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# **INSIDE**<sub>»</sub>



**FEBRUARY 2020** 

84 Near & Far: Austin

The Texas capital entices music fans, food lovers and history buffs.

By Cynthia J. Drake

96 Here & Now: Seattle

Beach-town vibe and downtown creativity in appealing Edmonds.

By Judith Works



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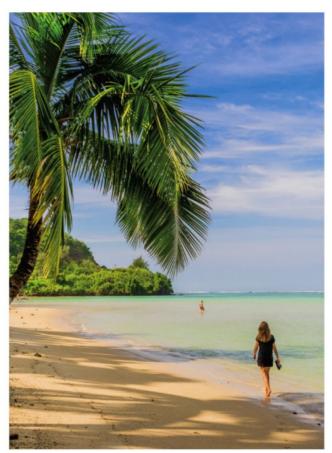








76 Above and Beyond Prizing eco-friendly travel in Alaska.



90 Sole Soothing Recharging in Fiji with long strolls along the sand.

#### WELCOME

11 A message from CEO Brad Tilden.

#### IN THE KNOW

17 What's New The latest from Alaska Airlines.

19 People Behind the Spirit
Flight Attendant Peter
Tizzard and Captain
Perry Solmonson.

### 23 Community

Making dreams come true in Hawaiʻi.

### 25 Beyond Entertainment Headspace meditation

Headspace meditation sessions help guests relax.

### 27 Our Partners

The sweet world of Seattle Chocolate.

### THE FEED

- 29 The Mix
- 37 Out & About: Costa Rica
- 41 Plates & Pours
- 45 Finds
- 47 In Play
- 49 Wheels

### **FEATURES**

**60 Inland Northwest**Exploring walkable downtown Spokane.

### 76 Protecting the Great Land

Alaska companies are embracing sustainable tourism practices.



Vibrant new exhibits mark the reopening of the Seattle Asian Art Museum, p. 98.

### **NEAR & FAR**

#### 84 Austin

Food lovers and music fans celebrate this unique Texas town.

### 90 Fiji

Unwinding in this South Pacific island paradise.

### **HERE & NOW**

96 Seattle

103 Portland108 California

111 Alaska

### **FLYER GUIDE**

### 115 Alaska Airlines Flyer Guide

Travel tips, Mileage Plan, air safety, flight information, route maps and more.

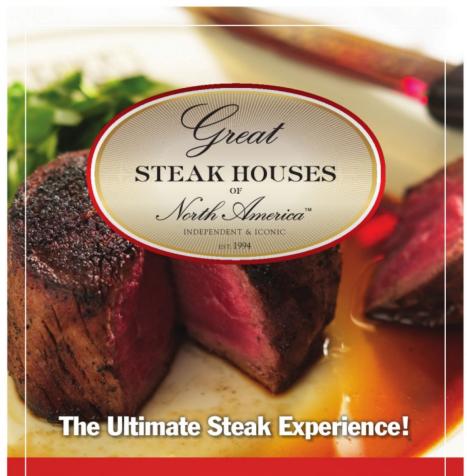
130 Games

136 #iFlyAlaska

### ON THE COVER

Hawaiian master navigator Nainoa Thompson.

**Photo by** Ingrid Barrentine / Alaska Airlines



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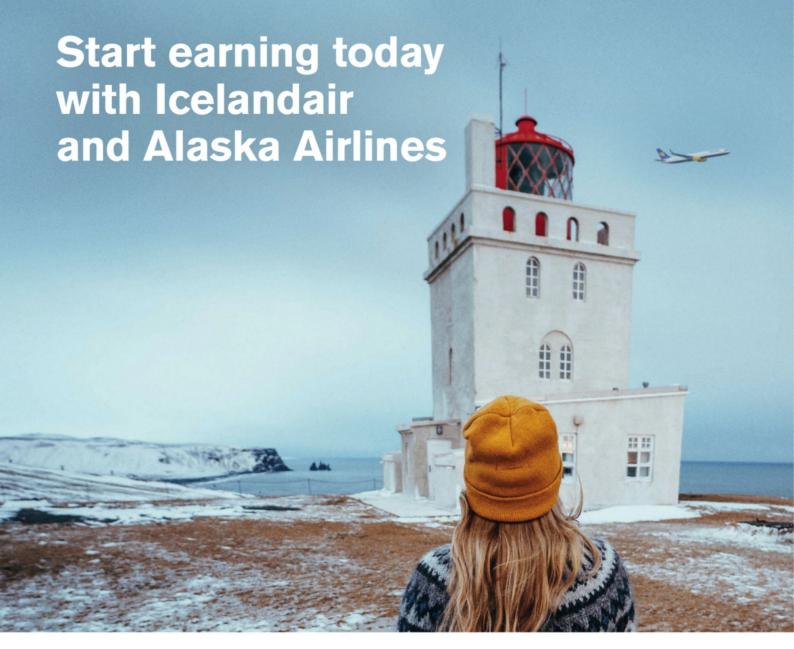
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# **WELCOME**<sup>®</sup>





Brad Tilden, Chief Executive Officer

### **FINDING YOUR VOYAGE**

### >> Regular readers of this column

are in for a unique treat in this issue, with the story about Nainoa Thompson and the Polynesian Voyaging Society, starting on page 50.

A friend of mine, who is about 15 years farther along in life than I, recently told me something that I won't forget. He said that, as we get older—after our families are raised and other things we set out to do are done—many of us start to wonder what our lives are all about—to wonder what it is that we were meant to do with our time here on this planet.

I posed this question to groups of our employees at meetings we held across our system last month. I asked if anyone would be brave enough to share their feelings about what their life was about. Worried that I'd hear crickets, I was surprised to see several hands pop up. They shared things like, "My life is about being nice to everyone, and bringing joy to them, and having a good heart." Or, "My purpose is being able to work from home, so that I can be with my 2-year-old son." Or, "My purpose is making people's dreams come true through travel."

Any of you who are thinking along these same lines will be inspired by Nainoa's story.

While many of us were taught in school that Captain James Cook "discovered"

>>> Nainoa Thompson aboard the voyaging canoe Hōkūle'a.

### >> WELCOME

Hawai'i, Tahiti, the Cook Islands and many other parts of the world, this actually isn't the case. As the article describes, Polynesians in voyaging canoes had set sail from Southeast Asia and spread across the Pacific, establishing a home in the Hawaiian Islands long before Cook arrived. Historians aren't sure of the date, but estimates are between A.D. 400 and 500. The explorers used the stars and understood how star patterns differ from place to place and from season to season. They also understood winds, wave patterns and ocean currents. They had no sextants, nor any other navigation instruments for that matter.

This art (and science) of canoe voyaging had been virtually lost for 600 years, but through sheer perseverance, Nainoa and his predecessors at the Polynesian

Voyaging Society revived it. They've now sailed the Hōkūle'a, which is pictured on the previous page, more than 250,000 miles—all around the world, using the ancient techniques of their ancestors.

I don't want to steal all of the thunder from Eric Lucas' fantastic story, but in his article, you will learn how this science was revived, how a pride of a culture began to be restored, and how a lot of folks, including Nainoa, found out what their lives were all about.

I hope you enjoy learning about Nainoa and the Polynesian Voyaging Society, as much as I have. Maybe, just maybe, it will help you, as it helped me, get a little closer to figuring out what your life is all about.

And, as always, thank you for flying with us.

—Brad Tilden

### >> BIENVENIDO

### **ENCONTRANDO** SU VIAJE



Brad Tilden, Jefe Ejecutivo

>> A todos nuestros lectores, este mes les espera una sorpresa excepcional con la historia que comienza en la página 50 acerca de Nainoa Thompson y la Polynesian Voyaging Society.

Un amigo mío, quien es unos 15 años mayor que yo, recientemente me dijo algo que nunca olvidaré. Dijo que a medida que envejecemos—después de que nuestras familias crecen y logramos algunas de nuestras metas-muchos de nosotros empezamos a cuestionarnos acerca de nuestro propósito en la vida. Me refiero a lo que se supone que debemos hacer con nuestro tiempo aquí en este planeta.

Hice esta pregunta a un grupo de empleados durante una de las reuniones que llevamos a cabo a través de nuestra red el mes pasado. Les pregunté si alguien tenía la suficiente valentía para compartir sus sentir acerca de lo que era su vida. Preocupado de que imperara el silencio, me sorprendió ver que varios se ofre-



cieron a hacerlo. Compartieron cosas como "Ser amable con todos y tener un buen corazón", "Poder trabajar desde casa, estar con mi hijo de dos años", o "Hacer realidad los sueños de la gente a través de sus viajes".

Creo que cualquiera de ustedes que piense de forma similar se sentirá inspirado por la historia de Nainoa.

Aunque a muchos de nosotros nos enseñaron en la escuela que el Capitán Cook "descubrió" Hawái, Tahití y las

Nainoa Thompson abordo de la canoa de viaje Hōkūle'a.

Islas Cook y muchas otras partes del mundo, en realidad no es así. Como se describe en el artículo, los antiguos polinesios se embarcaron en canoas a viajes desde el sureste de Asia a través del Pacífico y establecieron su hogar en las islas mucho tiempo antes de la llegada de Cook. Los historiadores no tienen la certeza sobre la fecha exacta, pero se estima que está fluctúa entre los años 400 y 500 D.C. Ellos utilizaron las estrellas y entendieron cómo los patrones de las estrellas cambian de un lugar a otro y de una estación a otra, e igualmente desarrollaron un avanzado conocimiento sobre los patrones del viento y las olas, además de las corrientes oceánicas. No contaban con sextantes, ni con ningún otro instrumento para ese propósito.

Este arte (y ciencia) de viajes en canoa se había perdido prácticamente durante 600 años, pero gracias a una gran tenacidad y perseverancia, Nainoa y sus predecesores en la Polynesian Voyaging Society lo revivieron. Ahora han navegado en el Hōkūle'a que se muestra aquí, más de 250,000 millas alrededor de todo el mundo, utilizando las antiguas técnicas de sus antepasados.

No quiero robarle toda la emoción al fantástico artículo de Eric Lucas, pero en su historia, ustedes conocerán la forma en que se revivió esta ciencia, cómo el orgullo de una cultura comenzó a ser restaurado y cómo mucha gente, incluyendo a Nainoa, descubrieron el propósito y significado verdadero de su vida.

Espero que disfruten aprendiendo sobre Nainoa y sobre la Polynesian Voyaging Society tanto como yo. Tal vez, sólo tal vez, esto les ayude tanto como me ayudó a mí, a acercarse un poco más y descubrir cuál es el verdadero significado y propósito que desean para su vida.

Y como siempre, gracias por volar con nosotros. —*Brad Tilden* 





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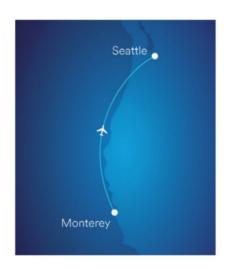
Earn a minimum of 5,000 Mileage Plan miles each way, for a total of at least 10,000 miles—even when you book discounted fares. Traveling from New York to Dublin, Ireland, and back on Aer Lingus? Earn at least 10,000 Mileage Plan miles. Flying from Miami to São Paulo, Brazil, and back via LATAM Airlines? Earn at least 10,000 miles. Seattle to Frankfurt, Germany, and back on Condor? At least 10,000 miles.



"We love making Mileage Plan even more rewarding for our members," says Alison Carpentier, Alaska's Director of Loyalty Marketing. "And now that you're guaranteed to earn at least 10,000 miles on a roundtrip international adventure with our Global Partners, we can't wait to see where in the world you go next."

Terms and conditions apply. Alaska Mileage Plan members can earn a minimum of 5,000 total miles each way on Aer Lingus, British Airways, Cathay Pacific, Condor, EL AL Israel Airlines, Emirates, Fiji Airways, Finnair, Hainan Airlines, Icelandair, Japan Airlines, Korean Air, LATAM Airlines, Qantas and Singapore Airlines flights between North America and a non-North America destination during the promotional period.

For full offer terms and conditions, to learn more information about the Alaska Global Partners network, and to book travel, visit alaskaair.com/globalpartners.



# A NEW WAY TO MONTEREY

>> Travel between Seattle and Central

California will soon be simpler with new daily nonstop service connecting Seattle-Tacoma International Airport (SEA) and Monterey Regional Airport (MRY). The year-round service is scheduled to begin June 18, and it will feature the only nonstop flights between the two destinations.

"We're working hard to connect places our guests want to fly along the West Coast," says

David Besse, Alaska's Manager of Network Planning. "Our customers in the Central Coast area will be able to fly to Seattle from close to home, and to connect with all the destinations served from our hometown hub."

Alaska already offers nonstop service between San Diego and Monterey. So flyers along the Central Coast will soon be able to head north to the spectacular scenery of the Pacific Northwest as well as south to sunny San Diego.



At first, Larry Chiarelli, director at a tech start up, thought he was doing all he needed. Sign up on multiple dating websites. Meet lots of women. Eventually, the right one would come along - except she never did. So he decided to bring in the professionals and hired It's Just Lunch. It's Just Lunch's matchmakers got to know him and his preferences. They selected his dates, arranged schedules, and even made the restaurant reservations. Dating became stress-free and fun. Larry was a practical guy and didn't believe in love-at-first-sight... until IJL introduced him to Ping.

### Dating life before joining It's Just Lunch?

Lawrence: Chaotic! I was meeting a lot of women but not the right women for me. Online dating was time consuming and stressful. I needed someone to relieve me of the dating busy work so I could get some breathing room. I needed to slow things down to speed them up. It's Just Lunch fit that criteria perfectly.

### Why join It's Just Lunch?

Ping: I fly frequently for both work and fun. When I saw It's Just Lunch in the airline magazine, it was as if the matchmaker was talking to me! One day after a particularly long flight and wanting to snuggle with someone and watch a movie, I decided it couldn't hurt to give it a try.

## Most enjoyable part of the It's Just Lunch process?

L: Having someone doing all the work to select and schedule a date. It was like I had my own personal dating concierge to take care of all the details. All I had to do was be on time for my date and be myself. It really was a stress-free experience.

### What was it like working with the It's Just Lunch matchmakers?

L: Easy and convenient. The company I was working for was going through a merger so I was away from home quite a bit. I'd finish my day and there would be a message from my matchmaker telling me about my

next match. I'd call back, get the details and run through my availability. The next thing I knew I was in front of an interesting woman having a great conversation.

## Do you have any advice for singles who want to meet that special someone?

L: I tell my clients an analogy all the time: Would you rather drive across the country in a Toyota Corolla or a BMW 5 series? They always say the 5 series. You get what you pay for. Investing in yourself and your future with someone special means investing in the right matchmaking service. For me that was It's Just Lunch.

P: Invest in your own happiness, it is always worth it.

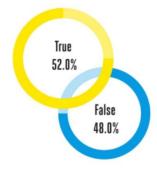
The success of It's Just Lunch is built on creating high quality matches in low pressure situations. In 28 years, they've set up millions of first dates. Make meeting someone special a priority. Get in touch at 800-858-6526 or www.itsjustlunch.com.

# THE POLITICS OF DATING

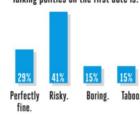
How important is a person's political party affiliation when deciding to go on a date with him/ her?

Male:		
	40% Not import	ant
	45% Moderatel	у
	15% Very impor	tant
Female:		
	29% Not impor	tant
	54% Moderate	ly
	17% Very impo	rtant

I could casually date someone who didn't have the same political beliefs as me, but in the long term it probably won't work out:



Talking politics on the first date is:



Source: IJL Survey

It's Just Lunch Matchmakers:







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### UPLIFTING SPIRIT

Flight Attendant Peter Tizzard is a Legend of Customer Service

### When Peter Tizzard defines the top requirements for providing good service,

he has a lengthy list: "Being genuine and sincere is important," says the 32-year commercialaviation professional who has worked for more than 12 years combined at Alaska Airlines and Virgin America. "Paying attention to details, being humble, listening and making positive connections with our guests are crucial, too."

All of these goals come down to one thing, Tizzard says: "Bringing joy to people. It's just the right thing to do."

Tizzard, a San Francisco-based flight attendant who lives in Las Vegas, has, in multiple roles, provided great service to flyers over the years. He started out in ground operations in 1987 at a regional airline in Florida. Eventually, he became a flight attendant, and he was one of the original teammates at Virgin America in 2007. A multitalented employee, he has helped hire and train flight attendants over the years, and has worked as a catering operations analyst, an inflight service instructor and an air transportation supervisor.

Being a flight attendant was his original dream, Tizzard says, explaining that, since childhood, he's had a passion for travel and learning about other cultures.

His parents instilled this, says Tizzard, whose father worked for 38 years for British Airways, and whose mother worked as a travel-agent manager. Born and raised in Fort Lauderdale, Tizzard feels fortunate and blessed to have traveled "all over" while growing up.

