

A vibrant photograph of a waterfall in a dense forest. The water is captured with a long exposure, creating a soft, white, misty effect as it falls over dark, mossy rocks. The surrounding trees are lush and green, with sunlight filtering through the canopy.

*Alaska*  
**Beyond**

Magazine  
March  
2016

Horizon Edition

## Bellingham Beauty

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**GREAT GETAWAY:** Carmel-by-the-Sea, *p. 28*. **MATERIALS WORLD:**  
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ERIC B. ANDREWS

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**Cover:** Whatcom Falls is one of the many spectacular attractions in the Bellingham area. Photo: Alan Majchrowicz / Getty Images.

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## Conversations

The topics of diversity and inclusion are becoming part of the dialogue today. Here, Tammy Young, our VP of human resources, explains how our leaders are learning to start those conversations. —Brad Tilden

Over the last several years, conversations about race relations, educational and pay equity, marriage equality, income inequality and social justice have dominated the headlines.

These important themes have made their way from the airwaves to corporate boardrooms to dinner conversations and into our culture. Seattle musicians Macklemore & Ryan Lewis have attracted attention—both support and criticism—with their recent release, *White Privilege II*. At the center of these topics is the concept of inclusion, whether all people “truly belong,” and if we’re each given an equal chance to succeed.



Alaska leaders at a recent workshop.

It’s not easy figuring out whether or how to introduce the topic of inclusion in the workplace dialogue. We’ve chosen to do so at Alaska Airlines and Horizon Air, and I’d like to tell you how it’s going.

Because tone at the top is important, we chose to start with our leaders. More than 1,000 leaders of our front-line and back-office workforce recently participated in an intensive session titled “Inclusive Leadership—Lead It, Own It, Drive It.” They participated in groups of 100 at a time. And, as I can personally attest, they were fully engaged throughout the seven-hour experience.

This was not an easy undertaking for those who participated. Through conversation, self-reflection and experiential learning, our leaders challenged their own, and each other’s, core beliefs and as-

sumptions about race, gender, sexual orientation, social status and more.

We invested time exploring the concept of bias—specifically that we see and judge the world and others through our own unique lenses, and that our biases are shaped by personal histories, including where and how we grew up, and the advantages or disadvantages we’ve each faced.

Another focus was the importance of positive intent. As we advance on our inclusion journey together, we may misstep or say the wrong thing. For some, that’s a scary thing and can keep them from even starting the conversation. It’s important that

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“We need our leaders to be truly leading, owning and driving a culture in which every member of our team can speak up. ...”

---

we grant each other some grace along the way. Macklemore put it perfectly in a recent NPR interview: “I’m stepping into the conversation, I’m learning, I’m trying to read, I’m trying to engage. I’m going to make mistakes along the way. ...”

Why do we spend time on inclusion? Because we need our leaders to be truly leading, owning and driving a culture in which every member of our team can speak up, fully participate and succeed. And in turn, we need every employee engaging with you, our customers, in a way that you feel valued, too.

Thanks for flying with us.  
—Tammy Young



Brad Tilden,  
Chief Executive  
Officer

"The combined knowledge I gained from my trainer and dietitian helped me be successful."



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Having been a flight attendant for the past 27 years and also being the mother of three active kids, I spend most of my time juggling work and family. I wish I were more of the type that "eats to live." Keeping healthy would be a lot easier for me. But, I'm a foodie at heart and "live to eat." In the past, if I overate, it was easy to work out longer or harder for the next few days to balance it out. However, as I got older, this method didn't seem to be working.

I'd read about the My Best 10 program in Alaska Airlines Magazine, just like you are doing now. I loved all the success stories. They were so inspiring. It made me wonder if I could also be just like those other women in the magazine. So I decided to try it. I wanted to lose five to ten pounds, build more muscle mass, and make my health more of a priority.

The program was different from any other fitness experience I've ever had. I loved the program and met all my goals. The combination of meeting with a registered dietitian and a personal trainer, plus receiving all those pampering spa treatments made it so

much fun. I left the program looking and feeling great – both inside and out.

All the people I worked with were just wonderful. Janet, who helped coordinate the program for me, became like a best girlfriend. Heather, my trainer, was so knowledgeable and kept my workouts challenging and fun. I had a big "a-ha" moment when I learned that yoga and barre classes were great for toning, but not necessarily for weight loss. You need to get your heart rate up in order to lose weight, so now I use a heart rate monitor to do interval training on the treadmill. Amanda, my registered dietitian, taught me a lot about nutrition I didn't know. I learned how important food tracking is and how those little almonds I was eating by the bagful were packed with calories. No wonder I'd been gaining weight! I now know how much to eat to maintain my weight and how much to eat to drop a few pounds.

I used to think that it was all about the exercise. Now I know the importance of good nutrition. The combined knowledge I gained from my trainer and dietitian helped me be successful.

PRO Sports Club is an awesome facility. I felt so pampered by everything I encountered. I referred to it as "my happy place." Thank you to everyone who helped make my experience the best!

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SEATTLE, WA

## Taste Washington

Enjoy wines from your choice of more than 225 wineries, and small bites from more than 65 Northwest restaurants, during the 2016 **Taste Washington** ([tastewashington.org](http://tastewashington.org)), March 31–April 3.

Special events include the **Red & White Party**, March 31, at the waterfront Aqua by El Gaucho restaurant; **The New Vintage Party**, April 1, at Motif Seattle; **Taste Washington on the Farm** (farm lunches), April 1; and **Grand Tastings** at the CenturyLink Field Event Center, April 2 and 3.

The Grand Tasting days will also include **seminars**, with themes such as “Through the Grapevine: Lessons Learned from a Lifetime in Washington Wine” (featuring industry pioneers); “Riesling on the Rise”; and “Washington vs. The World” (blind-tasting comparisons of France’s Rhône Valley wines and Washington Rhône-style wines). In addition, the **Alaska Airlines Chef’s Stage at the Grand Tastings** will feature top area chefs providing cooking and wine-pairing demonstrations. Alaska Airlines is the welcoming sponsor of Taste Washington, and Alaska Airlines Visa Signature Card is a premier sponsor.

Taste Washington—produced by Visit Seattle in partnership with the Washington State Wine Commission—is known as the nation’s largest single-region wine-and-food event.

—Michele Andrus Dill



Above: The Alaska Airlines Chef’s Stage at last year’s Grand Tasting. Center: Delicious food samples will be paired with Washington wines at The New Vintage Party. Left: Taste Washington seminar attendees sample a white wine.



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SEATTLE, WA

## Musical marathon



Live music every mile will energize and entertain runners during the **Alaska Airlines Rock 'n' Roll Seattle Marathon and Half Marathon**, on June 18. The route will feature city icons and outstanding scenery. Alaska Airlines is the title sponsor of the Seattle event, which is also a Seafair Signature Event. A **Health & Fitness Expo** will take place the two days before the races.

Alaska Airlines is also sponsoring the following Rock 'n' Roll Marathon Series events: **Washington, DC**, March 12; **San Diego**, June 3-5; **San Jose**, Oct. 1-2; **Vancouver, BC**, Oct. 22-23; **Los Angeles**, Oct. 28-30; **Las Vegas**, Nov. 10-13. Visit [runrocknroll.com](http://runrocknroll.com) for more information on each event.

The **Rock 'n' Roll Marathon in Seattle** is a popular annual event for runners and spectators. The marathon's **Wear Blue mile**, shown above in 2015, honors the military.



**More Great Running Events in Outstanding Destinations:** Alaska Airlines is also a sponsor of the following events; see [alaskaair.com/race](http://alaskaair.com/race) for more information.

**Salt Lake City Marathon** (+ half marathon, 5K run, bike tour and more), April 16; [saltlakecitymarathon.com](http://saltlakecitymarathon.com).

**Oregon Wine Country Half Marathon**, Aug. 13; [destinationraces.com/runoregon](http://destinationraces.com/runoregon).

**Santa Barbara Wine Country Half Marathon**, May 7; [destinationraces.com/runsb](http://destinationraces.com/runsb).

**Kelowna Wine Country Half Marathon**, Sept. 4; [destinationraces.com/runbc](http://destinationraces.com/runbc).

**Virginia Wine Country Half Marathon**, June 4; [destinationraces.com/runvirginia](http://destinationraces.com/runvirginia).

**Healdsburg Wine Country Half Marathon** (+ 5K), Oct. 29; [destinationraces.com/runhb](http://destinationraces.com/runhb).

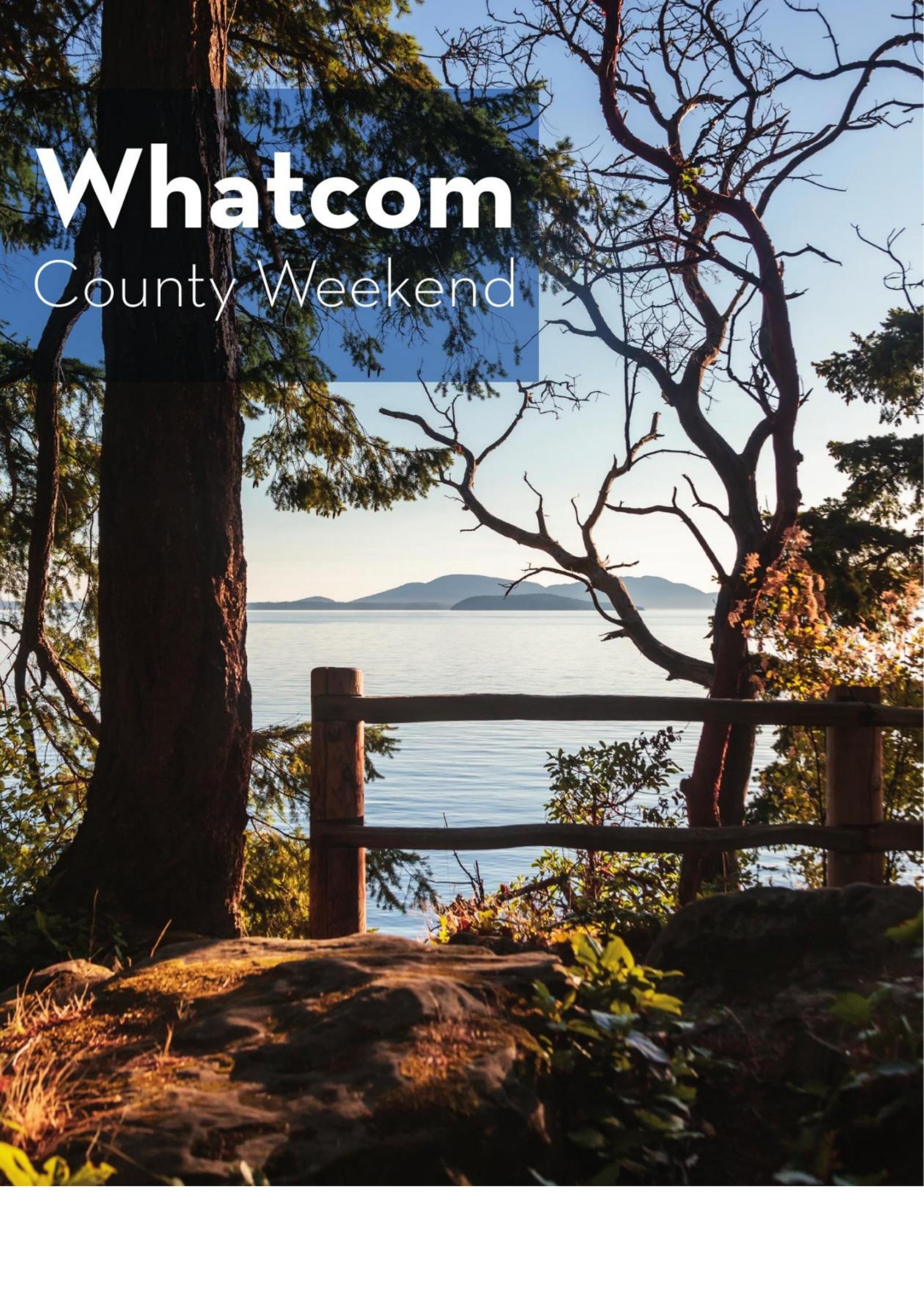
**Napa to Sonoma Wine Country Half Marathon** (+ 5K), July 17; [destinationraces.com/runn2s](http://destinationraces.com/runn2s).

(Some half marathons have two-person-relay options; check websites for details.)



The Healdsburg Wine Country Half Marathon.

ROCK 'N' ROLL MARATHON AND HALF MARATHON PHOTOS: RYAN BETHKE (X2); HEALDSBURG WINE COUNTRY HALF MARATHON PHOTO: COURTESY DESTINATION RACES

A scenic landscape photograph featuring a calm body of water in the middle ground, with a range of mountains visible on the horizon. The foreground is dominated by large, dark rocks and a wooden fence with two horizontal rails. Several trees are scattered throughout the scene, including a tall, thin tree on the left and a more gnarled, leafless tree on the right. The sky is a clear, pale blue. The overall lighting suggests a late afternoon or early morning setting.

# Whatcom

## County Weekend



The Bellingham area offers everything from a historic scenic byway to a beautiful arboretum **By Lauren Kramer**

A hundred years ago, early-model windowless automobiles first bumped along the gravel road known as **Chuckanut Drive**, which officially opened in the spring of 1916. The drivers were likely motivated by the same thing I am: the route's spectacular views, including sheer sandstone cliffs, roadside forests, pocket beaches and jaw-dropping views of the Salish Sea.

