

Alaska

# BEYOND»

MAGAZINE MAY 2018

## SEATTLE

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region **PAGE 97**

## SEOUL CITY

An intersection  
of ancient and  
modern **PAGE 162**

Alaskan Kikkan Randall  
is an inspiring Olympic  
gold medalist

# KIKKAN'S METTLE



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Portage Glacier





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*Senior Vice President, Hughes Marino*

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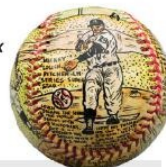
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Alaskan Kikkan Randall shows her Olympic gold.

**Photo by** Marianna Massey / Getty Images.



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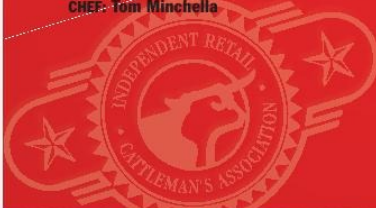
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“I was comfortable being 50, but I didn't want to look “frumpy!” When I was given a choice to celebrate my 50th birthday – a closet makeover or the My Best 10 program – it was an easy decision. I chose My Best 10!”



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## ELISA LOST 22 LBS & 10 YEARS IN 10 WEEKS

I thought I was in good shape for my age. I played on a competitive 4.0 tennis team and was dedicated to my Fitbit, religiously tracking my steps every day. I ate and drank whatever I desired. However, my pant sizes began creeping up and I noticed I was carrying more weight than I used to. I rationalized it was just part of life at 50 years old.

One day I was talking to my aunt, who had been through the My Best 10 program to get more fit and lose a few pounds before having surgery on her back. My uncle, who decided to support her, joined the 20/20 LifeStyles program as well. Both of them were incredibly successful and their looks changed dramatically with their weight loss and increased fitness levels. My aunt mentioned that she wished she had done the My Best 10 program 20 years ago. That got me thinking. She would have been my age if she had done that! I was comfortable being 50, but I didn't want to look “frumpy!” When I was given a choice to celebrate my 50th birthday – a closet makeover or the My Best 10 program – it was an easy decision. I chose My Best 10!

Once I had committed to the program, I was determined to remain dedicated. I decided the investment of time deserved my best effort, so I followed the program and did not deviate. I made a conscious decision that cheating was only cheating myself.

I was surprised by how fast I started seeing results. It was motivating! My stomach started shrinking, my pants got baggy and my face thinned out. My

friends began to notice the changes and their positive reinforcement encouraged me even more.

The way I explain to friends who ask is that the My Best 10 program has a “recipe” with a proven record of success. So it doesn't make any sense to cheat on that. Why would I change a formula for success? I liked what the recipe produced, so I consciously decided not to tinker with it and just follow it as if I was following a recipe to bake a cake. Do each step. Don't deviate. And enjoy the results!

What I'm most happy about? Where do I start? My core strength has improved dramatically. My body fat dropped by double digits and I'm still surprised at how I lost inches from where I most wanted to – my butt and thighs. I had an “a-ha” moment when shopping for a new bathing suit and actually enjoying the experience. I'm most happy that after more than a year, I continue to enjoy a high level of fitness and good nutrition.

Maintaining my success has come easily. The knowledge and habits I gained during the program have become just part of my routine. I reset my “normal” and I couldn't be happier with the results!



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# WELCOME»



*After her fifth Winter Olympics, Kikkan Randall enjoys time in Anchorage with her husband, Jeff, and son, Breck.*

AMERICAN HEART ASSOCIATION GO RED FOR WOMEN



**Brad Tilden,**  
Chief Executive  
Officer

## HOMETOWN HERO

» *This month, we're incredibly honored to feature Olympic gold medal cross-country skier Kikkan Randall. Below, our Regional VP of Alaska, Marilyn Romano, talks about how the local hometown hero has engaged and motivated people throughout the state, and beyond. —Brad Tilden*

Sports heroes often inspire us to be our best—especially when they are from our communities. Alaskan Kikkan Randall's gold-medal performance at the 2018 Winter Olympics in PyeongChang was nothing short of exhilarating. Her smile on the podium during the playing of the national anthem was matched by smiles in living rooms throughout the state of Alaska.

The first time I met Kikkan was actually shortly after the 2014 Sochi Games in which she was projected as the cross-country gold-medal front-runner, but in a tough qualifying event, missed advancing by just five-hundredths of a second. I had the honor of introducing her as the keynote speaker at the *Alaska Journal of Commerce's* annual Top Forty Under 40 event. I was wondering how she was going to address coming up short of her goal. With great courage and grace,

Kikkan taught everyone in that room an incredible lesson in strength, in moving forward and in never giving up on your dream.

Kikkan's life story offers many great lessons. She grew up in Alaska, traversing ski trails in Anchorage at a young age. She trained for not just two, but five, Olympics before medaling. And in 2016, she became a mom, to son Breck. Her journey highlights the drive, perseverance and resilience of a world-class athlete.

But Kikkan is also a world-class person who inspires others to get active. I served with Kikkan as an ambassador for the American Heart Association's 2018 Go Red for Women initiative. Her selfless contribution reminded me how important it is to give back in the communities in which we live.

Last year, Alaska Airlines contributed nearly \$4 million in travel and cash to organizations across Alaska. Much of that has been focused on young people—kids wanting to be like Kikkan. Alaska Airlines' partnership with the Alaska School Activities Association is one example: Students are able to travel to communities across the state—and beyond—to compete in sports, arts and academic programs.



**Marilyn Romano,**  
Regional VP of  
Alaska



## » WELCOME

Likewise, our \$1 million investment in the Alaska Native Science and Engineering Program brings hundreds of students from across Alaska to Anchorage every year for a week of STEM classes. By ninth grade, 76 percent of ANSEP students have achieved an Algebra 1 graduation rate, which far exceeds the national average.

And, in a line of support that's familiar to Kikkan, we are proud to partner with Alaska Pacific University's Nordic Ski Center.

Access to high-level competition is vital to achieving success on the global stage. It's also

important for youth sport teams. We fly to 19 communities—of which only three are accessible by road—where scenery can be beautiful, yet conditions harsh. We are the lifeline, the school bus and the delivery system for everything from boat engines to baby food to cross-country skis. We are an integral part of the aviation infrastructure of the state of Alaska, and our 1,800 local employees take our role in this journey seriously.

Back to meeting Kikkan: I had mentioned to her that if she came home with a medal, I

would hire a personal trainer and kick myself back into shape. I kept that promise, and have worked through the pain of planks and lunges. I will never win a medal, but when I shared with Kikkan that I was fulfilling my promise, she was quick to point out that her gold medal can inspire all of us. I will try to remember that on those days when I find it hard to move.

Congratulations, Kikkan. From Utqiagvik to Orlando, you've made us very proud.

And to all of you onboard today, thanks for flying with us. —Marilyn Romano

## » BIENVENIDO



**Brad Tilden,**  
Jefe Ejecutivo

### HEROÍNA LOCAL

» *Este mes, nos sentimos muy honrados de contar con la esquiadora de campo traviesa Kikkan Randall, ganadora de la medalla de oro olímpica. A continuación, Marilyn Romano, nuestra vicepresidenta regional de Alaska, habla sobre cómo la heroína de la ciudad ha inspirado e involucrado a personas en todo el estado y más allá.* —Brad Tilden

Los héroes del deporte con frecuencia nos inspiran a ser mejores, especialmente cuando provienen de nuestras comunidades. La actuación de Kikkan Randall, originaria del estado de Alaska, en los Juegos Olímpicos de Invierno en PyeongChang en los que ganó la medalla de oro fue muy emocionante. Su sonrisa en el podio cuando se escuchó el himno nacional se correspondía con las sonrisas de quienes la vieron en sus hogares en todo el estado de Alaska.

La primera vez que conocí a Kikkan fue poco después de los juegos de Sochi 2014, en los que se proyectó como favorita para ganar la medalla de oro de campo traviesa, pero en un difícil evento clasificatorio, no pudo avanzar por tan solo 0.05 segundos. Tuve el honor de presentarla como oradora principal en el evento anual de Anchorage de los 40 mejores menores de 40. Me preguntaba cómo iba a tratar el tema ya que no había logrado su objetivo. Con gran valentía y gracia, Kikkan les enseñó a todos en esa sala una increíble lección de resiliencia, de

seguir adelante y de nunca renunciar a su sueño.

La historia de la vida de Kikkan muestra grandes lecciones. Ella creció en Alaska, atravesando pistas de esquí en Anchorage desde pequeña. Se entrenó no solo para dos sino para cinco Olimpiadas antes de obtener la medalla. Y en 2016, tuvo a su primer hijo, Breck. Su trayectoria destaca el empuje, la perseverancia y la resiliencia de una atleta a nivel mundial.

Pero también es una persona que inspira a otros para estar activos a nivel mundial. Trabajé con Kikkan en Go Red 2018 para mujeres embajadoras de la Asociación Americana del Corazón (American Heart Association). Su contribución tan desinteresada me recordó lo importante que es retribuir a las comunidades en las que vivimos.

El año pasado, Alaska Airlines contribuyó casi \$4 millones en viajes y dinero en efectivo a organizaciones en todo el estado de Alaska. Gran parte de esas contribuciones se dedican a los jóvenes y a los niños que quieren ser como Kikkan. La asociación de Alaska Airlines con la Asociación de Actividades Escolares de Alaska (Alaska School Activities Association) es un ejemplo en el que los estudiantes pueden viajar a comunidades en todo el estado y más allá para competir en deportes, artes y programas académicos.

Del mismo modo, nuestra inversión de \$1 millón en el Programa de Ciencia e Ingeniería Nativa de Alaska (Alaska Native Science and Engineering



**Marilyn Romano,**  
Vicepresidenta  
regional de Alaska



Program, ANSEP) atrae a cientos de estudiantes de Alaska a la ciudad de Anchorage cada año durante una semana de clases de ciencias, tecnología, ingeniería y matemáticas (Science, Technology, Engineering and Mathematics, STEM). Para el noveno grado, el 76 por ciento de los estudiantes de ANSEP obtuvieron un nivel 1 de graduación en Álgebra, que supera considerablemente el promedio nacional.

Y algo que sabe Kikkan es que estamos orgullosos de asociarnos con el centro de esquí nórdico de la Universidad Pacífica de Alaska.

El acceso a la competencia de alto nivel es vital para alcanzar el éxito en el escenario mundial. También es importante para los equipos deportivos juveniles. Volamos a 19 comunidades (de las cuales solo tres son accesibles por carretera) donde el paisaje puede ser hermoso a pesar de las condiciones difíciles. Somos la línea de vida, el autobús escolar y el sistema de entrega para todo, desde motores de barcos hasta comida para bebés y esquís de fondo. Somos una parte integral de la infraestructura aérea del estado de Alaska y nuestros 1,800 empleados locales toman en serio nuestro papel en este trayecto.

Volviendo a Kikkan: Le mencioné que, si ella llegaba a casa con una medalla, yo contrataría a un entrenador personal y me pondría en forma nuevamente. Mantuve esa promesa y he trabajado soportando el dolor de los desplantes de pierna y las abdominales. Nunca ganaré una medalla, pero cuando compartí con Kikkan que estaba cumpliendo mi promesa, ella comentó rápidamente que su medalla de oro puede ser la inspiración para todos. Yo trataré de recordar eso en los días en que es difícil moverme.

Felicidades, Kikkan. Desde Utqiagvik hasta Orlando, nos has hecho sentir muy orgullosos.

Gracias por volar con nosotros.

—Marilyn Romano

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A man with a beard and short brown hair is standing in front of a white helicopter. He is wearing a light blue button-down shirt with a chest pocket and dark blue jeans. The shirt is untucked. The helicopter's door is open, and its interior is visible. The background is a bright, sunny outdoor setting.

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# IN THE KNOW»

## WHAT'S NEW: IRISH SKIES ARE SMILING

» **Flights between the Emerald City** and the Emerald Isle are becoming more convenient this spring, thanks to a new partnership between Alaska Airlines and Ireland's Aer Lingus. The arrangement gives Alaska Mileage Plan members more ways to earn and redeem miles to Europe.

Aer Lingus currently serves Dublin from 13 cities in North America, including nonstop from Alaska gateway cities Los Angeles, San Francisco and—starting May 18—Seattle.

"Aer Lingus provides our members even more reach for travel within Europe, with seamless service through Dublin to 24 cities in the U.K. and Europe," says Andrew Harrison, Alaska Airlines' executive vice president and chief commercial officer.

Destinations made more easily accessible to Alaska Mileage Plan members through the new partnership include Amsterdam, Barcelona, Berlin, Brussels, Edinburgh, Frankfurt, Glasgow, London, Paris and Rome.



"We're pleased to join with Alaska Airlines. It's a meeting of like-minded, service-oriented carriers bringing attractive propositions to their respective travelers," says Greg Kaldahl, Aer Lingus' chief strategy and planning officer.

Aer Lingus, founded in 1936, operates 63 aircraft on more than 100 routes to destinations in the U.K., Europe and North America. It is Ireland's only 4-Star airline, as awarded by Skytrax, the international air-transport-rating organization.

Dublin, Aer Lingus' hub, is the capital and largest city in Ireland, and a center for Europe's tech industry. Because Dublin Airport has a U.S. Customs and Border Protection facility, passengers and bags can be cleared in Ireland before departure, with no need to go through customs and immigration upon U.S. arrival.

Alaska Mileage Plan members earn and use miles flying to more than 900 destinations worldwide served by Alaska Airlines and Alaska Global Partners. Learn more at [alaskaair.com](http://alaskaair.com).

## RECENT RATINGS SHOW THE LOVE

» **If reviews of airlines by national publications** and popular consumer websites are any indication, Alaska Airlines' quest to "create an airline people love" is succeeding in 2018.

In March, *Money* magazine ranked Alaska as the best U.S. airline in the article "The 9 Biggest U.S. Airlines, Ranked from Best to Worst." The report assessed airlines based on pricing, fees, customer experience and flight performance, using metrics such as average price per roundtrip flight, average price per kilometer flown and share of on-time arrivals.

Also in March, Alaska was named best airline in the U.S., for the second year in a row, by The Points Guy, a travel site that reaches 5.2 million unique monthly visitors. Alaska scored well in all categories of the review, including best on-time arrival rates, highest customer satisfaction, best baggage handling and a best-in-the-industry frequent-flyer program.

WalletHub—a personal-finance site that also produces data-driven studies and reviews—named Alaska the Best Airline Overall, in its April report "2018's Best Airlines." The assessment used 13 different criteria to review the nine largest U.S. airlines, plus two regional carriers.

For the second year straight, Alaska Airlines ranked No. 1 in the Airline Quality Rating, a study designed as a comprehensive analysis of major U.S. airlines, based on performance factors important to travelers. The report was released in April by researchers at Embry-Riddle Aeronautical University and Wichita State University, and reflected 2017 performance.

Alaska landed at the top of the charts for economy flights in the latest *Consumer Reports* survey, in March. Overall, the survey ranked Alaska second among 11 top U.S. airlines, based on readers' ratings of service, seat comfort, pricing transparency and more. Alaska received favorable ratings for staff service, check-in ease and cabin cleanliness.

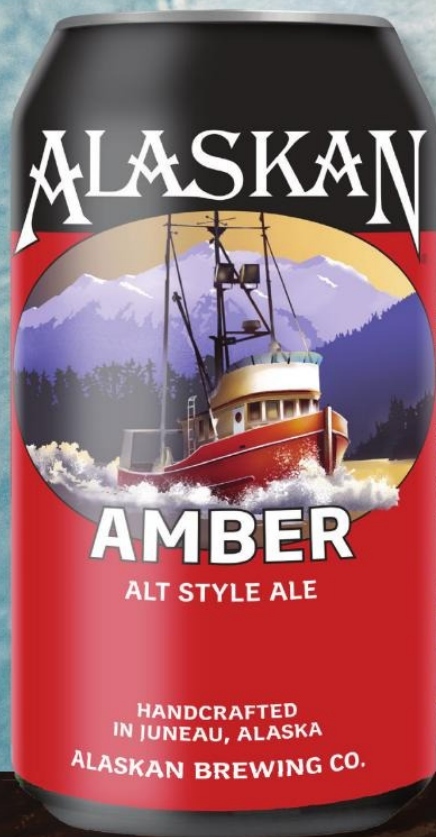
To keep tabs on Alaska's honors, follow [blog.alaskaair.com](http://blog.alaskaair.com). ✈





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## PRIORITIZING KINDNESS

Flight Attendant Donna Arledge is a Legend of Customer Service

» According to Los Angeles-based flight attendant Donna Arledge, the world could learn a few lessons from the people of Costa Rica, a place she flew to on one of Alaska's inaugural flights to the country and continues to enjoy flying to regularly for work.

"So many people I've met there are kind, gracious and thankful," Arledge says.

Many of Arledge's co-workers use similar terms to describe her. And some have taken to calling her "The Mayor" because she has developed so many strong relationships over her 31-year Alaska career—among colleagues as well as among locals in places the airline flies.

Arledge shrugs off the nickname, and she credits any courteous, caring tendencies to her mother, who emigrated from Japan to become a U.S. citizen and who used to get up early to make Japanese delicacies for the crews on Arledge's flights. Arledge jokes that her mom's cooking is one of the reasons other employees originally enjoyed flying with her.

As early as high school, Arledge knew she wanted to work for an airline. Her dream came true when she became a flight attendant for Jet America in 1985. She joined Alaska Airlines when Alaska bought Jet America in 1987.

Arledge says her parents loved to travel, but they couldn't often afford it. So she was excited when she could give them flight benefits.

Another lesson Arledge attributes to her parents are words she still lives by and repeats to her three children and two grandchildren: "My parents said, 'Whatever you pick in life, make sure you love it.' And I really do. I love my job and my entire Alaska family. I'm happy to go to work every day."

Arledge's humility and care for others are why longtime friend Diane Turner Hihara says of Arledge's award, "Donna could have easily been an Alaska Legend for her entire career."

This legendary service continues today. ✈



Donna Arledge.

### QUESTIONS & ANSWERS

#### What do you like most about your job?

It's about the people, and I get the joy of working with my friends. We have something special. We get to make a positive difference in someone's life every day.

#### How do you know when you have made a difference?

When people come off a plane saying, "This is the best flight I've been on!" And I'm sometimes surprised, because I feel we were just nice and kind and doing our jobs. But that goes a long way these days.

#### What is something that people may not know about you?

When I was younger, I learned to dance hula and other Polynesian dance styles.

#### What's on your travel to-do list?

I look forward to traveling to Japan to experience that part of my cultural identity as an adult. I last visited Tokyo when I was 5 years old.

#### What do you pack when you travel?

I'm the worst packer! I bring too much!

### KUDOS FROM DONNA'S CO-WORKERS

"Donna is an incredible part of the Alaska Airlines family, and everyone who gets to work with her knows what a wonderful person she is. ... Her smile is contagious!"

—Larry O.-R., First Officer, Los Angeles

"Who doesn't love Donna? Anyone who hasn't met her yet! She is so deserving. She leads by example!"

—Arlene M., Flight Attendant, San Diego

"Donna embodies the Alaska Spirit intrinsically; it is part of her being. Whether welcoming new flight attendants to our group by taking the time to show the new additions how to provide excellent, efficient, safe, personalized inflight service; or welcoming our guests with authentic, caring service onboard our flights, Donna is always going above and beyond."

—Lynn M., Flight Attendant, Los Angeles, 2016 Legend of Customer Service



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



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## HOLD ONTO YOUR WINGLETS!

Exciting changes are touching down



» Over the last 18 months, we have been on a journey. At Alaska, we love journeys—to Hawai'i, to Mexico, to Boston, to home. There's excitement in the adventure. And even when there's a little turbulence, we work hard to make your flight a great experience. That's why we're delighted to have achieved a point in our integration with Virgin America where your travel with us is more seamless, everywhere we fly. You can now:

- Check in using one website ([alaskaair.com](http://alaskaair.com)).
- Use one mobile app (Alaska's).
- Call one call center (Alaska's).
- Look for Alaska flight numbers.

At the airport, check-in takes place at Alaska ticket counters and kiosks. Regardless of where you're flying, you'll head for Alaska gates.

On the night of April 24, we completed physical changes at 29 airports around the United States and Mexico that were served by both Alaska and Virgin America. The only branding and signage you'll now see is for Alaska Airlines. Signs and screens all changed to Alaska branding at curbside locations, lobbies, ticket counters, gates and baggage areas. While there will be some Virgin America-painted aircraft still flying for a period of time, tickets

will be sold only under the Alaska name.

Alaska Airlines and Virgin America are now one airline—and with our regional carrier, Horizon Air, we're one family, all under the Alaska name and brand. Whether you've flown on Alaska for years, or on Virgin America, or you're new to us, we're proud to be your West Coast airline with great service, low fares and generous mileage awards.

Like most things at Alaska, we do things a little differently—with you in mind.

"We've been working behind the scenes for more than a year, investing thousands of hours of planning, preparation and testing to make sure this transition goes smoothly for all our guests," says Sandy Stelling, who's leading Alaska's transition effort.

Changes come with bittersweet emotions. Just ask Elmer Tosta, a customer service agent who's worked at Virgin America for eight years in San Francisco. He's now an Alaska employee, along with thousands of his colleagues.

"It's a mixture of sadness and excitement. We're optimistic about the future and what Alaska brings to the table," Tosta says. "With strong operational expertise and the service Alaska is known for, we're looking forward to

providing our guests with an even better travel experience. It's going to be very positive."

The new Alaska is more than 23,000 employees strong. We appreciate the infusion of ideas and creativity from Virgin America, and the passion for flying and travel shown by those who've joined us through this acquisition. We're all working hard to continue creating an airline people love.

As you can imagine, fully integrating two airlines takes time. We've already started painting some of Virgin America's Airbus planes in Alaska colors. This fall, we'll begin installing new interiors in these Airbus jets. For a period of time, some guests may board an Airbus plane that has an Alaska exterior and a Virgin America interior. It's expected to take until the end of 2019 for the completion of a single brand experience on all Alaska aircraft.

Our journey continues: painting airplanes, upgrading cabin interiors, installing satellite Wi-Fi and launching new food onboard. We'll keep offering flyers the good stuff, like free texting and movies during flights, incredible service and plenty of hometown pride.

So hold onto your winglets, it's going to be a fun ride. ✈



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## SUCH GREAT HEIGHTS

Alaska Airlines employees show community dedication

By Lora Shinn

» **To train for ascending** Seattle's tallest skyscraper for cancer treatment fundraising, Alaska Airlines First Officer Mike Ritchie loaded his daughter Lilianna on his back and hiked the rocky cliffs of Oyster Dome, just south of Bellingham, Washington. Lilianna was born two years ago, just after Ritchie completed his own treatment for stage IV Hodgkin's lymphoma.

On March 25, 2018, Ritchie and fellow Alaska pilot Steve Jankelson led Alaska's Big Climb team of more than 100 people, including eight fellow cancer survivors in Alaska gear, up 69 flights of stairs at the Columbia Center. The team raised more than \$130,000 to benefit the Leukemia & Lymphoma Society (LLS), whose funding had helped provide Ritchie's treatment. The Alaska Airlines team is one of LLS's top corporate fundraisers and has worked with the charity for 10 years.

Ritchie and Jankelson were each honored in April with the Spirit of Community Caring (SOCC) Award at a luncheon at Seattle's

Museum of Flight. The SOCC recognizes exceptional employees embodying Alaska and Horizon Air's commitment to community, and who consistently volunteer to support charitable causes. Ritchie encourages others to do the same: "Find a cause that stirs emotion for you, and dedicate yourself to that cause. Then find others willing to support and assist you."

SOCC also is recognizing Alaska Airlines Captain (and Santa Helper) Tom Sharkey, who this past Christmas coordinated the holiday shipment of more than 26,000 pounds of toys to 8,000 children in 25 different communities in Alaska, in partnership with the U.S. Marines and Alaska Toys for Tots. Planes landed at many of Alaska's smaller towns, where Santa boarded a snowmobile to deliver bags of toys to places planes can't reach.

Sharkey has worked with Toys for Tots since 1993. In 2006, he joined now-retired Alaska Airlines Captain Rex Grey to deliver toys to children in Adak, a remote island in Alaska's



» **Alaska's 100-plus-member Big Climb team, top, raised more than \$130,000 this year to benefit the Leukemia & Lymphoma Society. Pilot Tom Sharkey, above, helped collect and distribute Christmas toys for 8,000 children in Alaska in 2017.**

Aleutian chain. He has set up collection boxes at the airline's Anchorage base, gathered toys from Alaska employees, and has worked to expand Alaska's toy-distribution system.

Another 2018 SOCC honoree, Angie Marshall, has always shown great dedication to the community and her fellow employees since joining Horizon Air's primary maintenance base in Portland in 1994. The longtime supervisor of the Aircraft Records Department was named a 2013 Horizon Pathfinder, Horizon Air's highest employee honor. She served as the chairwoman for the company's Portland summer picnic and also spent three years on the Rose Festival Committee, an activity she found fun and rewarding. More importantly, Marshall has always had time for others. ✈

» To support Big Climb, go to [bigclimb.org](http://bigclimb.org). To help provide toys during the holidays, visit Alaska Toys for Tots: [facebook.com/aktostfortots](https://facebook.com/aktostfortots).





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## CHASING THE SUN TO MEXICO

» **Cue the mariachis.** This year marks the 30th anniversary of Alaska service to Mexico, whose beaches and margaritas had long been on the bucket lists of Alaska Airlines faithful.

Extending Alaska's West Coast route system south to Mexico also made a lot of sense for an airline that was busy in the summer but looking to keep its planes busier in winter. Mexico would be the airline's first scheduled international destination. For its part, Mexico was eager for new opportunities, especially hosting visitors in its sunny coastal towns.

In 1988, Alaska sent its first flights out of

San Francisco to Puerto Vallarta, and quickly followed with service to Mazatlán. In 1989, Alaska added the burgeoning fishing village/resort community of Cabo San Lucas.

Bruce Kennedy, Alaska's CEO at the time (shown above, center), made a commitment to be on each of the inaugural flights to Mexico to personally introduce the airline and its guests to the new destination communities.

Today, Alaska serves nine Mexico destinations, from metropolitan Mexico City to the seacoast town of Loreto. You can enjoy a story about Puerto Vallarta on page 154. ✈



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## TO MARKET, TO MARKET

The joys of exchanges with local producers

By Tom Douglas

» Strolling through an outdoor marketplace—perhaps arm in arm with your sweetheart or while holding hands with your kids—is one of life's great pleasures. A good outdoor market serves up a sensory smorgasbord of colorful sights, bustling sounds, sweet-bready-savory scents, luscious flavors and even the tactile pleasures of testing produce for ripeness.

Markets are also terrific opportunities to gather fresh ingredients, so I tend to navigate them strategically. It's important to make a full pass through the stalls first, using all your senses to suss out the greatest enticements—such as the aromas of fresh greens and garlic cooking on a hot griddle or the most intoxicating displays of seasonal produce. All the while, you're absorbing hints of who's got the best stuff by observing the lines of people waiting to purchase from each vendor. Only after my first pass do I go back to start exchanging cash for what I feel are the day's finest treasures.

Marketplaces are as old as civilization. The gathering spaces that ancient Greeks called *agoras* often served commercial functions. And today's markets still thrive as meeting places, natural ethnic melting pots, centers of trade and sources of fantastic raw materials you can use to bring home-cooked meals to your family table.

Great markets insist on delivering the very best of the season, and top vendors take tremendous pride in their products. Fishmongers in Seattle, for example, get a tell-tale glint in their eyes when you take their suggestion and buy a pristine wild salmon recently snatched from the chilly waters of Alaska's raging Copper River. And I'll always remember a butcher at a bustling street market in Paris cutting razor-thin raw slices off a top sirloin roast of Charolais beef. He and I sampled one slice after another ... and



*Collecting a basket of fresh goods at a farmers market is a classic experience in any destination.*

then another and another ... as I relished their freshness and realized their absolute need to be on my dinner menu. I bought that beef, and with it the lifetime memory of this grassroots exchange—of making essential human connection over a shared appreciation of food, on a scenic Parisian avenue.

Another elemental connection one makes at an open-air market is to its surroundings. I'd argue that these commercial centers are better for being out in the weather. A rainy, drippy day at Pike Place Market is a revelation of why Seattle's great urban market is the city's veritable heart and soul. Splashing through cobblestone-lined puddles on your trek for a steamy espresso and warm croissant is an experience not to be missed.

Pike Place Market is effectively a neighborhood, too, with more than 75 restaurants above, beneath and around the main thoroughfare of flower stalls, handmade-goods shops and high-season produce stands. Whether you're



## » ON POINT FRESH TAKES

searching for seafood, fresh fruits and veggies, pizza by the slice, floral bouquets, cooking classes or eyeglasses, you'll find it all at Pike Place Market. And a senior center, a child-care provider, low-income housing units and million-dollar condominiums have all risen up within the broader Pike Place Market Historical District that surrounds the 110-year-old market institution.

Newer markets carry on proud traditions, too. Markets such as the one at New York City's Union Square are examples of a certain type of revivalism. Trucks have taken the place of wagons, canoes, donkeys or whatever else would historically have portered valuable products from fields or shores to market. And today, resilient producers still travel in the early morning hours after a harvest, hoping to sell enough of their crop and catch to buy treasures for their own families.

Personally, I love to buy little things that are out of the ordinary, such as a goat's milk pasta I recently found and served along with musky morels, flat-leaf parsley, first-of-the-season sweet peas and a flinty Spanish olive oil. Yes, it was delicious!

I have a couple of key considerations for shopping at a farmers market. First, think about whether you are really looking for "pretty" or "delicious." The prettiest items are not necessarily the tastiest.

This leads me to my second tip about farmers-market shopping: Make friends with your local farmers, fishmongers, butchers and bakers. If you are a regular shopper with them, they will in turn look out for you.

I know it's easier to go to a grocery store, but it's at least 10 times more satisfying to have a regular rendezvous with your local farmers market.

Cheers! ✂

*James Beard Award-winning chef Tom Douglas owns 16 restaurants and eateries in Seattle. He partners with Alaska Airlines to bring his iconic flavors to the inflight experience.*

**"Make friends with your local farmers, fishmongers, butchers and bakers. If you are a regular shopper with them, they will in turn look out for you."**



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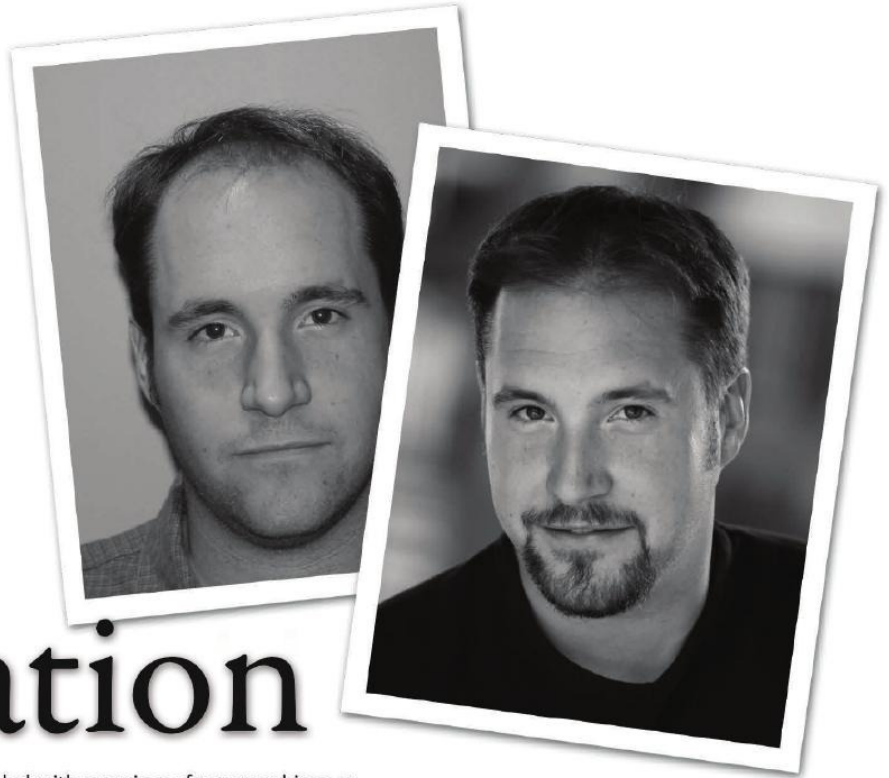
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**Brian O. Goertz M.D.**  
Founder of Hair Transplant Seattle

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

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

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

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

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

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

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



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Vacasa, the largest U.S. vacation rental management company, is redefining the \$138 billion global vacation rental industry one property at a time

The first thing you should know is the scale at which Vacasa operates. Vacasa's family of companies provides full-service property management for over 8,000 vacation rental properties around the world. Vacasa guests enjoy the same hotel-like cleanliness and service wherever they're traveling. Homeowners who work with Vacasa can relax knowing they have a trusted partner whose local teams take care of everything for them.

The second thing you should know is that, as a vacation homeowner, Vacasa guarantees you'll make more money with them. They utilize industry-leading marketing strategies to help every guest find the perfect place to stay, and their machine-learning-driven pricing technology adjusts rental rates in real time so that homeowners never leave money on the table.

"Our transition was absolutely seamless," says Renae Leadley, a Portland-based executive who transferred management of her Maui condo to Vacasa Hawaii in 2017. "In comparison to our previous managers, we noticed a marked difference. Our condo was impeccably cleaned and all the special touches are so professionally done and very welcoming."



Honua Kai Konea 525

## Built on trust

Founded in 2009, Vacasa built a foundation of trust with its customers and quickly began growing its portfolio of vacation homes. Today, the company employs a wide range of staff from local housekeepers and tour bus drivers to software engineers.

Driven by technological advancements, the short-term accommodations sector is growing at twice the rate of the entire U.S. travel industry. For vacation rental homeowners, the process for securing consistent bookings and managing rates has become more complex, increasing demand for a simple, all-in-one property management solution. This is what Vacasa does best.

## Full-service solution

Homeowners who don't want their vacation homes to be their full-time jobs are turning to full-service property managers such as Vacasa, which employs local teams and manages everything from bookings and cleanings to navigating local permits and regulations. "For the first time since we bought our condo, we feel comfortable that it's being taken care of professionally," says Leadley. "It's been such an amazing experience for us!"

Ready for a modern property manager to take your vacation home to the next level? Contact Vacasa today at 808.201.4065



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Sand Harbor—  
Lake Tahoe Nevada  
State Park.

## A LOVE LETTER TO LAKE TAHOE

Writer cherishes childhood memories and adult visits

By Bridget Veltri



» As I drive the sinuous switchbacks of Mount Rose Highway from Reno to Lake Tahoe, my excitement rises with the elevation. I roll down the window to breathe in the brisk pine scent, knowing it won't be long before I can gaze at the beautiful blue waters.

My love for Lake Tahoe is real and deep—maybe deeper than the lake itself. When I was growing up in Reno, we referred to Lake Tahoe as *The Lake*. Located only about 40 miles southwest of Reno, Tahoe was an easy day trip, and many memories were made there. I learned to walk underneath a kitchen counter—holding on to the legs of stools—at our family's Incline Village timeshare condo.

I remember shrieking with delight as a kid while scampering across a bridge over a creek leading to the lake. My grandpa hid underneath the bridge—

growling, and pretending to be a troll.

My friends and I spent hours “fishing” for crawdads off rocks, fashioning makeshift fishing poles out of hangers and attempting to lure the cautious critters with lunch meat.

We also spent time with our noses pressed up against the partition at a local pizzeria, begging for scraps of dough to play with as we watched our pizzas being made.

During my teenage years, friends and I made weekly journeys to Tahoe during the summer to swim, jump off rocks and docks, and gossip about our young lives under the Sierra sun. We found the rocky alcoves of Hidden Beach. We spent our “Senior Ditch Day” at Chimney Beach. We sometimes ended the day on the deck at Jake's On The Lake,



## » ON POINT VIEW

enjoying the alpenglow as the sun set. And we enjoyed multiple meals at a longtime local favorite: T's Mesquite Rotisserie. My mom would often treat my friends and me to special activities at the lake, such as parasailing or a catamaran ride, or watching *Romeo and Juliet* during the Lake Tahoe Shakespeare Festival at Sand Harbor—Lake Tahoe Nevada State Park.

As college students returning during school breaks, we celebrated several Fourth of Julys at Zephyr Cove.

Since moving away as an adult, I've always been proud to bring my friends from San Francisco and other cities to the Reno area so I could show off Tahoe's specialness and beauty—doing essentially the same things I did as a kid and a college student (just less jumping off things and no crowdads).

And even though I'm not a snowskier, I still love Tahoe in the wintertime. Whether there is snow or not—and we always hope there is—I'm happy to bundle up and breathe in the crisp mountain air from the base of the slopes.

While winter's biggest event, New Year's Eve, can be quite a party in many parts of Tahoe, my new tradition is to sit outside by the lake a little bit before midnight, without checking for the time, and listen for the cheers that erupt around the lake as the new year rolls around.

I also like to find a quiet place to enjoy summer evenings by the lake, when the water sparkles and the mountainsides show off their skirts of emerald evergreens.

As with all loves that are true, I'm perfectly content to just sit and gaze at Tahoe, marveling at its natural splendor. We don't need words, as long as we're together. ✈

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

*I've always been proud to bring my friends to the Reno area so I could show off Tahoe's specialness and beauty.*

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Photo: Martin Miller

Jordan Spieth  
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## MONEY-SAVING TRAVEL TIPS

By Johnny Jet

» **My first job** after graduating from college was working as an admissions officer for Marymount College Palos Verdes (now Marymount California University). As you can imagine, our office was on a tight travel budget. But thanks to my college girlfriend, who only traveled first class, I had acquired a taste for the finer things. With my job, I traveled a 26-state territory, including trips to Hawai'i several times a year, but since I couldn't afford luxury travel while on business or traveling on my own vacation time, I had to figure out ways to get discounts.

This was back in the mid- to late '90s, and the introduction of the internet allowed me to find more ways to save money. A lot has changed in two decades, and so have my tips. Here are some of my top tips for saving money while traveling domestically:

■ **Be nice, and ask for the best price.** People want to help good people. If you go into or call a hotel or an attraction and are genuinely friendly and ask how you can get the cheapest price, they might share their insider tips. Usually, those tips can include downloading a coupon or using a certain promo code, but they will let you know.

■ **Search for discounts.** I do this for almost everything I buy, from booking an oil change to renting a car. Just search online for the business or the item, type in either "discounts" or "promo codes," and see what pops up.

■ **Sign up for newsletters and follow brands on social media.** I subscribe to pretty much every travel newsletter out there and follow my favorite brands on social media, because they often release special promotions. Some great deals and tips can also be found from third-party sites. A newsletter I like for travel deals is TheFlightDeal.com.

■ **Sign up for loyalty programs.** Many brands desire repeat customers. If you are willing to spend a minute or two to sign up for loyalty programs, in exchange they will give you perks, such as free Wi-Fi at hotels or other amenities. Always inquire.

■ **Use miles and points.** The way I was able to offset my travel costs, especially the first-class seats, was by using my miles and points. I read all kinds of tips and tricks on how to accrue and maximize my miles and points. It's not very difficult, and spending a little bit of time can mean an extra-comfortable trip.



■ **Sign up for the right credit card.** If you're loyal to one brand, it's usually wise to get their card, as they give you all kinds of perks, such as free checked bags, companion fares and miles for dollars spent. You can learn details about the Alaska Airlines Visa Signature® card, for instance, at AlaskaOffer.com.

■ **Pack light.** Traveling lighter can help you reduce not only airline checked-bag fees but transportation expenses, as well. When you don't have a lot of heavy bags, you can easily take public transportation, which means saving money—and time, if it's rush hour. Many airports, including Seattle, San Francisco, Philadelphia, Minneapolis

and Chicago, have trains or trams that go right to the airport.