According to co-workers, Tizzard brings great positivity to his work and is respected for being encouraging and uplifting with other flight attendants, as well as with airline guests.

"I try to lead and make others feel comfortable," Tizzard says. "This work is my passion, and there's no greater thing you can do with life and work than to follow your passion in a way that serves you and the world." —Ben Raker



### **QUESTIONS & ANSWERS**

What do you like most about your job? There are never two flights alike. And the connections I make with guests can change my perspective—and theirs.

What are your interests outside work? I'm very outdoorsy. I like hiking and biking, at home and when I travel.

### Where do you most like traveling?

Throughout Asia and Europe, for the food and culture and history. Places I've returned to include Osaka and Kyoto, Japan; Krabi, Thailand; and Madrid, Spain. And anywhere with a beach equals sun and fun.

### Do you have any travel tips?

At least once a year, pack "one way" and donate clothes, shoes and jackets at your destination. Take it as a chance to refresh your wardrobe. There are great places to shop for new clothes while you're traveling.

What advice do you have for new hires? It's never about the destination. It's about the journey.

#### **KUDOS FROM PETER'S CO-WORKERS**

"Peter welcomes guests and starts a conversation, and he captivates them for the entire flight. And even after the flight. It's a gift that only some people have." —Ludi S., Flight Attendant, San Francisco

"He just makes you feel good. He makes you feel smart; he makes you feel comfortable; he makes you feel welcome. He makes you feel like you're the only person in a room when he's talking to you, because he's so intentional, and so present.

There aren't a lot of people like him." —Molly C., Flight Attendant, San Francisco

"He is really level about how he treats everyone. Everyone's treated really, really well." —Elmer T., Customer Service Agent Trainer, San Francisco

"Guests are always ecstatic with Peter's personalized service. Everybody loves Peter when they walk off the aircraft." -Michael G., Captain, San Francisco



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### **AIR POWER**

Captain Perry Solmonson is a Horizon Air Pathfinder

>> As a Horizon Air plane took off from a Northwest airport amid foggy conditions early in the 21st century, a pilot with another airline asked the control tower why Alaska Air Group aircraft were allowed to fly out when everyone else was stuck at the gate. The air traffic controller replied, "He has a little more equipment than you do."

That equipment was Rockwell Collins' Headup Guidance System ("fog buster"), one of the many technologies that Portland-based Captain Perry Solmonson has been among the first commercial pilots to test during his 30-plus years at Horizon. Technologies he has vetted and written user guidelines for-from navigation to takeoff and landing systems-allow Alaska Air Group to safely get guests to their destinations on schedule in varied conditions. "Even today, we have tech tools that allow us to perform when other airlines can't," he says.

In addition to test- and line-flying, he is a Flight Operations Duty Officer, on call 24 hours a day, six days a month, as a resource for other pilots who might need information, advice or decisions. He is also a check airman who ensures that new and continuing pilots are qualified. And last year he helped develop a pilot workshop, beyond standard training requirements, that includes a Q&A with senior leadership. "People were there for me when I was new at the airline, and they were role models and mentors, and I want to give back," he says.

He was inspired to become a pilot after seeing John Glenn in 1962 become the first American to orbit Earth. Solmonson earned a pilot's license at age 17 and a flight-instructor rating at 18. After he graduated from Colorado State University with an engineering degree, his flying experience included owning a respected air ambulance company (a flight nurse later became his wife, Monica), which he sold before joining Horizon. "The pilots here are a cut above," he says. "I can't imagine a better place." -M. Dill



### **QUESTIONS & ANSWERS**

#### How do you define job success?

When everyone you work with—from pilots to flight attendants to dispatchers to mechanics to ramp agents—is glad to see you, and you are glad to see them, because you trust each other. We lift each other. We want to bring our A game every time for safety and service, and I like to focus on what's right versus who's right. For pilots who are new to an aircraft, I ask them to imagine that their mom and her best friend are onboard: You want to say and do things that make your mom proud. And I actively look for opportunities to tell someone, "Good job!"

### What do you do outside of work?

I'm an avid climber. Between 1990 and 2009. I reached the tallest summit on each of the seven continents, except Everest, which I climbed twice, getting close to the summit. On every mountain, I took a photo with a Horizon Air flag because Horizon has been so flexible and good to me in allowing me to pursue my dreams. I also like community service, such as guiding climbs to help fundraise for charities. I'm also into engines and motorcycles, plus I'm always inventing things. I have a big workshop. Maybe I'll even build an airplane in there some day.

### **KUDOS FROM PERRY'S CO-WORKERS**

"Perry is a great asset to our airline. He has a love for this airline and its people, and is always striving to make things even better and safer. He is heavily involved in volunteering with the Horizon Emergency Assistance Fund to help fellow employees, and he also helps personally, such as building house ramps for a pilot hurt in a motorcycle accident." -Rick S., retired Horizon Portland Base Chief Pilot

"Perry is the gold standard in Flight Operations and at Horizon Air." — Dennis S., Manager, Alaska Flight Operations Regulatory Compliance, Seattle

"Perry's integrity sets an example for all of us. He has helped define Horizon culture as 'We can be the best; we can do anything; and have fun doing it." -Don W., Horizon Q400 Project Pilot, Portland



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# MAKING DREAMS COME TRUE

By Tim Thompson

**>>> Even in high school,** Geraldine Ilan knew she wanted a career sharing aloha, the Hawaiian word for love, affection, peace, compassion and mercy.

The 2016 graduate of Waipahu High School on the Island of Oʻahu was inspired when she joined the Leadership, Exploration and Inspiration (LEI) Program offered by ClimbHI, a nonprofit based in Honolulu that is supported by the Alaska Airlines Foundation. ClimbHI gives high school and college students the chance to explore careers in one of Hawaiʻi's most important industries—tourism.

"At the time, I still wasn't exactly sure what I wanted to do in the industry, but I knew that I was interested in spreading the same aloha spirit that I was given during my time with LEI," says Ilan, who is now a student at Hawai'i Pacific University with an internship at the Hawai'i Lodging & Tourism Association.

Ilan, who is also a peer mentor at Hawai'i Pacific University in Honolulu, appreciates the wide range of experiences she has received in her internship. "There is always something to learn about each day, and I love that there is never a dull moment in this industry," she says.

More than 1,000 students across Hawai'i participate in ClimbHI's LEI program each year—just one way the organization helps students explore careers in hospitality and tourism. "Whether or not a student decides to go into the tourism industry, the program is really about them finding their confidence to believe in their dreams and follow a path to making those dreams a reality," says ClimbHI founder Julie Morikawa. "We provide the inspiration and confidence so our students can follow their dreams and succeed."

Morikawa says the "aha!" moment that spurred her to create the organization came in 2011, when she returned home to Hawai'i after working on the mainland in the travel and technology industries. "It became clear to me



>>> ClimbHI President Julie Morikawa, wearing the lei po'o (flower crown), poses with 2019 LEI program interns, including Geraldine Ilan, in the upper-left corner.

that there was very little connection between Hawai'i's education system and one of the main industries in Hawai'i," says Morikawa, ClimbHI's president. "Through ClimbHI, we provide career exploration at a critical time when students are asking themselves, 'What's next?' We are that bridge connecting their current high school work to the endless opportunities that await them on their next journey."

Supporting nonprofits, such as ClimbHI, is just one of the ways Alaska Airlines invests in community programs that enable young people to imagine new possibilities and reach their goals.

The Alaska Airlines Foundation is part of LIFT, the airline's community investment

program that unites all of the company's social and environmental impact efforts. Foundation LIFT grants are focused on helping young people make career connections and providing support for nonprofits in Alaska, California, Hawai'i, Oregon and Washington.

Diana Birkett Rakow, board chair of the foundation, says the organization is continuing its commitment to young people, with a focus on programs in underserved communities.

"As we look forward, we will grow and expand the foundation," Birkett Rakow says. "We want to work with partners to help inspire, empower and equip young people to connect to career opportunities and realize strong futures." 

★

Interested organizations can learn more about Alaska Airlines LIFT programs by visiting donationsalaskaair.com.

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### >> IN THE KNOW

#### **BEYOND ENTERTAINMENT**

### A CALMING SPACE

Headspace meditation sessions help guests relax

### By Jeff Bond

>>> You are a little stressed. It was demanding getting things ready at work and home before you started traveling. Now that you are onboard your flight, you want to transition to a calmer state of mind. We have something that can help: guided meditation and sleep sessions from our newest inflight-entertainment partner, Headspace.

Alaska Airlines has added Headspace meditation to Alaska Beyond Entertainment this month to help guests enjoy healthier, happier and more well-rested trips.

Even if you've never meditated before, the sessions—with the first one lasting only 3 minutes—give you what you need to get started and relax. Headspace offers an introduction to meditation and a session on the basics of the practice. The information is easy to follow and simple to try. There are also special sessions that calm children and help guests reduce preflight jitters. For those who have trouble sleeping while traveling, Headspace can help there, too. Beyond Entertainment includes four sessions designed for guests to prepare to sleep and then drift off to calming and soothing soundscapes and sleep music.

Connecting to Headspace is quick and easy. Just like watching a movie or television show on Alaska's entertainment system, you connect to alaskawifi.com and go to our entertainment section to browse titles, where you can choose Headspace and begin your meditation experience. You can listen to either a male or female voice during the sessions.

The cheerful male voice with the English accent belongs to company CEO Andy Puddicombe, who co-founded Headspace along with Richard Pierson, in 2010. The original goal for the company was a lofty one: to improve the health and happiness of the world. Puddicombe, 47, spent 10 years in meditation training in places such as India, Nepal and Thailand,

With engaging graphics, such as the picture at left, and simple instructions, Headspace meditation can help calm children, reduce flight jitters and assist you in sleeping better while traveling.

before being ordained as a Buddhist monk at a Tibetan monastery.

Since completing his studies, the London native says he has used the latest clinically validated research and scientific methods to teach meditation and mindfulness to as many people as possible.

To reach the largest audience and to make the service accessible, Puddicombe and Pierson decided to launch a meditation app. Today, Headspace has nearly 60 million users in 190 countries. The sessions have also been translated into French, German, Portuguese and Spanish.

Puddicombe has also become the meditation teacher to the stars, leading *The Tonight Show* host Jimmy Fallon and his entire studio audience in an on-air meditation session, appearing on *The Ellen DeGeneres Show* and helping *Today* show's Craig Melvin create

a 30-day plan to improve his mindfulness.

As for the future, Puddicombe says he plans to continue his mission to relieve stress and anxiety and help people live happier lives.

"Our mission at Headspace is to improve the health and happiness of the world, and it's always exciting to me when new people discover the power of mindfulness and meditation," Puddicombe says. "As you fly today, my hope is that the Headspace exercises onboard will allow your mind to unwind, your body to relax, and wherever your destination, ensure you show up feeling your very best."

The Headspace sessions available onboard are just a sample of the company's offerings. If you like what you hear, go to headspace.com to subscribe to the service and download the app, where you can listen to sessions about topics such as building stronger relationships and discovering a sense of gratefulness for life. \*\*

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### A WORLD OF **CHOCOLATE**

### By Denise Clifton

### >> The research-and-development lab

at Seattle Chocolate has conjured many flavors inspired by travel, says Jean Thompson, the company's owner/CEO. One of the newest flavors had its roots on an Alaska Airlines flight.

In 2018, Jonathan Kreiss-Tomkins, an Alaska state representative from Sitka, was among the Mileage Plan elite members who received an inflight chocolate bar from Seattle Chocolate's jcoco line. The jcoco brand explores unusual ingredients and aims for recipes worthy of being on a great restaurant's menu. A percentage of jcoco sales are donated to organizations that fight hunger in the U.S.

Kreiss-Tomkins wrote Thompson and urged her to source from Alaska Pure Sea Salt in Sitka. And Thompson (whose first name provides the "j" in "jcoco") recalls thinking, "Why not?"

Limited-edition Alaska Smoked Sea Salt dark chocolate jcoco bars recently debuted inflight.

Seattle Chocolate and Alaska Airlines have south-of-Seattle headquarters just a few miles apart and have been partners since 2013. It's a relationship Thompson believes is strengthened by the businesses' shared values: "Both companies care a lot about sustainability, philanthropy, sourcing locally and placing a priority on customer service," Thompson says.

Her office is steps from the factory floor, where a mural of the chocolate-factory scene from TV's I Love Lucy greets visitors. On tours, guests savor samples and watch truffle centers slide beneath a chocolate waterfall. Thompson recently took time to reflect on implementing sustainable-business practices and creating products that reflect her tastes and passions.

You had a background in marketing and communications. Was it challenging to become a manufacturing CEO in 2002? Jean Thompson: "I had no idea how hard it would be. Ignorance and optimism were my

friends. I've always been a bit of a risk-taker."



Jean Thompson, CEO of Seattle Chocolate, sends her chocolates skyward on Alaska Airlines flights.

### How did it become important to make the company's operations eco-friendly?

JT: "I went to Brazil on a cocoa exploration, and I learned that producing the palm oil that we were using in our truffles to make that soft center was actually damaging the rainforest. I immediately went back to the factory and switched to lower-impact coconut oil."

### What inspired the jcoco bars in 2012?

JT: "It was at the tail end of the recession, and we didn't want to shy away from providing consumers with a premium chocolate that would also be an affordable everyday luxury that took them on a culinary journey around the world. Our Black Fig Pistachio bar is a nod to the Middle East; the Agave Quinoa Sesame was inspired by a trip to Peru; the Edamame Sea Salt bar was a result of a trip to Japan."

### How did you decide on icoco's mission?

JT: "Since chocolate is a food, we decided to donate a percentage of jcoco's sales to American food banks that help in the mission of stomping out hunger. I'm really proud of that."

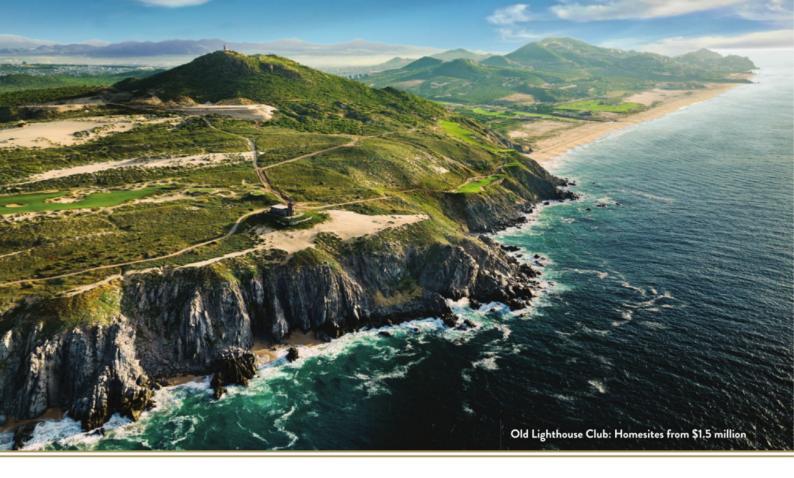
### Why do company tours teach about tasting?

JT: "People don't understand how complex chocolate can be. The nuances and the flavor and the journey of ingredients are every bit as sophisticated as those of wine. We want to take the discussion and the understanding of chocolate beyond the candy aisle. We thought of opening our factory to tours, and educating and starting a dialogue with consumers."

### What do you enjoy most about seeing guests enjoy the bars and truffles inflight?

JT: "At the end of the day, our No. 1 purpose really is to brighten people's days. When they get that truffle or jcoco bar on Alaska Airlines flights, or come on a factory tour, it's a bright spot. That's what we live for." ⊀

A version of this piece appears at blog.alaskaair. com in a series about partners whose business practices help Alaska fly greener. Alaska's Signature Fruit and Cheese Platter includes Seattle Chocolate truffles. Mileage Plan MVP Gold members receive jcoco-branded bars.



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# FASHION SENSE

>> Nigeria-born British fashion designer Duro Olowu is a world traveler who "is deeply interested in the ability of things—across cultures, across time, across countries—to speak to each other," says Naomi Beckwith, senior curator at the Museum of Contemporary Art Chicago. With unique fabrics and evocative patterns, Olowu's fashion represents his multicultural sense.

Olowu's vision is on display in "Duro Olowu: Seeing Chicago," Feb. 29-May 10 at the MCA. The exhibit, curated by Olowu, features a diverse collection of art from an array of artists and includes paintings, contemporary ceramic pieces, sculptures, Art Deco furniture and weavings, as well as fabric designs by Olowu himself. The idea behind the exhibit is to showcase disparate styles of art together, much in the way Olowu does when creating his fashion (shown at right). Artists range from turn-of-the-20th century figures, such as Henri Matisse and René Magritte, to contemporary artists, such as Dawoud Bey, Barbara Kruger and Kerry James Marshall. Chicago-based artists get a special emphasis.

