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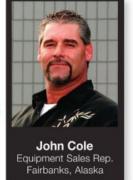
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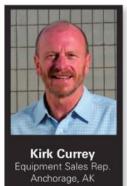
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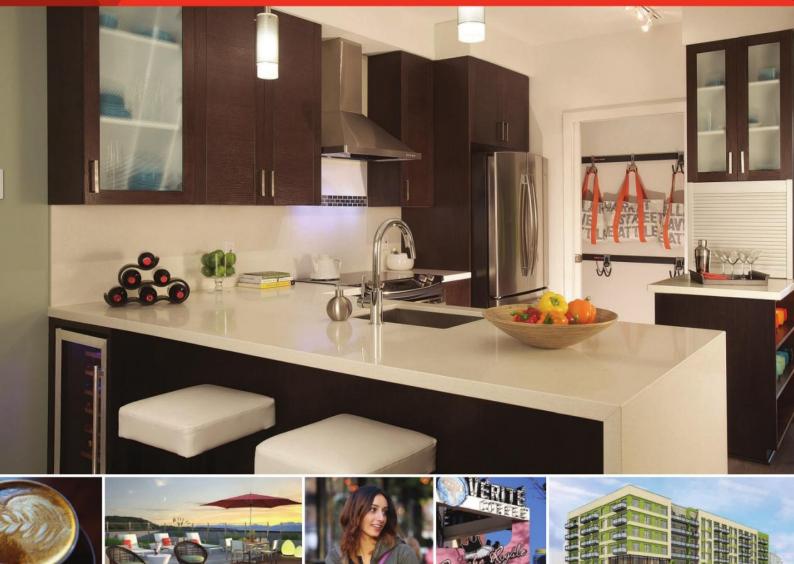




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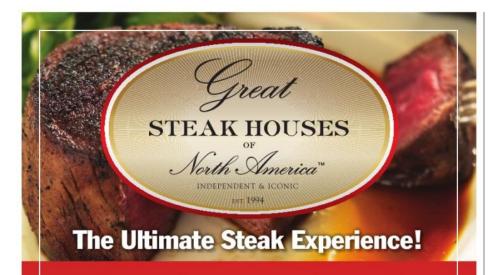
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Spirit of Alaska

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

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

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

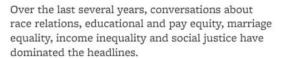
we grant each other some grace along the way. Macklemore put it perfectly in a recent NPR interview: "I'm stepping into the conversation, I'm learning, I'm trying to read, I'm trying to engage. I'm going to make mistakes along the way. ..."

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





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-



Brad Tilden, Chief Executive Officer



Brad Tilden, Jefe Ejecutivo

Spirit of Alaska

Conversaciones

Los temas de la diversidad y la inclusión se están convirtiendo en parte del diálogo de hoy. Aquí, Tammy Young, nuestra VP de recursos humanos, explica cómo nuestros líderes están aprendiendo a iniciar esas conversaciones. —Brad Tilden

Durante los últimos años, conversaciones sobre las relaciones raciales, equidad de paga y educativa, la igualdad en el matrimonio, la desigualdad de ingresos y la justicia social han dominado los encabezados.

Estos temas importantes, se han hecho presentes a través de la radio, desde salas de juntas corporativas hasta conversaciones de mesa, y se han introducido en nuestra cultura. Macklemore & Ryan Lewis, músicos de Seattle, han atraído la atención, tanto de apoyo como de crítica—con su más reciente álbum, El privilegio blanco II. Al centro de estos temas está el concepto de inclusión—si todas las personas "verdaderamente pertenecemos," y si a



Líderes de Alaska en un taller reciente.

cada uno de nosotros se nos ha dado la misma oportunidad para triunfar.

No es fácil definir sí debemos y cómo introducir el tema de la inclusión en un diálogo en el lugar de trabajo. En Alaska Airlines y Horizon Air, hemos elegido hacerlo, y me gustaría contarle como nos ha resultado.

El tono desde lo más alto es importante, así que decidimos comenzar con nuestros líderes. Más de mil líderes que supervisan a empleados dedicados al servicio al cliente y personal de oficina, recientemente participaron en una sesión intensiva titulada Liderazgo inclusivo—Guíalo, Hazlo tuyo, y Llévalo a cabo. Ellos participaron en grupos de 100 personas a

la vez. Y personalmente puedo atestiguar, se involucraron completamente durante esta experiencia de siete horas.

No fue una tarea fácil para los participantes. A través de la conversación, auto reflexión y aprendizaje experimental, nuestros líderes desafiaron entre ellos tanto sus propias convicciones y creencias sobre raza, género, orientación sexual, condición social y mucho más, como las de los demás.

Hemos invertido tiempo para explorar el concepto de prejuicio—específicamente al ver y juzgar al mundo y a otros con nuestro propio lente, y que nuestros prejuicios se han formado de acuerdo a nuestra propia historia: Dónde y cómo crecimos, y las ventajas o desventajas que cada uno hemos enfrentado.

Otro enfoque fue la importancia de la intención positiva. De manera que avanzamos juntos en nuestra jornada a través de la inclusión, podemos cometer errores o decir algo incorrecto. Para algunos, eso es un gran temor y puede incluso evitar el iniciar la conversación. Es importante que nos demos la oportunidad de hablar sobre el tema a lo largo del camino. Macklemore lo citó perfectamente en una reciente entrevista de NPR: "Yo estoy entrando en la conversación, estoy apren—diendo, estoy tratando de leer, estoy tratando de participar. ... Voy a cometer errores en el camino."

¿Por qué nos tomamos el tiempo para hablar de inclusión? Porque necesitamos que nuestros líderes realmente guíen, hagan suyo y lleven a cabo la tarea para crear una cultura en la que cada miembro de nuestro equipo pueda hablar, participar plenamente y tener éxito. Y a su vez, necesitamos que todos

los empleados se involucren con usted, nuestro cliente, de tal forma que usted también se sienta valorado.

Gracias por volar con nosotros. —Tammy Young







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DENISE LOST 10 LBS & 10 YEARS IN 10 WEEKS



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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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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Hair Transplant Seattle

What's new



Acclaimed designer Luly Yang will take a fresh look at Alaska Airlines uniforms.

Seattle designer to redesign Alaska's uniforms

Seattle fashion designer Luly Yang is partnering with Alaska to redesign uniforms for more than 12,000 employees. This is the next big step in the brand updates Alaska recently unveiled. Yang opened her first studio boutique in downtown Seattle in 2000, showcasing an initial collection of 12 couture wedding gowns. She's known for her timeless design solutions and signature fit, cultivated over years of experience as an architectural graphic designer. She says architecture influenced her design principle: finding the perfect balance between "design and engineering." The Alaska uniforms will take about two years to design and produce, and are expected to debut in 2018.



Alaska named most on-time airline, again

For the sixth year in a row, Alaska Airlines has been named the No. 1 on-time major North American carrier. FlightStats Inc., which compiles on-time performance data on millions of flights each year, awarded the honor in January for flights in 2015. No other major North American airline has received the prestigious award more times since Portland-based FlightStats launched its on-time performance awards program in 2009.



New flights this summer

Alaska's adding routes and expanding service in time for the summer travel rush, with daily flights between Portland and Atlanta, and weekly flights between Anchorage and Spokane. Additionally, Alaska's popular nonstop flights between Seattle and Omaha will be upgraded to a Boeing 737 starting June 5; the flight had previously operated using a 70-seat regional jet.



Focus on sustainability

ALASKA AGREES TO BIOFUEL STUDY AT SEA-TAC

Alaska Airlines, Boeing and the Port of Seattle have agreed to study the feasibility of delivering biofuel to Seattle-Tacoma International Airport. Executives recently signed a memorandum of understanding at a news conference at the Sea-Tac fuel farm. The \$250,000 Biofuel Infrastructure Feasibility Study will assess the costs and infrastructure needed to deliver a blend of aviation biofuel and conventional jet fuel to Sea-Tac, a crucial step toward routine biofuel use in the future. Alaska wants to incorporate biofuel into flight operations at one or more of its hubs by 2020.



The people behind the spirit

Commitment to caring

CAPTAIN CHRISTOPHER CICE

You may have already met Captain Cice. You'd remember him. He's a pilot who likes to greet each passenger on his flights. He visits with passengers in the gate area and then, time permitting, makes his way through the cabin, eliciting smiles from adults, and getting down on his knee to engage children eye to eye.

You may have seen Cice on the news, as well. It was Cice who fulfilled the dream of a Texas boy losing his eyesight. Cice read in a newspaper that the boy, Ben, had created a bucket list of experiences that included seeing the northern lights and a moose. Cice led an enthusiastic and heartwarming effort at the airline, and within the state of Alaska, to get the boy and his entire family to Alaska. Cice not only arranged to captain the flight, but he stayed with the family for the weekend.

Cice also helped coordinate a high-profile effort to return to her home a dog who was picked up as a stray by a trucker in Spokane and dropped off at an animal shelter in Pittsburgh. Penny was returned to her Spokane family two weeks later.

Cice grew up in Texas and recalls a flight as a young teenager as the inspiration for his career. Stepping off the stairway onto the tarmac, he turned to look back at the DC-10 and decided then and there that he would become a pilot. He began flight lessons as soon as he turned 16, mowing lawns and stocking shelves to earn enough money each week to drive to the airport and take a

one-hour flight class. He later worked as a flight instructor to build hours toward his first jobs flying for private corporations and regional airlines.

Alaska Airlines was the first commercial airline he applied to, in 1986, but times were tough for airlines and the market was flooded with pilots. Alaska finally gave him his break with a major airline in 1996, and nearly 20 years later, Cice is still a front-line pilot, and loving every minute of it.

Among his hobbies, Cice loves to carve elaborate Victorian-style wooden rocking horses. Many Alaska employees got a look at his craftsmanship when one of his horses was on display last fall in the corporate-headquarters lobby. He had donated the rocker for the annual Employee Assistance Fund auction, which benefits fellow employees in emergency and special-need situations.

Cice describes a career defined by faith, fun, respect and a devotion to doing something special. He's a frequent shopper at Alaska's company store, buying small gifts to give to young travelers on his flights. And at the end of each flight, he's at the door, saying goodbye to passengers.

"That's what Chris does," says Ray Prentice, director of customer advocacy, who worked with Cice on several customer projects. Even better, he says, Cice's extraordinary commitment to creating happy endings seems to be contagious. —Paul Frichtl



Each year,
Alaska Airlines
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Volunteer spirit

ENABLING DREAMS

Five years ago, Horizon Captain Erika Jackman volunteered at a Make-A-Wish Foundation event in Boise and made a lifelong friend—and protégé. At the time, Kara Erickson was an 11-year-old who had developed a brain tumor. Kara wished for a trip to Hawai'i with her family, but she also wanted a behind-the-scenes tour of an airline's operations.

Jackman and her husband, Gary, a lead mechanic for Horizon in Seattle at the time, flew to Boise and

spent a day showing Kara the Q400 and the airport. "I realized I had never met anybody with such a passion for aviation," Jackman says. Last October, Jackman invited Kara to Seattle to do a simulator check ride with two Horizon pilots. Once the check ride was over, Kara sat in the captain's seat while they "flew" around Seattle. Now 17, Kara is set on a career in aviation. "Erika's been pretty inspirational," she says. "She's always telling me to follow my dreams and work hard."



Kara, left, in a Horizon simulator with Captain Erika Jackman.







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Of All the Things We Build, Relationships Are the Most Important

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Sailing into Seattle

completing a Challenging 6,637-mile journey from Qingdao, China, sailors in the Clipper Round the World Yacht Race are due to arrive in Seattle between April 15 and 20 as part of the event's 40,000-nautical-mile circumnavigation of the globe. Twelve teams (with a total of 200-plus crew members) are expected in Seattle for the race's first-ever stop in the Emerald City.

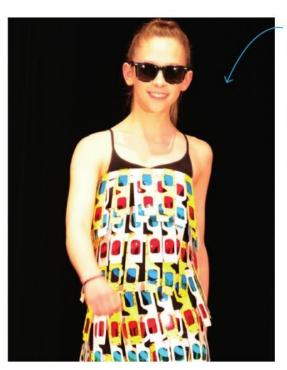
The public will have access to the race's 70-foot yachts during free open-boat tours at Bell Harbor Marina/Pier 66, April 22–26. During Q&A sessions, visitors can talk to crew members about their experiences. Public talks and other forms of entertainment will also be held at the pier.

For the first time, Seattle's visitor bureau is sponsoring an entrant in the race: the yacht *Visit Seattle*. Spectators can also help send off the hometown crew and the rest of the fleet on Thursday, April 28, when the crews slip lines to begin their next challenge: the Coast-to-Coast leg to New York City through the Panama Canal.

The race began in London last August, and it will finish there on July 30. The worldwide race involves participants with diverse levels of experience—from novice sailors to seasoned skippers. Visit clipperroundtheworld.com and visitseattle.org or call 206-461-5800 for more information. —Anna Jacobson

The sailing yacht Visit Seattle is among the vessels participating in the Clipper Round the World Yacht Race, which makes a stop in the Emerald City in April.





SITKA, AK

Wearing Alaska

A dress draped with 3-D glasses, a belt fashioned from fishhooks, an outfit made from work gloves—these are past examples of the creativity shown at the Alaska Airlines This dress made with 3-D glasses was one of the entries at a past year's runway show in Sitka.

Wearable Arts Runway Show presented by the Greater Sitka Arts Council, part of the broader Arti Gras Arts & Music Festival that runs this year from March 18 through April 2.

Arti Gras will also include events such as a 12-venue art walk spotlighting established and emerging local artists, a film festival, comedy performances and the new Vintage Cake Decorating Workshop. This year's runway show will be themed "Alaska: 8 Stars of Gold." Artists will create—and models will wear—costumes highlighting the culture of the

49th state. The runway event will be held at the Sitka Performing Arts Center on March 26, with a matinee and evening showing. To learn more, call 907-747-2787 or visit thinkartthinksitka.com. —Anna Jacobson

PORTLAND, OR

Racing in the Rose City

Many of the nation's and the world's finest track and field athletes are coming to Portland this month for two major events: the 2016 USATF Indoor Championships, March 11–12, and the IAAF World Indoor Championships Portland 2016, March 17–20. A temporary 7,000-seat stadium will be built inside the Oregon Convention Center to house the events.

Competitions at the USATF event will determine the U.S. team for the world championships the following week. About 600 athletes from up to 200 countries are expected at the world championships, which are being held in the United States for the first time in almost 30 years. Among the expected athletes is Portland native and University of Oregon alum Ashton Eaton, the current world-record holder in the indoor heptathlon.

Portland's Pioneer Courthouse Square will host a free fan festival on each competition day, with food, drink, live music and a video board displaying event competitions. Nightly medal ceremonies will also be held at this venue. Visit portland2016.com. —Jeffrey Giuliani



Ashton Eaton, shown here setting the decathlon world record last year, will compete at the IAAF World Indoor Championships in the heptathlon.

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SAN DIEGO, CA

Whale Tales

Stretching longer than a school bus, a 58-foot-long sperm whale skeleton is one of the marvels in "Whales: Giants of the Deep," showing March 19—September 5 at the San Diego Natural History Museum.

The exhibition, which was developed with specimens from the Museum of New Zealand Te Papa Tongarewa, features the latest findings in international cetacean research, presented through interactive and immersive presentations. Visitors can learn about whale biology, whales' evolution from land to sea, and the history of whaling in Maori culture and the South Pacific.

Displays include whalebone artifacts and a life-size replica of a blue whale heart that children can explore. Museumgoers can also view the film *Whales 3D*. The Whale of a Time Family Day will make a splash on March 20, and a lecture titled "Whale Evolution" will be given by Tom Deméré, the museum's paleontology curator, on April 21. To learn more, call 877-946-7797 or visit sdnhm.org. —Anna Jacobson

SAN MARINO, CA

Art in the Garden

With its lush plantings, The Huntington Library, Art Collections, and Botanical Gardens is an ideal venue to host "The Artist's Garden: American



Impressionism and the Garden Movement, 1887–1920." The art exhibit, on display through May 9, explores the connection between the American Impressionist movement and the emergence of gardening as a middle-class leisure activity.

The rising popularity of gardens during the period in focus was reflected by American Impressionists, including Philip Leslie Hale. Hale's *The Crimson Rambler* (1908; shown above) depicts a stylish woman seated next to a newly hybridized variety of rose. Along with paintings, "The Artist's Garden" features brightly colored gardening magazines and decorated seed packets from the time period. Call 626-405-2100 or visit huntington.org to learn more. —*Bridget Hill*

SAN ANTONIO, TX

Citywide Celebration

Sometimes called "The Mardi Gras West of the Mississippi," **Fiesta San Antonio**, which marks its 125th anniversary April 14—April 24, celebrates local history, people and culture as it draws visitors from around the world. As the city's biggest annual festival, Fiesta will feature more than 100 events, ranging from parades—such as the brightly lit Fiesta Flambeau—to festivities honoring the military. On April 18, the **Texas Cavaliers River Parade** (shown below) will

send floats down the San
Antonio River while spectators
watch from the famed River
Walk. On April 22, the Battle of
Flowers Parade will remember
the Alamo with colorful
costumes, floral floats and
lively music. Local foods will
also be available. Call 800-4473372 or go to visitsanantonio.
com. —Kevin Lee-Simion



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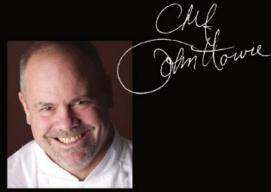
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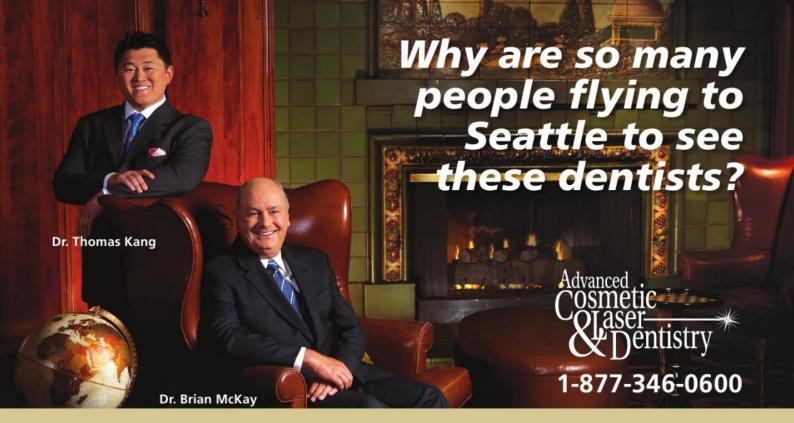




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MIKE LOST 109 LBS

"I've become a completely different person since completing the 20/20 LifeStyles program."



I'm sometimes amazed that I actually lost 100 lbs, not once – but twice! And regained it all again. The second time, no matter what I did, the weight just wouldn't come off. When I visited my doctor for a physical and she suggested blood pressure medication, I knew something had to change.

I started looking for answers. Luckily, a couple of my close friends had gone through the 20/20 LifeStyles program and highly

recommended it. They convinced me to attend the introductory seminar. I came away impressed.

A follow-up session with one of the doctors sparked my interest further. He told me that he could also help me with the arthritis in my foot from a prior climbing accident. I was so fascinated by the total approach to health – the exercise, nutrition and counseling – that I committed to joining the program. For the first time, in a very long time, I began to see the path back to my authentic self.

For one thing, I'd never worked with a personal trainer before.

And now, even after the program, I haven't stopped and don't plan
to. Over time, I've formed strong bonds with all three of the amazing
trainers I've worked with. They've helped me stay safe, avoid injury, and
gradually increase the intensity of my workouts. They even helped me
with the appropriate activity to help break up the arthritis in my foot.

My dietitian was at the core of my program. I learned about meal planning, tasty-yet-healthy recipes, as well as maintaining correct portion sizes and food combinations. I now love exploring new foods, especially vegetables, and a healthy change for me has been to select fruit as my carbohydrate instead of starch.

I lost 109 lbs (exceeding my goal weight!) and a recent biometric scan indicated that all my numbers are in the normal range. I'm so excited by this! My energy level is off the charts. I enjoy hiking, biking, walking, running, weight lifting, stand-up paddle boarding, canoeing – and I recently completed two 5Ks and a 10K.

My whole family has been affected by my new lifestyle. We're all much more active together. I can't believe how much more confident I feel, both personally and professionally. This is my new lifestyle.

My best friends and I have always supported each other on our journeys towards healthier lives. We participate in runs and walks together. We're planning our first retreat together that we hope to become an annual tradition.

Support is key on this journey. If you're ready to lose weight, take my advice and seek the support you need at 20/20 LifeStyles. Then, take it one step at a time. Learn to love movement and incorporate it whenever possible. Keep putting one foot in front of the other. It's a journey, not a race.

Renowned cardiovascular surgeon **Dr. Mark Dedomenico** created 20/20 LifeStyles over 20 years ago to help people struggling with obesityrelated metabolic disorders such as high cholesterol, diabetes and hypertension.









LOP



ANCHORAGE, AK

Art of the Arctic

The exhibition "Portraits of Place: The Arctic in Photographs," on display through April 24 at the Anchorage Museum, focuses on representing the Arctic as an entire region, and the groups of people who live there as culturally powerful communities. Historical and contemporary lifestyles are depicted in various photographers' portraits of people in Arctic Alaska, Greenland, Norway, Canada and Russia. While showing the complexity of the North and differences across Arctic cultures, the images also highlight how people are connected by places and environments. Call 907-929-9200; visit anchoragemuseum.org. —Anna Jacobson

ALSO AT THE
ANCHORAGE MUSEUM:
"Stick and Puck," through
April 10; photos, sculptures
and films by artist Michael
Conti; hockey from different
social, cultural and gender
perspectives; with support
from the Alaska Airlines



Gentoo penguins are among the four species that will be featured at a new facility at the Detroit Zoo.

DETROIT, MI

A Penguin Paradise

Penguins, those naturally "tuxedo-clad" creatures, should feel at home in their new, upscale, \$30 million home scheduled to open April 18 at the Detroit Zoo. The Polk Penguin

Conservation Center will provide a haven for penguins and an exciting experience for visitors. The building is modeled after a tabular iceberg and will feature effects that simulate the icy climate of Antarctica. The PPCC was

carefully researched and designed to encourage penguin behaviors seen in the wild, such as nesting, and porpoising out of the water. The exhibit will feature a 326,000-gallon, 25-foot-deep aquatic area, with viewing opportunities from above and below. A total of 83 penguins will call the new center home, including gentoo, macaroni, rockhopper and king species. Call 248-541-5717 or visit detroitzoo.org. —Bridget Hill

CALENDAR

Through Sept. 11
"Kings, Queens and
Castles," interactive,
kid-friendly chess exhibits;
World Chess Hall of Fame,
St. Louis, MO; 314-3679243; worldchesshof.org

Through Dec. 31 "Dylan, Cash, and the Nashville Cats: A New Music City," American music icons and evolutions in Nashville's sound; Country Music Hall of Fame, Nashville, TN; 615-416-2001; countrymusichalloffame.org

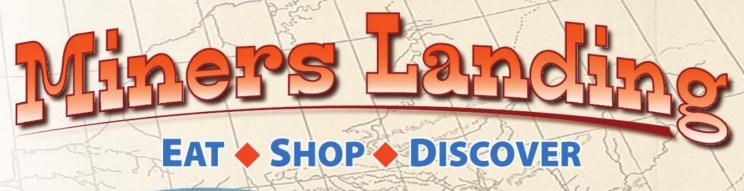
March 12 Kona Brewers Festival, craft beers, food, more; King Kamehameha's Kona Beach Hotel, Kailua-Kona, HI; konabrewersfestival.com

March 12-Aug. 28 "Our City, Our Collection: Building the Museum's Lasting Legacy," tracing the museum's history; Oklahoma City Museum of Art, Oklahoma City, OK; 405-236-3100; okcmoa.com

March 25-27

WonderCon, a major pop-culture event; Los Angeles Convention Center, Los Angeles, CA; comic-con.org/wca

April 1–30 Skagit Valley Tulip Festival, fields bloom through the month (timing nature-dependent); Skagit Valley, WA; 360-428-5959; tulipfestival.org







HIKING HIGHLIGHT

Big Sur / Ventana Wilderness

SPRING IS AN IDEAL TIME TO EXPLORE SPECTACULAR COASTLINES AND TRAILS NEAR MONTEREY By Peter Potterfield

THE CALIFORNIA COAST offers one of the most scenic drives in North America. The marvel of engineering known as Highway 1 takes you along the cliff's edge as the road follows the twists and turns of the rugged, stunning Pacific coastline. Yet for a fuller experience, you need to get out of the car. The Big Sur area gives you opportunities to stroll to a picturesque beach or backpack into the wilds beside the highway.

Head to Big Sur by way of Carmel-bythe-Sea, about 7 miles southwest of the Monterey airport (75 miles south of San Jose). Stop in town and enjoy the beach and village feel. Then head south on the coast highway; cross the iconic Bixby Creek Bridge; and arrive at the multiagency visitor center at Pfeiffer Big Sur State Park. This site has parking, restrooms and rangers to provide information and permits. My favorite overnight backpacking trip in the area ventures into the rugged Ventana Wilderness. From the visitor center parking lot, start out on the well-maintained Pine Ridge Trail. You'll soon leave the state park and ascend into the magical Ventana, with its groves of redwoods and oaks, clear-running rivers and inviting pools. Much of the quarter-million-acre wilderness is "chaparral"—dense, low brush that covers often-sunny hillsides.

Spring weather conditions tend to be mild, perfect for backpacking along the ridge trail that stretches for 10 miles until you reach camp at Sykes Hot Springs. The beautiful scenery in this area is complemented by 102-degree natural pools—enjoy a soothing soak here before bed. Then retrace your steps to the visitor center in the morning.



FOR A GREAT SIDE TRIP, drive from Big Sur Station down Highway 1 and then along Sycamore Canyon to the Pfeiffer State Beach parking lot. Then follow a quarter-mile trail to one of the most-photographed beaches on California's central coast.

Pine Ridge Trail to Sykes Hot Springs

Distance: 20 miles roundtrip from Big Sur Station. Elevation gain: 2,000 feet on the way in, 2,000 feet on the way out, about 6 hours in, 4–5 hours out. Details: Moderate difficulty; best hiked early spring to midspring. Hiking permits not required, but campfire permits are, even for backpacking stoves. Avoid poison oak in chaparral areas. Info: Big Sur Station in Pfeiffer Big Sur State Park: 831-667-2315; Monterey Forest Service Ranger Station: 831-385-5434; Ventana Wilderness Alliance: ventanawild.org.



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AT LARGE

The Bloomsday Experience

A LONGTIME PARTICIPANT TELLS WHY THE POPULAR EASTERN WASHINGTON RUN IS SO SPECIAL By Darryl Genest

n the morning of May 1, downtown
Spokane will be filled with excitement
and anticipation as more than 50,000
people gather to await the start of the
40th Lilac Bloomsday Run, one of the largest timed
races in the world. Eager participants will arrive
three hours prior to the 9 A.M. start time for the 12K
(7.46-mile) race. It is an excitement I know well,
having run this race 37 times.

Bloomsday has become one of the finest road races in America and one of Spokane's largest annual events. The run has also come to mean a lot more than just a road race. In Spokane, it is thought of as a celebration of spring, a time when neighbors become reacquainted with their community after a long winter and share in the Bloomsday celebration of health and fitness. For me, it is a special event that evokes many memories of growing up in Spokane and running the race over the years.

The Lilac Bloomsday Run was founded in 1977 by marathoner Don Kardong, who had competed for the U.S. Olympic team the previous year in Montreal. The inaugural event attracted about 1,100 participants, including Olympic runner Frank Shorter. The next year, famed Boston marathoner Bill Rodgers attended, helping to increase awareness of the event, which also was expanded to include walkers and drew more than 5,000 participants. Attendance continued to grow in the following years as the race offered prize money for elite runners and expanded participating categories to include wheelchair athletes.

It was an early March day in 1979 when I first thought about running Bloomsday. I was a tall seventh grader who weighed 95 pounds soaking wet. I had never taken part in track and field before joining the team that year. Our coach gave us all fliers for the race, which was in its third year, and told us we had nine weeks to train. Little did I know that race would become a part of my life.

Even after all these years, I still look forward to the activities on the day of the race, which is one of the best-organized events I have attended. I watch the streets near the starting line fill with participants

wearing sporting attire in every color imaginable. The race announcer keeps us entertained as he counts down the minutes to start. We listen as the Canadian and United States national anthems are sung. Helicopters from local television news stations fly overhead and add to the atmosphere as they film the event.

The anticipation builds as my group gets ready to run. A starter pistol is fired, and we are off, jockeying for position as thousands of people race

down the crowded street—my heart pounding and adrenaline flowing.

The experience of participating in an event of this size is awe-inspiring whether you are running, jogging or walking. You are energized by the camaraderie of the participants, the high-energy volunteers and the thousands of spectators who line the race course. The scenic views along the route are wonderful, with the Spokane River dominating the geography, and at least a dozen bands playing music from stages placed at spots along the course. To mark the race's 40th anniversary, there will be 40 bands playing this year.

As usual, I can't wait for Bloomsday. After all, what better way to celebrate the arrival of spring than with 50,000 of your closest friends?

DARRYL GENEST earned All-American honors in cross country at Eastern Washington University, where he helped the Eagles win the 1982 NCAA Division II Cross Country Championship. Today, he is the head coach of the Federal Way Track Club. For information about signing up for the Lilac Bloomsday Run, call 509-838-1579, or visit bloomsdayrun.org.



More than 50,000 people gather in downtown Spokane each spring to participate in the Lilac Bloomsday Run, one of the world's largest timed races.





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BIG ISLAND OF HAWAII: Kona Marketplace • Kings' Shops • Hilton Waikoloa Village NORWEGIAN CRUISE LINE: Pride of America

BOSTON: Natick Mall • Northshore Mall CHICAGO: Woodfield Mall DALLAS: NorthPark Center
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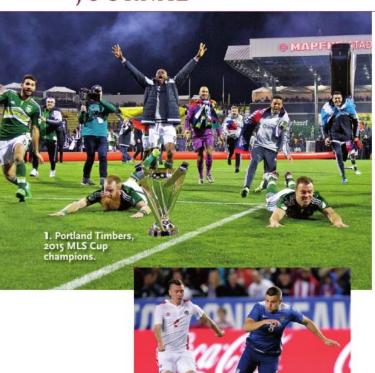
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HOTELS

SEATTLE PORTLAND SAN FRANCISCO SAN DIEGO









FIELD NOTES

MLS Season Kicks Off

This month brings a fresh start for Major League Soccer, and teams from the Western Conference, several of which are sponsored by Alaska Airlines, including the MLS Cup champion Portland Timbers, have high hopes. Here are a few of the teams to watch as the season begins. —Kevin Lee-Simion

1. Portland Timbers: Coach Caleb Porter has been rewarded with a contract extension after guiding his team to a 2015 MLS Cup victory, and one of the new Alaska Airlines-sponsored jersey options for the team will feature a championship star. Many players from last season's championship team are returning, including midfielder Darlington Nagbe, who recently gained U.S. citizenship and was promptly called up to the U.S. Men's National Team. Additions to watch: Jermaine Taylor, defender; Ned Grabavoy, midfielder; Jack McInerney, forward. March matches: March 6 v. Columbus Crew; March 13 at San Jose Earthquakes; March 19 v. Real Salt Lake.

2. Seattle Sounders FC:

Head coach Sigi Schmid is weighing options and testing formations to get the most out of his offensive assets. While seeking contributions from a set of seasoned veterans that includes forward Clint Dempsey, Seattle has also expressed an openness to giving young players chances. Additions to watch: Joevin Jones, defender; Jordan Morris, forward. March matches: March 6 v. Sporting Kansas City; March 12 at Real Salt Lake; March 19 v. Vancouver Whitecaps.

3. LA Galaxy: A perennial contender, the club made many changes during the off-season in an effort to maintain its high standard for player quality.