■ **Ship your bags.** Another method of packing light is to ship your bags ahead of time. I've taken my packed suitcase to FedEx and shipped it as is (no box) so I wouldn't have to deal with it en route. Just make sure to ship it "ground" and leave plenty of time (about five business days—seven business days to Alaska or Hawai'i) for it to get there. Also, if you're shipping to a hotel, find out if they charge a receiving fee. ✈

*Johnny Jet is a Los Angeles-based travel expert who visits 20 countries each year. Read more of his travel tips at [johnnyjet.com](http://johnnyjet.com).*



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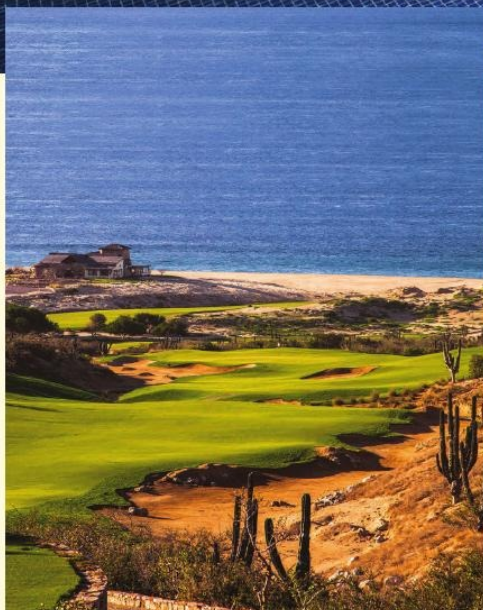
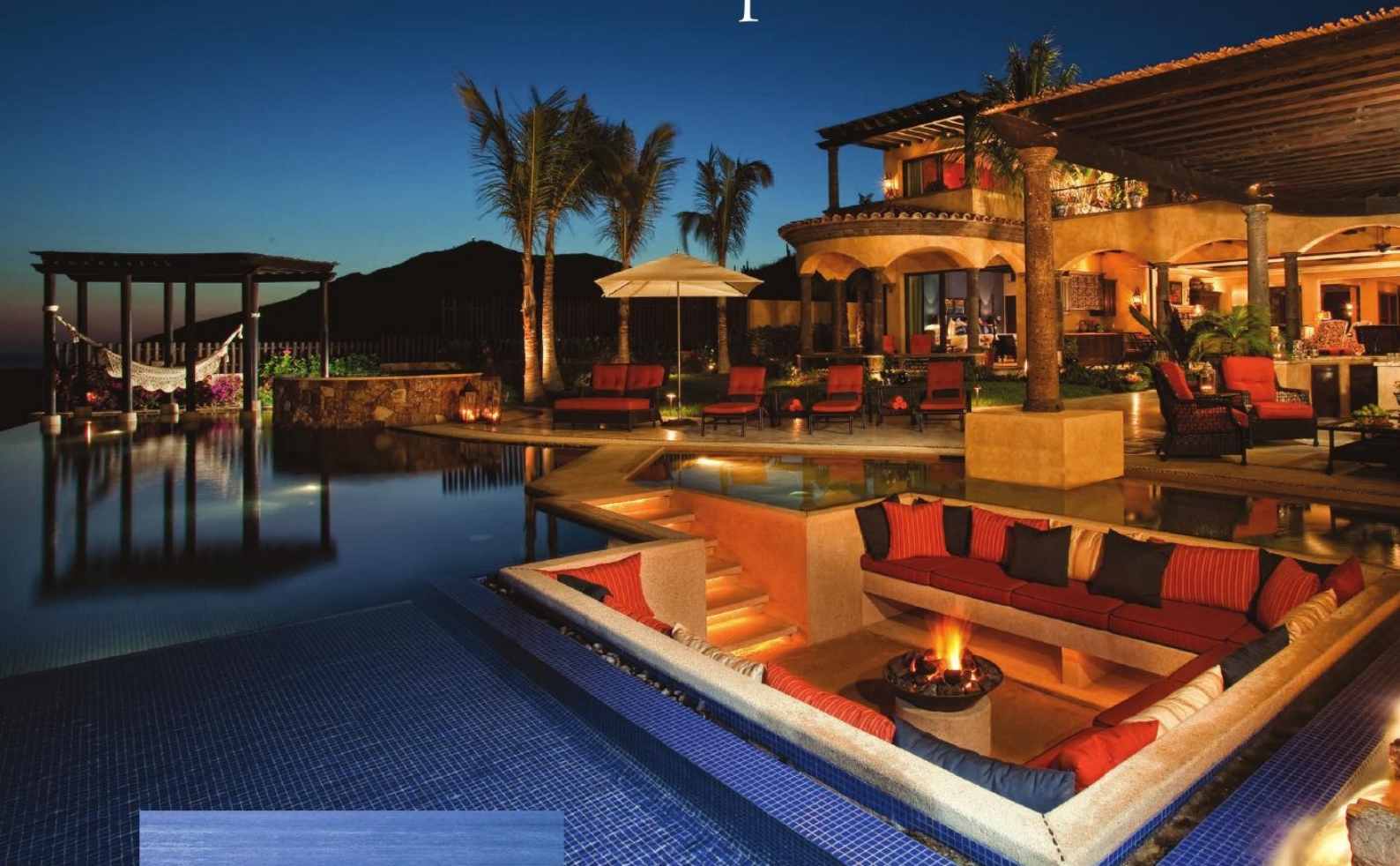


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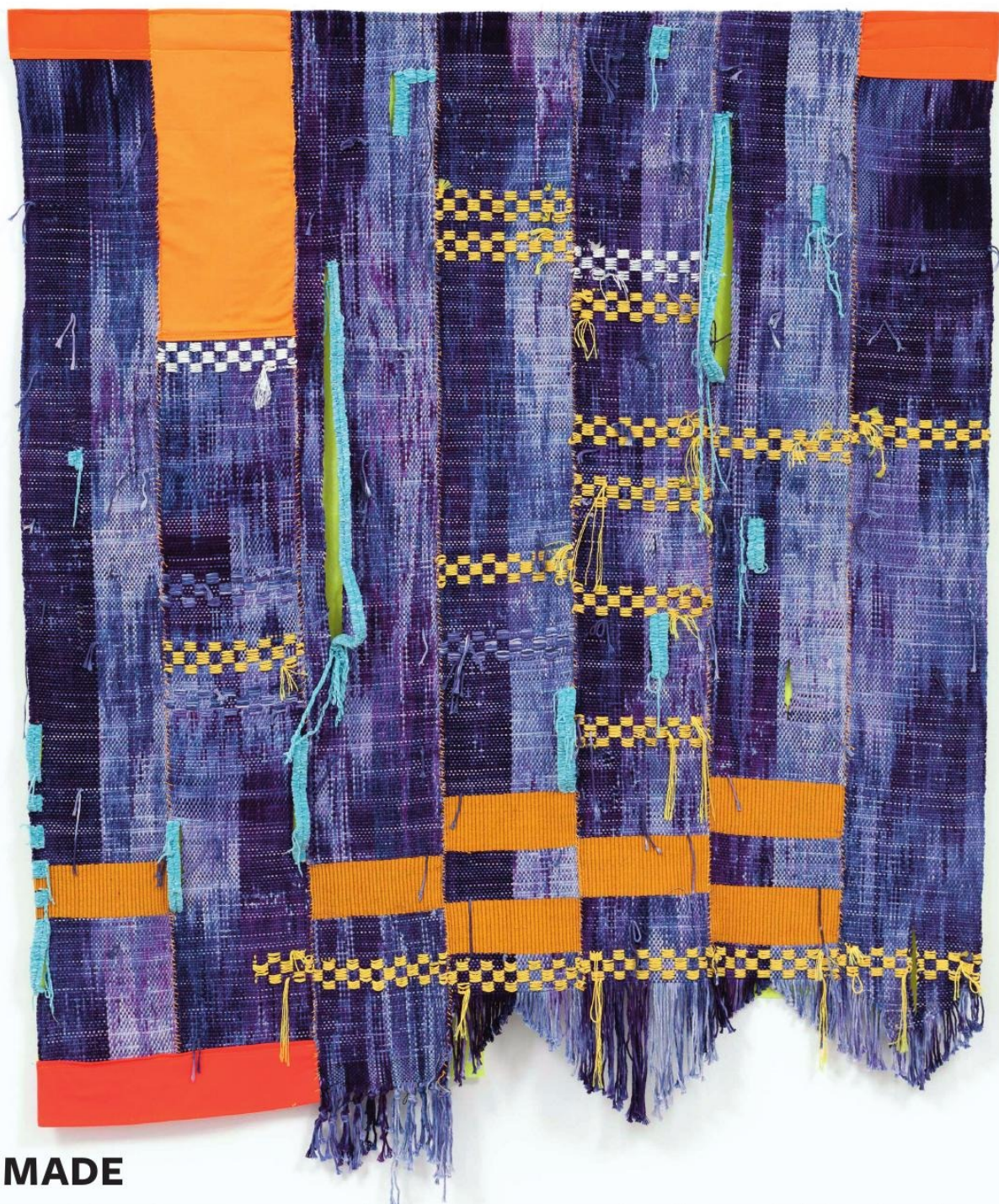


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# THE FEED»



## LA MADE

» In Los Angeles' Crenshaw area, artist Lauren Halsey is creating hieroglyphics. The artist's hope is that these drawings—which are being combined with other memorabilia, news clippings and neighborhood images into an architectural structure—will become a visible archive of the neighborhood. A prototype of *The Crenshaw District Hieroglyph Project* will be one of the works in "Made in L.A. 2018," the Hammer Museum's biennial exhibition, June 3–Sept. 2.

Curators visited more than 200 studios before selecting their diverse collection of 32 LA artists, ranging in age from 29 to 97. The exhibition will spotlight newly commissioned works and continued projects from artists using a variety of media, including textiles, performance art and sculpture. Other pieces include Diedrick Brackens' *sleep don't come easy* (pictured above).

Visit [hammer.ucla.edu/exhibitions/2018/made-in-la-2018](http://hammer.ucla.edu/exhibitions/2018/made-in-la-2018) for more information. —Michaela Ware



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## ART OF THE GAME

### » The “T206 White Border Set,”

produced between 1909 and 1911, contains baseball cards depicting 524 professional players. In most cases, at least tens of thousands of cards were made for each player, but collectors estimate that fewer than 200 copies were made of the card depicting Pittsburgh Pirate Honus Wagner, because the player did not want his likeness used in tobacco marketing.

A Wagner card is on display along with other baseball artifacts in “Play Ball! Baseball at the DIA” at the Detroit Institute of Arts through Sept. 16. The exhibit features the full 524-player card set from renowned collector E. Powell Miller and also cele-

brates the 50th anniversary of the Detroit Tigers’ World Series championship. Another notable card on display is a Joe Doyle “error card,” which was printed with the wrong league information. Fewer than a dozen of these error cards are known to still exist.

Also showcased is baseball art, including Guatemalan artist Dario Escobar’s *Urban Landscape (Detroit)*, which is an outline of the Detroit skyline made from baseball bats, and George Sosnak’s decorated baseballs (pictured) celebrating the Tigers. Visit [dia.org/playball](http://dia.org/playball) for more. —Chace Mortimer-Davy



Detroit Tigers 1968  
World Champions Ball.



Mickey Lolich.



Denny McLain.

## ALASKA PIANO COMPETITION

» Two dozen pianists from countries such as Australia, China, Norway, Russia and Ukraine are coming to Fairbanks to compete in an event that organizers consider the Olympics of musical competition. In the Alaska International Piano-e-Competition, May 19–31, participants are judged by a panel of acclaimed musicians. Three pianists qualify for the concerto finals, where they play with the Fairbanks Symphony Orchestra to compete for the \$30,000 grand prize.

The “e” part of the competition’s name comes from the use of a Yamaha Disklavier grand piano, which streams data to other Disklavier pianos, showing the exact keystroke and pedal movements of each performance in real time.

Judges include Arie Vardi, an acclaimed Israeli musician who has his own Israeli television series, and Japanese–French musician Akiko Ebi, who in 1993 was dubbed Chevalier of Orders of Arts and Letters by French Government, which recognizes some of France’s greatest artists.



Participants include Korea’s Sanghie Lee, who is considered a musical prodigy and won her first competition at age 8; and Switzerland’s Jean-Sélim Abdelmoula, a composer whose works have been played by a number of musicians and ensembles, including the Toulouse Chamber Orchestra and the Swiss Chamber Soloists.

For more, visit [epianoalaska.com](http://epianoalaska.com). —Kaylee Strachan

TOP, CLOCKWISE FROM LEFT: DETROIT TIGERS 1968 WORLD CHAMPIONS BALL, 1969; PEN AND INK ON LEATHER, ARTIST: GEORGE SOSNAK (AMERICAN, 1922–1993); GEORGE SOSNAK, MICKY LOLICH, 1969; PEN AND INK ON LEATHER, ARTIST: GEORGE SOSNAK, DENNY MCLAIN, 1969; PEN AND INK ON LEATHER, COLLECTION OF E. POWELL MILLER; BOTTOM: JR. ANCHETA



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## STARS AND THE SKYLINE

» **Singer and guitarist** Jack White (of The White Stripes) and rappers Travis Scott and Eminem will headline the eighth-annual Governors Ball Music Festival, June 1–3 in New York City. The event, at the 480-acre Randall's Island Park, which overlooks Manhattan's skyline from the East River, will feature more than 60 musical artists, creating a weekend mix of styles such as pop, rock and rap.

Other artists include Halsey, the Yeah Yeah Yeahs and N.E.R.D. The DJ Diplo will debut his new collaboration, Silk City, teaming up with Mark Ronson, a producer and performer known for the song *Uptown Funk*, which features Bruno Mars.

Art installations, murals and the works of street artists will help set the scene, and attendees can also enjoy mini-golf, pingpong and

lawn games. Food trucks from restaurants such as Ramen Burger, New Territories and Stuffed Ice Cream will offer an array of options. Visit [governorsballmusicfestival.com](http://governorsballmusicfestival.com) for more information. —Chace Mortimer-Davy



## COMIC FANS UNITE IN PHOENIX

■ **Batman** comic book illustrator Greg Capullo, *The Rocky Horror Picture Show* actor Tim Curry and Inheritance Cycle author Christopher Paolini are all scheduled to attend the Phoenix Comic Fest, May 24–27. The annual convention and expo is a celebration of fandom, featuring costumes, trivia games and discussion panels about comics, cartoons, sci-fi and fantasy.

For instance, attendees can explore the “Easter eggs” and pop culture references in Steven Spielberg’s latest science fiction adventure film, *Ready Player One*; discuss *Mulan*, *Rapunzel* and other Disney damsels who save themselves; enter a *Walking Dead* “beauty” pageant (contestants dress as zombies); and listen to experts discuss the science of their favorite shows. Panel topics cover subjects such as the comic universes of Marvel and DC; the reluctant hero; the death of Wolverine; and the villains of Gotham.

For more information, visit [phoenixcomicfest.com](http://phoenixcomicfest.com).

—Michaela Ware



## EXPLORE THE HUNDRED ACRE WOOD

» **Drop sticks from a bridge** onto a virtual river in a game of “Poohsticks,” invented by Winnie-the-Pooh himself. Take “a smallish nap or two” inside a large constructed tree, where you also can listen to audio recordings, including a recording (dated 1929) of author A.A. Milne reading from his books. And, if inspiration strikes, sit at a table and draw like illustrator E.H. Shepard.

Large-scale graphics of Shepard’s sketches and interactive play elements inspired by Milne’s writings will bring the Hundred Acre Wood to life in “Winnie-the-Pooh: Exploring a Classic” at the High Museum of Art in Atlanta, June 3–Sept. 2. The exhibition will feature more than 200 works encompassing 90 years of Winnie-the-Pooh history.

Notable artifacts include replicas of Christopher Robin Milne’s stuffed animals, which inspired the characters of Eeyore, Pooh, Tigger and others.

For more information, visit [high.org/exhibition/winnie-the-pooh-exploring-a-classic](http://high.org/exhibition/winnie-the-pooh-exploring-a-classic). —Michaela Ware



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## SKATING TOUR LANDS IN MANY CITIES

■ At the 2018 Winter Games in South Korea, U.S. figure skater Nathan Chen made Olympic history by performing six quads (four in-air rotations) in one routine.

Now Chen and fellow team-competition bronze medalists Adam Rippon and Maia and Alex Shibutani (who also won bronze in the ice dance competition) are skating in “Stars on Ice.”

The tour includes stops in Milwaukee, May 5; St. Paul, Minnesota, May 6; Phoenix, May 11; Anaheim, California, May 12; San Jose, California, May 13; Salt Lake City, May 16; Spokane, Washington, May 18; Seattle, May 19; and Portland, Oregon, May 20.

“Stars on Ice” has performed more than 1,500 shows since its inception in 1986. Visit [starsonice.com](http://starsonice.com) for more information. —Chace Mortimer-Davy



Figure skater Nathan Chen is on tour with “Stars on Ice.”



## POWERFUL AUSTIN

» In January 2015, Ellsworth Kelly (1923–2015) gave the Blanton Museum of Art in Austin, Texas, a significant gift: The design concept for a 2,715-square-foot stone building.

*Austin*, which has been part of the Blanton’s permanent collection since the structure opened in February, takes its cues from religious architecture in Europe, and includes 33 mouth-blown glass windows that turn sunlight into bright shapes shining on white walls. It also features a salvaged red-wood sculpture and 14 black and white marble panels.

The title *Austin* honors the artist’s tradition of naming works for where they will reside. Kelly chose the Blanton, which is on the University of Texas at Austin campus, because he wanted the piece to be where it would be widely accessible. *Austin* is meant to offer visitors a space for joy and contemplation.

Kelly spent most of his life in New York, and was best known for colorful paintings, but architecture often influenced his work. *Austin* is the first building he ever designed.

For more, visit [blantonmuseum.org](http://blantonmuseum.org). —Kaylee Strachan



» Inspired by religious architecture, Ellsworth Kelly’s *Austin* is a stone building with colorful glass windows.

## STRAWBERRY SHOWCASE

» About 5,600 pounds of glaze, 5,000 pounds of strawberries, 6,200 pounds of batter and 2,250 pounds of cream are required to make a strawberry shortcake that’s bigger than a

racquetball court. The dessert, one of the largest strawberry shortcakes ever created, is being served by El Bolillo Bakery at the 45th Pasadena Strawberry Festival near Houston,

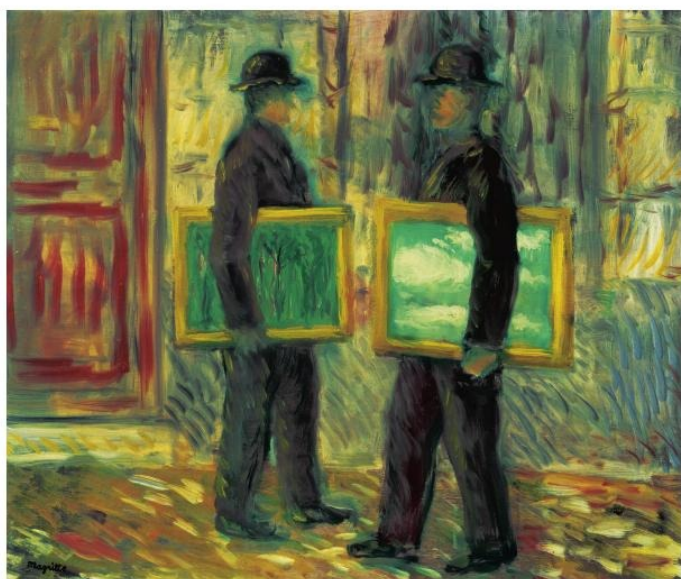
May 18–20. In addition, about 300 vendors are selling strawberry-themed baked goods, goodies and other items, from clothes to crafts to



desserts. Country music artists such as Tracy Byrd and Kody West will perform throughout the weekend.

Visit [strawberryfest.org](http://strawberryfest.org) for more. —Chace Mortimer-Davy





## SFMOMA'S TIP OF THE BOWLER HAT

» **“René Magritte: The Fifth Season,”** named after the prominent Belgian Surrealist’s 1943 painting (pictured), features more than 70 artworks from the latter half of Magritte’s oeuvre. The showing focuses on work from 1943 to 1967, a period that began during the German occupation of Belgium, which created instability that is reflected in transformations in Magritte’s work.

The exhibition, May 19–Oct. 28 at the San Francisco Museum of Modern Art, showcases paintings that incorporate Magritte’s recurring bowler hat motif, which he painted more than 50 times between 1926 and 1966, including in

*The Son of Man* and *The Happy Donor*. Also featured are five of the eight rarely seen canvases for the design of *The Enchanted Domain* mural—a 360-degree work, 236 feet in circumference, that was originally commissioned for The Grand Casino in Belgium. The exhibition marks the first time in 40 years that this many of *The Enchanted Domain* works have been seen together in a museum exhibition.

Magritte (1898–1967) is known for depicting ordinary objects in extraordinary contexts in an attempt to give new meaning to the familiar. Visit [sfmoma.org](http://sfmoma.org) for more information. —*Michaela Ware*

### WEAVING THROUGH NEW MEXICO’S FIBER ART

■ With fibers from wild plants such as cota and sage, New Mexico is rich with materials for dyeing and weaving.

The New Mexico Fiber Crawl, which is May 18–20 and is put on by the Española Valley Fiber Arts Center, is an opportunity for visitors to immerse themselves in the fiber art woven into the state’s culture and history. Attendees receive a road map for self-guided driving tours through



a trail of fiber-themed sites unspooling from Albuquerque to Tierra Amarilla, about 150 miles north. Tour sites offer artist demonstrations and hands-on activities. For instance, Nob Hill Fabrics in Albuquerque gives visitors lessons in felting, dyeing and beading. Visit [nmfibercrawl.org](http://nmfibercrawl.org) for more. —*Megan Campbell*

## DISNEY’S MAGIC GARDENS

» **Disney’s Beast** has once again undergone some careful pruning. In the movies, the haircut is to impress Belle. At the 25th Epcot International Flower & Garden Festival, the trimming is to create the likeness of the Beast out of moss—a combination of sheet moss and reindeer moss detail his bearded face. The *Beauty and the Beast* creation is one of 70-plus whimsical topiaries at the event, which takes place through May 28 at the Florida park. Other shrub characters include farmer Mickey, with overalls made of Joseph’s coat, and Minnie, with a matching Joseph’s coat bow.

In addition to these plant sculptures, the Flower &



Garden Festival features 16 gardens blooming with flowers, bamboo and herbs, and containing play areas. For instance, the “Road to Florida 500” garden features characters such as Cruz Ramirez from the *Cars* series, and includes a “Test Track Walkway” where children can race through footpaths between plants.

Top acts such as the Village People and The Guess Who are playing at the festival’s Garden Rocks Concert Series.

Visit [disneyworld.disney.go.com/events-tours](http://disneyworld.disney.go.com/events-tours) for more information.

—*Megan Campbell*





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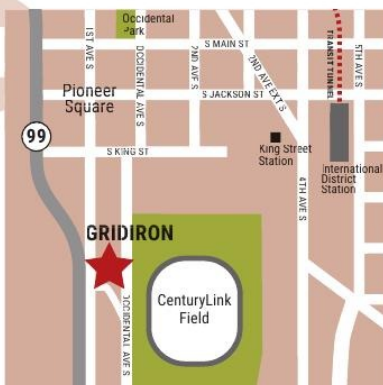


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## A CHANGING OF THE GUARDS

By Jacob Uitti

» In the final home game of the 2017 season, the WNBA Seattle Storm caught a promising glimpse of its future. Although the Storm lost that game to the Phoenix Mercury, the Storm's young star guard, Jewell Loyd, scored a career-high 33 points and raised many eyebrows, including those belonging to teammate and shoo-in Hall of Fame point guard Sue Bird.

"Jewell had an epic game that night," recalls Bird, a two-time WNBA champion and the league's all-time assists leader. "There were times when she had these moves that left the crowd shaking their heads," Bird says, indicating that she was equally amazed and excited: "I was like, 'Whoaa!'"

The Storm finished with a 15–19 record last year and made it to the first round of the playoffs. And the team's 2018 prospects are bright. With a core group that features three outstanding players—the veteran Bird, and young stars Loyd and forward Breanna Stewart—the team's foundation is as good as any. This year, the franchise has a new coach, Dan Hughes, and other new players to bolster the front line. Yet the Storm's chemistry, which begins with Bird, is perhaps their greatest asset.

"Sue is a calming influence for everyone," says Loyd. "We could be up five or down 10 in the third quarter, and Sue is the same. We're like: 'Oh, Sue's good? Then we're good.'"

Bird's leadership, says Loyd, goes beyond giving directions and keeping an even temperament between the lines. "Two years ago, Sue got everyone on the team a T-shirt that said, 'Squad Goals,' and had the Golden Girls on the front," says Loyd of the shirt that drew on a meme to suggest a tight-knit group to aspire to. "I don't know any other teammate who'd do that! Now, it's like our off-court jersey."

Bird, who was drafted No. 1 by the Storm in 2002, hasn't set a retirement date, but the other players know time is limited to help her be a champion again. "We always try to get better," says Loyd, who averaged a solid 17.7 points per game last year. "I need to work harder, so Sue's job is easier."

Loyd, herself a No. 1 draft pick, in 2015, remembers how Bird helped her get settled in Seattle: "Sue taught me everything," Loyd says. "From where to get groceries to how to hook up Wi-Fi. Without her, I'd be a full mess."

Bird, who has spent her entire professional career in the Emerald City, believes that building trust between teammates is supremely important. "Right off the bat, I'm big on



giving any player the benefit of the doubt," she says. "As things happen, we can work the kinks out from there."

There may be very few kinks this season. With Bird at the helm, Loyd on the wing and Stewart driving the lane, the Storm may regain the winning ways to make a deep run.

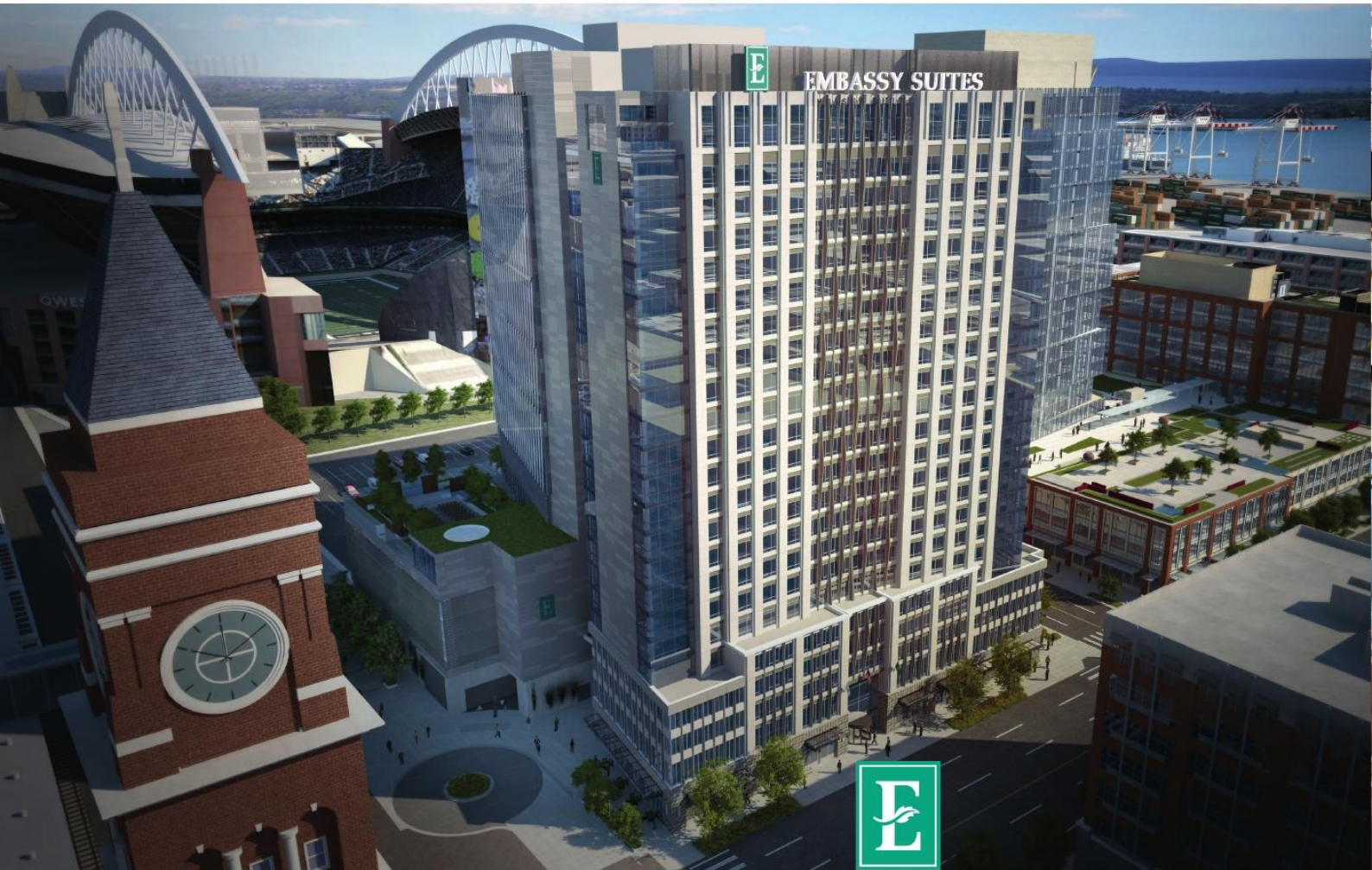
"I'm constantly talking to Jewell and Breanna, making sure they understand what this team is built on," Bird says. "We are a championship franchise. We've won twice. I want to make sure they are never satisfied with anything else."

Alaska Airlines is a sponsor of the Seattle Storm, which starts its season this month. Visit [stormbasketball.com](http://stormbasketball.com). ✈

» The Seattle Storm's rising-star guard Jewell Loyd, left, gains valuable insights from her legendary teammate, Sue Bird, right.



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## DAY 1

» At Petroglyph National Monument, there are about 25,000 designs and symbols carved onto volcanic rocks by the ancestors of today's Pueblo Indians and other Native peoples. The monument is one of North America's largest protected petroglyph sites.



## ALBUQUERQUE ADVENTURES

Family travel expert Katie Dillon runs the travel and lifestyle site La Jolla Mom, which is named after her San Diego community. Her photos of luxury vacations, delicious meals and epic views evoke wanderlust. Dillon traveled to Albuquerque, New Mexico, as part of Alaska's #Weekend-Wanderer series and posted these colorful adventures. For more #WeekendWanderer posts, be sure to follow @alaskaair on Instagram.

[blog.alaskaair.com](http://blog.alaskaair.com)

» In the Boca Negra Canyon section of Petroglyph National Monument, my family made a game out of who could spot the most drawings. In this 70-acre section of the monument, there are about 100 petroglyphs that are visible within a mile of walking, so each of us racked up our tally with relative ease. At this national monument, as in Albuquerque more broadly, you don't have to search too hard to find something great.

The largest city in New Mexico is a fusion of cultures and influences—from Native American pueblos to Route 66 to new technology. Add an array of outdoor activities, first-class museums and a mouthwatering food culture, and you've got a place ready for fun.

Visitors to Albuquerque will appreciate that

there are several fabulous museums in close proximity to each other. For instance, the Albuquerque Museum is steps from the New Mexico Museum of Natural History & Science, which is home to a really cool collection of dinosaur skeletons and replicas.

You also don't need to go to great lengths to find delicious food. Some dishes to try are stacked enchiladas, *sopapillas*, and various dishes—such as green chile cheeseburgers—with chile peppers and chile sauces.

When it comes to chile peppers, the choice is red or green, and your selection depends on your preferred level of spice. A mix of both is called "Christmas," which I personally found quite glorious. And it fit, because the entire weekend in Albuquerque felt like a gift.



DAY 2



➤ The New Mexico Museum of Natural History & Science houses skeletons of dinosaurs such as Saurophaganax (left), Seismosaurus (middle) and Stegosaurus (right).



➤ Located in one of New Mexico's oldest buildings—the former private residence dates to the early 1700s—Church Street Cafe serves up recipes spanning four generations.

DAY 3

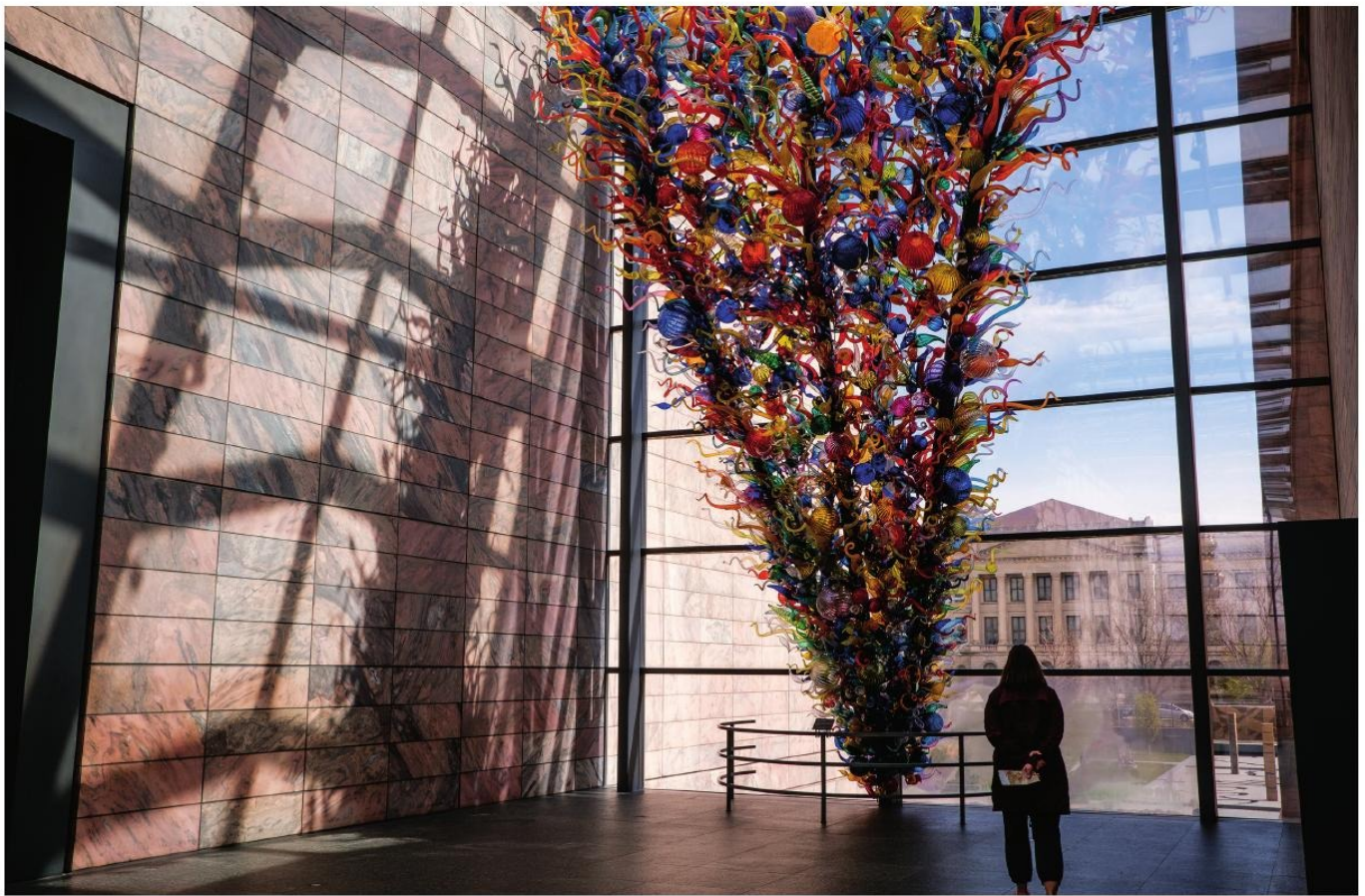


➤ In and around Old Town's historic adobe buildings, we browsed art galleries, general stores, gorgeous silver and turquoise jewelry, textiles, and much more.



➤ We listened to a band playing in front of the gazebo in Old Town Plaza, which is near San Felipe de Neri Church at the center of the city.





## EXPLORING OMAHA

Nebraska's biggest city is a cultural and culinary center

By Doug Meigs



### » Omaha is famous for many reasons.

The name Omaha is a Native American word meaning “those going against the current.” Many locals pride themselves on living up to this moniker. The Omaha–Council Bluffs metropolitan area was the starting point for the nation’s first transcontinental railroad. The Union Pacific Railroad Company still maintains its headquarters here.

Stock market watchers think of the city as home to the “Oracle of Omaha,” better known as Warren Buffett, CEO of Berkshire Hathaway and one of the most successful investors in history. Berkshire Hathaway’s annual shareholders meeting in early May draws investors from all over the world. Buffett’s rather simple home in the Dundee neighborhood has even become a tourist destination, attracting busloads of people.

Among baseball fans, Omaha is synonymous with the Men’s College World Series, which is

held in June at TD Ameritrade Park.

Other attractions include Omaha’s Henry Doorly Zoo and Aquarium, which is consistently ranked as one of the top zoos in the world because of its expansive size, variety of animals and visitor experience. Attractions include an African grasslands exhibit, aquarium, petting zoo and indoor rainforest.

Downtown Omaha is the center of the area’s leading cultural institutions. The Joslyn Art Museum has a spectacular collection, with works representing the Renaissance, Impressionism and contemporary art periods (plus, general admission to the museum is free). Among its permanent collection are original prints and lithographs from the Currier & Ives Company, depicting historical events and scenes from American life in the 19th century.

Other notable museums include the Omaha Children’s Museum, which thrills parents and kids; and the Durham Museum, located inside





the Union Station Building, where you can stroll through train cars from the 1940s and 1950s and enjoy an old-fashioned soda fountain. The museum also features historic artifacts of the United States' Western region, as well as showcasing traveling exhibitions.

Downtown's Old Market, Omaha's entertainment district, is a cherished location, with brick streets, sidewalk cafes, antique shops and many of the city's finest restaurants. Options include V. Mertz, which serves contemporary American cuisine, and The Boiler Room Restaurant, where chef Tim Nicholson is winning accolades for his creative dishes.

This district is also a great nightlife spot, with an array of bars, including La Buvette. And stop by Brickway Brewery & Distillery and Upstream Brewery Company for examples of the city's great microbrewery scene.

The Benson neighborhood, west of downtown, is another area offering an impressive

array of pubs, including the Benson Brewery.

Anywhere you go in Omaha, you'll come across the delicious Reuben sandwich. While the origins of the sandwich are murky, locals contend it was created in Omaha by Lithuanian immigrant Reuben Kulakofsky, who first served the corned beef and sauerkraut sandwich at the city's old Blackstone Hotel in the 1920s and 1930s. The hotel is no more, but the adjacent Crescent Moon Ale House is famous for its version of the Reuben. Meanwhile, restaurants all over town claim to serve the best Reuben. There are many unique takes on the sandwich, such as the Reuben tacos at Dundee's Place Bar & Grill.

Of course, Omaha is also famous for its beef. The mail-order company Omaha Steaks is based in this city, which once boasted the largest stockyard in the world. Classic local steakhouses include Cascio's and Johnny's Cafe, among others. ✈



» Clockwise from top left: The Chihuly glass sculpture *Inside & Out* is part of the Joslyn Art Museum collection. Benson Brewery is a popular Omaha nightlife spot. The Crescent Moon Ale House boasts one of the city's best versions of the Reuben sandwich. East African crowned cranes greet each other at Omaha's Henry Doorly Zoo and Aquarium.



## DATING CONNECTIONS

## It's Just Lunch Clients +

**RICK SWANSON**  
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Partner  
EDUC: MS,  
Computer  
Science, VA  
Tech  
INTERESTS:  
Cooking,  
travel, tech

**KRISTINA KERN**  
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# DATING. UNPLUGGED!

CLICK, TAP, SWIPE, REPEAT. IT'S ALL SO... IMPERSONAL. ONLINE DATING WAS SUPPOSED TO MAKE FINDING SOMEONE EASIER, SO WHY DOES IT FEEL LIKE SUCH A CHORE?

► With a career that took up a lot of his time and energy, online dating had begun to feel like Rick Swanson's second job. He spent hours filtering through online dating profiles but time after time, the spark just wasn't there. That's when Rick saw an ad for It's Just Lunch (IJL) in an airline magazine and decided to give matchmaking a try.

Today, Rick credits It's Just Lunch with introducing him to the love of his life, Kristina.

## Life before It's Just Lunch?

**Kristina:** I just found the whole online dating thing completely unmanageable and daunting. I wanted someone who knew me to "fix me up" and when a friend suggested IJL, I did some research and found it to be the right "match" for me.

## It's Just Lunch Matchmakers:



MELISSA BROWN



SARA DARLING



JULIE LOPEZ

## What was working with a matchmaker like?

**Rick:** The interview process was really valuable. Sandra, my matchmaker, was genuinely interested in learning about me. She really wanted to understand what I was looking for in a woman, what I found attractive, what I found interesting, what intrigued me. We talked about my work, my outside interests, etc. When someone is leading you through the process, it makes you think. Sandra got me to reflect honestly on what I was looking for.

## Best part of the IJL experience?

**K:** It was super easy because IJL arranged the dates. All I had to do was get ready and meet at the restaurant. And unlike online dating, I felt that my dates were interested in meeting quality people, not one-night stands. Your matchmaker calls you up with a

match and then gives you the details of the date. All you have to do is show up and have fun!

## What makes you two a great match?

**K:** He's comfortable in his own skin. He loves the fact that I am confident! I can just be who I am, and I've never felt so at ease with anyone else.

## Advice for singles considering IJL?

**R:** Dating is a real challenge in our fast paced, always connected, and frequently impersonal world. Having a real person on your side, helping to find the right partner is a huge plus.

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

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1.5X

Men are 1.5X more likely to "friend" someone within one week of a first date.

3/4

Of singles love getting a text after a good first date.

44%

Of singles wait until after a first date to do online research on their potential partner.

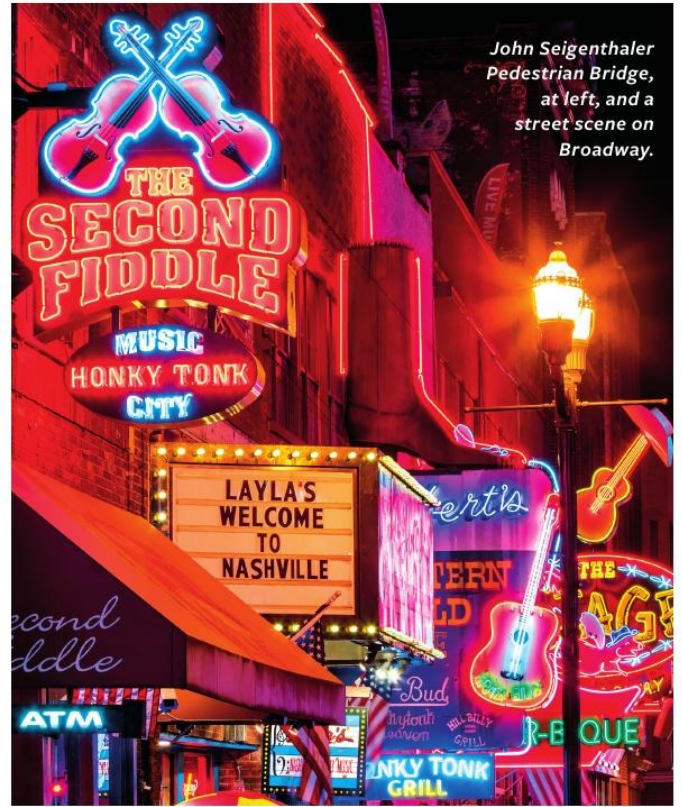
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*John Seigenthaler Pedestrian Bridge, at left, and a street scene on Broadway.*

## MUSIC CITY STROLL

By Kevin Williams

» There are perhaps no better places to experience the essence of Nashville than in the city's downtown and nearby Music Row—a walkable, toe-tapping tribute to all things country. There's also plenty for non-country fans, though even those might have an appreciation for the genre after a day in town.

Start a Nashville walk by heading into town on the John Seigenthaler Pedestrian Bridge, a 100-plus-year-old span across the Cumberland River. From the bridge, you see a panorama of Nashville's iconic skyline.

Near the downtown side of the bridge, head north a block on Third Avenue to explore Broadway street. Your eyes and ears should lead the way toward a colorful collection of neon-fronted bars and honky-tonks with classic country music, as well as funk and punk. Broadway mainstays such as Tootsies Orchid

Lounge (where a young Willie Nelson played) share the scene with newer venues such as AJ's Good Time Bar (owned by singer-songwriter Alan Jackson). Listen carefully. Tomorrow's superstars may be playing.

Once you walk or dance up an appetite, there are plenty of food options on Broadway. Nashville's claims to culinary fame include fruit tea punch (made with fruit juices) and hot chicken (loaded with cayenne-spice heat).

Near Broadway, on Fifth Avenue, check out the storied Ryman Auditorium. This redbrick building was where Johnny Cash met June Carter, and it has hosted concerts by artists ranging from Hank Williams to Elvis Presley to Paul Simon. Ryman is known as the historic home of Nashville's vaunted *Grand Ole Opry* show (now mostly held outside downtown at the Grand Ole Opry House). Consider one of the Ryman's tours, the museum that honors its past, or one of the shows playing there today.

For more history, keep walking south to the Country Music Hall of Fame and Museum to explore exhibits that follow the career arcs of

stars past and present. Also in the area are Bridgestone Arena (home of the NHL Nashville Predators), the Music City Center convention space, Schermerhorn Symphony Center and Music City Walk of Fame Park (with stars for Nashville music icons set in the pavement à la the Hollywood Walk of Fame).

Learn even more about Nashville's music by walking or catching a hop-on/hop-off trolley 1.5 miles southwest to the Music Row district, home of many music businesses. Start exploring at the pleasant Owen Bradley Park. A statue here pays homage to the record producer who helped bring country into the mainstream and helped put Nashville on the map.

Exploring Music Square East and West (on 16th and 17th avenues) opens a time capsule of American music, past and present. Active stars such as Reba McEntire have their studios here, while Historic RCA Studio B honors the past, having recorded legends from Waylon Jennings to Elvis Presley.

If you didn't love country music when you started your trek, by now, you just might. ✈



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Downtown Franklin, Tennessee.

## ADVENTURES NEAR NASHVILLE

By Kevin Williams

» To get a taste of Tennessee's country charms, you don't have to venture far from Nashville. Watch the city skyline recede in your rearview mirror as you head down I-65. The city buzz is soon replaced by a slower-paced rhythm. A mere 20 miles south of Nashville's downtown, you can sense another place and time. Welcome to Franklin.

Franklin, Tennessee, a city of about 70,000, is named after the creator of the U.S. Postal Service and library system, firefighting regiments and electricity experiments. That's right: Benjamin Franklin, who was a friend of Hugh Williamson, a local Continental Congressman from Tennessee. It's fitting that this city is named for the ultimate American Renaissance man, because Franklin might also be considered a renaissance town. Founded in 1799, the city blends old and new as it stitches

together an irresistible mix of history, art, shopping, dining and exploring. It's the variety of attractions that makes Franklin such a worthy excursion from Nashville.

For Civil War buffs, there's plenty to explore regarding the Battle of Franklin—a significant engagement won by Union soldiers—especially at battlefields and the preserved Carter House, Lotz House and Carnton plantation.

For a more contemporary attraction, the first Friday of each month features the Franklin Art Scene. It's a free, three-hour "art crawl" that takes visitors into some of downtown's most historic buildings and galleries, where you can view and purchase items such as art-glass works and made-in-Tennessee antiques.

Explore the downtown district to see Gothic Revival and Federal architectural styles combined with quaint storefronts around a town square. Walking-tour maps are available at the visitor center conveniently located downtown.

Franklin is a foodie haven, too. Sample the South's specialties in Franklin's restaurants. Head to Gray's on Main for award-winning

cocktails and classy Southern-tinged fare such as ginger-braised short ribs.

Also downtown, Puckett's Grocery & Restaurant serves traditional Southern food. Here, that can mean pork barbecue, slow smoked over cherrywood and served on a brioche bun.

Evenings come alive in Franklin, where clubs offer a "back porch" casual music vibe with less of Nashville's fast pace. And the iconic Franklin Theatre, built in 1937, hosts musicians and vintage movies, in old-time surroundings.

In addition to strolling Franklin, visitors can take late-summer or autumn drives in the area around town, such as down the Natchez Trace Parkway to see fall foliage. Along the road, diners serve up dishes such as barbecue and cornbread.