"Olowu holds up a mirror for the city to view itself. All cultures and ideas get to be in conversation here," says Beckwith. Visit mcachicago.org for more information. —Isabella Breda



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#### >> At Santa Barbara Restaurant Week,

diners can enjoy three-course prix fixe menus, with tiered pricing options, at many sites around the Santa Barbara, California, area. Styles range from Italian and American to Asian fusion and Mexican. The event, which also involves participating hotels and wineries, is Feb. 21–March 6.

Restaurants include Convivo and Tre Lune Ristorante (pictured), serving Italian cuisine; Hotel Californian's Blackbird Restaurant, offering a locally sourced seasonal menu; and Sama Sama Kitchen, serving Southeast Asian food.

Wineries such as Cebada, Grassini Family Vineyards and Margerum Wine Company are offering tasting menus.

This year's event is emphasizing sustainable local cuisine, says Leslee Garafalo, chairperson of the event. "We're encouraging our participants to use locally crafted products and to partner with other local businesses," Garafalo says. For more, visit sbrestaurantweeks.com. —Kyle Fang





### A NEW BAR

When the USATF Indoor Championships were last held in Albuquerque, New Mexico, in 2018, a world record was set in the 60-meter dash; Sharika Nelvis set an American record in the 60-meter hurdles; and Erik Kynard won the high jump for a fifth consecutive year, setting an event record.

Hundreds of the country's best indoor track-and-field athletes are coming to the Albuquerque Convention
Center, Feb. 14–15, to compete for national titles in field events and track races, ranging from 60 meters to 3,000 meters, at the Toyota USATF Indoor Championships. The event is the Team USATF's selection meet for the 2020 World Athletics Indoor Championships in Nanjing, China, next month. At press time, the roster of athletes competing in Albuquerque had not been released. Visit usatf.org

### WINTER BLUEGRASS

>>> Since the early 1900s, bluegrass has served as an expression of emotion based in earthy vocals accompanied by mandolin, acoustic guitar and the twang of the banjo, says Janet Rhoads, a Kansas Bluegrass Association board member.

The 31st-annual Bluegrass Winterfest, Feb. 21–22, in Wichita, Kansas, celebrates this history and offers spunky fiddle rhythms and heartfelt songwriting about the human experience. Performers include Mile Twelve and Breaking Grass—bands that Rhoads says add contemporary appeal to the traditional American musical style with their modern-day stories, genre-bending Americana and country flair.

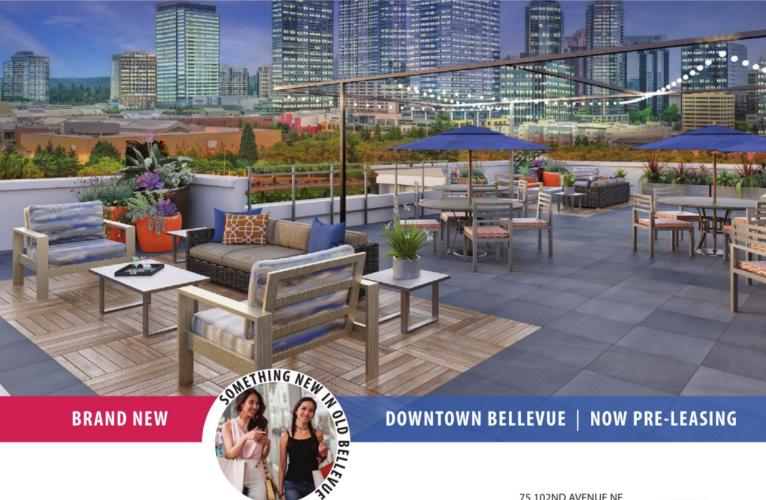
Festival attendees are also encouraged to jam in available "jamming rooms" and attend instrument-specific workshops led by members of Mile Twelve. At an instrument petting zoo, kids can pick up and play real instruments.

For more information, visit kansasbluegrass.org/winterfest.
—Isabella Breda





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### A WHOLE NEW LEVEL

>>> While standing 1,131 feet above the street on glass panels, experience an adrenaline-pumping vantage of New York City's iconic skyline.

Edge, in Hudson Yards—an office, residential and retail complex—offers "different levels of thrills," says Kathleen Corless, director of corporate communications at Hudson Yards. Edge opens next month.

The experience begins in an elevator that zips up 100 floors in 60 seconds. Doors open to reveal breathtaking sights from a 7,500-square-foot outdoor viewing area, with 225 square feet of glass flooring.

Guests can enjoy a Champagne bar, snap photos while leaning against glass walls angled over the city, and climb outdoor steps from the 100th floor deck to the 101st floor (elevator access is also available) to dine at Peak, a restaurant presented by London-based Rhubarb Hospitality Group.



Edge was designed by Kohn Pedersen Fox Associates, with interiors by the Rockwell Group. Edge will be open daily from 8 A.M. to midnight.

Visit edgenyc.com for more information.

—Isabella Breda



### **POWERFUL ART**

### >>> Forty years after the eruption of Mount St. Helens

covered the Northwest with volcanic ash, the Portland Art Museum is sharing a collection of works inspired by the mountain's power.

"Volcano! Mount St. Helens in Art," Feb. 8–May 17, showcases works that range from 1845 to today and include Indigenous art of the Cowlitz people containing volcanic ash and rock; 1840s sketches by Henry James Warre; and photographs capturing the May 18, 1980, eruption.

The exhibit uses what curator Dawson Carr considers to be the most impactful media to depict the nearly 8,400-foot volcano located in Southern Washington.

Pieces include Paul Kane's 1849–1856 oil rendition of Mount St.
Helens erupting at night, which uses a nighttime background to emphasize red and orange hues, and photos by Emmet Gowin (left) depicting the changed landscape following the 1980 eruption. An 11-foot-wide Cameron Martin acrylic painting, *Remission*, 2006, depicts the classic view into the crater in black, white and gray. For more information, visit portlandartmuseum.org/exhibitions/volcano. —Isabella Breda



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#### PAINTINGS THAT SPEAK VOLUMES

As a toddler, painter Granville Redmond (1871–1935) contracted scarlet fever, rendering him permanently deaf. This circumstance may have helped him develop into a prominent Impressionist landscape painter who would become known as one of California's top early artists. Silent film star Charlie Chaplin said of his friend Redmond: "Sometimes I think that the silence in which he lives has developed in him some sense, some great capacity for happiness in which we others are lacking."



"Granville Redmond: The Eloquent
Palette," at Sacramento's Crocker Art
Museum through May 17, features 85
works representing the vibrant ways in
which Redmond captured the color, vegetation and topography of the Golden State.

Pieces include *California Poppies*, an oil on canvas work depicting fields of bright flowers (left), and *Evening Glow*, an oil on canvas painting showing glowing clouds floating above trees.

For more information, visit crockerart.org/ exhibitions/granville-redmond. — Kyle Fang

#### **FUR FUN**

>>> For the 85th year, Anchorage is hosting a unique winter event that is a "celebration of wacky and crazy things," according to John McCleary, executive director of the Fur Rendezvous. Fondly known as "Fur Rondy," the festival fuses fast-paced outdoor competitions with mellower family-focused festivities to create a nearly 80-event roster, Feb. 26-March 8.

The festival features live performances by country music talents
Randy Houser and Kendell Marvel, as well as a Native Arts Market boasting

locally handcrafted gifts. Quirkier events include outhouse races—during which competitors use
University of Alaska engineering students' guidelines to construct outhouses and push them on skis to a finish line in Anchorage's downtown—and a root beer–chugging competition. The Miners and Trappers Pardi-gras charity ball features a costume contest and a Mr. Fur Face beard competition. Family favorite activities include ice-skating, and crafts such as hat making. For more, visit furrondy.net. —Isabella Breda



### CEPHALOPOD CELEBRATION

Each year, Octopus Week at the Seattle Aquarium begins on Pier 59 with biologists releasing a giant Pacific octopus into Puget Sound. What follows is a week-plus of activities celebrat-

ing all things cephalopod. During this year's event, Feb. 15–23, watch biologists swim and interact with octopuses in the 120,000-gallon Window on Washington Waters tank; learn about the biology of the creatures during Q&As with biologists; and see live octopus releases, Feb. 15 and 22. Seattle Aquarium aquarists created "octopus enrichment" puzzle activities, and on Feb. 18 and 22, guests can watch octopuses solve "food puzzles"—retrieving food from small jars, Mr. Potato Head toys and other objects.

"By nature, octopuses are extremely exploratory in their environment. They are problem solvers and shrewd hunters," says Tim Carpenter, curator of Fish and Invertebrates. "A lot of these activities are meant to elicit behaviors people don't normally get to see. Octopuses can camouflage and can squeeze into cracks—they're super cool that way."

For more information, visit seattleaquarium.org.



## CULTURAL CAPITAL

#### By Steve Jermanok

The city of San José, Costa Rica, is an undersung cultural destination, with many worthwhile sites to explore. Historical highlights, such as the 19th century National Theater of Costa Rica, are getting updated, and the addition of urban restaurants, bars and artisanal shops provide new points of interest. Modern accommodations such as the Gran Hotel Costa Rica, a Curio Collection by Hilton property, provide attractive places where travelers can feel secure and comfortable within the central city. Lodgings such as this provide a good base for exploring cultural attractions via short walks or with drives between sites.

And, yes, the city is well-known as a launching point for excursions to see Costa Rica's touted natural wonders. You might choose to take the drive of about 20 miles from Juan Santamaría International Airport to the northwest to Poás Volcano, or farther afield to Arenal Volcano National Park (about 75 miles north-northwest; neither volcano was visibly erupting at press time). Or you might drive the rugged roads to the cloud forest of Monteverde (also about 80 miles northwest) or to Manuel Antonio National Park (following a looping coastal route about 100 miles to the south). Yet there is also plenty within the city to make a visit here interesting.

Start your tour of San José on its central artery, Paseo Colón. At the western end of this boulevard is 178-acre La Sabana Metropolitan Park, a popular gathering place in the city, where local kids play soccer as parents stroll around a lake. Or, begin your day about 2 miles east of the park, at the National Museum of Costa Rica. The significant collection of pre-Columbian artifacts, and the re-created colonial interiors, plus a butterfly garden (scheduled to reopen this month after remodeling) will appeal to guests of varied ages. A few blocks away is the Museum of Contemporary Art and Design, housed in a former distillery with exposed rafters that give the space a loft-gallery feel. The museum has works by a roster of contemporary artists from Costa Rica and other Central American nations.

Less than a mile away, on Avenida 2, the San José Metropolitan Cathedral Church, built in 1871, is known for its







stained-glass windows and massive 16-foot-long pipe organ. A few blocks from the cathedral, visit San José's Central Market (on Avenida 1) to see the maze of stalls selling everything from passion fruit and guava to a favorite dessert that resembles frozen custard.

For drinks and dinner, head to the boutique Hotel Grano de Oro, a century-old former Victorian estate, where antiques blend with contemporary art and lush indoor greenery. And for an evening show, visit the circa-1897 National Theater of Costa Rica, which was influenced by French, Italian and German architectural styles. Hear the National Symphony Orchestra play in the grand theater building with its ornate marble floors, columns, and sculptures, and you'll round out your quintessential San José downtown trip. \*\*

Clockwise from top:
Attractions in San José
include the 19th century
National Theater of
Costa Rica; historical
exhibits and artifacts at
the National Museum of
Costa Rica; and the
elegant interior of the
San José Metropolitan
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#### WHERE RAINFOREST MEETS SEA

By Steve Jermanok

Thear loud squawking and slow to a stop in the middle of the road. Straining to look upward, I see a family of about half a dozen scarlet macaws flying overhead—they dazzle me with their array of red, blue and yellow feathers, and I am momentarily frozen in awe. I'm about an hour into the roughly 2.5- to 3-hour drive from the city of San José to the natural wonderland of Manuel Antonio National Park.

And my wildlife-sighting adventure in Costa Rica is just getting underway.

When most people picture Costa Rica, they imagine a rainforest overflowing with vibrant foliage, silky sand beaches that serve as a welcome mat to the oncoming surf, and a landscape abundant with wildlife-viewing opportunities. Costa Rica's Manuel Antonio National Park has all of this—it's a tropical paradise teeming with animals such as white-faced monkeys, squirrel monkeys and howler monkeys, and glacially slow-moving sloths.

Even if there were no furry critters hanging around, you'd still want to put Manuel Antonio on your itinerary for its sheer beauty. This rainforest parkland is bordered by rugged cliffs and lined with a perfect crescent of white Pacific Coast beach. People come to

view the wildlife, swim in the ocean and hike up the hillside for exquisite vistas of the shoreline.

To maximize your time, you'll want to get to the park when the gates open, early in the morning. This area can get hot, so pack lots of water and sunscreen, as well as lunch, a camera, beach towels and good binoculars. It's also wise to hire a naturalist from one of the local guide services to escort you around. Walking with an expert, especially one with a good magnifying scope, allows you to see rare green lizards, grasshoppers or multicolored birds hiding in the bush. Find additional information about the park and guides at manuelantoniopark.com.

More adventure awaits outside the boundaries of Manuel Antonio. Near the town of Quepos, outfitters specialize in trips that take people into the jungle—such as on canopy walks in the Rainmaker Mountain reserve. You can also kayak in protected coves to deserted beaches, or join a deep-sea-fishing adventure to hook a marlin or tuna.

Whatever the excursion, you'll understand when a local uses the phrase  $pura\ vida\ ...$  for you will truly be living the pure, good life.  $\blacktriangleleft$ 

>>> At Manuel Antonio National Park, scenic coasts, left, border biologically rich rainforests filled with wildlife such as scarlet macaws and sloths.



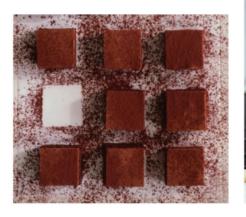
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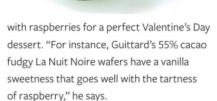
#### By Danielle Centoni

>>> It's just not Valentine's Day without chocolate, but that doesn't mean your celebration has to be predictable. This year, consider going beyond the usual chocolate box to be creative in your use of cacao.

For example, pour a chocolate-caramel sauce over a baked tart shell filled with an array of whole roasted nuts, suggests Fran Bigelow, owner of Fran's Chocolates in Seattle. When she makes chocolate-caramel sauce, she likes to use Peruvian chocolate because it often has deep cocoa flavors that are perfect with roasted nuts.

Chocolate from Madagascar, on the other hand, has red-fruit notes, she says, and she suggests employing it for truffle brownies (top left). "I use 68% Madagascan chocolate. The bright red-fruit notes in the chocolate really add a rich complexity to the brownie, so that it almost tastes like you have added fruit. I also like to add a splash of raspberry sauce to the side to enhance the fruitiness of the chocolate."

Josh Johnson, pastry chef at Guittard Chocolate Company, based in the San Francisco Bay Area, says that pairing ingredients with chocolate is similar to pairing food and wine: You can either match the flavor notes, or aim for a complementary contrast. He likes combinations such as a confection with sweet chocolate ganache icing topped with bitter cacao nibs (top right) or molten chocolate cake topped



Pastry chef Sohrob Esmaili, of Villon restaurant in San Francisco, also likes pairing chocolate with something tart. He recommends Valrhona Guanaja 70% bittersweet chocolate wafers to create a crème fraîche brownie hot fudge sundae (above right), with pickled blackberries, and ice cream made with toasted oats and cinnamon.

Crafting a dipping sauce that includes nuts or seeds is another great way to offer something less typical to your sweetheart, says Esmaili. "Try swirling tahini into chocolate ganache and using that as a dipping sauce for grapes, fresh fruit, cookies or even something savory such as freshly fried pork skin."

Cheryl Wakerhauser, pastry chef, cookbook author and owner of Pix Pâtisserie in Portland, Oregon, says that a cheese board comprising dark chocolate chunks and slices of Roquefort



provides an easy and enjoyable pairing. "Make sure to use quality dark chocolate with a high cacao percentage—70% or higher," she says. "You want to focus on the bitter notes of the chocolate and less on the sweet notes."

For Valentine's Day, Wakerhauser's thoughts also turn to thick and silky French-style hot chocolate (center), made with equal parts milk chocolate and dark chocolate, thinned with some milk and cream, enriched with egg yolks for a smooth texture, and spiked with rum, absinthe or Armagnac. A thick hot chocolate might also be served as a fondue, she says.

"You can dip in macarons, candied oranges, brandied cherries and anything fried, such as potato chips or doughnuts. You can even cut up pieces of gingerbread. It's a really fun finish to a Valentine's date that's easy to make, and very romantic on a cold February night."

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## WINE AND CHOCOLATE: THE PERFECT MATCH

By Brad Japhe

**>> One of the many wonders of wine** is its excellent food-pairing potential. Even casual drinkers know the basics: white wine with seafood; big, bold reds with rich and hearty meats. But there's no reason to stop sipping after the savory courses have been served. Dessert is a terrific time for fermented fruit, and chocolate, in particular, can really make the right wine shine and vice versa.