I'm driving the road—aka State Route 11, which is now paved and has been designated a Washington State Scenic Byway—south to north, starting near Burlington, Washington. The spring sunshine warms my shoulders as my husband, three kids and I enjoy the 21-mile route during a Whatcom County getaway weekend. The byway runs between the Burlington area and Bellingham's historic Fairhaven neighborhood, to the north.

The southern part of the route takes us past farmland and homemade signs touting local berries, cheese and honey. As the last farm recedes into the distance,

**Left and above: Chuckanut Drive is known for its breathtaking scenery. Right: The historic Fairhaven neighborhood has many unique shops.**



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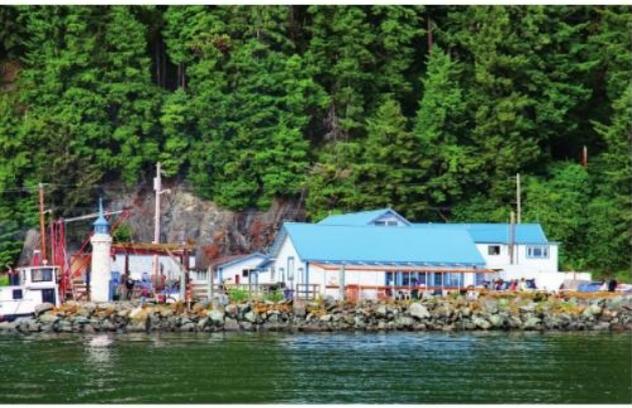
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COURTESY TAYLOR SHELLFISH FARMS

prises 2,683 acres, including two freshwater lakes (reached by great, albeit uphill, hiking trails), and 8,100 feet of Samish Bay shoreline. The sandstone formations along the shoreline are dramatic and eye-catching, with bronze-colored arbutus (madrona) trees leaning from the cliffs at gravity-defying angles.

We explore the picturesque slate-colored-sand beach at the park's Wildcat Cove, which also has a boat launch, and we take photos that become some of my all-time favorites.

Our next stop is Lake Padden, about 2 miles east of where State Route 11 ends at the intersection of Old Fairhaven Parkway and Interstate 5 Exit 250. We turn

**Left: The waterfront Taylor Shellfish site includes a store and a picnic area.**

**Below: Visitors can take standup-paddleboard yoga classes on Lake Padden.**

the road climbs steeply along the rocky shoulder of the Chuckanut Mountains, with rugged switchbacks revealing Salish Sea bays and islands.

About halfway into our drive, we spot, in the tidelands below, the aquaculturists at **Taylor Shellfish** hard at work cultivating clams, oysters, mussels and geoducks. We take a side trip to wind half a mile down Rock Point Road to visit the Taylor Shellfish Samish Farm Store. The sun-soaked picnic tables overlooking tidal flats coax us to linger for a lunch of shuck-your-own oysters, smoked salmon and pickled herring.

The oyster shells already scattered around the picnic area are a testament to the many seafood lovers who have enjoyed this spot over the years. Today, though, it's all ours. We're visiting at high tide, and we can hear the water lapping at Pigeon Point Beach to the north, and we have an exceptional view of the lush Chuckanut Mountains behind us.

Back on Chuckanut Drive, we continue north for about 4 miles, stopping to explore **Washington's first official state park, Larrabee**, whose initial 20 acres were deeded to the state in 1915. The park now com-



SEAN FIELDS

## When You Go



CHRYSLIS INN & SPA

The Chrysalis Inn & Spa.

### Lodging:

#### The Chrysalis Inn & Spa:

Exceptional boutique property with rooms overlooking Bellingham Bay; also has a spa and the casual-yet-elegant Keenan's at the Pier restaurant ([thechrysalisinn.com](http://thechrysalisinn.com)).

**Hotel Bellwether:** Boutique

property located at the edge of Bellingham Bay; acclaimed luxury hotel for a Northwest escape; also has guest moorage, and the Lighthouse Bar & Grill restaurant ([hotelbellwether.com](http://hotelbellwether.com)).



SEMIHAMOO RESORT

Semihamoo Resort's Loomis Trail Golf Club.

#### Semihamoo Resort, Golf, and Spa:

Has completed an extensive remodel that includes an excellent new restaurant and updated

public spaces and guestrooms, complementing numerous activities and amenities, including two outstanding golf courses ([semiahmoo.com](http://semiahmoo.com)).

#### Fairhaven Village Inn:

A cozy, relaxing, water-view property in the historic Fairhaven neighborhood ([fairhavenvillageinn.com](http://fairhavenvillageinn.com)):

### Dining:

#### Anthony's at Squalicum Harbor:

Known for its fabulous seafood and view of the water ([anthonys.com](http://anthonys.com)).



BRANDON FRALIC

Boundary Bay Brewery & Bistro.

**Boundary Bay Brewery & Bistro:** Handcrafted house brews and pub fare featuring local ingredients ([bbaybrewery.com](http://bbaybrewery.com)).

#### Chuckanut Manor Seafood & Grill:

"Inventive Northwest fare and creative takes on the classics," paired with a water view ([chuckanutmanor.com](http://chuckanutmanor.com)).

east on Connelly Avenue (which changes names several times along the way) to get to the park. The lake is one of the county's many appealing freshwater recreation sites, which also include options such as lovely 240-acre **Whatcom Falls Park**. The approximately 15-foot falls are along fast-running Whatcom Creek, which connects Lake Whatcom and Bellingham Bay.

At **Lake Padden**, standup paddleboards are waiting for us on the beach, presided over by Melissa Longfellow, owner of SUP Yoga Bellingham, who regularly leads small groups of yoga lovers in 45-minute SUP classes on the lake. Within minutes we've donned our workout clothes and are paddling slowly out on the lake. We clip the boards to anchored lines so they don't float away during class, and we begin our downward dog. "Doing yoga on water allows you to experience yoga in a challenging and fun way, amid the beauty of nature," Longfellow tells us as we move steadily from one pose to another.

Initially we're apprehensive—no one wants to fall into the lake this time of year—but quickly we find our feet on the boards, learning that they are stable and well-designed for a yoga workout, even for beginner yogis like us. A slight breeze rustles the branches of



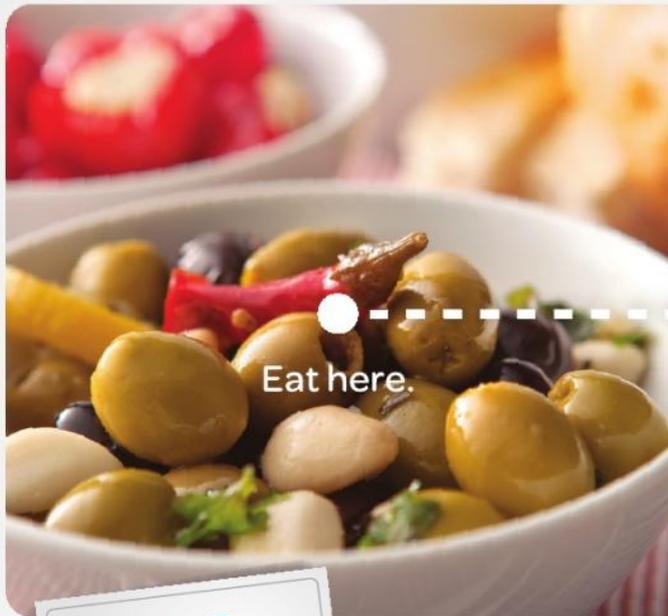
nearby giant fir trees and ripples the water. I am in tree pose when I look up to see a bald eagle gliding effortlessly above the firs. We return to shore in a deeply relaxed "yoga zone," feeling both calmed and energized by the combination of scenery and sweat.

Our happy mood continues the next day, which we begin with

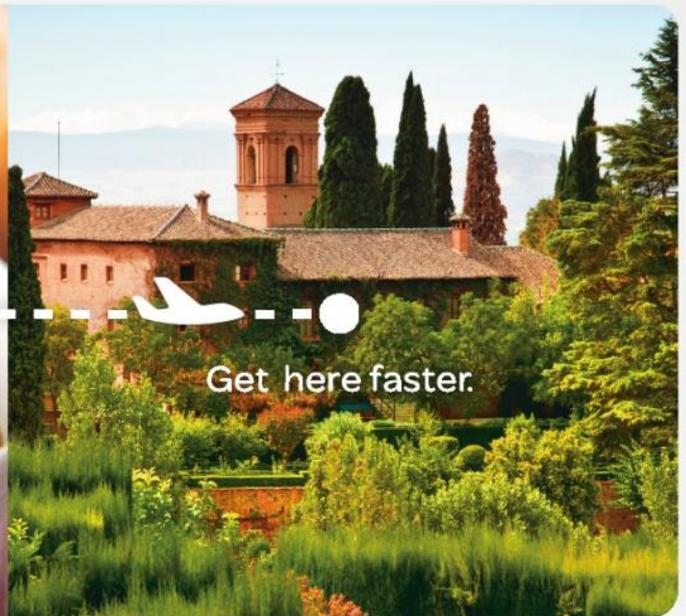
retail therapy in **Fairhaven**. Founded in the late 1800s, this historic neighborhood, about 3 miles south of downtown Bellingham, charms us with red-brick buildings that now host businesses such as boutiques and galleries. At Village Books, we lose track of time



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BELLINGHAM WHATCOM COUNTY TOURISM



Last year, the **City of Bellingham introduced a self-guided history tour** for pedestrians, and we download the audio to our smartphones for the easy 2-mile loop through which Bellingham's evolution is charted. The tour, which covers 45 sites, starts at Old City Hall, its 1892 completion date carved into the front. The building is a magnificent landmark, with a clock tower and Victorian cupolas. It is now occupied by the Whatcom Museum, whose upcoming exhibitions include "Romantically Modern: Pacific Northwest Landscapes," by 20th century artists.

Far left: The treats and the decor are equally appealing at Rocket Donuts, which has locations in Fairhaven and downtown Bellingham.

Tour stops such as "Bellingham's First People," near what was once a seasonal fishing camp in what is now

Left: Old City Hall, built in 1892, is now one of the Whatcom Museum's three buildings in downtown Bellingham's Cultural Arts District.

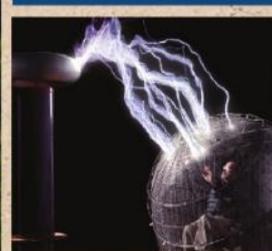
between the tall rows of interesting volumes and are delighted by the taped-to-the-shelves staff reviews of new literature. Next we stop at Rocket Donuts for a shared treat: fresh confections cloaked in chocolate and sprinkled with edible colors. Fueled by the sugar, we're ready to move on to downtown Bellingham.

Maritime Heritage Park, include information about early contacts between white settlers and the Nooksack and Lummi tribes in the mid-1800s.

On Holly Street, we admire the Romanesque architecture of the Red Front Building, erected in 1900 as a clothing store. The tour also leads to sites such as the



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BELLINGHAM WHATCOM COUNTY TOURISM

Above: The 1927 Mount Baker Theatre, with its beautiful ceiling dome, is one of the sites on the Downtown Historic Walking Tour. Right: Intriguing art such as the Skyviewing Sculpture by Isamu Noguchi can be viewed on the Western Washington University campus.

1927 Moorish Revival-style Mount Baker Theatre, which today presents everything from Broadway musicals to concerts to silent films (with live organ music). And the 1907 triangular, seven-story Flatiron Building, built for a furniture company, was considered Bellingham's first skyscraper.

The shopping in downtown Bellingham is as impressive as the city's historical buildings. Our retail explorations begin on Cornwall Avenue at Greenhouse, a housewares/home-furnishings purveyor that has been a city treasure for more than 40 years.

Whether you're looking for new kitchen gadgets, seasonal accent decor or the perfect rug, this cozy store has a fabulous selection of tasteful products.

A nearby shop, Ideal, is a great place to find an artsy gift for yourself or someone you love. The store

is filled with attractive functional items from all over the world, ranging from clocks and bowls to kids' color-it-yourself wristbands.

Mi Shoes on Railroad Avenue is the next shop to catch our interest. It offers beautiful and often unique footwear for women, as well as a selection of accessories such as purses and jewelry.

Another popular Bellingham site is the 116-year-old Western Washington University campus, whose attractions include numerous



CHRIS HOWES/WILD PLACES PHOTOGRAPHY /ALAMY



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## Also in Whatcom County

**Bellingham Tap Trail:** Sixteen locations provide the opportunity to sample local and other brews ([taptrail.com/btppassport](http://taptrail.com/btppassport)).

**Bicycling:** Whatcom County is known for its many urban and mountain-biking trails, including the top-rated tracks on Galbraith Mountain ([bellingham.org/activities/bicycling](http://bellingham.org/activities/bicycling)).

**Birch Bay Waterslides:** This family-friendly complex has thrill slides and gentler options, plus a river ride, hot tub and swimming pools ([birchbaywaterslides.net](http://birchbaywaterslides.net)).



Biking at Larrabee State Park.

**Boating:** Rent watercraft and take lessons from the Community Boating Center ([boatingcenter.org](http://boatingcenter.org)) and take guided trips with Moondance Sea Kayak Adventures ([moondancekayak.com](http://moondancekayak.com)). In addition, sealife-viewing tours are provided by companies such as Island Mariner Cruises ([islandmariner.com](http://islandmariner.com)), Outer Island Excursions ([outerislandx.com](http://outerislandx.com)), San Juan Cruises ([whales.com](http://whales.com)) and the Schooner Zodiac ([schoonerzodiac.com](http://schoonerzodiac.com)).