I also enjoy driving a bit farther northwest to take a lazy dip or float in the Harpeth River, or south to explore the region's largest Amish settlement, at Ethridge. Just as Franklin makes for a charming day trip from Nashville, with varied attractions, there is plenty to explore in the smaller city's surroundings, too. ✈



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3/18

FDIC







## COPPER RIVER CUISINE

By Naomi Tomky

» **To an East Coaster**, the arrival of Copper River salmon was like “a whole other world,” recalls Holly Smith, chef and owner of Cafe Juanita in Kirkland, Washington. It was 1995, and at the time, the recent transplant was a sous chef at Tom Douglas’ Dahlia Lounge. “He had us serve 8 to 10 ounces [of salmon],” she says, a whopping portion. “My first experience was watching people go gaga over it.”

“Copper River salmon are inherently rich in omega-3 fatty acids, which ... fuels their extremely arduous journey,” explains Pat Donahue, executive chef at Anthony’s Restaurants in Seattle. “It creates a wonderfully rich flavor that is one of the key distinctive qualities [of the fish],” which, he adds, “are flown directly to Seattle and can be on a plate in our restaurants in a matter of hours.” The result, on the plate, shows as deep, rich flavor, bright color, and a smooth, tender texture.

For chef Varin Keokitvon of Seattle’s Heartwood Provisions, that texture is what’s most important. “It has to do with the handling,” he says. “The people who handle it take care of it,” he says. And that makes people crave it when it first comes in. “It’s very rich, so I like to serve it with things on the acidic side: lemon, tamarind or passion fruit.” He, too, gets excited by the arrival of the salmon, and includes other items highlighting the spring bounty, such as a garlic herb vinaigrette using cilantro and chives, in preparations.

“Cook within the season, and you’ll do well,” echoes Zoi Antonitsas, a Season 4 *Top Chef* contestant, who will open her own Seattle seafood restaurant, Little Fish, by the end of the summer. “Things that grow together go

well together,” she notes, suggesting wild mushrooms, peas and carrots.

The key to Copper River salmon preparation, each chef agrees, is to cook it lightly. Keokitvon warns people from other seafood hubs that you’ll rarely see Copper River salmon cooked beyond medium, and Smith advises home cooks to try brining it in salt water for about an hour, then baking it a few minutes to medium-rare. “A gently cooked piece of fresh, beautiful fish, such as Copper River salmon, is really special.” It doesn’t need much else.

Antonitsas believes the best way to taste salmon is in dishes such as gravlax or tartare. “Because it’s a luxury, it shines best as is, with fewer interruptions—nothing that overtakes the perfect fish.” ✂



Each May, Alaska Airlines hosts the Copper Chef Cook-Off, celebrating the arrival of the season’s first Copper River salmon from Cordova, Alaska.



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» **They call Alaska** the “Last Frontier.” Crafting quality beverages, though, is increasingly familiar territory for the state. There are currently more than 30 breweries scattered across this rugged landscape. Distilleries have also emerged as visitor attractions, the result of 2014 legislation that enabled distillery tasting rooms. But the real story isn’t what they’re doing, but how they’re doing it.

Alaska is defined by its wilderness and the can-do spirit of its people, as are the brews and spirits made here. The state takes pride in its natural raw materials, and distillers learn to work with what they have. “We are deeply inspired by all of the local ingredients that we can forage,” says Maura Selenak, founder of **Amalga Distillery** in Juneau.

The brand’s Juneaupeur Gin extracts the alpine essence of the Tongass National Forest, which surrounds the capital city on all sides. “We harvest spruce tips and devil’s club. In the muskegs and meadows, we forage iris roots and Labrador tea. When someone tastes our gin and tells us it reminds them of Southeast Alaska, that is when we feel the most successful.”

The native terroir also includes the crisp maritime breeze. It causes the whiskey to age differently, according to Heather Shade, a former biologist at the National Park Service who is now co-owner of **Port Chilkoot Distillery**.

“The fickle air pressure from stormy Southeast Alaska makes our oak barrels expand and contract,” she says. “They are slowly absorbing and releasing the whiskey as it ages, and giving it a distinct local character that you won’t find anywhere else.”

Perhaps it’s the power of suggestion, but a hint of sea-side pine seems to permeate the company’s Wrackline Rye and Boatwright Bourbon—the only bourbon and rye distilled and aged entirely in the state.

At **Anchorage Brewing Company**, some of the local flavor comes from friendly neighborhood microorganisms. Some of the “wild” ales produced here are fermented in large wooden vessels populated by whatever ambient

yeasts are in the air. Beers such as Anadromous have a funky, slightly sour note that Alaskan beer aficionados can’t seem to get enough of.

**Midnight Sun Brewing** in Anchorage focuses on water as the state’s primary point of distinction. Using pristine Alaskan waters, the brand built its flagship Sockeye Red IPA back in 1997. The beer’s balance between maltiness and hoppiness helps it to stand out in a craft market dominated by IPAs. And its success is hardly surprising. People around here crave something different: Alaska in a bottle. Nothing else tastes quite like it. ✕



## ALASKA IN A BOTTLE

By Brad Japhe



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## Dave Kolesky

POSITION: Account Executive

LOCATION: Anchorage, Alaska

DATE HIRED: January 6, 1986

NOTES: Indispensable 32-year industry veteran often requested by larger accounts. Spends spare time skiing, hiking, biking and giving his time to various local charities. Founder of the Eagle River Boys & Girls Club. Proclaims himself undisputed 8-ball club champ.

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At Schick Shadel Hospital, I discovered the reasons and the science that explained why drinking was a problem for me. After seven years of sobriety, my heart is grateful. I am here to watch my son grow up and to be OK in this world of highs and lows. I now fill my soul with live music and the best of friends. I live, love, laugh, and dance like no one is watching.

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Cheers to life!

– Karen



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# GETTING YOUR GOAT

By Michaela Ware

» They're cute, fluffy, carry golf bags, clear land and keep you company while you namaste. Goats seem to be popping up everywhere. They just might be the mascot at your local coffee shop, wander through your yoga class or help to deliver your next bouquet of flowers. For those looking for more ruminants in their lives, the following places offer goat-centered activities and experiences.



## Goats as Coffee Shop Mascots:

Civil Goat Coffee, a coffee roaster and cafe in Austin, Texas, features an on-site goat named Butters. Owner Chris O'Brien opened the shop in 2016, and recruited his pet pygmy goat as a mascot. Butters is commonly featured on Civil Goat Coffee's Instagram page, where he has an extensive following. He also is a staple at the Civil Goat Coffee outdoor movie nights on Tuesdays.



» THE FEED LIKES

» **Goat Caddies:** This July, the Retreat and Links at Silvies Valley Ranch, in the eastern Oregon town of Silvies, will unveil a new group of personal assistants: goat caddies. The retreat is training some of its herd of goats to act as caddies on McVeigh's Gauntlet, a new seven-hole course. The goats will be fitted with custom-designed golf packs, containing tees, golf balls, clubs and drinks, and will follow golfers as they walk the course. No word on tipping requirements.



» **Goat Yoga:** After dealing with an illness and a divorce, Lainey Morse, of Corvallis, Oregon, was inspired by the therapeutic qualities of goats, and began in 2016 what she maintains was the nation's first goat-yoga program. Since then, having goats cozy up to patrons while they are in the midst of a yoga position has become a fad and spread across the country. Morse has expanded her goat-yoga franchise to nine locations and counting.



» **Goatgrams:** Shrink Ray Farms, a small farm and miniature petting zoo in Washougal, Washington, near Portland, Oregon, offers the Goatgram, in which two Nigerian dwarf goats deliver a bouquet of flowers to someone's home in the greater Portland area. The delivery team will also help dispose of the bouquets, if desired. ✂

**Rent-A-Ruminant:** Goat wrangler Tammy Dunakin began Rent-A-Ruminant LLC, one of the first goat-rental franchises in the world, in 2004 on Vashon Island, Washington. Her goats excel at clearing land of vegetation.



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## FISHING IN STYLE

Whether you're casting your home riffle or a drift farther afield, these items are designed to augment your fishing experience

By Berne Broudy

### Julbo Shield Sunglasses

Not only are Julbo's Shield sunglasses designed to protect your eyes when you're on the water, but the photochromic lenses adjust with available light to make it easy to see in a variety of conditions. A polarized coating and removable side shields minimize eye-straining glare. Curved temples and grip pads on the nose keep the glasses in place as you're casting, while an anti-fog coating and built-in ventilation channels limit condensation (\$199; julbo.com).



### Tenkara Rod Company Carbon Fiber Landing Net

Tenkara's 24-inch-long carbon-frame net weighs just 12 ounces. The 16.5-inch-by-8-inch clear rubber net won't snag hooks or harm fish before you release them, and the rubberized net handle is designed for a firm grip (\$99; tenkararodco.com).

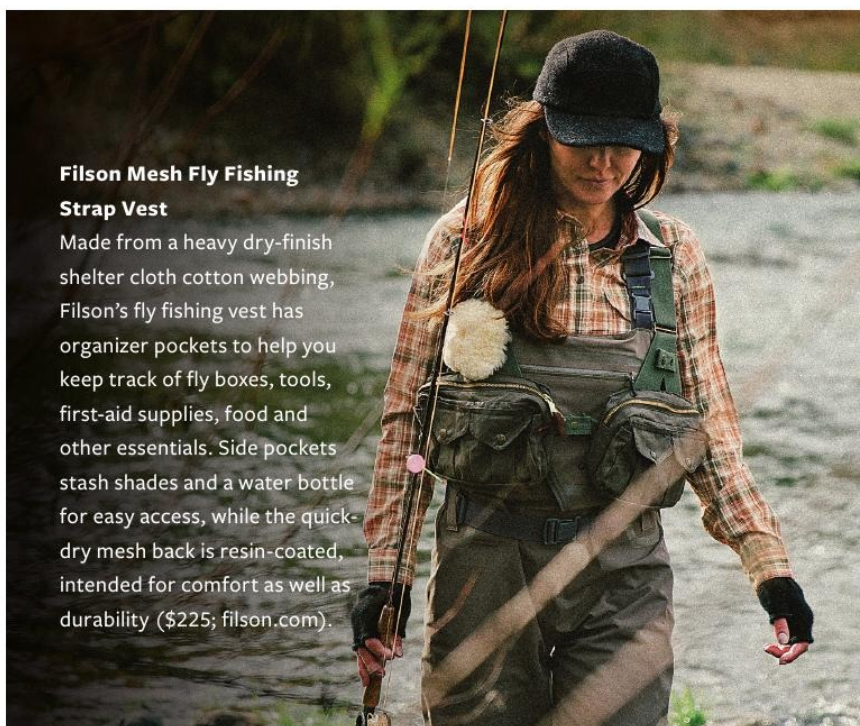


### Astral Loyak

A minimalist shoe made for walking in water, the low-rise, high-performance, barefoot-feel Loyak has superb grip in water and out. The durable, self-draining, siped sole and thin-foam midsole let you feel the terrain for best balance while protecting your feet from river rocks. The water-repellent canvas upper feels secure on the foot, and the Loyaks are so light—around 6 ounces per shoe—that you won't feel weighed down (\$85; astral designs.com).

### Filson Mesh Fly Fishing Strap Vest

Made from a heavy dry-finish shelter cloth cotton webbing, Filson's fly fishing vest has organizer pockets to help you keep track of fly boxes, tools, first-aid supplies, food and other essentials. Side pockets stash shades and a water bottle for easy access, while the quick-dry mesh back is resin-coated, intended for comfort as well as durability (\$225; filson.com).



### Patagonia River Salt Jacket

Patagonia's waterproof, breathable and self-draining River Salt Jacket is designed with cuffs to seal out water and zippered front pockets that are sized to hold fly boxes. Complete the outfit with Middle Fork Packable Waders, which are fully seamless, waterproof and, when rolled into their stuff sack, barely bigger than a liter-size water bottle (\$349 each; patagonia.com).



### Orvis Clearwater Rod and Hydros SL Fly Reel

Providing Orvis heritage and quality, the 3.25-ounce, four-piece, 9-foot, 5-weight Clearwater rod gives anglers power and control for trout fishing and more. Pair it with the Hydros SL fly reel, which has an oversize arbor for efficient line retrieval. The reel is salt-water ready thanks to a fully sealed drag-clutch bearing designed to resist corrosion. And an ergonomic drag knob makes the reel comfortable in your hand (starting at \$198 each; orvis.com).





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## UPPING YOUR GAME

Smart sports equipment to enhance performance

By Chace Mortimer-Davy

» Today's generation of American athletes is generally bigger, stronger and faster than athletes from years past. Part of the reason for this is the integration of technology and science in the modern athlete's workout. Tech-enhanced equipment used by professional athletes is finding its way into sports training at the consumer level, and can help athletes of many skill levels improve their results. The following are some of the new innovations available.



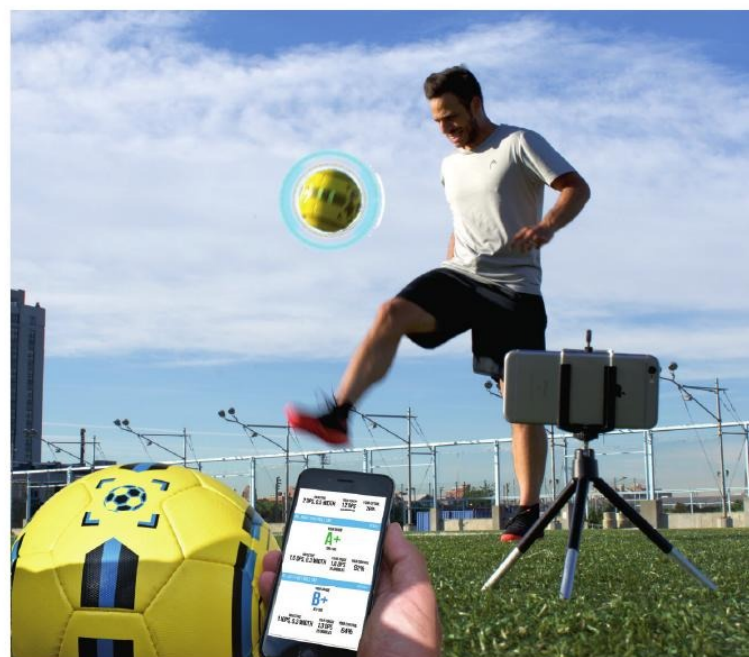
**Xon Snow-1:** With five separate sensors, these snowboard bindings track 13 different points of real-time data, including load balance and the rider's position and direction. GPS functions allow riders to map routes; ultrabright LEDs in heel and toe respond to load (weight) on each boot (\$199; [xon.cerevo.com/en/snow-1](http://xon.cerevo.com/en/snow-1)).



**Whoop Strap 2.0:** This high-performance, waterproof wristband tracker is designed to be worn at all times to help athletes maximize training, improve performance, avoid injury and recover efficiently. Used by professionals in several sports, it records detailed data and makes recommendations related to exertion, sleep and recuperation (\$500; [whoop.com](http://whoop.com)).



**DrinkUp Smart Water Bottle:** Staying hydrated is important for sports and general health. An LED display embedded in the lid top of this insulated steel vessel tracks a user's water intake and provides reminders to drink. The bottle syncs to its own dedicated smartphone app, as well as other popular health apps that monitor hydration (\$79; [drinkupbottle.com](http://drinkupbottle.com)).



**DribbleUp Smart Soccer Ball:** Optical markers on this ball's surface allow a smartphone camera to track it and provide feedback to users as they try out various drills and skills. The associated app challenges players at different stages—from "Rising Star" to "World Class" (\$89.99; smart basketball also available; [dribbleup.com](http://dribbleup.com)).



**Blast Motion Baseball:** Attach this small sensor to the knob of a bat, set up the app to record video, and take your cuts. The app will record a host of data about your swing, such as hand speed, bat speed and angle of attack. It also offers drills and tips to help you improve (\$149.95; softball and golf sensors also available; [blastmotion.com](http://blastmotion.com)). ✕

### MORE SMART SPORT AIDS

**Cobra Connect King F8 golf clubs:** Sync to these sensor-embedded clubs to track shots and improve your game (combo set \$999; clubs also sold separately; [cobragolf.com](http://cobragolf.com)).

**Motiv Ring:** This stylish wear-on-a-finger tracker boasts a typical three-day battery life and records activity, sleep and heart rate (\$199; [mymotiv.com](http://mymotiv.com)).

**Zepp Tennis 2 Kit:** A sensor connected to the base of a racket handle transmits data about spin, stroke and contact (\$99.99; sensors for other sports available; [zepp.com](http://zepp.com)).





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## THE REAL SEASON

By Dave Boling

» The NBA's regular season, after more than six months of play, has ended, and the "real season"—the playoffs—has begun.

The NBA postseason is so long and involves so many teams, it is virtually like another season. From mid-April to mid-June, 16 teams—more than half the league's 30 franchises—will battle to reach the NBA Finals and a shot at hoisting the Larry O'Brien Championship Trophy. Many players believe that lasting greatness is realized only by slipping on a championship ring. As Golden State Warriors All-Star guard Stephen Curry said going into the 2017 playoffs: "It doesn't matter what you've done in the regular-season games, it's all defined in these next [two months]."

Curry's Warriors know this all too well. In the 2015–16 season, they won a record 73 games in the regular season, tearing through the playoffs and racing to a 3–1 lead in the NBA Finals against the LeBron James–led Cleveland Cavaliers, before eventually losing the series in seven games.

Often the lengthy playoffs become a test of stamina. The style of play offers challenges, too, in what players call "playoff basketball," as heightened intensity leads to more physical action and a greater emphasis on defense. Golden State played a grueling 24 playoff games in 2016. Last year, they turned in a miraculous performance, losing only one of their 17 playoff games on their way to winning their second championship in three years.

One recent playoff constant has been the dominant play of the Warriors and the Cleveland Cavaliers, who have faced each other in the finals each of the last three years. The Warriors have won two of the matchups and the Cavaliers one.

In fact, James has been a major playoff power for nearly a decade, leading Miami Heat and Cavalier teams to seven consecutive NBA Finals. Overall, he's been to the finals eight times and has a 3–5 record. In the process of James dominating the playoffs, he has become the all-time leading NBA playoff scorer.

At the age of 32, James became the first player in NBA playoff history to average a triple double

(33.6 points, 12 rebounds and 10 assists per game) in the finals. However, the Cavaliers still lost to the Curry and Kevin Durant–led Warriors.

One intriguing storyline is whether other leading teams can undercut the supremacy of the Warriors and Cavaliers. If it is going to happen, this might be the year. The Golden State Warriors have had various injuries, most notably to star guard Curry, who suffered a sprained left knee late in the season, and his return for the playoffs was unclear in late April. The Cavaliers have their own troubles. Neither team ended the regular season playing their best basketball. However, it's hard to count either franchise out, given the ability of both franchises to elevate their games in the playoffs.

Las Vegas oddsmakers agree, favoring the Warriors winning a third title in four years. The Western Conference top seed, The Houston Rockets, are given the second-best odds, followed by the Cavaliers. Whichever way the playoffs end up, we've got a long postseason ahead to discover whether the oddsmakers are right. ✕



» Houston Rockets star guard James Harden drives against Golden State Warriors star forward Kevin Durant. Both teams are among the favorites to win the 2018 NBA Championship.



quip



# Care for your mouth

Traveling with an electric toothbrush can be, quite literally, a buzzkill. Named one of *Time Magazine's Best Inventions of 2016*, quip changes that. Sleek and budget-friendly, quip (from \$25) runs 3 months on a single battery — so you can cleanse the memory of carting around a clunky charger. There is also a nifty travel case, which, thanks to a suction strip, doubles as a

mirror mount. The vibrating bristles feature a two-minute timer that pulse every 30 seconds, signaling when to switch between quadrants of the mouth. Sign up for a subscription service (from \$5), and every three months you'll get a fresh brush-head, toothpaste refills (including a travel-sized option), and a charged battery. Stay fresh, at home and on the go.



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## FOUR-BY-FORWARD

Jeep's 2018 Wrangler JL harnesses past strengths while embracing innovation

By Bengt Halvorson

### Jeep's First Hybrid

The 2018 Wrangler comes with a brand first: a hybrid system called eTorque, which gives the 2.0-liter turbocharged four-cylinder engine a boost (and even allows it to shut off when coasting). True to its name, the eTorque engine makes the most torque of the Wrangler lineup—295 foot-pounds (and 270 horsepower). The lineup also features a full gasoline V-6 option.



### In with the New

Given Wrangler's rugged personality, it's bittersweet that the 2018 model embraces technology within the cabin. Even the base Sport has a 5-inch infotainment screen—though the roll-up windows and manual locks are true to Wrangler's roots. Most other models have 7- or 8.4-inch screens that offer full Apple CarPlay and Android Auto connectivity. And if you're feeling nostalgic, you can always turn off the tech.

### Off-Road Pedigree

Most 2018 JL Wranglers include the Command-Trac 4x4 System with tough front and rear Dana axles and low-range gearing. Sahara models get a Selec-Trac system with an automatic mode for snow or slippery trails, while the top Rubicon upgrades to a Rock-Trac system with Dana 44 axles and an even lower range gearing. The Wrangler also has phenomenal approach and departure angles, skid plates, body-on-frame construction, and the ability to ford water 30 inches deep.

### Retro Activated

Wrangler is a retro icon, tracing its design roots to World War II military Jeeps. The new JL pays homage to several different eras in Wrangler's history. For instance, the tipped-back grille and lower beltline are a nod to the 1987–1996 YJ Wrangler. In a modern spin, the windshield is more sloped, and aerodynamics are much improved. All models also have been lengthened, led by the four-door Wrangler Unlimited, which has 22 more inches between the front and rear wheels.



### A New Top-Down Approach

For the first time, Wrangler gets an electric roof. The canvas Sky One-Touch Power Top uncovers about 90 percent of the roof area and can be opened or closed while driving at up to 60 mph. Other hardtop and soft-top options are all tighter and quieter than before. For additional open air, you can still flip down the windshield, if local law permits. ✕



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**O**ne Olympic race was to be the peak of Kikkan Randall's Nordic skiing career. She'd had this particular race on her mind for eight years leading up to it, and when she toed the start line for the 1.2-kilometer freestyle sprint in 2014, no one questioned whether she was ready.

Randall's odyssey had been one of world-class fitness and refinement, shaped through years of international competition. She was the reigning World Cup sprinting champion, making her an American medal threat of historic relevance in a sport dominated by Europeans. Fans back home in Anchorage woke in the middle of the night to watch her race live, not wanting to miss her crowning achievement.

"Kikkan had pretty much been preparing for that moment her entire career," said Holly Brooks, Randall's U.S. Olympic teammate.

But that 2014 result was a far cry from the performance that electrified the 2018 PyeongChang Olympics and became one of the games' most replayed highlights. In South Korea, Randall tackled her sprint teammate, Jessie Diggins, at the finish line after the duo teamed to take the first ever Olympic medal for American women in cross-country skiing—a gold one at that.

At the Sochi, Russia, games four years prior? Disaster.

In the quarterfinal heat, Randall led five other racers into the final 100 meters. This was supposed to be a routine step toward the semis, but Randall was passed by a racer on each side. After a lunge at the line, a photo-finish determined that a third racer beat her by five-hundredths of a second. She was eliminated.

"The whole place just kind of went silent," Brooks said. "Everyone was just like, 'Wait, wait, wait. Did that really just happen?'"

For Randall, it was pure athletic heartbreak. But viewed from a slightly different angle, it was also a keystone in the arch of her trailblazing career. In the seasons that would follow, the experience fed her determination to reach the Olympics for a fifth time, with a women's team that was turning into a power behind her leadership.

"There may have gone my individual chance," Randall recalled thinking back then. "But we have good chances in the team events now, and I want to be a part of that."

For her Alaska fans, it revealed another layer of a star they had long admired: They saw how she carried herself when she came up short, when she had to swallow the advice she so often dispensed, that what mattered most was preparation and effort, not results.



Jessie Diggins and Kikkan Randall celebrate their gold-medal win in PyeongChang; weeks later, Randall celebrated her career in Anchorage.



# Ki



# K an

## **Alaskan sports hero proves her mettle with Olympic gold** / BY MARC LESTER

That night in Russia, Randall faced the media and felt the crushing weight of a question about what she had to say to Alaskans. Today, her emotion is still raw when she recalls it. Erik Flora, her coach, was struck by Randall's composure.

"It would be very easy just to turn and walk away. But instead, she faced it," he said.

After the interviews, Brooks watched Randall instantly turn her focus to a younger teammate, Sophie Caldwell, and impart strategic advice so that she might succeed.

"I feel like who you are the moment after arguably the biggest disappointment of your life says a lot about your character," Brooks said. "And Kikkan thought about team first."

### **The home team**

With her recent racing retirement, Randall's career ended in golden glory in PyeongChang, a storybook finish in which she caught the dream. To appreciate the full heft of that medal is to understand Randall's connection to Anchorage, and how the community is equally invested in her.



Cross-country skiing thrives here. Hundreds of miles of serpentine trails wind through Anchorage parks, forests and nearby mountains. Hundreds of youngsters participate in learn-to-ski programs, while community events and races for all ages and abilities draw residents throughout winter.

Steeped in that Nordic skiing culture, Randall went on to become the most successful cross-country skier Alaska—and the United States—has ever produced. She's a three-time World Championships medalist. She was the first American woman to reach the podium after a World Cup race since the International Ski Federation began governing the sport in 1981. She's reached the top step of that podium 13 times and was the World Cup's best sprint skier overall for three consecutive years.

And she's been a member of the U.S. Olympic team at each Winter Games since 2002, when she was 19 years old.

Alaskans take great pride in home-grown athletes who reach the highest levels—a short list of NBA, NHL and NFL players among them. But Randall's rise has been uniquely endearing in her hometown: She never moved away. She enjoyed the same trails, entered the same fun runs, and was an approachable member of the community, recognizable by her generous smile and trademark pink-streaked hair.

Already a running prodigy, Randall became part of elite local ski-training groups in high school. Alaska Pacific University had



*Alaskans have appreciated that Randall enjoys the same summer fun runs that they do.*

***“It was a big deal, as a young skier, to be noticed by Kikkan.”***

been home to many Olympic skiers since the early 1970s, and invited her to join its Olympic development program when she was a high school sophomore. When the U.S. Ski Team later pushed to centralize its athletes in Utah, Randall and her coaches opted to chart her course from APU.

“I was excited to be invited to do these ski-team things, but at the same time, I wasn't eager to leave home,” Randall said. “I loved it here, and it was working.”

It took time, but with motivated coaches, Randall helped build APU's Nordic Ski Center into an international podium presence, sticking with it even during tough times. Twelve years ago, the APU program struggled to retain athletes. As Randall rose to elite status, she helped re-establish it by leading up-and-coming skiers, such as Tazlina Mannix.

“It was a big deal, as a young skier, to be noticed by Kikkan,” Mannix said. “I think it was a confidence boost for younger skiers to be like, ‘Wow, Kikkan thinks that I can be good.’”

Erik Flora became APU's director in 2006, and he studied how to train athletes to compete with the world's best. In Randall, he had the perfect athlete to test his training methods, aggressively ramping up her training. Teammates followed Randall's lead, and a winning culture was born.

For most of three seasons, Randall was the only American woman on the World Cup circuit. In 2010, Sadie Bjornsen, originally from Washington state, joined Randall and APU. At her early World Cup races, Bjornsen worked her hardest to finish in the top 50, she said, while Randall was scoring podiums. At the



*Randall (14) skis amid a pack in the PyeongChang team sprint semifinals.*



time, Bjornsen saw Randall make real what seemed impossible.

"She believes in herself, but she also knows how to get others to find the best in themselves," said Bjornsen, who finished this season's World Cup ranked sixth overall.

### **The get-active advocate**

As Randall set new standards for American skiers, she was also a powerful inspiration off the snow, especially for young people. She is a longtime spokesperson for Healthy Futures and the State of Alaska's Play Every Day campaign, which encourage physical activity for youth. Randall has been a popular draw at school assemblies, capturing kids' attention with her enthusiasm as soon as she rides in on her unicycle.

In 2008, Randall joined Chandra Crawford, a gold medal-winning skier for Canada, to train in the Canadian Rockies. The week quickly became a strategy session for expanding Fast and Female, a program Crawford founded in 2005 to motivate girls to participate in sports.

"What caused Fast and Female to grow from a modest annual offering in Canada to having dozens of events all over the world annually?" Crawford asked. "The one and only Kikkanimal."

Randall is now president of Fast and Female USA and leads operations, including sponsor and donor relations. Its Alaska events always draw the largest crowds, Crawford said.

"Kikkan is like a gale-force wind in our sails, with a 100,000-horsepower engine just for good measure," Crawford said. "We couldn't ask for a better leader."

Randall loves watching the joy of sports reach girls at the clinics. She also enlists fellow skiers to help, giving them a chance to focus on others, to loosen up and have some silly fun.

"I realized the impact that we could have, and I also realized how beneficial it was to give the athletes a chance to give back," she said. "It reminds us all why we do sport in the first place."

### **A new role**

The disappointment in Sochi didn't keep Randall down long. By that spring, she had tallied her third World Cup sprint title. But a tough decision loomed: continue racing and aim for the 2018 Olympics or start a family with husband Jeff Ellis, formerly a Canadian cross-country skier. Once again, Randall crumpled up the road map and chose her own path—she did both.

While pregnant, Randall took the 2015–16 ski season off. It was the first winter away from the World Cup since 2007, and her first away from racing entirely since 1998. Training continued, but balancing caution with her famous intensity was a challenge.

"If I ultimately couldn't return, I was OK with that," she said. "But I was also optimistic that I would be able to come back."

With her strength-and-conditioning coach's advice and medi-



*Randall's unicycle grabs kids' attention; her story inspires activity.*





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cal monitoring, she developed a running, skiing and strength regimen that evolved as her pregnancy progressed. Randall was spotted in an East Anchorage athletic club doing pullups, working with dumbbells and using the elliptical trainer just nine days before her son, Breck, was born.

Returning to race shape was one challenge; managing the logistics of motherhood and international racing was another. Two things worked in her favor: The couple's parents traveled to lend a hand, and Ellis worked in communications and marketing for the International Ski Federation, the World Cup's organizing entity. His travel mirrored hers.

"We wanted to do it as a family," Randall said.

Like all new parents, they had long nights. The time zone changes and the amount of stuff they traveled with presented challenges. But Randall's drive to return to peak condition remained.

"Being a parent gives you superpowers," she said.

Crawford, Randall's Fast and Female partner, retired from racing in 2014 and has two children. She admires Randall, who was the only Team USA mom competing in the Winter Games.

"I can't even comprehend how Kikkan juggles things so well and performs at the highest level when it counts," said Crawford.

### **The finish line**

Randall's intentions were clear heading into PyeongChang—this Olympic appearance would be her last. But this time, surrounded by a younger, star-packed U.S. women's team that she inspired, there was no guarantee Randall would be selected to race in the freestyle sprint. There were no individual freestyle sprints in this Olympics; instead, the games featured a team sprint—a brutal format in which two teammates take turns for a total of six laps around the 1.25-kilometer course.

Minnesota's Jessie Diggins, now one of the team's best sprinters, was an obvious choice. Selecting her partner was tougher. Flora, one of Team USA's coaches, said Kikkan was no longer the only skier who could put the U.S. in medal contention, but her strengths, including powerful hill climbing, matched the course.

Randall was sitting with Bjornsen the day before the race when women's head coach Matt Whitcomb entered the room. Randall was in; Bjornsen was out—a call that was met with mixed emotions by both women.



Kikkan with 2-year-old Breck and husband Jeff Ellis.

***"Being a parent gives you superpowers," said Randall, the only Team USA mom competing in the Winter Games.***

"It was really hard to hear that I was not on that team," Bjornsen said. "I just looked at her, and I said, 'I have the same amount of belief in you that I do in myself.'"

Bjornsen's response resonated with Randall, and the next day Randall took a deep breath as she entered the stadium for her 18th and final Olympic race. Flora watched from the course as she powered up a hill stride-for-stride with two titans of the

sport: Sweden's Charlotte Kalla and Norway's Marit Bjørgen.

"She put her head down and matched their speed," Flora said.

The U.S. had medaled only one other time in cross-country skiing, a silver for Bill Koch in 1976. But the best was yet to come. Diggins, on the last leg, exploded to pass two skiers in the flats in a furious fight to the finish line. She lunged her boot forward, securing the historic win by 0.19 seconds.

As an elated Randall tackled Diggins, teammates past and present, and countless Alaskans and Americans, gaped in the glory of the moment. Bjornsen watched with tears of pride in her eyes. In Anchorage, former teammate Holly Brooks said it felt like she'd been struck by lightning. Tazlina Mannix said seeing replays still stirs anxiety. "I've watched it over and over," she said. "I get so nervous every time. I mean, I know what happens."

Two months after the finish, Anchorage was still buzzing. A crowd filled Town Square Park to celebrate with Randall. She accepted the "Skis to the City" and addressed the crowd with several Alaskan Olympic teammates at her side.

"It's been a fairy-tale ending to an amazing journey. And now that my career is coming to a close, I can't wait to see what this next generation is going to do," she told the crowd. "Because they know it's possible." ✕

Marc Lester is a multimedia journalist at the Anchorage Daily News.



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# TASTING NOTES

## SAVOR THE WEST COAST THROUGH SOME OF ITS STELLAR WINE-GROWING REGIONS

**Traveling to a new destination** is a fun adventure, and it's even better when you can get a real taste of the area you're visiting. A region's flavors are often influenced by the local land, climate and people. Many studies indicate that olfactory senses and memory are strongly connected, and there's nothing quite like bringing home a food or beverage from a vacation, then opening that product, breathing in and recalling the particular experiences you had when you first discovered it.

Wine is produced in every state in the nation, and California, Washington and Oregon, respectively, are the states that

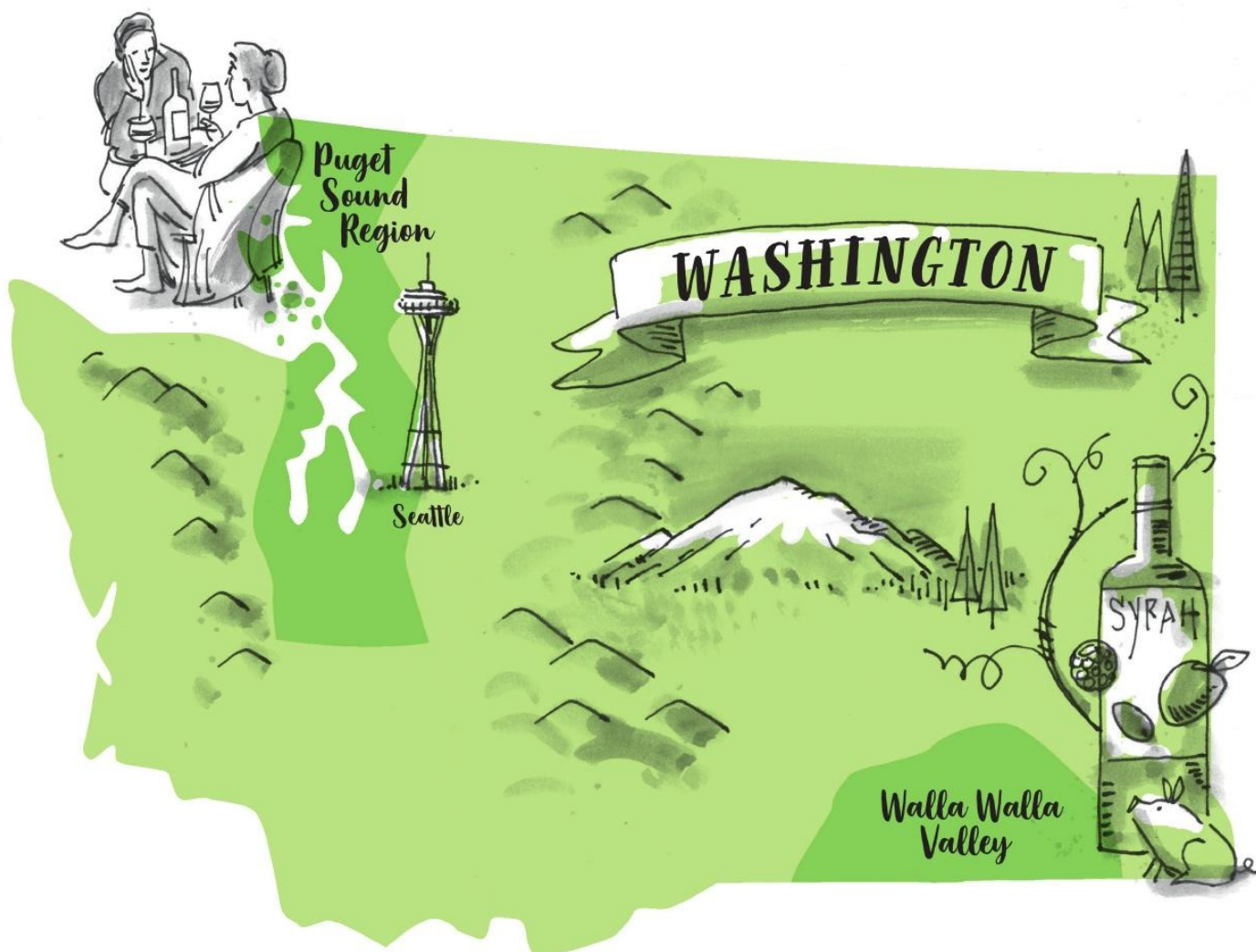
boast the most wineries. From Washington's maritime climate in the west and rocky soils in the east to intermountain terroir in Oregon to rugged northern and southern growing areas in California, the West Coast affords a plethora of vastly different tasting opportunities. So whether you're a visitor or a local, you'll likely enjoy trying the wines crafted in these unique regions—and bringing a bottle home for the pleasure of reliving the experience. Following is a sampling of what the West Coast has to offer, including world-famous growing areas and lesser-known gems.

*By Lara Hallock*

ILLUSTRATIONS BY DAVE KLUG







## WASHINGTON

### Puget Sound Area

The cool maritime climate in this region allows vintners to grow some interesting grape varieties you won't easily find elsewhere in the country. In addition, many tasting rooms in the Puget Sound area feature wines with grapes grown in Eastern Washington, so it's an ideal place to get a taste of wines sourced from around the state.

A few options for wine-tasting include a 20-mile drive northeast of Seattle to the popular Woodinville wine country, an approximately 30-minute ferry ride west to Bainbridge Island, or a longer excursion to the northern part of the Olympic Peninsula to visit the nine establishments that are part of the Olympic Peninsula Wineries association.

**WINE TO TRY:** Müller-Thurgau, which is made from a cool-weather German grape. Müller-Thurgau wines serve as great aperitifs, and

offer fragrances such as peach and rhubarb.

**FOR MORE INFO:** [washingtonwine.org](http://washingtonwine.org).

### Walla Walla Valley

East of the Cascade Range, the Walla Walla Valley, a growing region surrounding a town of the same name, is one of the few in the country to cross state borders. It includes part of Oregon. Due to the area's warm, dry weather during the growing season, along with rocky soils and basalt bedrock that provide great drainage for vines, vintners in Walla Walla tend to produce wines rich in flavor and dense in texture.

**WINE TO TRY:** Syrah, a full-bodied red that typically offers dark-fruit notes such as blackberry. In some cases, Walla Walla Syrahs also have fascinating savory undertones, including black olive and bacon.

**FOR MORE INFO:** [wallawallawine.com](http://wallawallawine.com).







## OREGON

### Willamette Valley

The Willamette Valley wine region can easily be reached from either Portland to the north or Eugene to the south. Soils vary quite a bit here, including red, volcanic clay soils

referred to as Jory; sedimentary soils attributed to the millions of years the area spent as an ocean floor; and silt, created by wind-blown soils worn down from the retreat of ice age glaciers and deposited in the valley.

**WINE TO TRY:** Pinot Noir, which is made from a thin-skinned grape particularly well-known for its tendency to express the local climate and soil. The Pinot Noir grape is often used in red wine, and can also be found in delicious, zippy sparkling wines and rosés.

**FOR MORE INFO:** [willamettewines.com](http://willamettewines.com).

### Umpqua Valley

An area sheltered by three mountain ranges—the Klamath Mountains to the south, the Coast Range to the west and the Cascade Range to the east—the Umpqua Valley actually comprises some 100 smaller valleys, which means it has many excellent slopes for growing grapes. The Umpqua Valley growing region, which includes the town of Roseburg (about 70 miles south of Eugene), has warm, sunny days, and significantly less rain than the Willamette Valley.

**WINE TO TRY:** Albariño, crafted from a warm-weather Spanish grape varietal. The wine is a great choice for a summer glass, and has a refreshing character that pairs well with seafood, particularly Dungeness crab.

**FOR MORE INFO:** [umpquavalleywineries.org](http://umpquavalleywineries.org).



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## CALIFORNIA

### Sonoma County

One of the most famed wine-producing regions in the United States, Sonoma County has an array of landscapes and delicious wines. Bordered by more than 50 miles of coastline along the Pacific Ocean and San Pablo Bay, Sonoma County—especially its western regions—benefits from Pacific fog and cooling winds that flow through San Pablo Bay, Petaluma Gap and the Russian River Valley.

**WINE TO TRY:** Chardonnay, which can vary greatly according to winemaking style and the region in which the grape is grown. It can be interesting to try a range of Chardonnays—some that have been aged in oak,

which are heavier in body, along with unoaked styles, which are typically lighter, and are great options to serve well chilled on a sunny day.

**FOR MORE INFO:** [sonomawine.com](http://sonomawine.com); [sonomacounty.com](http://sonomacounty.com).

### Napa Valley

Marine influences continue from the Pacific Coast to Napa Valley over the Mayacamas Mountains, which separate the region from Sonoma County. Napa Valley features many different soil types, climatic conditions, geographies and winemaking styles, which produce wines with a wide spectrum of flavor profiles, tannic structures and densities.

**WINE TO TRY:** While many grape varieties are used to make wine throughout Napa Valley, Cabernet Sauvignon is king. Wine made from this varietal is a go-to pairing for a juicy ribeye.

**FOR MORE INFO:** [napavintners.com](http://napavintners.com); [visitnapavalley.com](http://visitnapavalley.com). ✈

Sonoma County

Santa Rosa

Napa Valley

San Francisco

CALIFORNIA

Los Angeles

Temecula Valley

San Diego

Palm Springs

### Temecula Valley

This Southern California region, celebrating its 50th anniversary this year, is a quick and enjoyable vacation or day trip from Los Angeles, San Diego or Palm Springs. The valley's warm climate, rolling hills, and soils of granite and sandy loam provide great drainage for warm-weather Mediterranean-style grapes.

**WINE TO TRY:** Sangiovese, an Italian grape famous for its use in Chianti. Sangiovese wines have bright notes of red fruits such as cherries and pair easily with just about anything—from pizza to charcuterie.

**FOR MORE INFO:** [visittemeculavalley.com](http://visittemeculavalley.com).

### Wine Flies Free

Alaska Airlines Mileage Plan members can check their first case of appropriately packaged wine free on flights from West Coast wine destinations. For details, see [alaskaair.com/wine](http://alaskaair.com/wine).