The key to deliciously uniting wine and chocolate is to figure out what basic characteristics you're trying to enhance in each. Fans of white chocolate, for example, likely admire its soft sweetness and subtle creaminess. These qualities are echoed in a glass of fine Champagne or sparkling wine. "Try Billecart-Salmon Demi-Sec for a wonderful pairing," recommends sommelier John Slover, beverage director for New York City-based Major Food Group. "The contrast of cream and bubbles is compelling." This style of Champagne carries more sugar than its Brut counterpart, so it naturally complements the chocolate, he says.

When it comes to milk chocolate, Slover suggests choosing something more complex for the accompanying liquid, perhaps looking for flavors such as toffee and dried fig in the wine. Other good milk chocolate pairings include the full-bodied Fonseca Ruby Port, or a Merlot with plum and chocolate notes, he says.

Hal Landvoigt, a 20-year winemaker and the director of winemaking with Seattle-based Precept Wine, likes the way the caramel notes of a

wine such as Precept's Browne Family Vineyards Late Harvest Semillon pair with milk chocolate.

If you're hopelessly devoted to dark chocolate, a significantly fruity Washington Syrah or Malbec can balance the bitter tinge that can come with more cacao, Landvoigt says.

Cabernet Sauvignon is another option to complete your dark chocolate after-dinner treat—especially the lush examples for which Napa Valley is known, says Lauren Kopit, winemaker at Sterling Vineyards in the Napa Valley town of Calistoga. For example, the bright fruit and smooth tannins of Sterling's 2017 Vintner's Collection Cabernet would be a good pairing, she says.

"The goal is to have the sweet berry fruit of a wine play the yin to the yang of the chocolate," says Scott Anaya, owner/sommelier at Crush Bistro & Bottle Shops in Anchorage, Alaska. "A soft, round wine pairs best. Some of the most affordable wines, such as Merlot and Malbec, pair very well with dark chocolate."

Chocolatier Annie Rupani is quite fond of both varietals. At her Houston, Texas, shop, Cacao & Cardamom, she even pairs the wines with housemade truffles featuring Indian spices. "For instance, Malbec has strong, fruity flavors that play well with garam masala and pistachio," she notes. "When it comes to chocolate and wine, there's a pairing to please all palates."



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#### COFFEE IN HAND

Tools to make and take great bean-based brews By Isabella Breda

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Maker: Cold-brewed coffee, touted for concentrated flavor and low acidity, is easy to make with this streamlined product. Pour water over ground beans in the upper chamber and let the mixture steep overnight. Then push a button to release your chill java into a large, removable, vacuum-insulated carafe (\$49.99; asobubottle.com).





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MiiR Pourigami, Coffee Canister, Camp Cup: The stainless steel Pourigami coffee dripper travels flat and can be assembled quickly to make pour-over coffee on the move. MiiR's Coffee Canister locks in beans' freshness. The 12-ounce Camp Cup has a leak-prevention lid and is vacuum-insulated (\$84.85 for the set of three items, also sold separately; sales help fund trackable giving projects; miir.com).



Zulay Kitchen Milk Boss Milk Frother: Convenience is key when you're out on adventuresand this compact frother can help you craft espresso beverages almost anywhere. Powered by two AA batteries, the handheld electric device allows you to complete cappuccinos, lattes, macchiatos, hot cocoas and more—all at the touch of a button (\$15.99, zulaykitchen.com).



■ Ember Travel Mug²: Gone are the days of opening a mug to lukewarm liquid. This 12-ounce smarttech vessel holds your drink at a chosen temperature (from 120 to 145 F) for three hours on battery power or all day when the mug is docked in its charging coaster. You can adjust the setting by using controls on the mug or via the free Ember app on a paired smartphone (\$179.95, ember.com).

#### COFFEE SUBSCRIPTIONS

Bean Box: This Seattle-based company prioritizes ethically harvested beans and roasts by 25 Pacific Northwest roasteries in a curated sampler or customer selection (\$24/month for four 1.8-oz. bags; beanbox.com). Crema.co: New subscribers to this service get a range of roasts and rate them to begin customizing their coffee "playlist." Crema then sends premium, fair-trade and organic coffees tailored to preferences (\$15-\$22 per 12-oz. bag; adjustable delivery frequency; crema.co). Kona Coffee and Tea: This family-owned company delivers 100% Kona coffee beans from Hawai'i Island (\$24/month for 7-oz. bag; konacoffeeandtea.com).



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## SERVING UP PICKLEBALL

By Dave Boling

>>> Neighbors Bill Bell, Barney McCallum and Joel Pritchard (a congressman at the time) were looking for a game to play one summer afternoon in 1965.

The residents of Bainbridge Island, west of Seattle, decided to create a new game to suit their supplies: a Wiffle Ball, Ping-Pong paddles and a badminton net. The rules and equipment evolved during the summer and in the ensuing years, eventually becoming the game of pickleball, a hybrid of tennis and pingpong on a badminton-size court, says Roger BelAir, a pickleball instructor and sport aficionado.

History and lore conflict on the origin of the game's name. One popular theory is that the name was inspired by Pritchard's cocker spaniel named Pickles. One thing advocates can agree on is that pickleball is a rare sport that can be enjoyed by participants of all ages.

Anna Copley, owner and co-founder of Pickleball Central, in Kent, Washington, says the game is easy to learn; the equipment is inexpensive; and the smaller court means a fast pace, but less exertion and chance of injury.

"The No. 1 thing is, it's fun," says Copley,

who often sees grandparents playing with grandchildren. "The fun is what makes it so special. Playing doubles, you have four people up close and having a shared experience, and everybody's laughing."

During the past 55 years, pickleball has spread extensively in the Sun Belt, flourishing in senior communities. Justin Maloof, executive director of the USA Pickleball Association (USAPA) says the game's popularity among seniors has been enhanced by the trend of senior communities building courts as an attractive amenity. While often played on one-half of a tennis court, the official dimensions of a pickleball court are slightly larger, with a length of 44 feet and a width of 20 feet.

"Now, we're seeing more cities and municipalities recognizing how cost-effective and easy it is to install courts and get pickleball programs started," Maloof says. "And we're seeing major manufacturers and international brands going all-in on pickleball and placing pickleball products in big-box retail stores. That's driving awareness."

Copley says pickleball is attracting many

former tennis players in search of a new sport that is fun to play, but is a little easier on the body.

"The surface is smaller, but it's still good exercise, with lateral moves and turns," Copley says. "A lot of people who have had sports injuries discover pickleball, and it's a whole new chapter of their lives."

It appears many people are interested in opening that new chapter. A 2019 study by the Sports & Fitness Industry Association found there were more than 3.3 million pickleball players in the United States.

On a competitive level, the 2019 national championships, which were held November 2–10, at the Indian Wells Tennis Garden in Indian Wells, California, drew more than 2,000 players, and a record cash purse of \$80,000. The event was also streamed live online.

While high-end equipment is now available, Copley stresses: "You can still get a \$10 wooden paddle and a \$2 ball and be good to go." Also, finding the nearest court is as easy as going to the USAPA's "Places 2 Play" website and entering your zip code. 

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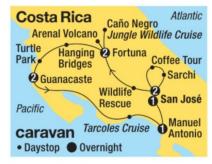
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#### Inside options

The Supra's 3.0 and 3.0 Premium models are mechanically identical, but they differ on interior features. Opt for the Premium and you trade out the standard Alcantara (faux-suede) seats for heated leather ones, and sub in an 8.8-inch wide-format touch-screen infotainment system in place of a 6.5-inch display. You also get features in the Premium model such as 12-speaker JBL audio.

#### An engine to rev

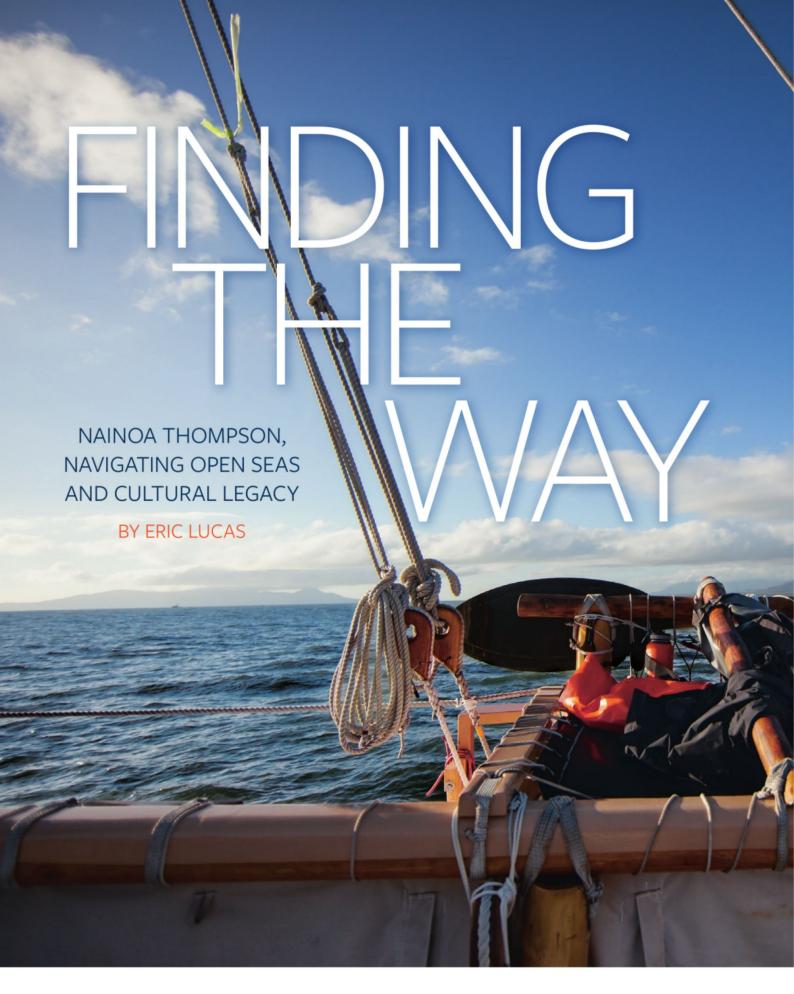
As with past Supras, the 2020 model boasts a straight-six engine and rear-wheel drive. The new Supra has a turbocharged 3.0-liter inline-6, making 335 horsepower and 365 pound-feet of torque. There's no manual gearbox offered, but an 8-speed automatic transmission lets you control the shifts via steering-wheel paddle shifters. The engine's song is ever-present, especially in Sport mode.

#### Surprisingly roomy

In this era of vehicles getting larger by the year, the Supra is refreshingly compact. At just 172.5 inches long, it's 10 inches shorter than the Corolla sedan.

Inside, the new Supra is strictly a twoseater, versus previous Supras' 2+2 layout, and while headroom can be tight for tall drivers, there is surprisingly plenty of room for the long-legged. 

✓





'ahu's Nainoa Thompson has spent his life pursuing far-fetched adventures. Sail across the Pacific in a traditional double-hulled canoe, named  $H\bar{o}k\bar{u}le'\alpha$ , open to the elements, using the wind and stars for direction? Preposterous. Guide Hōkūle'a around the world for three years? Outrageous. Dangerous, in fact.

In late October 2015, some 16,000 nautical miles into the journey,  $H\bar{o}k\bar{u}le'a$  was sailing along the east coast of Africa toward Cape Town, the most dangerous leg of the journey to date. "Everybody said we should put the canoe on a cargo ship to get around South Africa," Thompson recalls of Hōkūle'a's most recent journey circling the entire

"'Go ahead,' I told them. 'But I quit.'"  $H\bar{o}k\bar{u}le'\alpha$  stayed in the water and rounded the Cape of Good Hope, a notoriously tempestuous stretch of water. Thompson did not quit, and Hōkūle'α continued on, making goodwill stops along the way, visiting with Indigenous groups in Brazil, the Caribbean, the United States, Canada and islands in the South Pacific before returning to Honolulu in 2017—earning global acclaim and making Thompson perhaps the most famous person in Hawai'i.

But Thompson is not the daredevil he may seem. Just the opposite, in fact. He is a savvy leader who balances risk-taking with readinessand now he is expanding his leadership profile, traveling the world (by air and sea) to support the global Indigenous revival and response to climate change. Thompson visits elementary school classrooms, service-club luncheons, business-leadership summits, and local and national government events. His message is low-key but strong: We must act now to preserve human civilization in the face of global warming and cultural conflict. He believes full preparation, loving cooperation and bold action can make a difference, and his example is Hōkūle'a's global journey.

"That three-year global voyage was actually a 10-year journey," Thompson says of the adventure named Mālama Honua—roughly translated as "care for our home."

"We spent seven years in preparation to sail

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around the world. People think I'm a risk-taker-and in some ways I ambut I am also extremely cautious. You can do anything with sufficient preparation."

In person, Thompson is a laid-back Pacific Islander whose careful conversation seems mild and measured. Years of open-ocean adventures have weathered his face. His steady gaze is ideal for charting maritime star maps. His smile blossoms when kids are in the vicinity. And after a lifetime proving the impossible can be done, he is trying to convince the whole human race to take on something that might seem impossible: to spread a message of peace and sustainable living, of care for the earth.

ddly enough, instead of adventurer, risk-taker and leader, Thompson might have become a dairy farmer. "Milking cows at 5 a.m.," he says. "That's what I did when I was a boy."

Thompson's grandfather, Charlie Lucas, owned a dairy operation in the Niu Valley, about 2 miles east of Waikīkī. Like almost all ag-family kids, Thompson had farm chores from an early age, though he recalls, "I wasn't very good at it."

What he did prove good at was adventure. Thompson learned wayfinding, thus helping to

>>> For more than 40 years, Thompson has studied the stars, wind, currents, waves and animals of the sea to find his way across vast oceans-and to help prove that ancient Polynesians purposefully voyaged to his native Hawai'i.

save the ancient Polynesian art of navigation from extinction. As a wayfinder, he crossed the Pacific on voyaging canoes, then circled the globe in that epic journey, becoming the most visible advocate for and public figure of Polynesian voyaging, representing the achievements of Pacific Indigenous peoples to the world at large.

Now 66, he and the organization he heads, the Polynesian Voyaging Society, are transforming their achievements into concepts that directly bear on our entire civilization. Having sailed well more than 175,000 nautical miles, he is in the company of such historic adventurers as James Cook and Vasco da Gama. And as he relates his journeys to others, he speaks of the earth itself as a voyaging canoe, entering perilous waters.

"Our most important challenge lies ahead of us," he says. "Humanity needs to come together based on values, such as those that made Hōkūle'a possible. The heart of voyaging is not the canoe, or wayfinding, it's the community behind all those things. Our world is worth it—and we don't have another one," Thompson says.

Seeking to spread that message, Thompson and his compatriots will set sail on Hōkūle'a again, next year, departing from Alaska to circumnavigate the Pacific.





#### FINDING THE WAY

hompson still lives adjacent to what was his grandfather's farm on the outskirts of Honolulu. But in the past 40 years, guiding a traditional Polynesian voyaging canoe—using ancient navigation techniques such as reading the stars, winds and waves—to prove it could be done, he and his companions in PVS have rewritten our understanding of the way humankind populated the Pacific. Thompson and PVS have painted a new portrait of the indomitable spirit of human beings.

Without compasses, sextants or other instruments, adventurers thousands of years ago began migrating east and north from Southeast Asia through the islands of the Pacific. Polynesians eventually reached Hawai'i—one of the most remote major land masses on Earth, nearly 2,300 miles from North America—where they established a dynamic, self-sustaining civilization that supported an estimated 300,000 Hawaiians by the time Cook arrived in 1778.

That initial contact was long called Cook's "discovery" of Hawai'i. Twentieth-century Western academics and explorers dismissed Hawaiian oral histories of those early crossings as mere myths. Yet the presence of Polynesians throughout the Pacific meant there had to be some explanation. In 1947, Norwegian adventurer Thor Heyerdahl crossed to the French Polynesia island Raroia from South America on a raft (utilizing navigation instruments), on the theory that this was how the South Pacific came to be settled; his book, Kon-Tiki, was a 1950 sensation. Anthropologists such as Andrew Sharp in the mid 1950s dismissed ancient Polynesians as wanderers, incapable of navigation, who were swept across the ocean accidentally to Tahiti, Rapa Nui and Hawai'i by storms.

PVS co-founder Ben Finney, a young anthropology student from California, thought this made no sense—and in the early 1970s he met a University of Hawai'i professor who handed him the Heyerdahl and Sharp books and issued a challenge: "Read these. They are wrong. Prove it."



The 62-foot double-hulled Hōkūle'a sailed around the world with a rotating crew of 11 to 13 living on an open deck. The canoe has logged more than 250,000 miles over 11 long-distance voyages and numerous training journeys.