Additions to watch: Ashley Cole, defender; Jelle Van Damme, defender; Nigel de Jong, midfielder. March matches:

March 6 v. D.C. United; March 12 at Colorado Rapids; March 19 v. San Jose Earthquakes.

4. San Jose Earthquakes:

The "Quakes" have a newly bolstered roster, and are looking to build on a late-season surge of success last season. Additions to watch: Andrew Tarbell, goalkeeper; Andres Imperiale, defender; Simon Dawkins, midfielder/forward. March matches: March 6 v. Colorado Rapids; March 13 v. Portland Timbers; March 19 at LA Galaxy.

5. Real Salt Lake: Forward
Yura Movsisyan, who helped RSL
win its first title, the 2009 MLS
Cup, is returning and has signed
for one year. Additions to watch:
Chris Wingert, defender; Omar
Holness, midfielder; Sunday
"Sunny" Stephen Obayan,
midfielder; Yura Movsisyan,
forward. March matches:
March 6 at Orlando City SC;
March 12 v. Seattle Sounders;
March 19 at Portland Timbers.

EASTERN CONFERENCE NOTES

Columbus Crew SC: Last season's Eastern Conference champs hope for continued success, led by forward Kei Kamara, who was in the running for 2015 MLS MVP honors. New York Red Bulls: Shaun Wright-Phillips joins his brother, Bradley, the Red Bulls' standout forward. D.C. United: News from the off-season includes the signing on loan of promising 21-year-old Argentine midfielder

Luciano Acosta. Orlando City SC: An expansion team last year, Orlando looks to build on a midfield that includes star Kaká and Darwin Cerén, El Salvador's National Team captain, who re-signed in the off-season. New York City FC: Last year's other expansion side hopes to coordinate its wealth of international star power. In former French national team player Patrick Vieira's first season as head coach of NYCFC, there may be more emphasis on defense.









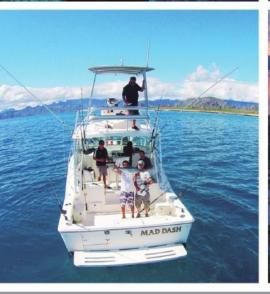
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Tournament Details: June 29: registration. June 30: golf tournament, second day of registration and kick-off cocktails. July 1: fishing. July 2: fishing and awards celebration dinner. Entry fee: \$2,000 USD per team of 4 people. Includes: kick-off cocktail reception, awards celebration dinner, tournament polo shirt and cap, golf tournament (golf cart not included). See our website for more details.

Seattle Gets Festive

SPRING SHOWS AND FESTIVALS WILL SHINE IN THE EMERALD CITY



In Full Bloom

THE BLOSSOMING OF CHERRY TREES in spring traditionally represents a time of hope and new beginnings. The annual Seattle Cherry Blossom & Japanese Cultural Festival marks the hope of the season and also honors a historical event: Japan's gift of 1,000 cherry trees to Seattle in 1976. The festival, which will take place at Seattle Center, April 22–24, will educate and enrich visitors with live performances, hands-on arts-and-crafts demonstrations, and visual-art displays relating to Japan's cultural heritage. Dedicated to broadening understanding and friendship between Japan and the Pacific Northwest, the festival is free to attend. Alaska Airlines is a sponsor of Seattle Center. Call 206-684-7200; visit cherryblossomfest.org. —Bridget Hill

World Rhythms

Drum beats and dancing feet will be showcased at Seattle's 23rd-annual World Rhythm Festival, April 8–10. Seattle Center will host regional, national and international performers in a celebration of traditional rhythm and dance from Africa, Asia, Cuba, Brazil, India, the Middle East and



the United States. The festival will feature more than 100 performances and workshops, all free to the public. To learn more, visit swps.org. —*Bridget Hill*



Sydni Sterling, Italian Panels: Solo Rosso (2015).

Art in the Park

Magnuson Park will host the 28th-annual spring Best of the Northwest Art and Fine Craft Show, April 9–10, spotlighting 100 artists and crafters, and works including jewelry,

furniture, metal sculptures and more. The show will offer food, art activities for children and chances to buy distinctive handmade treasures. Learn more at nwartalliance.org.

—Bridget Hill

Other Seattle Festivals:

Washington Cask Beer Festival, March 19; cask-conditioned beers from Washington state breweries; Seattle Center Exhibition Hall.

Taste Washington, March 31–April 3; wine and food tastings, seminars, farm excursions and more; sponsored by Alaska Airlines and the Alaska Airlines Visa Signature Card; CenturyLink Field Event Center and other venues.

Vegfest, April 9–10; food samples, cooking demonstrations and more, relating to nutrition and vegetarian options; Seattle Center Exhibition Hall.

Costumes and Culture

▶ Immerse yourself in Japanese popular culture when Sakura-Con returns to the Washington State Convention Center, March 25–27. This event features all things anime, including merchandise, industry presenters, artist shows and "cosplay chess games" (in which costumed anime fans act as pieces). Cultural presentations will also teach about Asian traditions. With 23,000 attendees expected, many in costume, Sakura-Con figures to be a show full of character. Visit sakuracon.org. —Kevin Lee-Simion

Costumed guests attend a ball at a past year's Sakura-Con.







Sony RX100 IV This engineering marvel trumps many DSLR cameras, packing in functions ranging from an anti-distortion, 1/32,000-second shutter to 40x slow-motion video capabilities that capture details invisible to the human eye. With a retractable viewfinder, tiltable back screen and large-diameter Zeiss lens, this palm-size wonder puts very good things in a small package (sony.net/ products/di/en-us/products/f5kd; \$949.99).



HTC RE

This compact, 16-megapixel camera with a 146-degree wideangle lens is easy to grip and waterproof to 1 meter-which is appropriate,

given its periscopelike shape. Use its simple single-button control to start shooting instantly—press once for a photo or hold the button longer for a video. Bluetooth and Wi-Fi capabilities allow real-time connections to iOS and Android devices (htc.com/us/re/ re-camera; from \$199).



Teeny Travel Cameras

SMALL, PORTABLE DEVICES DELIVER BIG RESULTS By Chaney Kwak

Honey, technology's shrunk the camera. Size matters for the frequent traveler, and product engineers are racing to create the lightest, smallest pieces of equipment that can produce superb images. The following are five mini-camera devices that add features or capabilities not available on standard smartphones—and that meet the needs of a wide array of photographers on the go.



phone or tablet functions as an oversize touch-screen viewfinder, making focusing

DxO One At a size smaller than a deck of cards, this camera delivers the digital-SLR punch of 20.2-megapixel images, connects to a standard port for an iPhone 5 and other newer iOS devices, and fits into a pocket. When connected to the DxO One, a

as easy as a tap of the finger. Users can also easily control the aperture, ISO and other camera settings, or they can rely on intuitive auto settings. The easy connectivity also makes sharing travel photos a breeze (dxo.com; \$599).



Polaroid Cube+

The tough, tiny Cube+ combines Digital Age functions such as Wi-Fi connectivity with oldschool cred lent by Polaroid's iconic colorspectrum logo. The 124degree wide-angle lens

takes image-stabilized HD video and 8-megapixel photographs. Shock-resistant and easily mounted to metal via a magnetized base, the Cube+ is a vintage-cool, adventure-ready alternative to a GoPro (polaroid.com/cube; \$149.99).



Narrative Clip 2 There's no need to fumble for the shutter when you can wear this clip-on square with a built-in GPS that yields 8-megapixel photos and 1080p (high-definition) video. At 0.67 ounces, this nonintrusive device can record video or automatically snap pictures at intervals of your choosing—so you can relive every moment of a journey later (getnarrative.com; \$199).



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TRUE NORTH

IDITAROD TRAIL SLED DOG TEAMS SET THEIR SIGHTS ON NOME | BY JOE RUNYAN



Veteran Iditarod musher Aaron Burmeister leaves the Unalakleet checkpoint at sunset in 30 mph winds, with about 270 miles to go.

WHILE the rest of the nation

looks forward in March to thawing out from a long winter, more than 80 mushers in Alaska are praying for snow. On March 5, they'll depart with their 16-dog teams on a 1,049mile wilderness trail from Anchorage to Nome, Alaska-and never intersect a highway. The Iditarod Trail Sled Dog Race heads northwest over the Alaska Range, traverses the great Yukon River Basin to Kaltag, and crosses over a coastal range to Unalakleet. The trail then follows the Bering Sea coast for 300 miles to the finish in Nome. Mushers might catch a break with weather above freezing, but just as often, they'll encounter fearsome winds and temperatures hitting 40 degrees below zero. Either way, just let there be snow.

At its best, the Iditarod is like a magic-carpet ride through still wilderness, the dogs hammering the harness, barking at moose, occasionally surging to a lope through the night out of sheer exuberance. Such moments are the musher's psychological reward.





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After 43 runnings, the annual Iditarod remains an authentic winter challenge, a raw wilderness adventure that is unique in the world of sports. For one, the race is an egalitarian affair. Women and men, from 20-somethings to 50-somethings, have won the event. The rules apply equally to all participants. The quality of the dogteam athletes, training, the resourcefulness of the musher-and luck-all contribute to a successful race.

Everyone wants to arrive at the finish in Nome with a healthy, happy dog team, and the competition is ostensibly a secondary consideration. Yet the top racers surely think about placing. After all, there are trophies, cash awards and valuable bragging rights on the line.

Having won the Iditarod in 1989, I can personally attest to a well-known existential predicament that is peculiar to dog mushing. A musher is not running the 1,000 miles to Nome—it's the huskies who pull the sled, and no amount of personal sacrifice will impress an imperturbable sled dog. The dogs don't care if you're exhausted, or you want to impress your girlfriend and appear on TV. They don't know, nor do they care, how much you spent on dog food last month, or that you've dreamt of winning the Iditarod since you were 5 years old. Unless you are wholly committed to your loyal huskies, and cater to their natural inclination to travel and to their well-being along the way, you will never do well in distance racing. It's a hard-and-fast rule, inviolable, and



>> Above: Dallas Seavey's dogs Reef and Hero sport garlands of roses on the winner's stand after winning the Iditarod in 8 days 18 hours 13 minutes and 6 seconds.

in the mind of every musher, a competitive and moral compass: Dogs first.

I recently watched an interview with Joe May, the 1980 Iditarod champ, at the Iditarod Insider website. Recalling his triumph as a much younger man, he brought out a trophy that was awarded to him in 1982 by the Iditarod race veterinarians for excellent dog care. The Alaska Airlines Leonhard Seppala Humanitarian Award, as it is now known, is no popularity contest; vets stationed at each of the checkpoints along the race route collectively rate the mushers on objective observations. May said that he has long prized his











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Seppala award over the championship trophy he won 35 years ago. The Seppala award serves as validation of his commitment to his team.

Martin Buser, who has won the Iditarod four times, has, more remarkably, won the Seppala award five times.

IN 2015, unusually warm winter temperatures and lack of snow south of the Alaska Range forced officials to change the start of the Iditarod to the Interior city of Fairbanks.

This year, race officials have been communicating with locals of 18 villages along the race trail who are monitoring trail conditions. In January, Race Director Mark Nordman flew the Iditarod route, specifically to inspect the notoriously rough trail on the north side of the Alaska Range. Some years, the mountains cast a snow shadow through an area known as the Buffalo Tunnels, a winter range for a herd of bison. In 2014, the north side of the Alaska Range was completely without snow, and mushers battled minor injuries and broken sleds on rugged trail. The dogs, delighted to be pulling on terra firma rather than loose snow, lost all common sense and went even faster. Understandably, this was more adventure than expected, and mushers, remembering their bruises, have been leery to travel this section of trail without an assurance of snow. Fortunately, the 2016 trail over Rainy Pass is reported to have snow cover, so the race is scheduled to follow the traditional Iditarod trail from Willow to Nome.

Should a February thaw dissolve the trail, plans are in



Unless you've traveled with an elite team of Alaskan huskies, it is difficult to know their unbridled power and grit.

place to again start the race in Fairbanks.

This year's expected 86-musher field includes competitors from the United States, Canada, Sweden, the U.K. and Norway. Eight Norwegians will fly their teams to Alaska. They have a long history of travel by dog team, take the sport of long-distance mushing seriously and have proved they can compete with Alaskan mushers.

Robert Sorlie, 59, is a firefighter from Hurdal, Norway. He won the Iditarod in 2003, skipped a year, and won again in 2005 to prove he was the real deal. He



>> Above: Joar Leifseth Ulsom passes the steaming pools of the Manley Hot Springs checkpoint in the 2015 race. >> Left: Lance Mackey's team charges along the Yukon River after leaving the Koyukuk checkpoint.

>> Jessie Royer drops onto the Fish River in the afternoon on her way into the White Mountain checkpoint. She has five Top-10 finishes and came into Nome fourth last year.

has also won the Finnmarksløpet, Europe's premier long-distance race, three times. Sorlie raced the Iditarod in 2014 and finished 21st, but in all fairness, he had some setbacks in the Buffalo Tunnels and later commented, "I run into burning buildings for a living, but I have never been so scared."

Other Norwegians are respected, as well. Sigrid Ekran, age 36, won the Finnmarksloppet in 2014 and 2015, and is now considered Europe's best long-distance musher. In 2014, she, too, had problems on bad Iditarod trail and sported twin black eyes all the way to Nome. She finished 11th.

Ralph Johannessen, 56, a good friend of Sorlie's, has also had very good results in Norway and is capable of running at the front of the pack.

The most formidable Norwegian competitor is Joar Leifseth Ulsom, age 29, from Mo i Rana, Norway. Tall, easy-moving and soft-spoken, Ulsom has placed fourth in the Iditarod, and he seems to be perpetually racing, even

IEF SCHUITZ PHOTO COM

traveling to Russia. Ulsom seems comfortable in all kinds of conditions, and because he has spent so much time with the dogs, his life on the trail appears effortless. Of all the resolute mushers in this year's race, Ulsom and 2015 champ Dallas Seavey are the two who seem to have the natural athletic advantage.

Dallas Seavey, the three-time winner, is the indisputable archetype of Iditarod competitors. He won in 2012 at



age 25—the youngest to ever win the Iditarod—and again in 2014 and 2015. Seavey was an accomplished wrestler. He was a Junior U.S. National Champion at 125 pounds, trained for a year at the U.S. Olympic Training Center, and was on the 2005 Junior National team. Wrestling obviously provided Seavey with a solid athletic education and mindset. His pure athleticism, his stamina and his alertness in the final days of the Iditarod race are absolute advantages.

Additionally, Seavey comes from a mushing family. His father, Mitch Seavey, is a two-time Iditarod champ (most recently in 2013), and his grandfather, Dan Seavey, ran the first Iditarod in 1973. Mitch and Dallas are fiercely independent and maintain separate kennels, but the two are said to talk almost daily by telephone. Mitch finished second last year behind Dallas.

Dallas may find that his dad is again his toughest competition—or vice versa.

Of course, the Seaveys will be targeted by a host of accomplished challengers. Jeff King, 59, a four-time champion, doesn't discount Dallas' recent dominance, but points out that the victories have been by slim mar-



gins, and therefore he's vulnerable to an upset.

One racer who understands those slim margins very well is Aliy Zirkle, 46, from Two Rivers, Alaska. She has finished second three times right behind a Seavey.

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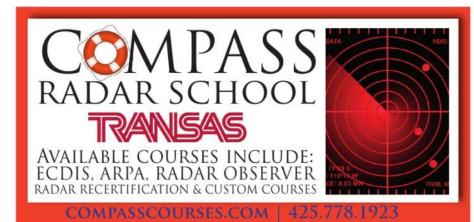
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Zirkle is supported by legions of fans who think she is due for a lucky break. She races with a contrarian strategy. Rather than stopping in villages where warm shelter is often available, she prefers to camp along the trail so that her rest-and-run schedule is more rhythmic.



>> Veterinarians check Mitch Seavey's team at the Huslia checkpoint, about halfway through the 2015 race.

She can also travel rather anonymously since her competitors rarely see her. While the strategy has certain advantages, she has to work harder to accommodate her dogs outside of a village, especially in cold weather.

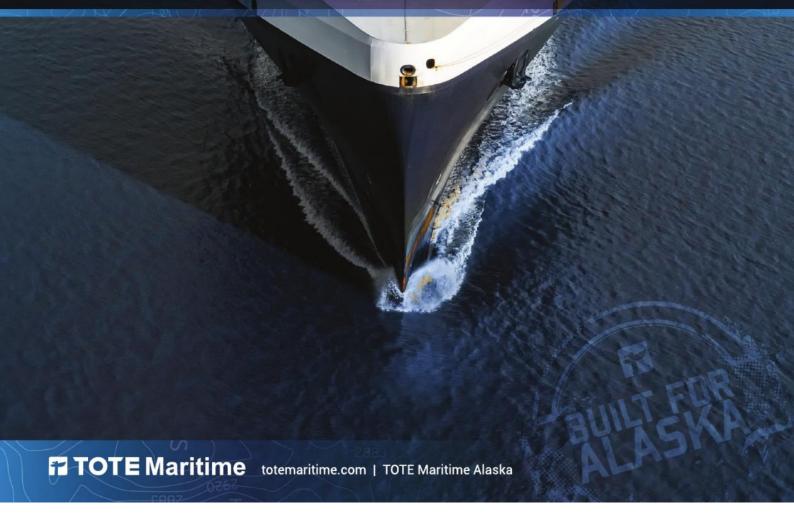
Another woman figuring prominently on the 2016 elite list is Jessie Royer, 39, from Darby, Montana. She finished fourth in 2015 and has earned a place on any top-five contender list. She is a ranch girl, can ride a wild horse, and is a totally engaging personality. Tough, practical and unflappable, she seems to thrive in inclement weather and never met a storm she didn't like.

WE HAVE BEEN DISCUSSING the mushers, but what about the huskies? A competitive Alaskan husky is typically a 35- to 60-pound powerhouse whose breeding is a mix developed for traveling along the traplines of the Yukon and Koyukuk rivers. Fast-moving and incredibly



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TEAMS TO WATCH

>> This year I will be hosting a daily show at the Iditarod Insider (see Iditarod.com) to explore questions, look at trail results, and elicit commentary from fans and Iditarod experts. I recently teamed up with Bruce Lee, a commentator traveling with the Iditarod Insider film crew, to compile a Top-10 prediction. There are many mushers who could take all the marbles, but Lee and I came up with the following, in no particular order:

Dallas Seavey, 28. He's won three times and is at the top of his game. His kennel is still improving and his team should be awesome this year. He is very active and disciplined and sets a high standard for dog care.

Mitch Seavey, 56, two-time champ. Father of Dallas; maybe Dallas' worst nightmare. He has the same patient style as his son and knows how to win.

Jessie Royer, 39. Very consistent, her team speed has improved, and her training in Montana has been excellent.

Aliy Zirkle, 46. She has placed second three times. How can anybody be so close and not be a favorite?

Joar Ulsom, 29. This Norwegian is perpetually racing, never tired, never out of the front. In his first Iditarod in 2013, he placed seventh.

Jeff King, 59. The four-time champ has at least once beat everyone in this list in his 25 Iditarod starts.

Sigrid Ekran, 36, comes from Norway with a team that won the European Finnmarksløpet in 2014 and 2015.

Wade Marrs, 25, from Willow, Alaska, earned his spot on the list with an eighth-place finish in 2015.

Nicolas Petit, 36, born in France but now living in Girdwood, Alaska, has shown signs of brilliance, placing in the Top 10.

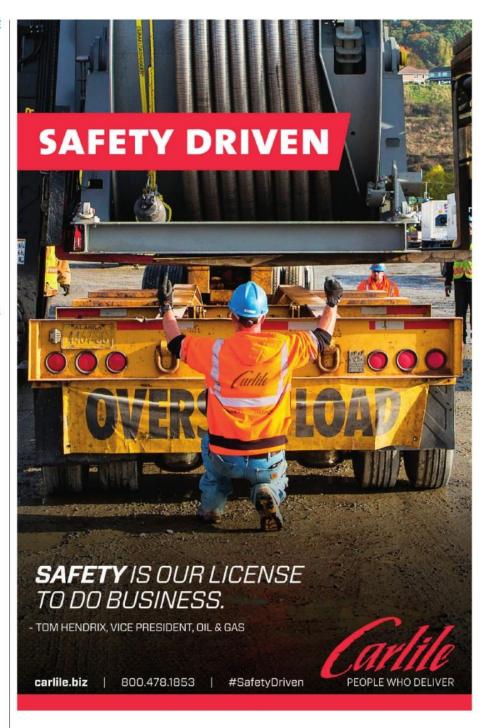
Brent Sass, 36, from Eureka, Alaska, has impressed fans with his steadily improving team. He won the Yukon Quest in 2015. —J.R. motivated to pull, the Alaskan husky is a breed in constant development. Mushers are well aware of pedigrees, but wary of allowing kennel genetics to become too narrow. Hybrid vigor is necessary, and mushers are constantly evaluating other dogs and getting pups from top performers who exhibit durability. A musher's view of the Alaskan "breed" is based on performance, and therefore establishing a registered breed is of little interest.

Theoretically, a 50- to 60-pound Alaskan husky combines heart and lung into an efficient 100-mile-a-day biological miracle. Exceptions do exist. Jeff King is often seen with his arms around a behemoth 76-pound Alaskan husky named Barnum who has accompanied the champ on numerous Iditarods and figures in his kennel breeding plan.

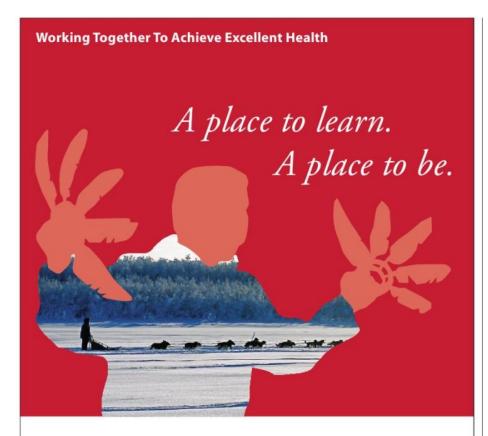
Malemutes, the iconic arctic bruisers, are thick-coated 100-pound freighters designed for rugged duty, but are too slow for racing and not represented in 2016. Purebreed Siberian teams do well in the Iditarod, but they, too, are specialized for freighting and have never been truly competitive alongside the elite and faster Alaskan husky teams.

Unless you've traveled with an elite team of Alaskan huskies, it is difficult to know their unbridled power and grit. Sixteen dogs, the maximum allowed by the Iditarod rules, on a wilderness trail can be a breathtaking wonder. They are incredible athletes with exceptional stamina and metabolic efficiency. Elite huskies can process more than 10,000 calories per day, and on little rest travel 100 miles or more a day. These exceptional individuals may seem unremarkable in the first days, but as the race progresses their endurance become obvious.

THE FIRST IDITAROD, IN 1973, was met with incredulity. Some critics thought it was foolhardy and beyond the capacity of the sled dog. The founder of the race, Joe Redington Sr., and his mushing partners







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believed it was possible to travel to Nome in a race format, but no one knew for sure. Dick Mackey, who would win in 1978, told me humorously that the first Iditarod more or less just seemed like it was a good idea.

Dick Wilmarth quieted the doubters and won the first Iditarod in 20 days 49 minutes. Everyone broke a lot of trail. It was possible to race sled dogs over a thousand-mile course.

Now, the race is won in less than half that original time, and many dogs even run other long-distance races just weeks apart; specifically, the Yukon Quest, a 900-mile race between Whitehorse, Canada, and Fairbanks, Alaska.

I was the first competitor to win both the Yukon Quest and the Iditarod, though those victories came in separate years. My mushing friends and I never imagined in the 1980s that a dog team could travel both trails competitively in the same year.

Then the incredible Lance Mackey made his mark on Iditarod history. Mackey, now 45, first raced the Iditarod in 2001 and finished unnoticed in 36th place. Mackey made a living at the time on the Bering Sea commercial fishing fleet-a dangerous and itinerant life, and he openly admits that he was rebellious, unfocused and adrift. His life changed dramatically, however, when he was diagnosed with throat cancer that same year, and underwent surgical and radiation treatments. His salivary glands were removed, among other procedures, and he still suffers from neurological damage.

Following treatments, he returned home, physically diminished, to contemplate his future, often recuperating in the warm cab of his truck, watching over his kennel. Still recovering from treatments and unable to eat a full meal, he ran the 2002 Iditarod with a stomach tube, periodically thawing out Ensure and pouring the mix down the tube. Unable to take in enough calories, he eventually

scratched and did not finish the race.

Over the next several years, Mackey steadily built his team, raced anywhere he could, and developed a unique insight and strategy. He began a furious schedule of racing, and ran both the Yukon Quest and the Iditarod in the same year. He won the Yukon Quest in 2005 and 2006, and also placed Top 10 in the Iditarod those same years.

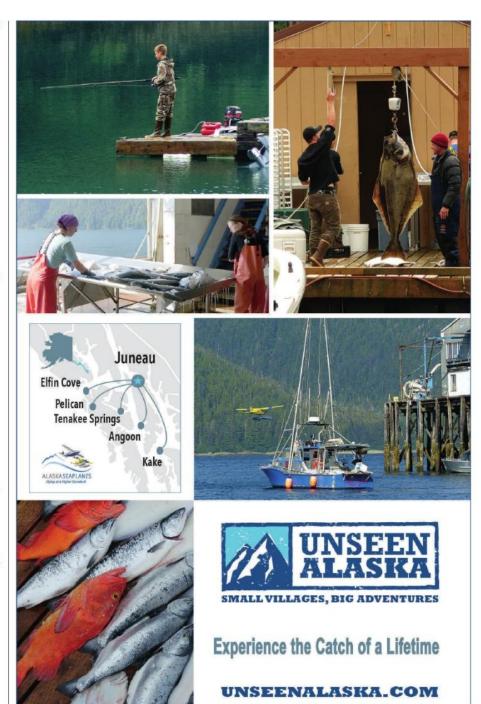
In the summer of 2006, Mackey stated that he intended to win both races the following season—nearly 2,000 miles of trail. It was a comment widely ridiculed at the time, but he was planning to completely change what we knew about sled dogs.

On February 20, 2007, Mackey, his team and his famous lead dog, Larry, departed Whitehorse with the thermometer hitting 40 below and went on to win the Yukon Quest. On March 4, 2007, Mackey and team left Anchorage and took control of the Iditarod with powerful runs in the last third of the race. Mackey had done the unthinkable, winning both distance races in the same year.

Still, he had detractors who contended that his improbable feat was a fluke. In 2008, Mackey quieted all critics and won his fourth Yukon Quest and his second Iditarod. No other musher has ever accomplished this feat, and Mackey did it twice. In 2010, he was second in the Yukon Quest and first in the Iditarod. Mackey has won a total of four Iditarods: 2007, 2008, 2009 and 2010.

Lance Mackey may very well be the greatest musher of all time, and he may prove it again this March. Yet there are a number of elite mushers, with willing and eager teams, ready to make their own marks on the Iditarod, The Last Great Race.

Joe Runyan won the Iditarod in 1989. He no longer races sled dogs, but provides commentary at Iditarod.com. Runyan farms in Cliff, New Mexico, and raises English pointers.



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A

caravan of camel merchants traverses a Moroccan desert, casting an enchanting shadow captured by photographer Art Wolfe. A polar bear cub stands behind its protective mother on Norwegian ice, creating an endearing moment for photographer Jon Cornforth. Professional photographers such as these, and many others, scour the planet for images that thrill, entertain and inform us. Producing such photos is an art, a wellhoned craft—and the right tools for the job are essential. In the following pages, we've asked professional photographers about their equipment and the techniques critical to their specialties. From wildlife photography to portraiture to capturing extreme action sports, here's how the pros get those amazing shots.

SIX PROFESSIONAL
PHOTOGRAPHERS
SHARE TIPS FOR
CHOOSING THE RIGHT
GEAR, AND TECHNIQUES
FOR CREATING GREAT
PHOTOGRAPHS

BY GARY HAYES

ART WOLFE

Art Wolfe has photographed on every continent on the planet over the course of his 40-year photography career. Known for his wildlife and travel photography, Wolfe is an advocate for environmental conservation and world cultures through his photography that spans the genres of art and journalism. In addition to his print projects, he also hosts the television series *Art Wolfe's Travels to the Edge*.

■ CAMERAS AND LENSES: For most of his travel and wildlife photography, Wolfe uses Canon 5DS R and 1Dx cameras. "The Canon 5DS R offers much more clarity in the shadow and highlight details while maintaining the convenience of a lighter-weight body," he says. A majority of his images over the last few years have been shot with just two lenses: Canon's 16-35 f/2.8L II and the 70-200 f/4L IS. To cover the focal lengths between these lenses, he uses a Canon 24-105 f/4L IS. "It's a great walk-around lens for shooting in crowded markets, portraits and architecture," he says. For wildlife, he often uses a Canon 200-400 f/4L IS USM and a 1.4 extension tube if needed.

- OTHER GEAR AND ACCESSORIES: A tripod is critical for much of Wolfe's work, and he uses a Gitzo GT3542XLS Carbon Fiber tripod that is lightweight and sturdy. Wolfe also carries an intervalometer for shooting long exposures and stars, circular polarizers for all his lenses and a couple of two-stop, hard step graduated neutral density filters.
- TIPS FOR TIGHT BUDGETS: Wolfe suggests that it is the quality of lenses that is most important. "While it's great to have a megapixel powerhouse," he says, "camera bodies are upgraded and updated all the time, but a good lens you can use for years."
- TOP PHOTO TIPS: "The best landscape photos are usually taken in the warm light of dawn and dusk," Wolfe says. Don't be discouraged by bad weather, he says. "If you go out on a foggy day, it's rich in color, and longer exposures can help pick up those hues. Even in the worst conditions, you can still shoot a macro or close-up shot."



Portland Trail Blazers guard Damian Lillard goes for a layup in a recent game against the Utah Jazz. Mitchelldyer took the photo with a 300mm lens from a set of arena stairs. "This angle gets me a little higher off the ground to look down on the players as they jump toward the basket." The location and lens choice also help create a shallow depth of field that makes the fans go out of focus, for a cleaner background.

CRAIG MITCHELLDYER

Craig Mitchelldyer specializes in sports and corporate portraiture as a commercial and editorial photographer based in Portland, Oregon. His clients include the Portland Timbers, The Associated Press, *USA Today*, Getty Images, and many other newspapers and magazines.

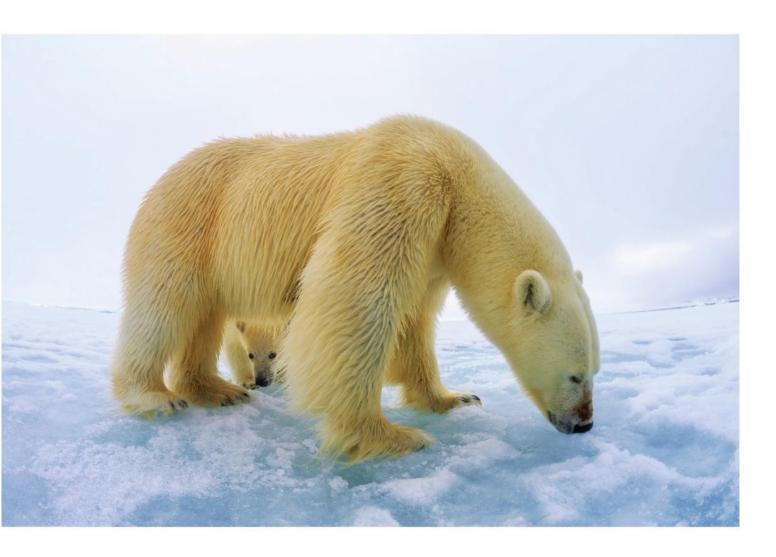
- CAMERAS AND LENSES: Mitchelldyer uses the Canon 5D Mark III for most editorial work and portraiture, and the Canon 1D Mark IV for much of his sports work. "The 5D has excellent low-light capabilities, and really great color and shadow detail," he says. The 1D is well-suited to capturing fast action. "It's really fast at focusing and shoots eight frames per second," he notes. Mitchelldyer's main go-to lenses are a 16-35mm, 70-200mm and 300mm. "I like to shoot with wide, medium and long lenses to be able to cover any possible thing that could happen from any angle," he says.
- In regards to his commercial portrait work, "lighting is everything," he says. His lighting choices can range from studio strobes to multiple Canon 600-EX Speedlites, allowing him to control the light when he finds himself on assignments shooting indoors in poorly lit rooms. As a sports photographer in the Northwest, he often finds himself outdoors in the rain, so he protects his gear with Aquatech rain covers. Mitchelldyer uses Think Tank Photo bags to carry his equipment.