**Distilleries:** Three distilleries are open to the public. Bellewood Acres ([bellewooddistilling.com](http://bellewooddistilling.com)), Chuckanut Bay Distillery

([chuckanutbaydistillery.com](http://chuckanutbaydistillery.com)) and Mount Baker Distillery ([mountbakerdistillery.com](http://mountbakerdistillery.com)).

**Farm Experiences:** The Whatcom Food and Farm Finder provides information on everything from farmers markets to u-pick farms ([https://issuu.com/sustainableconnections/docs/complete\\_food\\_and\\_farm\\_finder\\_2015\\_1](https://issuu.com/sustainableconnections/docs/complete_food_and_farm_finder_2015_1)).

**Fishing:** With around 15 fishable lakes in Whatcom County, including fishing waters in North Cascades National Park, the region is an angler's paradise ([bellingham.org/activities/fishing](http://bellingham.org/activities/fishing)).

**Golf:** About a dozen courses provide plenty of options, from the Rick Dvorak-designed Shuksan Golf Club to Semiahmoo Resort's renowned Loomis Trail Golf Club and Semiahmoo Golf

& Country Club ([bellingham.org/activities/golfing](http://bellingham.org/activities/golfing)).

**Mount Baker-Snoqualmie National Forest:** Enjoy the 58-mile Mount Baker Scenic Byway (closed near Mile Marker 54.5 in winter), along with world-class skiing, snowmobiling, snowshoeing, hiking and climbing ([fs.usda.gov/mbs](http://fs.usda.gov/mbs)).



**Spark Museum of Electrical Invention:** Visitors are enthralled by items such as the "MegaZapper" Tesla Coil that produces 9-foot lightning bolts, and a re-created 18th-century laboratory ([sparkmuseum.org](http://sparkmuseum.org)).



## HOTEL BELLWETHER LIGHTHOUSE BAR & GRILL ON BELLINGHAM BAY

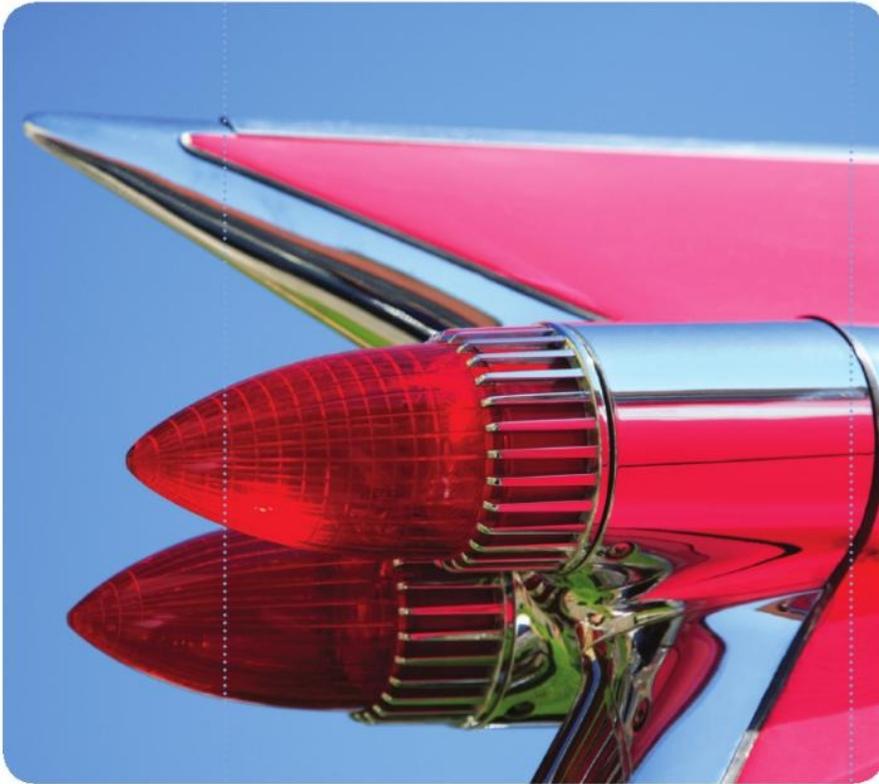
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CHRIS HOWES/WILD PLACES PHOTOGRAPHY / ALAMY

The Sehome Hill Arboretum.

outdoor sculptures. Our getaway coincides with the university's Back2Bellingham festivities (scheduled for May 13–15 in 2016). The annual community event—open to visitors as well as alumni—features public lectures, campus tours, kids' athletic camps, art, food, entertainment and even a zipline. Attendees can also sign up for whale-watching, sea-kayaking, bird-watching and edible-plant tours (advance registration required).

The bird and plant tours take place along the forested trails of the university- and Bellingham Parks Department–managed 175-acre **Sehome Hill Arboretum** preserve, adjacent to the campus.

We enjoy a self-guided exploration, passing interpretive signs that tell us about the ancient fossils of ferns and alders we see, and admiring sandstone boulders and towering maples before ascending an 80-foot-tall tower at the summit of the 630-foot-elevation hill.

From the tower, we can see Bellingham Bay sparkling in front of us; Mount Baker to the east; and, to the north, some of the historical buildings we visited.

It's been a great escape filled with adventure, beauty and discovery. The kind of fantastic weekend that



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prompts us to return to Whatcom County again and again. ■

Lauren Kramer lives in British Columbia.

Alaska Airlines (800-ALASKAAIR; [alaskaair.com](http://alaskaair.com)) flies daily to Bellingham and Seattle, WA, and to Vancouver, BC, all gateways to Whatcom County recreation. For more information on visiting, go to [bellingham.org](http://bellingham.org).

### Events

(For more information and events, see [bellingham.org](http://bellingham.org)).

Wings Over Water Northwest Birding Festival, Semiahmoo Resort area, and Blaine and Birch Bay, March 11–13, with workshops, speakers, live-raptor presentations, bird-watching tours and more.

Ski to Sea Race & Fairhaven Festival, May 29, featuring a 93.5-mile, eight-person relay, encompassing seven different sports, from Mount Baker to Bellingham Bay.

Bellingham Festival of Music, July 1–17, bringing together top players from American and European orchestras to present classical-music concerts at Western Washington University.

Northwest Raspberry Festival, Lynden, July 15–16, including live music, kids' activities, a 3-on-3 basketball tournament, and fresh-raspberry sundaes with locally produced ice cream.

Mud to Suds, July 16, is famous for its fun quotient, with eight large mud pits and more than 15 obstacles.

Whatcom County Farm Tour, Sept. 10, showcasing more than a dozen farms. Visitors can stroll through fields and orchards and in some cases enjoy special activities and tastings.

Chuckanut Classic Bike Ride, Aug. 28, with scenic 25-, 38-, 50-, 62-, 100- and 124-mile routes.

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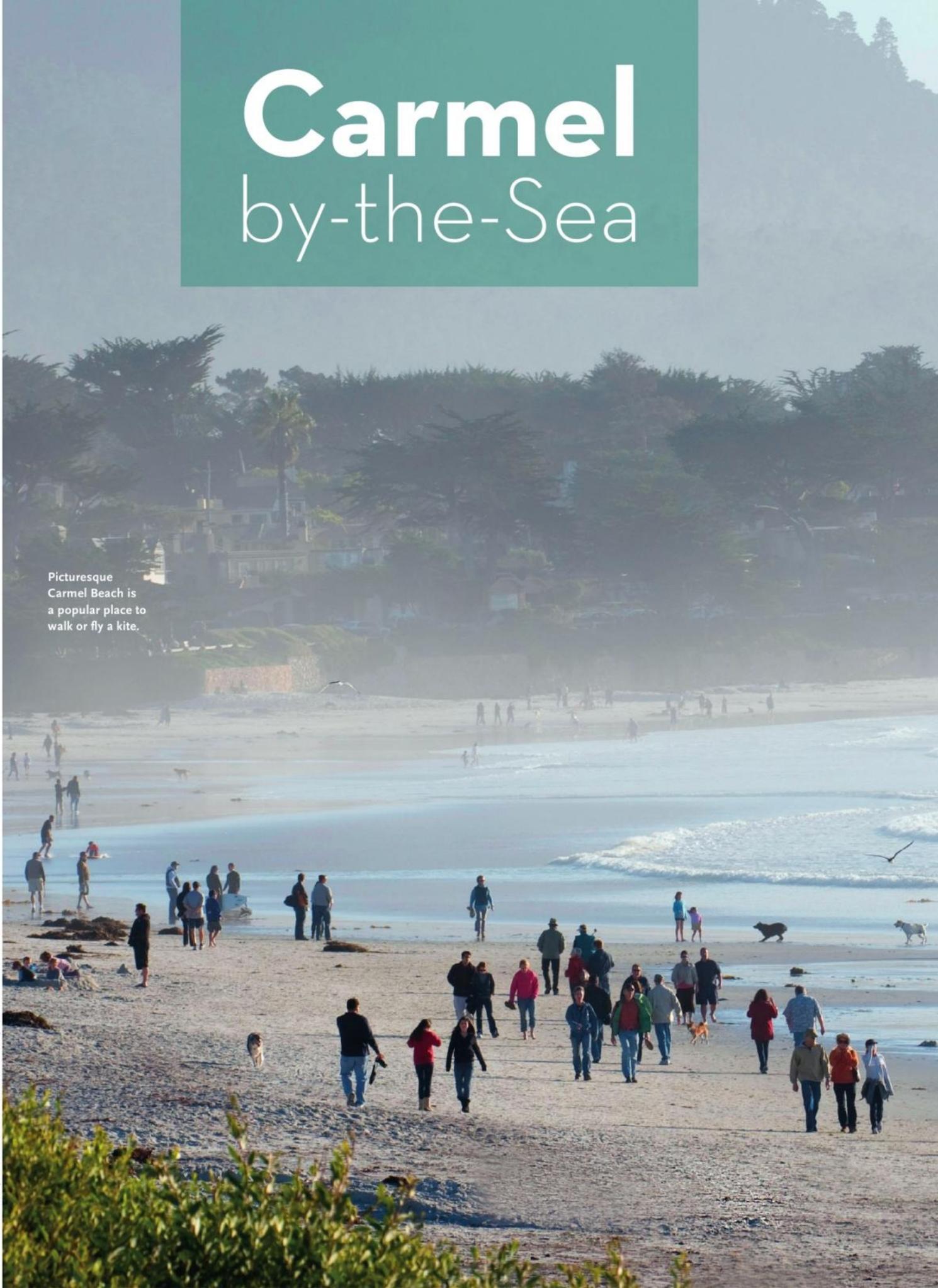
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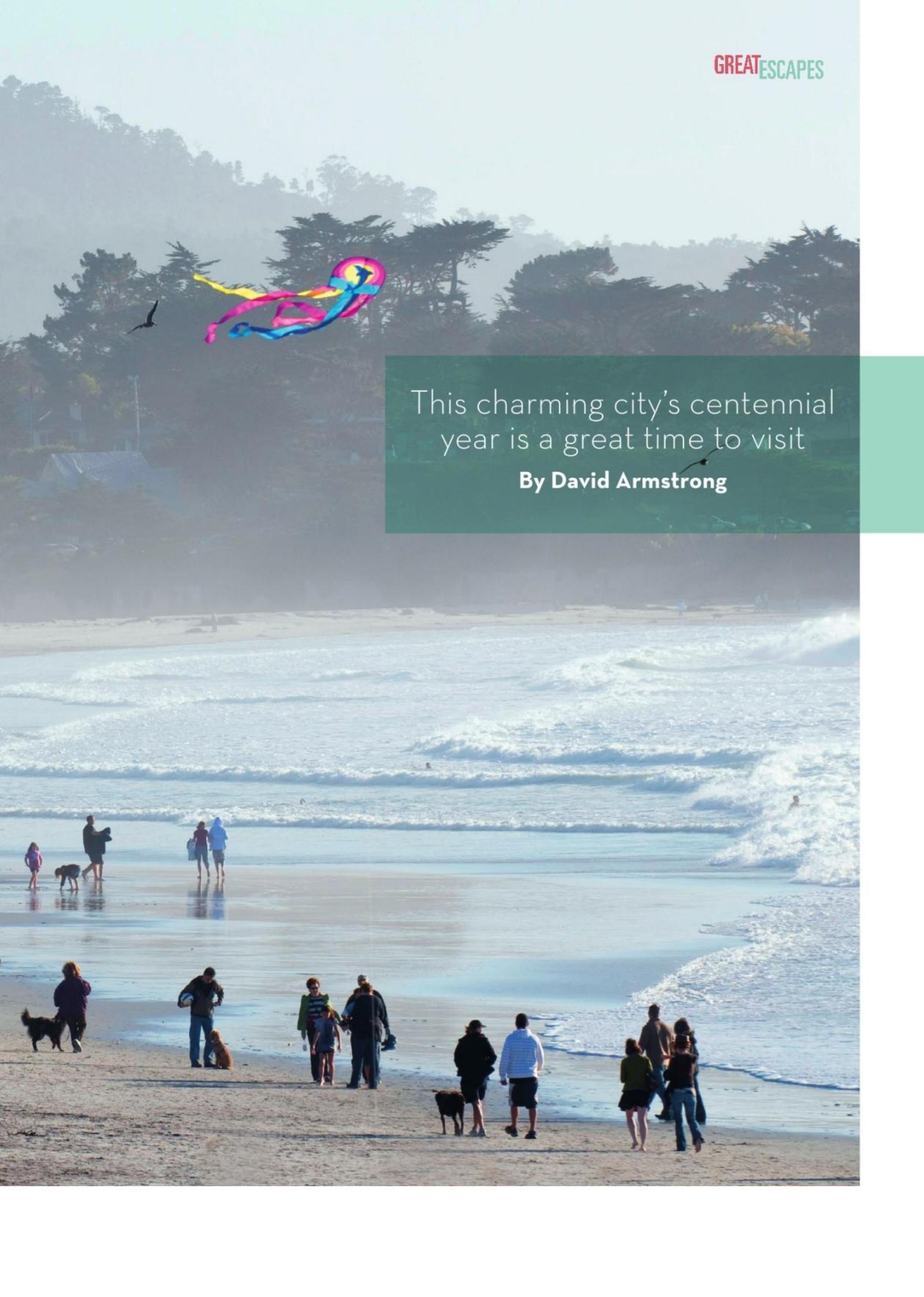
# Carmel by-the-Sea

Picturesque  
Carmel Beach is  
a popular place to  
walk or fly a kite.