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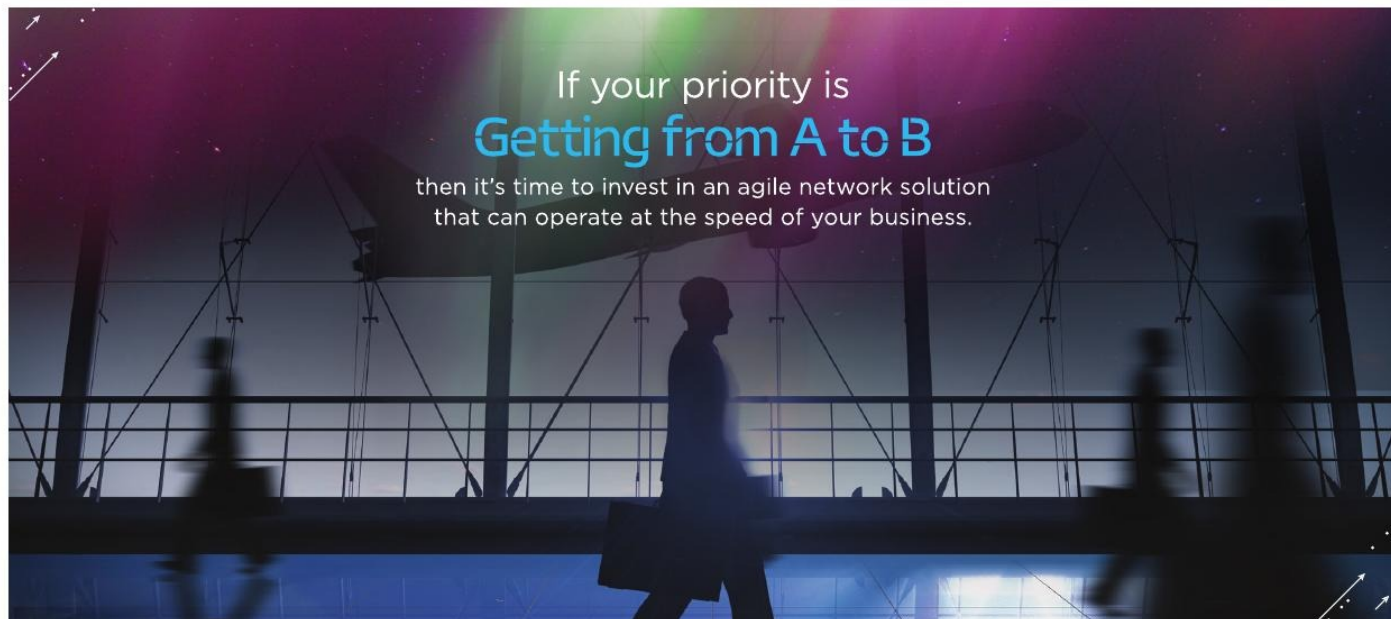


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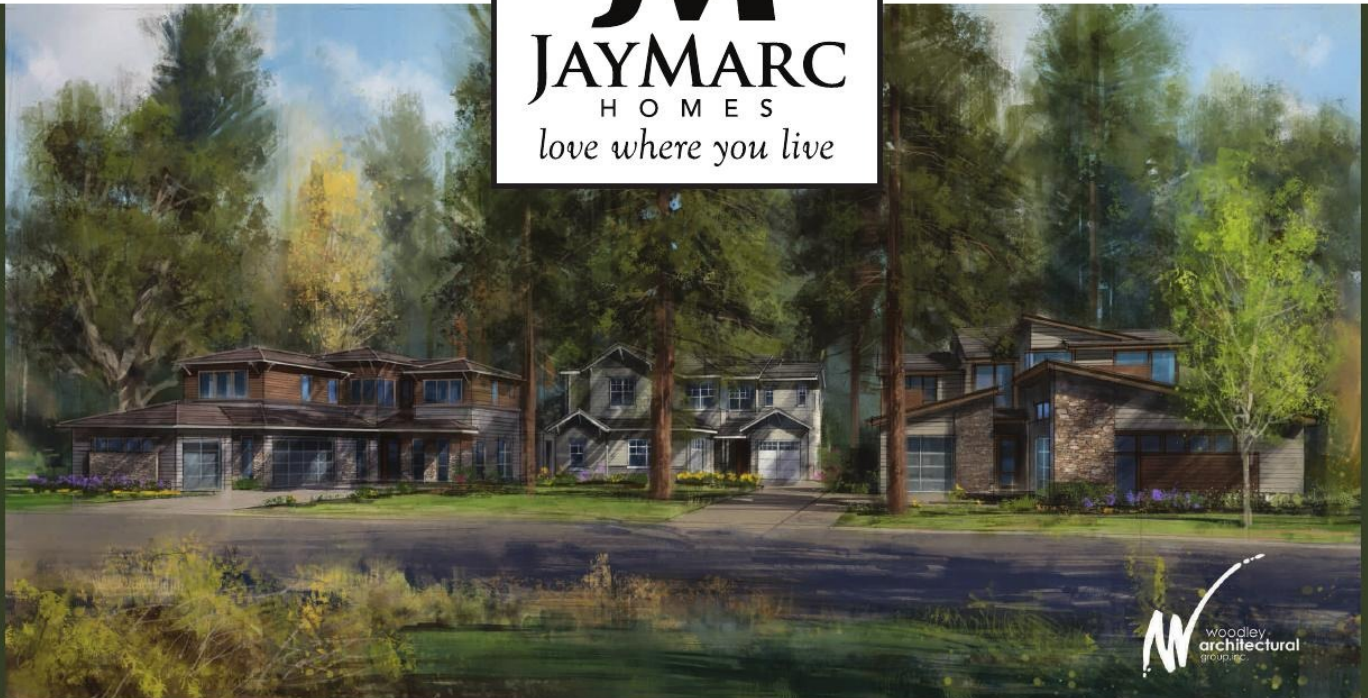
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# SEATTLE

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playground fun and Northwest art PAGE S6

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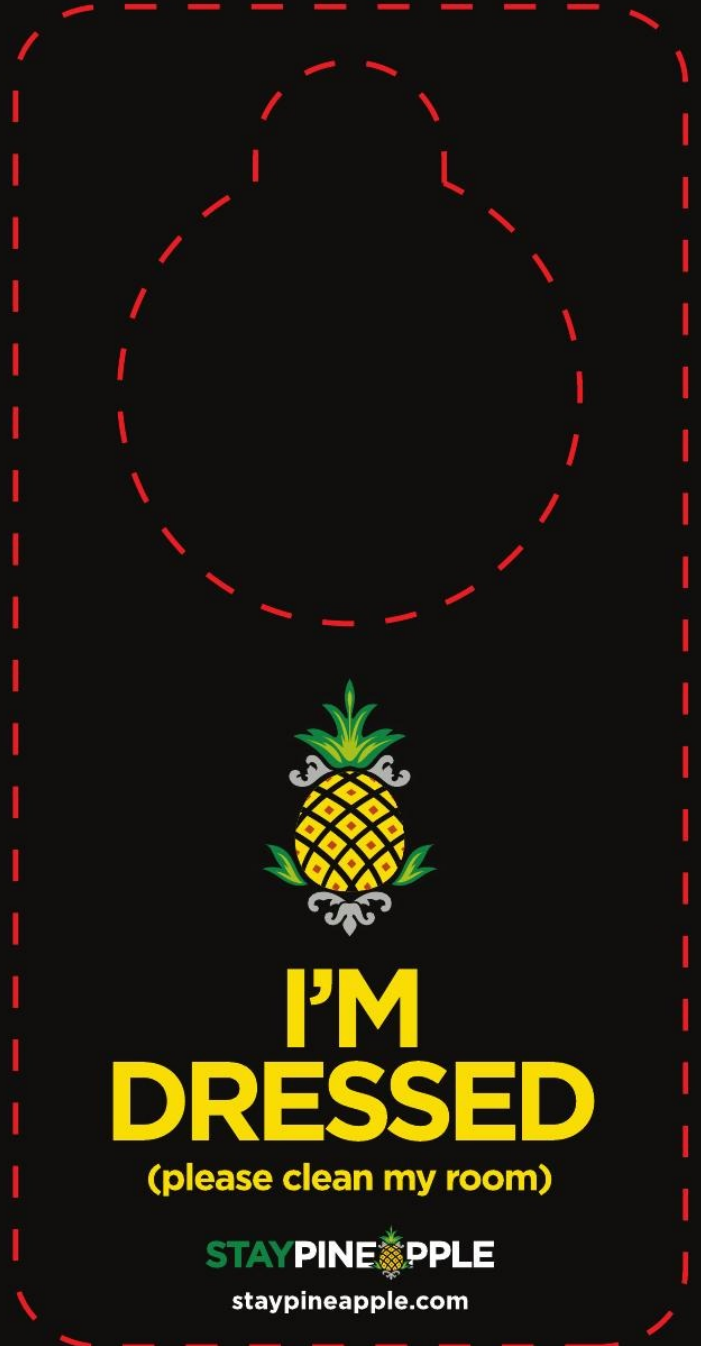
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Front



Back



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## SEATTLE

### S6 EXPERIENCING THE PUGET SOUND REGION

Chocolate tasting downtown, paddling to the south, playground fun to the east and Northwest art to the north.

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**COVER:** The iconic Seattle Great Wheel on the Seattle waterfront downtown.

Inge Johnsson / Alamy Stock Photo.

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**FOOD & FUN** Kick up your workout at **SoulCycle**, a challenging 45-minute ride set in a candlelit studio. When you're ready for a bite but not sure what you're in the mood for, browse the new **Lincoln South Food Hall**, where you can nosh on gourmet eats in what feels like an indoor take on an outdoor food truck park. Nearby, the swanky **Lucky Strike** brings bowling into the current era with mood lighting and dance floors. End the night right in the **W Living Room Bar** with creative cocktails, and a poppin' DJ—your evening hot spot.



Clockwise from top, left: Lincoln South Food Hall, the neighborhood vibe leading to The Westin Bellevue, a master chef from Japonessa in Lincoln Square South, and Hyatt Regency Bellevue.

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**FOOD & FUN** The most important meal of the day is also the most fun at **Equus**, which delights with a Bloody Mary bar and indulgent tiramisu pancakes. After shopping, check out **Cinemark Reserve Lincoln Square**, which elevates the movie-going experience. For a late-night beverage or snack just steps from your room, slide into one of the high-backed booths at **13 Coins**.

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**FOOD & FUN** Pamper yourself with a cinnamon vanilla sugar scrub at **Truce Spa**. The healthy juices at **Pressed Juicery** are a great afternoon pick-me-up, while lunch or dinner at **Central** dishes up fresh Northwest fare and **Moksha** serves authentic Indian cuisine.

The Collection is located at NE 8th and Bellevue Way, Bellevue, WA. Visit: [bellevuecollection.com](http://bellevuecollection.com). 







## EXPERIENCING THE PUGET SOUND REGION

*Chocolate tasting downtown, paddling to the south, playground fun to the east and Northwest art to the north /* BY JEFF LAYTON

The gently spinning silver bowl is mesmerizing as it stirs a creamy concoction into chocolate deliciousness.

The bowl is part of a device aptly called “a refiner,” which is at work on an experimental combination that may someday become a staple at indi chocolate in Pike Place Market’s new MarketFront expansion.

A window in indi chocolate’s shop provides a view of the adjacent kitchen/factory and the velvety concoction, which started as cocoa beans from a pair of farms in India. The beans were small-batch roasted in Seattle to form cacao nibs, and now the nibs are being slowly whirled together with cocoa butter and sugar, smoothing everything into silky chocolate, in a process that can last five days. Next the chocolate will be heated and poured into molds to form bars.

I move on to the shop counter, where Becca Roebber, sales and marketing director, explains that chocolate isn’t something that should be mindlessly devoured;

rather, it should be approached like fine wine: savored and studied, probing the complex taste for flavor profiles. Using a bar of Peru-based chocolate, she teaches me to break off a small piece and rub it between my fingers. Their heat helps melt the cocoa butter and release the aromas of the chocolate. Then I let the chocolate slowly dissolve on my tongue. The flavors take me on a tropical journey.

For visitors who want to delve deeper into chocolate production and tasting, indi offers classes such as Chocolate Tasting 101 and Chocolate Class for Youngsters (ages 4 to 11). In fact, indi owner Erin Andrews started making chocolate more than 10 years ago because her daughters asked where chocolate came from. A family trip to Belize to see cacao beans growing on trees sparked a passion for all things chocolate, and Andrews subsequently founded her com-

pany in 2010. With her new MarketFront location, she was able to add a cafe, with chocolate-based beverages and coffee-based beverages available to enjoy onsite, and to design a kitchen/factory that customers could view.

After my visit, I add being able to taste chocolate recently crafted in the kitchen to the list of things I love about downtown Seattle’s Pike Place Market, where local artisans abound. From Washington-grown fruit and fresh flowers to seafood straight off the boat, and handcrafted curios proudly displayed by the very people who created them, almost every experience here makes me feel more in touch with the city around me.

The three-quarter-acre MarketFront, which opened last summer and expands the market westward toward Elliott Bay, represents the first major growth in 40 years for the landmark attraction. In addition to the chocolate shop, the

*Facing page and right: Visitors and locals enjoy Pike Place Market’s new MarketFront expansion, which includes a plaza with a phenomenal view.*



LARA SWIMMER (2)



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*Above: Indi chocolate makes artisanal confections in the MarketFront at Pike Place Market. Below: Harbor seal sightings might be part of a scenic kayaking adventure in Seattle's Southside.*

expansion includes a brewery, a biscuit cafe, 40 low-income housing units for seniors, new Northwest-themed works of public art, and new vendor tables open to local farmers, artists and crafters.

On a new open-air plaza next to the added vendor tables, I find a seat where I can slowly nibble my chocolate. I strive to savor it, but I'm distracted by the sweeping view of Seattle's waterfront. The most-photographed part of the Pike Place Market expansion is likely the 30,000-square-foot plaza, which inspires selfies with a background that includes ferryboats in Elliott Bay, with the Olympic Mountains farther west.

I've been to Pike Place Market more times than I can remember, but this is a perspective I've never enjoyed before, and it really spotlights the mountain-and-sea beauty that we Puget Sound-area residents cherish, and love showing off to visitors.

Following are three more new ways to connect with the soul of the region, either as a visitor or as someone who wants to see an old friend through new eyes.

## SEATTLE SOUTHSIDE KAYAK TOUR

The harbor seal that breaks the surface of the water is downright adorable. Big, dark, glassy eyes peer at me like those of a curious puppy. She is close enough to my kayak that I can see salt water gleaming on her long whiskers, and hear her soft panting as she gulps air and readies for another dive.

I'm less than 5 miles southwest of Seattle-Tacoma International Airport, but city life seems worlds away. An afternoon paddle in a kayak on Puget Sound, and a close encounter with a creature so wild and beautiful, will do that.

The Olympic Outdoor Center began offering kayak rentals and tours from kiosks at the Des Moines Marina and Redondo Beach (about 6 miles farther south), a couple of summers ago. Between June and September,



guests can simply show up to rent kayaks by the hour—first come, first served—or, with advance reservations, can take a guided tour for four or more people.

Standup paddleboards are also available, and starting this summer, the Redondo Beach location will even offer a Monster SUP (reservations advised) that can hold up to six adults—fewer if two members of the group want to sit onboard in beach chairs, with a cooler, while others paddle.

Before I even left the Des Moines Marina, life had downshifted to a serene gear. Guide John Kuntz led the way as we coasted by a giant purple starfish that clung to a dock within arm's reach, and past a cornflower-blue belted kingfisher that chattered and searched for tiny fish from a perch atop a pier.

Once we were in the open water, it was hard to know where to look. To the southeast, iconic Mount Rainier boasted a sugar-white peak. To the west, Vashon Island was lush with emerald evergreens, and farther west on the Olympic Peninsula, peaks gleamed with late-season snow. Paddling about 2 miles north would take us to Marine View Park, while if we headed about





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*Above: This Dr. Seuss-inspired tree is part of the magical experience at Bellevue Downtown Park. Below: The Cascadia Art Museum in Edmonds showcases Northwest artists and art.*

2 miles south, we would reach Saltwater State Park. Both parks have long, rocky, driftwood-adorned beaches popular for a rest or picnic-lunch break.

But, like me, what you might enjoy most is just being out on the

water, where you never know when a bald eagle will fly overhead, or when you might drift over a giant school of herring. If you're extremely lucky, you might even spy orcas that are residents of the Salish Sea, which encompasses waterways from southern Canada to northern Washington, including Puget Sound. And when a seal pops up next to your boat, you'll have a hard time remembering that you're kayaking in an urban area.

## BELLEVUE DOWNTOWN PARK

Have you ever seen a child stop in his tracks with excitement? Think of the first few seconds inside a carnival or when the gates open at Disneyland.

As my 3-year-old steps onto the 21-acre campus of Bellevue's newly completed Downtown Park, I can tell his little heart is off to the races.

Hands tremble. Eyes dart from one awesome activity to the next. He starts to run, but then stalls when a Dr. Seuss-inspired tree sculpture with curly branches grabs his attention. The next few hours at the "Inspiration

Playground" are going to be gloriously fun.

We run between features: a water-spray park; a kid-size climbing wall; slides galore; musical instruments; and countless structures to bounce on, swing on, spin on and discover. As an adult, I also like that the playground is designed to be accessible to children with various physical challenges. For instance, wheelchairs can go on the child-size merry-go-round.

Just beyond the playground, a half-mile circular promenade is lined with shade trees, and on this blue-sky Saturday afternoon, it's packed with joggers and walkers. Beside them, a canal with little bridges adds soft flowing movement and European flair. At the western edge of the circle, a 240-foot-wide waterfall tumbles into a reflecting pond.

The pathway encircles about 10 acres of green—an expansive lawn that often hosts Frisbee-playing workers from nearby office buildings, picnicking couples and families kicking around soccer balls.

When the park first opened in 1984, it was immediately popular,

but it did not contain all the elements of the original vision. Last June, the park reopened with the completion of the playground and the full-circle promenade, among other features. The park now feels like the heart of the downtown core of this vibrant city about 10 miles east of Seattle, much the way Central Park adds a natural element to Manhattan.

In the winter, the park hosts an outdoor ice-skating rink, while during sunny weather, the manicured open space is a magnet for tech workers and others who need to reset, and the terraced lawn seating and big open fields lend themselves to community events.

This summer, for instance, you can enjoy free outdoor movies on the lawn during the Downtown Movies in the Park event. Every Tuesday night (July 10–August 28), a 40-foot inflatable screen will show family-friendly movies. On July 4, during the Bellevue Family 4th event, enjoy live music during the day, performed by various local groups, and then in the evening watch live fireworks set







to the music of Bellevue's Youth Symphony Orchestra.

## CASCADIA ART MUSEUM, EDMONDS

When I enter the Cascadia Art Museum in Edmonds, about 15 miles north of Seattle, my eyes are immediately drawn to a circa-1938 black-and-white photo of downtown Ketchikan, which shows a totem pole standing amid dirt streets and weathered buildings. Taken by Tacoma, Washington, native Virna Haffer, it seems to be a classic Alaska scene from a bygone era.

The 22,000-square-foot museum, founded by Seattle-area resident Lindsey Echelbarger,

seeks to spotlight influential regional artists and art, from Alaska and British Columbia to Northern California.

Artists from northwestern America who have been influential may not be household names, but receiving recognition isn't the same thing as being influential, notes museum curator David F. Martin.

From textiles to jewelry, to popular midcentury furniture designs by George Nakashima, once you look for Northwest influence, you start to see it many places, sometimes heralded, sometimes not.

One example: "Native designs are found all over the world," says



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DARRYL BERNSTEIN PHOTOGRAPHY

Left: The photo Totem, Ketchikan, circa 1938, is on display at the Cascadia Art Museum. Above: Scratch Distillery near the museum.

Martin. “The Northwest was on the forefront of using Native art.”

Also influential have been artists such as photographer Haffer (1899–1974). During her time in Alaska in 1938 and 1939, while her husband was pursuing his mining career, she used photography to document daily life in The Great Land.

More than 30 of her vintage photos are on view as part of the exhibit “Modern Alaska: Art of the Midnight Sun, 1930–1970.”

The photos are on loan from

Haffer’s granddaughter’s collection, with the vast majority being shown publicly for the first time.

Running through July 1, the exhibit features 80 total pieces, showcasing a broad mix of media, in addition to photography. Pieces include paintings, etchings, engravings, woodcuts, and even some craft items such as candlesticks and jewelry.

Another exhibit, on view through January 6, 2019, displays the works of Northwest artists who traveled to other parts of the world to expand their subject matter and to seek out opportunities to exhibit their works, says Martin. “Travelogue: Views Beyond the Northwest” includes

private-collection pieces such as the circa 1957 oil-and-collage *Verona at Night*, by Yvonne Twining Humber (1907–2004), who moved from the East Coast to Seattle in 1943 after marrying a local businessman. The artist subsequently traveled extensively through Europe with her Austrian-born husband, Martin says.

A visit to the museum can anchor a fun full-day excursion in Edmonds. The museum shares a building with Scratch Distillery, which specializes in gin, vodka, and limited-release whiskey, aquavit and bier schnaps. A few blocks east—on and around Edmonds’ Main Street—you



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Brackets Landing  
in Edmonds.

JIM LUNDGREN / ALAMY STOCK PHOTO

can visit quaint mom-and-pop coffeehouses, galleries and independent shops.

A few blocks west of the museum, explore the Edmonds waterfront, home to a Washington State Ferries terminal. The Brackets Landing Shoreline Sanctuary Conservation Area by the ferry terminal is a great place to skip rocks and watch docking boats. Kids love to frolic in the mellow surf, weather permitting, and it's a good place to see harbor seals and sea lions. Watch for diving ducks hoping to snack on mollusks or tiny fish.

Humans diving beneath the surface at Brackets Landing enjoy the City of Edmonds Under-

water Park. It has a scuba route with sunken wrecks, artificial reefs and a hit parade of cold-water Pacific Northwest critters such as the giant Pacific octopus.

A few blocks south of the ferry terminal, watch anglers on the Edmonds Fishing Pier, which is managed by the Washington Department of Fish and Wildlife. The nearby Olympic Beach Visitor Station is staffed on summer weekends by ranger naturalists and volunteer docents.

For a relaxing sunset dinner, restaurants such as Anthony's HomePort Edmonds and Arnies Restaurant offer panoramic waterfront dining featuring fresh seafood. As many visitors discov-

er, a day that combines acclaimed Northwest art with artfully prepared Northwest seafood, and a water view, is a quintessential Puget Sound-area experience. **S**

*Writer Jeff Layton enjoys discovering new attractions and activities in the Puget Sound region. For more information about area recreation, see websites such as [visitseattle.org](http://visitseattle.org), [seattlesouthside.com](http://seattlesouthside.com), [visitbellevuewashington.com](http://visitbellevuewashington.com), [explorekirkland.com](http://explorekirkland.com), [traveltacoma.com](http://traveltacoma.com), [visitedmonds.com](http://visitedmonds.com), and [experiencewa.com](http://experiencewa.com).*

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# CARLY LOST 40 POUNDS

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*She's almost 78 years old, uses a walker, and has tackled (and conquered) three major forms of cancer in her life. She's currently halfway through the 20/20 LifeStyles program. So far, she has lost 40 pounds – and she's looking forward to losing another 40 by summer because she wants to go whitewater rafting again.*

**Meet Carly.**



## WHAT PROMPTED YOU TO JOIN 20/20 LIFESTYLES?

I was encouraged by my primary care physician, who had been through the program herself. My first reaction was, "But I'm almost 78. Will they let me in?" My quality of life was getting worse as I became increasingly immobile. It was difficult for me to get in and out of the car, or walk up or down stairs. I wanted to have a knee replacement, but it can't be done without weight loss.

## WHAT WAS THE HARDEST PART OF GETTING STARTED?

It was a challenge just to get through the front door because I was in judgement of myself. It was also an effort to wake up early in the morning, get dressed, and then walk up from the garage once I got here. It was a workout just getting to the front desk. That alone was worth it! It helped me change my focus from being sedentary to being active.

## HOW DO YOU FEEL HALFWAY THROUGH THE PROGRAM?

In addition to losing over 40 pounds, I feel so much stronger and better in every way! I enjoy working with my trainer the most. I also love the pool. I went from walking in the water to attending water aerobics twice a week.

I worked for a research-driven, vitamin and supplement distributor for 25 years, so I have a good understanding of nutrition. But I'm always learning more from my registered dietitian.

## HOW HAS YOUR QUALITY OF LIFE CHANGED?

It's like night and day. Just having the structure that the program provides has changed my life significantly – from getting adequate sleep, eating for health, and being much more mobile. I'm healthier and stronger. All my daily activities are easier.

## WHAT ARE YOU MOST PROUD OF?

There's not just one thing that stands out – everything does! I lost 40 lbs. I'm stronger. I get dressed more easily. I'm feeling more positive about life. I'm sleeping better. I have more energy. And even the muscles around my knees are getting stronger so I can walk better. There's less pain now. I'm even reconsidering whether I need to have that knee surgery.

But I have to say that I'm most proud of myself for putting on my exercise clothes or a bathing suit, for feeling the self-judgement and doing it anyway.

I didn't know how other people would view me, but I just thought, it doesn't matter. I want to do this. Nobody told me I couldn't. I'd really like to encourage other people to get out and push through their perceived limits – you only limit yourself.

## ANY FINAL THOUGHTS?


I'm so grateful to have the support and help of my 20/20 LifeStyles team. I'm amazed how well everything is thought out for your success. It was worth every cent because it has given me back my quality of life.



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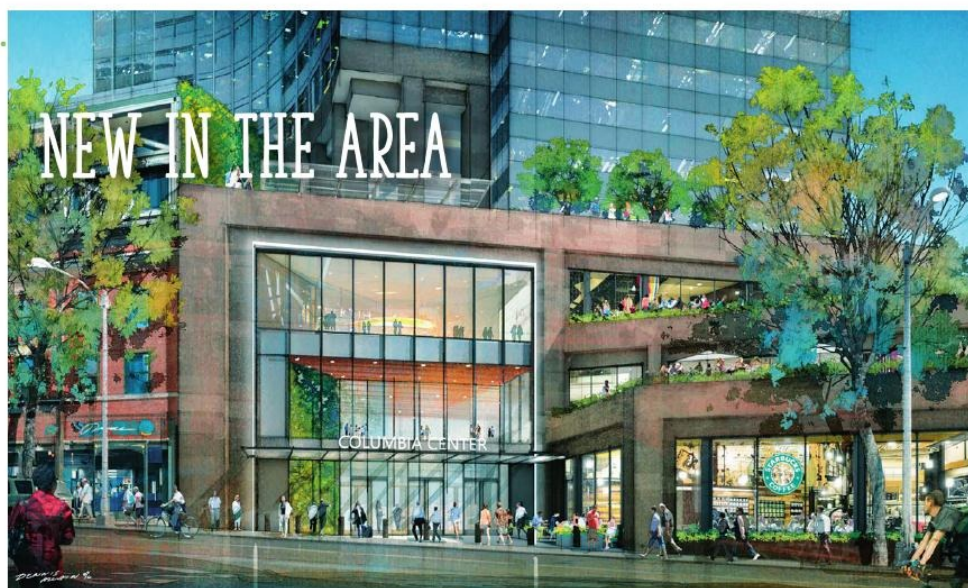
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## Ideas for sightseeing and lodging

BY MICHELE ANDRUS DILL

A 30-something tech-company manager named Piotr, from Europe, and his wife, Barbara, an administrative manager, move enthusiastically from window to window at the Sky View Observatory on the 73rd floor of the Columbia Center in downtown Seattle. “The view is beautiful,” Barbara says. “We can see so many things. We are very happy we came up here.”

Nearby, a retired couple from London point out sites below that they’ve already explored and sites they still plan to see, while a Seattle-area millennial shows a friend from California around, and they pause at interpretive panels with information such as the number of major glaciers—more than two dozen—on Mount Rainier.

The panorama visible from the observatory, at 902 feet above street level, includes Puget Sound, with its flurry of ferryboats and freighters; numerous islands and inlets; the 175-foot-tall Seattle Great Wheel; the 605-foot Space Needle; Lake Union; the Port of

Seattle’s red cranes; Mount Rainier; Mount Baker; and the Olympic Mountains on the horizon to the west.

And the vista to the east, including Lake Washington and the city of Bellevue, is now displayed in full, thanks to an expansion of the observatory last summer that provided a 360-degree view by allowing sightseers to make a complete picture-windows circuit of the 73rd floor.

Beginning early this summer, the spectacular eastward view will be what greets visitors arriving on the observatory floor via two new express elevators now under construction. The elevators will whisk guests in just 70 seconds from the Columbia Center’s Fourth Avenue lobby to the observatory, eliminating the need to make a connection between two different banks of office-worker elevators. The observatory is also gaining a new food-and-beverage option, with cocktails and bar bites complementing the view.

In addition, the Fourth Avenue

lobby itself is being completely renovated to include the observatory box office, observatory-related retail space and a grand staircase connecting the first and second levels of a three-story atrium that contains various eateries. The renovation is designed to provide an impressive welcome before people board the elevators to what is described as “the tallest observatory in the Northwest.”

“We wanted to streamline the guest experience to reach the observatory,” says Jennifer Tucker, general manager of the sky-high attraction. “And we feel like any visit to Seattle should start here. The city is at your feet. You can see it all. If you’re a visitor, you can see how everything relates, and if you’re a local, you get a good sense of how the city is being transformed. I bring my own friends and family here. I use it as a place to show off my city. It’s stunning. It’s amazing.”

For more information, see [skyviewobservatory.com](http://skyviewobservatory.com).

The following are some of the many other new options in the Puget Sound area:

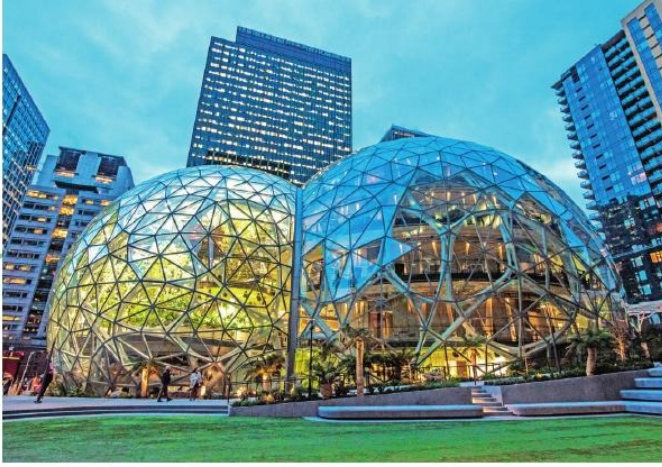
## ATTRACTIONS

- **Nordic Museum** ([nordicmuseum.org](http://nordicmuseum.org)): The Ballard-neighborhood museum, scheduled to open May 5 in a new 60,000-square-foot building, will provide expanded exhibit space and programming/event options featuring Denmark, Finland, Iceland, Norway and Sweden.

- **SODO Track** ([sodotrack.com](http://sodotrack.com)): Expected to be completed by this August, the art project—a

*Above: The new Fourth Avenue lobby at Columbia Center will provide an inviting welcome for people visiting the Sky View Observatory.*





public-private collaboration—features the work of 50 artists along a 2-mile street-art corridor on Fifth Avenue South between Royal Brougham Way and Spokane Street downtown. A total of 32 walls are being painted.

- **The Spheres** (seattlespheres.com): Amazon's three connected glass-domed green spaces—with thousands of plants, from orchids and passion-flowers to spike moss and fan-leaved aloe, curated with the help of botanical gardens and universities across the globe—are open to visitors two Saturdays a month by reservation (available 30 days in advance).

- **State Route 520 Bicycle/Pedestrian Trail** (wsdot.wa.gov): On this new 14-foot-wide concrete path, separated from car traffic by a barrier, you can ride or walk 2.7 miles across the bridge over Lake Washington between Seattle and Bellevue. The bridge trail includes 11 viewpoints, and connects to more than 60 miles of additional trails.

## LODGING

### Recent Openings/Remodels:

- **Embassy Suites by Hilton Seattle Downtown Pioneer Square** (embassysuites.com): Located near CenturyLink Field, the hotel offers amenities such as an indoor pool and a sun deck,

with an acclaimed 13 Coins restaurant also onsite.

- **The Even Hotel and Staybridge Suites** (ihg.com): Sharing a bar, lounge and outdoor patio, the side-by-side hotels in the South Lake Union neighborhood promise style and serenity.

- **Hotel Interurban** (hotelinterurban.com): An indoor saline pool, the Waterleaf Restaurant & Bar, a robot that makes deliveries to guestrooms, and views of Mount Rainier will be among the amenities at this hotel expected to open before the end of May in Seattle's Southside.

- **Hotel Theodore** (hoteltheodore.com): This upscale hotel in a historical building downtown features photography and drawings from Seattle's Museum of History & Industry that pay tribute to Seattle innovators. The onsite restaurant, Rider, celebrates forest and ocean.

- **Hyatt Regency Lake Washington at Seattle's Southport** (lakewashington.regency.hyatt.com): Guests enjoy water and Seattle-skyline views at this lakefront hotel in Renton, south of Seattle. Water's Table restaurant features alfresco dining and sea-



sonal, Northwest-inspired cuisine.

- **Loews Hotel 1000** (loewshotels.com/hotel-1000-seattle): A multimillion-dollar renovation, completed this past fall at the downtown hotel, updated guestrooms, meeting spaces, the lobby and the restaurant, which now has a strong seafood focus as the All Water Seafood & Oyster Bar.

- **Motif Seattle, A Destination Hotel** (destinationhotels.com/motif-seattle): A \$10 million renovation of all the guestrooms in the chic, boutique downtown hotel—which has a popular fifth-floor rooftop lounge and deck—included significant investment in local art pieces.

- **Salish Lodge** (salishlodge.com): A \$12 million remodel of this property, known for its views of Snoqualmie Falls, includes expansion to 85 guestrooms, and redesign of all guestrooms, with features such as gas fireplaces.



*This page, clockwise from top left: The Spheres green spaces; Water's Table restaurant at the Hyatt Regency Lake Washington at Seattle's Southport; the Embassy Suites by Hilton Seattle Downtown Pioneer Square; and a section of Andrew Hem's SODO Track painting, Underwater Squad.*





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## NEW AT SEA-TAC

• **At Seattle-Tacoma International Airport** (seatacshops.com), new attractions include the Terminal Getaway Spa, and dining options such as Alki Bakery, Floret by Cafe Flora, Qdoba, Rel'Lish Burger Lounge and Starbucks Evenings, with

more additions anticipated this year, including Poppa Woody's, Stonehouse Cafe, Camden-foodco., Le Grand Comptoir, Capitol Hill Food Hall and Ballard Brew Hall. Restaurants expected to open next year include Skillet and Sunset Fried Chicken Sandwiches.

### • Sheraton Seattle Hotel

(sheratonseattle.com): The downtown hotel has completed most of a \$53 million renovation, creating a more contemporary feel in spaces ranging from the guestrooms to the lobby.

### Upcoming Hotel Openings:

#### • The Charter Seattle, Curio

**Collection by Hilton** (curiocollection3.hilton.com): Scheduled to open downtown in third-quarter 2018, the hotel includes a 16th-floor rooftop lounge, and an Argentina-inspired restaurant, Patagón.

#### • Graduate Seattle

(graduatehotels.com/seattle): Located in a 1930s Art Deco

building in the University District, the hotel is expected to open this fall. Decor will pay tribute to local scenery, music and business, and to famous University of Washington alumni.

#### • Hyatt Regency Seattle

(hyattregencyseattle.com): Expected to be the region's largest hotel, with 1,260 guestrooms, it is scheduled to open this fall in the Denny Triangle area. The hotel is seeking LEED Gold certification.

#### • The State Hotel (statehotel.com)

Scheduled to open this summer in a 1904 building downtown, the boutique hotel will have amenities such as an eighth-floor rooftop terrace overlooking Pike Place Market. **S**

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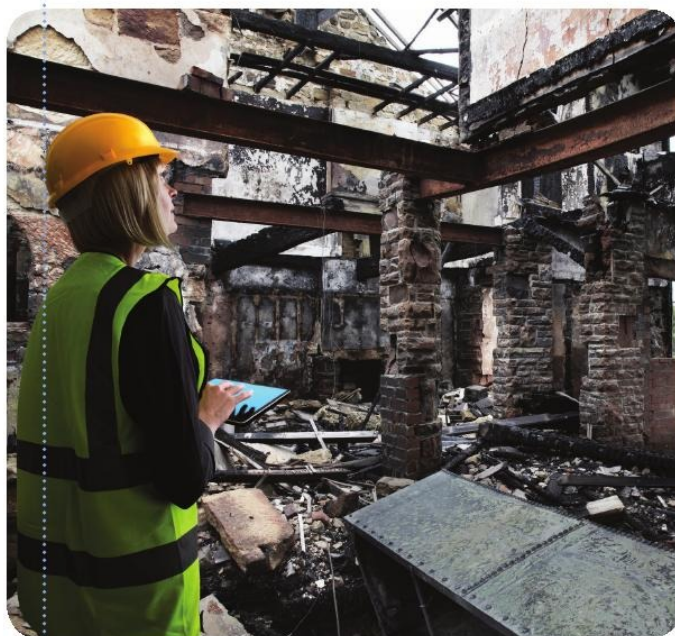
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# THE SPACE NEEDLE'S NEW LOOK

BY ANDREW WAITE

Some of the earliest sketches of the Space Needle depicted an observation deck with glass walls. But in 1962, when the iconic tower opened for the Seattle World's Fair, there weren't glass panels large enough to withstand the elements at 500 feet. Nor was there a way to transport large sheets of glass to such heights. Now, thanks to advancements in technology, a privately funded \$100 million renovation is finally fulfilling the vision that the original architects had for this beacon of the future.

Much of the renovation is made of glass—176 tons, to be exact. The result is better sightlines, with views increased by more than 35 percent. The 520-foot upper observation level, for instance, now feels like an infinity pool, with unencumbered views of Puget Sound, Seattle and other sights. This effect comes from glass windows stretching from the floor to the ceiling (the old windows stopped about 3 feet from

*On the upper observation level, glass replaces wire caging as the outer barrier, and glass windows now stretch from the floor to the ceiling.*

*The outer rim of the lower observation level was redesigned with a rotating glass floor. A new engine with rubber mechanisms should make for a smoother spin.*



dle's chief marketing officer. That experience includes 24 glass benches, the backs of which are the outward-leaning glass walls of the exterior barrier. Sit down and feel as if you're floating above the city. (Don't forget to snap a selfie.)

Another feature is the lower observation level's rotating glass floor, which is the world's first rotating glass floor in a public building, Olson says. From the glass floor, visitors can see the structure, elevators moving up and down, and the ground below. A "restaurant of the future" will open later this year.

At a new cafe on the upper observation level and a new lounge expected to open this month on the glass-floor level, visitors can enjoy small plates sourced by Northwest vendors such as Beecher's Handmade Cheese and Snake River Farms beef, as well as drinks from area breweries, distilleries and wineries.

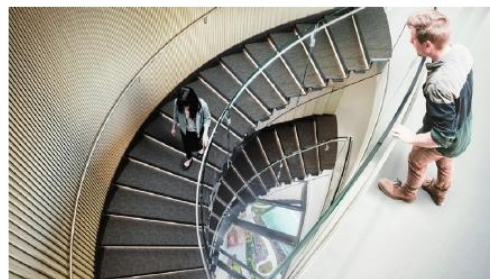
The new local-tastes theme is fitting, because the iconic Space Needle reflects the Seattle area—a region that prides itself on innovating for the future. Atop the Space Needle, guests can now see that future through unobstructed views. ■

*A grand staircase spirals between the upper and lower observation levels and features an open side that looks down on the rotating glass floor.*



the floor) and an all-glass exterior barrier. Gone is the wire caging. In its place are 48 glass panels—each 7 feet wide, 11 feet tall, 2.5 inches thick. These panels are in place thanks to a custom-built machine that uses hydraulics and tablet-shaped suction cups to position sheets of glass.

The revamped Space Needle creates an experience, visceral and thrilling, says Karen Olson, the Space Needle's





## NEW AT THE BELLEVUE COLLECTION BY MICHELE ANDRUS DILL



When my husband and I were hosting visitors from out of town, we wanted to provide them with a fun experience that combined shopping, dining and entertainment, and offered Northwest fashion and flair. On another occasion, when my spouse and I were celebrating a special wedding anniversary, we wanted to create a full day of memorable experiences, from shopping together for gifts to dining in style.

In both cases, we headed to The Bellevue Collection, in the lively city of Bellevue, just 10 miles east of Seattle. Long a

premier shopping/dining/entertainment destination for Northwest locals and visitors alike, The Bellevue Collection has become even more exciting with the addition of many new retailers, restaurants and experiences over the past year. You can now enjoy more than 200 excellent shops, 50 destination-dining and nightlife venues, 30 quick-service-food and cafe spots, two state-of-the-art cinemas, three luxury hotels, three spas, and attractions ranging from a comedy club/billiards parlor to a bowling alley with two dance floors.

Comprising Bellevue Square,

Bellevue Place and the newly expanded Lincoln Square—all connected by sky bridges and car/pedestrian tunnels—The Bellevue Collection attracts everyone from fashionistas to foodies, from craft-beer aficionados savoring local beers at upscale Henry's Tavern to fitness enthusiasts taking an invigorating class at SoulCycle.

Following are just a few examples of what's new at The Bellevue Collection:

### W BELLEVUE

This W Hotels property is modern and chic, yet also relaxing. The hotel's Living Room—a modern twist on the lobby concept—is decorated in restful blues and elegant whites, with a gas fireplace. Another gas fireplace warms The Porch, an open-air extension to the Living Room. The Porch, which is covered on top and provides blankets for cooler days, has hanging swing seats that are great spots for reading a book borrowed from The Library. Or lounge on the plaid couch in The Library itself, where the ring pattern on the orange area rug suggests grand Northwest trees.

In the hotel guestrooms, colors such as white and purple, and elements such as plush-pillowed window seats and tony dressers supporting flat-screen TVs, create an ambiance that is both classic and contemporary.

THIS PAGE: MARK SILVERSTEIN; FACING PAGE, CLOCKWISE FROM TOP LEFT: JAKE HANSEN; RENDERING BY DEZ MOTIF STUDIOS LAS VEGAS; COURTESY CINEMARK; SUZI PRATT





The hotel's dining options include The Lakehouse, with farmhouse-inspired meals by James Beard Award-winning local chef Jason Wilson. The decor, with its wood floor and wood beams, is designed to evoke a warmly sophisticated lakefront home.

Wilson also owns and runs Civility & Unrest, the speakeasy-inspired cocktail experience at W Bellevue. With a whiskey bar in front and a cocktail lounge in back, C&U offers vintage spirits from around the world, as well as local craft brews, sparkling libations and unusual cocktail creations. For instance, a signature cocktail, The Civil Unrest, features Four Roses bourbon, dry vermouth, crème de cassis and orange bitters. The cocktail is a play on a Manhattan, offering a classic with a new twist.

### WAYWARD

In keeping with the Puget Sound area's outdoors-appreciation ethos, Wayward, which opened its Bellevue Collection store last year, sells gear, clothing and more for explorers and adventurers. From bags to bandannas, shirts to shorts, coolers to craft-your-

own-bitters kits, the store has something for everyone. It is one of the 16 new stores—including the only Northwest location for Amsterdam-based Suitsupply—that have joined The Bellevue Collection, with six more new stores coming soon.

### BARRIO LUCHADOR, LINCOLN SOUTH FOOD HALL

At Barrio Luchador, one of the seven quick-casual “feasting spots” at the new Lincoln South Food Hall, guests can enjoy dishes—served from an Air-stream trailer—that range from carne asada, with wagyu steak from Seattle-based Mishima Reserve, to vegetarian mushroom mole made with unsweetened chocolate from Seattle’s famed Theo Chocolate.

Other Lincoln South Food Hall sites offer items ranging from bao to baguette, poke to pizza, while Dote Coffee Bar combines its locally roasted coffee with hand-crafted chocolate. The above options are among The Bellevue Collection’s 20 new restaurants and casual dining spots.

### ASCEND PRIME STEAK & SUSHI

Fine dining will be paired with fantastic views—of Bellevue, Lake Washington, the Seattle skyline, the Cascade Range and even the Olympic Mountains—at Ascend, on the 31st floor of the Lincoln Square South tower. The



restaurant, expected to open in late May, will highlight prime beef, premium seafood and fine wines.

### CINEMARK RESERVE LINCOLN SQUARE

At this cinema, you can select your reserved seat when you buy your ticket at the box office or online, and then relax in a heated reclining luxury lounge (with footrest). A swivel tray table holds food and beverages delivered seatside at the touch of a button before or during the show. The theater, for ages 21 and older, has six auditoriums, all with wall-to-wall screens and enhanced sound systems. It complements Cinemark’s all-ages-friendly Lincoln Square Cinemas, which has 16 auditoriums, including one with Imax technology.

For more information on what’s new at The Bellevue Collection, visit [bellevuecollection.com](http://bellevuecollection.com). **S**



*Facing page: The Living Room at W Bellevue, in Lincoln Square South. This page, clockwise from top left: Wayward in Bellevue Square, Ascend Prime Steak & Sushi in Lincoln Square South, Cinemark Reserve Lincoln Square, and Barrio Luchador in the Lincoln South Food Hall.*





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Sky View Observatory is the tallest public observatory in the Pacific Northwest and the perfect place to begin any Seattle experience. Take in the breathtaking 360° views and plan your visit with the city at your feet. It all starts at Sky View.