OTHER GEAR AND ACCESSORIES:

- TIPS FOR TIGHT BUDGETS: When buying a camera body, the most important requirements are the ability to manually control shutter speed and aperture settings, and the ability to use different lenses, he says. "The Canon Rebel is a great lower-end camera that gives complete control and allows different lenses," he offers as an example. On lenses, it's important to have a range of focal lengths, he suggests, but those on a tighter budget could consider lenses such as the Tamron 18-200mm, or the combination of a Canon 18-55mm and 75-300mm, or a Canon 28-135mm. What the photographer sacrifices on these lenses is their capability in low-light situations, "but for most everyday uses for the average consumer, they are great," he says.
- backgrounds," Mitchelldyer says.

 "The background is the most important part of your photo.

 Sometimes simply shooting from a lower or higher angle, or moving slightly left or right, can really clean up your background and make the subject really pop."



JON CORNFORTH

Jon Cornforth specializes in traveling to extreme locations to photograph wildlife and exotic landscapes. Some of the Seattle-based photographer's favorite destinations are wilderness areas of Alaska and the Arctic, but his work also leads him to Hawai'i and the South Pacific. His photographs have won numerous awards and have appeared as covers for Outdoor Photographer, Backpacker, Popular Photography and Alaska Beyond Magazine.

- CAMERAS AND LENSES: Cornforth has mostly used Canon cameras, including the Canon 5D Mark III and 7D Mark II, but recently he has used Sony cameras for specific needs. For extremely detailed landscapes, he uses a 36-megapixel Sony a7R mirrorless camera body. "The high-resolution sensor on the Sony a7R has an incredible dynamic range, which allows me to open up dark shadows and recover blown-out highlights better than any camera sensor that I have ever owned," he says. He uses the camera with a Canon lens adapter that allows him to use all his Canon lenses. For wildlife images, Cornforth relies on a Canon 300mm f/2.8 IS II lens. "It is incredibly sharp and relatively lightweight," he says. "Combined with 1.4X or 2X converters, it can cover a lot of situations, most of the time while being handheld."
- OTHER GEAR AND ACCESSORIES: "A tripod and quick-release ball head is required for photographing landscapes and long exposures," says Cornforth. He also uses a right-angle viewfinder for getting low to the ground without having to lie down. When he travels, Cornforth carries his gear in the F-stop Tilopa backpack and various Pelican hard cases.
- TIPS FOR TIGHT BUDGETS: "I advise that aspiring photographers spend

- more money on their lenses than the camera bodies," says Cornforth. "You'll own them longer, and your images will be sharper than using consumer lenses." He also suggests that buying used or refurbished professional equipment will help assure your equipment survives tough conditions when typical consumer cameras stop working.
- TOP PHOTO TIPS: Get low, Cornforth recommends. "Landscape scenes look better closer to the ground with a unique subject in the foreground," he says. "Wildlife subjects also look better with a cleaner background, rather than shooting down on them." He also suggests that photographers find their own unique subjects and angles. "The most rewarding images that you will create are the ones that only you have," he says.

While visiting Svalbard, Norway, Cornforth was hoping to get images of polar bears from a boat: "Using a polecam and a wide-angle lens, I leaned over the railing and gently lowered my camera to the ice. She walked back and forth along the ice edge for over an hour before the cub finally joined her. At some point I realized that the cub was beneath her and quickly repositioned my camera in order to capture this incredible moment."

ROSANNE OLSON

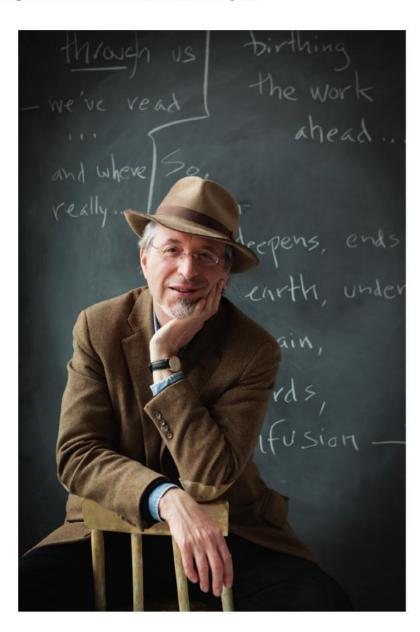
Rosanne Olson has forged a 30-year career in Seattle working in advertising and editorial photography, and fine portraiture. She earned her master's degree in journalism from the University of Oregon, then worked with Pulitzer Prize—winning photographer Brian Lanker at the Register-Guard in Eugene for five years before embarking on her freelance career. She has authored three books: This Is Who I Am, ABCs of Beautiful Light and The Art of the Portrait (due out this year).

■ CAMERAS AND LENSES: Olson uses a Canon 5D Mark II and Sony a7 II mirrorless camera for her professional work and travel. She primarily uses the Sony for portraiture and details when she wants to travel light. For a fine-art edge to her images, she sometimes uses a plastic Holga camera and a 4x5 pinhole camera for ongoing projects. "I have exhibited images from all three types of cameras," she says, referring to her professional camera bodies and the low-tech Holga and 4X5 pinhole. Olson has a couple of lenses she relies on heavily: the Canon 24-70mm zoom and the Canon 85mm 1.2 portrait lens. "I love this lens," she says referring to the Canon 85mm, "especially because I love portraiture."

OTHER GEAR AND

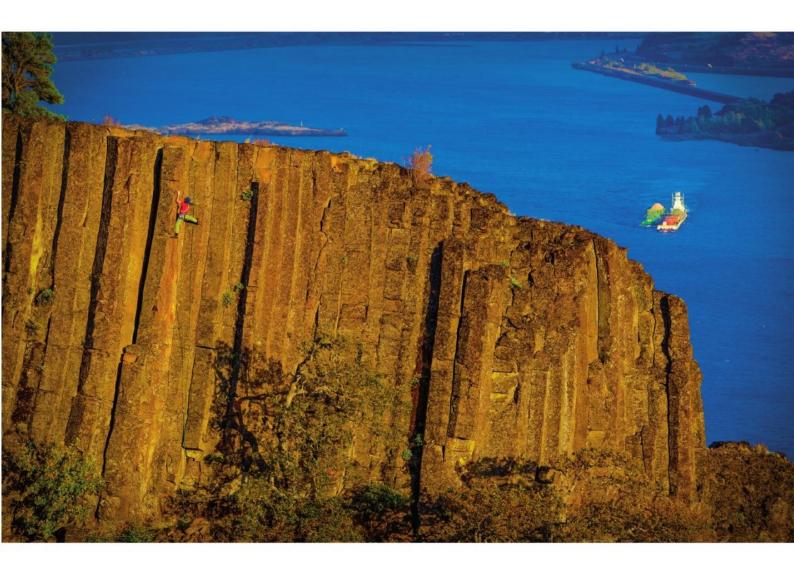
ACCESSORIES: A tripod and lighting are important in her work. "I use big strobes in my studio and have a dedicated flash for my Canon, which I use only occasionally," she says. "When I travel with the Sony, I most often use natural light but bring along a flash setup if I need one." A small reflector is a good idea, as well, she suggests. Olson has a rolling case for her camera equipment that holds most of her gear when on assignment, and it fits in the overhead on the airplane.

TIPS FOR TIGHT BUDGETS: Olson recommends that you purchase the best gear you can afford. "Get a full-frame camera, if you can afford it," she says. "Get a good zoom lens for travel and maybe one other, depending on what you love to photograph." She suggests that starting out with a 24-70mm zoom lens is a good way to go. "It's good for landscapes. It's good for portraits. It is very flexible," she says. "If you can afford one that is fast, with a fixed maximum aperture (f/2.8), that will be a lens you can use forever."



■ TOP PHOTO TIPS: "Learning about light is the most important thing a beginning photographer can do," says Olson. Like the other photographers, she emphasizes that the best light comes early and late in the day. "During the rest of the day, learn to work with what you have," she says. For portraiture, she recommends learning how to engage the people you want to photograph, by being interested in them.

Olson's photo of Seattle poet Jed Myers was created for his poetry book and website. "I photographed Jed in my studio, using window light, a Canon 5D Mark II and an 85mm 1.2 lens. Because he is a writer, I thought it would be interesting to have him write some words on a blackboard as if he were creating a poem. To me, a portrait is a deep connection and collaboration between subject and photographer."



RICHARD HALLMAN

Whether shooting heli-skiing in Alaska or capturing kiteboarding and windsurfing in the Columbia River Gorge, Richard Hallman's images reflect a passion for the outdoors and outdoor sports. The adventure-sports photographer from Hood River, Oregon, places himself in extreme situations to gain a unique perspective on sports such as mountaineering, surfing, snowboarding, kiteboarding and mountain biking.

- CAMERAS AND LENSES: Hallman uses Canon 1Dx and 7D cameras. "The 1Dx is my go-to camera," he says. It's a full-frame, 18.1-megapixel camera that shoots up to 14 frames per second, offers ISO settings up to 51200 and delivers sharp, low-noise images, even in low-light conditions, he explains. Its 64-point auto-focus system allows for fast focusing, and at 14 frames per second, "there is ample chance to capture critical moments fast and in focus," he says. When reducing weight is critical, such as when he is rock climbing or mountaineering, he reaches for his 7D. Hallman uses a wide range of Canon EF lenses, including zooms and fixed focal-length lenses. "Canon's 70-200mm and the 24-105mm are my two favorite lenses," he says. "I travel extensively and try to limit the amount I carry with me." These two lenses constitute about 85 percent of his everyday lens choices.
- OTHER GEAR AND ACCESSORIES: Since most of his shooting involves following outdoor action in extreme environments, Hallman rarely uses a tripod. Being prepared for weather and

- extreme conditions is a necessity with the kind of work he does. "You can invest in all sorts of fancy Gore-Tex coverings and waterproof tarps, but I never leave home without a few extra lawn and leaf bags or simple garbage bags that do the trick to keep my backpack or camera gear dry," he says. Hallman uses backpacks made by Dakine and Lowepro to carry his gear.
- TIPS FOR TIGHT BUDGETS: Hallman advises that many entry-level cameras are packed with features found in higher-priced pro models, but for capturing action sports, you should look for the camera that has the fastest frames-persecond you can afford. "You want to maximize your ability to capture that one moment in fast-moving action, and the higher frame rate you have, the better," he says.
- TOP PHOTO TIPS: Hallman recommends that you learn as much as you can about the sports you want to photograph.

 "I do most of the sports I shoot and can anticipate the next move of the athlete," he says.

There are all kinds of ways to get adventurous in the Columbia River Gorge, Hallman says, including climbing the local columnar basalt. Late-afternoon sun highlights the contrasting colors of not only the rock and river, but the bright spots of action, spotlighting the climber and the transport barge drifting down the river.

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BRANDON COLE

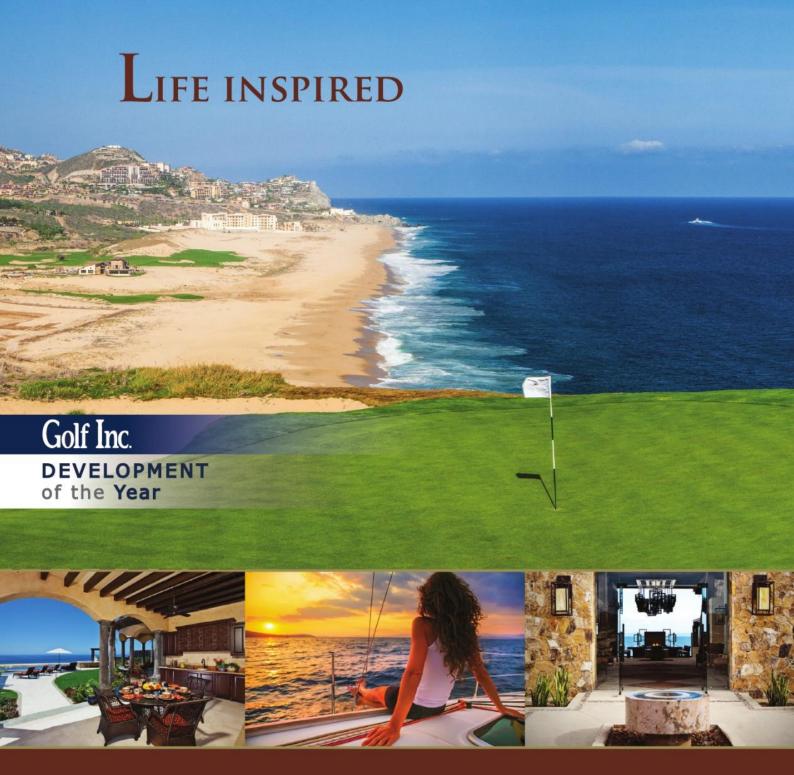
Brandon Cole's photography portfolio is heavily weighted toward the heavyweights of the sea, including whales, dolphins, sharks, sea lions and big fish. He lives in land-locked Spokane, Washington, but with a background in marine biology and ocean research, he has been photographing under the sea for 25 years. Cole's work is published globally, illustrating magazine articles and advertising.

- CAMERAS AND LENSES: Cole uses Canon 5D Mark III camera bodies in Seacam housings for most of his underwater photography. "Though other camera bodies from Canon, Nikon and Sony offer a superior feature or capability here or there, the 5D is a competent hybrid," he says. Cole uses the Canon 16-35mm f/2.8 Mark II and Canon 8-15mm f/4 lenses for the majority of his underwater wide-angle work. "The Canon 16-35mm is my top choice for most shark, dolphin and big-fish photography," he says. The Canon 8-15mm sees more use on coral reef scenics and shipwrecks. For images of smaller reef creatures, macro lenses such as the Nikon 60mm f/2.8 and 105mm f/2.8 are best for sharpness and 1:1 life-size magnification, he suggests.
- OTHER GEAR AND ACCESSORIES: In addition to the camera and lenses, underwater photography requires special equipment such as an underwater camera housing, strobe lighting and articulating arms to hold the strobes. In addition to Seacam housings, Cole uses Ikelite strobes and Ultralight arms. "Powerful, sealed flashes re-create sunlight in an otherwise cyan world," Cole says. He packs his gear in Think Tank Photo bags for transport.
- TIPS FOR TIGHT BUDGETS: Consumers can save by choosing among the non-full-frame camera bodies such as the Canon 7D Mark II or Nikon

D7200, and certain mirrorless and micro four-thirds cameras may also be good choices. For underwater photography, "the availability of quality housings matched to a specific camera model will help make the decision," he says. For cropped sensor bodies (versus full-frame sensor bodies), he suggests lenses such as the Tokina 10-17mm f/3.5–4.5 fish-eye zoom lens for wide angle and the Nikon or Canon 60mm macro lens for small critters.

■ TOP PHOTO TIPS: First and foremost, "develop your scuba diving skills before you embark on underwater photography," Cole advises. You should also know your subjects, he says. "Even a basic understanding of marine biology can give you a big edge in capturing interesting marine animal behavior, knowing when and where to find certain creatures."

On a 10-day scuba diving trip to the Socorro Islands, off Mexico's Pacific coast, Cole's top subject was the friendly manta rays. At one site he encountered up to six at one time, sized from 8 to 15 feet across. "This one has two remora fish attached to its back and followed my wife, Melissa, seeming to enjoy the belly massage from her exhaled bubbles," Cole says. He used a Canon 15mm f2.8 fish-eye to take this photograph.



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Cover: A beautiful day at the beach in La Jolla. Photo by Chris A. Selby / Alamy Stock Photo.

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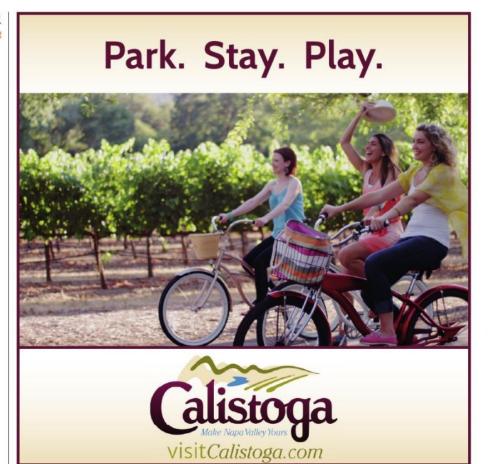
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Bay Area Delights

San Francisco and its surroundings offer wonderful cultural experiences and outdoor activities

By Michael Shapiro

ome destinations are known for their indoor attractions; others celebrate the great outdoors. San Francisco has the best of both worlds: superb museums, theaters, cafes and bookstores, as well as terrific hiking trails, beaches, parks and nearby islands.

The city is a delight to the eye and a stimulant for the mind. Perhaps that's why newspaper columnist Herb Caen made San Francisco his home and wrote love letters to the city throughout his 60-year career. Caen once wrote, "One day if I do go to heaven, I'm going to do what every San Franciscan does who goes to heaven. He looks around and says, 'It ain't bad, but it ain't San Francisco.'" With all the experiences San Francisco has available to explore, it's hard to imagine any place living up to it.

An ideal starting point for exploring the city is the Ferry Building Marketplace. The building is where visitors to San Francisco have arrived for more than 100 years, and it remains an active transportation hub with ferries to Sausalito, Tiburon and elsewhere.

Today, though, it's the epicurean attractions that draw most visitors to the Ferry Building. Under the landmark's vaulted ceilings are purveyors of artisan cheeses, organic fruits, premium olive oil and fine chocolate. Get a cappuccino from Peet's Coffee & Tea and a sweet baguette from Acme Bread Co. (both companies that were founded across the bay in Berkeley), then exit at the back of the building and soak in the views of the Bay Bridge and Alcatraz. Just beware. The savvy seagulls will pilfer your breakfast if you don't watch it like a hawk.

CA4 ALASKA BEYOND MAGAZINE MARCH 2016





One of San Francisco's finest restaurants is located in the Ferry Building: The Slanted Door, a gourmet Vietnamese restaurant that first opened in the city's Mission District in 1995. You will likely need a reservation to get a table at the restaurant's main Ferry Building venue, where dishes include lemongrass pork with vermicelli noodles. You can also consider the to-go offshoot called Out the Door, which also has a Ferry Building location; order some Hoi An meatballs and head to the back deck.

Before leaving the Ferry Building, stop by Book Passage, a bookstore with many helpful guidebooks and lots of literature about San Francisco. Then continue along the Embarcadero, which traverses the city's waterfront. Historically this was where cargo ships unloaded their freight; today the stretch along the waterfront has become one of the city's top visitor destinations, with attractions that include Pier 39 (with its shops and lounging sea lions), **Fisherman's Wharf** (with diverse offerings, from souvenir stands to shops to seafood restaurants) and the **Exploratorium** at Pier 15, a hands-on "science, art and human perception" museum that's not just for young people.

Over the past few decades, the Embarcadero has enjoyed a renaissance, stretching from its north end near Pier 39 to its south end near AT&T Park, home of the wildly popular and successful San Francisco Giants. A walk along the Embarcadero is virtually flat and offers some exceptional views. And watching a game at the bayside ballpark is a classic San Francisco experience. When the Giants don't have a game, tours of the park are available.

Visitors to Pier 39 are welcomed with talented musicians playing in the front plaza; on a recent weekday afternoon bluesman Dave Earl entertained passersby. The pier is a great place to buy a miniature cable car replica or enjoy a plate of fish and San Francisco's
Ferry Building
Marketplace
(opposite) is a great
place to shop and
sample local foods.
Afterward, enjoy a
stroll to Pier 39 at
Fisherman's Wharf
(above) or a bike
ride near the Golden
Gate Bridge (below).



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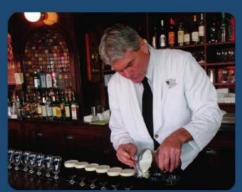
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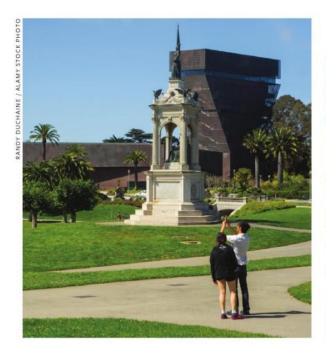


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chips. The San Francisco Carousel at Pier 39 features more than just horses. Kids hop aboard sea lions, otters, zebras, dolphins and pandas, while other visitors enjoy spotting the carousel's hand-painted San Francisco landmarks. On the west side of

the pier are the wooden platforms where sea lions haul out, chest-bump, and bark cacophonously to the delight of onlookers.

Nearby, at Pier 45, is one of San Francisco's lesser-known gems, the **Musée**Mécanique, a collection of more than 200

working coin-operated arcade games dating from the 1800s to the present century.

Entering the arcade (free admission) is like stepping into another era. For just a quarter or two, you can play classic pinball machines, Ms. Pac-Man or air hockey. Or you can listen to an antique player piano. Beware of "Laffing Sal," a life-size figure who cackles hysterically and surprises some visitors.

It's just a couple of blocks from the museum to Fisherman's Wharf, one of the city's enduring centers of activity. Here you can try clam chowder in a sourdough bread bowl, visit the legendary Buena Vista Cafe (famous for its distinctive Irish coffee) or peruse Ghirardelli Square (marked by its century-old clock tower), where you can see a demonstration of chocolate making and then get a fudge sundae so big it could satisfy a 49ers linebacker.

Art aficionados enjoy the de Young (top left), one of San Francisco's world-class museums. Hikers can walk to a labyrinth overlooking the Pacific at Lands End (top right).

EAST OF THE BAY

→ On a visit to her childhood home in Oakland,

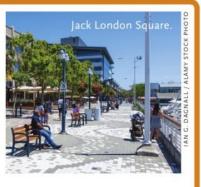
Gertrude Stein once famously reflected, "There is no there there." Yet Oakland today is a lively and attractive city: A walk around its Lake Merritt on a sunny day is beyond compare. Its Art Deco theaters, the Paramount and the Fox, are among the country's best preserved. At the Grand Lake Theatre you can hear live organ music played on stage before the film rolls.

The city's best-known attraction is Jack London Square. Named for the adventurous author, the square is next to the

Oakland/ Alameda estuary. Near the square, you can rent a kayak, get a bite to eat or shop on the scenic waterfront.

Oakland is home to the NBA defending champion Golden State Warriors, who are hoping to set the all-time record for wins this season. If you get tickets, you'll be rewarded with the chance to watch MVP Stephen Curry drain 25-foot shots.

Just north of Oakland is **Berkeley**, home to the



first University of California campus. In this area, you can visit the interactive Lawrence Hall of Science, the UC Botanical Garden at Berkeley and hilly, view-rich Tilden Regional Park. Then there's Telegraph Avenue where the '60s still live and street vendors ply tie-dye shirts and homespun crafts. —M.S.

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Connexe. Cocktail table, design Roche Bobois Studio.

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To explore on two wheels, rent a bike at San Francisco Bicycle Rentals (\$14 for two hours) or one of several other bike shops near Ghirardelli Square, and pedal westward along the city's mostly level north shore—through Fort Mason, along Crissy Field and, for energetic cyclists, across the Golden Gate Bridge.

If you are staying at the stylish, new, eco-conscious **Hotel Grace**, located near **Union Square** downtown, you can enjoy an

Riding a cable car is a terrific way to experience San Francisco.

innovative free bicycle-checkout program that supplies a cruiser bike, lock and helmet. This recently re-envisioned property, on the site of the old Hotel California, is about a 20- to 25-minute ride from Fisherman's Wharf.

For a classic San Francisco experience, begin at the turntable near the wharf (or at one of the turntables downtown) and catch a ride on a cable car. A single ride costs \$7, and an all-day pass is \$20—not bad for a

trolley that takes you "halfway to the stars" (as Tony Bennett croons in *I Left My Heart* in San Francisco).

Cable cars began running in 1873; to learn more about these transportation icons, visit the San Francisco Cable Car Museum, which is located downtown, in a former powerhouse. The museum has vintage cable cars, mechanical displays and historical photos. It's easy to get there by cable car—it's at a stop on both the Powell-

Hyde and Powell-Mason lines, and it's three blocks from the California Street line.

San Francisco has several world-class art museums, as well, such as the de Young, in Golden Gate Park; the Asian Art Museum, near the Civic Center; the Legion of Honor, in Lincoln Park; and the San Francisco Museum of Modern Art, which reopens in its freshly transformed space May 14, after more than two years of renovations and expansion.

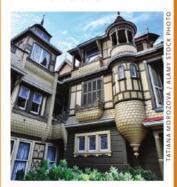
Golden Gate Park is a testament to San Francisco's great outdoor and indoor attractions. Rent a rowboat and paddle among ducks on Stow Lake or stroll past the bison paddock, where the city's famous herd

has lived since 1892. The **Japanese Tea Garden**, next to the de Young, is a haven for quiet reflection, a harmoniously designed place that soothes the soul.

San Francisco offers so many options that in a single day you can sip espresso at a North Beach cafe where beatniks hung out; sample dim sum in Chinatown; get out and hike on the Lands End Trail, with its spirit-lifting views of the Marin Headlands and the Golden Gate Bridge; have a drink at the Cliff House overlooking Ocean Beach; dine at one of the city's many destination restaurants; and cap off the evening with

SAN JOSE

→ San Jose, at the south end of San Francisco Bay, is well worth a visit. The city has remade itself during the past decade and has many engaging attractions,



Winchester Mystery House.

ranging from the Tech Museum of Innovation to the Winchester Mystery House, a baffling maze of Victorian architecture in which tour guides warn visitors not to stray from the group because they could be "lost for hours."

-M.S.

an opera, rock concert or theatrical performance.

THERE'S JUST NO PLACE like San Francisco. When the sun shines and the bay glistens, it's hard to imagine any place you could rather be.

A San Francisco Bay Area journalist, Michael Shapiro is the author of A Sense of Place: Great Travel Writers Talk About Their Craft, Lives, and Inspiration (2004). He is currently co-writing a guide to San Francisco for a European publisher.

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By Chaney Kwak

alifornia's Napa Valley and Sonoma County are known worldwide for their exceptional beauty and diversity. Home to world-class wines, farmstead cheeses and garden-fresh cuisine, these sun-kissed regions are an epicurean delight and are also known for their many outdoor activities. March is a good time to tour Wine Country. Visitors can attend a festival or take part in many delightful activities. The following are some of my favorites.

NAPA VALLEY

The biggest draw in the area remains touring the more than 400 wineries located in the area. You can ride an aerial tramway up to the **Sterling Vineyards** winery or visit the

castlelike Castello di Amorosa, both in Calistoga. Some wineries, including Stag's Leap Wine Cellars and Schramsberg Vineyards, boast wine caves. Tours of these subterranean spaces are always a highlight. For a different type of Napa tour, visit Round Pond Estate to learn about making olive oil. Grapevines and olive groves thrive at the estate, allowing you to try wines and then see how olive oil is made.



Visitors walk along the terrace at Napa Valley's Sterling Vineyards (above). The castlelike Castello di Amorosa winery (left) is a visitor favorite.

























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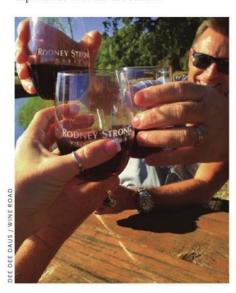




When it's time to eat, I suggest trying famous chef Thomas Keller's restaurant, Ad Hoc, in Yountville. The owner of The French Laundry restaurant, also in Yountville, turns American comfort food into gourmet fare at Ad Hoc, with dishes such as pork belly hash served with wilted kale and fingerling potatoes. Next door, chef Richard Reddington, owner of Redd, adds an international accent to dishes, such as petrale sole, coconut jasmine rice, clams, chorizo and a saffron curry broth.

To burn off those sumptuous meals, hike the Robert Louis Stevenson State Park north of Calistoga. The park is named for the author of *Treasure Island*, who spent his honeymoon in the area. As you ascend to the top of Mount Saint Helena, you can see much of the Bay Area and—on clear days—Mount Shasta, the volcanic peak nearly 200 miles to the north.

Another way to enjoy the local landscape is to explore the **di Rosa** art museum, located about 6 miles southwest of the town of Napa. The collection of sculptures and paintings by about 800 Bay Area artists is housed in three separate galleries and placed across an expansive sculpture park inside a protected wildlife preserve. Make sure to join a guided tour to best experience the vast collection.







Napa Valley offers many wonderful lodging options. One favorite is **The Carneros Inn**, located about 5 miles southwest of Napa. Surrounded by 27 acres of grapevines and apple orchards, the inn offers rustic-chic architecture with some rooms that open to outdoor showers and verdant gardens. Scattered among the manicured grounds are a bocce ball court and two

The summit of Mount Saint Helena (top) offers great views of Wine Country.
Roasted County Line Carrots, with prosciutto (above), is a popular dish at the Spoonbar restaurant. Wine Road visitors can stop at wineries, such as Rodney Strong Vineyards (left), throughout Northern Sonoma County.

A Feast of Festivals



Flavor! Napa Valley.

→ Here are a few of the festivals and events taking place in the region this spring. Flavor! Napa Valley (March 16–20) is held in the city of Napa. The five-day event features the region's farm-to-table riches. The 10th-annual California's Artisan Cheese Festival (March 18–20) is in Petaluma. Travel the world at the 19th-annual Sonoma International Film Festival (March 30–April 3), in the city of Sonoma. The event will include 90 different films. —C.K.



A guest enjoys the view from Santa Rosa's Vintners Inn.

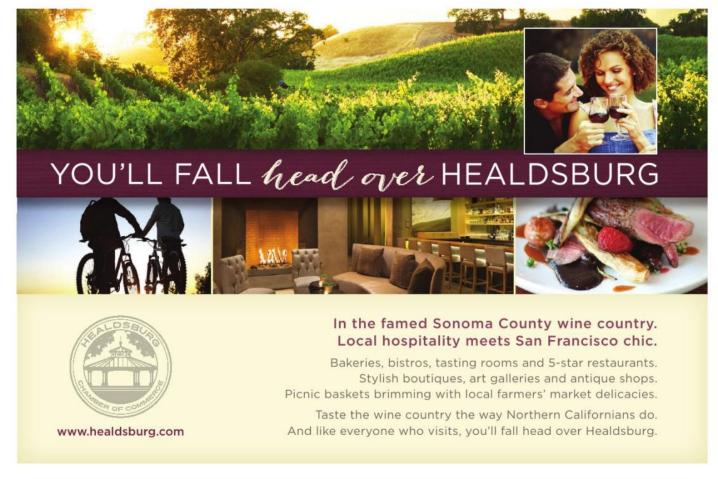
Sonoma County is a large region known for rolling hills, cozy valleys and more than 400 wineries.

swimming pools. Another option is Wydown Hotel in St. Helena. The boutique hotel emphasizes contemporary furnishings in the rooms, some of which offer views of the mountains around Napa Valley, while others face St. Helena's quaint downtown.

SONOMA COUNTY

To the west of Napa Valley and across the Mayacamas Mountains, you'll find Sonoma County. The large region is known for rolling hills, cozy valleys and more than 400 wineries. Tour the Wine Road, Northern Sonoma County, which is celebrating its 40th anniversary this year. The Wine Road is actually a series of winding and picturesque roads that traverse a number of top wine areas, including the Russian River Valley, Alexander Valley and Dry Creek Valley.