This charming city's centennial  
year is a great time to visit

By **David Armstrong**





wsu.edu/125

# INSPIRING DETERMINATION

Florice Gonzalez discovered a world of possibilities at Washington State University.

Here the microbiology and English major was inspired to excel in the classroom, discover the joy of lab research, and mentor classmates. Winner of the top award at a national biomedical research conference, the WSU senior plans to pursue a doctoral degree to **prepare for a career as a disease researcher** studying infectious diseases like Ebola and West Nile virus.

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**Salt air** refreshes and invigorates me as I stroll the white sands of **Carmel Beach** with my wife, Georgina. We greet a dozen other walkers and joggers, and are entertained by a half-dozen dogs frolicking in the foaming surf. Massive waves roll into Carmel Bay from the Pacific and break on black rocks. The sun peeks through morning clouds, revealing swatches of blue sky.

This gently curving mile-long beach has been a favorite of locals and visitors for generations in Carmel-by-the-Sea, one of the many inviting areas in Monterey County, California. In winter, the city-owned strand attracts hearty souls who love its storm-tossed beauty. In spring, summer and early autumn, the beach is populated by picnickers, hand-holding couples, energetic kids and multitasking parents, with sightseers driving under century-old cypresses along Scenic Road above the beach.

I began visiting Carmel years ago, and have always found it charming. Last year, Georgina and I fulfilled a longstanding dream and moved here, into a smartly renovated cozy home nestled amid Monterey pines on

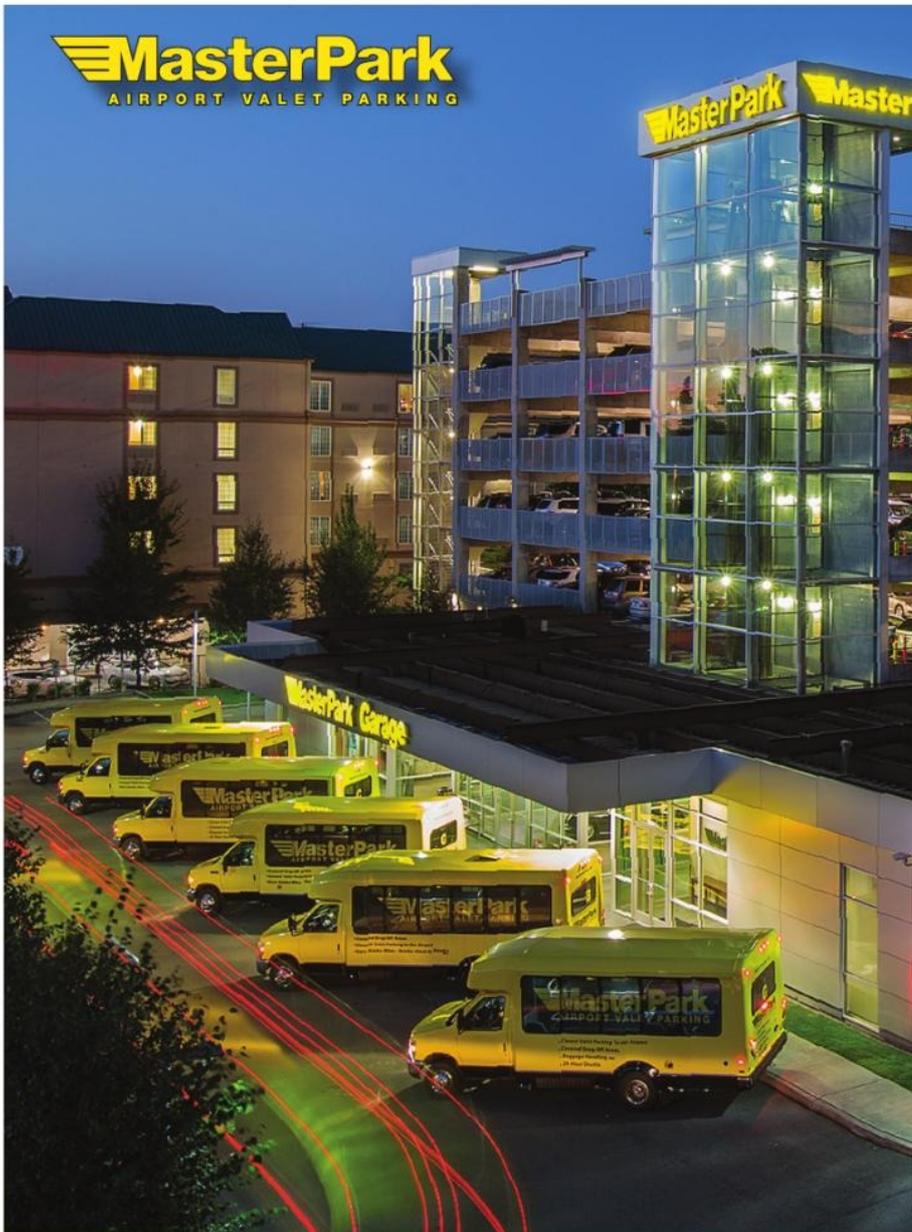
an ocean-facing slope above the beach. The reality is even better than the dream.

We live in Carmel-by-the-Sea, a 1-square-mile mini-city of 3,800 year-round residents. A few thousand more people live in contiguous neighborhoods just over the city line. Together, the city and surrounds are referred to as Carmel.

Although it's a small place, the community offers metro-area sophistication that will be showcased this year during the city's centennial. Carmel-by-the-Sea, which incorporated on October 31, 1916, will be celebrating its birthday with a yearlong series of 100 events (please see the sidebar on page 35).

**N**ative peoples lived in this beautiful area for centuries before Europeans arrived. Spanish explorer Sebastián Vizcaíno sailed the California coast in 1602 but didn't stay. Then, in 1771, Franciscan friar Junípero Serra moved his Monterey-area mission here to establish the **Carmel Mission**—Misión San Carlos Borromeo del Rio Carmelo. By the 1880s, Carmel was starting to develop into a tiny resort and artists' colony. Celebrities who have lived in the Greater Carmel area over the years include Nobel Prize-winning novelist Sinclair Lewis, journalist Lincoln Steffens, poets Robinson Jeffers and George Sterling, and photographers Edward Weston and Ansel Adams. Nobel Prize-winning novelist John Steinbeck likely visited from his home in Pacific Grove, less than 10 miles north of Carmel. Hollywood stars Joan Fon-

Ocean Avenue, Carmel-by-the-Sea's main street, is lined with shops and restaurants.



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taine and Jean Arthur had Carmel-area homes, as Betty White does now. And prominent residents such as singer-actress Doris Day and actor-director Clint Eastwood—Carmel-by-the-Sea's mayor, 1986–88—have helped to shape this distinctive destination. Today, Carmel is a prime place to discover unique shops, savor fine dining, explore a gorgeous natural setting, and enjoy high-caliber arts and performances.

One of the first things Georgina and I did after unpacking boxes in our new home was attend the opening night of the **Carmel Bach Festival**, which was founded in 1935. Staged annually in venues around town, including the Carmel Mission Basilica, the Bach Festival (July 16–30 this year) is a critical success and popular favorite that brings accomplished musicians from around the world to Carmel stages.

So it was that we found ourselves on a summer evening strolling into the Sunset Center, a spacious former elementary school built in 1926 on an entire downtown block. It was opening night, with many in the audience dressed to the nines, sipping wine, chatting convivially before the concert and generating excited first-night buzz.

The Sunset Center's auditorium—a handsome hall with superb acoustics and

**Permit Required to Wear High Heels**

Though often mistakenly thought of as an urban myth, the municipal code of Carmel bans wearing shoes having heels more than 2 inches in height or with a base of less than one square inch unless the wearer has obtained a permit for them.

While the local police do not cite those in violation of the ordinance, this seemingly peculiar law was authored by the city attorney in the 1920s to defend the city from lawsuits resulting from wearers of high-heeled shoes tripping over irregular pavement distorted by tree roots. Permits are available without charge at City Hall.

—Source: [carmelcalifornia.com](http://carmelcalifornia.com)

718 comfortable seats—hosts more than 150 performances throughout the year. But Johann Sebastian Bach is my favorite classical composer, so I was particularly pleased to be there for the festival—thrilled to hear Artistic Director Paul Goodwin's glistening rendition of Bach's *Sleepers Awake*, and happy to listen to Handel's rousing *Music for the Royal Fireworks* on that first festival night.

Greater Carmel attractions also include nearly 100 art galleries. The oldest, dating to 1927, is run by the **Carmel Art Association**, a nonprofit artists' cooperative. I often check out the exhibitions, which change monthly. Showcasing styles from plein air painting to delicate miniatures to bold sculptures, the CAA gallery is located on Dolores Street, one of the many downtown streets that intersect with Ocean Avenue, which is Carmel-by-the-Sea's main street.

The avenue—running east to west from pretty California Highway 1 down to the bottom of the hill at Carmel Beach—is lined with shops, restaurants and eye-catching landmarks. My favorite is the tiled and stuccoed **Harrison Memorial Library**. Designed in Spanish Colonial Revival style by renowned California architect Bernard Maybeck, the city's main public library opened in 1928, and includes elements featuring Carmel stone, a local shale much favored by Monterey County developers.

Other intriguing buildings include the "fairytale cottages" from the 1920s and '30s. Many are the work of Carmel resident Hugh Comstock, who patterned them after cottages in English villages. Several cottages are located in the blocks bordered by Fifth Avenue, Ocean Avenue, Santa Rita Street and Torres Street.

I love walking along Ocean Avenue—a great place to shop, sip, sup and people-watch. Just 10 minutes on foot from our home, I putter around the picturesque **Court of the Golden Bough**. A warren of shops built in the early 1920s, which also often resemble English-village cottages, it includes charming stores such as The White Rabbit gift shop and The Cottage of Sweets, which has British candies such as

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downtown walks at the Dametra Cafe, on the corner of Ocean Avenue and Lincoln Street. It's an ebullient eatery, very popular, friendly and efficient. The restaurant features cuisine from around the Mediterranean, including hummus and kebabs.

I order tender, slow-cooked, Greek-style lamb shank over rice pilaf, with a good bottle of red Spanish Rioja Tempranillo wine. Dametra Cafe also offers a variety of fine Monterey County vintages, including

Left: The Harrison Memorial Library, designed in Spanish Colonial Revival style, opened in 1928.

Below: Now iconic "fairytale cottages" such as this one were designed by local resident Hugh Comstock in the 1920s and 1930s.

Fry's Chocolate Cream bars (dark chocolate with a fondant center), buttery Walkers Shortbread Chocolate Scottie Dogs and scrumptious English toffees.

About a block east of the Golden Bough, I pop into **Carmel Bay Company**, a purveyor of attractive furnishings and clothing on two floors of a 1927 heritage building. Just a few blocks uphill from there is the **Carmel Coffee House**. This popular java connection, which roasts beans onsite, sells organic coffee, some of which is grown on the company's own 1-acre mountain estate on Maui. I relax over a cup of robust joe accompanied by a creamy, thin-layered napoleon pastry. Delicious.

Ocean Avenue and nearby streets have an abundance of good places to eat and drink. I frequently end

Chardonnay and Syrah.

The county boasts more than 30 wineries, and purchasing a **Wine Walk by-the-Sea** passport from the Carmel Visitor Center or online at [carmel-california.org](http://carmel-california.org) (for pickup at the visitor center) lets you sample wine at your choice of nine of the 14 winery-owned tasting rooms in Carmel-by-the-Sea. One of the wineries, Galante Vineyards, is owned by the great-grandson of Carmel-by-





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\*photo - RiverTop Bar & Grill, Coast Wenatchee Center Hotel

Events

(For more events, see [carmelcentennial.com](http://carmelcentennial.com).)

Monterey Symphony concerts, including March 19–20 with mezzo-soprano Jennifer Johnson Cano, and April 23–24 with award-winning pianist Vadym Kholodenko, at the Sunset Center.

Sunshine Freestyle Surfabout, Carmel Beach, May (specific dates to be announced for the 2016 event).

