 Evils
97 Against
99 Overflow
100 Faldo's org.
102 Hebrew priest
104 Set in motion
105 Most firm
110 Katmandu committee?
114 Supplementary assessor?



- 116 Declare
117 One-celled plants
118 Runs wild
119 Money to Sophia, once
120 Circumspect
121 Brenda or Bart
122 Cries in fright
123 Greek letter

DOWN

- 1 Visage
2 Downwind
3 Peruse
4 Speedster
5 Cease, at sea
6 Posted
7 Expert
8 Chest bone
9 Dundee dog
10 Manages
11 Rental props.
12 Hosp. procedure
13 Pouches
14 Richie Rich's maid
15 Emulate Hammer
16 Silk moth
17 Winter mo.
18 Max ____ Sybow
23 Fastidious
25 The pyramids, e.g.
28 Support
31 Fry
33 Specifically, not clergy?
34 Palatable
35 Rubberneck
36 Intertwiner
37 Nutty Turkish robe?
38 Pipe joint
39 River hazard
40 Drudgery
41 ____ majesty
42 Roman way
44 Gives medicine to
46 Brotherly love
47 Present time
49 Bridge expert

- 54 Cherished
56 Stunted one
57 Backward prefix
58 Ms. Garson
59 Appear
64 Stag
66 Hops kiln
67 Locates
68 Showy bloom
69 Turns a penny
70 More secure
71 Fielding heroine
72 Emoted
75 Apply again
76 Pudding starches
78 Starship hit
79 Emerald Isle
80 Diminutive
81 Grant of films
86 Tunbridge Wells, e.g.
88 Large baboon
89 Sot
90 Art store

- 95 Draw
96 Tease
98 Weepy
99 Discredit
100 ____-cochere
101 Tumbler
103 Yeasty bevs.
104 Ms. Swenson
105 Desist
106 Valley
107 Egress
108 Biological fluids
109 Refrain syllable
110 Slangy negative
111 Topsy's playmate
112 According to
113 Model Carol ____
115 12, to Horace

SOLUTION ON PAGE 165

PennyPress®

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www.PennyDellPuzzles.com



Sparkle and shine this February with a Swarovski® crystal bracelet from Muckleshoot Casino, as we unveil our new and improved gift program. Simply earn 1,500 base points from 6am – 5:59am Mondays – Thursdays to receive your complimentary bracelet, or, redeem 3,000 points for a second bracelet for a loved one—gift wrap included. Outshine the winter blues with this beautiful bracelet perfect for any occasion.

Limit one earned gift and one redeemed gift per guest per day, while supplies last. Must be a Players Club member to participate. Membership is free! See Players Club for details. Management reserves all rights.



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I-5 South to WA 18 East • Auburn Way Enumclaw Exit



2402 Auburn Way South, Auburn, WA 98002
800-804-4944 | muckleshootcasino.com





A brilliant aurora borealis display arcs over Denali and the Alaska Range, viewed from the Chulitna River in Denali State Park, Alaska.

Photo by Carl Battreall / TandemStock.com



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New 2015 Chevrolet Silverado
2500 Crew Cab 4x4 Diesel



DAVE SMITH MOTORS
ONLINE

Shop Online 24 hours a day
at DaveSmiths.com



Choose from over 1,000 vehicles from your computer, tablet
or smartphone. **Why Pay More Anywhere Else?**



Northwest's Largest GM Dealer for
22 consecutive years.



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Is what we offer. Understanding what motivates you and what your goals are. Why you've achieved what you've achieved. What you want next. Caring about what fulfills you, and stewarding your financial assets accordingly.

That is the Laird Norton way.



lairdnorton

WEALTH MANAGEMENT

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Independent and privately owned since 1967.