This area includes nearly 200 wineries and many inns and hotels. A great way to explore part of the region is to bike through the 16-mile-long **Dry Creek Valley**, which includes about 70 wineries that are known for their Zinfandel and Sauvignon Blanc varieties. The refreshing morning fog and







It's rare to hear about a love story that starts on an airplane. When single, we all secretly wish that the romance of meeting someone while traveling just might happen to us.

ennie Bowen Steed's idea of finding love changed on a flight when she saw an ad for It's Just Lunch, a personalized matchmaking service for busy professionals. The ad read like a good friend who could introduce her to single, professional men she wouldn't have the opportunity to meet on her own. Today, Bowen Steed is married to her IJL match Greg Steed. We sat down with Greg and Jennie to learn about their dating experience, lifestyle, and why they chose to invest in their pursuit of relationship happiness.

Why did you join IJL?

G: I'd been divorced for about two years, and it was a hectic time career wise. My company was in a transitional phase, and it demanded a lot of my time and effort, so I didn't have time for much else.

Favorite first date memories?

G: I was attracted to her right away. On the second date there was a real chemistry. Then it evolved.

J: When Greg and I started talking, I discovered we had similar careers. I remember the conversation was so easy and comfortable. When I shared my date feedback with my IJL matchmaker, I let her know that Greg and I had made arrangements to attend a big award dinner at his country club. The minute I walked in, I knew he was a consummate gentleman. He was attentive and made sure I was introduced to everyone.

How did IJL compare to your online dating experience?

G: Online dating isn't easy, it's work. I've got a full-time career; I didn't need another job. With IJL they did everything for me. You're busy with your career and everything else going on — IJL was just easier. The caliber of matches was much higher.

Best part about dating thru IJL?

G: Besides choosing all my matches I would say the scheduling of my dates. They call you and ask what your schedule is like, so you don't have to worry about it. If I said I was available Wednesday or Thursday this week and Sunday next week they would find a way to fit dating into my schedule.

What would you tell a friend who was interested in IJL but was tentative about making the investment?

G: At the end of the day what is your end goal? Then I'd ask, what's the cost of being happy worth to you? The kinds of people who choose IJL aren't fooling around. It's not someone on the Internet just looking to meet a ton of people and date up a storm. It was definitely worth it for me.

It's Just Lunch has been matching busy singles since 1991. Find out what an It's Just Lunch matchmaker can do for you by calling 1.800.858.6526 or visiting ItsJustLunch.com.



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4 OUT OF 5

Singles would be open to a kiss on a first date.

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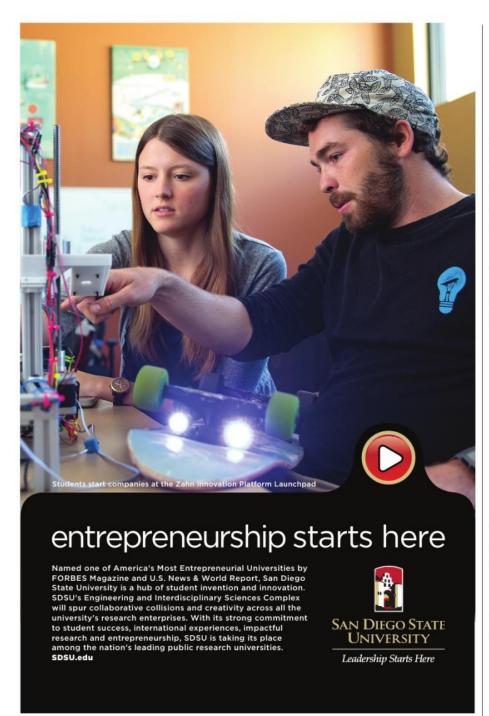






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CALIFORNIA TRAVEL PLANNER Wine Country

warm afternoon sun are good, not only for the vineyards but also for cycling the country roads that run through the valley's gentle hills. Healdsburg-based Wine Country Bikes organizes one-day excursions of less than 25 miles.

When it comes to Sonoma County lodging, consider **Vintners Inn** in Santa Rosa, the county's largest city. The 44-room boutique hotel is surrounded by 98 acres of vineyards and boasts beautifully landscaped gardens and grounds.

The excellent Glen
Ellen Star restaurant is
found in a quaint
farmhouse-style
building.

Those seeking local nightlife and entertainment can visit **Graton Resort & Casino**, located about 6 miles south of Santa Rosa.

Sonoma County is also known for its culinary excellence. A top dining experience is found in a quaint farmhouse-style restaurant in Glen Ellen, where chef Ari Weiswasser oversees the Glen Ellen Star. The restaurant specializes in wood-fired pizzas and seasonal California fare, as well as colorful vegetable dishes such as cauliflower drizzled with tahini and topped with sumac spice. Downtown Healdsburg's Spoonbar is an open and airy restaurant that offers seasonal dishes such as roasted quail with black truffle, and popular cocktails, including cucumber-and-lemongrass gin and tonic.

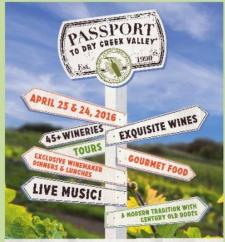
Chaney Kwak writes from the Bay Area.

Alaska Airlines offers daily service to the Charles M. Schulz–Sonoma County Airport in Santa Rosa. To book a flight, visit alaskaair.com or call 800-ALASKAAIR.



Visit California Wine Country



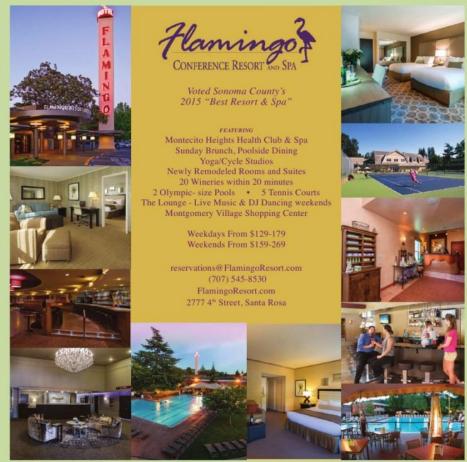


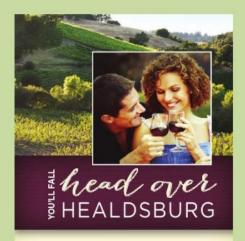
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California Dreamscapes

Exploring the varied attractions of Los Angeles and Orange County | By Kathryn Drury Wagner

he sun is shimmering on the Pacific Ocean; the last of the winter pomegranates are hanging heavily on their branches; and my children are laughing as they scamper along hedge-lined garden paths. We're at the Getty Villa in Los Angeles, and life is good.

The museum, located in the Pacific Palisades neighborhood of LA, is modeled after a first century A.D. Roman country house, and takes you back in time with a dazzling collection of Greek, Roman and Etruscan antiquities. The seamless connections of indoor and outdoor spaces—the flow from gallery to garden, from the Family Forum space to the outside fountain—embodies Southern California living at its best. The Getty Villa is both grand and intimate, due to a carefully controlled flow of visitors.

The Getty Villa is affiliated with the **Getty Center**, a Modernist complex perched high above the west side of LA. That museum

has European and American art, and boasts its own gorgeous indoor and outdoor spaces. Each museum creates a sensation of surreal perfection—a dreamscape in this golden state that's known for dreaming.

CITY BY THE SEA

California dreaming often involves one of SoCal's glorious beaches, and Santa Monica delivers, with 3.5 miles of well-maintained shore. Santa Monica's landmark pier and boardwalk, which bifurcate the north and south sections of the beach, have a vintage feeling, and rightly so—the pier opened in 1909 and has a historic carousel, a soda fountain and plenty of nostalgia-inducing rides, including a classic Ferris wheel.

Venturing into this beachside city, you will find **excellent shopping** opportunities. Try Ron Robinson for the latest trends, Vans

CA18 ALASKA BEYOND MAGAZINE MARCH 2016





The Los Angeles and Orange County areas boast beautiful settings, such as Santa Monica, with its iconic pier (opposite); the Getty Museum (left); and the Getty Villa (inset). Meeting characters at Disneyland (below left) is also a classic Southern California experience.



for skateboard style and the pedestrian-only Third Street Promenade for people watching. Santa Monica is also a **serious foodie destination**, with hot spots such as Cassia, *Los Angeles Magazine's* No. 1 pick on its list of Top 10 Best New Restaurants of 2015. And with more than 30 hotels, including the renowned Shutters on the Beach, there are plenty of places to stay in town.

CHILDLIKE WONDER

Age is just a number (but height requirements, now those are more strict) when visiting some of the world-class theme parks in this part of the country. **Disney-** land Resort, in Anaheim, is hosting its 6oth-anniversary Diamond Celebration through September 5. When you stay at one of the Disney Resort Hotels, you'll gain access to the Extra Magic Hour, which grants early access to Disney parks on select days; it's a great way to enjoy shorter lines. Or choose a hotel in the area, such as the Anaheim Majestic Garden Hotel, which has a free shuttle running to Disneyland.

In the nearby town of Buena Park, Knott's Berry Farm has a new interactive attraction with "4-D effects" (3-D visuals plus interactive elements such as wind) called "Voyage to the Iron Reef," in which riders equipped with laser "freeze rays" battle a Kraken Queen and other monsters intent on taking over the theme park.

Universal Studios Hollywood also has a battle of good and evil coming: "The Wizarding World of Harry Potter" opens April 7 with a Hogwarts castle, the 3-D "Harry Potter and the Forbidden Journey" ride, the "Flight of the Hippogriff" roller coaster and dining at the Three Broomsticks.

PEACEFUL RESPITE

Time seems to stand still at the Alta California Missions, where centuries of history linger in the adobe walls and fragrant gardens invite contemplation. The 21 religious outposts, located between San Diego and Sonoma, were established by Catholic priests in the late 18th and early 19th centuries to expand the territory of Spain.

Orange County is home to Mission San Juan Capistrano, which is possibly the most ornate of the missions and is filled with 240 years' worth of stories. The landmark can be explored via self-guided or guided tours, and is quite peaceful. In addition, there's a lively "Music Under the Stars" concert series that takes place each summer, and on March 19, the Return of the Swallows Celebration features mariachi music, flamenco dancing and the ringing of historic bells.

MARCH 2016 ALASKA BEYOND MAGAZINE CA19

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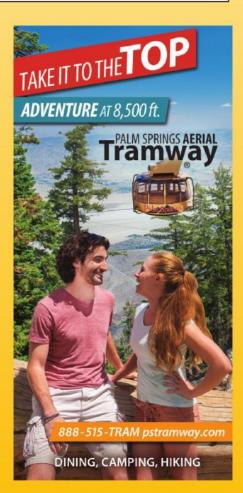
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Los Angeles-area activities include exploring upscale Rodeo Drive (left), meeting a mammoth at the La Brea Tar Pits (below) and enjoying a calm moment at Mission San Juan Capistrano (right).



The cliff swallows migrate back to the mission from their winter home in Argentina every year, and though they don't nest at the mission in quite the volume they used to, they still come back to the area, where they remain until October.

ICE AGE MEETS FOOD TRUCK

Ancient animals and landscapes come to life at the La Brea Tar Pits and Museum,

SoCal Is a Shopper's Dream

→ There aren't many places where people come from around the world solely to shop, and South Coast Plaza in Costa Mesa is one of those global shopping destinations, with more than 250 boutiques, exceptional restaurants and the Segerstrom Center for the Arts next door. If it's a big name-Chanel, Celine, Dolce & Gabbana, Louis Vuitton, Hermés, Fendi-it's here, and it's stamped on the bags being toted around by the well-heeled crowd.

Fashion Island, in Newport Beach, is similarly posh, and it offers views of the Pacific, along



with specialty boutiques, Orange County's only Neiman Marcus, and palate-pleasing restaurants and cafes.

In Beverly Hills, Rodeo Drive is famous for its lap-of-luxury offerings, but don't overlook Abbot Kinney Boulevard, which has transformed into a

South Coast Plaza, in Orange County, is a globally recognized shopping destination.

must-stop location for shoppers in search of well-curated boutiques, eclectic California styles and trendy restaurants such as Gjelina. - K.D.W. one of the richest and best-preserved fossil treasure troves on the planet. The location of the tar pits on Wilshire Boulevard, right in midcity Los Angeles, makes it surprisingly easy to access the Pleistocene via bone collections, an active excavation site and a still-bubbling asphalt lake. You can watch scientists at work in the museum's fossil lab or outside at Project 23, an active excavation site. Check out the progress being made on assembling Zed, a nearly complete mammoth skeleton.

Next door is the Los Angeles County Museum of Art. This internationally respected institution is one of the largest art museums in the western United States. Upcoming exhibitions include "Reigning Men: Fashion in Menswear, 1715-2015," which will trace the evolution of clothes for men over 300 years. Among the ongoing exhibits is James Turrell's installation Breathing Light (2013), which uses LED light in a space designed to eliminate the viewer's depth perception. Pose for a photo out front in Chris Burden's restored-streetlamp sculpture, Urban Light (2008), and have wine and cheese at the Stark Bar. Or, partake of the offerings of the food trucks that park across the street. This set of vehicles represents a movable feast that dishes up everything from lobster rolls to Vietnamese sandwiches (bánh mì).

MARCH 2016 ALASKA BEYOND MAGAZINE CA21

URBAN CHIC

Moving east down Wilshire, you'll soon enter **Downtown Los Angeles**. A perfect day in this area might include a tour of Frank Gehry's fantasy come to life, the soaring **Walt Disney Concert Hall**, and lunch at bustling **Grand Central Market**. Find a rare book or a record at **The Last Bookstore**, which has been called "one of the 20 most beautiful bookstores in the world," then try a French dip or a classic cocktail at **Cole's**, which has been in business since 1908.

HAVING FILLED YOUR HEAD with art, culture and beauty, and sated your palate with foods exotic and comforting, you're sure to sleep well. And after exploring the wonders of the magic LA area, there's a



The Broad contemporary art museum is a popular draw for its architecture and impressive collection of works.

good chance you'll enjoy your own California dreams.

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

Alaska Airlines offers daily service to five airports in the Greater Los Angeles area. To book a flight, visit alaskaair.com or call 800-ALASKAAIR.

Museum News

→ The Broad: With prominent holdings of post–World War II and contemporary art from artists worldwide, this new museum is the talk of the town. It's downtown in a \$140 million "veil and vault" building—the veil being a honeycombed exterior, and the vault being the bulk of the building, holding its considerable collections. The Broad has become an instant landmark. Plan your trip well in advance; this is one hot ticket.

→ Petersen Automotive

Museum: This beautifully reimagined museum—with exhibits reorganized inside and flowing ribbons of metal now decorating the exterior—is a must-see for anyone who loves automobiles, cherishes good design or simply feels the need for speed. —K.D.W.





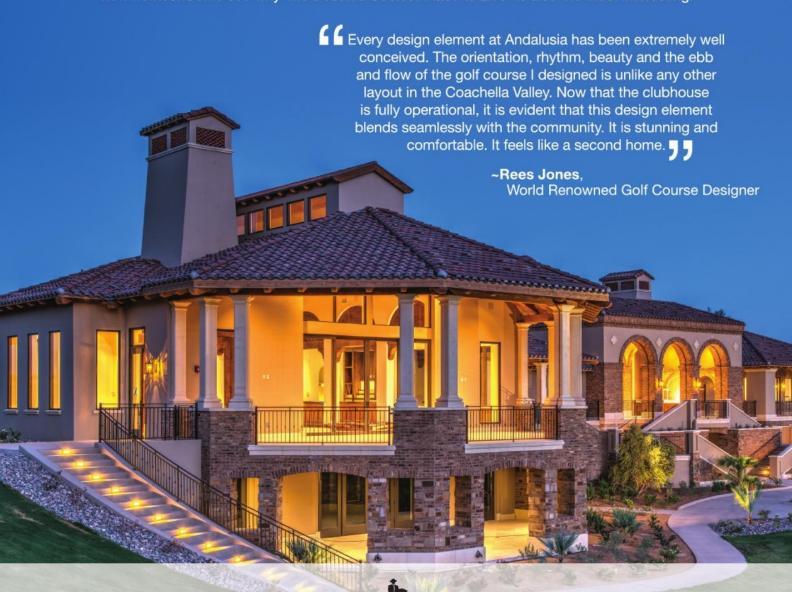
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Desert Sophistication

Palm Springs' many facets—sun, song and scenery—have made it a stellar destination for almost a century

By Marlene Goldman

n the 1920s, as attention began to focus on Hollywood's spotlights and glamour, the film industry looked for a low-visibility retreat.

The answer was a hundred miles or so east in Palm Springs, where a quiet desert valley developed into a film location first, then Hollywood's favorite getaway. Here, the stars could stay and play and find privacy. There was lots of sunshine and ample room for amenities such as golf and swimming, all within easy reach of the big city. All those benefits prevail today, as well.

"In Hollywood, studio executives were watchdogging their stars. Here, they could do what they liked," explains Morgan Levine, a tour guide with Desert Adventures who has lived in the valley more than 40 years. "They came here and bought estates and mansions."

That means memories of Frank Sinatra, Sonny Bono, Marilyn Monroe, Jack Benny and Dinah Shore remain strong here. Today's stars are numerous: Leonardo DiCaprio sightings are frequent, and Barbra Streisand has a hillside mansion. On the Desert Adventures Celebrity Homes Red Jeep tour, we go through The Movie Colony neighborhood, dubbed such for the sheer number of celebrities owning homes there between the '30s and '60s.



Above: The Steel House No. 2 is a classic Midcentury Modern home. Left, the Palm Springs Art Museum.



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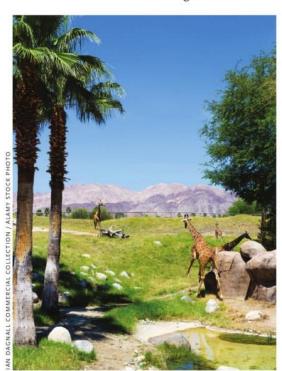
Levine stops outside houses once inhabited by Jack Benny; Marilyn Monroe; and Dinah Shore, whose six-bedroom Midcentury estate sold in 2014 to DiCaprio; and regales us with anecdotes and aerial photos of the properties and their iconic pools.

Frank Sinatra's classic Midcentury

Modern Twin Palms estate, named after its
poolside pair of palms, was built in 1947
and served as the locale for celebrity cocktail hours and his sometimes tumultuous
relationship with Ava Gardner. Each of the
Rat Packers had a home in Palm Springs in
its 1940s and '50s heyday, according to
Levine, with Sinatra leading the way.

I myself bumped into Old Blue Eyes himself decades ago at a political function, an impressive encounter. So I had envisioned an impressive, over-the-top entryway to his former home. But Midcentury Modern architecture can be deceptively ordinary from outside, with some homes deliberately designed as "discreet to the street."

Today, the Rat Pack era is channeled by Frank DiSalvo at Indian Wells Resort's Frank's Place Restaurant and Lounge,



The ride on the Palm
Springs Aerial
Tramway takes
visitors from the
desert floor up to
high mountain
terrain. Below,
giraffes frolic at The
Living Desert.



IAN G DAGNALL / ALAMY STOCK PHOTO

where he performs a 3-hour dinner show, starting with Sinatra and Dean Martin songs interspersed with asides and stories. DiSalvo's second half of the show moves on to the Great American Songbook.

"When I first started, it was billed as a Sinatra show to get people in," DiSalvo says. "I developed it as a musical history tour of the '40s to '60s—a variety show

with different styles and comedy."

Levine credits none other than Sonny Bono, who served as Palm Springs mayor from 1988 to 1992, with the area's more recent hip cred. "In the 1960s this had become a blue-haired retirement community, but Bono really brought Palm Springs back to life," Levine says.

Bono started the Palm Springs International Film Festival and attracted a younger set by promoting outdoor dining downtown and free parking.

Today, Palm Springs and the Coachella Valley are buzzing with music and arts festivals, galleries and museums, as well as nature trails and outdoor escapes.

Next day, I am feeling like a

Stay & Play

→ Palm Springs and the Coachella Valley feature a wide array of luxury resorts, offering an assortment of golf courses, top chefs, poolside lounges and upscale spas. Midcentury Modern is



DoubleTree Golf Resort

represented by the splashy chic at Riviera Palm Springs Resort. A 27-hole championship course adjoins the DoubleTree Golf Resort, while shopping and spatreatments enhance the Miramonte Resort & Spa in Indian Wells. La Quinta Resort & Club is a longtime Hollywood favorite that today boasts 41 outdoor pools and five golf courses.



Sam S. Namdarian D.M.D.



Dr. Namdarian is a member of the Frontier Institute (formerly California Center for Advanced Dental Studies) where he now serves as clinical instructor to Dentists attending their cosmetic courses. Dr. Namdarian achieved post-graduate certification from UCLA Dental School and is a member of numerous professional organizations including The Fresno Madera Dental Society, as well as:







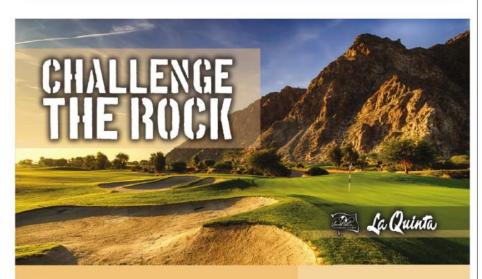


Dr. Namdarian is also designated as an Elite Provider of Invisalign® invisible braces, successfully treating more than 300 patients and continues to stay abreast of new developments in Invisalign^w technology.

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Palm Springs movie star in my rented Mustang convertible; overhead I hear the roar of a military jet taking off from Palm Springs International Airport, which once served as an army air field.

That side of the area's history can be explored at the Palm Springs Air Museum, including one of the world's largest collections of flyable WWII aircraft. I venture inside a 1950s Bell UH-1 Iroquois (Huey) military helicopter and wander around an array of other specimens, some with surprisingly kitschy cartoons on the outside.

Palm Springs' vibrant art community is anchored by the Palm Springs Art Museum, which showcases a layout that reflects Palm Springs itself-well-spaced, giving plenty of room to take in the larger-than-life contemporary works, including a Dale Chihuly chandelier and pieces by Calder, Picasso and Warhol.

The museum itself is an impressive four-level indoor-outdoor complex designed by renowned California architect E. Stewart Williams in 1976.

I also visit the museum's Architecture and Design Center, whose current Bauhaus exhibit is uniquely appropriate.

Bauhaus is widely considered the start of 20th century Modernism, and I learn more on The Modern Tour with Michael Stern, co-author of the photo book Julius Shulman: Palm Springs.

"In the Midcentury years, people were optimistic about their future, so the architecture was open and light," Stern says.

We first stop at Steel House No. 2, designed by Donald Wexler, who also designed the Palm Springs International Airport terminal and the Dinah Shore House. The diagonals of the pool and indoor rug are intended to make the house feel larger, according to Stern.

As much as indoor architecture is a draw in Palm Springs, so are the Coachella Valley's outdoor attractions.

Coachella Valley



This P-51 Mustang is among the historic planes at the Palm Springs Air Museum.

The Palm Springs Aerial Tramway, which starts its climb in Chino Canyon, runs from the desert floor up to snowy San Jacinto Peak, offering 360-degree views on its way to 8,516 feet. The terrain change is dramatic, from dust and boulders to evergreens and captivating views. Also dramatic is the temperature change, which drops about 30 degrees by the time I get to the top. At the Mountain Station, there is access to dining and bars, and to about 54 miles of hiking trails in Mount San Jacinto State Park.

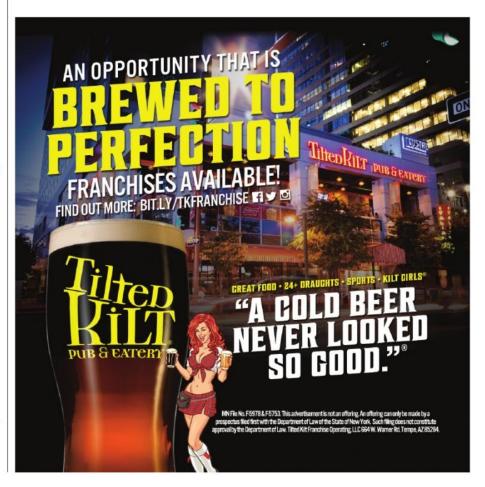
There are also hiking trails at **The Living Desert** in Palm Desert, a combination of nature preserve and zoo. I wander through cactus gardens and a replica
Native American village, en route passing everything from a disinterested cheetah to kids riding camels. The Living Desert is also a nature preserve with 1,080 of its 1,200 acres pristine Sonoran Desert.

I wander, musing about the emergence of Palm Springs' extravagance in this earthy terrain, how in true Hollywood style a quiet desert valley rose to celebrity heights. If you were to make a movie about it, the cast and set are already in place.

San Francisco is Marlene Goldman's base.

Alaska Airlines serves the Palm Springs area daily. To book a reservation, visit alaskaair.com or call 800-ALASKAAIR.







Action Adventures

The Mammoth Lakes area is known for its year-round recreation opportunities | By Bill Fink

now fell softly through the trees as I cross-country skied along the Twin Lakes loop in the Mammoth Lakes Basin near the Tamarack Cross Country Ski Center.

Wooden Forest Service cabins tucked into the hills sat silently like so many dark-colored bears hibernating for the winter.

The small lakes were frozen into a couple of icy circles. The fresh snow blanketing the trail absorbed nearly all sound, mak-

ing me feel like I was inside a decorative snow globe.

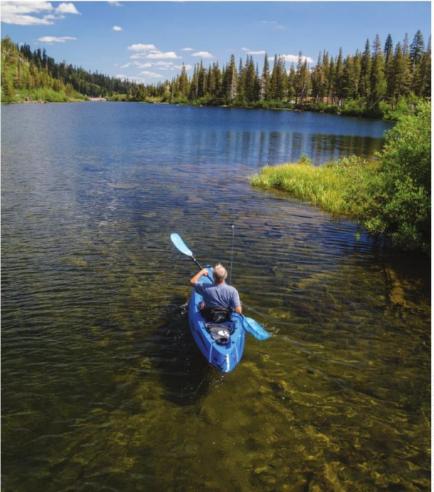
But then noises approached from behind me: heavy-breathing, snow-stomping sounds like big animals packing down fresh snow as they ran. They were actually, in this case, some lean Olympic-hopeful cross-country skiers training for a competition. The athletes' powerful legwork and efficient use of their poles drove them quickly uphill past my novice form.

I finished my trip in front of the historic Tamarack Lodge to find a buzz of winter activity: a junior-high class was laughing its way into a first fumbling ski excursion. A family was sledding on a short slope between cabins. Three 20-something adventurers were suited up for embarking on a more ambitious Nordic ski trek. A bundled-up couple was setting off on snowshoes for a romantic stroll in the new fluffy snow.

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Outdoor
activities in
the Mammoth
Lakes area
include snowshoeing in the
winter season
(opposite), and
paddling a kayak
(left) or other
watercraft when
the weather gets
warm.

A few hours later, I was downhill skiing at the world-class **Mammoth Mountain Ski Area**. The prior day I had gone fat-tire biking on a groomed path around Sierra Star Golf Course. If I had stayed in Mammoth Lakes longer, I also might have tried a dogsled ride or snowmobile adventure.

This is the way of Mammoth—constant movement, by just about any means you can think of (and some you may not have

> During warmer seasons, golfers enjoy teeing off for long, highaltitude drives at local courses such as the one at Snowcreek Resort.



considered). Not only in winter but yearround, this is the place people go to get
their fill of the most-fun forms of recreation. Whether you're an experienced
outdoor enthusiast or a first-timer, you'll be
able to find an activity in the Mammoth
Lakes area to match your interests and
abilities, whether it's a slow stroll through
fabulous fall foliage along flat, paved trails,
or an eye-watering winter ski run down a
double-black-diamond slope. Through
winter, spring, summer and fall, the hills
and lakes of Mammoth are alive with the
sounds of adventure and exuberance.

WINTER ADVENTURES

As the name suggests, Mammoth Mountain Ski Area is gigantic, with expansive terrain suitable for all levels of downhill

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The ski resort of Mammoth Mountain is famous for its alpine skiing (right). Hiking to places such as Rainbow Falls (opposite) is another popular outdoor activity.

skiers, a huge terrain park for snowboarders and regular competitions for those who just want to watch. Tamarack Cross Country Ski Center and the Mammoth Lakes Nordic Trail System are excellent destinations for cross-country skiers.

The Mammoth Lakes area also offers snowcat rides to lunch at scenic picnic spots. Children enjoy Mammoth's tubing park and winter parades with mascot Woolly. Visitors seeking a somewhat more laid-back experience also head to nearby June Mountain for downhill skiing fun.

And for a break from cold-weather activities, fun-seekers often head to the **Mammoth Rock 'n' Bowl** recreation center, which is equipped with bowling lanes, golf simulators, dartboards, a lounge and a fine-dining restaurant upstairs.

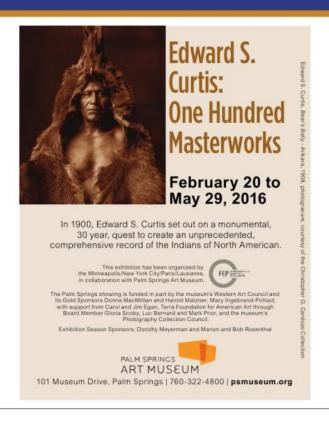


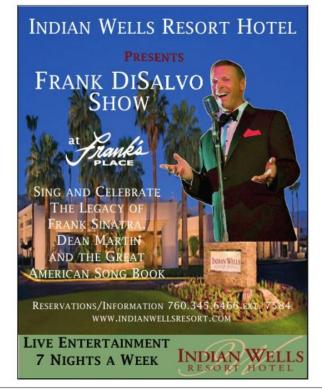
SPRING ACTIVITIES

Sometimes considered a shoulder season between the snow-sport-rich period of winter and the hiking-and-biking peak in summer, spring in Mammoth Lakes often means great deals on lodging and activities for visitors seeking some late-season skiing or some early-season golfing and fishing. Some visitors try for a "spring triathlon" of skiing, biking and golfing in a single day.

Spring is also a good time for **birding**; avian enthusiasts may spot some of the

PALM SPRINGS • INDIAN WELLS Out and about







hundreds of species of local and migratory birds that have been found in the area, including the many birds that nest amid the craggy rock formations at Mono Lake, about 30 miles to the north of Mammoth Lakes.

THE SIERRA IN SUMMER

Among the mountains of the Eastern Sierra, summertime hikers, bikers and outdoor explorers of various other types can enjoy the extensive Mammoth Lakes Trail System—for rugged multiday adventures or gentle walks.

Children can bounce on the bungee trampoline, zoom on the zipline and scale the climbing wall at the **Mammoth Adventure Center**.

Golfers can cruise in their golf carts and



hit extra-long drives in the high elevations of Sierra Star Golf Course and Snowcreek.

The Mammoth Lakes area is so well-known for fishing that many local hotels offer fish-cleaning facilities. Fly-fishing in streams or lure-based fishing from boats in lakes gives everyone a chance to work on their specialty or pick up a new skill at Convict Lake and other venues.

Water sports are also popular. You can paddle a kayak, canoe or standup paddleboard around the area's lakes, gazing at the scenery. Or you can enjoy a floating tour of natural and human history at Mono Lake.

Hike among wonders of geology at **Devils Postpile National Monument** with its towering basalt columns, about 13 miles west of Mammoth Lakes. Then cool off in the spray of the 101-foot-tall Rainbow Falls, about 2 miles downstream from Devils Postpile on the San Joaquin River.

Summer is also festival time, and Mammoth Lakes has a calendar filled with music and sports events, and food-and-drink gatherings, including the 21st-annual Mammoth Festival of Beers and Bluesa-palooza, August 4–7, an event promoted by the passionate beermeisters at Mammoth



Mammoth Lakes

Brewing Company. And the brewery is itself a good option for finding refreshment.

FALL COLORS

Fall foliage is an annual viewing treat all around Mammoth Lakes. Enjoy hiking through the colors along the Mammoth Rock Trail or the Heart Lake Trail, or enjoy the crisp autumn air and gaze at the trees along Sherwin Creek.

Go for a drive along the winding mountain roads of the **June Lake Loop** to see the spectacular colors in groves of aspens and cottonwoods beneath towering pine forests.