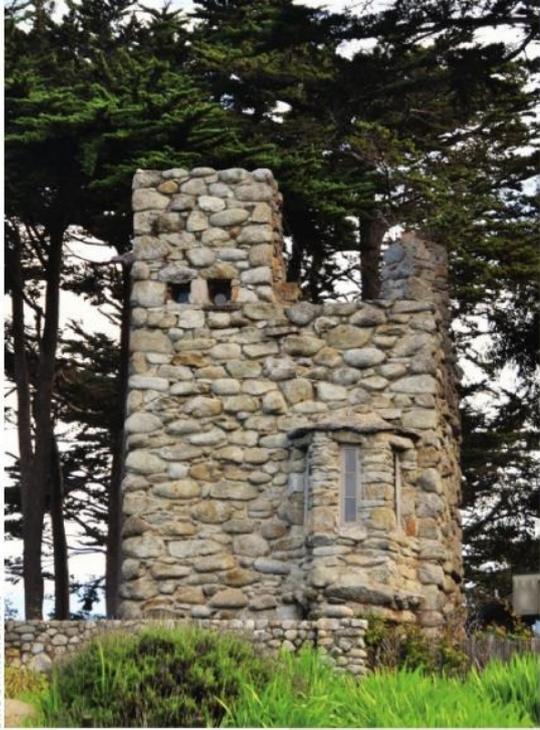
*The Borrowers—The Musical*, June 23–26, and July 1–3, 8–10 and 14–17, at the Outdoor Forest Theater.

Robinson Jeffers Tor House Fall Festival, Sept. 30–Oct. 2 (in addition, docent-led tours of the 1919 house—built by Jeffers and his wife with granite boulders gathered from the shore of Carmel Bay—are offered most Fridays and Saturdays; reservations required).

Sandcastle Contest, Carmel Beach, Oct. 22, open to all ages.

Carmel Music Society, celebrating its 90th season, performs with England's visiting Academy of St. Martin in the Fields Chamber Music Ensemble, at the Sunset Center, Oct. 29.

Centennial Celebration Parade (Ocean Avenue), with floats and bands, Oct. 29.



ERIC B. ANDREWS X3

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The Carmel Mission, dating to the late 1700s, has historical exhibits and lovely gardens.

the-Sea co-founder James Frank Devendorf, who in 1902, with funding from co-founder Frank Powers, an attorney, began developing the current downtown core from which a city grew to be incorporated in 1916.

**W**hen I want food for the soul, I visit the most venerable place in town: the Carmel Mission. The mission's current stone church was dedicated in 1797. Parish church services

are still held here. Visitors are welcome to attend, or can tour historical exhibits and walk the mission grounds, which have lovely gardens.

I often linger by the small, spare room indicative of the one in which Junipero Serra wrote and prayed in the late 1700s. I end my mission visit by sitting quietly in the church basilica, with its vaulted roof and ceiling-high altar; Serra is buried at the foot of the altar.

The historic mission is a memorable site to explore as part of a centennial visit to Carmel—a community that values and celebrates its past, appreciates its present, and looks forward to a bright future. ■

*Nature and culture enthusiast David Armstrong loves living in Carmel.*

*Alaska Airlines (800-ALASKAAIR; alaskaair.com) provides regular service via Los Angeles and San Diego to Monterey, gateway to Carmel and other Monterey County communities and attractions. For more information on Carmel, go to [carmelcalifornia.com](http://carmelcalifornia.com) and [carmelcalifornia.org](http://carmelcalifornia.org); for more information on Monterey County, visit [seemonterey.com](http://seemonterey.com).*



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ERIC B. ANDREWS X2

**Also in Monterey County**

**17-Mile Drive:** This pleasant, winding toll road rolls past lush golf courses, eye-pleasing houses, and famous sights such as Lone Cypress (shown above) on a seaside promontory (seemonterey.com).

**Cannery Row, Monterey:** Smartly repurposed early-20th century fish canneries are now filled with notable restaurants and delightful shops (canneryrow.com).

**Carmel Valley:** Take a drive along Carmel Valley Road, off California Highway 1, southeast of Carmel, where inland golf, dining, lodging and winery tastings abound year-round (carmelvalleycalifornia.com).

**Golf, various locations:** Tee it up at courses such as the renowned Pebble Beach Golf Links (pebblebeach.com) and other area golf courses.

**Highway 1/Big Sur:** A spectacular coastal drive, it offers gorgeous views of the Pacific Ocean on the 29-mile stretch from Monterey south to rugged, dramatic Big Sur and its outdoor-recreation opportunities (bigsurcalifornia.org).

**Monterey Bay Aquarium, Monterey:** Explore one of the world's great aquariums and learn about the wonders of the ocean at this star attraction in the Cannery Row area (montereybayaquarium.org).

**Monterey Jazz Festival:** See world-renowned headliners such as Quincy Jones and Terri Lyne Carrington on stage at the Monterey County Fairgrounds, Sept. 16–18 (montereyjazzfestival.org).

**National Steinbeck Center, Salinas:** Monterey County's most famous writer, John Steinbeck, is commemorated in this handsome museum in the town where he was born (steinbeck.org).

**Pacific Grove:** This colorful Monterey Peninsula city features quaint Victorian B&Bs, the Point Pinos Lighthouse, Asilomar State Beach, and shopping and dining along Lighthouse Avenue; monarch butterflies overwinter at the Monarch Grove Sanctuary (pacificgrove.org).

**Point Lobos:** Ocean waves, walking trails, towering Monterey cypresses and pines, and a profusion of bird life are hallmarks of this State Natural Reserve (pointlobos.org). —D.A.

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### When You Go

#### Lodging

**Bernardus Lodge & Spa**, 831-658-3400, [bernarduslodge.com](http://bernarduslodge.com): The extensively renovated resort reopened last year with a re-envisioned 5,300-square-foot spa and a remodeled Lucia Restaurant & Bar featuring a heated alfresco dining terrace. The lodge sits on 28 Carmel Valley acres amid vineyards and lavender.

**Cypress Inn**, 831-624-3871, [cypress-inn.com](http://cypress-inn.com): Chic Spanish-style downtown Carmel-by-the-Sea hotel, circa 1929, with lovely rooms and a lively bar. Co-owned by Doris Day.

**Hotel Carmel**, 855-622-7635, [thehotel-carmel.com](http://thehotel-carmel.com): "Casual rustic" boutique hotel scheduled to reopen this spring after significant renovation that includes an expanded courtyard garden, and a tavern-style restaurant with a refurbished jukebox.

**L'Auberge Carmel**, 831-624-8578, [laubergecarmel.com](http://laubergecarmel.com): French-influenced downtown charmer in a 1929 building; excellent in-house restaurant.

**Mission Ranch**, 831-624-6436, [missionranchcarmel.com](http://missionranchcarmel.com): Comfortably repurposed former farm buildings on a lush site near the Carmel River. Owned by Clint Eastwood.

**Vendange Carmel**, 831-624-6400, [vendangecarmel.com](http://vendangecarmel.com): Numerous Monterey County wineries have each "sponsored" a room or suite with that winery's own creative decor touches.

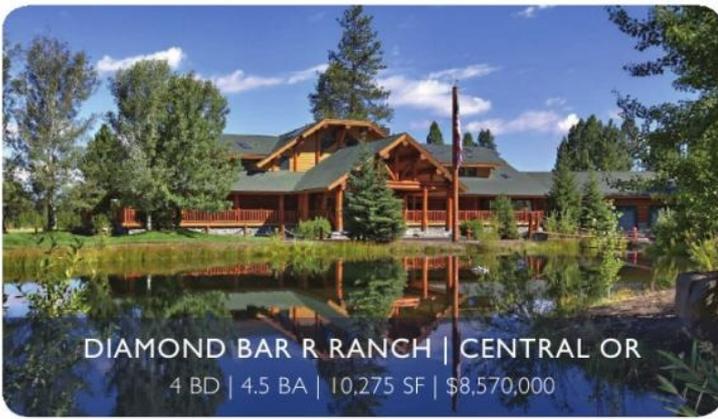
#### Dining

**Carmel Belle**, in Doud Craft Studios, 831-624-1600, [carmelbelle.com](http://carmelbelle.com): Flavorful, casual meals with mostly organic local produce; and grass-fed, free-range meats.

**Dametra Cafe**, 831-622-7766, [dametra-cafe.com](http://dametra-cafe.com): Upbeat, engaging atmosphere; delicious pan-Mediterranean food.

**Katy's Place**, 831-624-0199, [katysplace-carmel.com](http://katysplace-carmel.com): Breakfast/lunch spot with outstanding classic American food, and indoor and outdoor seating. Cash only.

—D.A.



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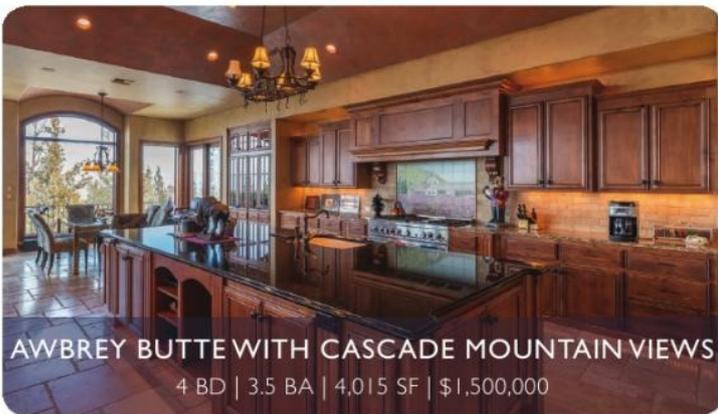
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# Materials

Homeowners are exploring innovative design and decor options  
 By M. Sharon Baker

ABOVE: Porcelain tiles look like handsome planks of silver fir in a remodeled bathroom.

RIGHT: Colorhouse's Water .01 paint, which has no volatile organic compounds (VOCs), brightens a child's room.

FAR RIGHT: With a Philips Hue Lightstrip Plus, you can use an app to "paint your walls" with light, choosing different colors for various needs.



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# World

When Portland, Oregon, residents Lauren and Steven asked for a master-bathroom remodel that would create a spalike retreat, one of the ways designer Kristine Le Vernois achieved that goal was by using durable materials that mimic natural wood and natural stone.

To combine beauty and utility for the wall behind the vanity, and for the shower wall containing the showerhead, Le Vernois, a design consultant with the Northwest-based Neil Kelly design/build remodeling company, turned to Portland-based United Tile, which provides products from numerous manufacturers. The designer selected large format—6-inch-by-36-inch—Crossville SpeakEasy porcelain tiles that look like planks of silver fir.

For another shower wall, Le Vernois used large-format porcelain tiles that evoke limestone.

The porcelain tiles provide the luxurious appearance of natural materials but are designed to be more resistant to heat, scratching, acids and water damage, Le Vernois says, noting that use of “wood-look” and “stone-look” tiles, and of large-format tiles, is a growing trend.

“We chose large-format porcelain tiles for fewer grout lines and for easier care overall in the remodeled bathroom,” she says. “Then, for sparkle, we used pencil-thin glass accent tiles, from Pental Granite & Marble, between the limestonelike tiles.”

The shower also includes two benches and a window ledge made from a Caesarstone product called Concrete because of its appearance. Caesarstone is a composite of natural quartz and high-quality polymer resins, designed to create a solid nonporous surface resistant to scratches, heat, stains and water.

In addition, Le Vernois installed a Kohler digital-shower system. With the touch of a button, the homeowners can control water flow from multiple showerheads, and can also control audio such as music. The sound comes through the main showerhead: a Kohler Moxie with a pop-in/pop-out (for recharging) wireless speaker that links to a Bluetooth-enabled device to provide tunes or news.

For a section of the bathroom devoted to a stand-alone



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AARON ZILTNER / NEIL KELLY COMPANY X2

carpet is made from undyed and untreated wool, and the primary backing is made from natural hemp and cotton, which is bound to the yarn with all-natural latex, according to Earth Weave. The secondary backing is made of jute fibers (from the plant of the same name), and is also attached via all-natural latex.

Schneider installed 800 square feet of the Earth Weave product in a historical home in St. Louis, Missouri. “The carpet industry has caught on to the fact that carpeting is one of the worst things for indoor air quality,” he says. “The reaction has been slow in coming, but we are seeing a great deal of innovation at a very fast pace. If we use wool and jute to make a carpet, and a natural latex glue to bind things together, this is far better for the environment as a whole—and for the indoor air quality where the product is installed.”

An area-rug possibility often considered by eco-conscious designers is a Flor modular rug system. Most of the connecting-squares options consist of recycled materials; squares meet or exceed the Carpet and Rug Institute’s Green Label Plus standards for very low emissions of volatile

Innovative materials—from carpeting with fewer chemicals to “smart” light-bulbs—are increasingly being used in all types of houses. Below are a few of the design trends and options in today’s home-materials world.

## Flooring

**Carpet:** Eco-friendly flooring can make a difference for homeowner health and comfort, emphasizes David

Schneider, a principal of Los Angeles-based Schneider Kennedy Design. Homeowners’ desire for healthier, more-sustainable materials continues to grow, and manufacturers, builders and remodelers are responding, he says. “Approaching design, building and decorating from the perspective of creating healthier environments requires that we think about everything that is being put in a home environment.”

For carpeting, he looks for products such as the natural-wool, chemical-free carpet manufactured by Earth Weave Carpet Mills Inc. The

ABOVE: Tiles containing real pebbles create attractive wainscoting.

TOP CENTER: A Kohler Moxie showerhead with a wireless speaker links to a Bluetooth-enabled device to provide news and music.

FAR RIGHT: Earth Weave Carpet Mills makes chemical-free carpet from undyed, untreated wool.

tub, Le Vernois chose limestonelike large-format tiles for the floor, and she created wainscoting behind the tub with Island Stone Stacked Pebble tiles comprising actual pebbles. Le Vernois ordered the tiles from Pentel Granite & Marble, whose products range from porcelain tiles to quartz composite slabs.

Niches in the top half of the wall behind the tub are used for live green plants and candles.

“The bathroom is super nice and relaxing,” says Lauren, an attorney. “The spalike feel is amplified by the bathroom’s setting. It feels like it is in the woods because Kristine added a window to the shower, bringing in natural elements—our house is next to a park. And everything works together because she used tile that looks like real wood and limestone, and pebbles for the wall by the tub.”