Finney joined Hawaiian artist Herb Kāne and mariner Tommy Holmes to found PVS for the exact purpose of crossing the Pacific. They built a traditional voyaging canoe,  $H\bar{o}k\bar{u}le'\alpha$ , and searched for information on wayfinding. Eventually they discovered a master navigator, Mau Piailug, on a small island in Micronesia—believed to be the last human

keeper of wayfinding knowledge.

Meanwhile, Thompson was a young man in love with the ocean—surfing, swimming, paddling, but still looking for his life's mission. He began doing odd jobs for Kāne, and one night at the latter's house, the artist took young Thompson outside to look at the stars, describing how the stars were the charts PVS would use to cross the Pacific and demonstrate that their ancestors had deliberately sailed to Hawai'i.

Thompson says he knew then and there what his life's mission would be.

"That night I got sucked into a dream," he recalls, his eyes still flashing a half-century later. "Herb wanted cultural justice. Ben wanted scientific justice. I wanted the magic of the stars and the canoe. I loved the ocean. I just wanted to go, man."

PVS convinced Mau to guide  $H\bar{o}k\bar{u}le'a$  to Tahiti in 1976, a successful 30-day voyage. But the canoe was forced to return to Hawai'i using instruments, and PVS members—especially Thompson—resolved to learn wayfinding so they could sail

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Hōkūle'a with an entirely Hawaiian crew. Thompson spent a couple years studying with the master navigator, drawing star maps in beach sand, scanning the night skies aboard Thompson's fishing boat, watching cloud formations in the day, reading ocean swells. A master wayfinder can literally be asleep and awaken when wave patterns shift because the canoe is off course.

"Nainoa, I can teach you how to go out and back, but I can't teach you the magic," Thompson recalls Mau saying, advising his apprentice that it would be 20 years before Thompson could fully "see" the ways of the ocean.

Thompson gained skill and magic
enough to help guide the canoe once
again to Tahiti and back in 1980, becoming the
first Hawaiian to navigate an open-ocean journey
to Tahiti in 600 years. The PVS-odyssey plans had
been met with great skepticism, but the trips
outbound and back were fairly straightforward,
and that success replaced derision with awe.

While it is incredible that ancient Polynesians crossed the Pacific in double-hulled canoes using wayfinding; it is equally incredible that a small, committed group of 20th century Hawaiian adventurers revived a nearly lost art and brought history back to life.





Thompson speaks to 1,500 students, above, at Point England Beach in New Zealand. Below, he trains apprentice navigators Haunani Kane and Jason Patterson on the first international leg of the Mālama Honua voyage.

hile Thompson's life illustrates the way that answering an innate urge for adventure might result in great meaning (not to mention fame), the very ideas of voyaging and wayfinding are built on concepts such as self-discipline, self-knowledge, respect for the natural world and care

for all onboard. Long-distance voyages are tests of bravery and self-composure. Most of the time, very little happens aside from monitoring the sails and the heading. One experienced voyager describes the experience as "a long series of power naps."

But occasionally it is much more exciting. Bad weather appears, obscuring the sky; riding out a storm is a test of skill and courage. No matter how wild and risky those first voyages may have seemed, dedication to voyaging principles assured their success, Thompson says.

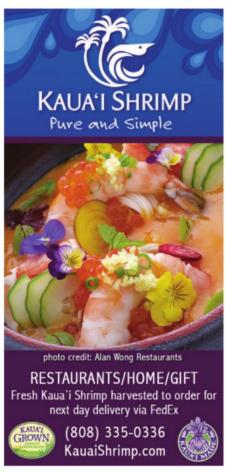
When PVS proposed that  $H\bar{o}k\bar{u}le'a$  journey around the world, many argued that the journey would be too dangerous.

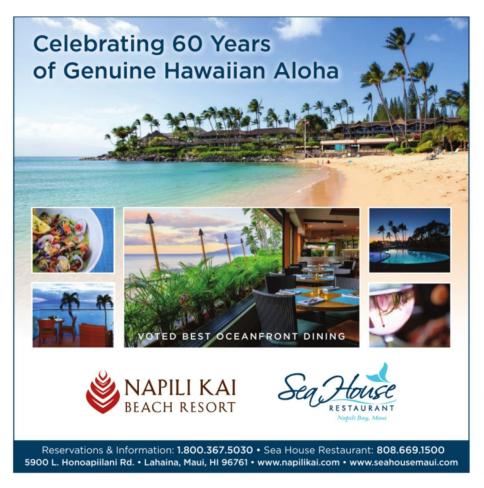
"No matter how dangerous it may seem for us to go, the greater danger lies in keeping  $H\bar{o}k\bar{u}le'a$  tied up to shore," Thompson replied in a characteristically measured remark.

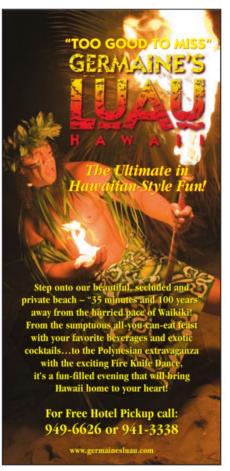
The 62-foot canoe departed Hilo in May 2014 and returned to Honolulu in triumph in June 2017, having taken three years to visit 150 ports in 27 countries, covering 42,000 miles.

Now an elder among the Native Hawaiian people, and a world figure, Thompson travels the planet to encourage application of voyaging principles to cultural revival, sustainability and human progress. "We have a responsibility to history and culture, and to the canoe we all share," he declares.









#### **FINDING** THE WAY

Historically, navigators were men, but today there are a number of young women who are wayfinding apprentices. It's an innovation Thompson embraced, gently overruling objections from traditionalists. Wayfinding is studied at several universities, where it is considered a science.

The story of the Polynesian Voyaging Society does lead one to wonder what other chapters of the human story have been lost. How to live in peace with our planet, perhaps? How to live in peace with one another? These are the principles within a traditional Hawaiian philosophy known as "The Way of the Canoe," which seeks to apply voyaging protocols to daily life as individuals, communities and nations-to respect and care for ourselves, each other, and our natural and cultural environments.

Thompson is a leader among the world's Indigenous communities, and has thus gained friends and allies among many Native peoples on six continents. Among them are Alaskans, such as the Tlingits of Southeast, who decided long ago to support the PVS mission. Former Alaska Lieutenant Governor Byron Mallott, a Tlingit elder from Juneau and onetime CEO of Sealaska Corporation, donated two immense spruce logs to PVS in 1990 to use in making a new canoe (Hawai'iloa) because there are no longer any sufficiently large koa trees in the Islands.

"Over the years, Nainoa's family and mine have become close as we have worked together personally and with our institutions to advance our cultures, a healthy planet and stronger ties among Indigenous and all people," says Mallott. "Nainoa's innate, palpable and humble spirituality has been a source of strength, and his embracing worldview based on that spiritual core is tied to a powerful vision of a shared planet in peril but capable of healing by caring, committed peoples. This is what defines his powerful leadership. In a sentence, Nainoa is a leader our Island Earth needs now more than ever," Mallott says.



>>> Thousands of local residents and visitors turned out in Honolulu to greet the return of Hōkūle'a in June 2017.

hy didn't Thompson stay put on his grandfather's farm? When Thompson was about 5, a neighbor took him to a beach to go fishing. "It all started with a fishing pole in my hand," he

laughs. "That was the first great gift of my life."

Much of Charlie Lucas' farm was long ago transformed into suburbs, with tidy homes, quiet streets and pleasant shopping centers. Resorts line the beach where Thompson first cast a line.

Thompson and his compatriots recognize that they did not create wayfinding or voyaging, and like almost all pathfinders, Thompson unfailingly credits his mentors and teachers, especially Mau.

But those 20th century adventurers who first set out across the Pacific using the vessels and techniques of the ancients, just to prove it could be done, and had been done, have transformed their achievements into an innovation perfect for the 21st century world—the canoe as metaphor. Today,  $H\bar{o}k\bar{u}le'a$  and her sister ships represent our planet, and Thompson says the voyagers' work has just begun. "Navigation is not just about sailing."

Thompson offers a simple, concise catalog of his values: family, home, ocean. "And by home I mean our planet," he says. If you ask what his life has meant, his answer is equally simple: "I stood up for something that matters." ⊀

Eric Lucas lives on a small farm on San Juan Island in the Pacific Northwest's Salish Sea.



## **FUN AFOOT**

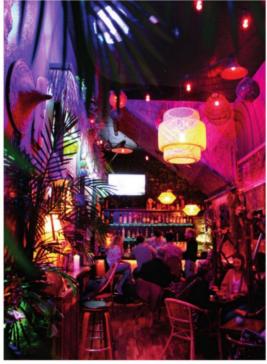
## EXPLORING WALKABLE DOWNTOWN SPOKANE

BY ADRIANA JANOVICH

#### Fishing floats and basket lanterns hang from the ceiling

**at The Tiny Tiki,** casting shadows on walls covered with thatching. Throw pillows featuring tropical-flower patterns sit on rattan chairs, while white shag covers benches. Faux foliage seems to sprout from above the bar, which is well-stocked with rum. It all imparts a feeling of being inside a snug A-frame hut somewhere in the South Pacific.

Coziness is part of the appeal at The Tiny Tiki. Though the establishment encompasses just under 500 square feet, I've found that it usually doesn't take long—less than 15 minutes—to get a table or a spot at the bar.

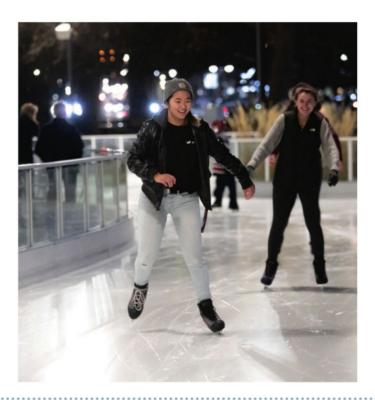


CLOCKWISE FROM TOP LEFT: VDB PHOTOS / SHUTTERSTOCK.COM; JAMES RICHMAN; LIBBY KAMROWSKI; CLAIRE FIEBERG





elow left: The Tiny Tiki, ith its lively and colorful



The specialties here are classic and contemporary beachy drinks. My husband, John, and I have stopped in for the signature mai tai—it comes out of the tap infused with nitrogen for a creamy finish—served in a colorful kitschy tiki tumbler and embellished with a paper umbrella.

The Tiny Tiki, which opened in 2018, is one of the many popular attractions in downtown Spokane, an area that stretches about 1.5 miles from east to west. Downtown offers an abundance of spots for sipping beverages, dining, shopping, experiencing arts and entertainment, and even enjoying the outdoors.

The walkability of this vibrant hub of the Inland Northwest helps to make it a great place to live or visit. In fact, downtown is the heart of the Riverside neighborhood, which has a Walk Score of 91 from walkscore.com, based on attributes such as daily errands not requiring a car. Walkscore.com also touts the neighborhood's excellent transit and biking convenience. In just a half-hour or so, I can stroll from one end of downtown to the other.

"We like to describe ourselves as offering 'time economy,' " says Kate Hudson, public relations manager for Visit Spokane. "Your time is one of your most precious commodities, and you make the most of your time when you're in Spokane. You don't have to choose between cocktails and outdoor fun. In Spokane, it's so easy to get around, you have time to do it all. Walk along the Spokane River in the morning; walk to lunch at a lively restaurant; walk to shops; walk to winery tasting rooms; walk to a gourmet dinner; walk to the theater for a show; and then walk to a place that offers a late-night drink before you wander back to your hotel. That's just in one day!"

#### Dining

Tonight, after our pre-dinner drinks at The Tiny Tiki, John and I stroll several blocks north to the elegant Gander & Ryegrass restaurant, which opened in November, and features gray accent walls and bouquets of fresh flowers on every table. We unfold our cloth napkins and open a menu that makes our mouths water. In addition to à la carte options, guests can choose a three-course meal or a "marathon dinner," the latter featuring approximately 10 courses, such as sweetbreads with charred sweet potato; beef crudo with porcini and greens, on a base of rye-bread crumbs and caraway; and pumpkin risotto accompanied by charred radicchio and Italian balsamico.

John and I go for the three-course meal this evening. I opt for octopus as my first plate, while John selects chicory apple salad with hazelnuts and Gorgonzola. Next comes fresh pasta

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Wine-tasting at Barrister Winery, known for its red wines; beef crudo with porcini and greens at the new Gander & Ryegrass restaurant; smoked trout with latkes at the new Hunt restaurant, which specializes in Northwestraised game.



made onsite: pappardelle with pork shoulder and Parmesan for John, and tortelloni with wild matsutake mushrooms, fennel and Calabrian chile sausage for me. For entrées, John's smoked strip sirloin is robustly flavorful, while my seared scallops seem as tender as butter, and are served with grilled dandelion greens, mushrooms and wheat berries. The dinner is one of our favorite meals in recent memory.

Other downtown Spokane dining favorites include Churchill's, a locally owned steakhouse with delicious prime cuts and live piano music, and Mizuna, which focuses on local, seasonal ingredients. Its sister establishment, Austin's Live Fire Barbecue, offers an elevated, cloth-napkin take on the Texas staple.

Chad White, who competed on season 13 of Bravo's *Top Chef* during the winter of 2015–2016 (he won the Episode 6 fish-taco Quickfire Challenge but was eliminated in an Episode 8 challenge requiring dishes that could be eaten without utensils) has three establishments downtown. His Zona Blanca serves dishes such as ceviche, while his High Tide, known for its New England–style lobster rolls, has two downtown locations, both of which opened last year.

The camping-and-fishing-themed Hunt, which opened in December in the basement of the early-1900s Bickett Building, specializes in Northwest-raised game, such as elk, boar, quail and trout. A sister restaurant, the colorful and contemporary Eyvind, on the main floor of the same building, also opened in December and offers creative dishes featuring locally produced ingredients, such as black-lentil-and-arugula Caesar salad with preserved egg yolk, and hanger steak with beet molasses and parsnips.

#### Libations

Whenever I visit the downtown Spokane location of Eastern Washington's award-winning Cougar Crest Estate Winery, I hope to see Rosemary Brasch. The personable tasting-room manager is quick with recommendations for wine pairings, knowledgeable about all of Cougar Crest's wines, and welcomes the chance to guide guests through a tasting. Cougar Crest offers a selection of reds, including its esteemed Estate Grown Cabernet Franc.

Cougar Crest is part of Spokane's Cork District, comprising 21 wineries, with 16 tasting rooms within walking distance of each other downtown. For instance, Barrister Winery, also acclaimed for its reds, has two downtown locations: the main winery/tasting room on the west end and a tasting room about 10 blocks northeast in the 1908 Liberty Building near Riverfront Park. Other celebrated wineries with downtown tasting rooms include Tempus Cellars and Terra Blanca, both known for their wines' significant French oak aging, followed by extensive aging in the bottle, and Helix, recognized for its sophisticated yet approachable wines and for family history that dates to pioneer farmers who traveled the Oregon Trail.

The Spokane Cork District offers another perk: Wineries



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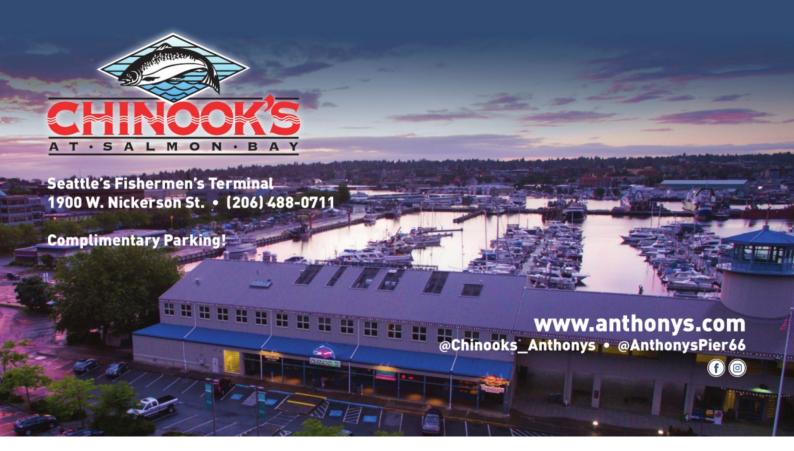


# Spokane creative by nature



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waive tasting fees for Alaska Airlines guests who present boarding passes with a final destination of Spokane within 48 hours of their arrival. In addition, Alaska Airlines Mileage Plan members can check, free of charge, a case of appropriately packaged wine on flights departing from Spokane (see alaskaair.com/wine for details).