You can even soar above the colors on helicopter tours offered by outfitters in the area. Or make like a cowboy and join an end-of-season multiday horseback trek

Mammoth Lakes Events

- → Ezakimak, April 23; a race from the base of Mammoth Mountain to its summit, on cross-country skis, snowshoes, feet or fatbike; mammothmountain.com.
- → Horse Drives, June 11–16 and Sept. 24–29; expeditions led by Mammoth Lakes Pack Outfit; prior riding experience required; mammothpack.com.
- → Mammoth Motocross,

June 17–26; motocross races for pros and amateurs, held since 1968; mammothmotocross.com.

→ Ambush at the Lake,

Sept. 5–Nov. 15; an annual fishing competition held at Convict Lake Resort; convictlake.com.

→ Mammoth Gran Fondo,

Sept. 10; a celebrated 100-plusmile road cycling event with incredible views of local scenery; mammothgranfondo.com. — B.F. down from the hills near town.

For a spooky Halloween, or on any fall day, visit the **ghost town within Bodie State Park**, which houses the abandoned remnants of a gold-mining settlement about 60 miles north of Mammoth Lakes.

As THE SEASONS TURN, and fall leaves are followed by snowfall, I get excited to repeat the cycle, finding new activities and repeating old favorites in this gorgeous part of the Golden State.

Bill Fink has enjoyed outdoor activities in the Mammoth Lakes area for more than 20 years.

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A Place for All Seasons

Enjoying sun-kissed San Diego

By Christine Delsol

he moving shadow in the water looked as if it might be a clump of seaweed. Slowly drawing closer and churning as little water as possible, I recognized the floating shape as one of La Jolla Shores' most popular residents—the bat ray.

These otherworldly creatures are black or brown on top and white underneath. With a wingspan of about 4 feet, the female bat ray flaps her pectoral fins and swims away. Rays pose little threat to humans, but their spiked tails do contain poisonous venom, so it is best to enjoy them from a safe distance.

The San Diego area is full of equally uncommon delights that, when combined with plenty of sunshine and a mild climate, make it a great destination any time of year. The following are some of the area's top attractions.

A WILD KINGDOM

The world-famous San Diego Zoo in Balboa Park is celebrating its 100th anniversary this year. The community celebration in the park is May 14, but special events are taking place throughout the year. The San Diego Zoo Safari Park, a 1,800-acre wildlife sanctuary 30 miles north of San Diego, allows you to see African and Asian herd animals, such as giraffes and rhinos, in large field habitats. The Birch Aquarium at Scripps in the La Jolla neighborhood is an outstanding aquarium and museum. It also offers nature excursions, including whale-watching cruises. More than 20,000 migrating gray whales, which are best seen from mid-December to mid-April, can be spotted swimming to the warm waters off Mexico in the winter and then back to Alaskan waters in the spring.

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Beachcombers, swimmers and divers enjoy the soft sand, warm waters and abundant sea life found around La Jolla Shores (left). The San Diego Safari Park (right), located about 30 miles north of the city, provides the opportunity to see animals, such as giraffes, in large field habitats.



SAN DIEGO ZOO

SAND AND SEA

San Diego's great pride is its estimated 70 miles of sandy Pacific beaches. From Torrey Pines State Beach in the north to the popular surf breaks (and designated swimonly area) of Imperial Beach in the south,

SELLA HUFF, ALAMY STOCK PHOTO

there's a sandy spot to fulfill every wish. Most of the beaches are good for swimming and many have good surfing waves.

Among the area's standout spots is Coronado Beach, with its soft sand and gentle, kid-friendly waves. The San Diego—

> Coronado Bridge links downtown to the incorporated town of Coronado, which counts shopping, dining and gondola rides among its many pleasures. To the north is San Diego's Mission Bay Park, which offers 27 miles of oceanprotected bay front, and

Paragliding is a popular pastime along the beaches and stunning cliffs of Torrey Pines, in northern San Diego. whose green spaces and paths create one large playground.

Though often perceived as a separate city, La Jolla is a northern San Diego neighborhood exuding a Mediterranean village atmosphere. La Jolla Shores' picturesque sandy beach runs north from La Jolla Cove and offers great snorkeling and scuba diving. Known for its galleries, shops, restaurants and the highly scenic coastline, La Jolla is also home to a branch of the Museum of Contemporary Art San Diego.

To the north of La Jolla is Torrey Pines, home to the Torrey Pines Golf Course, one of the nation's finest public golf courses and the site of the Farmers Insurance Open in late January or early February. Located around the course is the Torrey Pines State Natural Reserve, which offers paths and rock outcroppings to hike on as you make your way to pristine and often empty beaches. Boat rentals are available throughout the area.

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San Diego is also known for its many museums and cultural activities. Beyond the San Diego Zoo, Balboa Park has 17 excellent museums, including the San Diego Natural History Museum and the San Diego Museum of Art. The park is also the site of The Old Globe theater, known for its excellent plays and world premieres.

San Diego is a city rich in history. Portuguese explorer Juan Rodríguez Cabrillo was the first European to discover San Diego Bay, in 1542. The historic moment is com-

Balboa Park (above) is home to the San Diego Zoo and 17 top museums. The Gaslamp Quarter (right) offers exciting restaurants and nightlife.

memorated by the Cabrillo National Monument on the Point Loma peninsula, which has wonderful views of San Diego Bay and of the Pacific Ocean.

Mission Basilica San Diego de Alcalá, located about 9 miles northeast of downtown San Diego, was founded in 1769 and was the site of the first of the state's 21 Catholic missions. About 7 miles west of



the mission, **Old Town San Diego State Historic Park**, known as the birthplace of
San Diego, allows you to tour historic
buildings from the 1800s and enjoy activities, restaurants and shops.

San Diego's downtown Gaslamp Quarter, Little Italy and East Village are all popular for nightlife and restaurants.

Nearby is the waterfront's Seaport Village, an area known for its restaurants, buskers and shops. Farther north along the Embarcadero is where you'll find the USS Midway Museum, which offers tours of the aircraft carrier, and the Maritime Museum of San Diego, home to a world-class collection of historic ships, boats and submarines.

WITH SO MUCH to see and do, it's no wonder that San Diego—with its sunny days and perfect weather—has long been a top tourist destination.

Christine Delsol writes from the Bay Area.

Alaska Airlines serves the San Diego Airport daily. To book a reservation, or for more information, visit alaskaair.com or call 800-ALASKAAIR.

Around San Diego

→ The following nearby communities offer charming getaways.

DEL MAR

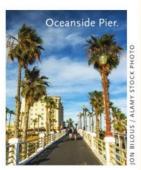
The cozy upscale beach town of Del Mar, located 20 miles north of downtown San Diego, is most famous as the home of the Del Mar Thoroughbred Club, which is considered one of America's most picturesque horse racing venues. It draws large crowds for the summer thoroughbred-racing season.

OCEANSIDE

A longtime surfer enclave, Oceanside lies 36 miles north of San Diego and has blossomed into a tourist center where you can surf, go deep-sea fishing and visit the California Surf Museum. The town is also home to San Luis Rey de Francia, one of the largest of California's historic missions.

TEMECULA VALLEY

With more than 40 wineries in this inland valley, located 60 miles north of San Diego, Temecula has gained a reputation for producing excellent wines that have turned the community into a top



Oceanside is famous as a surfing center.

attraction. Visitors to the area will want to visit the venerable Callaway Vineyard & Winery and Miramonte Winery. The area is also known for golfing and hot-air ballooning.
—C.D.



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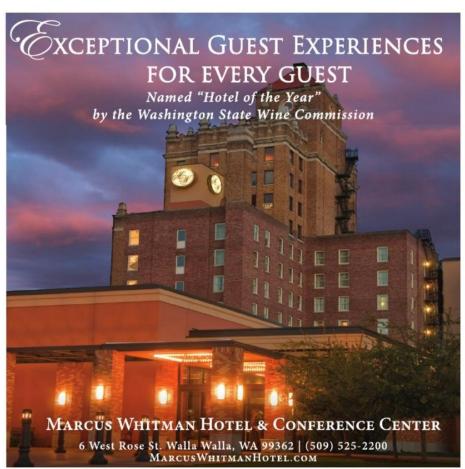
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A Place to Unwind

Second home popularity surges By Elizabeth M. Economou

WHEN KAREN KOEHLER, a Seattle lawyer, first began looking for a vacation home, she had a few must-haves in mind, including proximity to a lake and snowcapped mountains for skiing. Last year—in less than one month's time—she found her dream home, a 3,400-square-foot cabin set beside the Wenatchee River in Eastern Washington.

"This was all about family," says Koehler, a partner in the law firm of Stritmatter Kessler Whelan Koehler Moore Kahler. "We get to spend quality time together,







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and my kids can have a place to unwind from the fast pace of our techno world."

With three bedrooms, two bathrooms and an unfinished basement, Koehler says her vacation home is fun to decorate and "funky"—a sharp contrast to her more formal main residence in a neighborhood close to downtown Seattle.

Industry statistics indicate most buyers plan to keep their vacation home for six years, but Koehler insists she'll stay put "forever." Recently, she purchased the land across the street from her vacation home as an investment property, where construction for a second cabin is set to begin in the spring.

It's easy to see why Koehler is smitten. "In a little more than two hours, we are in nature," she says. "You walk in and the smell [of pine], the quiet, and the view of the river immediately fill you with peace."

Koehler is not the only savvy buyer to dive into the booming second home market, which includes vacation homes, recreational properties and investment properties. Experts say rebounding home prices and prior gains in equity markets have created favorable conditions for buyers.

"There is a renewed faith in real estate as an attractive investment," says John Oppermann, an associate broker with Ra Partners Real Estate in New York City.

The results are evident across the country. "We see Americans and foreigners alike who are purchasing pied-à-terre apartments in Manhattan, beach



getaways in Miami, and cottages in the Hamptons," adds Oppermann.

According to the most recent figures from the National Association of Realtors (NAR), 2014 was a boom year for vacation home sales, skyrocketing 57 percent from the previous year to 1.13 million units—one in every five transactions. And baby boomers, who were largely buying second homes to eventually convert into primary residences, played no small role in the surge.

Of those vacation home buyers, a large portion, 45 percent, bought a distressed property; and 30 percent of vacation home buyers made an all-cash purchase. Small towns and resort areas drew vacation home buyers at higher rates than other categories of home purchasers.

 Oyhut Bay homeowners enjoy extensive beachfront recreation nearby; the units are light and airy.

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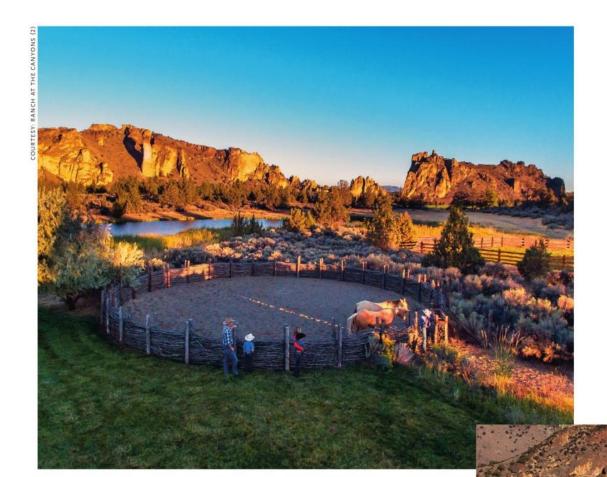
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 Oregon equestrian lifestyle is reflected in the open space amenities at Ranch at the Canyons.

More than 30 percent of vacation home buyers say they plan to use their properties for getaways or family retreats.

The second home boom is taking place in most regions of the country, but the strongest market—as one might expect—has been in warmer parts of the United States, with 46 percent of all vacation home purchases in the South.

Though vacation home sales have surged according to the NAR's *Investment and Vacation Home Buyers Survey*, prices in some areas have dipped, making them even more attractive to buyers. NAR expert Jessica Lautz, managing director of survey research and communications, says 45 percent of all vacation home sales were smaller, distressed properties acquired at lower price points. The median vacation home, for example, sold for \$150,000, down from \$168,700 the previous year, while primary residence prices kept appreciating, with high prices and low inventory dampening that market.

Reasons for getting into the second home market

are as varied as the properties being bought. More than 30 percent of vacation home buyers say they plan to use their property for getaways or

family retreats. About 20 percent will eventually turn their vacation home into their primary residence, and 13 percent bought for potential price appreciation; the same share decided to snag a second home due to low prices. About 11 percent say they hope to generate rental income, while low mortgage rates propelled 9 percent of buyers.

In the western United States, which accounted for 25 percent of all vacation home sales in 2014, family vacations are high among the factors spurring the purchase of second homes. Set in Rancho Palos Verdes, California, Terranea Resort is an attractive second home destination and convenient for its



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proximity to LAX, Beverly Hills, downtown Los Angeles, and Orange County. Terry Niemann, real estate director of sales and marketing, says the resort's "multigenerational" villas are designed to be enjoyed by extended families and "passed down" from one generation to the next. "It's the ideal place for cousins from different states to spend time together multiple times a year, as opposed to just one annual vacation." She adds: "By owning a second home, families are creating deeper relationships."

Terranea, which occupies a craggy cliff overlooking the Pacific Ocean, has sold nearly 70 homes since the resort first opened in 2009. Of 82 homes—50 casitas and 32 villas—only 13 villas remain for purchase today. Fully furnished, these luxurious homes with private entrances, and citrus trees gracing patios and balconies, are set high above a golf course. Prices range from just under \$1.4 million to \$3.1 million and are based on floor-plan size and view.

Yet, while the villas are privately owned, they are not considered primary residences, meaning owners are permitted to live there only three months (90 days) per calendar year. When owners are away, the homes are available to paying guests. "This allows other people to enjoy the spectacular views," says Niemann—not to mention helping the owners offset their costs.

Buyers range in age from 29 to 92. While some live as close as a five minute drive, others reside as far away as the East Coast. "They are mostly entrepreneurs, and all of them appreciate the incredible ocean views, and the indoor-outdoor lifestyle that is inherent in Terranea," says Niemann. Facing both east and west, Terranea offers spectacular sunrises and sunsets—the perfect start and end to every day.

Nearly 1,200 miles north, Oyhut Bay in Ocean Shores, Washington, will soon be one of the largest vacation communities on the Northwest coast, says Kim Sharpe Jones, vice president of marketing at Matrix Real Estate. The extensive new development is a 2.5-hour drive from Seattle and within walking



BY THE NUMBERS

1.13

NUMBER OF VACATION HOME SALES IN 2014

21 PERCENT

VACATION HOME SALES SHARE OF ENTIRE HOUSING MARKET

\$94,380

MEDIAN HOUSEHOLD INCOME OF VACATION HOME BUYER

SIX

NUMBER OF YEARS
BUYERS PLAN TO OWN
THEIR VACATION PROPERTY

\$199,000

MEDIAN U.S. SALES PRICE FOR PRIMARY RESIDENCES

40

PERCENT

SHARE OF VACATION HOME PURCHASES AT A BEACH LOCATION

\$150,000

MEDIAN VACATION HOME PRICE

200

MEDIAN NUMBER OF MILES FROM A BUYER'S PRIMARY RESIDENCE TO THEIR VACATION HOME

-NATIONAL ASSOCIATION OF REALTORS

distance to nearby beaches such as Damon Point.

"Most people are not aware that Ocean Shores has 23 miles of freshwater canals that wind throughout the peninsula," says Jones. By the time Oyhut Bay is finished, it will have its own canal access and

"Most people are not aware that Ocean Shores has 23 miles of freshwater canals that wind throughout the peninsula." A 682-acre wildlife area is dedicated to protecting woodlands, wetlands and tidal flats, habitat for blue herons, brown pelicans and snowy owls.

dock for homeowners to enjoy kayaking, stand-up paddleboarding and fishing, she adds. Nearby, a 682-acre wildlife area is dedicated to protecting woodlands, wetlands and tidal flats, habitat for feathered creatures such as blue herons, brown pelicans and snowy owls.

Currently, 17 condos are available for purchase. Nineteen have sold so far—ranging in price from \$120,000 to \$180,000. Additionally, the first phase of free-standing cottages will be available this spring, with prices starting around \$250,000.

According to Jones, the 200 family-inspired cottages are ideal gathering places for friends and family to share a meal together after a day on the beach. Amenities include open kitchens, great rooms, hot tubs (optional) and detached garages (optional)—ideal for sharing space with renters. Additional perks include access to an indoor swimming pool and spa, a fitness center, a teen recreation room, paved trails to Damon Point, a putting green, central fire pits for outdoor gatherings and a central plaza for larger events, among others.

While some owners might choose to live there full-time, others could exercise an option to add their home to the rental pool as a short-term or long-term lease. "Cottages include features that make them easy to convert into vacation rentals, such as an interior locking owners' closet and an outdoor locking closet large enough for beach toys and kayaks," says Jones. Meanwhile, groundbreaking on a town



center with planned onsite retail, which will be the focal point of the vacation community, is set to begin this spring.

In Central Oregon near Redmond, Ranch at the Canyons, a 1,700-acre preservation development, is enticing empty nesters; early retirees with a passion for ranch living, conservation and outdoor activities; and married

couples with flexible careers that let them work from anywhere. Some eager buyers are even bringing all-cash offers, notes ShanRae Hawkins, public relations and marketing director for the Ranch.

"Over the past two years, we have seen an increase in homes and acreage landholdings being purchased as primary residences," says Hawkins. "The Ranch is also a draw for vacation home buyers,



Ranch at the Canyons is set beside the Crooked River, near Redmond,
 Oregon, and reflects the area's High Desert landscape.

who are very attracted to year-round activities, though summer experiences, such as fishing, hiking, biking, and horseback riding, top their list of preferences." Baby boomers are also buying acreage landholdings and finished homes with the intention of eventually making these their primary residence, adds Hawkins.

In addition to 600 acres of working farmland, the





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Ranch includes more than 500 acres of land permanently protected for conservation by the Deschutes Land Trust, preserving some of the most beautiful space on the property for wildlife habitat, says Hawkins.

New homes with Tuscan design elements, inspired by the natural aesthetic of the development's surrounding canyons, start at \$999,000, while landholdings, ranging from 3.97 to 11.28 acres, begin at \$179,000.

"We are seeing discriminating buyers who view open space and nature as the ultimate luxury."

Ranch amenities and privileges for homeowners are numerous, including concierge services, trail riding, and access to a 7,000-square-foot winery and clubhouse, which serves as the focal point and social hub at the Ranch. Nineteen lakes, 13 of which are stocked with trout, bass and other species, are also available for boating or catch-and-release fishing.

"We are seeing discriminating buyers who view open space and nature as the ultimate luxury," says Hawkins.

Though statistics for 2015 won't be released till later this spring, the NAR's Lautz, for her part, is optimistic that the outlook for the second home market will remain upbeat at least through 2016, though levels of buying won't be as elevated. "Still, among vacation home buyers, 58 percent are likely to buy another home in the near future," she adds. Room for optimism, to be sure.

Elizabeth M. Economou is a Seattle-based business, finance and health-care writer.







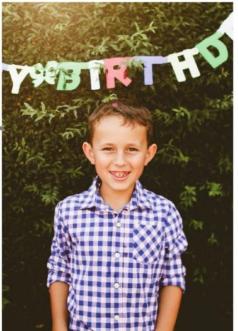




















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Rental Renaissance

Apartments are the key to the new urban lifestyle

By Renee Brincks

ONCE UPON A TIME the average middle-aged American's dream was a retirement home in Florida, Arizona or California, basking in the sun. Today, more and more baby boomers are moving from the homes in which they raised their kids to ... high-rise luxury apartments in urban centers such as downtown Bellevue, Washington.

Kemper Development Company's Two Lincoln Tower in Bellevue will welcome its first residents in 2017. The mixed-use project, part of the larger Lincoln Square Expansion, will house office spaces, retail shops and a 41-story high-rise apartment with a W Hotel occupying the first 13 floors.

Units at Two Lincoln Tower overlook downtown Bellevue, Lake Washington and the surrounding mountain ranges, and residents have access to a top floor terrace with water features, lush landscaping and private seating areas. In addition to a media room, conference room, game area, open-air fireside seating and covered barbecue stations, tenants share a community fitness center and private pet area.

Several penthouses and luxury apartments have already been leased, says Amy Hoffman of Indigo Real Estate Services, the company managing Two

Lincoln Tower's residential floors.

 Two Lincoln Tower overlooks Bellevue and the Seattle region, and residents enjoy nearby pedestrian areas.

"When you look at Seattle and Bellevue, as a whole, part of the success for new apart-



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 Southport on Lake Washington offers expansive views from its lakefront location—and the quiet of a courtyard.

ments comes from great growth in employment," Hoffman explains, listing employers such as Amazon, Microsoft, Expedia and Boeing. "That growth brings a healthy tech sector, of course, whose members range in age from millennials to gen Xers and up. You also have interest from people who are downsizing, traveling or seeking second homes."

Two Lincoln's initial success reflects a nationwide boom in apartment development. No more are urban rental units the default "starter homes" for young workers. Today they often represent the preferred living choice for people of all ages.

When researchers from Harvard University's Joint Center for Housing Studies released a survey of the American rental housing market in December 2015, the numbers were impressive: New multifamily housing is being built at the fastest pace in nearly 30 years. Vacancies are at their lowest point since 1985. The share of all U.S. households that rent—37 percent in 2015—is at its highest level since the mid-1960s.

With construction cranes and sleek new high-rise apartments shaping the skylines of many metropolitan areas, renters enjoy more options than ever. But, with average rents on the rise and competition for available units increasing, tenants and city officials

must navigate an ever-changing marketplace.

Many of the country's strongest real estate investment markets are in the West, according to the Urban Land Institute (ULI). The nonprofit's Emerging Trends in Real Estate 2016 report ranks Seattle, Denver, San Francisco and Portland as the leading rental development cities, followed by Los Angeles, San Jose and San Diego. Many of these metropolitan areas have strong job markets; as a consequence, they're also experiencing a residential rental boom.



"In general, Western cities are doing very well.

That is, in part, because of what we describe as 'the rise of the 18-hour city.' These are places where people live, work and play, all those activities in close proximity to each other," says ULI Senior Resident Fellow Ed McMahon.

The convenience of urban rental units appeals to a generation of young employees who prefer to walk or take public transportation to work. Because the average cost of vehicle ownership is between \$8,000 and \$11,000 annually, McMahon explains, car-free individuals can budget more money for housing and other pursuits by living near transit lines.

As jobs in thriving industries such as technology and health care draw young professionals to urban hubs such as Seattle and Portland, many also find that renting better suits the typical career trajectory.

"In past generations, you had one job for 40 years and then you retired and received a pension. Now,

with the job jumping, the freedom, the technology, the excitement ... young adults are a little more adventurous when they come out of college, because they want to be part of the startup glamour and the tech boom," says Lukas Krause, chief operating officer for Real Property Management, a national residential property management company based in Utah. "That has encouraged some people to bounce around and not commit to a mortgage, like they might have in the past."

Krause has seen significant rental rate growth in Seattle and Portland recently, along with Denver and several Southern California cities. While young tech professionals with high salaries account for some of the increased demand, other dynamics influence the market. Millennials and generation Xers who watched their parents struggle with mortgage payments during the late-2009 housing crash and recession, for example, might consider renting a



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"During the last recession, new multifamily construction halted in some markets. And now, millennials are moving out of their parents' homes and becoming firsttime renters. You're

seeing growth in some of these attractive cities, like Denver, Seattle and Portland, and supply is getting tighter," says Krause. "I think that's one of the biggest factors in rental rates going up. And that will continue, until supply catches up with demand."

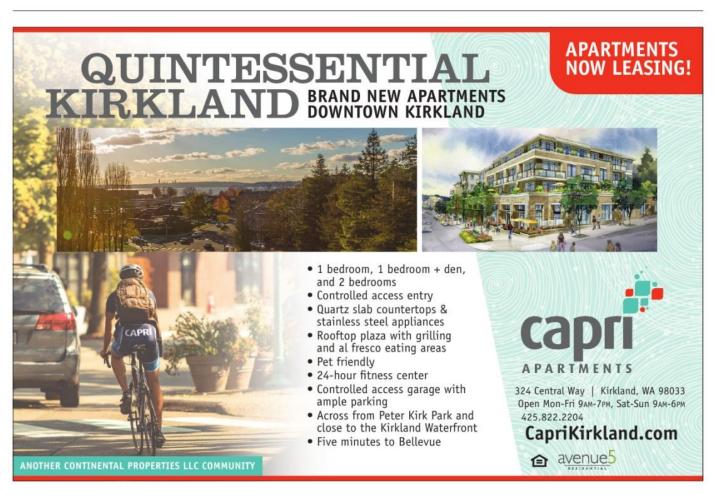
The 2015 report from Harvard's Joint Center for Housing Studies notes that the millennial genera-

tion represented II percent of rental market growth between 2005 and 2015, while generation X renters fueled another 34 percent. The largest increase, however, came from households ages 50 and over—such as some of the clients moving to Bellevue's Two Lincoln Tower. This demographic segment accounted for 55 percent of rental growth during the past 10 years.

Some baby boomers, tired of cleaning empty rooms and caring for big yards, downsize once their kids leave for college. Changing views on retirement further affect housing decisions, adds McMahon.

"Unlike their parents' generation, who might have retired and moved to Florida, many of these baby boomers want to live near their kids. And their kids are mostly living in the cities," he says.

In some cases, empty nesters can afford upscale rental units that remain out of reach for young professionals. McMahon cites Denver's redeveloped





STUNNING ELEGANCE

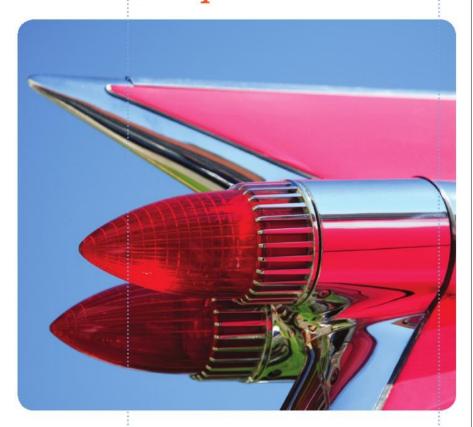
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Union Station district, where new highend apartments have proven popular with baby boomers. In the San Francisco Bay Area, where median home prices top \$1 million, ownership is out of reach for many residents. In response, the team behind San Francisco's Strata at Mission Bay outfitted the property's high-end apartments with resort-quality amenities and fixtures that provide a more refined experience for long-term renters.

The mixed-use Southport development, on Seattle's southern edge, offers a demonstration kitchen, convenient proximity to lakefront parkland, theater facilities and a residents' club and billiards room. Pets are welcome, and bike storage, free Wi-fi, and both theater and game rooms appeal to millennials.

At Portland's Yacht Harbor Club

LOCKING IN A LEASE

What is the secret to securing a lease in this competitive market? Lukas Krause of Real Property Management offers three important tips for those seeking a rental home, condominium or apartment.

- → As you explore options, consider your priorities. What is your budget? Do you want to live near the office? What school district fits your family's needs? Is public transit access important? "It's about knowing where you want to be, but also knowing what you can afford and what you want to get out of this home," Krause says.
- → When you attend open houses, bring your credit score, references and checkbook. "Because supply is so tight, you've got to be ready to put that deposit down right away," he explains.
- → Read and understand the deposit and lease terms before you sign. "If you put a deposit down and you'll only get 80 percent of that back, that is something you should be concerned about. Make sure you know what you're signing up for," Krause says. —R.B.



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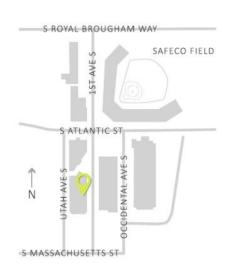
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Apartments, on Hayden Island in the Columbia River, tenants can take advantage of concierge services, an event space with a professional-grade kitchen, free stand-up paddleboard use and a waterfront pool with a swim-up bar. The island's mid-river location provides everything from fresh summer breezes to sandy beaches.

Portland Housing Bureau Director Kurt Creager estimates that luxury apartments account for 85 percent of the city's current residential construction. Thus, city administrators are using a combination of tax abatements, direct investments and other incentives to bring affordable units to market. Since the development of the popular Pearl Dis-

BY THE NUMBERS

42.6

NUMBER OF AMERICAN RENTER HOUSEHOLDS IN 2015

\$34,000

-MEDIAN ANNUAL HOUSEHOLD INCOME AMONG RENTER HOUSEHOLDS

\$934

MEDIAN MONTHLY RENT IN THE UNITED STATES

7.1

CURRENT RESIDENTIAL VACANCY RATE, LOWEST IN 30 YEARS

49 PERCENT

-COST-BURDENED AMERICAN
HOUSEHOLDS, OR THOSE SPENDING
MORE THAN 30 PERCENT OF THEIR
INCOME ON HOUSING

SOURCE: JOINT CENTER FOR HOUSING STUDIES OF HARVARD UNIVERSITY



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trict, a mixed-income community in a formerly industrial neighborhood, Portland has prioritized what Creager calls "growth with grace."

"We try to listen to the values and aspirations of the residents," he says. "Obviously, this is a rapidly changing city. We want to recognize the people who built the city and its economic and racial diversity, and not grow in a manner that causes a loss of authenticity."

In Portland, baby boomers eager to trade suburban living for a walkable urban lifestyle often compete for the same units that draw millennials who have deferred marriage, children and home ownership. Creager thinks thoughtful land-use planning and partnerships between nonprofit housing agencies and for-profit developers can generate more affordable units, providing well-priced rental housing for various demographic groups.

No single solution will eliminate affordability issues, says Ed McMahon of the Urban Land Institute, but he believes that diversifying new housing developments could benefit renters. He points to an abundance of large-lot single family housing in most major markets, and a lack of small-lot housing, attached housing, multifamily housing, cohousing and live-work units.

More such nontraditional housing would provide renters options for a wider range of budgets and lifestyles.

"In the past, ownership was viewed as a long-term investment. The recession changed that for many people. Today, many young adults view ownership as an impediment to their lifestyle, or something that ties them down," McMahon says. "I think renting has simply become a lifestyle choice."

Renee Brincks is based in an apartment in San Francisco.



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134 ALASKA BEYOND MAGAZINE MARCH 2016

HAWAI'S SMALL TOWNS

COMMUNITIES ACROSS THE ISLANDS HOLD NUMEROUS CHARMS • BY ERIC LUCAS

hen Bev Gannon first walked into the Hali'imaile General Store in 1988, it was a recently vacated local market in an old building in a tiny town amid pineapple fields in Maui's Upcountry. For Gannon, the site offered a possible solution to a problem for her growing catering business—she needed a bigger kitchen—and neither she nor anyone else could have foreseen the ultimate outcome.

At that point, the building was a ramshackle, peeling-paint, still-cluttered outpost of a disappearing Hawaiian plantation economy. And she was an ardent amateur cook who enjoyed using Island ingredients as she prepared meals for her music-industry husband's friends and clients.

Today, Gannon, the store and the town of Hali'imaile are famous.

She's the grande dame of Hawai'i regional cuisine, a James Beard Award nominee and top-caliber culinary celebrity.

Hawai'i's small towns feature enticements such as (clockwise from top left) zooming over trees at Kohala Zipline in Hawi, on Hawai'i Island; learning about history in nearby Kapa'au, home of a famed statue of Kamehameha I; visiting the Wai'oli Hui'ia church, in Hanalei, Kaua'i; and sampling a Sashimi Napoleon at Hali'imaile General Store, on Maui.

The store, with its building restored, is now a gleaming peach-and-white example of Hawaiian plantation architecture, and a worthy complement to its setting amid verdant hillsides.

And Hali'imaile, a 10-block

village with fewer than 1,000

residents, has become a quintessential example of the Hawaiian small town in which adventurous travelers can discover delights ranging from gourmet food to distinctive art to little-known heritage.