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organic compounds (VOCs), according to Interface, the company that designs and produces Flor. The modular carpet tiles also allow cost-effective replacement of individual squares of stained or worn tiles, increasing overall rug life.

**Laminate Planks:** Cynthia Higgins, principal interior designer for the new Oyhut Bay development near the Pacific Ocean in Washington state's Ocean Shores area, says laminate flooring has improved so much, people can't tell the difference between regular hardwood floors and laminate-plank flooring. To provide durable surfaces in Oyhut's new cottages, this hardwood-mimicking laminate flooring was an excellent choice, she says. "These laminates resist the water, dirt and sand constantly being brought in from the beach, and don't get trashed like a regular hardwood floor would."

For example, she has chosen a laminate that evokes hand-scraped walnut for various cottages.

"Vinyl has come a long way too," Higgins adds. "The quality and the design styles look great. You can also

get very textural looks such as linen, concrete and even stone in luxury vinyl. It's come far from the faux-looking tiles of the 1970s and 1980s."

## In the Kitchen

Materials such as Boral Cultured Stone veneers, traditionally used for home exteriors, are also being utilized for interior elements such as backsplashes, according to designers. Boral's recently introduced Vista Collection, which was inspired by the peaks, beaches and dunes of the western United States, features 54 percent recycled content, and is durable and low-maintenance, the company says.

Concrete is also being used as an accent material, in applications such as kitchen islands, while new black-stainless-steel appliances are being touted for showing fewer smudges and fingerprints than traditional stainless steel.

Although quartz and granite retain their reputation for performance and popularity when it comes to countertops, recycled glass with penetrating sealer is an emerging trend.

Laminates, another countertop option, are frowned on by some, but are starting to get more attention for ease of maintenance and for new versions that more closely resemble high-end countertop materials.

For both countertops and cabinets, Forest Stewardship Council-certified wood—designed to confirm it came from responsibly managed forests—is favored by some designers, especially if it is also sustainably manufactured.

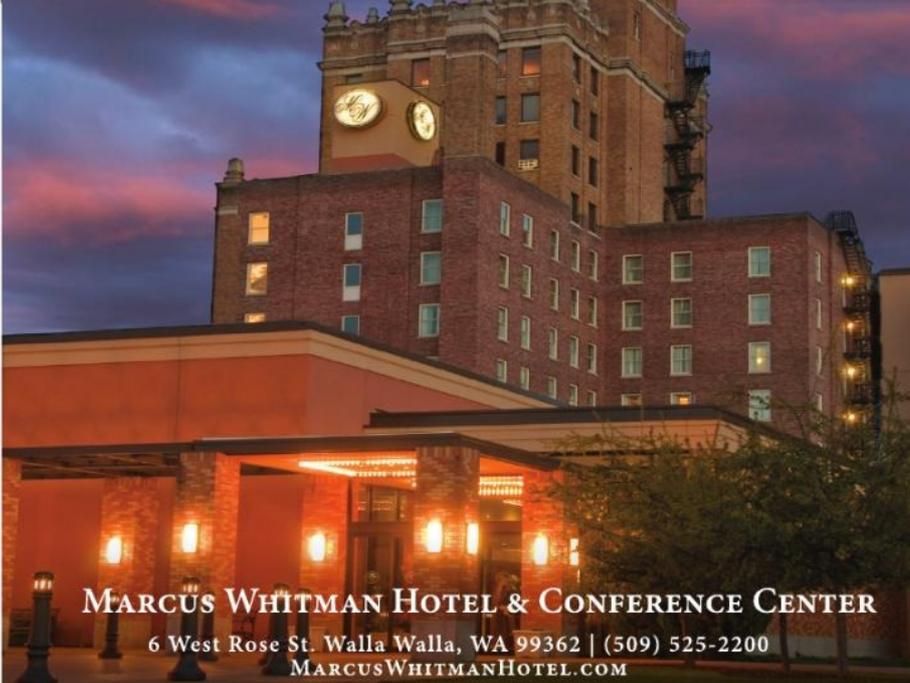
The KCMA (Kitchen Cabinet Manufacturers Association) has an Environmental Stewardship Program certification focused specifically on kitchen and bath cabinets.

## Paint

Zero-VOC or ultra-low-VOC paints, with little or no odor, are popular, says Schneider, the Los Angeles designer. The Benjamin Moore paint company has a product called Natura that is zero-VOC and has recently been "certified asthma and allergy friendly according to standards approved by the Asthma and Allergy

Laminate planks that look like hardwood were chosen to provide water-, dirt- and sand-resistant flooring at the Oyhut Bay development on the Washington coast.

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COURTESY COLORHOUSE

Foundation of America," he says, adding that he also likes non-toxic AFM Safecoat and Ecos Paints products.

Colorhouse no-VOC paints are available in 128 colors, such as the ones above.

Portland, Oregon-based Colorhouse (previously Yolo Colorhouse) is another company known for its dedication to paints that are more eco-friendly. In 2005, when its two founders couldn't locate a premium no-VOC paint that met their standards, they began talking with chemists to develop the right formula.

Colorhouse paint is now prized by many homeowners, such as Portland-area resident Lili Yeo, who is building a 196-square-foot tiny house. Yeo chose Colorhouse's white Imagine .01 for the ceiling; the soft-yellow Aspire .01 for the primary wall color; and the dark yet radiant teal Dream .05 for an accent color.

As co-founder of Goumikids, which makes items such as mittens, hats, booties and sleepwear, she was happy to find a Portland paintmaker that shared her values.

"At Goumikids, we try to make sure everything we do is good for baby and good for the planet," Yeo says. "So much of what [Colorhouse] does mirrors what we do, from choosing the right materials to being thoughtful about the environment, and not just at the surface level, but throughout their business."



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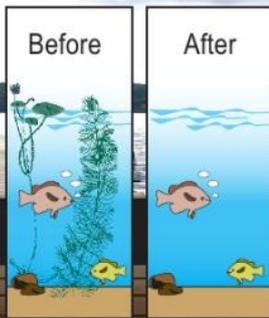
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# Paper

A number of new materials are helping wallpaper and wallcoverings regain popularity, says Sean Samet, executive director of the Wallcoverings Association in Chicago. Companies such as Fathead have created peel-and-stick wall graphics, much like stickers, that are much easier to put up and remove than standard adhesive wallpapers, Samet says.

"People now have options, where before they would have to be worried about putting something up that was difficult to take down without calling a drywaller or renting a steamer for days," he says.

Wall decals from Fathead range from sports stars to *Star Wars* characters to videogame themes. Or, you order canvas prints that look like famous paintings, such as van Gogh's *The Starry Night*. You can even create a custom canvas, mural or decal with your own images.



COURTESY TEMPAPER

Textured Brick White is one of the Tempaper options for wallpaper described as being easy to remove.

Another company, Tempaper, says it makes self-adhesive wallpaper—with no need for paste or water—that is designed to peel off for easy removal from

smooth primed and painted surfaces. The paper is VOC-free, and contains only water-based adhesives and inks, yet is not affected by steam, humidity or indirect moisture such as in a bathroom, according



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to Tempaper. Designs range from Repurposed Wood to Brick White, to new patterns such as textured Grasscloth and Metallic Gold Peonies.

Advances in primers and adhesives for traditionally hung wallpapers, which still give consumers the most price and pattern options, make those papers easier to use, too, Samet says.

In addition, creating accent walls with different textures and materials is popular, with designers and homeowners experimenting with both real and looks-like cork, grasscloth, leathers and bamboo.

And a few years ago, Smith & Fong, maker of Plyboo flooring and plywood, started a line of sound-dampening bamboo panels that you can put on the wall.

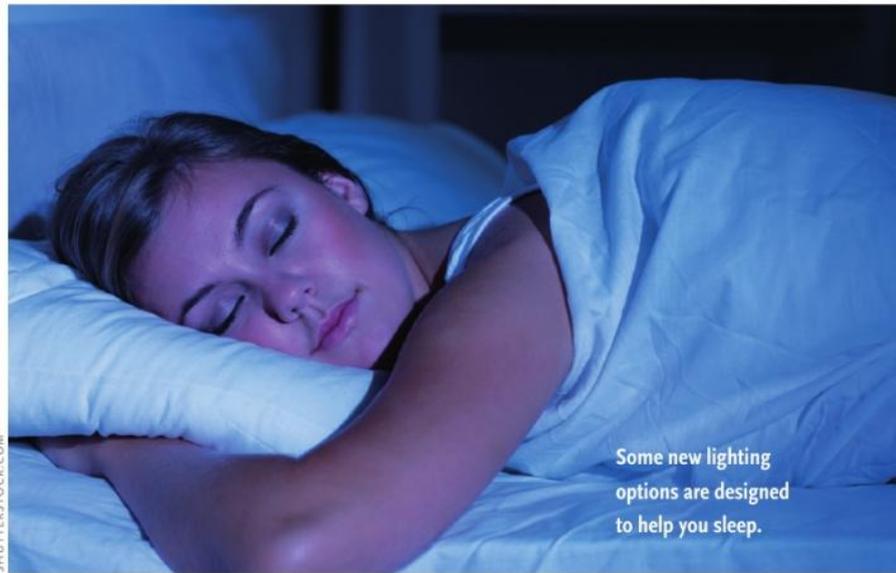
In addition, new digital-printing methods are allowing designers to order custom patterns, based on designers' or clients' own photos or designs, for traditional adhesive wall-coverings from companies such as Designtex and MDC Wallcoverings. (You can even get a custom-printed upholstered headboard for your bed.)

## Technology

Smart lighting is another hot trend, with lighting companies adding control functions that go far beyond dimmers.

For example, each Flux Bluetooth-enabled Smart LED Light Bulb, controlled with the Flux app on a smartphone or tablet, can be part of a network of up to 50 connected bulbs that you program to respond different ways to different music. You can also customize the lighting for preferences such as party ambiance.

The Philips Hue Lightstrip Plus similarly lets you use an app to "paint with lighting" and sync lighting to music, and to obtain the desired ambiance for events ranging from arriving home to watching movies.



Some new lighting options are designed to help you sleep.

The LED-based Holi SleepCompanion bulb can emit a glow designed to increase your body's production of melatonin, to aid sleep, and can awaken you with lighting designed to reduce melatonin and help you become alert (perhaps of particular interest to night-shift workers). The bulb is part of a system that pairs with a smartphone app and environmental-sensing systems such as Nest to also analyze factors such as noise, temperature and humidity that affect your sleep, and to collect and report data related to your sleep quality.

Best of Innovation Awards winners for CES 2016 included the in-development Sengled Voice LED bulb, which has a built-in microphone/speaker designed to respond to voice commands, such as a request to dim. The bulb is also designed to listen for noises such as a smoke alarm and then send a notification to your smartphone or tablet.

AN ATTENTION-GETTING HOME-TECH OPTION already on the market is being used by a Seattle homeowner named Kelley. When she went looking for a sink for her loft remodel, she discovered Kohler's Numi toilet and knew instantly that it was "too cool not to buy," she says.

The Numi is a dual-flush beauty which sports a wireless stereo system

that can be programmed to play songs from a radio or a smartphone. The heated seat lifts automatically when someone approaches. The toilet also includes bidet features via a wand that supplies water, air-drying, and an air-deodorizing filter all in one. And vents at the bottom of the toilet provide warm air to heat the floor around your feet.

When unsuspecting visitors walk into the loft's powder room, the toilet plays the theme from *Jaws*. "People enjoy telling us about their reactions," says Kelley, adding that the loft is the family's weekend-getaway home. "We like to have a little fun with it."

For those who don't want to shell out money for a toilet as high-tech as the Numi, Kohler has a retrofit kit for around \$60 that can make a standard toilet into a touchless-flush version simply with the mounting of a battery-powered sensor inside the tank.

So whether you want to spiff up your bathroom fixtures, your living-room lighting or your kitchen walls, the options are abundant—we are living in a materials world. ■

*Writer M. Sharon Baker lives in the Puget Sound area. (This story is not an endorsement of any product mentioned; be sure to do in-depth research and read reviews for pros, cons and things to consider.)*

# NORTHWEST

UP-AND-COMING FASHION DESIGNERS | BY ELLEE THALHEIMER



Fashion designer Carla Mink relies on her personal experiences, and Portlanders' embrace of concepts that are unique and playful, to inspire her clothing line, which she launched in July 2014. Less than two years after presenting her inaugural designs, the Portland, Oregon, resident already has a loyal following. She is heralded for her ability to creatively combine artisanal fashion with comfortable garments that reflect Rose City sensibilities.

Right: The gorgeous fuchsia and purple colors of the Northwest's long summer sunsets inspired this Carla Mink design, with a silk top and ponte-knit skirt.

# STYLE



BETH OLSON CREATIVE

“We don’t have many hard-and-fast dress codes in Portland,” Mink says. “Portlanders are OK with a sense of whimsy in what they wear, using it to express their individuality. Portland as a city marches to the beat of its very own drum, and the fashion scene follows suit.”

**N**orthwest cities such as Portland and Seattle are increasingly becoming known as fashion hubs. The Portland metro area and Seattle metro area were listed among the top 20 U.S. metro areas for fashion designers in a 2015 Economic Modeling Specialists ranking based on fashion-designer employment as a percentage of overall employment. These areas have also become known as places where designers tend to go their own direction versus strictly adhering to what’s prescribed in New York, Los Angeles or Europe. In a typical Northwest fashion show, you might see everything from cashmere loungewear and ’50s-style bathing suits to macramé jumpsuits and ’90s grunge couture.