For craft brews, the father-son team at Whistle Punk Brewing creates an ever-changing menu of ales, brewed in small batches. Iron Goat Brewing offers a wide selection of craft beers, such as Goatmeal Stout, with its notes of espresso and cocoa, to pair with elevated pub grub. The iconic 1916 Steam Plant, with twin 225-foot smokestacks, houses Steam Plant Kitchen + Brewery, featuring beers such as the Double Stack Stout, crafted onsite; modern American fare; and the chance to dine inside an old boiler room. Steam Plant Kitchen, Iron Goat and Whistle Punk are among the 49 establishments that are part of the notable Inland Northwest Ale Trail, which spotlights breweries throughout the region, including North Idaho.

Cider fans will want to visit the downtown locations of One Tree Cider House, Liberty Ciderworks, and Locust Cider & Brewing. Downtown is also home to around 60 bars, including the Peacock Room Lounge in The Historic Davenport Hotel. The casually elegant peacock-themed bar serves specialty cocktails, as well as items such as hot Cougar Gold Cheese dip

made with famed sharp white cheddar cheese produced by Washington State University's Pullman creamery.

In October, the Cease & Desist Book Club opened as a speakeasy-style bar featuring

cocktails with housemade syrups and fresh-pressed juices, and happy hour bourbon old-fashioneds infused with flavors ranging from apricot to fig. Another enjoyable downtown bar is Durkin's Liquor Bar, which was named for one of Spokane's pre-Prohibition liquor tycoons and whose restaurant area is modeled after a classic 1930s American diner. And Hogwash Whiskey Den serves craft cocktails—many with a whiskey focus—in the late-1800s Washington Cracker Co. Building. Snacks, small bites and sandwiches are also available.

From top: The Peacock Room Lounge in The Historic Davenport Hotel, and the From Here shop, a retail arm of the nonprofit Terrain arts organization.

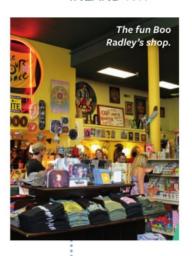


#### Shopping

On another visit downtown with John, I'm drawn to the charming locally owned Fringe & Fray boutique, where I look for vintage, modern and gently used clothing, as well as home furnishings. I also like pieces at the shop that were designed by locally owned Coy Jewelry, whose handcrafted wares range from double-band and multiwrap brass rings to quartz pendants. I can't decide between two pairs of earrings, so I buy both: simple bronze bars for one pair, and triangles that each have a line of seven thin, blue-mineral kyanite circles for the other.

I also like the spacious, well-curated From Here shop, one of the best places to purchase creative gifts and souvenirs. From Here is the retail arm of a local nonprofit arts organization, Terrain, and showcases products—from leather goods, pottery and macramé to apothecary items, clothing, candles and jewelry—crafted by local artisans. The boutique opened in





June 2019 on the second floor of the River Park Square shopping mall.

To shop more Spokane insider favorites, visit two sister businesses located next to each other downtown: Atticus Coffee & Gifts and Boo Radley's. Atticus vends items such as soaps, candles, mugs, coffee, tea and wine, as well as a large collection of vintage-style prints that commemorate Inland Northwest landmarks and events, and that were designed by Spokane artist Chris Bovey. Boo Radley's is a novelty shop with games, gag gifts and wacky trinkets,

such as fake beards, and socks that display the many faces of actor Bill Murray. Bibliophiles frequent Auntie's Bookstore, a Spokane staple since 1978, which offers a variety of new and used titles along with book-themed T-shirts and gifts. Nearby, Wanderlust Delicato, which opened last summer, specializes in cheese, charcuterie, wine and culinary products from around the world, and also offers cooking classes.

#### Arts and Entertainment

After our busy day of shopping, we need a place to relax, so we make our way to Lucky You Lounge, which opened in May near the western edge of downtown. Lucky You, which offers a full dinner menu and serves craft cocktails, has two dance floors with music provided by DJs, and entertainment such as live music, comedy shows, story slams, trivia contests and movies. Live bands scheduled to perform this month include City of the Sun with Kiltro (Feb. 6), Hembree (Feb. 13), and The Movement with Josh Heinrichs (Feb. 23).





#### ALSO IN THE INLAND **NORTHWEST**

- Inland Northwest's top events will take place July 16–19 this year in Spokane Valley, about 10 miles east of downtown Spokane. The event showcases regional and world cuisine, as well as regional and international beverages, including coffee, beer,
- Golf: Considered one of the country's best public courses, the City of Spokane's Indian Canyon is set Ridge Golf Club, at Washington State University, is green, and Coeur d'Alene Casino Resort Hotel's Circling Raven Golf Club, with a lauded course that includes wetlands, woodlands and grasslands.
- Northern Quest Resort & Casino: Located about dining and shopping. In addition, the Kalispel Tribe, Golf and Country Club in north Spokane.
- Northwest Museum of Arts and Culture: View



- Skiing: About 30 miles northeast of downtown, Mt. Spokane Ski & Snowboard Park has 50-plus downhill runs, plus terrain parks and a tubing hill. The ski area is in Mount Spokane State Park, which also has trails for Nordic skiing, snowshoeing and snowmobiling. Schweitzer Mountain Resort, about 85 miles northeast of downtown, and near Sandpoint, Idaho, has 92 downhill runs, terrain parks, Nordic skiing, snowshoeing, snowmobiling, tubing and snowbiking.
- Tubbs Hill: This 165-acre natural area overlooks scenic Lake Coeur d'Alene in North Idaho. A 2-plus mile trail, for hiking or snowshoeing, loops around the hill. Vertical Earth, about a mile from the hill, rents snowshoes and other outdoor equipment.

—A.J



Three major downtown venues—Knitting Factory Spokane, Martin Woldson Theater at The Fox, and the Bing Crosby Theater—sit within about a block of each other. At Knitting Factory, hard-rock group Alter Bridge is on stage Feb. 27; country singer Jordan Davis performs Feb. 28; and the Hell's Belles 20th-anniversary celebration is Feb. 29.

Martin Woldson Theater at The Fox is home to the Spokane Symphony, with upcoming performances on Feb. 8, 9 and 29, and March 1, 28 and 29. The Gonzaga Symphony Orchestra, with violinist Midori, is slated for Feb. 13. And Prince Royce brings his Alter Ego Tour to The Fox stage on March 6.

The 1915 Bing Crosby Theater regularly hosts concerts, comedians, film screenings, author talks, dance performances



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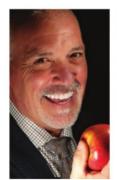


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#### **INLAND NW**

and more. The group The Lonely celebrates the music of Roy Orbison at the Bing on Feb. 8. Also coming to the Bing will be The Music of Cream (March 4), Colin Hay (March 8) and The Fab Four: The Ultimate Tribute (March 13).

Near the eastern edge of downtown, the Spokane Comedy Club hosts openmic nights on Wednesdays. In addition, upcoming professional performers include Taylor Tomlinson, scheduled to perform Feb. 6–8, and Margaret Cho, slated for Feb. 27–29.

#### Outdoors

When my out-of-town friend Shari and her 6-year-old nephew visit me, I take them downtown for a quintessential outdoor experience. The three of us get a bird's-eye view of the cityscape and the Spokane River from the SkyRide. Our purple gondola—a nod to Spokane's "Lilac City" nickname—gradually descends over Lower Spokane Falls and under the 1911 Monroe Street Bridge before returning to 100-acre Riverfront Park, where we boarded the gondola. The roundtrip SkyRide takes about 20 minutes. Afterward, we make our way to Riverfront Park's 1909 Looff Carrousel, which features 54 horses, one giraffe, a tiger and two Chinese dragons. All three of us have fun picking out a wooden animal to ride around and around, and up and down.

Riverfront Park, which is undergoing a major redevelopment that began in 2016, also has a new Skate Ribbon, for ice-skating in winter and roller-skating in the warmer months. Another venue, the Pavilion, originally built for Expo '74, has been refurbished and is expected to host its first summer concert series this year.

To fuel up before, or relax after, exploring the park, a good choice is the nearby Anthony's at Spokane Falls. The restaurant is acclaimed for its fresh seafood, and offers spectacular

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One day I found myself alone in my house, about to lose my family and jeopardize my career. How did this happen? My addiction had complete control over me. I knew what I had to do and I was out of excuses. It was time to get the help I needed. I checked in to Schick Shadel Hospital in Seattle and after three days of detox, I began the ten-day treatment program. I learned a lot about the physiological effects of dependency and I was given the tools to fight this disease.

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I am an example of the saying, "Through every adversity lies a seed of equal or greater benefit."

- Paul



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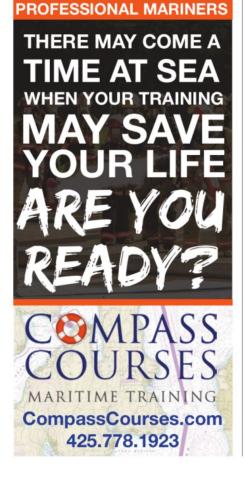
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#### **INLAND NW**

views of the park and the Spokane River. Anthony's overlooks the Upper Spokane Falls, whose series of waterfalls drops to the Lower Spokane Falls.

For exercise, my guests and I walk along a Riverfront Park portion of the nearly 40-mile paved Spokane River Centennial Trail, which stretches from Nine Mile Falls, 17 miles northwest of downtown Spokane, to the Idaho border, 22 miles east of downtown.

We can even stroll the trail from the park to the north side of the Spokane River, where the Kendall Yards development sits on the site of a former railyard. Today, Kendall Yards is home to many boutique businesses, including shops, bars, restaurants and arts venues. The Marmot Art Space fine-art gallery features works from some of the region's most-established artists, while Spark Central is a nonprofit devoted to fostering creativity, and regularly hosts writing and art classes, many of them open to drop-ins.

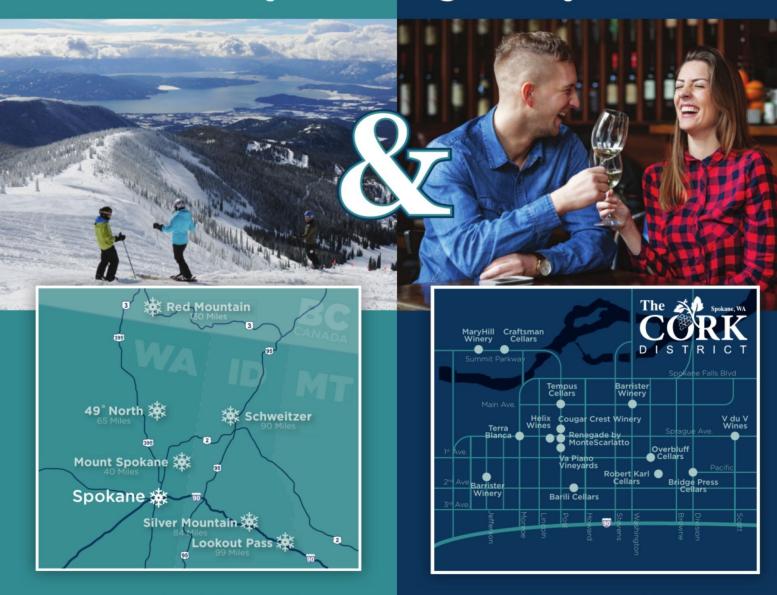
Near Spark Central, Maryhill Winery Tasting Room & Bistro offers sweeping views of the river and downtown skyline, and more than 60 different wines from which to choose. When the weather's warm, I like to sit on Maryhill's back deck with John, to swirl and sip, and to toast to our marvelous adventures in downtown Spokane. 

★

Writer Adriana Janovich lives in Eastern Washington. For more information on recreation in Spokane and the Inland Northwest, see visitspokane.com. For information about the area's economy and business-friendly climate, see greaterspokane.org.

Alaska Airlines (alaskaair.com) provides regular service to Spokane (GEG), which is also the gateway to North Idaho. New nonstop service from San Francisco (SFO) to Spokane begins March 19.

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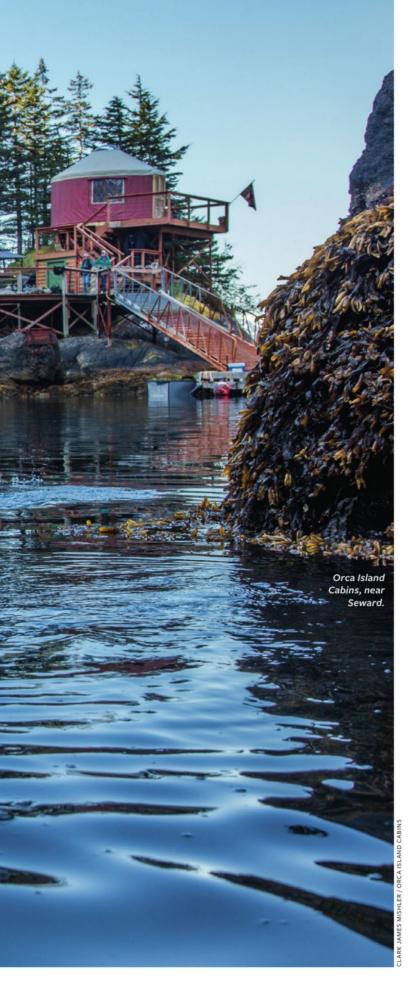
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the powerboat turned portside out of the main channel of Resurrection Bay and into Humpy Cove, we got our first glimpse of the yurts, the pathways that connected them, and a footbridge that arched across a channel like a wooden rainbow. Orca Island Cabins, near Seward, looked like the dream build of an architect who, as a kid, had spent hours and hours playing with Tinkertoys and blocks.

The 13 of us, a very lucky 13 women that day, lived in Anchorage, Fairbanks, and parts in between. We were all acquaintances who had been looking forward for months to the three-day retreat, planning to take Alaska up on some of the "away from it all" we were craving.

Some vacations require a bit of settling in before you can feel calm. But on that June day, from the moment we boarded the boat for the ride out to the yurts, we all fell into vacation calm. OK, maybe calm is pushing it. We were instantly happy. Giddy. Elated. As soon as we stepped aboard, we were away.

Resurrection Bay is never the same place twice. While the shapes of the mountains and coves stay mostly constant, the seasons and weather change all the colors. The state was serving up a bit of a mood that day. My plan for the weekend was, as much as possible, to paddle around in a kayak, seeing whatever there was to see. But the gray clouds swirling about had me worried that a storm would keep us off the water. My concern disappeared as soon as I saw the yurts, peppered along the base of a mountain and, across the bridge, on tiny Orca Island itself. At worst, we could do yoga, talk, read and just ... stop.

And as I would learn in the coming days, it wasn't just the location or, even, the yurt accommodations that make Orca Island Cabins special. It was clear—from the wall of solar panels on the deck, to the manner in which the walkways were built to protect the delicate ground underneath, to the instruction that we received on ways to minimize our impact on the natural landscape—that this was a place designed









to last without harming the land or sea.

Alaska welcomes more than 2 million visitors annually, according to the Alaska Travel Industry Association, and that travel contributes \$4.5 billion to the state economy each year. With that many people passing through a state with a population of just under 740,000, the impact on the land and the people who live in Alaska needs to be taken seriously.

More than 60 travel-focused businesses, including Orca Island Cabins, and running the gamut from remote lodges and guide services to bus-tour companies and small cruise lines, are members of Adventure Green Alaska, a voluntary certification program now run by the Alaska Travel Industry Association. The program was started by a small group of ecotourism companies in 2008 before ATIA took on the cause in 2015, and in 2019 the program was recognized by the Global Sustainable Tourism Council's accreditation panel for meeting "global baseline standards for sustainable travel and tourism."

"ATIA was looking at ways to highlight sustainable tourism for those doing it and to encourage it for others," says ATIA President and CEO Sarah Leonard, who was one of the founding members of the program while at a smaller association that focused on wilderness tourism. "I think words like 'sustainable' and 'green' and 'eco' were looked at more as a niche area even 10 years ago," she says.

Sustainable practices at Orca Island Cabins, set on a cove in Resurrection Bay, top left, include using solar panels, top right.

Many companies now consider these words critical to their operations.

"Our environment is our business," says Cole Chambers, director of

sales and marketing for Rust's Flying Service and K2 Aviation, adding that if the tourism industry doesn't consider the impact on the environment, "we won't have much to show."

When Chambers joined Rust's six years ago, the company was already recycling, along with doing other sustainable practices. "I thought, 'How can we do more?' But there are a lot of resources out there, and we build on our sustainability efforts every year," she says.

In business since 1963, Anchorage-based Rust's, which acquired Talkeetna-based K2 Aviation in 1996, is a flightseeing and air-taxi company. Rust's is often a first line of introduction for visitors into some of Alaska's most remote territories. Climb into one of their bush planes, and, soon enough, there are no roads anywhere in view. Instead, you're watching mountains for Dall sheep or scanning lakes for moose. And few people know the Alaska landscape like the bush pilots who fly over it daily. They're also some of the top wildlife spotters, able to point visitors' eyes toward a bear ambling along the tundra below.