- IN KAPA'AU, at the far north end of Hawai'i Island, a much-photographed statue of King Kamehameha I epitomizes the history to be found in his hometown, which was also an early center of the Hawaiian sugar cane industry, and remains a focal point of Hawaiian paniolo (cowboy) culture.
- IN HANALEI, on the Nāpali Coast of Kaua'i, a onelane bridge leads to a bayside town that is the capital of taro culture in the Islands. Brought recently to the limelight by the 2011 film *The* Descendants, Hanalei is a funky surf town, and the home of the Wai'oli Hui'ia church—perhaps the most-photographed church in the Islands and an emblem of 19th century missionary history.



Bev Gannon built the Hali'imaile General Store from a small business in the Maui Upcountry into a focal point of Hawai'i regional cuisine.





Savoring casual yet delectable dishes from shrimp trucks is a popular activity in many small communities on O'ahu.

• IN KAHUKU, on the Northeast shore of O'ahu, a half-dozen shrimp trucks do a thriving business selling coconut and butter-and-garlic shrimp to visitors and residents. The prawns are grown in nearby lagoons. Roadside farmstands offer a vast variety of tropical fruits, and not far away are the famous monster waves that draw hundreds of surfers and thousands of onlookers each winter.

ALTHOUGH HONOLULU is now a major metropolitan area with hundreds of thousands of people, that's a relatively recent development. Once upon a time, all Hawaiian communities consisted of small villages. Today, the next-largest town outside of Honolulu is Hilo, at about 43,000; most other towns are far smaller, which harks back to the days prior to Western contact.

Back then, the inhabited Hawaiian Islands were divided into triangular land sections called *ahupua'a* that each ran from a point atop the nearest mountain to a broad stretch of shoreline. The upper reaches were woodland watersheds; the middle



sections had agricultural terraces for taro and other key crops; the shores held villages, fishponds and *heiau* (temples).

Though each is different, today's Hawaiian hamlets are thriving 21st

TODAY'S HAWAIIAN HAMLETS
ARE THRIVING 21ST CENTURY
DESTINATIONS WHERE
TRAVELERS BROWSE ART
GALLERIES, DINE ON
HOMEGROWN FOODS AND
VISIT ARTISAN CRAFTSPEOPLE
TO RUY THEIR WARES.

century destinations where travelers browse art galleries, dine on homegrown foods and visit artisan craftspeople to buy their wares.

So many Hawaiian small towns have boomed and faded, and then been reborn, that they are now gaining great cachet as day-trip destinations from nearby resort districts. For instance, upcountry and southeast of Hali'imaile is the town of Makawao, whose main street has a few dozen colorful shops, cafes and galleries. Downslope is Pā'ia, whose general store is still a thriving market and has become a guidebook-worthy draw for the quirky offerings on its shelves.

Yet Hali'imaile largely retains the quiet character it has held for decades, despite a steady midday stream of cars coming through town.

"Back in 1988, I don't think 10 cars an hour passed by on the road out there," says Gannon. She indicates the street that fronts her restaurant just 100 feet from our windowside table. "The building was funky and run-down, and I thought I'd just slap on a coat of paint and open a deli."

Her plans were so low-key, and the location so unimpressive, that bankers rejected financing requests, and Gannon, her husband and close friends funded renovations themselves. Their contract with the building's owner, the Maui Land & Pineapple Co., required Gannon to provide lunch for the company's workers every day. Aside from that, she intended no major gourmet dining

spot and was stunned when 150 customers showed up for the opening. Her success put Hali'imaile on the map and added cachet for Hawai'i regional cuisine—kalua pork wontons, for example, and ahi poke.

But hers was the main attraction in Hali'imaile until the 2000s, when other local entrepreneurs realized the little community in Maui's green hills could provide a good









WHAT'S IN A NAME?

Waimea is a famous town near the north end of Hawai'i Island, a capital of the Islands' ranching heritage.

Waimea is also the name of an epically scenic canyon on Kaua'i, as well as a town along Kaua'i's southwest shore, where the Waimea River meets the Pacific Ocean. And it's the name of the bay at that spot. And it's a verdant rain forest valley on O'ahu's North Shore.

This profusion of Waimeas was no problem for the Polynesians who settled the Hawaiian Islands centuries ago, and named their places as they pleased. Until Kamehameha I united the islands around the end of the 18th century, travel between them was arduous.

Now, of course, it is easy and common, and duplicate names cause problems for mapmakers and delivery officials. If you send a letter to Kailua, Hawai'i, the question arises as to which Kailua you mean. The solution in some cases, according to some government naming standards, is to append distinguishing names to one of the duplicates—the appendage is usually the name of a neighboring place.

Thus, the town on Hawai'i Island is Kailua-Kona, which can help differentiate that town from O'ahu's Kailua.

Some duplicate names need no official differentiation: Kīlauea is a town on the Kaua'i North Shore; it's also the volcano currently erupting on Hawai'i Island. Mauna Loa is the bigger, dormant volcano adjacent to the Kīlauea volcano—and Maunaloa is a town on Moloka'i. And, of course, Hawai'i is the state's largest isle, as well as the name of the entire state.

The duplicate-name phenomenon is not unique to the Aloha State.

According to the U.S. Census, there are at least 94 places named after George Washington in the United States. There are several dozen Franklins, too. And there are plenty of Georgetowns—mainly named for a king, if not a president. —E.L.



Maui Pineapple Tours, based in Hali'imaile, offers tour participants samples of fruit picked fresh.

home for their enterprises. First came the pineapple-growing company Maui Gold, which took over fields near town from Maui Pine in 2009, when the latter departed the agriculture business. Today, busloads of visitors arrive for tours of the fields, a quick education in pineapple agronomy, and the chance to pick fruit and learn to select, prepare and serve it.

"People gobble up information," says
Darren Strand, president of Hali'imaile
Pineapple, Maui Gold's parent company,
in the firm's offices, housed in old warehouses next to Gannon's restaurant.

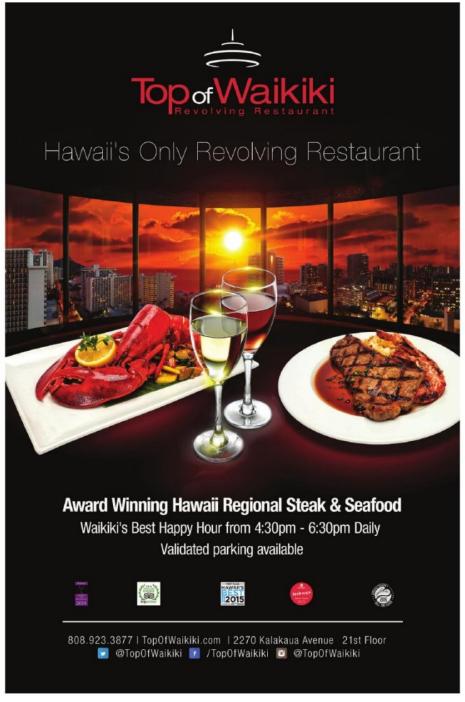
"They love meeting the people who grow
the pineapples."

He indicates that visitors often stop by seeking fresh pineapples—as does his neighbor, Gannon.

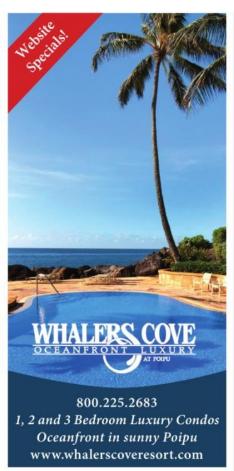
"This is an amazing little place, Hali'imaile. I'd say 30 percent of our 83 workers just walk across the street to come to work." In other old warehouses nearby, a custom cabinetmaker has set up shop. Next door is a high-end paddleboard maker. Across the street from Bev Gannon's restaurant is a blown-glass gallery; and next to that, in old Quonset-hut pineapple warehouses, is the Hali'imaile Distilling Company, where Mark Nigbur is the master distiller. The company makes Pau Maui

Vodka, and offers tastings and tours. Nigbur uses Maui Gold pineapples to make the mash for his vodka. Like Gannon, Nigbur and his family live close to Hali'imaile. As at Maui Gold, virtually all his employees are Upcountry residents.

"You can take the Maui Gold tour, come here and taste what I make with their pineapples, then go to Bev's restaurant and finish











with her pineapple dessert," says Nigbur, a Coloradan who moved to Maui specifically to make vodka from pineapples.

Gannon's pineapple upside-down cake is famous throughout the Islands.

"Let's call this the pineapple triangle," says Nigbur.

IF HALI'IMAILE is known for its cuisine and pineapples, then the area on the north shoulder of Hawai'i Island, known as North Kohala, might be best known for its cultural history.

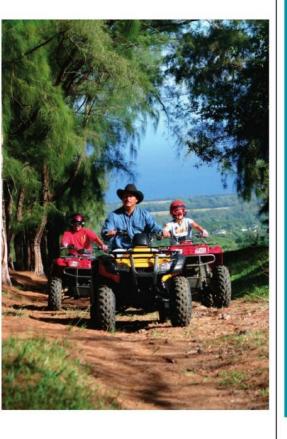
The town of Kapa'au is, at almost 1,800 people, a bit bigger than the roughly thousand-resident Hali'imaile.

MOST RESIDENTS OF THE
NORTH KOHALA AREA CAN
RECITE THE STORY OF
KAMEHAMEHA, WHO UNITED
THE ISLANDS INTO ONE
KINGDOM IN THE LATE 18TH
AND EARLY 19TH CENTURIES.

Kapa'au is where a particularly famous statue of King Kamehameha I is located, standing tall on a hill in a small park overlooking the main road.

It's safe to say most residents of the North Kohala area—which also includes the history-rich town of Hawi—can recite the story of Kamehameha, the royal baby who was supposed to be killed but was saved by villagers who believed a grand destiny lay in his future. Grand, indeed: Kamehameha grew up to become the legendary leader who united the Islands into one kingdom in the late 18th and early 19th centuries.

"So, if Kamehameha was headed over to Maui to take over our neighbor island, his war canoe had to get in the water somehow," says Bill Wong, pointing out a



Visitors to the North Kohala area, on Hawai'i Island, can enjoy a tour from ATV Outfitters Hawaii that discusses local legends, history and geography.

handmade cut that slashes down through the bluff overlooking the Pacific at Kauhola Peninsula. "This is where they hauled his canoe in and out. Kamehameha I always came here to his temple to pray for the strength of his warriors before battle."

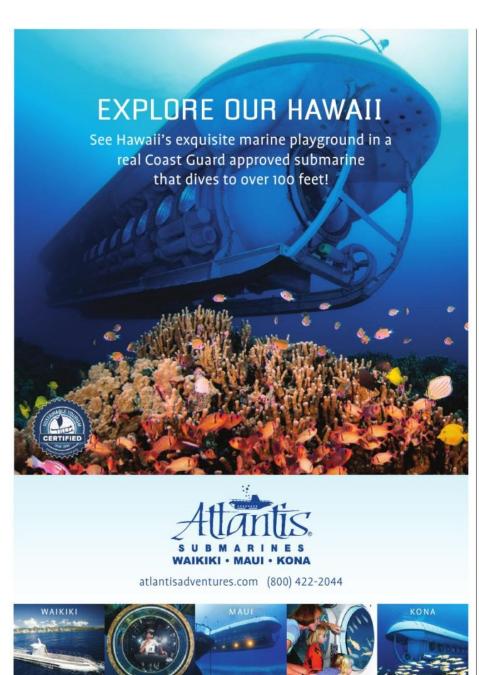
Wong owns ATV Outfitters Hawaii; he and his guides take visitors around North Kohala on four-wheel all-terrainvehicles, regaling them with local history and lore, such as Kamehameha's exploits.

Wong's own heritage here is deep; his great-grandfather came to the Hawaiian Islands from China in the 1870s to work in the nascent sugar industry. He has Native Hawaiian and Filipino ancestry, as well, and he's an accomplished team roper who raises cattle on his small ranch and has a son living in Texas pursuing his own professional rodeo career. "His











** HAWAI'I'S SMALL TOWNS

fellow riders get a big kick out of calling him 'Cowboy Wong,'" says his father, gleefully.

Back down the road at Hawi, visitors can also fly through the sky at Kohala Zipline, an attraction that provides dozens of jobs to Kohala residents. Up the mountain from here, along a country lane often called one of America's most scenic drives, Kahua Ranch introduces travelers to Hawai'i Island's paniolo culture at a working cattle operation whose beef might wind up on plates back down the hillside in Hawi, at Bamboo Restaurant. A nearby farmers market offers local fruits and goodies. The main

IN HANALEI IS THE RESTAURANT SEAT WHERE GEORGE CLOONEY SAT WHILE FILMING A MEMORABLE SCENE IN THE DESCENDANTS.

street is lined with colorful shops and galleries; driving by one, Wong pulls into the parking lot and declares, "This was the laundromat. It's where we used to take our clothes to wash the canefield dust out."

Sugar cane disappeared in the 1960s and 1970s; cattle ranching endures, but producers face many challenges, only beginning with shipping costs to and from the island. The point is, Wong emphasizes, that North Kohala has bounced back more than once, emulating its homegrown hero Kamehameha. Indeed, the king is such an icon that a local nonprofit, the Kohala Institute, has restored Kamehameha's taro terraces as part of a budding agritourism venue.

"[Also,] a group of local young men got interested in taro patches nearby, and they happily donated their time to restoring them," marvels the institute's presi-

MORE SMALL TOWNS

- Hale'iwa: This small town on the North Shore of O'ahu is a focus of global attention each winter when the big waves arrive and draw expert surfers-and thousands of spectators. A sprinkling of shops and cafes greet visitors who avidly seek souvenirs and scarce parking spots near wave-watching sites.
- Kailua: Poised on O'ahu's east shore, beneath the sheer-sloped palisades of the Ko'olau Mountains, this town is the home of two excellent artisan chocolatiers, Madre Chocolate and Mānoa Chocolate Hawaii. which are just three blocks from each other. It is also the home of Kailua Beach Park, famous for its swimming and snorkeling. (Please respect parking restrictions near the beach.)
- Pā'ia, Maui: Pacific swells build offshore in the winter and draw big-wave surfers and their admirers. The best vantage is at Ho'okipa Beach Park; adjacent to that is Mama's Fish House, a long-revered seafood restaurant. The town itself has many small shops, galleries and boutiques.
- . Hāna, Maui: Situated at the end of a famously scenic and winding road, this serene settlement is nicknamed "Heavenly." A luxury resort, Travaasa, and several small cafes spice up the area's peace and quiet. - E.L.

dent, Noe Kalipi. "It was a major project, believe me. They cleared out the trees and vines, and come up here regularly now to tend the taro."

The institute also has a heritage citrus orchard, and is renovating a 19th century girls' school into a lodge and retreat center that will welcome visitors starting this summer.

"We can't be driven down," says Bill Wong, who also grows taro along with managing his 250 head of cattle. "Sugar came and went, and we survived. This is a place where people find their way."



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** HAWAI'I'S SMALL TOWNS

TARO IS ALSO CRUCIAL to the character of Hanalei, on the North Shore of Kaua'i. The vast fields just outside town—which utilize water from the nearby slopes of Mount Wai'ale'ale, one of the contenders for wettest spot on Earth—supply a large portion of the taro used throughout the Islands.

The taro patches come into view as drivers heading toward Hanalei descend the road from Princeville. At the bottom of a hill, cars line up to cross a picturesque one-lane bridge—one of almost a

EVERYONE IN TOWN JUST
CALLS HER "BEV," AND IF SHE
PUT THE TOWN ON THE MAP,
THE PLACE IN TURN
HELPED HER.

dozen between here and the end of the road about 10 miles farther, at Kē'ē Beach. Elaborate customs govern traffic on this famous first bridge; a sign instructs visitors that it is courteous to allow a group of five to seven cars to pass from the other side before venturing onto the bridge yourself to cross.

Once in Hanalei, a few blocks' drive farther west brings you to the frequently photographed Wai'oli Hui'ia church, a gorgeous green-and-white gem framed perfectly against the waterfall-striped mountainside behind. Here, too, is a new entrant in the popularity sweepstakes for selfie settings: the exact seat at Tahiti Nui Restaurant where George Clooney sat while filming a memorable scene in *The Descendants*.

I don't need to sit in Clooney's seat and document the moment. I do, however, have a question for our waitress as I scan the menu.

"Did I hear a rumor they are thinking of replacing the one-lane bridge?"

She gasps in mock outrage.

"Never! If they tried to put in a fancy new one, the town would stop it in its tracks," she informs me. "That's the whole key to life in Hanalei—you just can't be hasty if you have to wait to get here in the first place."

I think about that as I savor my dinner, the restaurant's signature slow-roasted ribs. Here's a town that deliberately blocks haste at its front door. It's clearly more than just a thoroughfare from one side of the Hanalei River to the other.

BACK IN HALI'IMAILE, in the middle of my lunch with Bev Gannon, a visitor from Arizona approaches our table to shake her hand. "It's an honor to meet you," he declares. "For my money, this is the best restaurant in the world."

The world is a mighty big place, and Hali'imaile is just one tiny mote of human life within it. Gannon cannot help but smile and shake her head in wonderment.

"All those years ago, I didn't expect to be open more than a couple years. But I put this place on the map, and I'll never leave."

An upland breeze lifts the leaves of a hibiscus bush nearby. Gannon looks completely at home here, her long hair blowing in the breeze. Everyone in town just calls her "Bev," and if she put the town on the map, the place in turn helped her.

"I love this little town," she says.

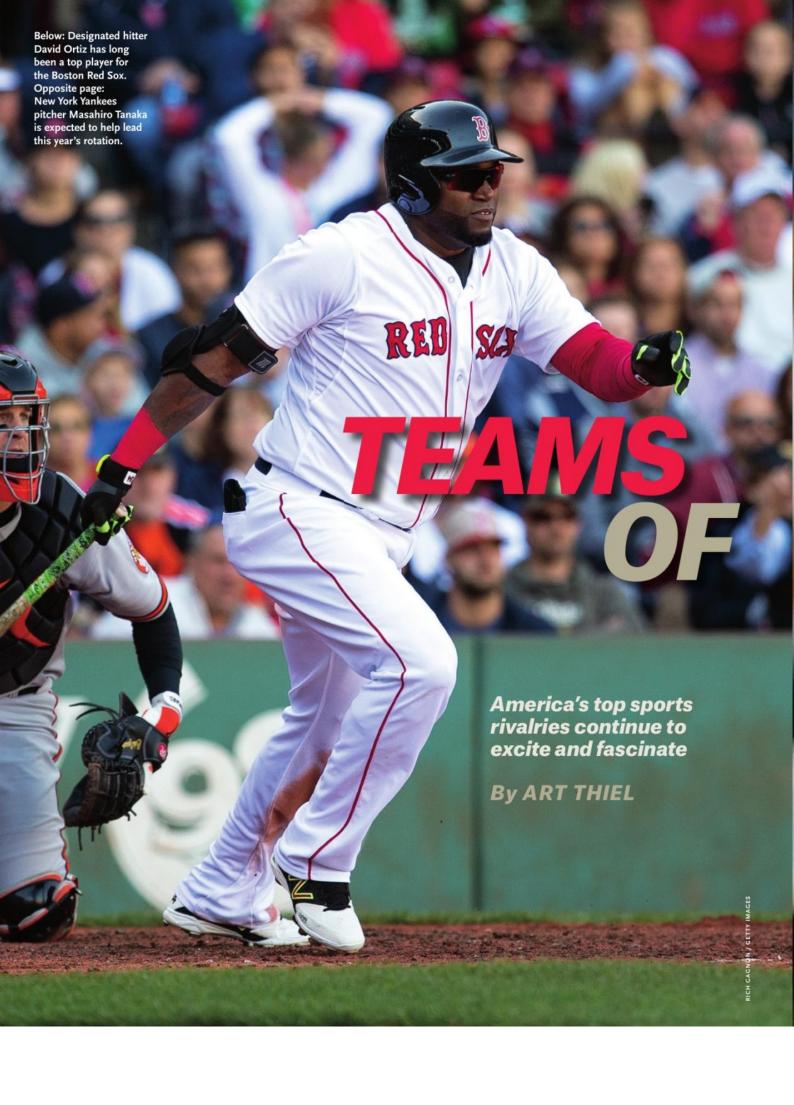
That's an easy sentiment to share.

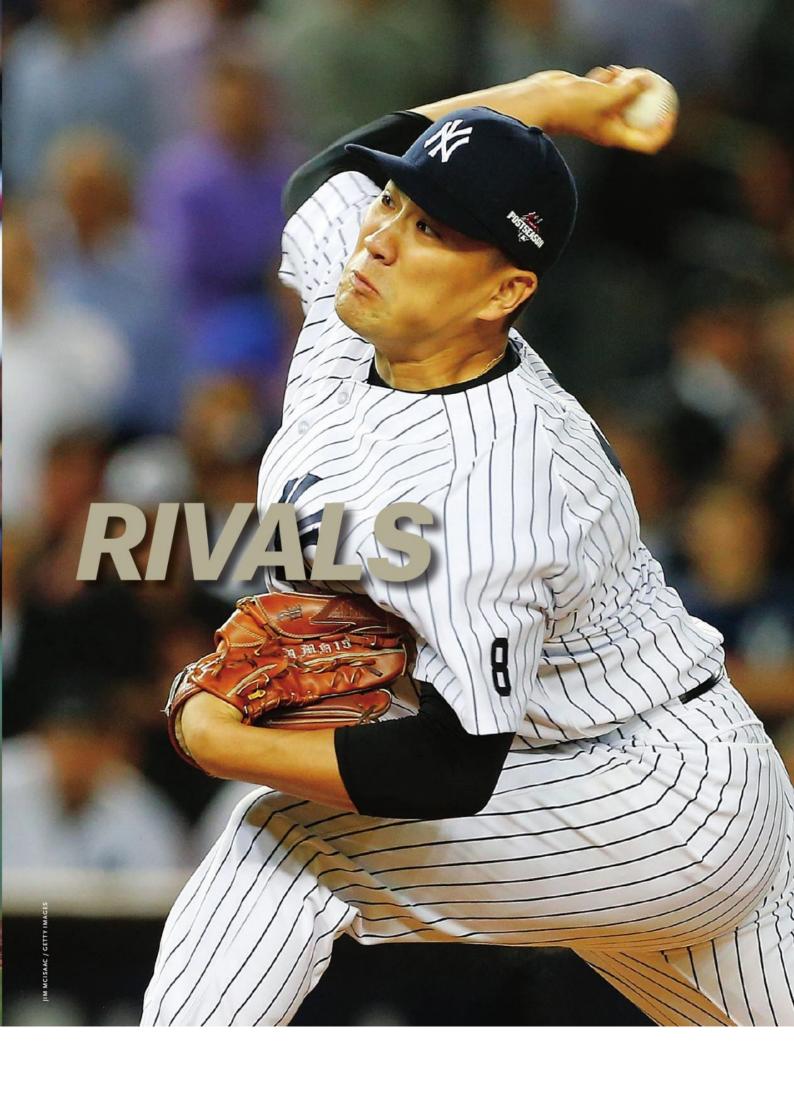
Eric Lucas is an associate editor at Alaska Beyond Magazine.

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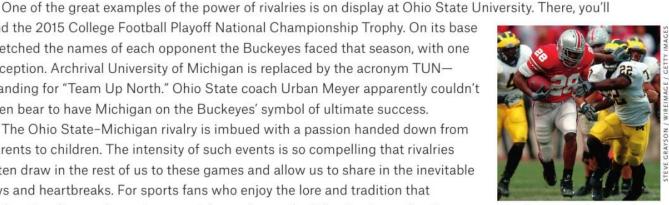
For fans and athletes, sports rivalries aren't everything. ... They are the only thing.

At least it can seem that way for those who practice the time-honored rituals of painting faces, memorizing chants, gathering at the site of the perpetual tailgate and heaping scorn upon adversaries.

find the 2015 College Football Playoff National Championship Trophy. On its base is etched the names of each opponent the Buckeyes faced that season, with one exception. Archrival University of Michigan is replaced by the acronym TUNstanding for "Team Up North." Ohio State coach Urban Meyer apparently couldn't

The Ohio State-Michigan rivalry is imbued with a passion handed down from parents to children. The intensity of such events is so compelling that rivalries often draw in the rest of us to these games and allow us to share in the inevitable joys and heartbreaks. For sports fans who enjoy the lore and tradition that make attending such events a special experience, the following is a collection of must-see matchups.

even bear to have Michigan on the Buckeyes' symbol of ultimate success.



The Ohio State Buckeyes and Michigan Wolverines enjoy one of NCAA Division I football's longest and most intense rivalries.

MAJOR LEAGUE BASEBALL:

New York Yankees-Boston Red Sox

The first 2015 meeting between these two teams—which are part of the most storied rivalry in all of American sports—was the latest in a long list of epic confrontations. It lasted 19 innings at Yankee Stadium and took six hours and 49 minutes before the Red Sox prevailed 6-5 on a sacrifice fly by Mookie Betts. By time, it was the longest game in Red Sox history.

For fans, the 19 games these teams annually play are full of drama. They take place in the nation's most populous corridorbookended by Boston's Fenway Park and New York's Yankee Stadium—and have been part of life for five generations. Both sides take this rivalry as seriously as a tax audit. Fans' feelings manifest in creative ways. During the 2008 construction of the new Yankee Stadium in the Bronx, a Red Sox-loving worker buried a jersey of Boston hero David Ortiz during a concrete pour, in hopes of cursing the Yankees. The worker owned up when confronted, and it was jackhammered out and auctioned off for charity.

For most of the 20th century, the Yankees had the upper hand, winning 25 World Series, while the Red Sox won only five-and all five by 1918. The following year the Red Sox traded the great Babe Ruth to the Yankees, ushering in an 86-year drought until the next World Series title. The period would be known as the "Curse of the Bambino." The Yankee streak included winning the American League Championship Series (ALCS) meetings of 1999 and 2003.

But in the 2004 ALCS, the rivalry turned. It was the bottom of the ninth inning in Game 4, with Boston trailing 4-3. They were behind in the series 0-3 and Yankees relief ace and future Hall-of-Famer Mariano Rivera had taken the mound. All hope for the Red Sox seemed lost. But Boston scratched a run off of Rivera to tie the score and Ortiz homered in the 12th inning for the victory.

The Yankees collapsed and the Red Sox won the next three games. For the first time in MLB postseason history, a team rallied from 0-3 to win a series. The Red Sox went on to win the World Series that year, ending the Curse. The title was the first of three in the 21st century for Boston, compared to only one for New York. Yankees fans are furious at the prospect.

WHEN YOU GO: In its third iteration, Yankee Stadium remains one of the great places to watch a baseball game. Boston's Fenway Park, the oldest in MLB, was recently updated, but is still the original building, quirks and all. Try to get one of the 274 seats Boston installed in 2003 called "Monster seats," atop the Green Monster fence in left field.

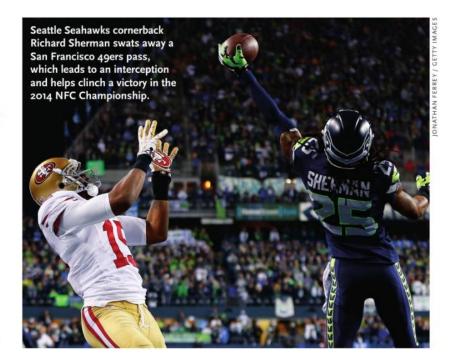
Los Angeles Dodgers-San Francisco Giants

Unique in American sports, the teams transplanted a baseball rivalry from the boroughs of New York to California and kept the passion for the rivalry on boil. It is probably safe to say that these teams have played more games against each other than any tandem of franchises anywhere, in any sport. Heading into the 2016 season, they have played more than 2,400 times over parts of three centuries on both coasts, and the Giants lead the series by a mere 32 games. One of the most memorable meetings came during the pennant race of 1951, when the Giants, led by rookie sensation Willie Mays, ran down the Dodgers' 13.5-game lead to tie at the end of the regular season, forcing a three-game playoff, the first nationally televised postseason series.

The teams split the first two games, then Giants star Bobby Thomson won the game with a ninth-inning home run that became immortalized as "The Shot Heard 'Round the World."

Since both teams left New York and joined the National League West Division in 1957, Los Angeles holds the edge in National League pennants (nine to six) and World Series titles (five to three). However, the Giants have won three World Series titles in the past six years (2010, 2012 and 2014); the Dodgers have not won a World Series since 1988. Recently the Dodgers had their own dramatic moments. In 2004, the Giants were up 3-0 in the next-to-last game of the regular season. Both teams were vying for the division title. But mistakes by the Giants allowed the Dodgers to load the bases in the bottom of the ninth at Dodger Stadium, whereupon Dodger outfielder Steve Finley took reliever Wayne Franklin deep for a grand slam.

WHEN YOU GO: Dodger Stadium, which opened in Chavez Ravine in 1962, is about as close to timeless as a ballpark gets, and AT&T Park, built in 2000, has the special charm of sitting on San Francisco Bay. In right field are several rows of seats that feature a backdrop of McCovey Cove, where more than 70 home-run balls have plunked in the water.



NATIONAL FOOTBALL LEAGUE:

Seattle Seahawks-San Francisco 49ers

What this pairing lacks in age—the teams became NFC West antagonists in 2002—it makes up for in personality, including the rivalry between Seattle coach Pete Carroll and San Francisco's Jim Harbaugh, who coached the team from 2011 to 2014. They built winning programs in the NFC West, and continued a contentious relationship that had begun during their college days coaching against each other in the Pac-10 Conference. The twice-annual divisional meetings became famous for their intensity, climaxing when both were at the top level of the NFL. The 49ers appeared in three consecutive NFC championships (2011–13 seasons), winning one and appearing in one Super Bowl, while the Seahawks won two NFC championships (2013–14) and appeared in two Super Bowls, winning in 2014. The Seahawks got the upper hand in the rivalry in 2013, with the 23-17 win over the 49ers in one of the most dramatic games in NFC Championship history.

The tense, well-played contest was decided in the Seahawks' end zone in the final minute when cornerback Richard Sherman tipped away 49ers quarterback Colin Kaepernick's pass intended for wide

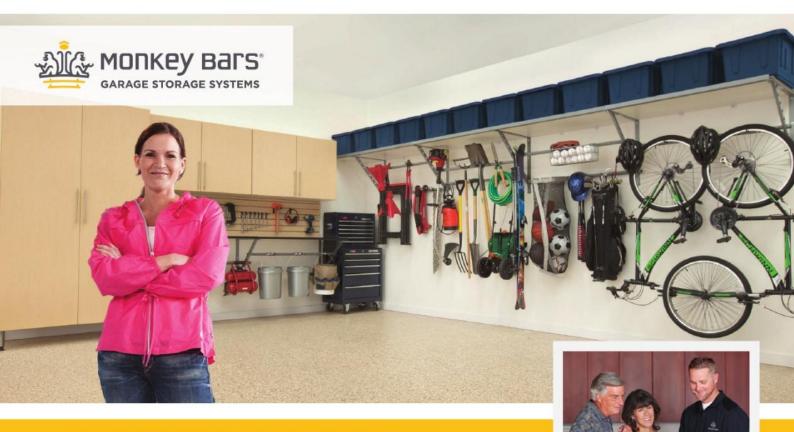
receiver Michael Crabtree. The play led to an interception that clinched the Seahawks' place in the 2014 Super Bowl and ignited a citywide celebration.

After that, each regular-season meeting became a circle-on-the-calendar event for the Seahawks fans, known as the "12s," who delighted in taunting Harbaugh and the rest of his San Francisco squad. Harbaugh left the team in 2014 to become head coach of his alma mater, the University of Michigan. Seahawks fans like to



LEGENDS: Wilt Chamberlain-Bill Russell

The NBA's two leading stars put the sport in the national spotlight in the 1960s. Chamberlain was the overwhelming scoring presence. Russell was the intimidating defender and was always judged the rivalry winner because the Celtics won seven of eight playoff series against Chamberlain-led teams from the San Francisco Warriors, Philadelphia 76ers and Los Angeles Lakers. Despite the lopsided record, Chamberlain's combination of power, grace and size has rarely been equaled.