The Northwest is famous for the



COURTESY CARLA MINK

Carla Mink.

“lumbersexual” aesthetic, including materials such as flannel, wool and thick denim, paired with high-end work boots—all within the context of a carefully constructed outfit. Often that denim is a cut above off-the-rack versions, as evidenced by Portland-based startup Qcut, which is building an entire business—with more than \$90,000 in Kickstarter funds so far—on offering 400 sizes of women’s jeans, allowing optimal matching to each woman’s shape. The company has sold more than 750 pairs to date.

Northwesterners also prize a look that might be called “explorer chic,” comprising clothing such as trim

moisture-wicking shirts, pants that convert to shorts for hiking in changeable weather, colorful windbreakers and Birkenstocks—or performance footwear from regional companies such as Seattle-based Brooks and Portland-based Keen.

Of course, the Northwest is also known for its support of the arts, and patrons of the theater, opera, ballet, contemporary dance and leading-edge music arrive in apparel ranging from gowns to leggings, happy to show off inventive and eye-catching styles in their chosen fashion genre.

The region’s clothing trends express affinity for creativity, originality,

Above: Seattle designer Devon Yan, with a model wearing a black-chiffon gown featuring decorative elements such as sequins in a tree-branches pattern. The gown is part of Yan’s new Super Natural Collection.



COURTESY DEVON YAN

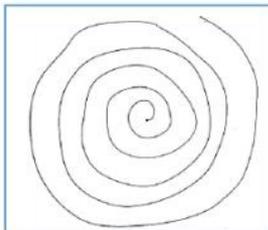
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self-reliance, urban and outdoor experiences, and function as well as fashion. Three up-and-coming Northwest designers—Carla Mink, Julia LaTray and Devon Yan—are among those whose distinctive approaches are appealing to the region's fashionistas.

## CARLA MINK

To create her spring/summer 2016 line, Mink tapped into a romantic time in her family's history—the summer her parents met while each was vacationing on a shoe-string in Europe. "In their pictures from the beaches of Greece, I just loved my mom's linen cover-ups, her rope sandals and billowy blouses," Mink says. "That year of their young love was a huge inspiration for my spring/summer line: romance and travel; sun and sand; and living abroad."

Her designs appeal to Portlanders' desire to rock a little sparkle and portray a little pluckiness, she says, while combining a '70s Greece hippie vibe with '70s Italian fashion such as bold prints reminiscent of Pucci and Missoni. She also supports the Northwest's sustainability ethos by having her clothing line locally manufactured, and by using overstock fabric from prestigious brands.

While not driven by big-name-designer fashions, she stays informed via research trips to Los Angeles to peruse designer labels at stores such as Opening Ceremony and to check out indie high fashion at stores such as Barneys. She also explores flea markets for vintage apparel. Vintage finds with unexpected color combinations and textures stoke her imagination. The muse for one of her whimsical tunic designs was a late-1800s sleep shirt.

"It looked like something Laura Ingalls would wear, with godets—triangular pieces of fabric—inserted in the sides to make the shirt wide enough while maximizing use of material," says Mink, who used godets in her linen tunic in a nod to the vintage style and to maximize use of the expensive linen material.



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Puzzle on page 54.



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Mink's clothing boutique, located in the hip Hawthorne District, is the primary venue where people buy the Mink line. The vibrant store is famed for its garnet-stained concrete floor, funky antique lighting, vintage furniture and a showcase of accessories made by local artists.

Shoppers will find animal-print dresses and dresses with sparkly accents; houndstooth shirts; tops with sumptuous cowl necklines; and knits with interesting asymmetric cuts. Some of the items are designed by Mink; some are from other small independent labels.

After spending years managing many stores of a respected consignment chain, Mink knows how to run a business. Since her boutique opened in 2007, it has been thriving. The Portland Fashion and Style Awards named Mink the best boutique in Southeast Portland in 2014, and the shop was nominated again in 2015.

Since Mink's own clothing line debuted, the shop has been selling hundreds of Mink pieces most months. Her spring/summer line features lots of linen and lace, silk and jersey, and soft knits, and includes tunics, flowy blouses and the perfect sundress for Northwest summers.

## JULIA LATRAY

"The wilderness and the rural landscape make Montana fashion-unique," says Missoula fashion designer Julia LaTray. "I love the ingenious ways people mix the practical with the impractical, like party dresses paired with scuffed-up wellies, or a Filson vest in place of a suit coat. Even after the most formal events, at some point you'll leave the party or the dinner or

the wedding and may find yourself walking through mud, snow or a cow pasture to get back to your car."

LaTray has loved fashion since she was a child. Her grandmother and mother were bold in their styles, and fashion risk-takers. One of LaTray's most prized possessions is an exotic coat, by famous Italian-born designer Elsa Schiaparelli, which LaTray inherited from her grandmother.

LaTray knows that Montana is an unusual place to pursue a fashion career, but that means her work stands out and is greatly appreciated by Big Sky Country customers, she says. "I love being a clothes designer in Montana. It's very uncommon to find fashion designers around here, and I love the spirit of going out on a limb. And I get to do incredibly fun projects, like make a film noir-style dress out of shocking pink velvet for a professor at the University of Montana who wanted something elegant for nights out. Making that dress was like I was paying homage to my grandmother."

The hallmark materials of her line are silk and silk velvet. LaTray creates kimono-style tops, dresses, tees,



tanks and pants that are simple, yet luxurious because of the fabric. Actress Lily Gladstone, who was raised on the Blackfeet Reservation in Northwestern Montana, ordered one of LaTray's creations—a teal-green

silk velvet kimono—to take to the 2016 Sundance Festival in January, and to wear to upcoming events promoting the new film *Certain Women*, whose cast members include Gladstone. And when Tracey Lomrantz Lester was contributing style editor for *Glamour* magazine, she wore a dress custom-made by LaTray for a *Today* show appearance. The indigo Dupioni-silk shift dress had origami-like fabric embellishment at the neckline. Dupi-

Above: A model showcases a velvet duster, featuring an ombré technique, by Missoula, Montana, designer Julia LaTray. Left: The model poses with LaTray.



ACCORDING TO SHAKESPEARE

**A C R O S S**

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- 10 Island near Java
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- 19 Like a small angle
- 20 Kaplan of "Welcome Back, Kotter"
- 21 Verve
- 22 Clean the slate
- 23 "Uneasy lies the head \_\_\_\_" ("Henry IV")
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- 10 Swiss capital
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- 61 Falter
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- 64 Lather up
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- 69 Paint the town red
- 70 Dunne of "I Remember Mama"
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- 83 "Fidelio," e.g.
- 84 Entertained
- 88 Power source
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- 90 Kicks off
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- 92 William Jennings \_\_\_\_
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- 95 Stowe tow
- 96 Mary Jane, e.g.
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- 98 Passing notice
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- 102 Computer key
- 103 Certain sib
- 104 "Trading Spaces" network
- 105 Dismiss

Solution on page 52.

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JEFF WONG

## NW STYLE

wearing something beautiful just to wear it. To me, a perfect outfit is someone wearing cowboy boots and worn-out jeans with a beautiful silk velvet kimono on top.”

For the spring/summer 2016 line, LaTray is adding playful tee-dresses, sleeveless maxi dresses, a silk “pajama” pant, and a longer raw-silk kimono duster to her core collection. The line also showcases rich colors such as alpine blue—appropriate and appealing in Big Sky Country—as well as midnight black.

### DEVON YAN

Clothing can transform people. Seattle-based fashion designer Devon Yan learned this backstage at an opera company in Hong Kong, where his dad was a lead performer. “My dad, who usually looked very serious, morphed into something completely different and wonderful when he changed into costume,” Yan says.

Yan’s fascination with costume and fashion intensified during his school years, when he was forced to wear a uniform every day. He yearned for individual expression. In college, he leapt at the chance to intern at a fashion magazine. His hard work and talent were noticed, and he was hired as a junior designer in Hong Kong.

But Yan still felt stifled when it came to expressing his own ideas. He decided to relocate to the United States to follow his creative dream.

“In 2006, I moved to the Northwest, a place that has lots of fashion potential,” he says. He started out in Portland, then moved to Seattle in 2011. “Global brands headquartered in Seattle, like Amazon and Microsoft, create an economy primed for designer apparel,” Yan says. “I liked the weather and the seasons, which are totally different from Hong Kong’s subtropical climate. At the

same time, Seattle feels familiar, like a mini-Hong Kong, a city centered around water and built into the hills.”

Yan’s clothing lines for men and women play with rich textures, intricate patterns, luxurious materials and sumptuous layering. There is something ethereal about his designs; he likes sparkly and diaphanous elements. And his designs for men add intrigue and striking elements to the staid tradition of men’s wear. For instance, a hip gray-and-black, wool-and-pleather (a plastic fabric that looks like leather) zip-down jacket includes Asian-style patterns, and features clean contemporary lines at the collar, sleeves and waistline.

“Every single piece has to be cohesive, like the art of mixing a drink,” Yan says. “All the components have to meld together perfectly: idea with vision, the vision with the fabric, the fabric with the pattern.”

In 2010, Yan’s first line debuted at Portland Fashion Week, where he was a finalist for Emerging Designer of the Year. In 2015, he was a finalist for Formal Designer of the Year in the Seattle Style Nights competition.

Yan’s spring/summer 2016 collection, which includes the jacket described above, is called Super Natural, and was inspired by the beauty of Pacific Northwest storms. “I want to visualize the wind in the collection,” he says.

“The theme is darkly romantic and elegant, but not too contemporary. There is a white bird gown that I’m hand cutting and sewing from white pleather wings and glossy white chiffon. The wings flow down the front from two pleather swan heads at the bodice, and wrap around the back. They represent freedom and chasing dreams.” ■

*Ellee Thalheimer lives in the Portland area.*

This hip jacket featuring clean contemporary lines is also part of Devon Yan’s Super Natural Collection.

oni silk is prized for its tight weave and lustrous look.

The national fashion expert, currently director of brand marketing at Intermix, discovered LaTray when Lester and her boyfriend (now husband) were on a “Great American Road Trip” that included a stop in Missoula. In her blog for *Glamour*, Lester called LaTray “the most talented designer you’ve never heard of.”

Each of LaTray’s pieces is handmade and hand-dyed. Hand-dyeing is practical because it streamlines the fabric-ordering process, creating minimal waste, she says, and is also an additional way she can express her creativity. She conceives novel color combinations, and embellishes via ombré (gradual blending of one shade into another) and dégradé (a striping technique, also with colors gradually transitioning).

“It feels like a treat to put on something silk or silk velvet,” LaTray says. “It’s a mistake to wait for an occasion. I wish more people would wear these fabrics every day. I love the idea of

# Flyer guide

Your overview of the Alaska experience.

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Coca-Cola  
Coke Zero  
Diet Coke  
Sprite  
Sprite Zero  
Seagram's Ginger Ale  
Seagram's Seltzer  
Seagram's Tonic

Other  
Bottled Water  
Orange Juice  
Cranberry Juice  
Apple Juice  
Bloody Mary Mix  
Tazo® Awake® black tea  
Tazo® Sweet Orange hot herbal tea (caffeine-free)



Coffee  
Proudly serving Starbucks®  
Pike Place® Roast

### LIQUOR



**Craft USD \$7**  
Sun Liquor Vodka  
Sun Liquor Gin  
Sun Liquor Rum  
Crater Lake Hazelnut  
Espresso Vodka

**Classic USD \$7**  
Dewar's White Label Scotch  
Crown Royal

## Regional wines and microbrews

You are welcome to enjoy a glass of Northwest wine or microbrew at no additional charge on select flights. Please refer to the card in your seatback pocket for more information.

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.

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**Bombardier Q400 Operated by Horizon Air**  
Seats: 76 Main cabin

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# Your safety and comfort

## AT YOUR SEAT

- Buckle Up. Please fasten your seat belt whenever the seat belt sign is illuminated. We ask that you keep your seat belt fastened throughout the flight whenever you are seated in case of undetectable clear-air turbulence.
- Seat backs and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- All carry-on baggage, including laptop computers, must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Pets must remain in their carrier for the entire flight. The carrier must be stowed under a seat for taxi, takeoff and landing.

## WHILE IN THE AIR

- Interference with crew members' (including flight attendants') duties is a violation of federal law. Under the law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties.

- Smoking is not permitted on any flight.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.
- Horizon Air prohibits the use of items that do not meet Federal Aviation Regulations or Company regulations, including the use of seat-belt extensions not provided by Horizon Air.
- Chewing tobacco and electronic cigarettes are not permitted.
- Alcohol may not be consumed unless it has been provided by a Flight Attendant.
- 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.
- Headphones must be worn when using portable electronic devices that produce sound.

The Federal Aviation Administration (FAA) and Alaska Airlines have set these rules and regulations to assure your safety and comfort.