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Rust's Flying Service and K2 Aviation, right, and Alaska Photo Treks, below, help visitors explore the state's beauty.

wilderness that they may not otherwise get to see. That makes them more connected to the environment and to the idea of sustainability," says Chambers.

Companies that apply for Adventure Green Alaska membership have to prove they're worthy by detailing the ways they showcase one or more of the program's core mandates: community best practices, environmental protection, climate-change awareness and cultural sensitivity. Companies aren't expected to be perfect already in every way, says Leonard. Even detailing how a company has changed from older light bulbs to more energy-efficient ones can earn an applicant some points.

Members are spotlighted in marketing materials, and they're encouraged to share best practices with each other. Carl Johnson, owner of Alaska Photo Treks, says that being a member and posting information about the company's environmental

ethics can help attract new clients. "There are travelers who are looking for businesses that reflect their personal ethics," he says. "So if they're looking at two competing businesses that offer similar products, then they'll [choose] a values system comparable to theirs."

Leonard says the most recent application period for Adventure Green Alaska, following the nod from the Global Sustainable Tourism Council, saw





#### Sustainable Travel

Adventure Green Alaska offers many tips on how you can be a more eco-friendly traveler. Here are a few to consider:

Pack light and pack smart. Plan to re-wear items throughout your trip. You can also lighten your load, and carbon footprint, by disposing of any unneeded

outer wrapping of new items (e.g., toothpaste box) prior to your trip.

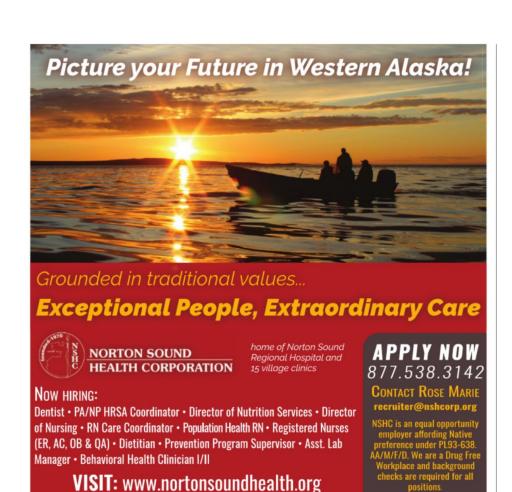
Reduce, reuse and recycle. Bring your own water bottle and/ or coffee thermos to refill, rather than purchasing bottled water and/or coffee in paper cups. Reduce your shower time to not

waste water, especially in remote areas where water sources may be limited.

Share what you learned. Along with the memories you made, telling others about the ways you were a sustainable traveler can inspire them to do the same in their trips throughout the world.

Get out again. Traveling can open your eyes to a whole new world, literally. Continue to travel, explore and learn more about new destinations, or even places you've already been but can't wait to visit again.

Go to adventuregreenalaska.org/ travel-green for more.







about double the number of companies compared to previous years.

"It's not just a trendy topic; it's growing consistently in all travel circles," she says. "It's not looked at as a niche, small-group [program] anymore."

And members of Adventure Green Alaska are proving that there are many ways to help care for the land and people of Alaska. Sometimes it's as simple as picking up a can or two.

When customers sign up for one of Johnson's photo tours, they don't necessarily expect to see their guide wading out into a creek or walking out of his way to pick up bits of trash, but this sort of practice is key to Johnson's way of doing business—and he hopes it inspires his customers to think in a more sustainable way when they return home.

"For me, a sustainable business in this context is very much in line with leave-no-trace camping, allowing other people to have as good an experience as I did," says Johnson. That requires practices and materials that "minimize solid waste or reduce impact caused by others."

Johnson is a newcomer to the tourism industry. He bought Alaska Photo Treks more than a year ago. But he says his desire to merge best practices for the environment with his business practices dates back to a summer long before he lived in Alaska, when he was a wilderness guide in Minnesota after college.

Johnson says that tourism, and specifically sustainable tourism, needs to be bolstered to keep Alaska's economy running strong. After the oil and gas industry, tourism is Alaska's second-largest private employer, according to ATIA.

"I think big-picture sustainable tourism is Alaska's best chance for a sustainable economy," says Johnson. "We need something that is both sustainable and also takes advantage of our best natural resources in a way that is sustainable. Tourism really does that.

"Because tourism operators often take visitors to Alaska locations that are pristine and that we want to preserve and protect for future generations to enjoy, as well, when we are there, we should be operating ourselves in a way that is sustainable, that minimizes impact, that minimizes waste. I think all these things go together really well."

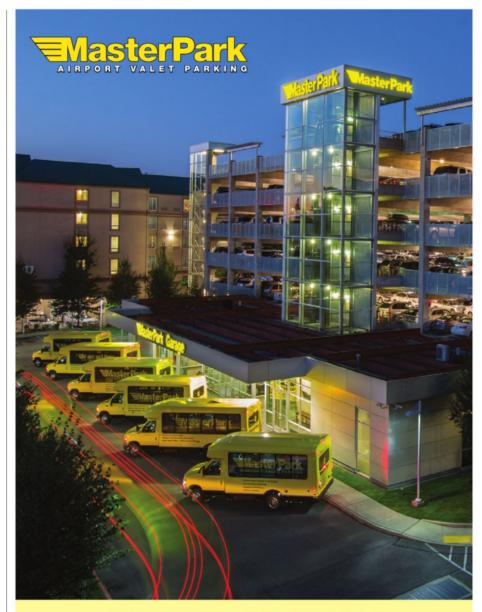
he next morning at Orca Island Cabins, we all gathered for breakfast on a deck outside one of the yurts and then headed down to the dock. After some kayaking safety instructions, we set out toward a waterfall in another cove.

Paddling along land formations rising out of the sea, I could hear bits of conversation carried on the wind. I saw friends staring into the distance, and I tried to figure out if their eyes were trained on a calm seal or a rock. As we went deeper into the cove, the channel narrowed, and we could hear the waterfall a short distance away. But before we saw it, a pack of rowdy otters captured our attention. They were playing and tumbling, cracking open clams and, now and again, eyeballing us just as we were looking at them.

All these months later I still often think about that paddle. The cove was exactly how I want it to stay. That's why sustainable tourism isn't just a nice thing—it's a must. **X** 

Jenna Schnuer is a New York native who now calls Anchorage home.

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#### **ENJOYING AUSTIN**

Food lovers and music fans celebrate this unique Texas town

#### By Cynthia J. Drake

>>> We're one round of breakfast tacos and mimosas into our brunch tour bus ride when the threepiece band launches into a classic Bob Marley tune.

My friends and I start singing along, swaying in our seats, and laughing at the weirdness of this journey. We're rambling down the road in a former school bus decorated with colored indoor lights and with flower lei hanging from the ceiling. We are enjoying the onboard live band (including full drum kit), with stops along the way for food and cocktails.

While the lineup varies regularly, our brunch bus food crawl stopped at Maria's Taco Xpress for breakfast tacos wrapped in warm corn tortillas; Lucy's Fried Chicken for chicken and waffles; and at Batch Craft Beer and Kolaches. Kolaches are a Texas twist on the traditional Czech pastry, which is usually filled with fruit. However, in Texas, the pastry is filled with sausage and cheese.

Prior to my move to Austin a few years ago, I lived three relatively brunchless decades. Little did I know that the meal between breakfast and lunch is a way of life here in the "Live Music Capital of the World," and taken seriously.

So I've had a lot of catching up to do. Not only am I experiencing Twisted Texas Tour's Brunch Bus, but I've also taken the Austin Tour Company's brunch boat on Lady Bird Lake, a reservoir on the Colorado River, east of downtown.

While Austin has long been famous for a renowned music scene, the city has also developed a reputation as a culinary trailblazer. The following are a few of the city's great food stops, ranging from barbecue to high-end restaurants.

#### A Foodie Center

This year, the James Beard Foundation will give Texas its own separate category for top-chef recognition. Already a city of perennial best-chef nominees, Austin is sure to gain even more prestige from the foundation's new category.

Since 2011, three Austin-area chefs have won

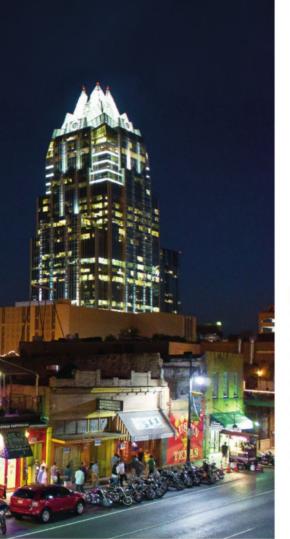




the coveted Best Chef: Southwest award, which until this year covered seven states, including Texas. Aaron Franklin, of Franklin Barbecue, is the last Austin winner, taking home the award in 2015. Franklin began making barbecue professionally in 2009, from a small barbecue trailer.

Today, Franklin Barbecue is so popular that waiting more than an hour in line is just part of the experience. Celebrity customers, ranging from comedian Jimmy Kimmel to President Barack Obama, have visited the restaurant to taste one of





## **NEAR&FAR**<sub>»</sub>

Clockwise from left: Austin's Sixth Street is the city's nightlife center. Kacey Musgraves performs during the 2019 Austin City Limits Music Festival. The restaurant ATX Cocina is known for gourmet Mexican cuisine and fresh tortillas made from heirloom corn. The quirky gastropub Anthem serves mai tais in waterproof Chinese food takeout-box containers.



the best briskets anywhere in the country.

If you don't want to wait, there are plenty of other great barbecue restaurants in the Austin area. From downtown, drive about 10 miles south on Interstate 35 to the friendly Valentina's Tex Mex BBQ, where you'll find fresh tortillas to wrap around a chopped brisket or pulled pork.

Enjoy an upscale culinary experience in Southern comfort food at Olamaie, a restaurant located in a cute little white house just north of downtown. Sample your way through the menu created by affable chef Michael Fojtasek, who has twice been a finalist for James Beard's Best Chef: Southwest award. Fojtasek is famous for performing feats of magic with locally supplied meats and produce. A staple of the menu, which changes daily, is the expertly prepared wagyu beef tartare. And be sure to order the off-menu biscuits with honey butter.

Another exceptional restaurant is ATX Cocina, which serves phenomenal modern Mexican cuisine, prepared with fresh tortillas from heirloom corn sourced from small farms in Oaxaca, Mexico. Try the lamb porterhouse, with charro beans and lemon yogurt, and be sure to check out the multipage mezcal drinks menu.

For a different take on local cuisine, stop by Odd Duck. Chef Bryce Gilmore, who has been a finalist for seven Best Chef: Southwest awards, specializes in unexpected food combinations. The menu includes a pork-and-quail corn dog and mesquite bean-peanut ice cream. Start with an order of redfish ceviche in a Meyer lemon sauce, served with squash curry and chips. After that, let your



CLOCKWISE FROM TOP LEFT: SUNGJIN KIM / GE GARY MILLER / GETTY IMAGES; MADELINE BURR



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taste for adventure guide you (chicken-fried fish head, with a caramel fish sauce, anyone?).

Also explore the hipness of Rainey Street, with its collection of bungalows turned into bars and restaurants, such as Anthem. The quirky Tex-Asian gastropub delivers your mai tai cocktail inside a waterproof Chinese food takeout-box container. Anthem offers Hawaiian-Austin fusion with starters

such as Freaky Tiki Taquitos, made with kimchi, jack cheese, cilantro, bacon, Korean crema, a fruit-based pico and shishito pepper queso.

#### DID YOU KNOW?

The Texas Capitol, above, in Austin is the largest capitol building in the U.S., based on square footage. The dome is also nearly 15 feet taller than the dome on the U.S. Capitol.

#### Things to See and Do

After enjoying some of the city's delicious cuisine, head out to explore the local history and culture.

On the grounds of the University of Texas at Austin is the LBJ Presidential Library, which contains exhibits exploring the personal and political lives of President Lyndon Baines Johnson and his wife, Lady Bird Johnson. You can listen in on taped telephone conversations between Johnson, civil rights figures such as Martin Luther King Jr. and key members of Congress. Or explore interactive exhibits about the Vietnam War and see a replica of the Oval Office that looks exactly like it did during Johnson's presidency.

Also on the university campus is the Blanton Museum of Art. Visitors walk into the museum's large atrium, the walls of which are adorned with the blue artwork Stacked Waters by Teresita Fernández. The museum has rotating and permanent exhibitions, including modern-art works by Helen Frankenthaler and the amazing installation Austin, a building with multicolored stained-glass windows designed by American artist Ellsworth Kelly.

Across the street from the university



#### AT A GLANCE

#### **Hidden Gems:**

- Visit Mexic-Arte Museum, which showcases Mexican American and Latin American art from regional artists.
- Make an appointment to see the Cathedral of Junk in South Austin, a private homeowner's collection of objects other people have discarded.
- Enjoy The Color Inside, a Skyspace installation by artist James Turrell at the University of Texas at Austin. The round room has interior lighting and a hole in the roof, allowing sunlight to enter and help color the interior walls, especially at sunset and sunrise.

#### Where to go first in town if vou're a ...

- ... Romantic: Stroll the 14-acre Laguna Gloria outdoor sculpture park at The Contemporary Austin art museum on the shores of Lake Austin.
- ... History buff: Take a free tour of the Texas Capitol, which includes viewing paintings such as Dawn at the Alamo by Henry Arthur McArdle.
- .... Family: Take the kids down

to the South Congress Bridge at dusk to see bats take flight from spring through fall.

... Lover of pop culture: Snap a picture of you in front of the iconic I love you so much. mural, on an exterior wall of Jo's Coffee shop on South Congress Street.

#### Distinctive dish and where to get it: Bite into a migasstyle (tortillas or corn chips, eggs and cheese) breakfast taco from one of five Veracruz All Natural restaurants.

Classic drink and where to get it: Try a Mexican Martini, made with tequila and Cointreau, at the Cedar Door Patio, Bar & Grill.



#### What's in a name?

Austin is named for Stephen F. Austin, the "Father of Texas," who led one of the state's first groups of settlers in the early 1800s, homesteading near present-day Houston. - C.J.D.

#### >> NEAR & FAR

#### **AUSTIN**

campus is the Bullock Texas State History Museum, which has exhibits that range from the early Indigenous peoples in the Texas area to the state's role in the space race. One of the most powerful exhibits at the museum includes artifacts from the fall of the Alamo Mission in 1836.

Be sure to see the multi-sensory films at the Texas Spirit Theater, which has special effects that bring history to life. In the film *Star of Destiny*, audiences can feel "wind" blowing on them and have their seats shake as an oil well gushes and as a Saturn V rocket lifts off.

Live music remains one of the city's big draws, including the South by Southwest (SXSW) festival, March 13–22 this year. The annual event features art, films and more. However, music is still the main focus, with thousands of performers playing at venues all over the city. Bands performing this year include Beabadoobee and Wire.

Music lovers also will want to visit the Austin City Limits at the Moody Theater, site of the TV



program Austin City Limits, which first aired in 1974 and is the nation's longest-running music series on television. This month, you can see concerts by Big Head Todd and the Monsters on February 8, and Los Lobos on February 28. If you want to dance the two-step, visit The Little Longhorn Saloon, or take a dance lesson at the Broken Spoke, a venue where country stars, ranging from Willie Nelson to Garth Brooks, have performed.

>>> The Westcave grotto, with its green foliage and pristine natural pool, is a lush oasis located about 30 miles west of Austin.

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- Max Hanley, Propel Insurance

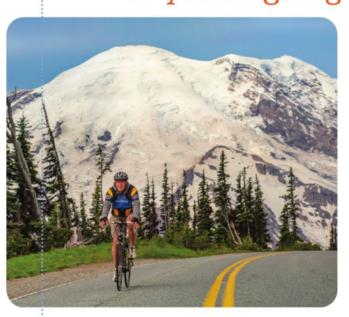
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Sixth Street is famous for its many locations offering live music. You can also visit one of the area's speakeasy bars. Three to choose from include Midnight Cowboy on Sixth Street, and Here Nor There and Floppy Disk Repair Co., both located nearby. All of the bars require a little prior research to track down the locations, necessary passwords or reservations to get in. It's all part of the experience.

#### **Exploring the Outdoors**

Austin has plenty of green space in and around the city to enjoy, including Zilker Metropolitan Park, with 350 acres of picnic space, biking trails and swimming holes right downtown. At Lady Bird Lake, you can walk trails, and rent canoes, kayaks and stand-up paddleboards.

Numerous hiking trails also wind through the surrounding Hill Country, with waterfalls and lakes and views from majestic rocky cliffs. Just south of town, you can hike in McKinney Falls State Park, including to the Lower and Upper falls along Onion Creek.

About 30 miles west of Austin is Westcave Outdoor Discovery Center, where guided tours lead you through a limestone crevice and into a lush sheltered canyon, with a natural pool and a 40-foot-tall waterfall.