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LEGENDS:

Boston Celtics-Los Angeles Lakers in the 1980s Many basketball fans insist that the sport was never better than when its two greatest teams, the Los Angeles Lakers and Boston Celtics, contested three NBA championships in the 1980s. The Celtics, led by Larry Bird, won in 1984. The Lakers, led by Kareem Abdul-Jabbar and Magic Johnson, won in 1985-ending a streak of eight NBA Finals losses to the Celtics. The Lakers also won in 1987. Even with subsequent all-time great individual players such as Michael Jordan, Kobe Bryant and LeBron James, the Celtics-Lakers rivalry is still considered by many a high point in this team sport.

believe his departure was hastened because the Seahawks won seven of the previous eight games between the teams before Harbaugh left. Fans of the 49ers like to believe payback is coming with the hiring of Chip Kelly, a former Philadelphia Eagles head coach and Pac-12 coaching star at the University of Oregon.

when you go: Levi's Stadium is a state-ofthe-art venue that opened in 2014 in Santa Clara, 40 miles south of San Francisco, and hosted the 2016 Super Bowl. CenturyLink Field in Seattle is famous for holding arguably the loudest fans in the NFL, who have set audio records and caused minor earthquakes. Get a seat anywhere and hang on.

NCAA COLLEGE FOOTBALL: University of Notre Dame— University of Southern California

Two great college-football traditions that have nothing to do with proximity or conference have done a rare thing since 1926: schedule each other every year.

The two teams in this meeting have combined to produce the most national titles (II each), Heisman Trophy winners (seven each), All-America selections, and college and pro football Hall of Famers (12 each) of any college-football rivalry. The schools have also combined to send more than 900 players into the NFL. Amazingly, USC has never led in this series that stands at 46–36–5 for Notre Dame. But the Trojans won what is probably the greatest game in the series, a 2005 match at Notre Dame in which undefeated and top-ranked USC trailed the ninth-ranked Fighting Irish 31-28 and had the ball on the Notre Dame one-yard line with seconds left.

Trojans coach Pete Carroll skipped a field goal try for the tie, and, instead, had quarterback Matt Leinart attempt to run it in. The play failed, with Leinart being stopped virtually at the goal line as time ran out. However, the referees put seven seconds back on the clock.

The next play, Leinart attempted another sneak, but, again, the Irish defense appeared to have stopped him—until he received a shove from behind by USC running back Reggie Bush. The "Bush push," of one Heisman Trophy winner to another, was illegal, but went uncalled. The Trojans won 34-31, setting off among Irish fans a firestorm whose embers still glow.

when you go: Notre Dame offers a unique atmosphere on a campus where football is more than just a game. Los Angeles Memorial Coliseum has its own history, hosting Trojans football games since 1923. It has also been the site of two Olympic Games, a World Series and the first Super Bowl.

Ohio State University— University of Michigan

The 189 miles between Ann Arbor, Michigan, and Columbus, Ohio, divide two of college football's great rivals, the University of Michigan Wolverines and the Ohio State Buckeyes.

Begun in 1897 and played annually since 1918, "The Game," as it is known, has always boasted oversized stadiums, fervent fans and bigger-than-life personalities. The Wolverines lead the series 58–47–6. But the Buckeyes are in rally mode, with wins in 13 of the past 15 games, including one in October over the





Duke Blue Devils fans, shown here trying to distract North Carolina guard Jean-Pierre Tokoto in 2015, are known for being among NCAA basketball's most passionate supporters. and Michigan second in the Bowl Championship Series rankings. A late touchdown wasn't enough for the Wolverines to overcome a firsthalf deficit, and Ohio State won the latest "Game of the Century," 42-39.

WHEN YOU GO: For sheer spectacle, take your pick between Michigan Stadium and Ohio Stadium. The home of the Buckeyes holds about 105,000 fans. But the Michigan Wolverines have the edge, with a record attendance set in 2013 of 115,109.

Wolverines' new coach, Jim Harbaugh, the former 49ers coach and Michigan quarterback.

The rivalry's finest era was between 1969 and 1978, known as "The Ten Year War," when Michigan's legendary coach, Bo Schembechler, and his equally legendary Ohio State counterpart, Woody Hayes, went at it with personal, regional and national stakes involved nearly every year. The decade-long battle went to Schembechler and his Wolverines, but barely, with a final record of 5–4–1. The biggest national moment for the annual showdown was in 2006, when both teams boasted II—o records. Ohio State was first

NCAA COLLEGE BASKETBALL:

Duke University—University of North Carolina

Fans of these two NCAA basketball powers would argue that this is the nation's greatest sports rivalry. It includes a long history, two incredibly successful programs, and a distance of only 10 miles that separates the campuses of the Duke Blue Devils and the North Carolina Tar Heels.

"To legions of otherwise reasonable adults, it is a conflict that surpasses sports; it is locals against outsiders, elitists against populists, even good against evil," wrote Will Blythe, a Tar Heel alum,







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about the rivalry in his book *To Hate Like This Is to Be Happy Forever.*

Both schools have had the finest leadership. The Tar Heels, in Chapel Hill, rose to prominence during the tenure of coach

Dean Smith from 1961 to 1997. Current coach Roy Williams has almost as impressive a resume. UNC was third in all-time NCAA wins, with 2,140, after the 2014–15 season. Equally renowned Duke coach Mike Krzyzewski, who began his 36th season in Durham in the fall of 2015, had Duke fourth on the list with 2,062 wins. Each

Fanendo Adi of the Portland Timbers is surrounded by Seattle Sounders defenders during a game last year. The Timbers won the 2015 MLS Cup, only intensifying the rivalry between the two Northwest teams.

school has won five national titles. North Carolina has been to a record 18 Final Fours; Duke has been there 16 times.

Among many epic battles, the final home game for Tar Heel stars Michael Jordan, Sam Perkins and Matt Doherty on March 3, 1984, stands out. It took two overtimes before No. 1–ranked UNC put down unranked Duke 96-83. Doherty, later a UNC head coach, sent the game into overtime when he hit a 15-footer with a second remaining to tie at 71. After a tie at 79 forced the second overtime, Jordan, Perkins and Johnny Dawkins took over, flashing their skills to become the first Atlantic Coast Conference team in 10 years to go undefeated (14–0) in conference play.

Duke always seems to have a better home-game edge because of the Cameron Crazies, the student section in their famed

Cameron Indoor Stadium, who are as witty as they are merciless to opponents. One of the most famous events for the Crazies came in 1984, before the North Carolina game and after Duke University President Terry Sanford chastised the students in a public letter for their use of indelicate language and personal insults.







waged a magnificent rivalry concerning who was the queen of women's tennis. Each woman won 18 grand-slam singles titles. They faced each other in 14 grandslam finals (Navratilova won 10 to Evert's four). Between the 1982 Australian Open and the 1985 Wimbledon Championships, Evert and Navratilova won a combined 15 consecutive grand-

slam singles titles.

Wearing angel costumes with tinfoil halos, students held signs reading, "Welcome, Fellow Scholars" and "A Warm and Hearty Welcome to Dean Smith." When the Crazies disagreed with a foul call, instead of vulgarities, they chanted, "We beg to differ! We beg to differ!"

WHEN YOU GO: Duke University's Cameron Indoor Stadium, with its cramped confines, is the place to be. The capacity is 9,413, but it can seem like thousands more are packed into the facility. In contrast, North Carolina's large Dean Smith Student Activity Center holds more than 21,000 fans.



MAJOR LEAGUE SOCCER.

Sounders-Vancouver Whitecaps

December 6, 2015, will go down as the finest day yet for Portland Timbers fans, as the Timbers beat the odds and the Columbus Crew SC to win the Major League Soccer Cup.

However, don't expect any celebrating from Seattleites or soccer fans in Vancouver, British Columbia. Both areas have had a hard time accepting the fact that their archrivals down in the Rose City are league champions.

The competition between the Timbers, the Sounders and the Whitecaps dates to the North American Soccer League (NASL) in the 1970s. After the



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NASL folded, the rivalry simmered at lower levels until MLS expanded to the Northwest, bringing Seattle into the league in 2009 and adding Portland and Vancouver in 2011. The three teams have competed for the Cascadia Cup since 2004, giving the team with the best overall record in matches among the three each season the bragging rights over Northwest soccer. Since 2011, the Sounders have won two Cups, the Whitecaps two and the Timbers one.

While the matches among the three are considered about the most passionate in MLS, the rivalry between Portland and Seattle is the most intense, generating an audio riot that ranks with the best you'll find in the English Premier League, according to Alan Hinton, a former English international player who also coached the NASL Sounders.

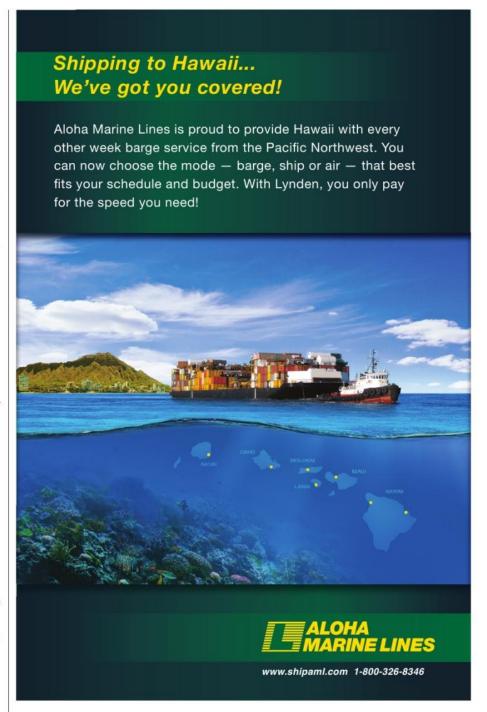
"It is like every other derby [close rivalry] around the world," Hinton says of the contests between the Sounders and the Timbers. "It is like Manchester United/Man City, Arsenal/Tottenham, Chelsea/West Ham. These rivalries are the same intensity."

The Sounders have been a huge business success. The team has reached the playoffs and led the MLS in attendance each of the past seven years.

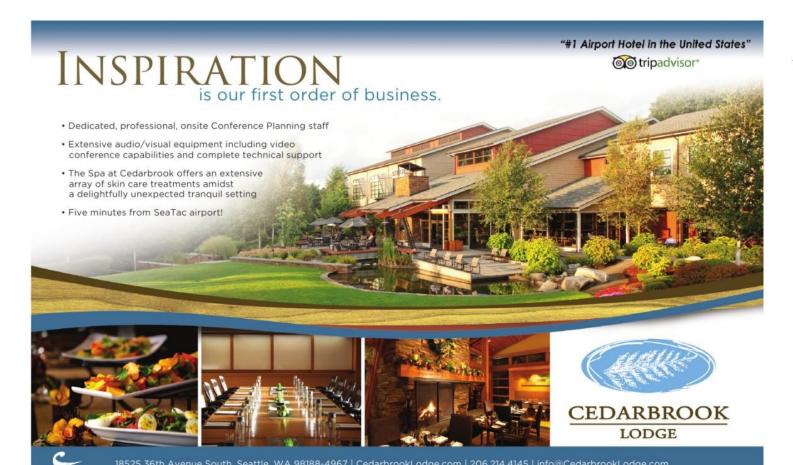
However, the Timbers have surpassed anything the Sounders or Whitecaps have done by winning the 2015 league title. The crowds will be loud when the Sounders and Timbers play three times in five weeks, starting July 17 in Portland. Fans at these matches should prepare to stand amid colorful banners and full-throated chants for more than two hours.

when you go: Portland's Providence Park boasts Timbers Army fans who are famous for constant chanting, drumming and waving of banners and flags. Sounders fans are equally robust at CenturyLink Field, where many take part in Seattle's pregame "March to the Match" from Pioneer Square to the stadium.

Art Thiel is a Seattle-area sports writer and the co-founder of Sportspress Northwest.











Gaming's New Reality

By Jacob Uitti

When Matt Watson dons his black plastic headset, he can do many extraordinary things, including sit next to a sleeping dinosaur, swim among sharks and even be in a video game, to name a few. Watson's headset, known as the Gear VR, is part of the latest trend in video games—the virtual-reality (VR) experience. A joint venture between phone-maker Samsung and Oculus, a technology company recently bought

by Facebook founder Mark Zuckerberg, the Gear VR works by sliding a Samsung smartphone inside the viewer section in front of your eyes.

You use the viewer's binoculars to focus on the smartphone screen to see a special downloaded game or app, which gives you the sense of virtual reality, or actually being in the game. "I was sitting on a log and a brontosaurus was sleeping right in front of me," says Watson, a Seattle writer and technology buff who was playing Samsung's *Jurassic World* game for the Gear VR. "Then the dinosaur woke up, ate some leaves and stuck its face right in my face."

Virtual reality is the latest major innovation in the ever-expanding video gaming industry, which has mushroomed into an entertainment behemoth that is expected to have 2.5 billion global players and sales of nearly \$100 billion worldwide in 2016, according to the gaming research firm Newzoo.

Today, gaming continues to expand its reach throughout the home and among every age group. Gaming on mobile devices, one of the fastest-growing gaming sectors, is attracting both young and old. The Entertainment Software Association estimates that upward of 33 percent of American teenagers and adults now play games on their mobile devices.

And the home console hub, where the most advanced games are played, has developed into an entertainment center, where you can watch television and various forms of live programming, stream movies and listen to music.

The Virtual Revolution

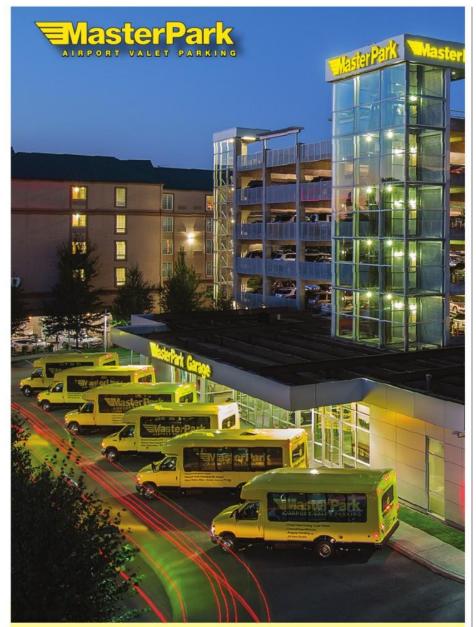
This year may finally see VR become a major part of the gaming scene. After much research, just about every major gaming company is developing a VR device. They range from headsets expected to sell for thousands of dollars to Google's Cardboard, which is already on the market and has many inexpensive options that can cost as little as \$20.

Not surprisingly, some VR devices still have a few bugs, says Watson. Many users begin to feel motion sickness after about five minutes because some versions of the simple headsets don't account for actual human movement. Also, because some systems require you to use a smartphone as the screen, the experience isn't quite as all-encompassing as one might like.

"They're surprisingly immersive," Watson says. "But at the same time, it's very obvious that you're looking at a pixelated display, and they don't track your head in 3-D space."

Those issues may be resolved later this year when Facebook's highly anticipated Oculus Rift is released, along with other advanced VR headsets such as the HTC Vive and the Sony PlayStation VR unit, which will utilize more precise displays as well as technology built into the headset—such as motion sensors—that account for human movement and reduce the motion sickness issue. These VR devices will also, eventually, use VR hand controllers that will allow the user to move individual fingers and body parts in the VR world.

While the Oculus Rift is not the first 3-D device, it is expected to be the first reliable one of its kind that's also reasonably priced (Facebook officials say it will go on sale later this year for \$599). Many developers, including those at Facebook, are betting that such devices are the future of digital interaction. Oculus is expected to be a major breakthrough in gaming, and it may also prove to be a breakthrough in how we learn, work and entertain ourselves. The



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device can give users the illusion of being in a movie theater and viewing a new-release film. It also can put you in an ocean to study plant life, or in a recording studio with musicians while they play instruments. And it can put you in a classroom full of people to learn a new language. With the help of a new application, Oculus Social, which is still in development, users are expected to be able to join different virtual rooms to share content. The first version will allow up to five people to watch the same film in a theater setting.

It's the concept of using virtual reality in such ways that attracted Zuckerberg to acquire the company for a reported \$2 billion. Microsoft is going in a slightly different direction with the HoloLens, a headset that displays holographic images on a lens before your eyes. While it is also being marketed as a design tool for industry, the HoloLens will be able to stream games, such as *Minecraft*. The HoloLens is expected to go on sale this year and cost about \$3,000.

Mobile Gaming

Oculus Rift marks Facebook's latest foray into gaming innovation. The social media powerhouse also played a key role in the mobile device gaming movement by offering a platform for such games as Zynga's Farmville in 2009 and King Company's Candy Crush Saga in 2012. Both games have gone on to be phenomenally successful, and have been downloaded and played by millions of people on their smartphones.

Gaming on mobile devices was the last major innovation for the industry and underscores how it has changed in recent years. Games such as Angry Birds, Drag Racing: Bike Edition and the Scrabble-styled Words With Friends all boast millions of users of every age and are available on mobile devices for free. They don't need the large memory and bandwidth that many of the console games require. They also cost less to produce

and, given their medium, have a much larger potential audience.

Seattle mobile gaming companies Big Fish and PopCap have garnered hundreds of millions of game downloads in the last decade, a large portion under the "freemium" umbrella, meaning the games are free, but users pay for aspects of the games such as upgrades.

For instance, a game might give players the chance to buy their way to a higher level, or to acquire important icons needed in the game, or just to skip a waiting period and get to the next level. Players will spend a dollar here and a dollar there just to continue through the game. According to Newzoo, this method of payment has been so successful that the mobile gaming industry earned an estimated \$30 billion in 2015 from its tens of millions of users.

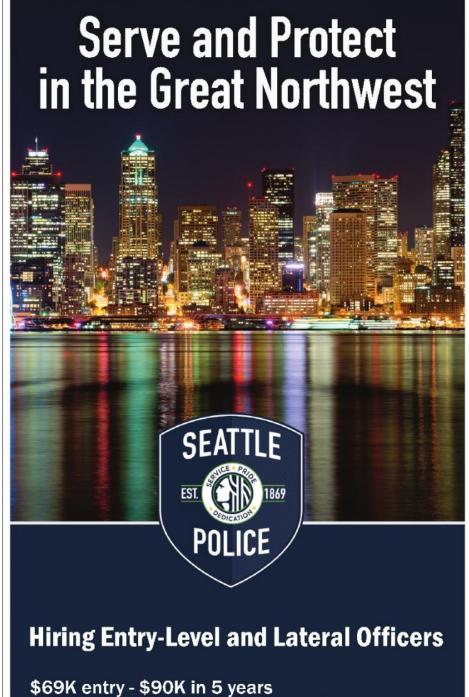
"As far as the freemium model in gaming goes, it allows any user to play, period," says Kathryn Ficarra, vice president of advertising at Big Fish. "There are many consumers who play many mobile games without ever paying a dime. The option is there for you to purchase additional features or to advance through a level more quickly, but the reality is that the freemium model has opened up gaming to everyone, and we think that's exciting."

Console Gaming

With the rise of gaming on smartphones and other devices, the old gaming console at home has been forced to adapt.

According to research reported on the Big Fish website, 41 percent of American adults own video game consoles, which is up from 35 percent in 2005. The Sony PlayStation 4 game console is the industry leader, with 30.2 million units sold between November 2013 and November 2015. Microsoft no longer releases sales figures for the Xbox console, but it did report selling 10 million units of Xbox One as of November 2014.

However, while everyone may have a



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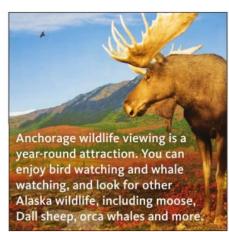
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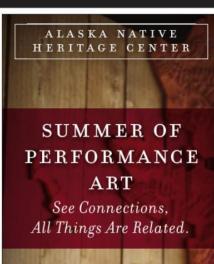














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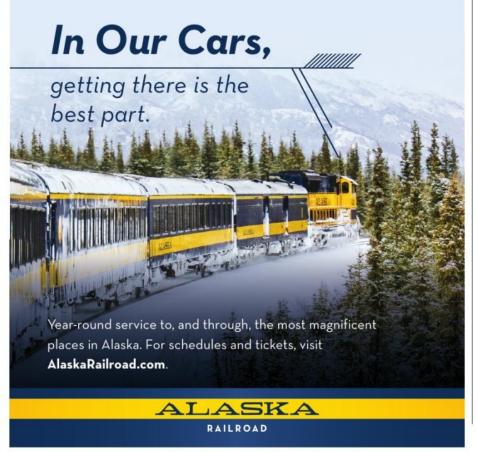




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CONSUMER FOCUS

console, not everyone uses it for gaming. According to research reported by Big Fish, console gaming is declining, dropping from 47 percent of the country's gaming time in 2011 to only 38 percent today. An increasing number of people also use their consoles, which include Wi-Fi and other technologies, to download and play music, TV shows and movies, both DVDs and digital.

Another recent development for consoles is their integration with smartphones. Given the divergence between sophisticated console gaming and casual smartphone gaming, one might think there would be no overlap between the two. But many games today utilize both devices. The Xbox console, for example, can integrate with a mobile device, and PlayStations can integrate with their own handheld video game device.

"In the game Destiny," says Seattle resident and avid gamer Brad Denkmann, "you can use the mobile app on your phone while in-game [on your console] to move items around and update your character."

The video game industry is keeping consoles relevant by developing games for the devices that are becoming increasingly impressive, with lush visuals, more lifelike characters and intricate plots. Many of these games are now marketed on television with expensive commercials showing off their look and complexity. A few of 2016's mostanticipated titles include Dues Ex: Mankind Divided, Far Cry Primal and XCOM2.

Like this year's crop of video games, the industry itself continues to evolve, both in style and technological advances. Yet, there is so much more to come. With the onset of VR, the landscape is set for more major changes. Microsoft and other companies expect that VR will eventually have practical uses such as helping architects design buildings and students take college courses.

In the meantime, gaming firms are betting that you will want to be inside your video games and be surrounded by the action. You may even come face to face with an animal long extinct.

Jacob Uitti is a Seattle-based freelance writer.

The Future of Implant and Cosmetic Dentistry

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Jordan had been self-conscious about her smile. She knew she wanted to replace missing teeth and that dental implants were a great option. She was hesitant, having seen traditional implants with dark lines at the gum that did not look natural. She heard implants could be painful, taking months to



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heal and were expensive.

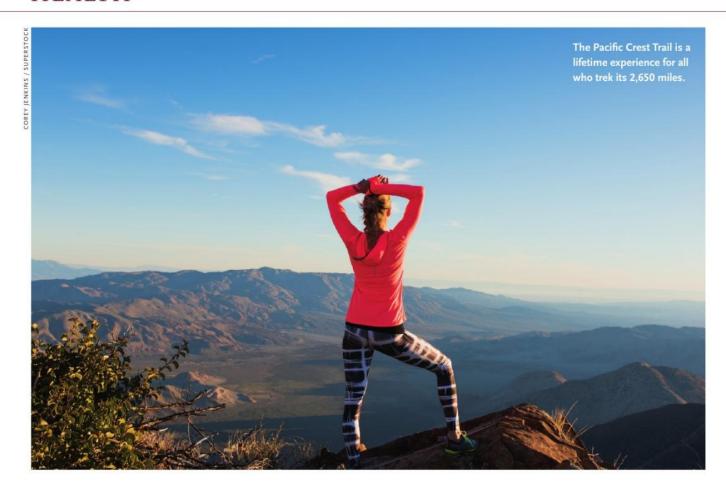
Then she learned about Dr. Shawn Keller, the first dentist in Washington to offer CeraRoot metal-free implants. These ceramic zirconia implants are 100% metal-

free and are as strong as they are beautiful. Jordan wanted to improve her entire smile and had cosmetic work done during



the same appointment, all while she slept comfortably. With the stem cell therapy used during the procedure, she had no discomfort and her beautiful smile was completed in the same day.

Now Jordan is proud to smile with the peace of mind that her healthy new teeth will last a lifetime.



Training That's Fit for Active Travel

By Ellee Thalheimer

When I walked into the pre-ride spaghetti dinner the night before the 2010 Dirty Kanza, a 200-mile bicycle road race around Kansas, I felt like I'd definitely signed up for the wrong ride, and anxiety crested about the adventure that my boyfriend (now husband) had talked me into with starry-eyed confidence. ■ Most of the participants I met that night were visibly fit male riders, ropy leg muscles testifying to their

endurance-ride readiness. There were only a handful of women entrants—17 out of about 200 riders. I passed one of them on the way to the bathroom, and she looked fit enough to pick up a small car.

Though I take wellness seriously, I am not the ripped type; you can tell I never order a hamburger "without the bun." I'd rather have a conversation on a bike ride than do interval training. In Kansas, all I wanted to do was try the kind of gravel road riding my future husband was crazy about and finish the Dirty Kanza.

In the end, I wasn't demolished by the quasi-Herculean Lycra-wearers. Just a third of the participants even finished the grueling route, and I came in second out of two female finishers. And now I look back on the whole episode as a testament to the value of training appropriately for active

travel adventures. The many months I spent testing saddles, honing snack strategies and logging all those miles on my bike at home in Oregon paid off on the back roads of Kansas. Yes, I did manage to cycle 200 miles in one day on High Plains gravel roads. Talk about an adventure. And to top it off, I added on a few days to visit my family in Arkansas.

If you're planning to take an active vacation—whether it's hiking the Pacific Crest Trail, climbing Kilimanjaro, walking the Camino de Santiago in Spain or cycling the Katy Trail in Missouri—a measured approach to preparation will help you avoid injury, stress, disappointment and the sort of overreach that could diminish an other-

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HEALTH



wise amazing travel adventure.

Sue Butler, cycling coach at Wenzel Coaching, regularly goes on guided biking, hiking and skiing trips, and warns that an expensive trip that is meant to be a thrill can become miserable if travelers don't train adequately.

"On a guided hiking trip to Machu Picchu, some people were out of shape and hadn't worn their boots before [think blisters]. During the entire five days of hiking, including a pass at 14,000 feet, they were rarely happy," Butler recalls.

Barb Grover, co-owner of Splendid Cycles, a cargo bike shop in Portland, was savvy and methodical in her preparation to walk the Camino de Santiago (the Way of St. James), a large network of ancient pilgrimage routes that make their way like tributaries across Europe, all coming together at the tomb of St. James in Santiago de Compostela in northwest Spain.

"I walked to and from work, 5 miles each way," says Grover, who undertook her European adventure despite having recently undergone breast cancer treat-



Participants in California's AIDS/Lifecycle Ride bike from San Francisco to L.A., a trip that's both scenic and challenging.

ment, including chemotherapy. "At first, I only walked one way and took a couple of days off; but eventually I walked every day, wearing a backpack two to three times per week. On weekends, I would go on longer hikes. I always wore the hiking shoes I'd bought for the Camino, and tested what gear and clothes worked, rain and shine."

Grover's training approach is one that Dan Tripps, a former exercise physiologist at Seattle University, applauds. "To best prepare for an active vacation, simulate the terrain you'll be on and use the gear that you'll be bringing. Learn your limits and be honest about your capacity. Most injuries happen when people haven't prepared."

A guiding principle for training is to start slowly and gradually increase the intensity of whatever activity you're preparing to do. "For instance, if you're preparing for a five-day trek covering 40 Where Seattle Goes For Seafood



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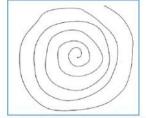
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HEALTH

NUTRITIONAL CONDITIONING

"Just as you train your body physically for an active vacation, nutritional conditioning is also important," says Heather Schrock, nutritional therapy practitioner at the Amenda Clinic in Portland. "How you eat can support building endurance and quicker recovery with less soreness, so create a food plan to complement your training." Schrock recommends these aspects of nutritional conditioning:

Energy intake-Building and maintaining energy for an intense activity is like building and maintaining a fire. Simple carbohydrates such as fruit, honey, sugar, refined pasta and breads are like fast-burning paper, and complex carbohydrates such as vegetables, legumes and whole grains are like kindling. Now you need logs. Avocados, coconut oil, eggs and full-fat yogurt exemplify the long-burning logs that keep the fire going. Experiment to see which snacks and drinks help you maintain your energy, and find out whether you need to pack your own food.

Preserving proteins—Protein is actually the last thing you want your body to convert into energy. Carbs and fats are the primary sources of energy in the body, and protein helps you repair and maintain your body's structure so you can become stronger with more endurance. Be sure your intake of carbs and fats is adequate to keep your body from breaking down those reparative proteins.

Micronutrient support—Micronutrients are vitamins and minerals that play many roles in maintaining well-being. Though every micronutrient has a role in keeping you active, there are a few that are particularly important. Omega-3s help keep inflammation under control; vitamin D prevents muscle fatigue; B vitamins are necessary to convert carbs and fats into energy; zinc increases oxygen uptake into red blood cells; and magnesium helps maintain bone density and metabolism. —E.T.

miles, up the mileage on your training days from a 30-minute training time to a 32-minute timing, and so on—not 30 minutes to 65 minutes," says Tripps, who's now with PotentRx in Seattle. "No matter what the activity is, increasing your workout time 5 to 10 percent per workout day is a good guideline."

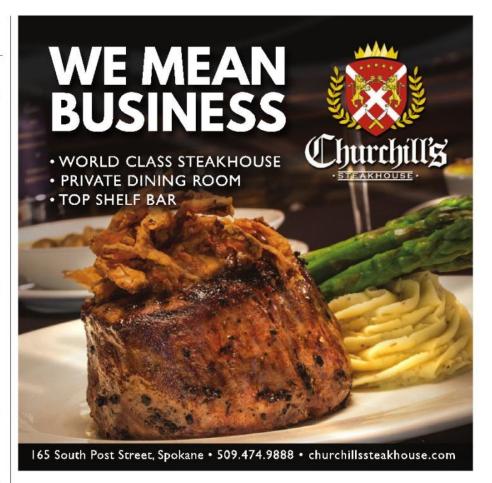
For Grover, preparation was key to having a two-week trip of a lifetime on the Camino, and that same kind of groundwork is important for the growing number of people wanting to spend their vacation time being active, from cycling in the San Juan Islands to guided rock climbing trips at Smith Rock. Adventure travel has been growing 65 percent annually since 2009, according to a study that George Washington University conducted in partnership with the Adventure Travel Trade Association.

"The pace of cycling is the pace at which I want to see the world: You cover a lot of ground so you experience a vastness while going slow enough to see the details," says Jamie de Sieyes, a mom and part-time track instructor in Aptos, California, who recently cycled from San Francisco to Los Angeles on the AIDS/Lifecycle ride. "When I first started training, I rode with the slow subgroup of a local cycling club to build my confidence, and right before the event I was riding moderate to difficult rides on my own."

She not only slowly ramped up her training, like Grover did, de Sieyes also chose a trip that was right for her as she was recovering from a back injury. The daily distances were a challenge but manageable. The support during the event, from meals to baggage service, was perfect; and she made the journey with her sister.

Active vacations can be the very best kind, and planning and training properly turns great trips into epic ones.

Ellee Thalheimer is a wellness and recreation writer based in Portland.







A Passage to India

Touring Hindustan's Golden Triangle

By Andrea Poe

My mother and I grip the sides of our basket seats as the elephant we are riding lumbers up a narrow path to the Amber Fort in Jaipur, India. I peer over the path's crumbling centuries-old stone wall to the valley floor a few hundred feet down. Our driver, wearing a crimson turban, turns to us and asks, "Having fun?"

Even though I'm a bit nervous, I answer a resounding "Yes." In a few minutes, we

arrive at the landmark fort, perched on a hill above the city. The building, which was begun in 1592, is more palatial than military, boasting exquisite tile work, carved marble panels and amazing inlay designs.

The Amber Fort is one of the many amazing sites my mother and I are visiting during a tour of the Golden Triangle area of north-central India that includes the cities of Delhi, Agra and Jaipur.

One of the seven man-made modern wonders of the world, the Taj Mahal is known for its architecture and beauty.

We find India to be a fascinating country that is a symphony of sounds, smells, activities and sights. From lush landscapes to opulent temples, colorful saris to fragrant spices, India invites you to employ all your senses.