## USING YOUR DEVICES

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

### Allowed on the ground and in the air

- Laptops (must be stowed for taxi/takeoff/landing)
- Tablets/smartphones (Airplane Mode after door closure)
- Wireless mouse/keyboard
- e-readers
- Media/CD/DVD players
- Noise-canceling headphones
- Cellphones (prior to door closure only)

### Not allowed during flight

- Voice calls of any kind, including VoIP
- Devices with cell service enabled
- AM/FM radios or TVs
- Personal air purifiers
- Remote-control toys
- Electronic cigarettes

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- View Mileage Plan activity and access My Account
- Print your baggage tags at home

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# Where we fly

## 100+ destinations and counting.

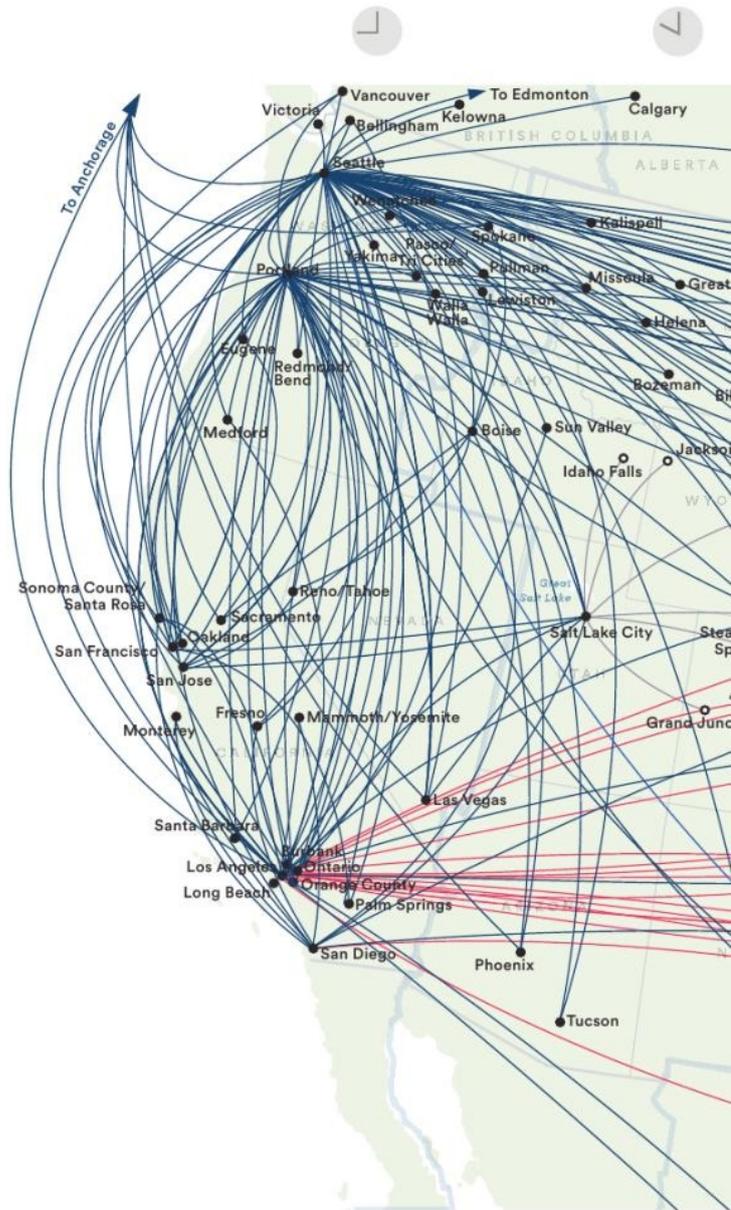
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Alaska Airlines is proud to serve more than 100 destinations throughout the United States, Canada, Mexico and Central America. On routes that require a connection to one of our partners, we strive to make your journey as easy as possible by taking care of your bag transfer and providing assistance at any stage of your journey.

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Orange County-Santa Rosa	Mar. 16, 2016
Portland-Atlanta*	June 4, 2016
Anchorage-Spokane*	June 11, 2016

\*Seasonal service through August 27, 2016

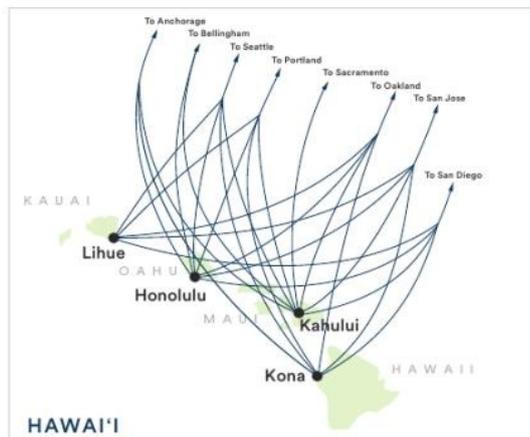


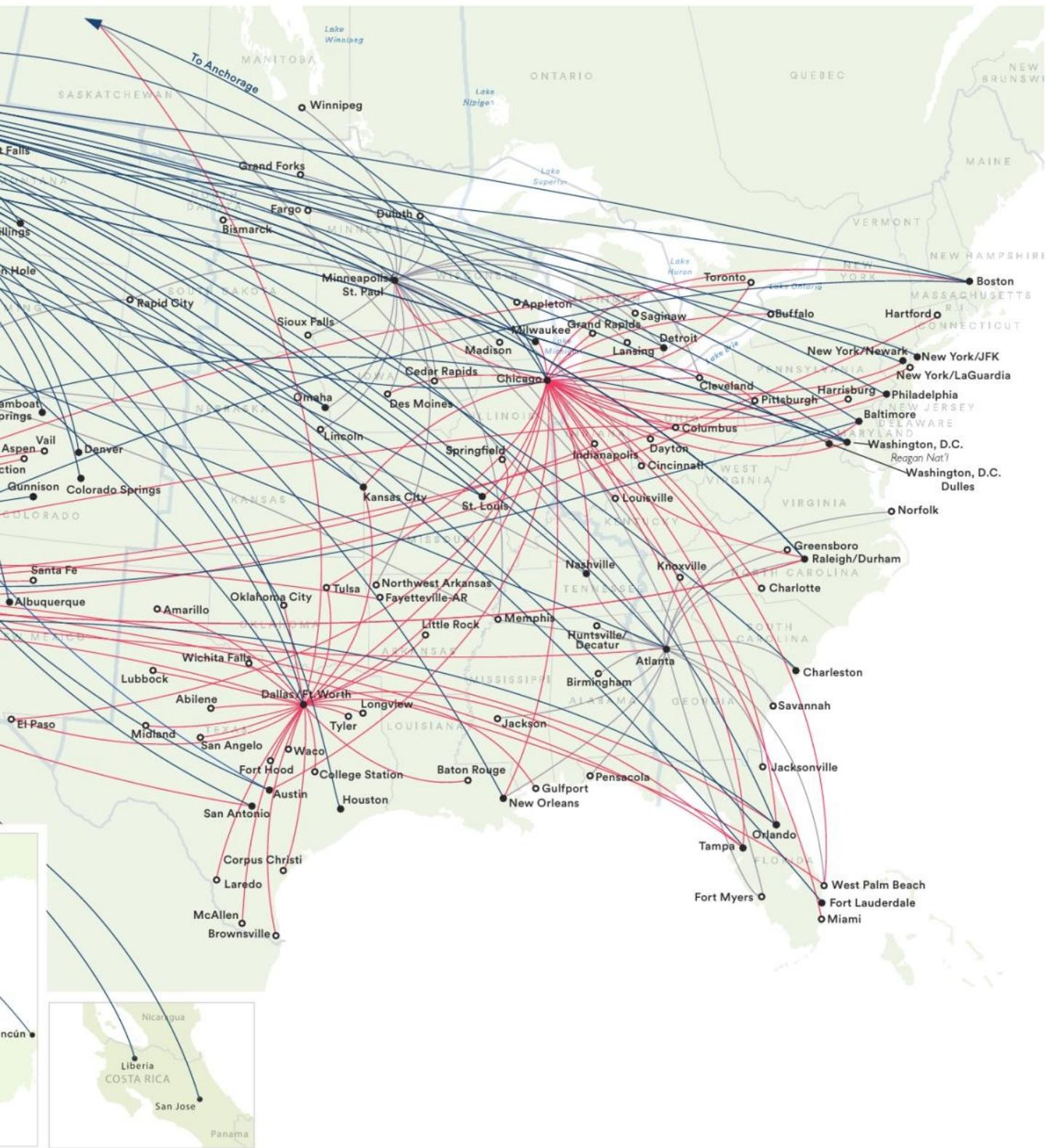
#### LEGEND

- Alaska*
- American Airlines
- Delta Air Lines

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

Some routes shown operate seasonally.





# Where we fly

## Alaska

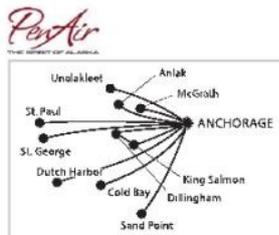


### AIRLINE PARTNERS

Make easy connections throughout Alaska with our partner airlines.

Some routes shown operate seasonally.

† Dutch Harbor–Anchorage service operated by PenAir.



# Airport terminal maps

A quick guide to help you make easier connections.

## ANC

Anchorage International Airport



## SEA

Seattle/Tacoma International Airport



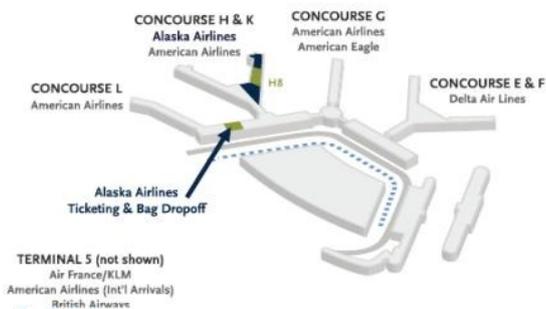
## ORD

Chicago O'Hare International Airport

## PDX

Portland International Airport

go O'Hare International Airport (ORD)



## LAX

Los Angeles International Airport

## SFO

San Francisco International Airport



## DFW

Dallas/Fort Worth International Airport

## SAN

San Diego International Airport



# Gifts from the P-Patch

Community garden cultivates friendships as well as produce | BY BETH WEIR

I had long looked forward to gardening in retirement—to devoting significant time to the horticultural life, which, as any dirt-under-the-nails devotee will tell you, means you work until you are too tired to move.

In addition to my enthusiasm for gardening, I sensed that raising juice-down-the-chin tomatoes would gain me a measure of respect in my world now devoid of professional status. Fortunately, stepping out of the regular workforce coincided with relocating from North Carolina to Seattle with my spouse in 2005. I knew upon arrival that the gods were smiling. There was a P-Patch in a park opposite my home, and I lucked into a plot. In quirky Seattle-speak, a P-Patch is a community garden. The name is derived from Picardo, the family responsible for the first such garden in the city.

I was primed for action when I set out on a warm spring day to take charge of my dirt. After I cleared the 200-square-foot plot of weeds, I wheeled the community rototiller out of the shed. It roared to life at the first pull of the starter cord, and took off on its own. I desperately hung on as the machine bounced through one encounter with the ground after another.

A man stopped me at the end of the row and, taking the handles of the rototiller, said, “You haven’t done that before, have you?” In 10 minutes he had the ground ready. Two fellow gardeners showed up with strawberries, tomatillo starts and seeds. “We are full up,” they said, handing over the extras. In 15 minutes I had a garden to water, was in love with the Pacific Northwest, and knew why Italians call their community gardens *orti sociali*.

I learned to add in some “gab” minutes for visits to the P-Patch, and I marveled at the easy way I slid into conversations with fellow gardeners. Our exchanges were as comfortable as the old shoes I wore ... until the topic turned to vegetable varieties one day.

“What kind of carrots do you have this year?” one of the respected growers asked me.

“Orange ones,” was my lame response. The rain had washed off the writing on the identification stick. “But they are doing well,” I added, to preserve my dignity.

My husband and I often walked dinner guests over to the P-Patch as a gentle constitutional on summer evenings. Even non-

gardeners admired the vibrant plots full of flowers, found art and plantings that reflected the personalities of the individual gardeners.

One night we had some out-of-town friends staying with us. They talked at length about the Eden—with a proliferation of impressive plants—they were developing around their newly purchased home. It was with some trepidation that I suggested a trip over to the P-Patch. “What are those?” asked my friend, peering at the tomatillos and keenly curious about an unfamiliar plant.

“Mexican husk tomatoes,” I said with as much casualness as I could muster when I

pointed to the husks around the fruit. I noticed that the summer squash was now looking particularly thuggish, and that the carrots were valiantly holding their own against the competition for real estate. I tugged at the top of a carrot that looked ready to give up its claim on the earth. It resisted my entreaties. I pulled again harder. No movement. One more tug. Out came a splendid carrot, flinging dirt as it emerged. I picked another. And one more for luck. All three were round, straight and glowing orange—nothing short of art. I waved them about like oddly shaped flags and smiled at the awe on my guests’ faces.

As I worked my P-Patch, I also grew my home garden, and after five years, the time arrived when I could not sustain both. I knew that I would miss the camaraderie of the patch: the gardener who gave away most of his produce that could have won prizes, the woman who taught me about the herbs

she tended, the retiree who regaled me with all the recreational opportunities I should take advantage of in the Pacific Northwest.

The P-Patch experience served as a solid foundation for the life I was building in a new location. The garden had given me a place to belong in a city I did not know. It had helped me learn about local gardening conditions and practices. It had provided the wellness-inducing joy of being able to grow things.

In my home garden, I still benefit today from what I learned in the P-Patch. I sprinkle flowers among the vegetables, poke odd objects in among the plantings and compost more thoroughly. I regularly walk over to the patch to glean ideas, and I always leave feeling grateful. I do have one regret though: In my home garden, I have never been able to grow tomatillos worth bragging about.

*Beth Weir is now the executive director of Dunn Gardens in Seattle.*





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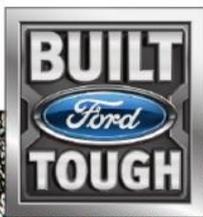
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