\*Photo Credit: Mike Reid

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## SIDE TRIPS

*Day and weekend touring around the area*

**Bellingham/Whatcom County** ([bellingham.org](http://bellingham.org)): An area known for its outdoor adventures, Whatcom County offers everything from whale watching to mountain climbing. Bellingham has an exciting microbrew scene and a charming waterfront promenade. Semiahmoo Resort ([semiahmoo.com](http://semiahmoo.com)) offers spa treatments, kayaking and golf; and the Mount Baker Scenic Byway boasts wondrous views of mountains, forest and meadows in the Mount Baker–Snoqualmie National Forest ([www.fs.usda.gov/mbs](http://www.fs.usda.gov/mbs)).

• **Flying Heritage & Combat Armor Museum** ([flyingheritage.com](http://flyingheritage.com)): With 26 aircraft—many of them WWII planes from five different countries—and more than 25 vehicles, such as tanks and other military equipment, on display in two large hangars at Everett's Paine Field, the museum is a historic treasure trove. There are special events held at the museum throughout the year.

• **Future of Flight Aviation Center & Boeing Tour** ([futureof-flight.org](http://futureof-flight.org)): See Boeing's production line in Mukilteo, where you can view how jetliners are built in one of the world's largest buildings. You can learn about the airplane designs, the materials used to construct planes and the future of plane production.

• **Gig Harbor** ([gigharborguide.com](http://gigharborguide.com)): Just across Puget Sound from Tacoma, the town of Gig Harbor allows for an easy getaway vacation, with many summer activities, including fishing, scuba diving, boating and guided beach walks with Harbor WildWatch. You can also cycle, golf, hike, peruse boutique shops, relax with a local wine or cocktail, and savor water-view dining.

• **The Hibulb Cultural Center & Natural History Preserve** ([hibulbculturalcenter.org](http://hibulbculturalcenter.org)): Located on the Tulalip Reservation, west of Marysville, the Hibulb

Cultural Center tells the journey of the Tulalip People through the stories of the tribe. You will learn about the importance of the cedar tree to their culture and the seven value stories. Guided tours are available.

• **Leavenworth** ([leavenworth.org](http://leavenworth.org)): Celebrate spring with Maifest 2018, May 11–13, at the Bavarian-themed village, where there will be dancing, entertainment and a “maipole.” Located amid the Cascade Range, Leavenworth is known for its shopping, breweries, distilleries and restaurants. The town is also famous for the many outdoor activities available in the area, from camping,



hiking, horseback riding and whitewater rafting in the summer to Nordic skiing and dogsledding in the winter.

• **Olympia–Lacey–Tumwater area** ([visitolymia.com](http://visitolymia.com)): Tour the 1928 state capitol building and enjoy artisanal farmers markets, the South Sound Wine Trail, distilleries, the Thurston Bountiful Byway agritourism self-tour and kayak rentals. You can also explore the trails in the Billy Frank Jr. Nisqually National Wildlife Refuge ([fws.gov/refuge/Billy\\_Frank\\_Jr\\_Nisqually](http://fws.gov/refuge/Billy_Frank_Jr_Nisqually)).

*Above: The Deception Pass Bridge area offers breathtaking views of Puget Sound. Right: Leavenworth celebrates Maifest, May 11–13.*





*The iconic Fairmont Empress Hotel is known for its afternoon tea service.*

● **San Juan Islands** ([visitsanjuan.com](http://visitsanjuan.com)): These spectacular islands offer recreation ranging from kayaking and whale watching (and The Whale Museum, [whale-museum.org](http://whale-museum.org)) to cycling, climbing, hiking and ziplining. Also enjoy the many pottery studios, seaports, villages and boutique shops. The islands have award-winning restaurants, as well as locally made wine, beer, cider and spirits.

● **Victoria, B.C.** ([tourismvictoria.com](http://tourismvictoria.com)): From downtown Seattle's Pier 69, you can travel in style on the high-speed *Victoria Clipper* ([clippervacations.com](http://clippervacations.com)) catamaran. In less than three hours, you will arrive in British

Columbia's charming capital, which offers attractions such as the Royal BC Museum and afternoon tea at the Fairmont Empress Hotel. You can tour the British Columbia Parliament Buildings, enjoy The Butchart Gardens and ride in a horse-drawn carriage. Overnight packages are available.

● **Whidbey Island** ([whidbey-camanoislands.com](http://whidbey-camanoislands.com)): A short ferry ride from Mukilteo, near Everett, Whidbey Island offers outdoor attractions such as camping, fishing and hiking. A must-see is the view from Deception Pass Bridge, which connects Whidbey Island and Fidalgo Island. ■

—Jeff Bond



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## LOCAL FAVORITES

Popular Puget Sound-area attractions **BY MICHELE ANDRUS DILL**

**D**ocent Jim Culp dons white gloves to gently open the back door of a sapphire-blue custom-made 1916 Pierce-Arrow. I'm getting an inside look at one of the many fascinating cars on display at **LeMay—America's Car Museum**. Culp points out special features such as the mounted crystal vase for flowers, the mohair interior, the wooden doorframes and the two telephone handsets—one on each side of the passenger compartment.

The phones connect with wires to the driver's ear trumpet. "But the driver doesn't get to talk back," Culp comments with a grin. "He doesn't have a mouthpiece."

The knowledgeable docent is guiding me

on a White Glove VIP Tour, usually 75 to 90 minutes in length, that is offered daily at 11 A.M. and 1:30 P.M. at the Tacoma museum, just 35 miles south of Seattle. While I could have done a fun self-guided tour by paying the regular \$18 adult admission, the \$33 docent-guided White Glove tour, which includes museum admission, is a marvelous upgrade. It features various "White Glove Stops" for up-close, open-door views of vintage cars, as well as in-depth information on dozens of the 350 cars and motorcycles on display at any given time in the 165,000-square-foot museum, which regularly rotates vehicles on view. The tour itinerary varies each day based on the docent doing the guiding.

Today, we also pause at a 1923 Lincoln Touring Car. Franklin D.

Roosevelt rode in this very car when he visited Tacoma as a presidential candidate in 1932, and other dignitaries and celebrities also enjoyed this ride, including actress Lana Turner when she visited Tacoma in 1942 for a war bond rally, Culp says.

I'm particularly enthralled by the oldest car in the museum, an 1899 Baldwin Steamer—steam-powered via a boiler right under the front seat. The car took about 20 minutes to get started; it could go about 25 mph; and its boiler needed to be refilled about every 20 miles, Culp says.

He makes sure I notice the three-wheel, crank-start 1911 Kelsey Motorette, steered via tiller, but otherwise sporting a design much like that of a traditional horse-pulled carriage. He also draws my attention to the 1915







Facing page and above: LeMay—America's Car Museum displays vintage autos such as the 1916 Pierce-Arrow, left, and the 1899 Baldwin Steamer. Right: The Center for Wooden Boats offers watercraft rentals and public sails.

Baker Electric. It was powered by batteries but never gained popularity because its average range, depending on terrain, was about 35 miles before you had to recharge it overnight, Culp explains.

He says the Brewster-bodied 1917 Crane-Simplex Model 5 on display had been ordered by John D. Rockefeller Jr. as a birthday gift for his father, while the 2010 Tesla Roadster is similar to the red one Elon Musk sent into space on his SpaceX Falcon Heavy Rocket this past February.

One of the rarest cars in the collection is a 1930 Duesenberg Model J. From the engine to the fenders, it was built by hand, which meant that fewer than 500 of the cars were completed during the model's nine-year production period, Culp notes.

At a 1983 DeLorean gull-wing-door coupe, Culp unhooks the rope guarding the car, points out the vehicle's unusual brushed stainless steel exterior, and opens the driver's door so I can crouch near the seat for a selfie, one of the highlights of the White Glove tour. A DeLorean DMC-12 similar to this model played a prominent time-travel role in the 1985 film *Back to the Future*, but Culp assures me: "It's safe. We have the flux capacitor locked in the basement, so we will not go back to the future involuntarily."

White Glove tourers also typically get to see private collectors' vintage cars parked in the exclusive Club Auto room, and may also get to toot vintage car horns from the early 1900s. After the VIP treatment, you'll be free to enjoy additional exploration, as

well as activities in the free Family Zone, or you can test your driving skills in a simulator (extra fee).

New museum exhibits include the permanent "Powering the Future Learning Lab," which opened in April and features hands-on experiences, and the BMW-focused "Heroes of Bavaria," opening May 12 and expected to be on view for about a year. For more information, see [americascarmuseum.org](http://americascarmuseum.org).

### MORE OF THE MANY POPULAR ATTRACTIONS IN THE PUGET SOUND AREA

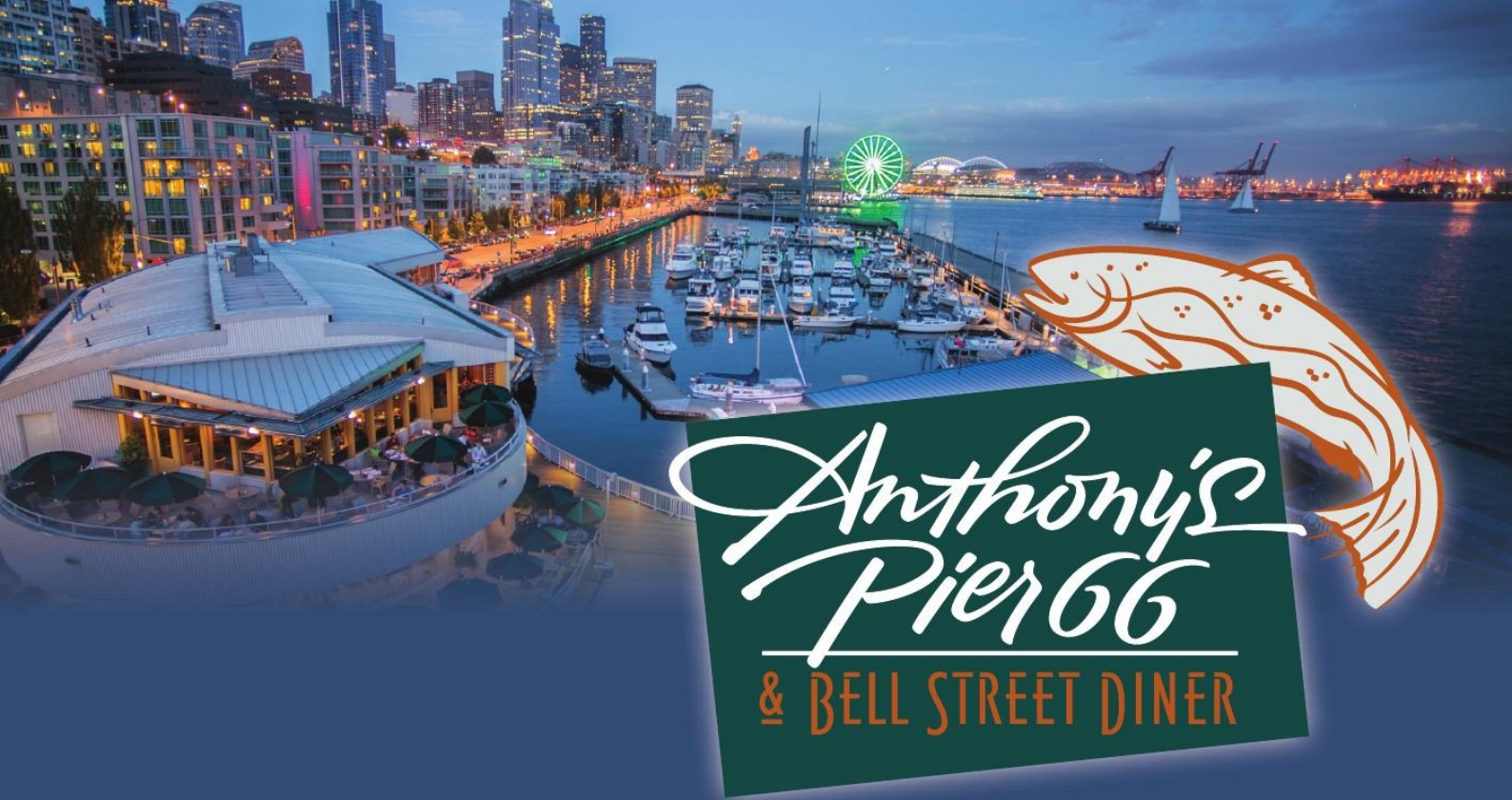
- **Alki Beach** ([seattle.gov/parks](http://seattle.gov/parks)): Site of the 1851 landing of white settlers in West Seattle; includes a 2.5-mile path with water views, volleyball sites and a small replica of the Statue of Liberty.
- **Bellevue Arts Museum** ([bellevuearts.org/exhibitions/upcoming/posada](http://bellevuearts.org/exhibitions/upcoming/posada)): "José Guadalupe Posada and the Mexican Penny Press: Prints from the David J. Sellers Collection," through Aug. 19. The artist has been called "the father of modern Mexican art."
- **Bellevue Botanical Garden** ([bellevuebotanical.org](http://bellevuebotanical.org)): Celebrat-

ed its 25th anniversary last year. Boasts more than 50 acres of gardens, woodlands and wetlands.

- **Bill & Melinda Gates Foundation Discovery Center** ([discovergates.org](http://discovergates.org)): Exhibits tell the stories of work being done to improve people's lives, and activities show how each person can make a difference.
- **Bill Speidel's Underground Tour** ([undergroundtour.com](http://undergroundtour.com)): Entertaining history-and-culture walking tour.
- **Brewery Tours** ([roaddog-tours.com/cities/seattle](http://roaddog-tours.com/cities/seattle)): Visit three Seattle breweries in three hours. Also: Enjoy area special events, such as Elysian Brewing's Search Party, benefiting The Vera Project, and including beer, music and art, June 30 ([elysianbrewing.com](http://elysianbrewing.com)).
- **Burke-Gilman Trail** ([seattle.gov/parks](http://seattle.gov/parks) and [kingcounty.gov/services/parks-recreation/parks.aspx](http://kingcounty.gov/services/parks-recreation/parks.aspx)): Approximately 20-mile paved recreation trail; includes Lake Washington views on its way from Golden Gardens Park north to Bothell, where it connects with the Sammamish River Trail.
- **The Center for Wooden Boats** ([cwb.org](http://cwb.org)): Public sails on







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Above: The Fremont Troll sculpture is one of the stops on the fun Fremont Tour. Below: Vintage aircraft on display at The Museum of Flight.

Lake Union, watercraft rentals and vintage-boat displays.

- **Chambers Bay** (chambers-baygolf.com): Scenic 7,585-yard traditional links course on Puget Sound shoreline in the Tacoma area; the course hosted the 2015 U.S. Open.

- **Children's Museum of Tacoma** (playtacoma.org): Playscapes from "Voyager" to "Invention."

- **Cruises:** Among the many options, cruise Puget Sound on the **Blake Island/Tillicum Excursion with Argosy Cruises** (argosycruises.com) to enjoy the scenery, a Native storytelling show and a buffet meal with alder-fire-roasted fish. Also: Cruise **Lake Union and Lake Washington** for brunch or a sunset dinner with **Waterways Cruises and Events** (waterways-cruises.com).

- **Dunn Gardens** (dunngardens.org): Century-old gardens with a lovely 7.5-acre Olmsted Brothers design; guided tours, by reservation, select days and times, April–July and September–October.

- **Emerald Downs Racetrack** (emeralddowns.com): Exciting live or simulcast thoroughbred racing in Auburn, through Sept. 23.

- **Emerald Water Anglers** (emeraldwateranglers.com): Guided fly-fishing trips on area rivers and Puget Sound.

- **Fort Steilacoom Park** (cityoflakewood.us/parks-and-recreation/parks): Trails, historical barns, radio-controlled-aircraft fly area, and orienteering course in Lakewood; nearby is the 9-hole Fort Steilacoom Golf Course, providing flat terrain in a natural-plains-type setting.

- **The Fremont Tour** (thefremonttour.com): Guided tour spotlighting quirky art and street theater in the Fremont neighborhood, June 17–Sept. 2.

- **Frye Art Museum** (fryemu-seum.org): "Towards Impressionism: Landscape Painting from Corot to Monet," May 12–Aug. 5.

- **Green Lake Park** (seattle.gov/parks): Enjoy the scenic 2.8-mile paved path around the lake, or swim or paddle in the water.

- **Hiram M. Chittenden Locks** (http://bit.ly/BallardLocks): Watch boats transfer between freshwa-

ter and saltwater, and June to September, watch salmon on the fish ladder.

- **Juanita Bay Park** (kirklandwa.gov/depart/parks): Nearly 200 species of birds live in or visit the Kirkland park; several different habitat areas, ranging from wet meadow to open water to intermittent marsh; guided tours available.

- **KidsQuest Children's Museum** (kidsquestmuseum.org): Exploration areas range from a climbing feature to a Water Gallery at this Bellevue museum.

- **Living Computers: Museum + Labs** (livingcomputers.org): Vintage computers, and hands-on opportunities in areas such as virtual reality and creating a videogame.

- **Marymoor Park** (king-county.gov/services/parks-recreation/parks.aspx): Bird-watching, velodrome, climbing structure, extensive lawn space, and summer concert and movie series at this Redmond park.

- **The Museum of Flight** (museumofflight.org): Boasts the first permanent public display of Apollo 12 and 16 F-1 rocket engines that launched astronauts to







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*Above: One of the two Crystal Towers on the Chihuly Bridge of Glass leading to the Museum of Glass. Right: The acclaimed Starbucks Reserve Roastery.*

the moon; new “Vietnam Divided” exhibit will open Memorial Day weekend; the museum also has vintage aircraft, hands-on experiences and 3D films.

- **Museum of Glass**

(museumofglass.org): “Foraging the Hive: Sara Young and Tyler Budge,” May 26, 2018–early 2019; plus regular glass-blowing demonstrations by expert artists in the Hot Shop; located in Tacoma.

- **Museum of History & Industry** (mohai.org): Seattle-area history enlivened by interactive exhibits and intriguing objects.

- **Nightlife:** Many options, such as live music at The Crocodile, Neumos, The Showbox, The Triple Door and Tractor Tavern; Foundation Nightclub electronic dance

music; and Muckleshoot Casino live music, comedy and DJ dance parties.

- **Point Defiance Park**

(pointdefiancepark.org): Beaches, forest and sweeping views, and Point Defiance Zoo & Aquarium, in Tacoma.

- **Seattle Art Museum**

(seattleartmuseum.org): “Double Exposure: Edward S. Curtis, Marianne Nicolson, Tracy Rector, Will Wilson,” June 14–Sept. 9.

- **Seattle Center** (seattlecenter.com): Numerous attractions, such as food and entertainment in Seattle Center Armory; Chihuly Garden and Glass; International Fountain; KEXP Live In-Studio performances; KeyArena; Museum of Pop Culture (MoPOP); Pacific Science Center; Seattle Children’s Museum; Space Needle; and ballet, opera and theater performances. Alaska Airlines is a sponsor of Seattle Center. Head a block north to The Maxwell Hotel on Roy Street to see a colorful mural, by artist/author Victor Ostrovsky, celebrating Seattle Center and Seattle arts (staypineapple.com).

- **Seattle Waterfront** (visitseattle.org/neighborhoods/waterfront): Top Seattle attractions, including The Seattle Great Wheel and Wings Over Washington: A Flying Ride; the Seattle Aquarium; and the Olympic Sculpture Park; plus water-view, seafood-focused restaurants such as Anthony’s Pier 66, The Crab Pot, Elliott’s Oyster House and Ivar’s on Pier 54.

- **Self-guided art tours**, with online maps, are available for Seattle (seattle.gov), Kirkland (explorekirkland.com) and Bellevue (visitbellevuewashington.com).

- **The Shops at The Bravern** (thebravern.com): High-end shops, plus restaurants such as the lauded John Howie Steak, in Bellevue.

- **Smith Tower** (smithtower.com): The 1914 building was once the tallest building west of the Mississippi; the “Legends of Smith Tower” experience includes exhibits and a ride on an Otis elevator to the 35th floor observation deck, where you can also enjoy cocktails in a speakeasy.

- **Snoqualmie Falls** (pse.com/inyourcommunity/toursandrecreation/pages/snoqualmie-tours.aspx): Great views of the waterfall, east of Seattle, as well as a park with picnic tables, a hiking trail and interpretive displays.

- **Starbucks Reserve Roastery** (roastery.starbucks.com):



com): Some of the world’s rarest coffees are roasted and brewed here; also serves specialty espresso and tea.

- **Tacoma Art Museum** (tacomaartmuseum.org): “Familiar Faces & New Voices: Surveying Northwest Art,” ongoing.

- **University of Washington** (washington.edu/discover/visit):





The exciting VRcade at Muckleshoot Casino.

Waterfront Activities Center canoe and rowboat rentals; Meany Center performing arts; and attractions such as the Burke Museum ([burkemuseum.org](http://burkemuseum.org)), which features cultural and natural history specimens and artifacts.

- **VRcade** ([muckleshootcasino.com](http://muckleshootcasino.com)): Virtual-reality experiences ranging from fighting off zombies to taking an undersea adventure; located in Auburn.

- **Washington State Ferries** ([wsdot.wa.gov/ferries](http://wsdot.wa.gov/ferries)): Scenic routes such as sailings to Bainbridge Island (museums, restaurants, wine-tasting rooms, Mora Iced Creamery) and Bremerton (USS *Turner Joy* naval-ship tours, fountain parks, and restaurants

such as Anthony's at Sinclair Inlet).

- **Washington State History Museum** ([washingtonhistory.org](http://washingtonhistory.org)): "Toytopia," including a vintage video arcade with games set for free play for visitors, through June 10 at this museum in Tacoma; also special events such as Bigfoot Night on May 10 (for ages 21 and older).

- **Wing Luke Museum of the Asian Pacific American Experience** ([wingluke.org](http://wingluke.org)): Intriguing items such as a Chinese opera costume, and interesting spaces such as the mahjong room in a historic hotel. Also: guided walking tours.

- **Woodinville Wine Country** ([woodinvillewinecountry.com](http://woodinvillewinecountry.com)): More than 100 wineries and tasting rooms, including Chateau Ste. Michelle, representing every Washington appellation; plus more than a dozen breweries, distilleries and cideries.

- **Woodland Park Zoo** ([zoo.org](http://zoo.org)): The 1,000-plus animals, representing more than 300 species from around the world, include two sloth bear cubs born in December. Two greater one-horned rhinos are joining the zoo for a special exhibition scheduled to open May 5. ZooTunes concerts take place June through early September. **S**



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## EXCITING SEASONS

*A summer full of Seattle sports*

### SEATTLE MARINERS

It may feel a little like old times at Safeco Field this year with the ageless wonder and possible future Hall of Famer Ichiro Suzuki slapping singles and robbing visiting teams of home runs in the outfield. Suzuki, 44, who played for the Mariners from 2001 to 2012, was signed in the offseason and is expected to be a backup outfielder. Still, he has already

shown flashes of his legendary defensive flair during the season's opening series against the Cleveland Indians by catching a sure home run ball hit by José Ramírez above the left field fence.

Other bright spots include eight-time All-Star second baseman Robinson Canó, who started the season swinging a hot bat, and right fielder Mitch Haniger, who is

back from an injury-plagued 2017 season and showing power at the plate. Slugger Nelson Cruz, who led the American League in 2017 with 119 RBIs, and had two home runs in 2018's first two games, is expected to bounce back after a minor ankle sprain he suffered in this season's first series.

The pitching rotation is anchored by 2010 Cy Young Award-winner Félix Hernández, talented left-hander James Paxton and closer Edwin Díaz.

The Mariners start this month with a weeklong home stand in which they play the Oakland Athletics and Los Angeles Angels of Anaheim. Later in the month, the Texas Rangers, Detroit Tigers and Minnesota Twins visit.

Alaska Airlines is a corporate partner with the Mariners. For every home run hit by a Mariners player, Alaska Airlines donates miles to the United Negro College Fund ([mariners.com](http://mariners.com)).

### SEATTLE SOUNDERS FC

After winning the MLS Cup in 2016 and losing the title game to Toronto last season, the Sounders are looking to make another run at a championship in 2018. However, early-season injuries, including losing star forward Jordan Morris for the season with a torn ACL, have made that task much more challenging.

Veteran forward Clint Dempsey, who scored a team-high 12 goals in 2017, and fellow forward Will Bruin, who added 11 goals, will be the firepower for this year's squad. Midfielder Nicolás





*Mariners second baseman Robinson Canó, opposite left, started the 2018 season swinging a hot bat. The Sounders will be relying on the scoring ability of forward Clint Dempsey, above, this season. The Storm's Breanna Stewart, right, has developed into one of the WNBA's best forwards. Megan Rapinoe, below, was dominant for the Reign last season, scoring 12 goals.*



Lodeiro, who added seven goals and 12 assists last year, will also be crucial to the offense. On the defensive side, goalkeeper Stefan Frei will need to continue his stellar play in front of the net.

Rivalry games against the Portland Timbers are must-see events for local soccer fans. The Sounders will be at Portland's Providence Park on May 13 and then will host the Timbers at Seattle's CenturyLink Field on June 30 (soundersfc.com).

## SEATTLE REIGN FC

It's been a year of change for the Reign, including a new coach, 13 new players and even a new name for their stadium. Laura Harvey, the team's legendary coach and general manager for its first five years, stepped down in 2017, after leading the Reign to the best record in the National Women's Soccer League (NWSL) in

2014 and 2015. In an ironic twist, Harvey is now the coach of the NWSL's Utah Royals, which moved last year from Kansas City. That franchise's former coach, Vlatko

Andonovski, is the new coach of the Reign. Among the new players to watch are midfielder and Olympian Allie Long, goalkeeper Lydia Williams and forward Jodie Taylor. Megan Rapinoe, who led last year's squad with 12 goals, returns to lead the offense.

As for the stadium, the Seattle Center facility is now named UW Medicine Pitch at Memorial Stadium.

A few games to circle in the schedule are the meetings between the Reign and their Interstate-5 rivals, the Portland Thorns, on May 5 in Portland and June 30 in Seattle. Another match with special meaning is the July 11 Seattle match with the Royals, marking the first time Harvey will return to Seattle with her new team (reignfc.com).

## SEATTLE STORM

With the leadership of new head coach Dan Hughes, veteran guard Sue Bird, 2017 All-Star Breanna Stewart and 2015 Rookie of the Year Jewell Loyd, Seattle appears to have the nucleus for success in 2018.

The team has continued building for the future by choosing UCLA star point guard Jordin Canada with the fifth overall pick in the WNBA draft last month. Canada is expected to eventually replace Bird, one of the league's greatest players, who is entering her 16th season.

Last year, forward Stewart continued to develop, becoming a dominant force on the inside and averaging nearly 20 points per

game, second in the league. Loyd also made strides, averaging 17.7 points per game, ninth-best in the league. However, a midseason slump slowed the team, and resulted in head coach Jenny Boucek being replaced by interim coach Gary Kloppenburg. The Storm rallied at the end of the season to make the playoffs, but lost in the first round.

This season is expected to be



different, with Stewart and Loyd continuing to improve and veterans Bird, Crystal Langhorne and Alysha Clark helping the burgeoning superstars.

If the Storm can play a tougher brand of defense to go along with one of the league's most potent offenses, the team could regain its championship form (storm.wnba.com).

## SEATTLE SEAHAWKS

The 2018 offseason appears to be the beginning of a rebuilding phase for the Seahawks. A num-



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## SEATTLE



ALEX MENDEZ / GETTY IMAGES

*Russell Wilson drops back to pass during the NFL Pro Bowl between the AFC and NFC at Camping World Stadium on January 28, 2018, in Orlando, Florida.*

ber of players were let go or traded in the offseason, including defensive star cornerback Richard Sherman and defensive end Michael Bennett.

Not only are the Seahawks rebuilding a once-dominant defense that led the team to two Super Bowl appearances and one Lombardi Trophy, but they are also working on the offensive line, wide receiver, tight end and running back positions. The only sure thing about the Seahawks right now is quarterback Russell Wilson (Alaska Airlines' Chief Football Officer).

If coach Pete Carroll can retool the defense, protect Wilson, find quality wide receivers and improve the backfield, the Seahawks should have a good chance of making the playoffs in 2018.

The Seahawks will begin training camp at the Virginia Mason Athletic Center in Renton at the end of July. The Seahawks will begin the preseason in the second week of August by hosting the Indianapolis Colts. Fans can get tickets to certain training camp sessions, and buy tickets to preseason football games at [seahawks.com](http://seahawks.com). **S** —Jeff Bond



# Around the Sound...

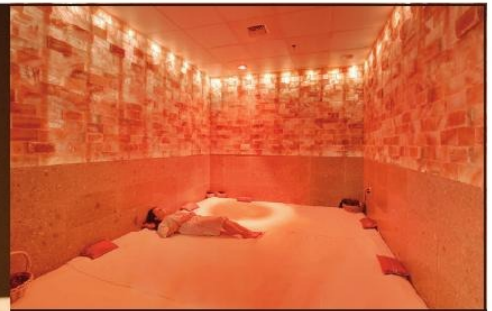
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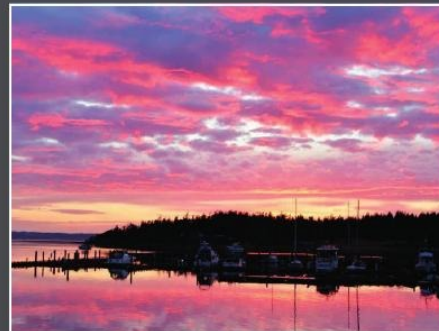
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# SEATTLE ITINERARY

*A few of the Puget Sound area's top events this spring and summer*

## SEAFAIR SIGHTS

**One of the Puget Sound region's** ultimate summer experiences, the 69th-annual Seafair festival attracts more than 2 million people to 75 events, including the Seafair Pirates Landing on Alki Beach on July 7, parades in just about every area of the city, numerous festivals and the Milk Carton Derby at Green Lake Park.

One of the highlights of the celebration is the Alaska Airlines Seafair Torchlight Parade, being held Saturday, July 28, at 7:30 P.M. this year. Clowns and Seafair Pirates will be giving out candy;

marching bands will be performing; and amazing floats will greet crowds along the 2.5-mile parade route through downtown Seattle.

The festival will culminate with Seafair Weekend, August 3–5, when the nation's top hydroplanes compete on Lake Washington for the Seafair Cup.

The weekend draws thousands of people and will also include many special events, including the U.S. Navy Blue Angels performing their famous air show. Alaska Airlines is an official sponsor of Seafair. For a complete schedule of events, visit [seafair.com](http://seafair.com).

*Alaska Airlines employees wave to the crowd as they march in the Seafair Torchlight Parade in 2017.*







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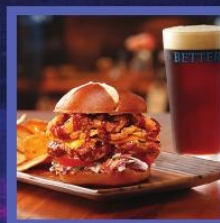
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## SEATTLE INTERNATIONAL FILM FESTIVAL

One of the nation's largest film events, the Seattle International Film Festival (SIFF) is expected to draw an audience of more than 140,000 people to watch more than 400 features, documentaries and short films.

The works come from about 80 countries and will be shown at various locations during a 25-day span, May 17–June 10. SIFF is launching a number of new



initiatives this year, including an episodic program that features the Best of Web Fest—online content from around the world.

Some 2018 festival favorites are expected to include *Disobedience*, starring Rachel McAdams

and Rachel Weisz; *The Third Murder*, a drama that won the Japan Academy Prize for the 2018 Picture of the Year; and the comedy *Eighth*

*Grade*, a movie created by stand-up comedian Bo Burnham.

Alaska Airlines is a sponsor of SIFF, which has a curated channel of films on Alaska flights, called SIFF Selects.

For more information about SIFF, visit [siff.net](http://siff.net).

## SPECIAL OLYMPICS USA GAMES



This July, an estimated 4,000 athletes and coaches will gather in Seattle for the fourth

Special Olympics USA Games. Like the Olympic Games, the Special Olympics USA Games (July 1–6) are held every four years. The event features 14 sports, including soccer, swimming and powerlifting.

The Opening Ceremony will be held at the University of Washington's Husky Stadium in Seattle on July 1, and will include the Parade of

Athletes, the lighting of the Special Olympics Flame of Hope, plus a 2,018-member choir and other entertainment. The competitions are expected to draw 70,000 spectators.

Alaska is a sponsor of the 2018 Special Olympics USA Games. To volunteer or attend, please go to [specialolympicsusagames.org](http://specialolympicsusagames.org).

## SEATTLE CHILDREN'S THEATRE

The delightful *Naked Mole Rat Gets Dressed: The Rock Experience* is a rock 'n' roll musical children will love. Based on the book by Mo Willems, the production runs through May 13 at the Seattle Children's Theatre (SCT) at Seattle Center.

In production through May 20 is the play *The Lamp is the Moon*, which features Shawn, a young girl who goes on a fantastic

adventure with her lamp during naptime.

The 2018–2019 season starts September 13, with a production of *The Very Hungry Caterpillar Show*, based on Eric Carle's beloved book. The production includes adaptations of three other Carle books such as *Brown*

*Bear, Brown Bear, What Do You See?* Other productions next season include *And in This Corner: Cassius Clay*; *The Velveteen Rabbit*; *The Miraculous Journey of Edward Tulane*; *Balloonacy*; and *The Diary of Anne Frank*.

For tickets or more information, visit [sct.org](http://sct.org).



## CALENDAR

### Bite of Seattle, Seattle Center

Features food samples from more than 60 restaurants, along with craft-beer and cider tasting, cooking demonstrations, live music, a free movie night and a Family Fun Zone; July 20–22 ([biteof-seattle.com](http://biteof-seattle.com)).

### Bumbershoot, Seattle Center

Enjoy music, comedy, theater, film, dance and more at one of the Puget Sound area's biggest cultural events, Aug. 31–Sept. 2 ([bumbershoot.com](http://bumbershoot.com)).

### Chateau Ste. Michelle

**2018 Summer Concert Series, Woodinville:** This year's series, June 10–Sept. 15, will feature 25 concerts, with performers such as Jackson Browne, Sheryl Crow, John Fogerty and ZZ Top ([ste-michelle.com](http://ste-michelle.com)).

### Chihuly Garden and Glass, Seattle Center

"Yoga Under Glass" takes place in the lovely Glasshouse, May 13 and 27, and June 10 and 24 ([chihulygardenandglass.com](http://chihulygardenandglass.com)).

### Holocaust Center for Humanity, downtown

"Let Me Be Myself: The Life Story of Anne Frank," which includes photos, a replica of Anne's diary, a scale model of her hiding place, and stories of young people today, is on view through May 30 ([holocaust-centerseattle.org](http://holocaust-centerseattle.org)).

### Museum of Pop Culture (MoPOP), Seattle Center

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# CALENDAR

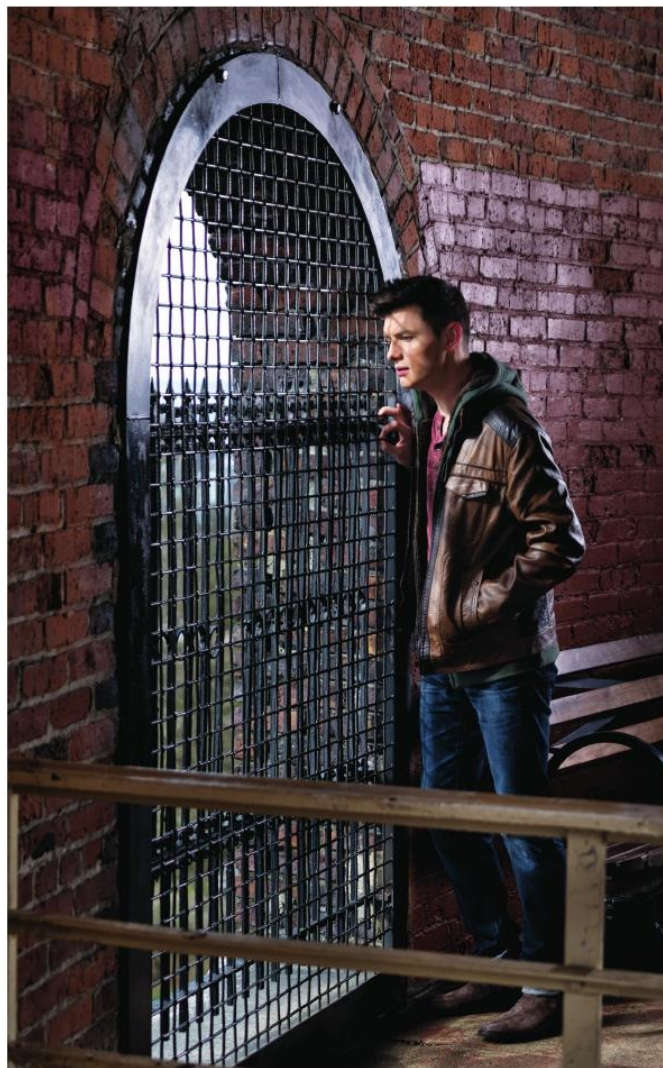


of “Marvel: Universe of Super Heroes,” through Jan. 6, 2019, features more than 300 artifacts, including pages, costumes and props, as well as films, narratives of individual characters, immersive set pieces and immersive sound (mopop.org).

• **Northwest Folklife Festival, Seattle Center:** The festival, which is in its 47th year, is a spring tradition, featuring more than 5,000 performers celebrating many cultures, including a focus on the Mexican American and Chicana/o roots in the Northwest. The music ranges from Irish folk music to Cajun dancing to sea shanties, May 25–28 (nwfolklife.org/festival).

• **Pacific Science Center, Seattle Center:** The documentary *Pandas 3D* shows in one of the center’s Imax theaters through June 14, and possibly beyond; also enjoy new virtual-reality experiences and numerous exhibits (pacsci.org).

• **Shakespeare in Parks: GreenStage** (greenstage.org) celebrates its 30th season with *The Three Musketeers* and *Henry IV, part 1*, and also abbreviated versions of *The Two Gentlemen*



of *Verona* and *The Winter’s Tale*, July 13–Aug. 18, with performances at various parks. **Wooden O** (seattleshakespeare.org/woodeno) celebrates its 25th anniversary with *King Lear* and *The Merry Wives of Windsor*, July 12–Aug. 12 at various parks. (GreenStage and Wooden O performances are free.)

## GENERAL THEATER

• **ACT**, *Ride the Cyclone*, through May 20; also plays such as Tony Award-winning *Oslo*,

Oct. 12–Nov. 11 (acttheatre.org).

• **Book-It Repertory Theatre**, *The Picture of Dorian Gray*, June 6–July 1 (book-it.org).

• **The 5th Avenue Theatre**, *The Hunchback of Notre Dame*—starring Deaf actor Joshua Castille as Quasimodo, who is deaf in Victor Hugo’s book—June 1–24. Also this year: The Broadway hit *Come From Away*, kicking off the national tour, Oct. 9–Nov. 4, and *Annie*, Nov. 23–Dec. 30. Alaska Airlines is a sponsor of The 5th Avenue Theatre (5thavenue.org).

Above: The official poster for the “Marvel: Universe of Super Heroes” exhibit at MoPOP. Right: Joshua Castille plays Quasimodo in *The Hunchback of Notre Dame* at The 5th Avenue Theatre.



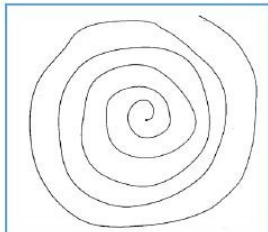
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## SEATTLE

• **The Paramount Theatre**, *Love Never Dies*, May 8–13, and others, including Tony Award-winning *Dear Evan Hansen*, Jan. 23–Feb. 2 ([stgtpresents.org](http://stgtpresents.org)).

• **Seattle Gilbert & Sullivan Society**, *Patience*, July 13–22 ([seattlegilbertandsullivan.com](http://seattlegilbertandsullivan.com)).

• **Seattle Repertory Theatre**, *Familiar*, through May 27 ([seattlerep.org](http://seattlerep.org)).

• **Seattle Shakespeare Company**, *Shakespeare in Love*, May 2–June 3 ([seattleshakespeare.org](http://seattleshakespeare.org)).

• **Taproot Theatre Company**, *Lady Windermere's Fan*, May 16–June 23 ([taproottheatre.org](http://taproottheatre.org)).



**hairspray**  
THE BROADWAY MUSICAL

• **Village Theatre**, *Hairspray*, Issaquah, May 10–July 1, and Everett, July 6–29 ([villagetheatre.org](http://villagetheatre.org)).

• **Additional Performing Arts:** **Pacific Northwest Ballet**, "Love & Ballet," June 1–10 ([pnb.org](http://pnb.org)). **Seattle Opera**, Verdi's *Aida*, May 5–19 ([seattleopera.org](http://seattleopera.org)). **Seattle Symphony**, "The Sounds of Simon and Garfunkel," June 8–10 ([seattlesymphony.org](http://seattlesymphony.org)). ■

For more information about Puget Sound-area attractions, activities and events throughout the year, see websites such as [visitseattle.org](http://visitseattle.org), [visitbellevue-washington.com](http://visitbellevue-washington.com), [explorekirkland.com](http://explorekirkland.com), [seattlesouthside.com](http://seattlesouthside.com), [traveltacoma.com](http://traveltacoma.com) and [experiencewa.com](http://experiencewa.com).

—J. Bond and M. Dill

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Photos from Seattle First Takes, Season 3

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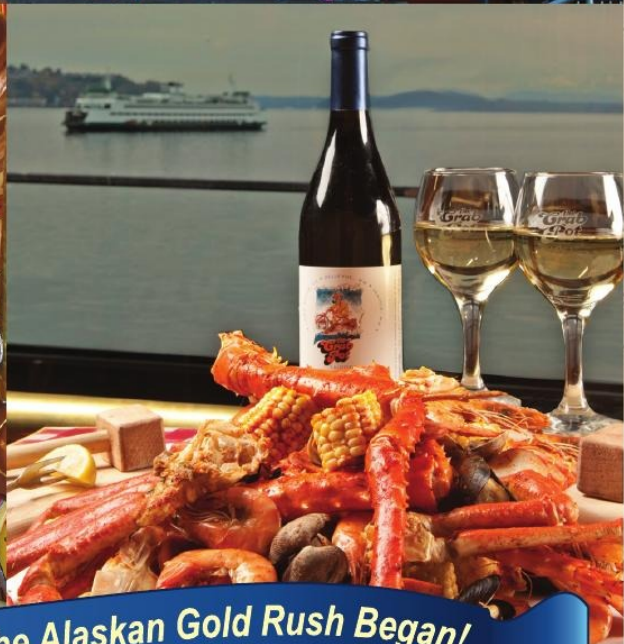
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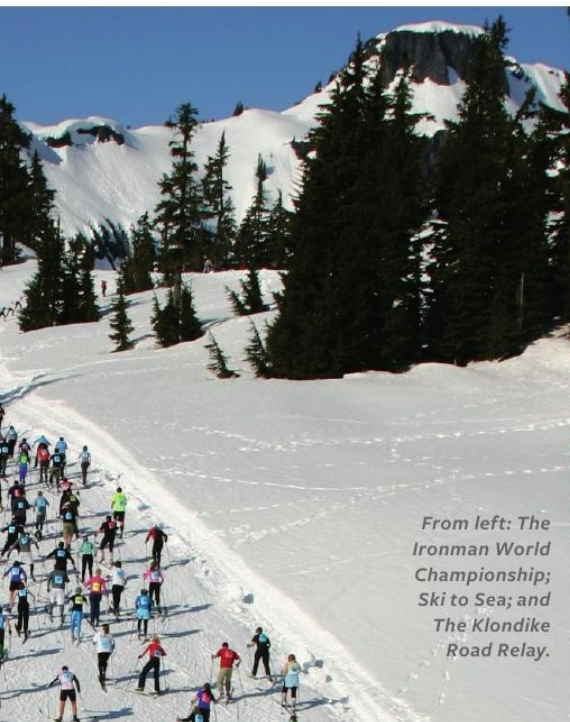




# GAME PLANS

FROM MARATHONERS TO SOCCER PLAYERS, ATHLETES ARE TRAVELING FOR ACTIVE VACATIONS *BY BILL FINK*





From left: The Ironman World Championship; Ski to Sea; and The Klondike Road Relay.