The tour begins in the city of Delhi, with a population of about 18 million. Delhi is divided into two main areas: New and Old Delhi. New Delhi—which was named by British officials, who ruled the country from 1858 to 1947—is the nation's capital

and offers wide boulevards, canopies of trees and bungalows that house the political elite. Like all of the Golden Triangle, this region is laced with history. It seems that every few feet we observe the past and present merging, with ancient temples standing next to modern high-rise buildings, and wooden carts piled with bananas sharing roadways with speeding cars.

In Old Delhi we find a dense warren of narrow streets, ancient buildings and crowded markets. It also is home to some of the country's architectural masterpieces, such as Jama Masjid, a large mosque dating to 1656, which can accommodate 25,000 worshippers. Nearby stands the Qutub Minar, a 238-foot-tall medieval tower that is now a UNESCO World Heritage Site. Built in 1193, the tower is supported by sandstone blocks, which came from many former Hindu temples.

We tour the sandstone and marble tomb of Humayun, a Mughal emperor who ruled a vast region that included parts of Afghanistan, Pakistan and northern India in the 1500s. As we walk in the shadow of the immense structure, a group of

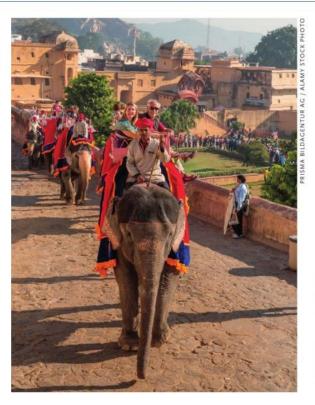
INDIA

Indian schoolgirls on a field trip greet to us, and use the opportunity to practice their English. Outside the gate, a man crouches in the parking lot and clicks his tongue to capture our attention before he brings a pungi, or flute, to his lips. His

music lures a cobra from a

small woven basket.

One of my favorite sites of the day was the gold-domed Sikh temple Gurudwara Bangla Sahib, where Sikhs, a large minority religion in India, worship. The temple is a vast space that includes a large pond. We remove our shoes and walk barefoot on the marble floors that surround the pond, since



Visitors in Jaipur ride elephants up to the Amber Fort, a structure begun in 1592 that is known for its decorations, including mosaics and carved marble.

it's believed that the spirit of God is felt through one's feet.

The following morning, we travel about 130 miles southeast on a new

expressway to the city of
Agra, the home of the
Taj Mahal. En route
we see verdant

we see verdant
farmlands and
many of the
famous painted
trucks, which are
festooned with
colorful designs.
As we arrive in
Agra, our driver, a
good-humored man
named Raj, does his best to

maneuver his car through the chaotic scene that includes free-ranging cows, obstinate water buffalo, monks in orange robes, political rallies, tuk-tuks (a cross between a rickshaw and taxicab), tour buses and commuter cars.

Bay of Bengal

We eventually arrive at our destination for the evening, the opulent Oberoi Amar-

vilas hotel, which resembles a maharaja's palace. Set amid tiered lawns, gardens and fountains, each guestroom has a view of the white-marble dome of the Taj Mahal, located about 700 yards away. The rooms also contain wonderful design details such



RENOWNED HINDU TEMPLE

One of the most popular attractions in the Golden Triangle is Swaminarayan Akshardham, a fantastically elaborate Hindu temple complex built in 2005. More than 8,000 volunteers helped construct the complex, which includes lush and exotic gardens and large fountains. The main temple is covered in thousands of intricate carvings, including large elephants carved out of the sandstone around its base.

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No matter how many photos you've seen of the Taj Mahal, which means "crown palace," nothing quite prepares you for the scale and beauty of the structure, which is considered one of the seven man-made modern wonders of the world. Reaching a height of 240 feet, the immense mausoleum was built by Emperor Shah Jahan in the 17th century, for his favorite wife after she died. The surrounding gardens, with plush lawns and cropped fig trees, are alive with fluffy tailed chipmunks and were designed as a garden of paradise. My mother and I arrive at the mausoleum the following morning at 7 A.M., when the early

morning sun casts a pink hue on the structure. It is also the time when the resident wild macaques outnumber human visitors, but the primates keep their distance.

Jaipur's Jantar Mantar observatory contains one of the largest collections of pre-telescopic astronomy instruments in the world. The Tomb of I'tmād-ud-Daulah in Agra is known for its intricate geometric designs that were believed to be an inspiration for decorations at the nearby Taj Mahal.

Flanked by two minarets, we enter the mausoleum through a large and ornate archway. The exterior is covered in beautifully complex designs, calligraphy and floral patterns. Inside, it seems that every surface boasts an amazing geometric pattern or a floral design. Some decorations are carved into stone while others are made from semiprecious gemstones that are inlaid into marble to create extraordinarily elaborate floral and geometric images. The sight is awe inspiring.



WHEN YOU GO

India's monsoon season usually runs from June through September. Precipitation amounts vary greatly depending on location. The **Golden Triangle** tends to be drier than other parts of India. The height of the Indian tourism season is from October through March. Sites can become quite crowded during these months.

Stay

Located in the heart of New Delhi, the five-star **Taj Mahal Hotel** is where many business and government leaders stay. The hotel is known for its dramatic architecture and attention to detail (tajhotels.com; 866-969-1825).

The palatial **Oberoi Amarvilas** in Agra is an oasis of calm, with manicured grounds and beautiful fountains. Also, every guestroom has a view of the nearby Taj Mahal (oberoihotels.com; 800-562-3764).

The Oberoi Rajvilas, located in Jaipur, is built around an ancient Shiva temple, and is known for its resident peacocks, daily yoga and sublime service (oberoihotels.com; 800-562-3764).

Dine

Delhi's **Taj Mahal Hotel** offers seven different restaurants. You can also rent a Club Room where you can dine throughout the day on authentic Indian specialties (tajhotels.com; 866-969-1825).

Pinch of Spice in Agra is a sleek family-run restaurant that specializes in northern Indian dishes and is popular with both locals and visitors (pinchofspice.in; 011-91-562-400-9004).

The elegant **Raj Mahal** restaurant in Jaipur offers a menu that features dishes from many regions in India (oberoihotels. com; 800-562-3764).



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Colorfully dressed worshippers gather at Galtaji Temple, a Hindu pilgrimage site that is also known as the "monkey temple," located near Jaipur.

After visiting the Taj Mahal, our tour guide, Hitesh Sharma, takes us to the Tomb of I'tmad-ud-Daulah, a mosaicfilled mausoleum that is believed to have served as an inspiration for the Taj Mahal. We also drop by Agra Marble Art, a workshop where the 14th generation of skilled artisans, originally brought from Persia to decorate the Taj Mahal, continue to practice the craft of inlay art.

Dinner that evening is at the Pinch of Spice restaurant, where we enjoy some of the local specialties of butter chicken and lentils paired with basmati rice and garlic naan. Back at the hotel, mom and I end the evening by admiring our view of the distant and majestic Taj Mahal.

The following day, we set off for the city of Jaipur, located about 150 miles west of Agra. Along the way, the Indian countryside offers a glimpse into this constantly changing region, with lush farms, gleaming university campuses, villages, brightly colored temples and vivid two-story statues of Hanuman, representing the widely worshipped monkey god.

Jaipur is a popular location to buy jewelry, with shoppers from around the world searching for the finest gems and best prices. It has been known as the "Pink City" since the 1870s, when the town elders had the building façades painted pink to welcome Prince Albert (later King Edward VII) during a state

visit. The color was chosen, according to Sharma, in honor of the future king's favorite drink, pink champagne. The bustling city center retains a peachy hue to this day. Mom and I pass merchants selling fans made from peacock feathers and parasols studded with mirrors on our way to Jantar Mantar, an astronomy observation site. Completed in 1738, Jantar Mantar resembles a sculpture garden, but is actually one of the most complete collections of pre-telescopic astronomy instruments found anywhere. The 19 devices are made of brick, stone and bronze and include sundials and instruments for following celestial bodies. That night we stay at the spectacular Oberoi Rajvilas, which is built around a historic Shiva temple and has peacocks roaming its grounds.

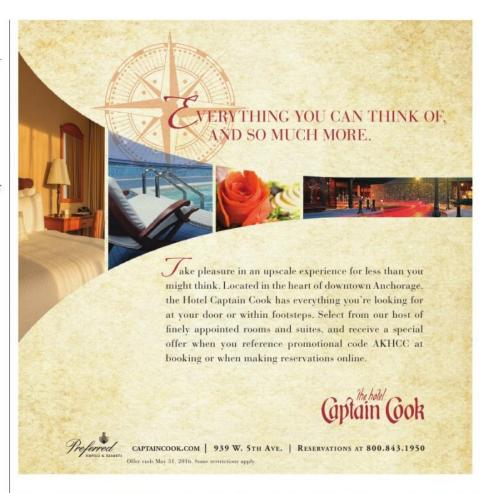
The next day we begin our journey back to Delhi. Sharma suggests a few short side trips, including the Hindu temple Swaminarayan Akshardham. But first we stop at the town of Khania-Balaji to visit the Galtaji Temple, also known as the "monkey temple."

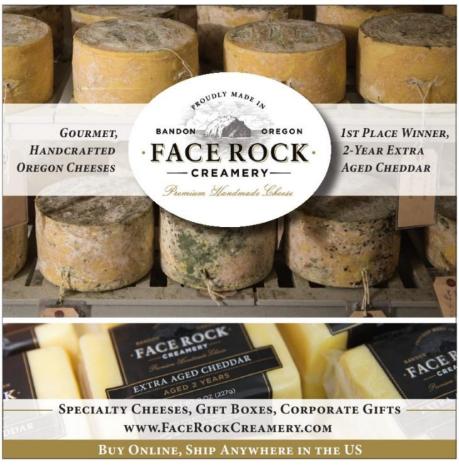
We arrive to find it's the New Moon Day holiday, when followers, dressed in colorful saris and robes, bathe in sacred pools and feast on food brought by the crowd. The resident macaques are among the holiday's honored guests.

Ending our trip in Delhi, we enjoy lentil pancakes, served with a rich tomato-and-onion stew along with Malabar fish curry. Mom and I order yogurt lassis and we raise our glasses to toast our unforgettable experiences in this wonderfully exotic country.

Andrea Poe writes from New York City.

Use Mileage Plan miles to visit Delhi, India, via travel partners Air France, American Airlines, British Airways, Cathay and KLM Royal Dutch Airlines. For more information, or to enroll in the Mileage Plan, please go to alaskaair.com or call 800-654-5669.







Proof of Concept

More than ever, automakers are turning to concept cars to test new ideas and new markets

By Bengt Halvorson

Auto shows exist for two very different reasons. On one hand, they're living laboratories for vehicle development, as companies assemble a series of features and design cues into a special handmade display car, and then gauge the reaction of the public and the press. • On the other hand, auto shows exist to sell cars. Various local dealerships gather a lot of makes and models together, in a comfortable,

neutral environment that nudges people along in deciding what they'd like to be driving.

By the way, it works. A survey conducted last year by Foresight Research, on behalf of the industry group Auto Shows of North America, found that 51 percent of

auto-show attendees agreed that attending helped with their vehicle decisions.

Of those anticipating a vehicle purchase in the next year, 26 percent said they left the show with their mind made up.

Concept cars boost attendance, and they get shoppers thinking about the future—

not necessarily about a car they're planning to buy, but about what, exactly, they might want in a new car a few years from now.

And as we're already most of the way through the season of big international auto shows—which began with the Frankfurt and Paris shows in September and runs through the New York International Auto Show (March 25–April 3, 2016)—this is a good time to round up some of the highlights, especially from the North American International Auto Show, held in Detroit in January. The Detroit show still hosts some of the



most noteworthy concept-car debuts.

WITH A LOW, swoopy roofline and some graceful, organic surfacing, the Buick Avista Concept seems to run counter to some of today's edgy, technical coupe profiles and overwrought sheetmetal. Meanwhile, the flamboyant, gleaming instrument-panel design-including an overhead console-suggests what the brand's once-legendary Riviera luxury coupe might be today. With a 400-hp. 3.0-liter twin-turbocharged V-6, an eightspeed automatic transmission and rearwheel drive, plus some underpinnings that will likely be borrowed from the Chevy Camaro and Cadillac ATS/CTS, the Avista concept has a luxury look and feel, with just a hint of Buick's muscle-car past with models such as the Grand National.

HONDA'S ACURA luxury brand has taken criticism in recent years for its design being generally pleasant, but tending toward somewhat bland and overly cautious. Honda hopes to change that perception with a dramatically different look for the Precision Concept, a coupe first shown at the Detroit show. Most notably, the brand is getting rid of its "beak" front end, and giving this large coupe (nearly a foot longer than the brand's largest current sedan, the RLX) some wide fenders,

large wheels and a fastback-coupe look.

Interior highlights include special rear seats that are cantilevered, for a "floating" look, and a curved, wide-screen infotainment system with a virtual touchpad and a system that scans occupants to remember individual settings.

Acura hasn't said anything about what might power this model if it were brought to production, but a version of the NSX supercar's hybrid and twin-turbo V-6 combination sure would get the attention of enthusiasts.

KIA'S SORENTO UTILITY vehicle has been a resounding success as a value-packed

mid-size family-utility vehicle. Over the past two years, Kia has bolstered its lineup with two flagship sedans, the Cadenza and the K900. Now, if the **Telluride Concept** from the Detroit Auto Show is any hint, the automaker looks poised to add an even bigger flagship SUV to the lineup.

The Telluride, which is nearly 10 inches longer than the Sorento, seems designed to challenge the high-end Range Rover crowd. The Telluride has a boxy, upright look, plus a beautiful interior design with four "floating" black-leather captain's chairs and a third-row bench seat. Rear doors are hinged at the rear to allow a very wide opening for passengers and cargo, and the inside door panels have integral displays. The powertrain is innovative, too, with a 270-hp, 3.5-liter V-6 gasoline engine and 130-hp electric motor, together capable of earning 30 mpg on the highway for this big vehicle.

REMEMBER THE VOLKSWAGEN Microbus?

Most older Americans fondly do, and even younger drivers enjoy them as a head-turning symbol of the 1960s.

VW is at last harnessing some of that pedigree for its Budd-e, a boxy, all-wheel-drive vanlike vehicle that would pack an all-electric powertrain, including a big 101-kWh battery pack offering an estimated



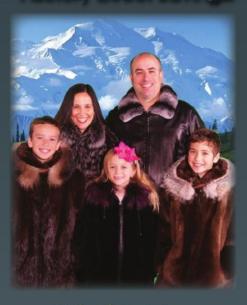
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AUTOS

233 miles of driving per charge.

Those underpinnings first shown in the concept are, by the way, part of a completely new core kit of components with which Volkswagen plans to build multiple all-electric models in the next four to seven years.

While the Budd-e doesn't look all that much like a Microbus in its design details, it seems VW is headed in the right direction with something more modern.

Although the sliding side doors, and the gesture-based interface with pinches, swipes and voice control are all likely to make it into a production vehicle—which VW has hinted would be due by the end of the decade—I'm not sure that either the wraparound rear bench seat or the swiveling front passenger seat would pass muster with family (and safety) realities.

And rather than reveal the Budd-e in Detroit, Volkswagen chose January's Consumer Electronics Show in Las Vegas—perhaps to help focus attention on the lack of a tailpipe.

Vegas—one of this past year's most-talked-about concept cars is undoubtedly the Porsche Mission E, which made its debut at the Frankfurt Motor Show last September. With the Mission E, Porsche claims o to 62 mph acceleration in less than 3.5 seconds from a 600-hp, all-electric, all-wheel-drive powertrain. The German performance-car maker also claims a driving range of 310 miles on a charge and a very impressive 30-minute charge time to add more than half of that range back, through a faster 800-volt charge standard under development.

Would the Mission E beat the Tesla Model S and its Ludicrous high-performance mode? It's hard to call a winner when one of the cars doesn't yet exist, but word is out that a challenger is coming, and that's mission accomplished.

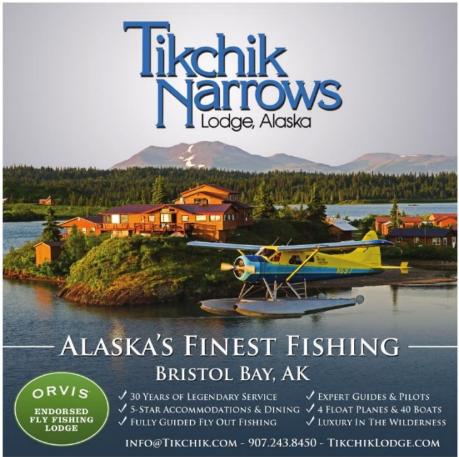


WITHIN THE CONCEPT-CAR cycle, the Tokyo Motor Show has a reputation of its own for being the place where automakers—especially Japanese manufacturers—stage the debut of some of their edgiest and most innovative city-oriented concept cars.

The Toyota Kikai Concept, introduced at this past fall's Tokyo show, is minimalism at its best. It's remarkably devoid of grand infotainment systems and is about 2 feet longer than the Smart Fortwo but about 2 feet shorter than today's base Mini Cooper. Within this very narrow car, there's seating for three, with each of the passengers staggered outward behind the driver.

But it does the Kikai Concept a disservice to describe it on functional terms first, since it lives and breathes mechanical connectedness in a way that few passenger cars do. The Kikai takes advantage of special view ports through the side of the vehicle, at strategic points, and under the hood, to give you a look at some of the mechanical pieces inside—such as the suspension and exhaust—almost the way you would on a motorcycle.

THE SCION FR-S sports car, like most models from the Scion brand, will be merged in with the Toyota lineup this next year. Meanwhile, Toyota is clearly doubling down with plenty of livelier-looking small-car designs. At the Tokyo show, the company also showed its S-FR two-seat roadster concept that could slot into the Toyota lineup just below the FR-S and would keep to a basic front-engine, rear-





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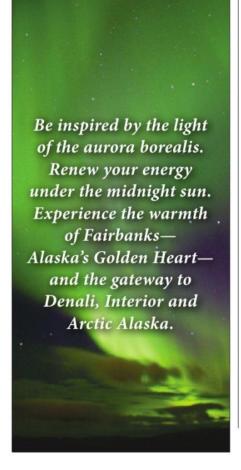
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wheel-drive formula, like the Mazda MX-5 Miata. The little roadster would be powered by a small four-cylinder engine and weigh less than 2,200 pounds—and it's definitely inspired by Toyota's little Sports 800 roadster from the 1960s.

NISSAN HEADED in a completely different direction with its Tokyo Motor Show concepts. There the automaker revealed its IDS Concept, which likely includes some hints of how the second generation of its Leaf electric car will look when it arrives next year. More important, perhaps, the IDS serves to highlight some farther-down-the-road features—including special Piloted Drive modes that could allow in-the-city handsfree driving, thanks to a suite of sensors and controls, as soon as 2020.

Nissan's **Teatro for Dayz** concept takes a super-boxy small-car interior and designs it for young "digital natives"—the generation that has grown up with Internet access and mobile devices always at hand. In this car, the dividing line between vehicle controls and entertainment is skewed, with huge LED panels serving both needs when necessary. Customization is also taken to a new level, with plain white panels allowing customization via projected patterns and images.

MAZDA MADE a name for itself back in the 1970s with its unique rotary-engine cars—especially its RX-7 (and later RX-8) sports car. While the automaker is remaking its entire lineup as part of a SkyActiv initiative aiming for more fuel-efficient and fun-to-drive vehicles, Mazda also emphasizes that the beautiful new RX-Vision concept it revealed in Tokyo is only a sign that its engineers are working away at a new-generation version of the rotary engine. Let's hope the RX-Vision is a vision that's seen through to market reality as well as pretty much every other model in the current lineup.

But for now, the proof of concept alone is getting people dreaming of the future.

Bengt Halvorson is an independent automotive journalist living in Portland.

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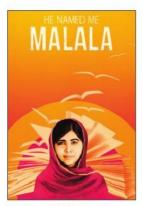
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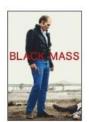
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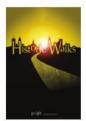
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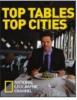
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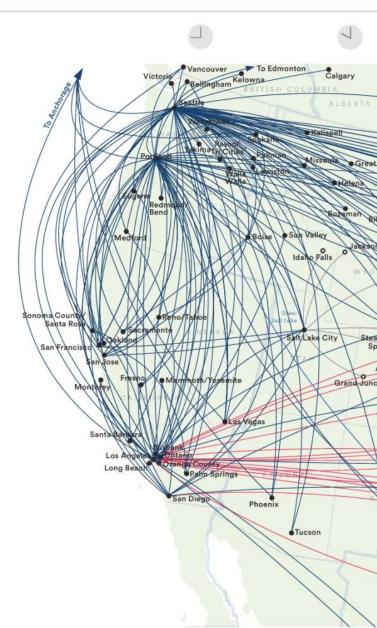
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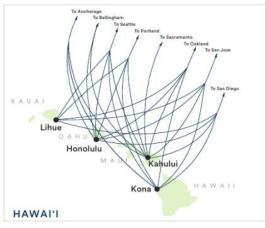
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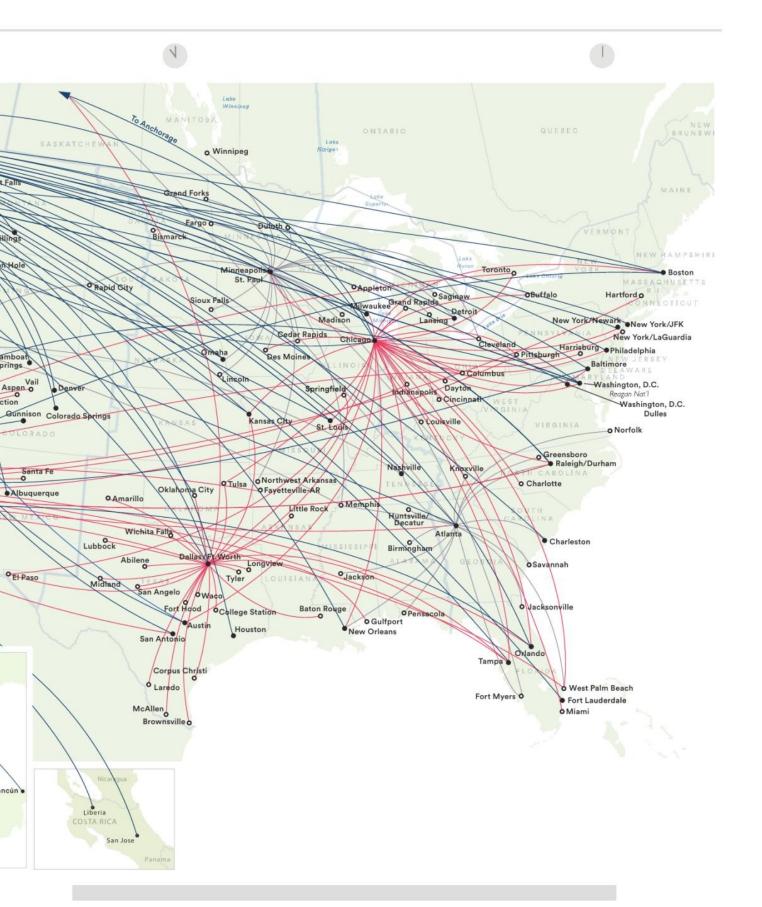
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- Información sobre las salas de conexión en la página A10
- Información sobre formularios aduaneros e inmigratorios en la página A11

Asimismo, en el aeropuerto o una vez a bordo, nuestros empleados hispanohablantes con gusto le brindarán ayuda. Simplemente diríjase a nuestros empleados sonrientes y cordiales que llevan nuestras exclusivas identificaciones con la leyenda. "A su servicio."



CONTACT US

Customer care: 800.654.5669 (Mileage Plan, Web Support, Customer Care)

Toll-free reservations Within the U.S. and Canada: 800.Alaskaair (800.252.7522) (TTY 800.682.2221)

En Español: 800.858.5525 From Mexico: 001.800.252.7522

Alaska Airlines Vacations: 800.468.2248

FLYER GUIDE

Airport terminal maps

A quick guide to help you make easier connections.

A CONCOURSE Ravn Alaska A CONCOURSE Ravn Alaska A CONCOURSE Ravn Alaska A CONCOURSE Ravn Alaska C-1-C-2-3 Alaska Airlines Ticketing & Bag Drop NORTH TERMINAL

ORD

Chicago O'Hare International Airport



= = = The Airport Transit System (ATS) connects the Main Terminals to the International Terminal.

SEA

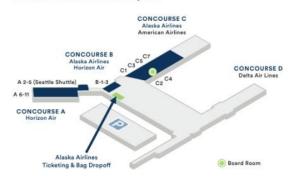
Seattle/Tacoma International Airport



--- Satellite Transit System connecting the N, C, S, B Gales to the Main Termin

PDX

Portland International Airport



LAX

Los Angeles International Airport



DFW

Dallas/Fort Worth International Airport



SFO

San Francisco International Airport



SAN

San Diego International Airport

Customs and immigration

Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building.

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se porporcionan a continuación. Las formas completas seran presentadas en la Terminal Internacional.

Please use all capital letters with blue or black

Por favor use letra mayúscula en tinta azul o negra.

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- · One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption)
- Lines 5, 6—If not using a passport, leave these lines blank
- Line 9—Enter "AS" for Alaska Airlines
- Sign at the "X"

DECLARACION DE ADUANA

¿Quién debe completar esta forma? Todos los pasajeros

Datos de ayuda

- · Una forma por persona o por familia con la misma dirección
- · Línea 5, 6-Si no tiene pasaporte, deje esta sección en blanco
- Línea 9—Use "AS" para Alaska Airlines
- Firme en la "X"

TO CANADA

Flight Attendants distribute a combined Customs and Immigration form during your flight. Prior to landing in Canada, complete this form, which includes easy-to-follow instructions. Completed forms are presented immediately upon entering the International Arrivals building.

Los Sobrecargos distribuyen una forma combinada para aduana y migración. Antes de aterrizar en Canadá, llene esta forma que incluye instrucciones fáciles de seguir. Las formas completas serán presentadas inmediatamente al entrar al edificio de la Terminal Internacional.

TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- · One form per person or one per family with same address
- Section 6—It is not necessary to declare medicine for your personal use

Who must complete this form?

All travelers except citizens of Mexico

FEM FOR MEXICAN NATIONALS Who must complete this form?

Citizens of Mexico

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros.

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Sección 6-No es necesario declarar sus medicamentos de uso personal

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México

FEM PARA MEXICANOS

¿Quién debe completar esta forma?

Ciudadanos de México (Aun siendo residentes permanentes de EE.UU.)

Datos de ayuda

- · Complete una forma por persona. No olvide firmarla.
- Seleccione la opción "Entrada a México".
- En la línea 5 escriba el tipo y número del documento que usara como identificación.







FEM

MEXICO STATE CODES: (CODE City, State)

ROO Cancún, Quintana Roo JAL Guadalaiara, Mismaloya and Puerto Vallarta, Jalisco D.F. Mexico City,

GRO Ixtapa and Zihuatanejo, Guerrero

BCS Loreto, La Paz, Los Cabos, and San Jose, Baja California Sur

COL Manzanillo, Colima SIN Mazatlán, Sinaloa

Distrito Federal

NAY Nuevo Vallarta, Bucerias and north. Navarit

Your safety and comfort

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

DEVICES

- During taxi, takeoff and landing, portable electronic devices and headphones may be used.
 Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players,
 Inflight Entertainment Tablets, etc.

PETS

 Pets must remain in carrier for entire flight.
 Carrier must be stowed for taxi, takeoff and landing.

ALCOHOL AND TOBACCO

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant.
 No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

OTHER PROHIBITED ITEMS

 Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal airpurifying devices.

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

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 are on page 107.

D	FF	CII	LTY:	F	SY

				7	3			5 A
3	7	2						1
	4				9	7	3	
5			9	6		8	1	
	9			8			5	
	8	1		4	5			2
	5	7	1				4	
4						6	8	9
			6	3				

DIFFICULTY: MEDIUM

		30 Vo					1	2
9		5			2	3		
	4			8			9	
7	3	0.0			4	2		
		2		3		4		
		6	7				3	8
	2			1			8	
		4	6			5		3
5	7							



Λ	c	D	n	c	c

- 1 Raised trains
- 4 Hostess Perle ____
- 9 A First Dog
- 13 Daughter of Zeus
- 17 "Flying Down to _
- **18** Box
- 19 Subsidized student
- 20 God of love
- 21 Evaluating
- 23 Plunging
- 25 More concise
- 26 Computer missive
- 28 Glen
- 29 Extinct bird
- 30 Hippodrome, e.g.
- 31 Assert
- 33 Canceled
- 38 Nash specialty
- 43 College officials
- 44 Wore
- 46 Big top
- **47** Zing
- 48 ___ up to (admits)
- 49 Primary
- 50 Made less tense
- 52 Toupee locale
- 53 Polynesian garland
- 54 Clinic staffer
- 55 Painter Fernand ____
- 56 "Hotel de_
- 57 Draft group: abbr. 58 Galena, for one
- 59 Eye part 60 Deface
- 61 Mozart opera
- 68 Kin: abbr.
- 69 Circle or ear
- 70 Author Levin
- 71 Recede
- 73 Curry seasoning
- 76 Epics
- 77 Luster
- 79 Hamburg's land: abbr.
- 80 Algerian seaport 81 Brazilian city
- 82 Mix
- 83 Packaging weight
- Tooth mender: abbr.
- 85 Blind part
- 86 Agree
- 89 Nail
- 90 Robot
- 93 Congressional trial
- 95 Shots for replay
- 96 Greek liqueurs
- 98 "Bali ___
- 99 Region
- 101 A Ford
- 102 "... too weak to be ____"
- 106 Leads
- 109 Horse coloring 112 Decree
- 113 Young Sargasso swimmer

- 115 Aiar, to a bard
- 116 Worry

- 117 Having two-tone patches
- 118 Musical pauses
- 119 Roads: abbr.

DOWN

48

53

57

80

84

106

112

- 1 Noted age

- 5 Scottish Gaelic

- Riled 8
- 9
- 11 Flee
- 13 Movie set in Tanganyika
- 14
- 16 Energy unit
- 18 Warbles
- 19 Bridge

107 108

113

- 2 Smack one's _

62

- 3 Senior to a frosh
- 4 Cocktail
- 6 Hoosegow
- 7 High fashion
- Of a son or daughter
- 10 Blue, in Barcelona
- 12 Branch
- "___ and the Detectives"
- 15 Ivory

- 22 Conquerors of Gaul
- 24 Turn inside out 27 Ancient Persian's kin
- 30 Expiate
- 31 Arab chieftain
- 32 Peddle
- 33 Icons
- 34 Most modern
- 35 Dissolve 36 More valuable
- 37 Mr. Onassis et al.
- 39 Reflexive pronoun
- 40 Emperor
- 41 Worthless check
- 42 Germany's Graf ____
- 45 Further
- 49 Prehistoric artwork
- 51 Exchange premium
- 52 Lawyer's assistant
- 54 Name: Lat.
- 55 Sleds
- 56 Impious 59 American Isthmus

60 Wallows

110

109

23

30

- ___ go bragh 63 Theater district
- 64 "Picnic" playwright
- 65 Celebration
- 66 Entertain
- 67 Fairy king
- 72 Spiner or Musberger
- 73 Musical finish
- 74 Pakistani language
- 75 Upright pole 76 Accommodates
- 77 Dance moves
- Whet
- 81 Utter loudly
- 83 "The ___ of the Shrew"
- 85 Besmirch
- 87 Papering preparation
- 88 Burn without flame
- 89 Clan leaders
- 91 Ester
- 92 Fell asleep 94 Discourages

97 Former Asian nation: abbr.

111

- 99 Samoan port
- 100 Back

60

65

101 Roof edge

79

102 Rental units: abbr.

115

119

- 103 Guard a gymnast 104 Son of Aphrodite
- 105 Spellbound 106 Military title: abbr.
- 107 In the know
- 108 Samuel's teacher
- 110 Fire 111 ____-man (fawner)

SOLUTION ON PAGE 184.



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