**A**fter three hours on a jet, five hours on a ship and two hours in a crowded RV, it was finally my time to run. Standing near the border of the state of Alaska and Yukon, Canada, I zeroed out my watch timer, tightened my running-shoe laces, turned on my headphones and looked for my relay teammate. All I saw was darkness along the Klondike Highway. And it was starting to snow.

Welcome to the Klondike Road Relay, a 110-mile race that traces part of the path of the Klondike Gold Rush of the 1890s, bringing prospectors from Skagway, Alaska, to the Yukon town of Whitehorse. I was one of more than 1,700 participants who were members of 180 teams competing in the annual September event. The people standing with me in the dark had traveled from all over Canada, the United States and around the world to participate in this gritty northern example of the expanding trend of “sports tourism.”

From the snowy slopes of the Yukon to the beaches of Hawai'i, from the sun-baked soccer pitches of California and Nevada to the rainforests of Washington, unique locations in the western United States and Canada are attracting athletes to a variety of events.

They range from local fun runs to prime-time events such as Ironman competitions and future megaprojects, including the International Association of Athletic Federations (IAAF) 2021 World Championships in track and field being planned in Eugene, Oregon.

While the events may be wildly different, they have certain aspects in common, including the passion of the participants and the efforts of the organizers to create a meaningful event—for the competitors, the crowds and the destination.

The following are a few sports-tourism events, big and small, extreme and mellow, that may entice you to pack your gear and hit the road.

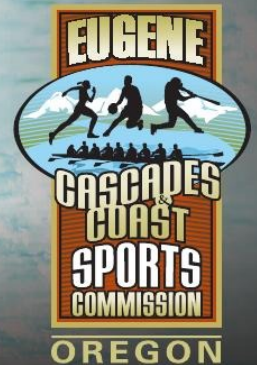
### **The Klondike Road Relay: Alaska**

Created in 1982, the 10-leg, 110-mile relay is a combination race and “fun run” (if 110 miles on a road can be considered “fun”), with many of the teams dressing in costumes. The event (September 7–8 this year) also offers a few divisions for walkers.

The relay can be grueling. For running teams, it can take between 12 hours and 20 hours or more to complete. There are a number of hills to climb, darkness to



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contend with, and even the occasional predator tagging along. One year a bear decided to jog along with a runner too absorbed in his headphones to notice, until teammates in his support van honked to scare away his furry running partner.

Despite such issues, the Klondike is also a fun event, with a team-based camaraderie (and a beer garden at the finish line), friendly volunteers at checkpoints along the race route, and the welcoming towns of Skagway and Whitehorse. As the slow guy on my team, I was given the easiest leg, a “short” 7.8-mile segment that went mostly downhill. I was dismayed to discover the road also went uphill, and I had to deal with being passed by several people wearing princess outfits and tiaras.

Still, the adventure of running along the historic route made the experience well worthwhile. And like many of the other participants, I used my visit as a chance to explore Skagway and Whitehorse.

### **Ski to Sea: Washington**

If you have trouble agreeing on what activity to do, then Ski to Sea is the race for you.

Launched in 1973, Ski to Sea is a multisport relay race (May 27 this year) that begins at an elevation of 4,300 feet at Washington’s Mount Baker ski area in the Cascade Range. The race route descends along a 93-mile path to the finish line at Bellingham Bay in the neighborhood of Fairhaven. Each team is composed of between three and eight members who compete in different segments of the relay that include cross-country skiing, downhill skiing, running, road biking, canoeing (which requires two people), cyclocross biking—cycling on streets and paths with obstacles—and kayaking. Racers can compete in up to three legs of the relay for their teams.

Typical teams take six to eight hours to complete this multisport odyssey. Participants include rank amateurs all the way to Olympic athletes. Kikkan Randall, the 2018 Winter Olympics women’s gold medalist in the cross-country team sprint and this issue’s cover subject, finished first in last year’s Ski to Sea cross-country segment. In 2017, the race featured more than 300 teams, with more than 2,500 participants from all over the United States and Canada, competing before thousands of people.



DONALD MIRALLE / IRONMAN

*The Ironman World Championship in Hawai‘i, a grueling competition in paradise, helped usher in the sports-tourism movement.*



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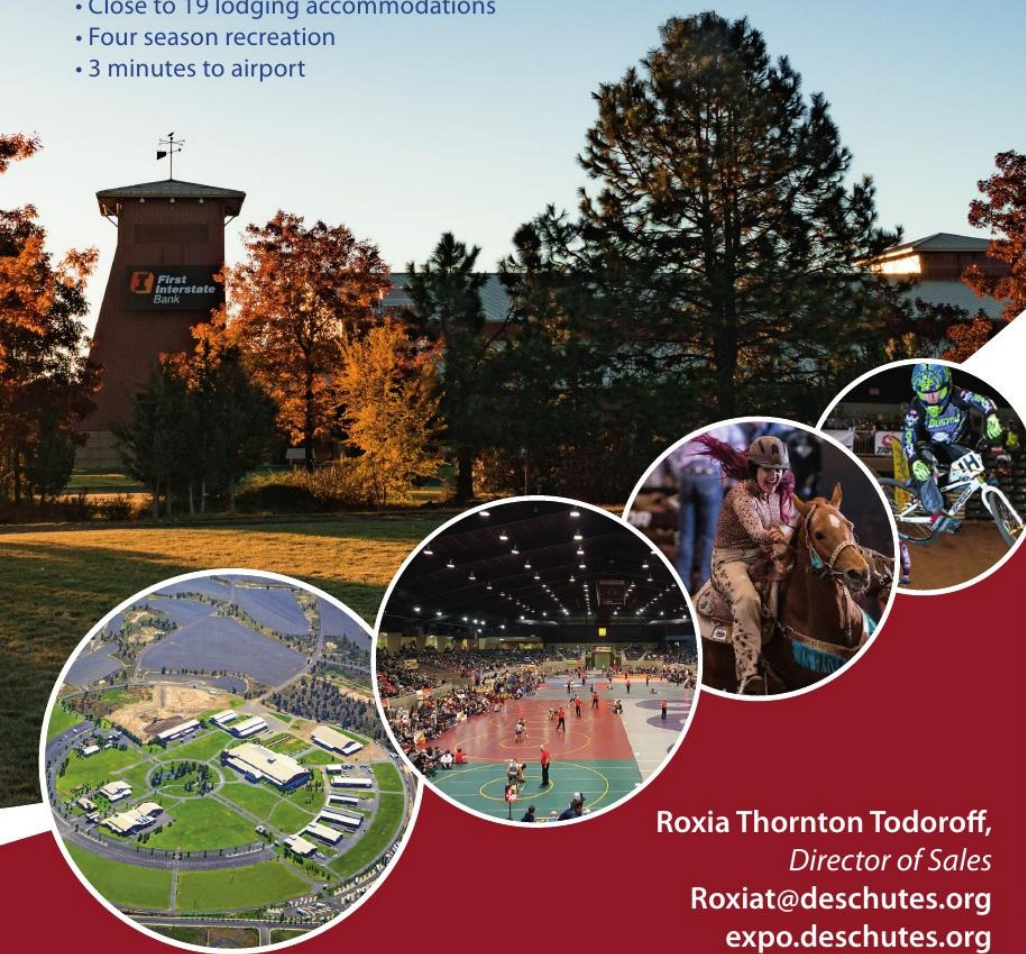
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ROBERTO DACOSTA

*The Sun King Soccer Cup in Las Vegas is one of the nation's largest amateur soccer tournaments.*

### **The Ironman World Championship, Hawai'i**

The big kahuna of sports-tourism events is the Ironman World Championship in Kailua-Kona, Hawai'i, which helped usher in the movement with its grueling competition in paradise.

The 2.4-mile open-ocean swim, 112-mile bike ride and 26.2-mile marathon are now held as an annual event on

Hawai'i Island (October 13 this year). It boasts more than 2,300 participating athletes and also attracts more than 30,000 spectators and a worldwide television audience.

The event has come a long way from its humble beginnings on the Island of O'ahu in 1978, when only 15 fitness enthusiasts competed—and just for bragging rights. Today, the event offers \$650,000 in prize money to men and women competitors who finish from first to eighth in the professional categories.

The number of competitors could likely be much larger except for the strict qualification process, which requires participants to have one of the top-10 times in their category at one of the more than 40

global Ironman events held during the season. Some of the categories include handcycle, military, professional, and even a few slots auctioned off for people supporting various charities.

The (slightly) more accessible half Ironman was added in 2006, and has since expanded as the "Ironman 70.3" brand, and running more than 90 events around the world, with the World Championship (held in South Africa on Sept. 1 this year) offering \$250,000 in prize money.

To host the triathletes for the Hawai'i event, the Ironman organizers, along with 5,000 volunteers, must manage mountains of materials. Among many other responsibilities, they distribute 343,000 paper cups, 39,000 bottles of Gatorade and 103,000 bottles of water, plus nearly 13,000 cans of Red Bull to help competitors keep up their energy.

For competitors and spectators alike, the destination is as much of an attraction as the event. Biking past lava fields, running along the scenic coastline, and swimming in the warm ocean is a great reason to plan a fun vacation.

Even local wildlife get involved—one year I watched a group of athletes swimming laps in the waters off Kona when they suddenly stopped as a pod of curious dolphins swam near them to see what the fuss was about.

## **EVENT ADVICE FROM A PRO**

### **HELPFUL HINTS ON PRODUCING THAT BIG SPORTS COMPETITION**

► **IN HER ROLE** as executive director of the Eugene, Cascades & Coast Sports Commission, Janis Ross has helped manage events that include the U.S. Olympic Trials and the NCAA Track & Field Championships.

Ross' Eugene, Oregon, team is working with International Association of Athletic Federations and the TrackTown USA group to produce the upcoming 2021 IAAF World Championships. The massive event is expected to attract 2,000 world-class track and field athletes from most of the countries on the planet, and be one of the largest sporting events of that year.

Ross says the rules for planning an event are much the same, no matter the size. It

requires passionate organizers, a destination looking to promote itself through sports, the dedication of volunteers and plenty of sponsors willing to provide the necessary funding. She maintains that one of the keys to success is to always think of your event as a business.

"A lot of people get into producing events because they have a passion for the sport," Ross says. "Passion is great, but you need to develop and manage a budget to make the event a success."

According to Ross, the first step in the process is developing the most detailed business plan possible. A detailed plan is crucial to managing all the small aspects that are part of running a good event. "There always seems to be one more detail to cover," Ross warns.

She says the next step after making a business plan is finding the right sponsors and partners to secure the funding to run

the event. Once that task is completed, it's on to securing a good venue and gathering a workforce. Once the plan is in place and an event's foundation is established, success will come down to executing the plan. To do that, Ross offers one specific recommendation: "Walk in the footsteps of the athletes—literally!" Planners should go out to the venue, the airport, the town, and imagine themselves as participants. What would make for a great experience, everything from the quality of the racecourse to restaurant discounts and bathroom access.

Ross says the biggest challenge in running events is dealing with the unexpected. Experienced organizers have backup plans in place to manage mishaps, such as dealing with bad weather. To succeed, Ross says to always expect the unexpected when planning your event, whether it's a world-class athletic event or a neighborhood soccer tournament. —B.F.



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### **Soccer in Sun: Nevada, Arizona and California**

Created in the late 1990s by soccer player and fan Adrian Eyre, Soccer in Sun has become one of the largest adult men's soccer tournaments in the country.

The organization has expanded under current director Alex Trettin to include three locations: Las Vegas, site of the original event—the King Cup tournament (held on Martin Luther King Jr. weekend); Irvine, California, home to the Copa de Mayo tournament (May 5–6 this year); and Casa Grande, Arizona, where the Harvest Cup is held (October 19–22 this year).

The King Cup tournament in Las Vegas, the group's largest event, draws more than 7,000 players and spectators from around the United States for a weekend of competition and fun across 10 different soccer centers. The tournament includes 210 teams divided into five age groupings, ranging from over-35 to over-65 (the tournament has included one player who was 89 years old). The age groups are then organized into 14 skill brackets.

Every team plays three games inside its division. The top two teams in each division move on to a playoff with other top teams, while the nonqualifying teams compete in a consolation round.

The teams field 11 players a side and use official soccer rules, with only a few modifications, such as unlimited substitutions. Trettin says the reason for the generous substitution rule is because, as he puts it, "I run old-man tournaments."

The organization's commitment to fair play and friendship, coupled with a three-day sports vacation, has made Soccer in Sun a hot tournament ticket.

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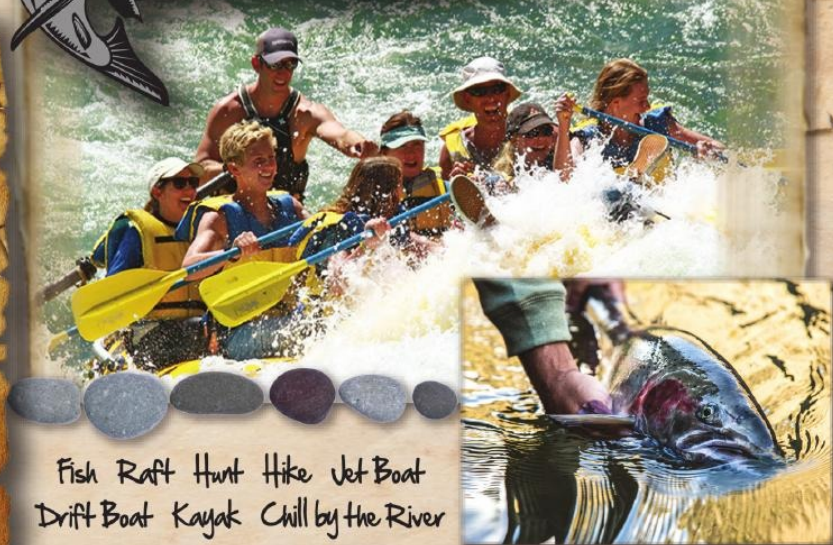
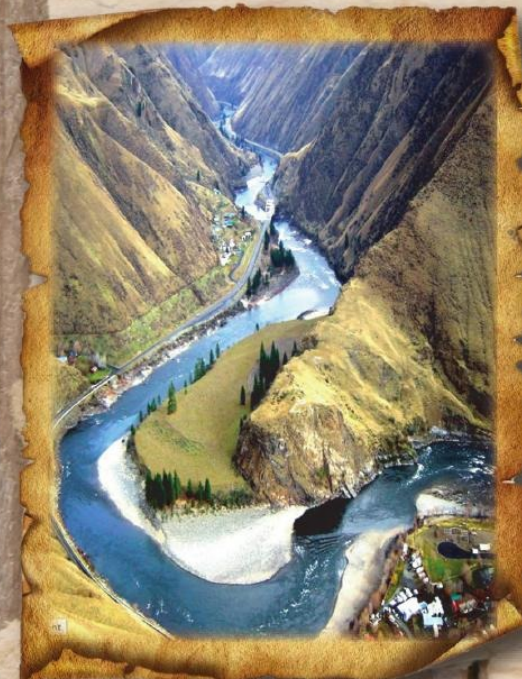
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## AN ART-FILLED COASTAL HAVEN

Puerto Vallarta has become a favorite Mexican destination

By Maya Kroth

» There are few places I'd rather be than downtown Puerto Vallarta on a Sunday evening, when it seems like everyone in town, from grandmas to toddlers, steps out on *El Malecón*, the city's ocean-front promenade, to see and be seen. Teenagers in love sit in pairs on the seawall, buskers sing their evening serenade, and gray-haired couples sway to the beat of *danzón* music in the central plaza. The scent of roast pork and churros perfumes the night air, and the mighty Pacific heaves itself upon the rocky shore.

I try to find my favorite taco stand, where my order is always the same: a trio of tacos *al pastor*, or pork tacos, topped with a squeeze of lime and a dousing of *chile de árbol* salsa that I can't stop eating even though it makes my lips burn. As the

*taquero* carves slivers of pork from his massive *trompo*, or rotisserie, I wait and watch the world go by.

If there is a festival or some sort of religious procession going on, I watch as a river of people walk down the town's main boulevard, wearing elaborate costumes with sequins and feathered headdresses. People carry sparklers, and drumming ensembles and bands play music while dazzling floats roll by.

Today's Puerto Vallarta is a major city, compared to the quiet fishing village my parents discovered when they first brought our family here on vacation decades ago. I can only imagine how different it was 100 years ago, when the town officially became a city and changed its name from Las Peñas to Puerto Vallarta,



# NEAR & FAR»



» Clockwise from far left: The curved Los Muertos Pier; the Amphitheatre Aquiles Serdán on El Malecón; The Boy on the Seahorse sculpture, also on El Malecón; taco trucks offer a local favorite: *tacos al pastor*.



in honor of Jalisco's former governor, Ignacio L. Vallarta. This May 31 marks the city's 100th birthday, but the centennial celebration will last all year.

In the early days, the *puerto*, or port, was used for shipping silver extracted from mines in the mountains to the east. Now, the port is where cruise ships unload passengers. At some point along the way, the city was transformed into one of the region's leading destinations, sprouting condominiums and luxurious resorts along its beautiful coastline.

However, the town here still retains many of the charms that attracted my parents. And that includes Sundays on El Malecón. Walking the promenade, I feel as if I am experiencing the real local community of this beautiful location.

## Activities and Attractions

Centennial events and celebrations are planned throughout 2018 (for the latest details, check [puertovallartaalcien.com](http://puertovallartaalcien.com)). Luckily, getting around is a breeze, thanks to plentiful, affordable taxis and the recent arrival of Uber. If I want to feel more like a local, I ride the municipal buses, which are cheap and convenient ways to travel.

Visitors touring the Old Town community will find the cobblestoned streets of Old Vallarta, where there are many shops and great restaurants. This includes part of El Malecón, the pedestrian-friendly, sculpture-lined promenade spectacularly redone in 2011. Galeria Pacifico owner Gary Thompson hosts free sculpture tours along the promenade every





## PERSONAL FAVORITES

Elizabeth Taylor's godson, Sergio Toledano, is an award-winning magazine photographer who has traveled the world and lives in Puerto Vallarta. These days, he takes photos for fun while managing Villa Leonarda, his family's inn that once hosted the stars of Old Hollywood, from Dick and Liz to Rock Hudson. Here, he shares a few of his favorite off-the-beaten-path spots.

■ "In Vallarta we're lucky to have very good chefs, but there are also great little spots that are more traditional. Los Pajaritos makes a really good squid *machaca* taco, and their bean tacos ... I don't know why they're so good—it's just a tortilla with beans!—but it's delicious."

■ "The Oficina de Proyectos Culturales (Office of Cultural Projects) is a gallery downtown that is doing really interesting things with contemporary art. There's always something worthwhile going on there."

■ "I love to go sea kayaking in the unspoiled southern part of Banderas Bay, near Yelapa and Quimixto. Out there you can see manta rays and dolphins. The view from the water is marvelous: you see the mountain, the coast, then you see a whale—that's a happy day."



» **Los Arcos National Marine Park, above left, in Banderas Bay, has amazing rock formations. The Puerto Vallarta Botanical Garden, above right, is home to one of the largest collections of orchids in Mexico.**

Tuesday morning. Another popular draw here is the mile-long Los Muertos beach, with its new curlicue-shaped pier and many seaside activities, including parasailing, Jet Skiing and banana boating.

To the north, across the Cuale River, are downtown Puerto Vallarta and the Zona Romantica, both home to lively art scenes that are best experienced during gallery tours such as ArtWalk (Wednesday evenings, November through May). If you are visiting in the fall or winter, drop by the South Side Shuffle, a street party held every other Friday evening, November through April, along Basilio Badillo and Constitución streets.

Culture has always been a draw here, with events celebrating everything from film to food. This spring, there is the monthlong May Cultural Festival, with art events, concerts, films and performances around town. Foodies can feast on local delicacies during the Puerto Vallarta Restaurant Week (May and June), Craft Beer Fest (November), and Ceviche and



## LONG WEEKEND IN PUERTO VALLARTA

### DAY ONE

Spend a day exploring the streets of Old Town. Browse the crafts market on the Isla Rio Cuale (an island in Cuale River), then eat a couple of crispy goat-meat *tacos dorados* from Tacos Robles, a street-side stall on Avenida Constitución, before they sell out. Try a pint of McSanchez stout at Los Muertos Brewing and stroll down El Malecón at sunset. End the day with a cocktail and live music at El Patio de Mi Casa.

### DAY TWO

Hop on a Mismaloya-bound bus to explore the little beach communities south of Puerto Vallarta. Get off at Boca de Tomatlán and get a table at any of the

beachfront restaurants. Settle in for a frosty bottle of Indio beer and a bowl of ceviche. Afterward, walk the hiking trail that will deposit you, about an hour later, at secluded Las Animas beach. Feeling lazy? Hire a water taxi to take you to and from Las Animas.

### DAY THREE

Book an excursion on the Bay of Banderas, where you can see dolphins and maybe even an orca on an oceanologist-led excursion with Ocean Friendly, whose boats are equipped with a speaker system that lets you listen to the sounds the animals are making underwater. Or travel to the Islas Marietas to snorkel and sunbathe at Lover's Beach, a circular beach connected to the coast by a cave. End the day by enjoying French cuisine by candlelight at Puerto Vallarta's La Cigale.



ber, sea turtles return to the shores of the bay to nest at protected sanctuary sites. About six weeks later, the tiny hatchlings venture out to sea. In the winter, whale-watching tours follow majestic humpbacks, visiting from Alaska to mate in the bay's temperate waters.

If you have time, day trip to one of the many *pueblos mágicos* (magical towns) within easy driving distance of Puerto Vallarta. These are beautiful and historically significant communities that are being preserved by the Mexican government. They include cheerful Sayulita, on Riviera Nayarit, whose broad beach, mel-low waves and charming, walkable town center have earned the affections of surfers and travelers.

Less crowded but no less captivating are the mountain villages of San Sebastian del Oeste and Mascota, reachable in about two hours by car. Both stand out for their

Aguachile Festival (January).

For those who enjoy unique distilled beverages, try *raicilla*—an agave spirit that is a cousin to tequila and mezcal. From January to May, Experience Mezcal offers guided tours in the rural Cabo Corrientes area, where residents have been distilling raicilla for generations.

Vallarta's dense jungles and scenic coastline make it a playground for adventure seekers. A number of tour companies, including the best-known outfitter, Vallarta Adventures, offer excursions ranging from ziplining through the jungle canopy to diving and snorkeling at Los Arcos Marine Park.

A short cab ride south of town is the Puerto Vallarta Botanical Garden, which has one of the largest collections of orchids in Mexico. Stroll through a lush landscape and learn about the local flora.

Puerto Vallarta's vast Bay of Banderas is home to a wide variety of marine life, from manta rays to whales to dozens of species of seabirds. From June to Septem-



The town of Sayulita, one of the *pueblos mágicos*.

### DID YOU KNOW?

Puerto Vallarta's profile grew after director John Huston filmed the picture *The Night of the Iguana* here in 1964. He fell in love with the area and made it his holiday home. He convinced friends Elizabeth Taylor and Richard Burton to do the same. Huston's private chef, Archie Alpenia, started Archie's Wok, a pan-Asian restaurant still operating in Old Town.



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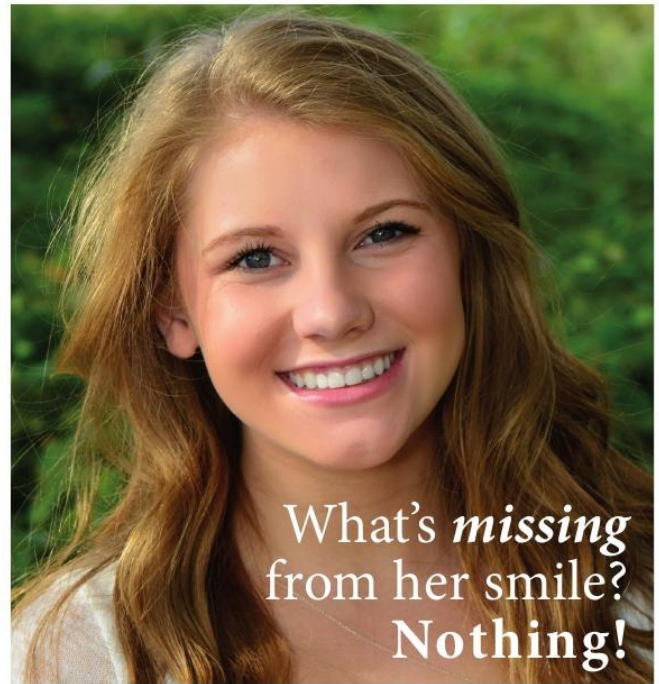
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*"Dr. Keller changed my life!"*  
- Jordan

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## » NEAR & FAR PUERTO VALLARTA

### Dining

■ **Tre Piatti:** Chef Chanan Kamen creates exquisite handmade pasta on a quiet corner of Old Town, where two mango trees grow right through the center of the dining room ([trepiatti.com](http://trepiatti.com)).

■ **El Barracuda:** This laid-back beachfront bar and seafood restaurant is known for its *aguachile* (a spicy shrimp ceviche), mezcal margaritas and tasty chile *piquin* salsa ([elbarracuda.com](http://elbarracuda.com)).

### Lodging

■ **Hotel Amapa:** The hotel brings contemporary style to Old Town's Colonia Amapas neighborhood, with modern designs, expansive windows and ocean views from your balcony hammock ([hotelamapa.com](http://hotelamapa.com)).

■ **Casa Kimberly:** Created in part from villas that were once frequented by stars such as Elizabeth Taylor and Richard Burton, Casa Kimberly offers nine suites, including the Elizabeth Taylor Suite, which has its own pool and jacuzzi and Taylor's original bathtub ([casakimberly.com](http://casakimberly.com)).

colonial architecture and tranquil settings, nestled among the Jalisco highlands.

Puerto Vallarta has changed from a center for shipping precious metals to a destination for vacationers who enjoy the natural beauty. However, watching couples dancing in the city square on Sunday evenings reminds me of the quaint village I fell in love with so many years ago. ✕

*Maya Kroth writes from Mexico City.*

*Alaska Airlines offers regular service to Puerto Vallarta. To book a vacation package, visit [alaskaair.com](http://alaskaair.com).*



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# SEOUL CITY

South Korea's capital offers everything from advanced tech to nature and tradition

By Chaney Kwak

» Do you get jet lag? Good. Seoul might be the best city in the world for a visitor accustomed to a different time zone.

Case in point: If you find yourself wide awake at 2 A.M., head to the commercial district of Dongdaemun. Stylists who clothe K-pop stars scout for designs here, which means you, too, will find uniquely Korean fashion at high-rise shopping centers such as Migliore and Doota. And if you think trying on sundresses and tailored pants in the middle of the night is odd, you'll really get a kick out of getting your hair colored, cut and styled at one of the area's 24-hour hair salons. Or, settle in one of the *pojangmacha*, or tents, that pop up on the sidewalks at night, and drink fiery soju paired with freshly grilled food.



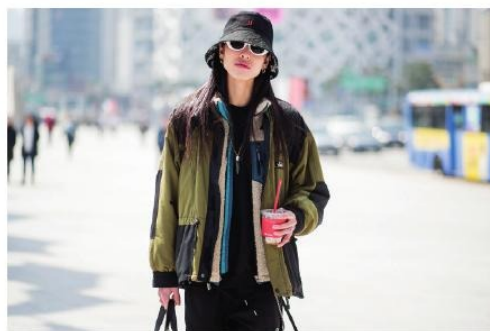
You'll likely be sitting next to salarymen with loosened ties. This neighborhood's establishments welcome customers well into dawn, when the rising sun bounces off the silvery Neofuturistic curves of Dongdaemun Design Plaza, designed by renowned architect Zaha Hadid.

Seoul, a megalopolis of 10 million people—25 million if you include the suburbs—has long excelled at defying the clock. After being greatly affected by the Korean War (1950–1953), the city rebuilt itself at an unprecedented velocity that earned it the moniker “The Miracle on the Han River” as South Korea built its way up to a fully industrialized nation. Fueled by the globe's fastest internet, Seoul's trends and culture change at a head-spinning rate. But that doesn't mean the Korean capital is only about the latest fashion.

On my visits to Seoul, I like to start the

CLOCKWISE FROM TOP LEFT: GW. NAM / GETTY IMAGES; FOTOVOYAGER / GETTY IMAGES; T. DALLAS / SHUTTERSTOCK.COM; CHRISTIAN VIERIG / GETTY IMAGES; ATLANTIDE PHOTO TRAVEL / GETTY IMAGES





day at one of the city's many Buddhist temples, whose incense-filled shrines and aged pagodas stand in dramatic contrast to the city's concrete and glass surfaces. Jogyesa Temple, in the heart of Seoul's commercial center, abounds in colors of the rainbow when paper lanterns sway above in spring. Visitors stroll to the sound of monks reciting millennia-old chants. Devout worshippers show their reverence before the gilded Buddha statues. Just outside the walls, commuters in suits rush by, eyes fixed on smartphones.

I stay in the past tense by walking to Gyeongbokgung Palace, whose history dates to 1395. Behind the soaring main gate, wood columns and weathered stone steps dot the expansive grounds. But this royal complex is not just a time capsule: Where aristocrats used to roam, visitors in rented *hanbok* dresses pose for selfies.

"In the process of achieving modernization and industrialization, we discarded our way of life and tried to westernize ourselves," says Joshua Park, director of strategic planning for the Korea Furniture Museum. "But there's so much we could learn from the ingenuity of Korean architecture and furniture." The museum is a fascinating study in contrast, its 10 lovingly preserved traditional homes forming an intimate microcosm of a village on a hill looking down at the city below.

"Korean landscaping places human space—like a lone pavilion meant to be a reading room—in the middle of open space," Park says. "Nature becomes part of the architecture."

The museum accepts visitors only by appointment, and the exclusivity keeps the place tranquil, allowing me to fully enjoy the 500-some pieces on view—out of

» *Clockwise from top left: Visitors, some in hanbok dresses, stroll the Gyeongbokgung Palace grounds. The palace features examples of Dancheong (traditional multicolored paintwork). The astonishing Dongdaemun Design Plaza is characterized by its elongated curves. Street style abounds in the Dongdaemun neighborhood. The Gangnam district offers neon lights and vibrant nightlife.*



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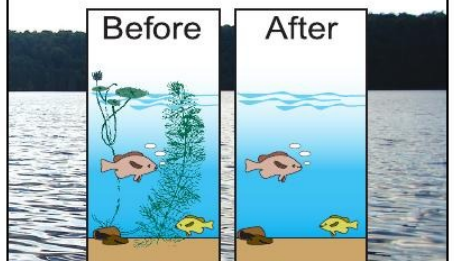
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the more than 2,000-piece collection of centuries-old furniture. I admire a modular bookcase, which appears starkly modernist despite its 19th century origins, and chests made of persimmon wood, the natural grains forming patterns resembling mountainous landscapes.

“Our ancestors were very conscious of using only about 100 of the most resilient species out of more than 1,000 different native trees,” Park says. “Simplicity, practicality and nature are the very core of traditional Korean values.”

That ethos may not be immediately obvious today, because as the political, economic and cultural center of a small country, Seoul has had to make the most of its limited space. For instance, an ambitiously forward-thinking structure rises next to a gray 1980s apartment block. But scratch Seoul’s surface, and the city reveals itself to be a lot more than the sum of its cement and fiber optics.

Hike through 30-square-mile Bukhansan National Park, an expanse of maple and pine forests punctuated by a series of granite summits and pagodas. Exchange hellos with hikers sporting fanny packs on your way to the park’s many temples, such as Mangwolsa, a beautiful 13-story pagoda that is surrounded by foliage. Or take the trail up the 2,750-foot summit of Baegundae, past the foundations of a



two-millennia-old fortress. If you leave the park through the Jeongneung exit, you might want to linger at Art Sebin, a gallery championing homegrown talents. The contemporary art dealer, at the foothills of a national park, signals that nature and culture are intermingled in this dense city.

Seoul has seen its number of coffee shops grow from a mere 300 in 1999 to more than 18,000 today. Beloved equally by Korean trendsetters and expats, yet often overlooked by visitors, the riverside neighborhood of Hannam is just the place to see the cafe culture at work. Explore

» The expansive Bukhansan National Park affords stunning vistas.

## TOP SIGHTS

### NORTH OF THE HAN RIVER:

- The residential area of **Bukchon** shows off the gabled walls and tiled rooftops of traditional architecture, in the heart of Seoul ([hanok.seoul.go.kr](http://hanok.seoul.go.kr)).
- Small but arguably the most beautiful of the five main palaces in Seoul, UNESCO-listed **Changdeokgung** was created in 1405 as a secondary palace and royal retreat. Its impeccably preserved garden exemplifies

the finest of Korean landscaping ([eng.cdg.go.kr](http://eng.cdg.go.kr)).

- Foreigner-friendly **Dragon Hill Spa** is an approachable introduction to *jjimjilbang*—a recreation bathhouse with heated floors and hot baths, ubiquitous in South Korea ([dragonhillspa.co.kr](http://dragonhillspa.co.kr)).
- The **Insadong** antiques district is lively, with a new crop of teasops, galleries and home-decor shops ([insainfo.or.kr](http://insainfo.or.kr)).

### SOUTH OF THE HAN RIVER:

- **Apgujeong Rodeo Street** is a fashion epicenter that also has international restaurants ([tour.gangnam.go.kr](http://tour.gangnam.go.kr)).
- The eighth-century Buddhist **Bongeunsa Temple** (right) in Gangnam is a Zen haven, with various meditation programs ([bongeunsa.org](http://bongeunsa.org)).
- **Seoul Arts Center** offers a diverse program encompassing dance, music and visual arts ([sac.or.kr](http://sac.or.kr)). —C.K.





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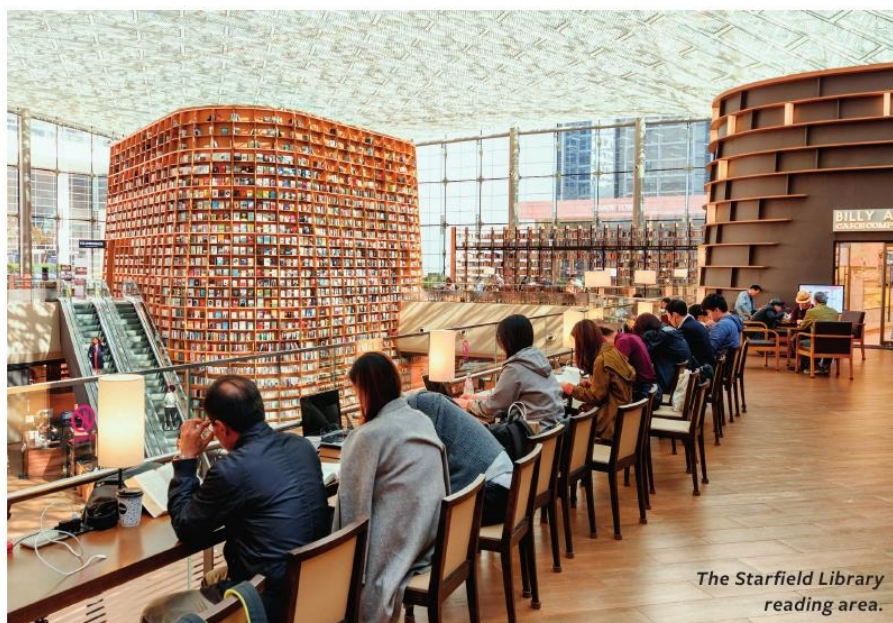
the neighborhood's winding pedestrian alleyways, and you'll find roasters and trendy cafes such as Peer Coffee Roasters and On Ne Sait Jamais popping up every few doors, in between independent boutiques stocking handmade wallets, obscure fashion magazines and one-of-a-kind jewelry.

Next to Hannam is Itaewon, a multicultural district where you might happen upon a large mosque situated near sports bars that cater to American soldiers. The once-seedy street Itaewon-ro 27-gil, for instance, is lined with restaurants run by expats. You can find a variety of foods, from Anatolian kebabs to Andalusian tapas. In fact, much of Itaewon has become a place where cosmopolitan (and deep-pocketed) Seoulites congregate to sip a glass of Bordeaux at a terrace bar or hang with an alternative crowd at the live music venue The Link, well into the night.

**The fertile stretch of land** south of the Han River remained agricultural well into the 1980s, when the number of residential high-rises began increasing along with the country's newfound wealth. Gangnam, literally "River South," became the nation's most coveted piece of real estate.

Emerging from the Gangnam Subway Station, I find it best to put away the smartphone and simply lose myself in the many alleys lined with neon signs that ride up the skyscrapers like electronic-age ivy. A host of 20- and 30-somethings come through these streets—first on their way to and from work, then later to unwind with friends in the area's many restaurants and bars. Whether or not you belt out your greatest hits in one of the rental karaoke booths, the energy of the nightlife will put an extra beat in your step.

A quick subway ride from Gangnam takes me to Starfield CoEx Mall, a popular shopping center and Asia's largest underground mall. In between browsing Korea's famed cosmetics and skin care, I stop by Starfield Library, a jaw-dropping heaven



The Starfield Library reading area.

for bibliophiles that opened last year. Free and available to the public, this trove of 50,000-some books and magazines also hosts readings and concerts.

Much has been written about South Koreans' preoccupation with beauty, but the city's soul comes through. On my visits, I like to head out to the Yangjaecheon, a 10-mile-long stream that has been restored in recent decades. The stream has been reborn as a meandering waterway with a series of small cascades. Cranes and other birds flock here to bathe and fish; locals of all ages gather to exercise and relax. If Seoul spent the second half of the 20th century fast-forwarding toward development, the city is now learning to rewind and reclaim some of what was lost. And in places like this, Seoul is proving that it also knows how to hit the pause button and simply be. ✂

*Chaney Kwak writes from the San Francisco Bay Area.*

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## Food and Lodging

### RESTAURANTS

■ In Insadong, numerous traditional Korean restaurants with English menus, such as **Doodaemun Jip**, show off the art of *hanjeongshik*, or "proper Korean meal," featuring myriad small dishes accompanying rice and hearty stews ([doodaemun.com](http://doodaemun.com)).

■ **Mok Myeok San Bang** specializes in bibimbap, the signature staple of seasonal vegetables mixed with rice in a sizzling stone pot ([mmmroom.com](http://mmmroom.com)).

■ The rustic **Mr. Ahn's Craft Makgeolli** champions the namesake Korean rice liquor, once farmers' favorite tipple and now an urbanite trend in Seoul ([facebook.com/ahnmakgeolli](https://facebook.com/ahnmakgeolli)).

### HOTELS

■ Situated in one of the historical houses in Bukchon, the five-bedroom **Dalzip Guesthouse** offers traditional heated-floor lodging ([facebook.com/dalzip.bukchon](https://facebook.com/dalzip.bukchon)).

■ Less than a year old, the luxurious **Le Méridien Seoul** in Gangnam has a gallery exhibiting renowned artists such as Marc Chagall ([lemeridienseoul.com](http://lemeridienseoul.com)).

■ **Ryse**, popular among students heading to underground clubs, opened this year in the artsy Hongdae district ([rysehotel.com](http://rysehotel.com)). —C.K.





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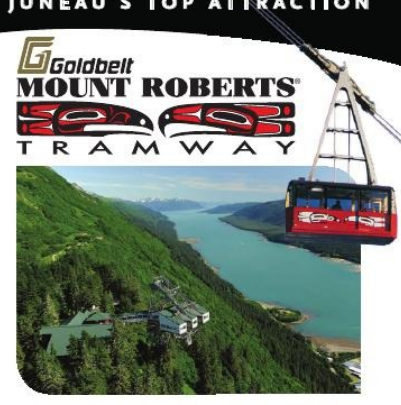
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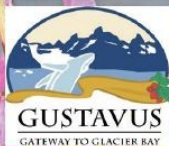


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overlooking a storied coast and the vast Pacific Ocean. A journey to the source of Kona's celebrated coffee beans, at a harvest festival high on a Hawai'i Island slope. Explorations of Hawaiian culture on O'ahu—at under-the-radar musical shows and at elaborate food/song/dance productions. An exhilarating encounter with wildlife inside the crater of Maui's dormant Haleakalā volcano. These experiences are among the myriad adventures to be found among the Islands. To celebrate the distinctiveness of Hawai'i, we invited several regular correspondents to describe memorable moments—including outdoor activities, food-and-agriculture tours, cultural explorations and observations of wildlife—that represent quint-essential Hawai'i experiences. Read on for their stories and suggestions.







The trails on the west side of Kōke'e State Park, in Kaua'i, provide spectacular views of the Nāpali Coast and the Pacific Ocean.

SKYLER BISHOP



## ALOHA, OUTDOORS

*By Catherine Toth Fox*

**Standing at the end** of the Awa'awapuhi Trail on Kaua'i, I peer down 2,500-foot cliffs into verdant Nāpali Coast valleys, the Pacific Ocean expanding out before me. I feel cool wind on my face. For a moment, I close my eyes and imagine this is heaven.

I've decided there's no better way to turn 40 than spending an epic weekend with my husband hiking in Kōke'e State Park in northwestern Kaua'i. Spread out over more than 4,000 acres, Kōke'e is a hiker's dream. There are roughly 45 miles of trails meandering through native forest and along ridges with stunning views.

The 3.2-mile Awa'awapuhi Trail is that hike you will always remember, the one you'll daydream about back at the office or during a daily commute. It may even be what eventually lures you back to Kaua'i.

We embark from the trailhead, at mile marker 17 in the state park, just as the sun starts to light the sky. The trail snakes through a rainforest with native 'ōhi'a trees showcasing delicate red flowers. I catch a glimpse of a chatty 'apapane, an endemic Hawaiian honeycreeper with bright-crimson feathers.

Soon, the trail to the lookout point begins its descent—about 1,600 feet in all—past native koa trees and dryland shrubs. Hiking down the wide, well-maintained path is soothingly easy. We walk past fragrant 'iliahī (sandalwood) trees, my husband pointing out an inquisitive little 'elepaio, an endangered monarch flycatcher that's found only on Kaua'i, O'ahu and Hawai'i Island. The





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


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brown bird perches on a nearby 'ōhi'a tree and watches us walk past. It seems like a friendly concierge of the forest.

About an hour and a half into the hike, we arrive at the lookout, unprepared for the view. I have seen photos online and heard accounts from friends, but nothing I've read or heard or seen conveyed the overwhelming beauty now before me.

On one side are the cliffs of Nu'alolo Valley; on the other is Awa'awapuhi, a narrow canyon with a stream that rambles along the valley floor, into the ocean. The two valleys are divided by this sharp ridge we're on looking over the ocean.

I have no cell service, no Wi-Fi and no worries. As much as I look forward to sharing this experience with the world, I realize I want to keep it to my husband and myself just now. This moment is ours.

I take a long breath, knowing the trek back will be all uphill—tiring, but already worth it. Then I gaze one last time at this ethereal landscape before I head upslope.

*Born and raised on O'ahu, Catherine Toth Fox enjoys hiking, surfing and many other outdoor pursuits.*



## OF FARMS AND FOODS

*By Eric Lucas*

Picking coffee seems like it should be easy: The beans are inside bright-red berries that hang waist- to head-high on the outer fringes of small trees. Pluck the berries and drop them in a bucket hanging on your belt. What's hard about that?

The judge in the Kona Coffee Cultural Festival picking contest frowns at my bucket. "Look at all these unripe green berries," she says. "Look at these leaves. All these twigs. You'd better keep your day job." She grins at me.

I smile back. My picking skills may be poor, but I'm enjoying being on the lush slope of a coffee orchard high on Hualālai, the volcanic Hawai'i Island massif that is home to the famed Kona coffee industry. A midmorning 70-degree breeze whisks

saltwater scent up to our 2,000-foot elevation, while clouds build to provide the afternoon shade that helps make Kona coffee so deluxe. I learn that ripe coffee berries are edible (slightly sweet, lightly astringent) and that a skilled picker can bring in several hundred pounds a day.

If you'd like to test your competitive picking skills, the coffee festival takes place over 10 days in November, with a full percolator's worth of tastings, concerts, coffee-recipe cook-offs, fashion shows and more (Alaska Airlines is a sponsor; visit [konacoffeefest.com](http://konacoffeefest.com)). Hawai'i Island visitors can also have coffee-farm experiences September through December at Mountain Thunder Coffee Plantation, on Hualālai, on a variety of tours that can include picking berries; watching them get washed, pulped and sorted; and—on a separate tour—roasting coffee to take home.

While Kona coffee has long been emblematic of Hawai'i, and has remained so through the world's gourmet-coffee revolution, coffee is just one of the agricultural products that epitomize America's only state in the tropics. Although some ag industries (such as sugar cane) have declined in the Islands since their 20th century peaks, most still thrive in smaller niches—and some notable new industries

### MORE OUTDOOR ACTIVITIES

- **Horseback riding:** At Gunstock Ranch, in Lā'ie on O'ahu, traverse cattle pastures to a hidden cave featured on *Hawai'i Five-0*, as well as a mountain lookout. Or plant a *milo* tree in the ranch's legacy forest.
- **Kayaking:** Paddle along Kaua'i's tranquil Wailuā River on a five-hour tour guided by Kayak Kaua'i. The trip ends with a short hike to a waterfall.
- **Snorkeling:** Hawai'i's reefs teem with marine life everywhere, from the pristine waters of Hanauma Bay on O'ahu to the tropical fish haven of Molokini, 3 miles off Maui.
- **Surfing:** Learn to surf or stand-up paddleboard at Waikiki Beach, with lessons from Aloha Beach Services, run by a descendant of surfing icon Duke Kahanamoku. —C.T.F.



*Hawai'i Island tours provide close-up views of the harvest and production of the celebrated Kona coffee beans.*



## MORE FARM & FOOD ACTIVITIES

- **Cacao:** Tour Steelgrass Farm, an 46-acre orchard on Kaua'i, where visitors see pods on the trees and learn how they are cured and pulped, and the seeds made into chocolate.
- **Mac nuts:** Purdy's Natural Macadamia Nuts on Moloka'i shows its graceful trees and has guests try to crack notoriously hard nutshells.
- **Pineapples:** Hawai'i visitors often bring home Maui Gold Pineapples. Maui Gold's tours educate people about their distinctive plants. **Check one box of pineapples for free on Alaska Airlines** when traveling within the U.S. from Hawai'i (visit [alaskaair.com](http://alaskaair.com) for details).
- **Vanilla:** Rainforest orchids yield vanilla on Hawai'i Island, at Hawaiian Vanilla Company, where guests can taste and learn about the end product. Reservations required. —E.L.

have emerged, such as cacao production for chocolate. You can see how cacao pods grow and have their beans processed on Kaua'i, O'ahu or Hawai'i Island; visit an organic macadamia nut farm on Hawai'i Island or Moloka'i; or tour pineapple fields on the sunny slopes of Maui's Haleakalā volcano. And that's just for starters.

Ag tours lend great depth to the flavor of the delights you take home—even long after you've eaten all the nuts and pineapple or used up any beans you brought back home. For me, a cup of Kona coffee, years later, brings back memories of mountainside trees in the sun, the scent of damp volcanic earth, and gentle music playing in the background during my morning picking coffee in Hawai'i.

*Eric Lucas writes extensively about Hawai'i and owns an island farm near Seattle.*



## CULTURAL CONNECTIONS

*By Constance Hale*

When I take friends to Dots restaurant in Wahiawā, O'ahu, I watch their faces as we pull into the parking lot. I've promised real Hawaiian culture. The last thing they expect is a low-slung 1940s-era building in an inland town next to an Army base.

On one such occasion, I watch curiosity turn to skepticism as a group of friends

HAWAII TOURISM AUTHORITY; FACING PAGE, COURTESY: DOTS



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and I enter, find a table under fluorescent lights, and scan a menu that lists sizzling hamburger steak, sukiyaki and *kālua* pig with cabbage. Then the musicians of the Bobby Ingano Trio take their places on a tiny stage decorated with *shōji* screens and carved wood panels. The performers open with enjoyable tunes of a style with Hawaiian melodies and English lyrics.

If the first set features mellow warmup music, the second turns up the tropical heat. Kaipo Asing provides rhythm guitar, light tenor vocals and friendly patter. His son, Adam Asing, holds down the bass, sings in Hawaiian and even dances a bit of hula. Bobby Ingano, the group's namesake, plays his renowned steel guitar.

Requests flow from the knowledgeable audience. Dancers are called up. Aunties and uncles sit in on vocals. At one point, bluegrass legend Peter Rowan joins the

*The Bobby Ingano Trio is one of the talented local acts that plays regularly at Dots, on O'ahu.*



trio—exemplifying the now-familiar fusion of Hawaiian and American music. He and the others bowl us over with the lilting ballad *Two Ships in the Night*. My friends are sold.

This is today's Hawaiian culture at its best: virtuosic, inclusive, fluid and fun. Cultural experiences are thriving thanks to a resurgence of interest in Hawaiian

traditions. Hidden-gem acts such as those at Dots are offering exceptional performances, and mainstream representations of culture are also highlighting traditions. *Lū'au* across the Isles feature music, hula and 'ono (delicious) traditional foods. Many *lū'au* incorporate crafts and cultural demonstrations—such as lei-making. And when I'm in the mood for old-school and

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## MORE CULTURE

• **Festivals:** Upcoming hula fests and other events include: Queen Lili'uokalani Keiki Hula Competition (July 19–21; O'ahu); Kaua'i Mokihana Festival (Sept. 23–29). Kahilu Theatre 'Ukulele and Slack Key Guitar Festival (November; Hawai'i Island); 'Ukulele Festival Hawai'i (multiple islands, dates).  
 • **Lū'au:** Enjoy food, music and more at these recurring events: 'Aha'aina, The Royal Hawaiian (O'ahu); Germaine's Luau (O'ahu); Paradise Cove Luau (O'ahu); Sunset Luau, Waikoloa Beach Marriott (Hawai'i Island); Te Au Moana Luau, Wailea Beach Resort—Marriott Maui. —C.H.

elegant, I can head to hotels such as Halekulani in Waikiki, where I can sit at the House Without A Key, sip a mai tai and let great Hawaiian music melt into my soul.

Some celebrated hotel dancers are distinguished veterans of competitions that feature ancient and modern hula. Hawai'i Island's Merrie Monarch Festival, held in April, is the blockbuster, with scarce tickets—but other events can be just as satisfying.

When I want it all—music, dance, food, arts, crafts, and the cultures of Hawai'i and other Pacific Islands writ large—I head to the Polynesian Cultural Center on the North Shore. Here, re-created villages of six island nations spread over 42 acres, with ancient games, dances, and demonstrations such as pounding poi. The pan-Polynesian focus weaves Hawaiian culture into a broader story.

I enjoy all styles—from cozy concerts such as Dots' to popular shows such as the PCC's—within the broad context of Hawai'i's modern culture.

*Writer Constance Hale dances hula and was born and raised on O'ahu.*

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## WILD WONDERS

*By Shannon Wiannecki*

I remember the first time I heard them.

Some friends and I were backpacking in Haleakalā National Park on Maui. We'd traversed the park's moonscape of cinder cones and solidified volcanic spatter to reach Hōlua Cabin, our wilderness accommodations within the crater, reserved from the park service well in advance.

After sunset, I lay down on a flat, still-warm rock to watch as stars began to pierce the velvet sky. At an elevation near 7,000 feet, the air was crisp and clear.

In the quiet crater, I was surprised to hear a weird swoosh overhead. Then another and another. Suddenly the sky erupted with euphoric chatter: yelps, chirps and chuckles ricocheting off the rock walls behind me. Peering into the near darkness, I could make out shadowy winged bodies swooping and diving. What were they? Aliens? Fairies? Flying robots?

Just some rare seabirds heading home, I later learned. Hawaiian petrels spend most of their lives out on the open ocean, hunting squid and lanternfish. Each spring, around 600 breeding pairs migrate close to the summit of Haleakalā, where they nest in colonies. Native to Hawai'i, the seabirds tunnel into crevices in lava

rock or beneath thick mats of ferns to build underground shelters. They mate for life and return to the same burrows.

Starting in May, a female petrel will lay a single egg. Her mate will take turns incubating the egg, then feeding and watching the chick. Feeding can be quite a chore. A foraging petrel might fly for weeks, and as far as the Aleutian Islands,



*The crater of Maui's dormant Haleakalā volcano has otherworldly terrain and a distinctive ecosystem.*

BIRD PHOTO: JAY PENNIMAN

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- **Sea turtles:** View turtles (again, from a distance) on Punalu'u Beach on Hawai'i Island, Ho'okipa Beach on Maui, or other locations.
- **Whales:** In winter/spring, find humpbacks singing off the coast of all islands—particularly Maui and Lāna'i. —S.W.

Mexico or Japan. The long-distance fliers dart off at 40 mph—impressive for a bird with a 3-foot wingspan.

Hawaiians call the long-distance fliers 'ua'u (pronounced ooo-ahh-ooo), a name that mimics the birds' unearthly calls. The best place to hear their mysterious music is on Haleakalā—near the summit or inside the crater.

During the spring breeding season, the Maui Nui Seabird Recovery Project hosts a viewing event on the mountain. Curious bird-watchers can use night-vision goggles to view the petrels' acrobatic movements as the birds fly fast and low. It's no wonder they're in a hurry—inside each burrow, a hungry fluffball of a chick is waiting to be fed. ✂

Shannon Wianecki, based on Maui, has won awards for her science and nature writing.

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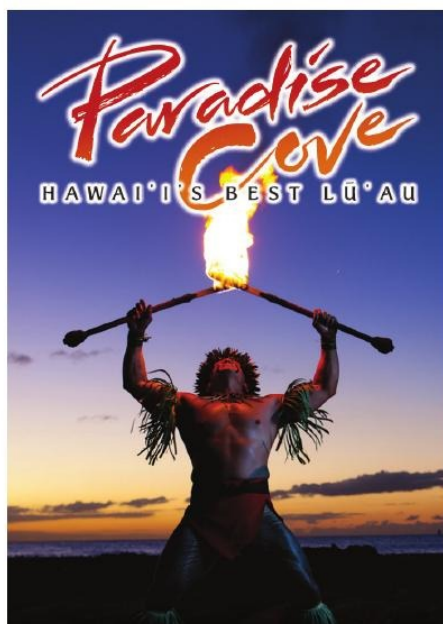


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## KEEPING THE BEAT

Celebration helps Alaska Native cultures continue to prosper

Story and photos by Steve Quinn

» **Jerome Nathan strikes a deer-hide drum during a Celebration performance with Seattle-based Git-Hoan.**

» **The first time I attended Celebration,** I thought it was entirely about entertainment. I thought it was about the 50 Alaska Native dance groups that come to the biennial event in Juneau, and the fluid, athletic movements performed by octogenarians and toddlers alike. I thought it was about music—indigenous songs set to the beat of deer-hide drums and sung in words that need no translation to reveal their passion.

That was 10 years ago, and I soon learned the event was about much more. Celebration, June 6–9 this year, creates a path into Tlingit, Haida and Tsimshian cultures and histories, which date to centuries before the United States purchased Alaska from Russia on March 30, 1867. Celebration represents a triumph over a time when indigenous languages were not permitted in public schools, when cultural items such as masks and totem poles were scarce, and when traditional dancing and singing in public was often forbidden.

“Celebration was the first time in decades that we brought our cultural practices out to the public, and we were celebrating that we

had survived,” says Tlingit leader Rosita Worl, president of the Sealaska Heritage Institute, which sponsors the four-day event. “Nowadays, our cultures are accepted. You’ll see even non-Native children dancing with our younger ones and other non-Native people learning about who we are.”

Since the inaugural Celebration in 1982, attendees have come to Juneau from British Columbia and the Yukon in Canada, and from Washington state and Alaska’s Southeast region—all home to Tlingit, Tsimshian and Haida peoples. Dance troupes representing other indigenous groups have also come from other parts of Alaska and from Hawai’i, Australia and New Zealand. Many troupes travel hundreds of miles by plane and ferry, as no roads lead in or out of Alaska’s capital city, which is a coastal community of about 32,000 residents. The event draws about 6,000 attendees, including 2,000 dancers.

Every other year, the streets of Juneau fill with Native peoples of all ages dressed in the signature regalia of clans, giving all in attendance the chance to revel in these rich



# HERE & NOW»

cultures. Features include traditional song and dance, arts and crafts, food, and people speaking local Native languages.

Dancers perform on two stages. Art is judged, worn during dances and sold. Songs—some thousands of years old, others newly written—can be heard throughout town.

Robert Davidson, an Alaska-born Haida artist who now leads British Columbia's Rainbow Creek Dancers, says he didn't hear his first Haida song until he was 16. "In 1969, we didn't even have any masks in Masset." Now the village has multiple masks, and children learn Haida songs at a very early age. "That's a testament to our resilience," he says.

Celebration helps honor that strong spirit.

"All of us who come are celebrating the culture. In these modern times, it is still who we are," says David A. Boxley, who leads the Seattle-based Tsimshian group Git-Loan (the People of Salmon).

He's an acclaimed carver whose totem poles, masks and other artworks are displayed in museums and galleries worldwide. His work gets integrated in dances that feature masks he and his son, David R. Boxley, carve from red cedar.

"We are being successful in passing our culture on to the next generation," David A. Boxley says. "All of us are celebrating our culture and who we are." ✕

*Steve Quinn lives in Juneau and has written about Alaska's indigenous communities for 10 years. For more on Celebration, visit [sealaska-heritage.org/institute/celebration](http://sealaska-heritage.org/institute/celebration).*



Juneau's Tyler Frisby, above, is one of Celebration's young performers. Robert Davidson drums, at right.



## MORE EVENTS CELEBRATING ALASKA NATIVE PEOPLES

- **World Eskimo-Indian Olympics:** Top athletes from across the state compete in traditional events such as Seal Hop, Alaskan High Kick and One-Hand Reach; July 18–21; Fairbanks ([weio.org](http://weio.org)).
- **Alaska Federation of Natives Annual Convention:** One of the largest representative annual gatherings of Native peoples in the United States; Oct. 18–20; Anchorage ([nativefederation.org/annual-convention](http://nativefederation.org/annual-convention)).
- **Anchorage Fur Rendezvous:** The Charlotte Jensen Native Arts Market and the Blanket Toss are just two of the traditional events celebrating indigenous cultures at this annual festival; Feb. 22–March 3, 2019; Anchorage ([furrondy.net](http://furrondy.net)).

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19 turnovers helped the smaller team—both in size and number (Aniak dressed only eight players)—secure the win.

*Alaska Beyond Magazine* featured Aniak in its March issue. The piece focused on the challenges and joys of running a rural high school basketball program. Aniak is

a community of about 540 people in Southwest Alaska.

"We're going to fight until the end of the season," Coach Wayne Morgan told our reporter before Aniak tipped off the season. And fight Aniak did. Now they're state champs, proving you can be little and still do big things. —Andrew Waite



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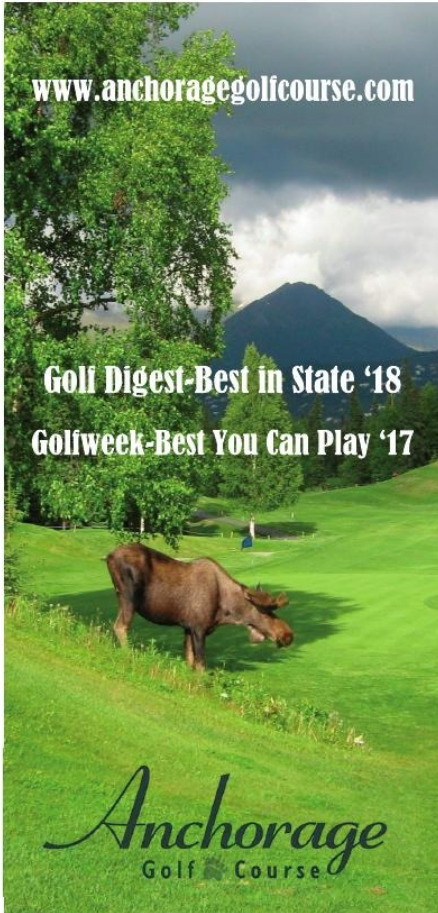
  
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## WHAT'S BREWING IN ANAHEIM

Craft beer is booming in the land of theme parks and oranges

By Ben Raker

» At Bottle Logic Brewing, in Anaheim, California, there are photos on the taproom walls of the inventor Nikola Tesla, as well as graphic-novel-style art of a fictional female scientist-adventurer named Eve (who also is featured on bottle labels). Full bookshelves and what looks like an antiquated control-room panel fill one side of the room, and a banner shows the brewery motto: "United in the thirst for knowledge and beer." With wood and chrome dominating the decor, the space feels like a cross between a library and a laboratory.

"We're definitely geek-culture friendly," says Lindsay Langton, the "lord commander" (and marketing manager) at Bottle Logic, referring to the surroundings and also their creative, beer-geek-pleasing experimental brews. "But we also do a wide swath of styles. If you come in here at any point in your craft-beer journey, there will be something for you."

Bottle Logic (est. 2013) has built a reputation for its science-oriented techniques. And this is just one of the approaches to craft brewing represented in the growing Anaheim beer scene. Encouraged by a local government interested in nurturing a craft-beer hub in town, there are now 15 breweries open for business, with five more in the works. Factoring in nearby Orange County communities, the total is more than 35. Included among these is a range of companies, from trendsetters to traditionalists.

Located within a business park, Bottle Logic emphasizes experimentation. Brewmaster Wes Parker was a computer engineer until a homebrewing hobby took over, and he co-founded the company with President Steve Napolitano and Brand Manager Brandon Buckner.

The young brewery has already achieved fame for its barrel-aged releases. The most acclaimed among these is Fundamental Obser-

» The energetic staff of Bottle Logic Brewing, left, make a variety of styles but are best known for barrel-aged releases, such as Fundamental Observation and other bottles shown above.

vation, an imperial stout brewed with Madagascar vanilla beans and aged in bourbon barrels. It releases annually in summer and ranks near or in the top 10 beers worldwide on the popular review sites Beeradvocate and Untappd.

"This single beer changed our whole brewery when it first came out," says Langton. And while special releases can only be purchased online, and picked up in person at certain specific times, Bottle Logic always has many other tempting selections on tap.

This is a brewery that's savvy on social media, solid in reputation and ready to grow (an expansion planned this year will double the brewery's size, add a patio and triple the production capacity for its barrel-aged beers). Yet Bottle Logic still hosts community events such as a recent Dogs of Logic fundraiser with a local pet organization. And it works to make sure regulars have access to its releases.





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» Guests of Anaheim Brewery can sit in the outdoor beer garden, left, and enjoy various beers, above, that emphasize classic brewing techniques and ingredients.

Langton says that out-of-town guests sometimes visit on side trips from Disneyland Resort. “It’s usually the dads who say, ‘Well, I’m going to take a break for three hours,’” she says, with a laugh. But she also recalls a man who flew in from Chicago specifically for a release: “That shocked us, though we were appreciative!”

About 4 miles west, in Anaheim’s burgeoning Anaheim Packing District, is a brewery with

a lower-key approach. Yet, for an establishment that announces itself on its website as “proudly un-hip,” Anaheim Brewery has been squarely at the center of the growing scene.

A short walk from the food-hall flash of the renovated Anaheim Packing House, Anaheim Brewery serves its classic brews at a polished-wood bar and a frequently sun-kissed beer garden. A sign outside says, “Anaheim Brewery,

Est. 1870 / Re-Est. 2010.” The owners, husband and wife Greg and Barbara Gerovac, have inspirations that reach deep into the past.

The Gerovacs (both retired Army lieutenant colonels) developed an appreciation for classic styles and small-town breweries while stationed in Bavaria in the 1980s and 1990s. After they retired in the early 2000s, the Gerovacs worked for various breweries to develop skills. When they opened their own place, they revived a brewing tradition that was first launched in the 1800s by Anaheim’s German-American founders and continued until Prohibition.

The Gerovacs’ flagship Anaheim 1888, a “traditional California lager” (sometimes called a “California common”), echoes a style brewed by Friedrich Conrad, one of the owners of the old Anaheim Brewery. Today’s brewery focuses on styles driven by yeasts, hops and malts rather than special ingredients. A hefeweizen, a British IPA and a Belgian tripel are among the other options. All are only available locally.

“If you think about a local bakery, it keeps goods fresh by producing frequently and distributing on-site,” says Greg. “We have a similar model—we serve our local community. It’s just that in the O.C., with all its visitors, that community can be international. We want to treat everyone like they belong.”

#### MORE CRAFT BEER IN THE O.C.

##### ■ The Bruery/Bruery Terreux

(thebruery.com): Founded in 2008 in Placentia, just north of Anaheim, The Bruery is a family-run business known for exceptional stouts and sours. It created Bruery Terreux, opened in Anaheim in 2015, with its own taproom focused on sours and other wild-yeast beers.

##### ■ Cismontane Brewing Co.

(cismontanebrewing.com): This brewery’s Santa Ana taproom, opened in 2009, showcases bold beers in different styles and is conveniently close to John Wayne Airport, and to the iconic South Coast Plaza shopping complex in the neighboring town of Costa Mesa.



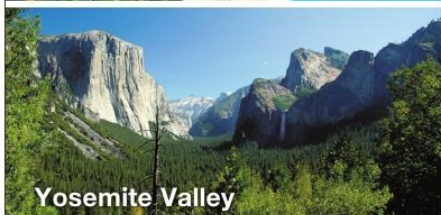
##### ■ Noble Ale Works (noblealeworks.com)

: This Anaheim brewery, established in 2009, is located near Angel Stadium and Honda Center. A popular stop for baseball and hockey fans, the brewery is expanding both its production and its tasting room. It has won awards for several beers, including I Love It! IPA. —B.R.





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Greg Gerovac is proud that the brewery has contributed to the revitalization of the area. “It’s not just where we work. We also live half a block from the brewery.”

Just a few blocks away, Unsung Brewing Company, which opened in 2016, takes yet another approach. Comic-book graphics adorn this brewery’s taproom walls, and the comic heroes—which are envisioned by brewery founder and brewmaster Michael Crea—are inspired by Unsung’s beers. Here you’ll find brewers honing their craft with regular offerings that use tropical and modern hops, such as Citra and Mosaic. You’ll also get to sample R&D beers as brewers continue to innovate: opaque, juicy

Northeast-style hazy IPAs; kettle sours dosed with plum puree; barrel-aged brews canned with bright labels.

Unsung hopes to increase its canning production and expand gradually, while maintaining its commitment to quality. But it, too, is focused on serving the local market. “The reality of this industry is to stay as local as possible. People want beer made right down the street, and we want our beer consumed as fresh as possible,” says Crea. “It’s exciting that we’re growing with the local scene.” ✂

*Ben Raker is a homebrewer and an associate editor at the magazine.*



» Unsung Brewing Company creates characters such as *Anthia*, a superhero developed for the tropical IPA of the same name (and painted on the taproom wall).



Samantha Brown  
in Newport Beach.

## MORE TO LOVE IN THE O.C.

» Orange County is one of 13 worldwide destinations showcased in season one of *Samantha Brown’s Places to Love*, which first aired this spring on PBS. Brown, a 17-year TV travel personality, recently spoke with *Alaska Beyond Magazine* to share some insights from filming her show in Orange County.

**Alaska Beyond Magazine:** You’ve been introduced as a travel expert, a travel guru and a travel goddess. What’s your preference?

**Samantha Brown:** Ha! I’d say I’m a travel host.

And for this show I’m also executive producer.

**ABM:** How did you choose Orange County as one of the show’s destinations?

**SB:** I like places that surprise us. Orange County has a reputation for just being a place where people are very wealthy. But I like to see what the reality of a place is. Orange County isn’t just one city. It’s a great mix of places

and people. Maybe more than any other destination, the O.C. represents the Southern California lifestyle we all dream about.

**ABM:** What are some of the places you visit in the Orange County episode?

**SB:** We cover different destinations: Newport Beach, Huntington Beach, Westminster, Anaheim, Laguna Beach, Costa Mesa. We would pop in and out of each little city.

**ABM:** One of the focus points in the show is connecting with people. What are some examples of those connections you made?

**SB:** Westminster is also known as Little Saigon, and it’s where many Vietnamese refugees came after the Vietnam War. One of the people we meet is a woman named Janet Nguyen,

the first Vietnamese-American state senator in the United States. She came over in a boat as a refugee. We also meet a champion surfer, a nonprofit leader preserving unique coastal cottages, people saving marine mammals and others.

**ABM:** What are some themes you found while filming this show?

**SB:** One O.C. theme is that trends start here—whether it’s a food trend or a fashion or digital tech. This is where things start and spread across the United States. So we thought, “Let’s meet these pioneering people [who start the trends].” ... Hopefully, what viewers will detect as a strong theme is that we need to talk to people more. When you meet someone face to face and you learn from their experience, it gives you a new perspective and respect. And that to me is the new form of luxury in travel. We’re often so focused on social media, but you can take *media* out of it and just be social.

**ABM:** Do you have suggestions on what people should bring that they’ll need in the O.C.?

**SB:** Well, check the weather just in case, but ... you’ll definitely want to bring your flip-flops! It’s a more casual existence. People look like they’re ready to go into the ocean at a moment’s notice, and that’s why we love this California lifestyle. ✂



# HISTORIC SELLWOOD

The south Portland neighborhood offers an eclectic mix of the past and present

By Susan G. Hauser



» Like most people who grew up in Portland, I have a long history with the city's riverfront neighborhood of Sellwood.

The community, which began in the 1880s as a separate town to the south of Portland, winds along the Willamette River and has been a favorite summertime location for generations, thanks, in large part, to Oaks Amusement Park.

A staple of the area since 1905, the amusement park still offers thrilling rides, such as the new roller coaster called Adrenaline Peak. There are also carnival games, a Ferris wheel, mini-golf and other activities.

One attraction that brings back many memories is the oldest ride in the park—the Herschell-Spillman carousel. Built in 1911, the carousel offers an amazing menagerie of hand-carved animals to ride. Another attraction that has changed little over the years is the roller rink, which is open year-round, and still plays a pipe organ. The park is open only on weekends during spring, but is open every day but Monday in the summer.

Adjacent to the amusement park is Sellwood Riverfront Park, which features a boat dock, a canoe launch and a beach that is part of an off-leash dog area. Just above the riverfront park is Sellwood Park, with an outdoor swimming pool that has been a popular summertime attraction since 1910.

The Sellwood community offers many other attractions. In fact, here you can find something old and something new, something permanently borrowed and something blue. It sounds like a recipe for a wedding, and there are plenty of those in the neighborhood, thanks to the borrowed item.

That would be Sellwood's Oaks

Pioneer Church. In 1851, the quaint white steepled structure was built as an Episcopal church in the upstream Oregon town of Milwaukie. In 1961, it was transported by barge to Sellwood, and the fairy-tale wedding venue now sits on a grassy hill overlooking the Willamette River.

Something blue would be the great blue heron, Portland's official city bird. With its streamlined body and gangly legs, the bird can often be seen popping up from the wetlands in Oaks Bottom Wildlife Refuge, a 141-acre park lying parallel to the river, just below a set of bluffs that allow for great views of the area.

More than 150 species of birds have been spotted along the park's trails. On June 5, during the 32nd-annual Great Blue Heron Week, you can join birding groups traversing the refuge, looking specifically for the iconic big blue bird.

If you miss seeing a heron in the wild, you can view a 65-foot-long mural with the blue bird, painted on the west wall of the eight-story Portland Memorial Mausoleum that has overlooked Oaks Bottom from a bluff since its construction in 1901. The mausoleum has gorgeous Tiffany stained-glass windows, sculptures and a skylight made by Portland's Povey Brothers Studio. Memorial Day, May 28 this year, is the only day of the year that the mausoleum is open to the public.

Nearly every Sellwood block includes reminders that the neighborhood sprang up in the late 19th and early 20th centuries. Homes and buildings are identified as such with signs indicating the year of construction and the original owners.

Furthermore, the neighborhood is also recognized as a treasure trove for antiques lovers, with antique





CLOCKWISE FROM TOP LEFT ON FACING PAGE: OAKS AMUSEMENT PARK; JOHN W. WICKLARK (2)

shops along Southeast 13th Avenue and Milwaukie Avenue.

Just to the east of the district, you'll find the Crystal Springs Rhododendron Garden in the Eastmoreland neighborhood. Its 9.5 acres of rhododendrons and azaleas are always in bloom by Mother's Day, the garden's most popular day for visitors.

As for what's new, the neighborhood is experiencing a renaissance. It offers a developing food scene that is

centered along 13th Avenue. Reverend's BBQ has been recognized as one of the city's best barbecue locations, while Jade Bistro & Patisserie is known for its melding of Vietnamese and French cuisine.

The Portland Bottle Shop, which serves an excellent variety of wine, beer and cider by the glass, has recently begun offering tasty lunches and dinners.

And there's also something new in

terms of how to get to Oaks Amusement Park. On Saturday afternoons you can board an excursion train. The Oregon Pacific Railroad makes 45-minute roundtrips to Sellwood from the Oregon Rail Heritage Center, located at 2250 Southeast Water Ave., near the Oregon Museum of Science and Industry.

I'm giving the train a try the next time I feel like a visit to an amusement park for a ride on a roller coaster. ✈

» **A hand-carved tiger, top left on facing page, is found on the Oaks Amusement Park carousel. The Unique Antique store, bottom left, is one of Sellwood's many antique shops. People play on the beach, above, at Sellwood Riverfront Park.**





JUSTIN BAILE

## FARMERS MARKETS OFFER A TASTE OF PORTLAND

By Danielle Centoni


» A brightly colored pile of roughly chopped rainbow chard, orange carrots and sweet onions sizzles on a giant flattop skillet. On another skillet, chile-spiked roast chicken stays warm, while freshly patted tortillas bake on a third, scenting the air with toasted corn.

This makeshift kitchen at the Saturday Portland Farmers Market is one of about a


dozen hot-food booths tucked among the local farm and artisan food vendors lining the grassy, tree-bordered blocks at Portland State University (PSU), just a short walk from downtown Portland. Any given Saturday morning finds me here, loading up on pasture-raised meats and just-picked vegetables, which are vibrant and fresh.

On this day, Verde Cocina's booth has caught my eye, and I watch the food sizzle. The sight and smell prove too much to resist, so I take my place in the growing line of hungry shoppers.

My husband wanders off in search of the spicy steamed buns we love at Nom Nom Taiwan, while my tween and teen make their own rounds, picking up fresh berries, herbed chèvre and a baguette. Brunch in hand, we meet up a few minutes later for a picnic on the lawn under the green canopy of shade trees, a folk band serenading us from a nearby stage.



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## » HERE & NOW PORTLAND

Saturday's PSU event is my favorite market in the area. Open even in winter (albeit on a smaller scale), it's one of the biggest and best, with an amazing variety of produce and artisanal goods grown, foraged or made in the area.

From alien-looking *Salicornia* (aka sea beans) to freshly milled flours to locally distilled spirits, it's all here. Add in cooking classes for kids, demonstrations on a main stage and a wide variety of live music, and a trip to this farmers market becomes an event to be savored.

A similar scene takes place at each of the six markets under the Portland Farmers Market umbrella, as well as the almost four dozen others in the metro and surrounding areas. In fact, if you're in Portland anytime from May through October, you can explore a farmers market nearly every day of the week.

Out in the nearby suburb of Beaverton, for instance, its 30-year-old farmers market has more than 160 vendors selling everything from plant starts to eco-friendly laundry soap. At the Lake Oswego Farmers' Market, you can enjoy Spanish paella or just-fried mini doughnuts from one of the 80-plus vendors lined up along the picturesque lake.

The Sunday Hillsdale Farmers' Market offers a pared-down selection of many of the vendors from the PSU market. Making the trip even sweeter, it's just blocks from Baker & Spice, one of the best bakeries in the city.

And the Wednesday Portland Farmers Market in downtown Shemanski Park offers a great way to restock your refrigerator midweek and to enjoy a roasted pita sandwich from Tastebud Restaurant's booth.

While farmers markets are plentiful, I still eagerly wait for my next alfresco adventure in grocery shopping. And with every sweet spring carrot, juicy summer peach and autumn chanterelle I find, I thank my lucky stars that my family and I call Portland home. ✈

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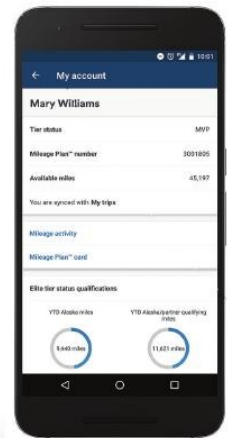


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## Airbus fleet.



### **Airbus A319**

Range: 2,986 miles  
Seats: 119

### **Airbus A320**

Range: 2,855 miles  
Seats: 146–149



### **Airbus A321neo**

Range: 3,072 miles  
Seats: 185

Tell us how we're doing.

Visit [alaskalistens.com](https://alaskalistens.com).

Free to access in flight.

Our bag guarantee.

Delivered in **20 mins or less.**

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

Terms apply. See [bit.ly/BagGuarantee](https://bit.ly/BagGuarantee) for details.



# The Alaska experience

## Enjoy the journey.

---

### Our three travel classes all feature great perks

What can you expect aboard an Alaska Airlines flight? You'll find a variety of comfortable seating choices and a tasty selection of food and drinks. We have power outlets to keep you charged, Wi-Fi to keep you connected, and entertainment options to captivate you. And as always, our warm, friendly flight crew is ready to help you however they can.



#### First Class

Choose First Class for spacious seating, plentiful food and beverage choices, and our dedicated flight attendants.

- ✓ Luxury at an affordable price
- ✓ Priority access for check-in and security lines
- ✓ Power outlets at every seat, on most aircraft
- ✓ Two bags checked free



#### Premium Class

More space, more perks and early boarding: Treat yourself to our Premium Class experience on your next flight.

- ✓ 4" more legroom than Main Cabin seats
- ✓ Board early and get settled
- ✓ Drinks are on us
- ✓ Power outlets that are easy to access



#### Main Cabin

Enjoy our Main Cabin seats with a complimentary snack and beverages.

- ✓ Power outlets at every seat, on most aircraft
- ✓ Over 200 free movies and TV shows on Alaska Beyond Entertainment
- ✓ Tom Douglas-inspired meals for purchase
- ✓ Award-winning service



# Enjoy a drink

Refreshing selections, for free or for purchase.

## COMPLIMENTARY BEVERAGES



### Sodas

Coca-Cola  
Coke Zero  
Diet Coke  
Sprite  
Sprite Zero  
Seagram's Ginger Ale  
Seagram's Seltzer  
Seagram's Tonic



### Coffee

Proudly serving Starbucks®  
Pike Place® Roast

### Other

Bottled Water  
Orange Juice  
Tomato Juice  
Cranberry Juice  
Apple Juice  
Our special blend of Passion, Orange and Guava  
(on flights to Hawai'i)  
Bloody Mary Mix  
Tazo® Awake® black tea  
Tazo® Sweet Orange hot herbal tea (caffeine-free)

The menu card  
in your seatback  
pocket displays  
all our food and  
beverage options.

## PREMIUM WINE

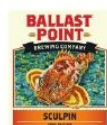
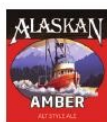


**Canoe Ridge Exploration** \$7.50  
Red Blend

**Canoe Ridge Exploration** \$7.50  
Sauvignon Blanc

**La Marca** \$8.50  
Prosecco

All prices in U.S. dollars.



## BEER

**Premium Beer** \$7.50

Alaskan Amber  
Ballast Point Sculpin IPA  
Kona Longboard Island  
Lager (to/from Hawai'i)  
Modelo Especial (to/from Mexico)  
Imperial (to/from Costa Rica)

**Domestic Beer** \$7.50

Miller Lite  
Budweiser

## LIQUOR

**Spirits** \$7.50

Woodford Reserve  
Bourbon  
Crater Lake Hazelnut  
Espresso Vodka  
Sauza Tequila  
Dewar's White Label Scotch  
Jack Daniel's Black Label  
Crown Royal  
Baileys Irish Cream

**NEW!**

**Tito's Handmade Vodka**  
**Cruzan Aged Rum**  
**Tanqueray London Dry Gin**



## First Class Wines

Featured wines this month.



**Chateau Ste. Michelle**  
**Mimi Chardonnay**

Washington, Horse Heaven

With a lightly oaked, elegant style, the wine offers apple and pear fruit character with bright natural acidity.



**Chateau Ste. Michelle**  
**Indian Wells Red Blend**

Washington, Columbia Valley

This wine reflects the rich, round powerful style of Washington fruit, highlighting seven varietals.

Beverage service may vary due to time of day and flight-segment time limitations. Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. Government warning: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.



# Movies, TV, Wi-Fi and more.

## The choice is yours.

### Get Started:

The “Movies & Wi-Fi” card in your seatback pocket has instructions on how to watch.

Kick back with over 200 free movies and TV shows.

Nearly every flight offers Alaska Beyond Entertainment, our streaming entertainment system that features hit movies and episodes from your favorite TV networks—like HGTV and Food Network—as well as new discoveries, including new musicians on Seattle’s independent record label, Sub Pop.



### Download the app:

You’ll need the Gogo Entertainment App to watch movies. Get it now at [loadplayer.com](http://loadplayer.com).

### HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:



Thor: Ragnarok



Coco



Murder on the Orient Express



Blade Runner 2049



Three Billboards Outside Ebbing, Mo.

### HERE’S A PEEK AT THE MOVIES RECENTLY ADDED TO OUR ALASKA BEYOND ENTERTAINMENT LINEUP:

- Battle of the Sexes
- Goodbye Christopher Robin
- Kingsman: The Golden Circle
- The Lego Ninjago Movie
- Frozen
- Valentine’s Day
- The Notebook
- Crazy, Stupid, Love.
- Never Been Kissed
- Walk the Line
- One Fine Day
- Something Borrowed
- The Great Gatsby
- Water for Elephants
- Zootopia
- Finding Dory
- Wonder Woman
- Captain Underpants: The First Epic Movie
- Batman and Harley Quinn
- Toy Story 2
- War for the Planet of the Apes
- Big Trouble in Little China
- Johnny Dangerously
- Risky Business
- Caddyshack
- Gremlins
- Working Girl
- 9 to 5
- Aliens

For a complete movie/TV program listing, go to [AlaskaWiFi.com](http://AlaskaWiFi.com) while inflight.



## Like our tunes?

Take a look at this month’s boarding music playlist:

#### Artist

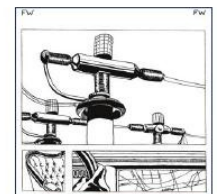
High Higs  
Shout Out Louds  
The Revivalists  
Jamie xx feat. Romy  
Fever Fever  
The Revivalists  
Yahtzel  
Streets of Laredo

#### Song

*Ocean to City*  
*Jumbo Jet*  
*Gold to Glass*  
*Loud Places*  
*Hypnotized*  
*Keep Going*  
*Someone Else*  
*Laying Low*

Plus, check out our featured Sub Pop album of the month:

**Forth Wanderers**  
Forth Wanderers



As New Jersey high schoolers, guitarist and songwriter Ben Guterl and vocalist Ava Trilling passed songs back and forth like pen pals. On their Sub Pop debut, exuberant, profound songs are driven by tightly bound melodies and a loving attention to detail.



## You're now cleared for text-off.

Never miss a thing with Free Chat™. Text your friends and family from your smartphone using iMessage, Facebook Messenger and WhatsApp. Please keep in mind:

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

Inflight, go to [AlaskaWiFi.com](http://AlaskaWiFi.com) to get started.



## Go online.

Gogo® Inflight Internet is available on all of our Boeing 737 and Embraer 175 aircraft, excluding five half cargo/half passenger aircraft.

- Inflight Internet is not available on flights to/from Hawai'i or when flying over Latin America.
- In the air or on the ground, visit [alaskaair.com](http://alaskaair.com) or [gogoair.com](http://gogoair.com) to view flexible pricing options.

### TIPS FOR MAKING THE MOST OF INFLIGHT WI-FI:

It's great to be able to stay connected while you fly, but inflight Wi-Fi is different from the Wi-Fi you may be used to.

- Work smarter. Use webmail instead of Outlook to check your inbox. You never know what large files might be lurking in there.
- Wait to send that TPS report. Large attachments can slow things down: avoid sending while in air.
- Bookmark or favorite the Gogo in-air page—[airborne.gogoinflight.com](http://airborne.gogoinflight.com)—in your browser.
- Huh? Gogo Live Help is available on flights within the Gogo coverage area. FAQs are at your fingertips on all flights.

## Rent one of our premium entertainment tablets.

On most flights over 3.5 hours, you can rent one of our inflight entertainment tablets featuring the newest movies onboard, plus recent hits. Each tablet is preloaded with 25 to 30 movies (depending on the month), plus TV shows, Xbox games, music and digital magazines.

Tablets are free in First Class, and available to rent for \$8-\$10, depending on flight length.



### NEW MOVIES ON THE TABLET:



**Black Panther**



**Maze Runner: The Death Cure**



**12 Strong**



**The Post**



**The Disaster Artist**



# Alaska Airlines Mileage Plan™

Welcome to a world of rewards.

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



See the world and earn miles doing it.

Earn or redeem miles on every Alaska flight and flights to more than 900 destinations worldwide with our airline partners.



The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.\*

## MVP

(20,000 miles flown on Alaska)

- Priority check-in
- Two free checked bags
- Eligible for complimentary First Class upgrades
- 50% bonus miles and more

## MVP GOLD

(40,000 miles flown on Alaska)

All MVP® benefits, plus:

- Waived ticket change fees on Alaska
- Four annual guest upgrades
- 100% bonus miles and more

## MVP GOLD 75K

(75,000 miles flown on Alaska)

All MVP Gold benefits, plus:

- Complimentary inflight entertainment player
- Four Alaska® Lounge day passes
- 125% bonus miles and more

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





EASTER ISLAND  
LATAM AIRLINES



## Carry the card for even more rewards.

**Introductory offer:** Buy 1 ticket, get 1 for just the taxes and fees with Alaska's Famous Companion Fare™ offer.

- **Up to 31,000 bonus miles** after qualifying purchases.
- **Free checked bag** for you and up to six other passengers on the same reservation.

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

Learn about all card benefits at [alaskaair.com](http://alaskaair.com). The benefits above apply to Visa Signature® accounts only and different benefits apply to Platinum Plus® accounts. Card type is determined by creditworthiness.

## Apply at [AlaskaOffer.com](http://AlaskaOffer.com) or ask your flight attendant.

The Visa Signature® card benefit described herein is subject to certain restrictions, limitations and exclusions. For more information about rates, fees, other costs and benefits of this credit card, or to apply, visit [AlaskaOffer.com](http://AlaskaOffer.com) and refer to disclosures accompanying the application. This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A., Inc. ©2018 Bank of America Corporation.

## Big adventures for fewer miles.

You can now book nonrefundable one-way award travel within the continental United States and Canada starting at just 5,000 miles.\*

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

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

Visit [alaskaair.com/awardchart](http://alaskaair.com/awardchart) to explore our complete award charts.

Join today and start getting rewarded. [alaskaair.com/mileageplan](http://alaskaair.com/mileageplan)



# Mileage Plan gives you the world

## Earn and redeem your Alaska Airlines miles to more than 900 destinations worldwide.

Find tips on how to earn and use miles on our global partners at [blog.alaskaair.com/mileage-plan](http://blog.alaskaair.com/mileage-plan).



Explore more with Mileage Plan.



**Buenos Aires, Argentina**  
LATAM Airlines



**Sydney, Australia**  
Qantas





**London, England**  
British Airways

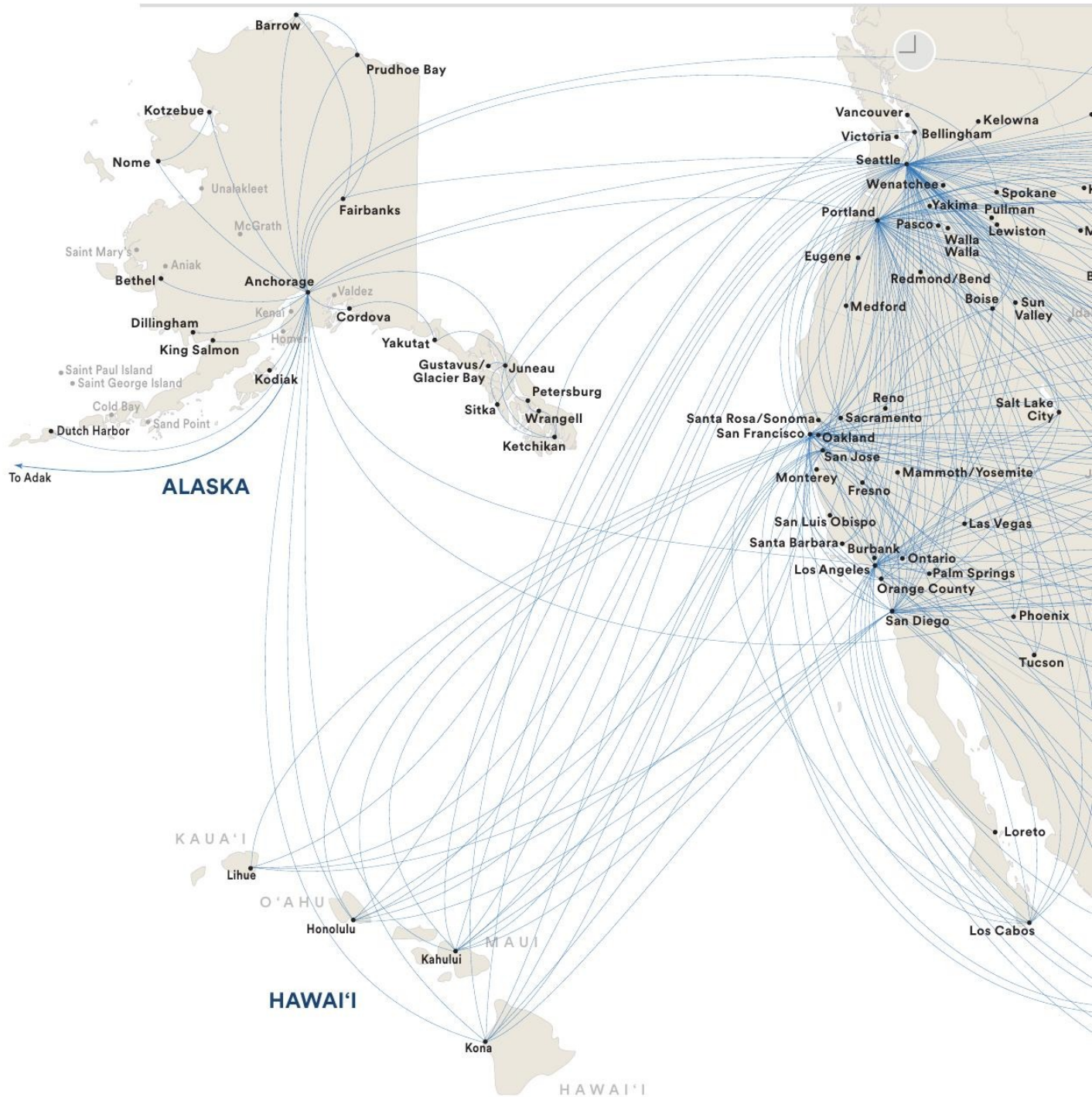


**Beijing, China**  
Hainan Airlines



# Where we fly

## 115+ destinations and counting.



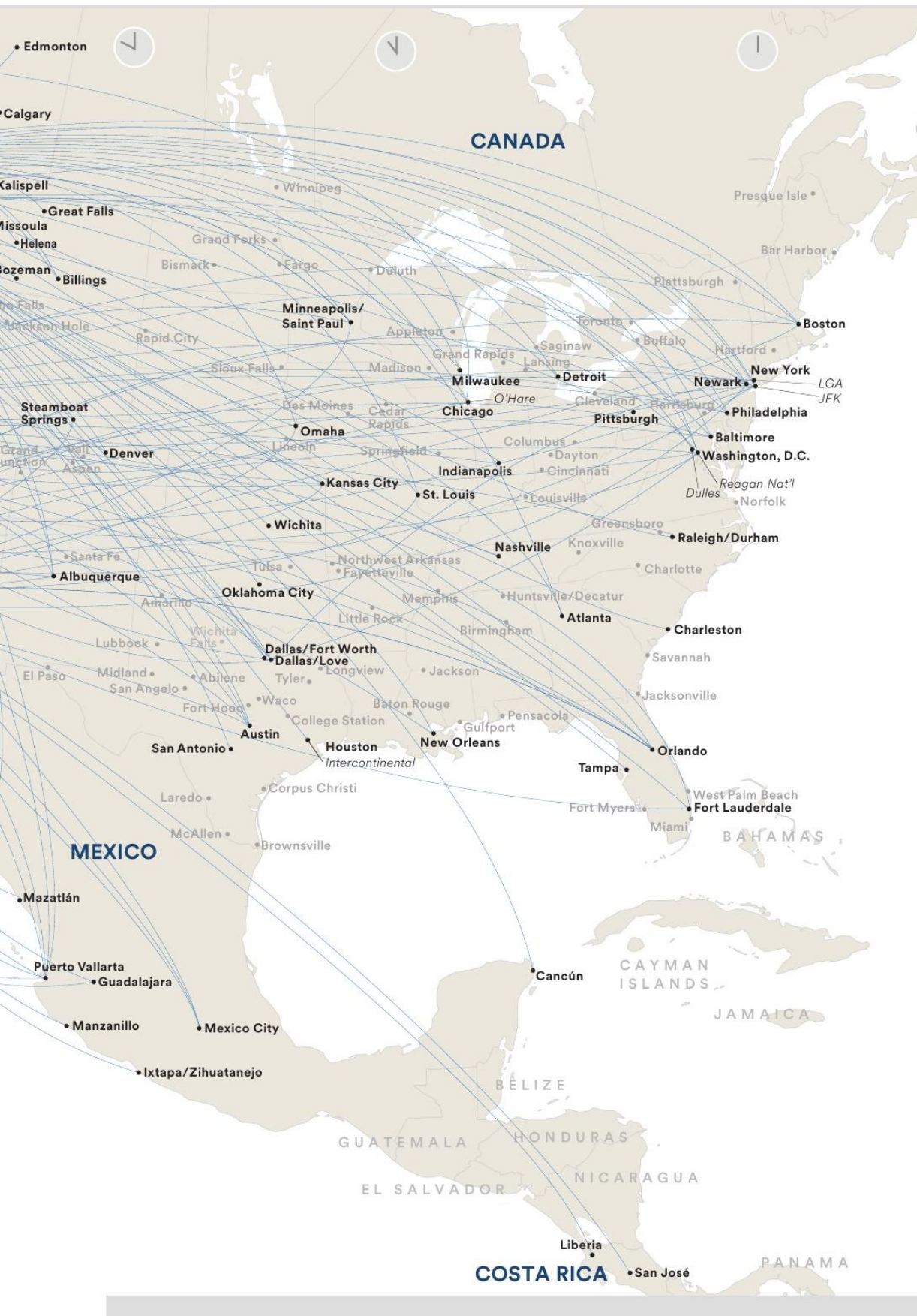
### LEGEND

- Destinations
- Partner destinations
- Alaska Airlines routes

### UPCOMING NEW SERVICE

Route	Service Begins
Seattle, WA—Pittsburgh, PA	September 6, 2018





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

Some routes shown operate seasonally.



# Airport terminal maps

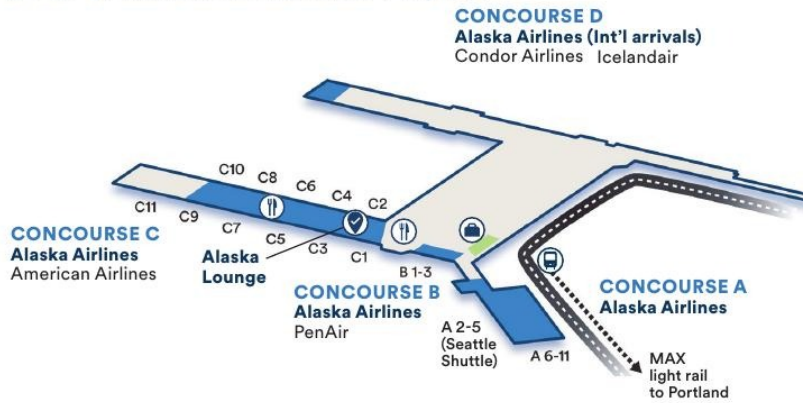
## SEA Seattle/Tacoma International Airport

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

**Tip:** Our new Alaska Lounge opened in the C Concourse: Raise your "preflight" game. We have complimentary food, premium drinks, Wi-Fi and great views.



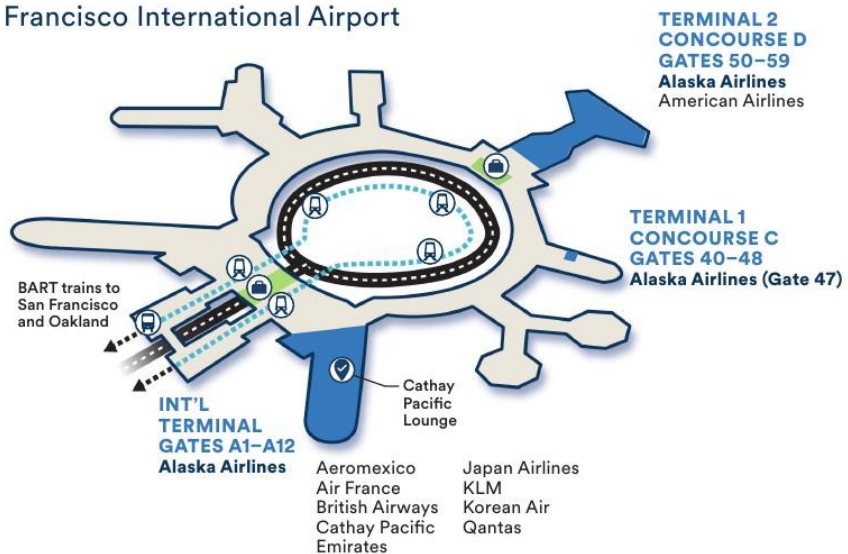
## PDX Portland International Airport



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

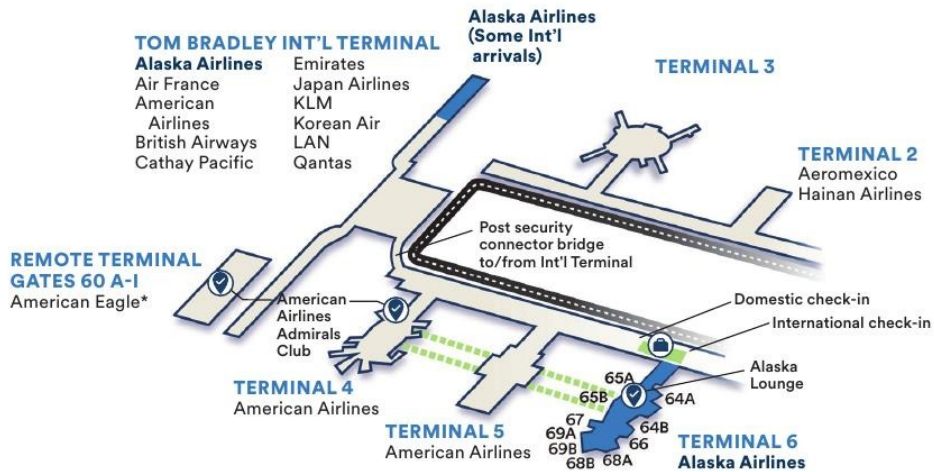
**Tip:** Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.

## SFO San Francisco International Airport

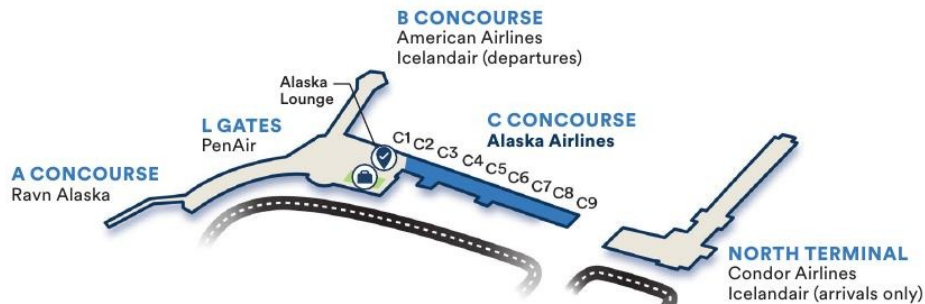




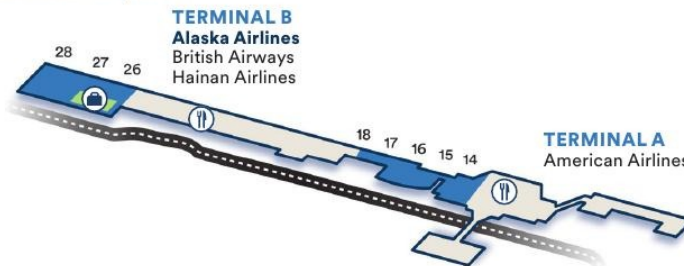
## LAX Los Angeles International Airport



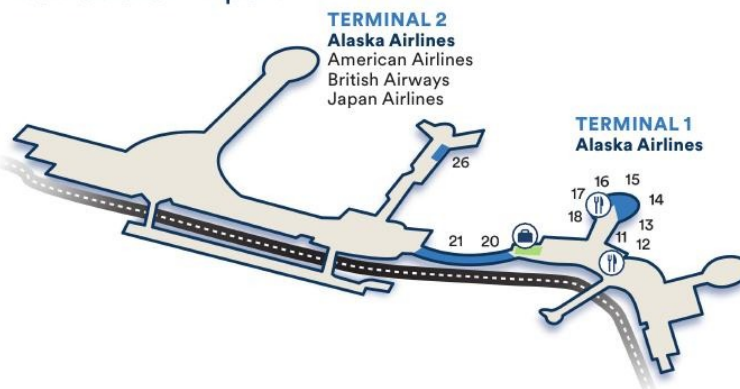
## ANC Anchorage International Airport



## SJC San Jose Mineta Airport



## SAN San Diego International Airport





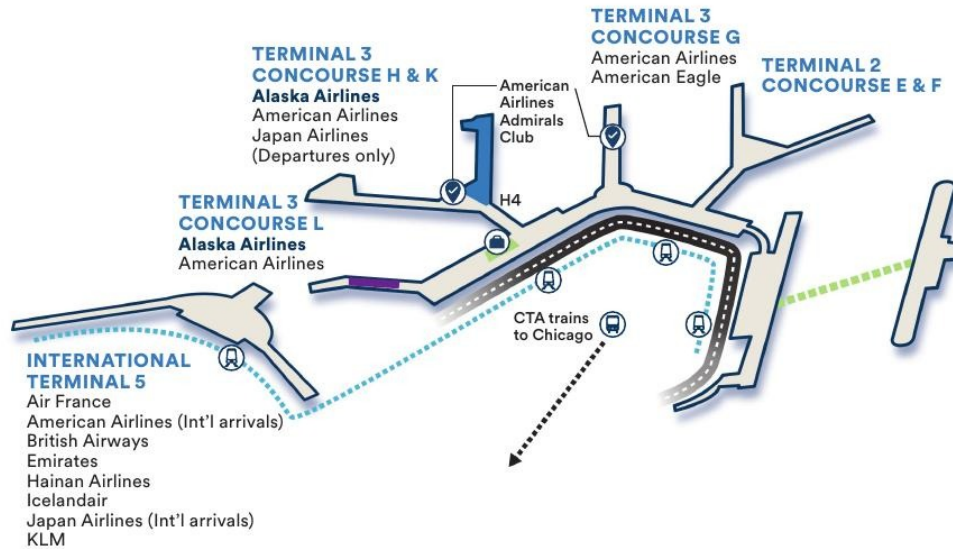
# Global Airline Partner terminal maps

## ORD Chicago O'Hare International Airport

American Airlines

From Chicago, American Airlines serves 122 destinations in 11 countries, with convenient connections to Europe from the West Coast.

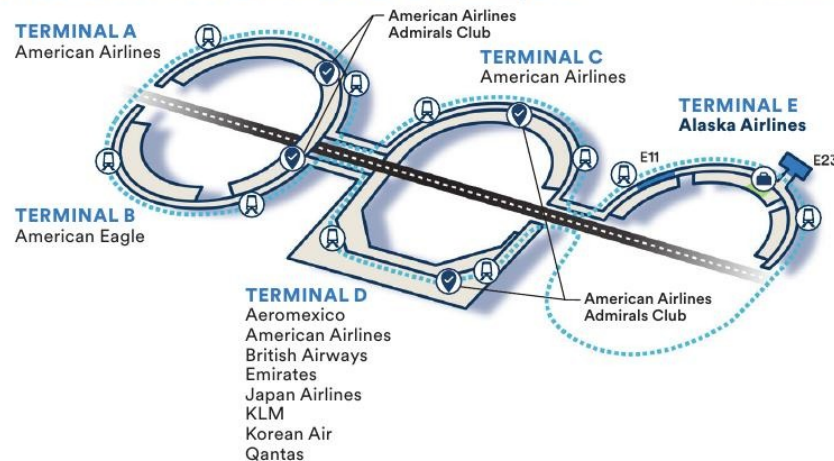
**Tip:** Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.



## DFW Dallas/Fort Worth International Airport

American Airlines

Headquartered in Dallas, American serves 197 destinations in 29 countries including Latin America, the Caribbean and Europe from DFW.

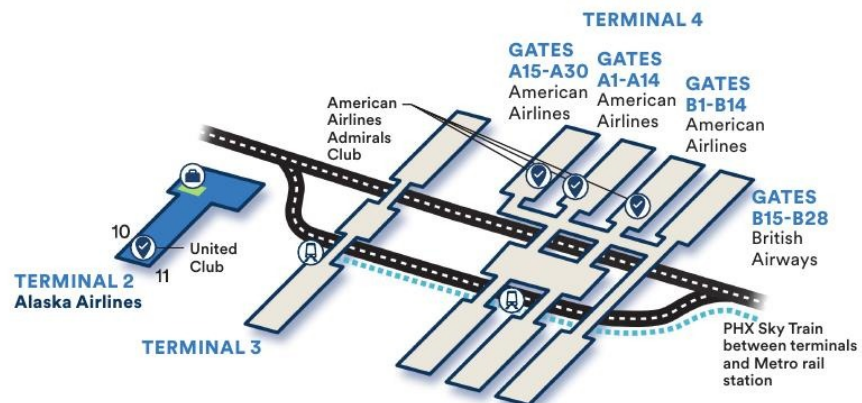


## PHX Phoenix Sky Harbor International Airport

American Airlines

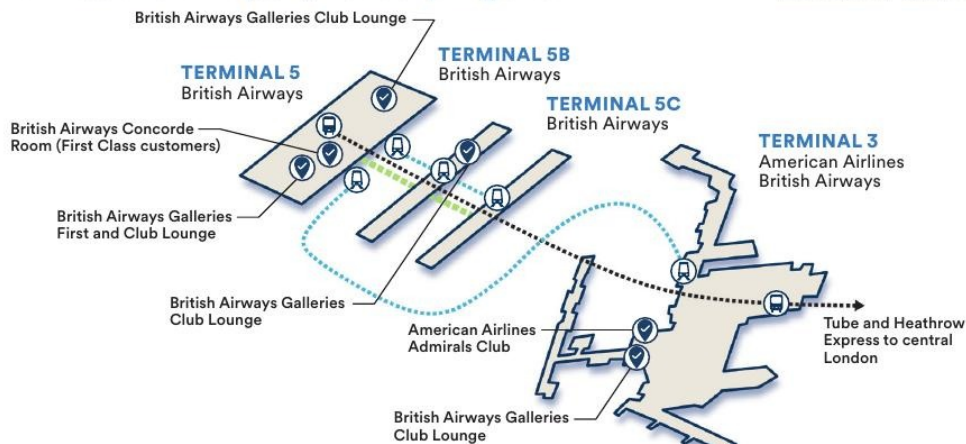
From Phoenix, American flies to 81 cities with over 300 flights.

**Tip:** Alaska Lounge members have access to the United Club across from gate 10 at Sky Harbor when flying on Alaska.





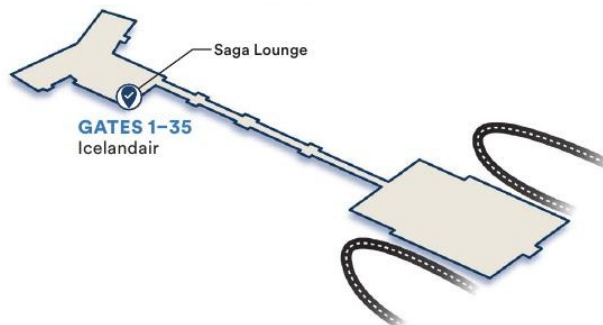
## LHR Heathrow Airport, London, England



British Airways' London hub offers convenient connections from the West Coast to cities throughout Europe.

**Tip:** MVP Gold & MVP Gold 75K members receive complimentary access to British Airways' Galleries Club Lounge in Terminal 5.

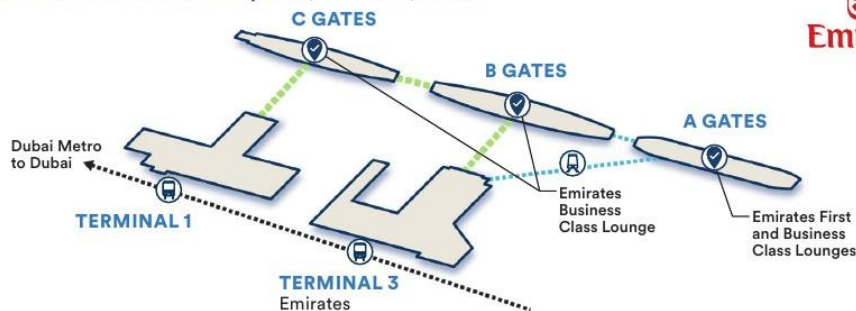
## KEF Keflavík International Airport, Reykjavík, Iceland



**Tip:** MVP Gold and MVP Gold 75K members receive complimentary access to Icelandair's Saga Lounge.

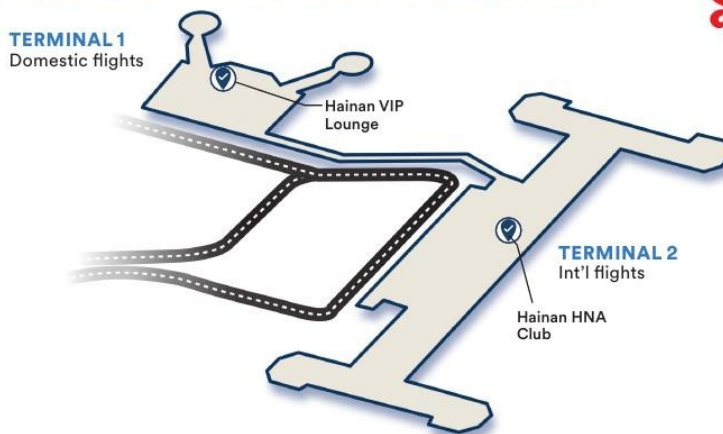
Icelandair's Reykjavík hub makes for easy connections to the airline's 20+ destinations throughout Europe. Icelandair offers free stopovers in Iceland.

## DXB Dubai International Airport, Dubai, UAE



Emirates' Dubai hub offers connections to 100+ destinations on 6 continents, all featuring the airline's world-class service.

## PEK Beijing Capital International Airport, Beijing, China



**Tip:** MVP Gold and MVP Gold 75K members receive complimentary access to Hainan's lounges.

With gateways in Seattle and San Jose, earn miles traveling to Beijing, Shanghai and to other destinations throughout China.



# Customs and immigration

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

Global Entry is a U.S. Customs & Border Protection program that offers expedited customs entry with no processing lines, no paperwork, TSA Pre✓® eligibility and access to expedited entry in other countries. Apply at [www.cbp.gov](http://www.cbp.gov).



Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building.

## TO THE UNITED STATES PASSPORT CONTROL KIOSKS

Automated Passport Control kiosks expedite the entry process. Eligible travelers scan their passport, take a photograph and answer a series of questions at the kiosk. Once complete, present the printed receipt from the kiosk to a Customs Officer.

### Helpful tips

- Only citizens or nationals of the U.S., Canada or Visa Waiver Program countries are eligible to use the kiosk.
- Customs declaration forms are unnecessary.
- Kiosks available in Los Angeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) and Seattle (SEA).

## U.S. CUSTOMS DECLARATION

All travelers to cities without Passport Control kiosks must complete this form.

### Helpful tips

- One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption).
- Lines 5, 6—If not using a passport, leave these lines blank.
- Line 9—Enter “AS” for Alaska Airlines
- Sign at the “X.”

## INTERNATIONAL TRAVEL TIPS TO MEXICO

- All travelers must complete a Mexico Customs Declaration form; one per traveler or family with same address.
- All travelers, except for citizens of Mexico, must complete the FMM; one per traveler or family.

## TO COSTA RICA

- All travelers must complete a Customs Declaration form; one per traveler or family.
- All travelers must complete an Immigrations Form; one per person.
- Costa Rica requires a \$29 departure tax for each traveler. For tickets purchased before June 1, 2016, pay fee prior to check-in with Alaska Airlines at the service centers in terminal check-in area. The fee is included in the price of tickets purchased after June 1, 2016.

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

## QUIOSCOS DE CONTROL DE PASAPORTES

Kioscos automatizados de control de pasaportes acelerar el proceso de entrada y se encuentran en muchas ciudades servidas por Alaska Airlines. los viajeros elegibles escanear el pasaporte, tomar una fotografía y contestar una serie de preguntas en el quiosco. Una vez completa, presentar el recibo impreso en el quiosco a un oficial de aduanas.

### Datos de ayuda

- Sólo los ciudadanos o nacionales de los países del Programa de Exención de Estados Unidos, Canadá o Visa son elegibles para utilizar el quiosco.
- Formularios de declaración de aduanas son innecesarias.
- Kioscos disponibles en Los Ángeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) y Seattle (SEA).

## DECLARACION DE ADUANA

Los viajeros a ciudades sin quioscos de control de pasaportes deben completar este formulario.

### Datos de ayuda

- Una forma por persona o por familia con la misma dirección.
- Línea 5, 6—Si no tiene pasaporte, deje esta sección en blanco.
- Línea 9—Use “AS” para Alaska Airlines.
- Firme en la “X.”

## CONSEJOS DE VIAJE INTERNACIONALES A MEXICO

- Todos los viajeros deben completar un formulario de declaración de aduanas México; uno por cada viajero o familia con la misma dirección.
- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

## A COSTA RICA

- Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- Todos los viajeros deben completar un formulario de Inmigración; uno por persona
- Costa Rica requiere un impuesto de salida de \$29 para cada viajero. Para los boletos comprados tarde del 1 junio, 2016, pagar la cuota antes de check-in con Alaska Airlines en los centros de servicio en el área de registro de entrada en el terminal. La tarifa está incluido en el precio de los boletos comprados el 1 de junio 2016.



# Your safety and comfort

## SEATS

- Your seat belt must be fastened whenever the “FASTEN SEAT BELT” sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

## CARRY-ONS

- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

## LAVATORY

- Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.

## CREW SAFETY

- Interference with crew members’ (including flight attendants’) duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer’s behavior.

## PETS

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

## USING YOUR DEVICES

We know use of your electronic devices is important, and we’ve adjusted our procedures to give you more time with those devices.

### Allowed on the ground and in the air

- Laptops (must be stowed for taxi/takeoff/landing)
- Tablets/smartphones (Airplane Mode after door closure)
- Wireless mouse/keyboard
- e-readers
- Media/CD/DVD players
- Noise-canceling and Bluetooth headphones
- Cellphones (prior to door closure only)

## TRAVELING WITH INFANTS AND CHILDREN

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

## DEVICES

- During taxi, takeoff and landing, portable electronic devices and headphones may be used. Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Tablets, etc.

## ALCOHOL AND TOBACCO

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant. No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

## OTHER PROHIBITED ITEMS

- Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal air-purifying devices.

### Not allowed during flight

- Voice calls of any kind, including VoIP
- Devices with cell service enabled
- AM/FM radios or TVs
- Personal air purifiers
- Remote-control toys
- Electronic cigarettes

The Federal Aviation Administration (FAA) and Alaska Airlines have set these rules and regulations to assure your safety and comfort.

## CONTACT US

Customer care:  
800.654.5669  
(Mileage Plan,  
Customer Care)

Toll-free  
reservations:  
Within the U.S.  
and Canada:  
800.ALASKAAIR  
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(TTY 800.682.2221)  
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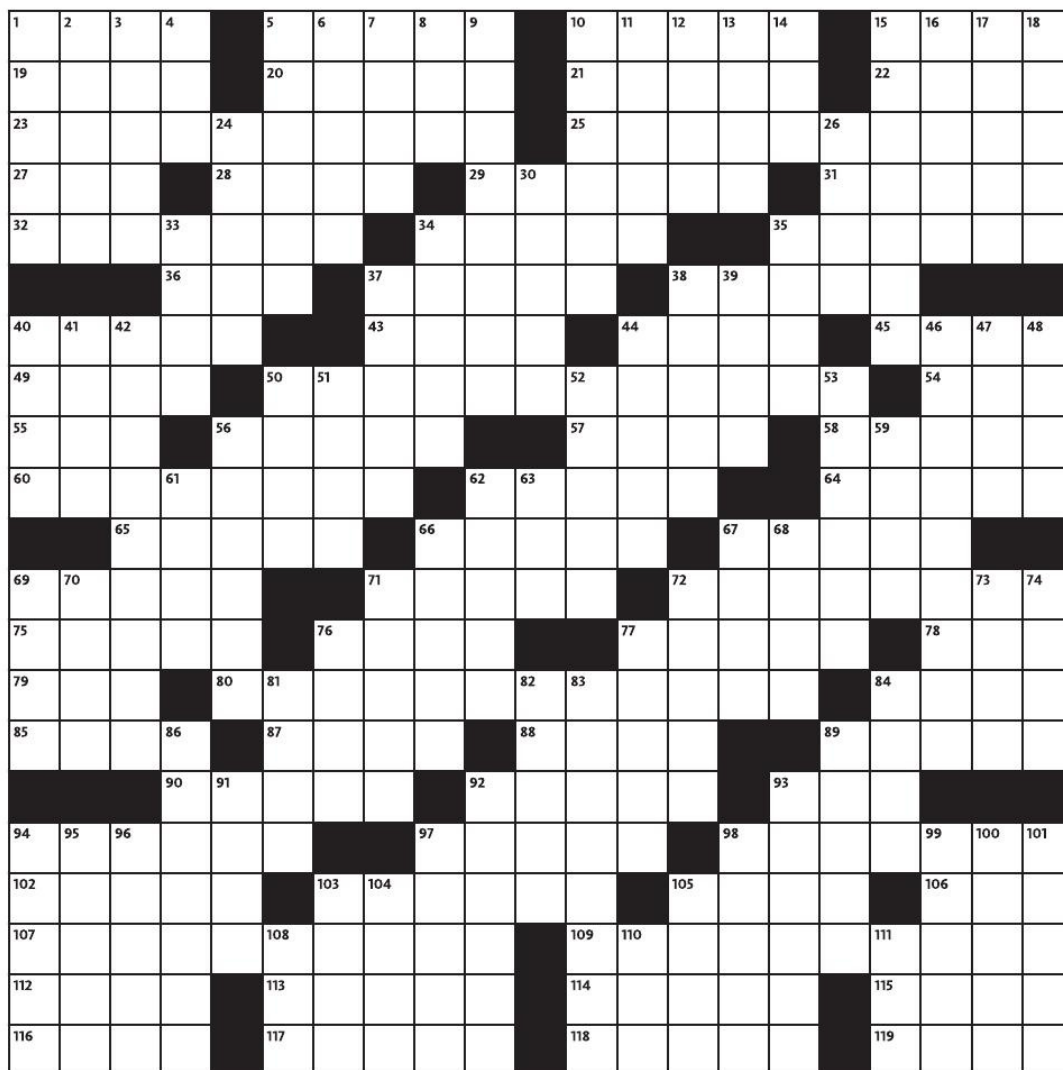
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## ACROSS

- 1 \_\_\_\_ Together  
 5 Hammett's detective  
 10 Put up with  
 15 Stout ingredient  
 19 Bullpen stats  
 20 Assembly of witches  
 21 Closet wood  
 22 Really out there  
 23 Nonclerical members  
 25 Windowed church area  
 27 Greek vowel  
 28 Prom attendee  
 29 Voyage  
 31 Skulks  
 32 Removes from the game  
 34 Oregon Trail city  
 35 Least furnished  
 36 Coal scuttle  
 37 Pound portions  
 38 Mental picture  
 40 North Pole staff  
 43 Indy 500, e.g.  
 44 Dreary  
 45 Dick and Jane's dog  
 49 Panorama  
 50 Hymn to start a church service  
 54 Where agua flows  
 55 \_\_\_\_ and outs  
 56 Soph's junior  
 57 Greenhouse square  
 58 Track legend  
 60 Free  
 62 Lustrous  
 64 Puppy greeting  
 65 Temperamental  
 66 Segment  
 67 Down East  
 69 Eskimo's kin  
 71 Have for sale  
 72 Paragraph segment  
 75 \_\_\_\_ Casino  
 76 It may be tall  
 77 Navigator Islands, today  
 78 Make serious demands on  
 79 Autumn mo.  
 80 Relaxation of church law  
 84 Heart  
 85 Chocolate shape  
 87 Funny guy  
 88 Eurasian river  
 89 Smokes  
 90 Tosca, e.g.  
 92 Helen's abductor  
 93 Water tester  
 94 Confused  
 97 Greeted  
 98 *The Larry \_\_\_\_ Show*  
 102 Argentine leader  
 103 Pens  
 105 Feeling  
 106 Cut grass  
 107 Liturgical music



- 109 Place of worship  
 112 Shady trees  
 113 From now  
 114 Give the slip  
 115 Ooze  
 116 Endure  
 117 Door sign  
 118 Showing its age  
 119 Pain in the neck

## DOWN

- 1 Paparazzi target  
 2 Use a soapbox  
 3 Yucatán native  
 4 Medium power?  
 5 Diatribe  
 6 Sits  
 7 Severn feeder  
 8 Burrow  
 9 Settle snugly  
 10 File charges against  
 11 Contradict  
 12 March time  
 13 Risk it all

- 14 "Look \_\_\_\_ ye leap"  
 15 Ages  
 16 Previously  
 17 Songbirds  
 18 Tête-à-tête  
 24 Culture's character  
 26 Smelting waste  
 30 Prepares potatoes  
 33 Masticate  
 34 Shore  
 35 Raisin rum cake  
 37 Novel text  
 38 O. Henry technique  
 39 Tresses  
 40 Sinister  
 41 Bit of dialogue  
 42 Altar wear  
 44 Steak \_\_\_\_  
 46 Church choir leader  
 47 Sty cry  
 48 Pitch  
 50 Urge on  
 51 Optimistic  
 52 Hot

- 53 1955 literary sensation  
 56 Like some vases  
 59 Chablis, e.g.  
 61 Heel  
 62 Circe, for one  
 63 That girl  
 66 Turned white  
 67 Reminder  
 68 Prolific author?  
 69 On a tear  
 70 Points on a graph  
 71 *Lost Horizon* director  
 72 Leaves the dock  
 73 Give a hoot  
 74 Alimony payers  
 76 Nicholas, e.g.  
 77 Sedate  
 81 Finished a cake  
 82 Smooth  
 83 Stopped in one's tracks  
 84 Prompted  
 86 Aria singer  
 89 TV's O'Brien

- 91 Famous Quaker  
 92 Small talk  
 93 \_\_\_\_ and feathered  
 94 Fencing move  
 95 Perry's secretary  
 96 Shots  
 97 Cringe  
 98 Shoe material  
 99 Man with a mic  
 100 Casting agent's concern  
 101 Took the series  
 103 One of the 5 W's  
 104 Blow one's cool  
 105 Share a border  
 108 Fidel's aide, once  
 110 Like  
 111 Deadly snake

SOLUTION ON PAGE 222.

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## COMPETING

From page 152

### Rock 'N' Roll Marathons: San Diego

While some marathons are serious events, the Rock 'n' Roll Marathon series is quite the opposite.

The event began in San Diego in 1998 as a festive affair, with "music every mile." It proved to be a major success, and the marathon has since morphed into a weekend-long experience, with a Health and Fitness Expo, a 5K run, a half-marathon run, and a relay competition. More than 30,000 runners took part in 2017, and even more are expected for this year's event, June 2-3.

In recent years, the Rock 'n' Roll series has expanded, and it now runs events in more than 30 cities worldwide, attracting more than 500,000 participants. The organization has had music headliners that include Journey, Kid Rock, Macklemore and Pitbull, to name a few.


The races also promote charitable causes, raising \$335 million from the various races over the past 20 years, including more than \$180 million for the Leukemia & Lymphoma Society from the San Diego race. Fundraising runners can earn a free "charitable entry" when running on behalf of a good cause.

Whether you're a runner, cyclist, swimmer or team-sports enthusiast, there's a competition in the western United States and Canada that is perfect for you. As six-time Ironman World Champion Dave Scott says, "If you set a goal for yourself and are able to achieve it, you have won your race. Your goal can be to come in first, to improve your performance, or just to finish the race, it's all up to you." ✕

*Bill Fink writes from the Bay Area.*



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## LADDERGRAM

First, write the word that fits the first definition into space 1. Then drop one letter and rearrange the remaining letters to form the answer to definition 2. Drop one more letter, rearrange, and get the answer to definition 3. Put the first dropped letter into the box to the left of space 1 and the other dropped letter into the box next to space 3. When you have correctly solved the puzzle, the dropped letters on the left and right, when read down, will spell out related words.

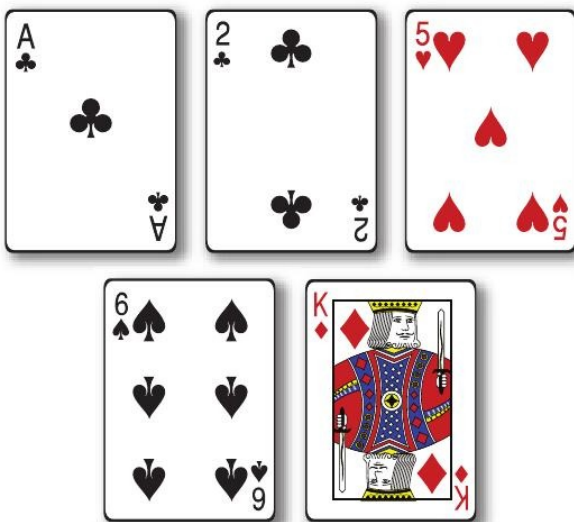
1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	

### DEFINITIONS

- |                        |                                 |                       |
|------------------------|---------------------------------|-----------------------|
| 1. Absurd pretenses    | 8. Phonograph disc              | 15. Arrive at O'Hare  |
| 2. Is terrified of     | 9. Request at a restaurant      | 16. Christmas garland |
| 3. Travel cost         | 10. Space-vehicle boosters      | 17. Flooring squares  |
| 4. Actress Perez       | 11. Restrictive garment         | 18. Capri, for one    |
| 5. Fills with anger    | 12. Sheep shelters              | 19. Surmise           |
| 6. Knight's title      | 13. Attached with a metal spike | 20. Drags to court    |
| 7. Wear away gradually | 14. Burdened (with)             | 21. Exploit selfishly |

## CARD SENSE

Five playing cards were shuffled and put in a pile, one on top of another. Using the clues, can you identify each card's position in the pile?



- The two is somewhere below the spade and somewhere above the king.
- The ace is somewhere below the two and somewhere above the heart.
- The diamond isn't on the bottom.
- The clubs are adjacent.

## ANAGRAM MAZE

The diagram contains 36 words, 19 of which are anagrams of other everyday words. Start at the top arrow and anagram FREE. While solving, move up, down, right or left to the only adjacent word that can be anagrammed. Continue until you arrive at the bottom arrow. There is only one path through the maze.

1 ALOE	2 TERM	3 FREE	4 DENT	5 LEGS	6 OVER
7 FOIL	8 CLAP	9 TINY	10 PLUS	11 CELL	12 SING
13 ROBE	14 ANTE	15 THUS	16 VINE	17 CUFF	18 CLAY
19 MUCH	20 UNDO	21 AFAR	22 SALT	23 WHAT	24 DAME
25 PEST	26 FACE	27 PROD	28 FIVE	29 KNOW	30 LOUT
31 WHIM	32 OOZE	33 MAST	34 RIDE	35 PURR	36 MICE

SOLUTIONS ON PAGE 223.

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Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions on page 222.**

DIFFICULTY: **EASY**

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

DIFFICULTY: **MEDIUM**

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

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CROSSWORD ON PAGE 216.

C	O	M	E	S	P	A	D	E	A	B	I	D	E	M	A	L	T
E	R	A	S	C	O	V	E	N	C	E	D	A	R	A	F	A	R
L	A	P	E	R	S	O	N	S	C	L	E	R	E	S	T	O	R
E	T	A	T	E	E	N	C	R	U	I	S	E	L	U	R	K	S
B	E	N	C	H	E	S	B	O	I	S	E	B	A	R	E	S	T
H	O	D	P	E	N	C	E	I	M	A	G	E					
E	L	V	E	S	R	A	C	E	D	R	A	B	S	P	O	T	
V	I	E	W	P	R	O	C	E	S	S	I	O	N	A	L	R	I
I	N	S	F	R	O	S	H	P	A	N	E	O	W	E	N	S	
L	E	T	L	O	O	S	E	S	H	I	N	Y	L	I	C	K	S
M	O	O	D	Y	P	I	E	C	E	M	A	I	N	E			
A	L	E	U	T	C	A	R	R	Y	S	E	N	T	E	N	C	E
M	O	N	T	E	T	A	L	E	S	A	M	O	A	T	A	X	
O	C	T	D	I	S	P	E	N	S	A	T	I	O	N	C	O	R
K	I	S	S	C	A	R	D	U	R	A	L	C	U	R	E	S	
O	P	E	R	A	P	A	R	I	S	T	O	E					
A	D	D	L	E	D	W	A	V	E	D	S	A	N	D	E	R	S
P	E	R	O	N	W	R	I	T	E	S	A	U	R	A	M	O	W
P	L	A	I	N	C	H	A	N	T	T	A	B	E	R	N	A	C
E	L	M	S	H	E	N	C	E	E	L	U	D	E	S	E	E	P
L	A	S	T	E	N	T	E	R	D	A	T	E	D	P	E	S	T

SUDOKU ON PAGE 221.

DIFFICULTY: EASY

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

DIFFICULTY: MEDIUM

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

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BRAIN BOOSTER PUZZLES ON PAGE 218.

### LADDERGRAM

C	1. FARCES	2. FEARS	3. FARE	S
O	4. ROSIE	5. IRES	6. SIR	E
O	7. CORRODE	8. RECORD	9. ORDER	C
K	10. ROCKETS	11. CORSET	12. COTES	R
I	13. NAILED	14. LADEN	15. LAND	E
N	16. TINSEL	17. TILES	18. ISLE	T
G	19. GUESS	20. SUES	21. USE	S

### CARD SENSE

The top card isn't the two of clubs or king of diamonds (clue 1) or the ace of clubs or five of hearts (clue 2); it is the six of spades. The bottom card isn't the two of clubs (clue 1), ace of clubs (clue 2) or king of diamonds (clue 3); it is the five of hearts. The clubs are adjacent (clue 4), so the two of clubs is directly above the ace of clubs (clue 2). Since the king of diamonds is somewhere below the two of clubs (clue 1), it is fourth from the top. The two of clubs, then, is second from the top and the ace of clubs is third. In summary, from top to bottom: six of spades, two of clubs, ace of clubs, king of diamonds, five of hearts.

### ANAGRAM MAZE

The path through the maze, with just one anagram given for each, is 3. reef; 4. tend; 5. gels; 6. rove; 12. sign; 18. lacy; 24. made; 23. thaw; 22. slat; 16. vein; 15. huts; 14. neat; 13. bore; 19. chum; 25. step; 26. cafe; 27. drop; 33. mats; 34. dire.

		3	4	5	6
					12
13	14	15	16		18
19			22	23	24
25	26	27			
		33	34		

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