Whether I'm enjoying the perfect brisket, learning the two-step or exploring Westcave grotto, I'm always finding new ways to enjoy this fun and fascinating city. ⊀

Cynthia J. Drake writes from Austin.

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#### **FIJI RECHARGE**

Unwinding in this South Pacific island paradise

#### By Robert Reid

» A classic Fiji vacation might begin with a traditional greeting of bulα—a word with multiple meanings that is used often as a welcome—and soft voices singing over gently strummed guitars. A lulling silence might follow, with people speaking quietly to avoid interrupting the low-key sounds of sea breeze and birdsong. Next you might notice the pace of life. "Island time" is a real thing in a country where everyone has time for everyone. And then there's the culture ... rich, deep and close to its timeless roots.

This tranquility, sense of timelessness and cultural depth combine with exquisite

natural wonders to create unforgettable experiences in Fiji, the paradisiacal South Pacific nation composed of hundreds of islands and islets. Start planning your explorations of this island wonderland with the following travel ideas.

#### **Embracing Sand and Sea**

Much of Fiji's approximately 700 miles of coastline is edged by polychromatic shades of blue-green water. Numerous sandy beaches, as well as areas with rockier coasts, provide access to swimming and to snorkeling among corals and in waters rich with marine life.



Duintessential Fiji activities include strolling sandy beaches (top); relaxing at resorts such as the Jean-Michel Cousteau Resort, Fiji (above); visiting local villages that have thatch houses called bure (opposite, top); and snorkeling in gorgeous clear waters (opposite, bottom).

### >> NEAR & FAR



Vanua Levu also features great snorkeling and diving sites on gorgeous Savusavu Bay (near the city of Savusavu). The Savusavu area is home to the luxurious Jean-Michel Cousteau Resort, Fiji (founded by and named for the son of Jacques Cousteau), where an onsite marine biologist/naturalist takes guests on guided snorkeling trips.

#### Traveling to Villages

"You haven't been to Fiji if you haven't been to a local village," is a common claim in Fiji. Many resorts offer local-village tours, which usually include a kava ceremony (more on this later), a traditional dance and opportunities to shop for or watch people make handicrafts.

One superb village to visit is Navala, in the highlands of Viti Levu. The village consists of about 200 traditional large thatch huts (bure) in a valley surrounded by green peaks. A trip to Navala can be combined with hikes along the Ba River, to waterfalls and into lush mountains.

You can visit Navala with the help of a guide, such as Tui from Bulou's Eco-Lodge. The lodge, by the river just outside town, offers modest accommodations, and the food is tasty. Tui might be able to arrange a kava ceremony in the village and can lead you on walks by the river or to waterfalls fed by natural springs.

#### **Sharing Kava**

There is no exaggerating the importance of kava (or yaqona) in daily Fiji life. The drink, made from the powdered root of a type of pepper plant, has become part of social interactions—in weddings, birthdays, funerals and other occasions. For visitors, sharing kava is a fascinating (and often mandatory) part of visiting a village.

You're almost certain to be ushered into a *sevusevu* offering ceremony to gain permission to enter a village. You (or your guide) typically presents the chief with a



and is home to the nation's capital, Suva (at the island's southeast end), as well as the transportation-hub city of Nadi (at the west end). The island is also known for its resort-lined south-facing Coral Coast.

Many of Fiji's most scenic beaches are

Most travelers begin their time in Fiji at Nadi International Airport, on the west

end of the 4,000-square-mile island of Viti

Levu. Viti Levu is the largest isle in Fiji

in the Mamanuca and Yasawa islands west and northwest of Nadi. Among these isles you'll find white-sand stretches in calm lagoons or on uninhabited offshore islets.

You can find great diving locations all over Fiji, with many that include close-up access to coral reefs. One of Fiji's most famous snorkeling and diving areas is the Namena Marine Reserve, south of Vanua Levu (the nation's second-largest island).





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islands and played in

many communities

(as shown below).

gift of powdered kava. This gift is stirred with water in a large bowl (a tanoa) to create a mixture that looks like muddy water (and tastes a bit grassy). The drink is usually presented in a coconut-

shell cup (a bilo). The cup is typically served "high tide" (meaning full), with the recipient drinking the cupful before returning the empty cup.

Kava causes your tongue to tingle and typically has a relaxing effect after a few rounds. Usually, visitors do not drink enough rounds to really notice. After the first round, the village leaders may indicate that you're free to talk about who you are and why you are visiting.

#### **Celebrating Island Water**

Kava may be ubiquitous, but Fiji is probably better known for a more elemental drink: The world-famous Fiji Water is bottled on Viti Levu. And the importance of natural springs and freshwater sources goes well beyond the mineral-water export. Throughout Fiji, you'll find spring waters rushing through mountains, cascading over waterfalls and trickling out of wells at roadsides where locals fill bottles.



#### AT A GLANCE

When to go: Fiji is busiest with travelers June through September, plus December and January (popular months for Australian and New Zealand families on holidays). Fiji's rainy season—November through April—can be a good time to visit areas where rain showers are briefer, including some of the smaller islands, such as in the Yasawa Islands northwest of Viti Levu. Diving is best from May through September.

Getting around: You can explore Fiji's islands by small plane, seaplane, ferry or other boat. Alaska Global Partner Fiji Airways' Fiji Link offers domestic service in propeller planes. With a U.S. or Canada driver's license, you can rent a fourwheel-drive vehicle for driving around Viti Levu or Vanua Levu islands.

The markets of Fiji: Visiting a Fijian marketplace is a great way to find handcrafted souvenirs and

peruse tropical produce grown locally. You might see artfully stacked displays of pineapple, taro (dalo), sweet potato

(kumala), breadfruit (uto) and sea grape (nama), plus powdered kava in small paper bags. You'll also likely see coconut (used in curries and breads) and cassava (tavioka), a starchy root that is so common it is sometimes called "Fiji's rice."

Kava etiquette: When you are offered a drink of kava, clap once before you take the cup (bilo); say "bula" to everyone around you; and then drink the whole cup of the grassy-tasting beverage. Clap three times after you hand the empty cup back to be refilled.

**Island sounds:** Local music icon Kula Kei Uluivuya's song *Tagimoucia* is named for and pays tribute (in Fijian) to the national flower (below).

Fiji in film: The tiny island of Monuriki was home to Tom Hanks' character in Cast Away (2000). The Fijianmade feature The Land Has Eyes (2004) portrays a woman

living on the remote island of Rotuma. And recent seasons of reality TV's *Survivor* were set in Fiji. —*R.R.* 







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Natural hot springs abound in certain areas of Fiji. In Savusavu, locals bake bread and cook food in hot-spring pools that spill into the sea. Near Nadi, Tifajek Mud Pool & Hot Spring is a family-run spot where you can coat yourself in soft mud, then rinse off in thermal pools and finish with a massage.

#### **Eating Local**

Modern Fijian cuisine is exciting and diverse. Fiji restaurants offer fish, shrimp and lobster fresh from the sea. Look for Fiji's take on ceviche: Called kokoda, it's a delicious mix of raw fish marinated and cured in lime and coconut cream (lolo).

Another local delicacy is lovo, a dish of chicken, fish or pork wrapped in coconut and banana leaves and cooked underground over heated stones. Many resorts offer lovofocused banquets, and this barbecuelike specialty is also found in villages, usually during special occasions.

Daily village life is often more focused on local produce, such as cassava (tavioka), taro (dalo) and coconut (niu), all sold at markets that are enjoyable to visit.

The Indo-Fijian community (Fijians at least partially of Indian descent) has created a lot of spicy Indian-style curries, typically vegetarian or with chicken, which are served with rice and flatbread (roti).

#### Corals, Caverns and More

Fiji's distinctive natural features take many forms-and can be explored via guided excursions in various areas. Savusavu is a superb destination for reefs rich with marine life. The Great Astrolabe Reef, off Kadavu Island, has tunnels, caverns and canyons to explore. The Yasawa Islands' Sawa-i-Lau, a star of the 1980 film Blue Lagoon, is a surreal

## Tifajek Mud Pool offers natural mud-bath and hot-spring treatments.

>> NEAR & FAR FIJI

sea cave complex where you can swim through an underwater tunnel to reach a hidden chamber.

The Coral Coast of Viti Levu buzzes with organized activities, many with a family focus. The popular Sigatoka River Safari takes you into the mountainous interior by boat and is capped with a village visit. The Coral Coast Scenic Railway chugs past forests, beaches and sugar plantations and ends at lovely Natadola Beach.

#### Hiking in Mountains and Gardens

The interiors of Fiji's larger islands tower with mountainscapes that are lesser-seen, rewarding attractions. Among the outfitters who can take you inland, Talanoa Treks offers multiday excursions, with village homestays in the gorgeously lush highlands of Viti Levu.

On remote Taveuni Island, you can enjoy rewarding hikes through dense, bird-filled rainforest. Known as the "Garden Island," Taveuni is rimmed with low-key resorts and crisscrossed with trails through vast national parklands.

Closer to the Nadi airport is the outline of the Sleeping Giant mountain. The late actor Raymond Burr founded the 50-acre Garden of the Sleeping Giant in 1977, just below its namesake peak and just north of the Nadi airport. On the grounds (which Burr originally established for his private collection of orchids), you can now ob-

serve an impressive variety of plants, many of them native to Fiji. And watch for the pink bananas (musa velutina). There are bunches of these fruits near a pond, where frogs rest on lily pads. The distinctive produce,

plus the surrounding hills, gardens and jungles, are among the many wonders and attractions found across the isles of Fiji. ⊀

Robert Reid is a travel writer, speaker and videographer.

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Did you know there were millions of horses, dogs, cats, and even pigeons involved in WWII who aided in the war effort? Come learn about these heroic animal's tales and see dogs parachuting from the hangar ceiling!

Another amazing sight to behold can be seen on event days throughout the year when planes take to the skies and tanks cruise the grounds and fire. Learning about history from a book is interesting, feeling it come to life around you

makes it real. There's something for everyone at the Flying Heritage & Combat Armor Museum.

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**GREATER SEATTLE AREA** 

#### APPEALING EDMONDS

Beach-town vibe and downtown creativity

By Judith Works

)> I'm sitting on a bench at Brackett's Landing North, watching heads emerge from Puget Sound. Several wetsuited divers have been exploring the nearly 30-acre Edmonds Underwater Park, which is a City of Edmonds-designated marine preserve and sanctuary. The undersea site—featuring species including lingcod, flounder, crab and octopus, as well as boats such as a 1901, 94-foot tug, the *Alitak*, which was deliberately placed here in 1972—attracts more than 25,000 divers every year.

My friend Kathryn arrives from Seattle, and we linger on the bench for a while as a gleaming white-and-green Washington State Ferries boat departs from a nearby dock to travel west to the picturesque Kitsap Peninsula, which is backdropped by snowdraped Olympic Mountains visible from where we sit. Then we stroll a waterfront path toward Marina Beach Park, about a mile south, pausing to view anglers dangling lines from a fishing pier, surf scoters and cormorants diving for fish, huge cargo ships on their way to Seattle or Asia, and the reflections of boat masts dancing in the water at the marina near the park.

But the sun is lowering, so it's time to double back about a half mile to the sound-view Anthony's HomePort Edmonds, which is acclaimed for its ultra-fresh seafood. The setting sun casts a glow over the water as I enjoy the Northwest Cioppino, featuring



>>> This page from top: A view along the Edmonds waterfront. Pink Martini is among the many popular music groups that have performed at the Edmonds Center for the Arts.

Alaska cod and salmon, and Northwest mussels and clams, while Kathryn savors Dungeness Crab Cakes.

Like many locals, I enjoy bringing guests to Anthony's, and a lot of people are visiting Edmonds these days. The area has developed significantly since 1870 when a logger named George Brackett arrived by canoe. The town, about 20 miles north of Seattle, was platted in 1884. Over the two decades I've lived in Edmonds, I've watched it evolve from a small commuter suburb into a vibrant destination in its own right.

## HERE&NOW»

In 2018, the Washington State Arts Commission designated downtown Edmonds as the state's first Certified Creative District, in recognition of downtown attributes such as its public art, shops, theaters, museums and galleries; its innovative restaurants, distilleries and breweries; and the potential to strengthen and grow downtown's creative sector, diversify the local economy and enhance the quality of life.

The waterfront mills that once turned cedar into roof shakes have disappeared, but at City Hall, a stainless steel-and-copper sculpture of dozens of tiny boats commemorates the Mosquito Fleet—private steamships that buzzed around Puget Sound, connecting communities between the mid-1800s and the 1930s. Across from City Hall, the Edmonds Historical Museum, originally a Carnegie Library, provides additional historical information.

The past also seems present at The Curious Nest on Main Street, where contemporary Pacific Northwest art sits amid items such as hundred-year-old absinthe spoons; Joan of Arcrelated souvenirs such as pendants created in honor of her early-1900s beatification; 1700s maps of European countries; and hand-colored botanical prints from the 1820s.

I spend a lot of time discovering unique items before

finally deciding on tiny antique Italian mosaic plaques, which I'll have a local jeweler make into a beautiful pair of earrings.

From The Curious Nest, I walk a few blocks to the Edmonds Center for the Arts. The 700-seat venue presents a quality mix of music, dance and comedy. With excellent acoustics and lighting, ECA—which opened in 2006 in a restored 1930s Art Moderne high school auditorium—is my go-to place for an evening's entertainment.

I've happily listened to Michael Feinstein, Lyle Lovett and Keb' Mo' in recent seasons. Tickets to International Guitar Night's 20th Anniversary Tour, March 4, are posted on my refrigerator.

For an after-show nightcap, I love to stop by Kelnero, which opened last year. It has an extensive menu of beverages, from beer and wine to mocktails and cocktails. My favorite drink is the Malay Fizz, with Malacca gin, basil, lime, black pepper tincture and rose petals.

But after visitors and new residents spend a day or two discovering Edmonds' many attractions, they might be inclined toward an aquavit-based cocktail called The Good Life. 

✓

Judith Works is also the author of the book Coins in the Fountain.

#### SOME EDMONDS-AREA FAVORITES



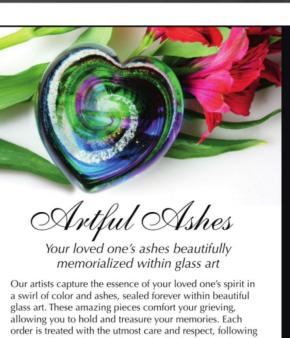
- Cascadia Art Museum (above, cascadiaartmuseum.org): On view
  Feb. 6-April 5 is "Northwest Collects," a selection of paintings, photography, prints and craft objects loaned from regional collections. In addition to paintings by artists such as Albert Bierstadt and Karl Hofer, see color woodcuts from the 1900–1930 period, as well as furniture by Arts and Crafts Movement artisans, including Gustav Stickley.
- **Driftwood Modern** (driftwoodmodern. com): Shop a well-curated collection of Midcentury Modern art and furniture.

- Edmonds Arts Festival (edmondsarts-festival.com): This annual Father's Day weekend art extravaganza features about 240 booth artists, with additional display and sale of juried art by 400-plus artists, along with offering live music, food and drinks.
- Mar-Ket (marketfreshfish.com): Be sure to try the fish tacos at this small seafood eatery and shop. It's part of a restaurant group that includes the nearby Salt & Iron, featuring Northwest cuisine.
- Rick Steves' Europe (ricksteves.com): Rick Steves—writer, public-TV personality and activist (above right)—is Edmonds' most famous resident and is globally known for his travel expertise. The staffers at his travel center/store offer information on tours, recommend guidebooks and provide classes.
- Scratch Distillery (scratchdistillery.com): Enjoy handcrafted organic spirits in the tasting room (right) or during a weekend tour (book in advance). —*J.W.*





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#### >> HERE & NOW **SEATTLE**

#### CALENDAR



expects to reopen early this month after a two-year renovation and a 13,905square-foot expansion that increased total square footage to 64,250. The project modernized and preserved the museum's original 1933 Art Deco building while adding spaces such as a 2,650square-foot gallery, a conservation center, an education space and a glassenclosed lobby with views of Volunteer Park. The museum has more than 8,500 permanent-collection objects. Two new exhibitions celebrate the reopening: "Boundless: Stories of Asian Art" (above) with art from the fourth century to the present day, is on view indefinitely. "Be/longing: Contemporary Asian

■ The Seattle Asian Art Museum

Art," spotlighting 12 living artists, is on view into sometime this fall. The museum is part of the Seattle Art Museum portfolio of properties (seattleartmuseum.org).

During Seattle Museum Month, Feb. 1-29, visitors staying at any of the 60plus participating downtown Seattle hotels can receive half-price admission to 41 museums (the Seattle Asian Art Museum expects to start honoring the discount on Feb. 12). The discount is valid during hotel-stay dates, and requires a Museum Month guest pass, for up to four people, that visitors can obtain from their hotels. Museum Month is produced by Visit Seattle

(seattlemuseummonth.com). ->

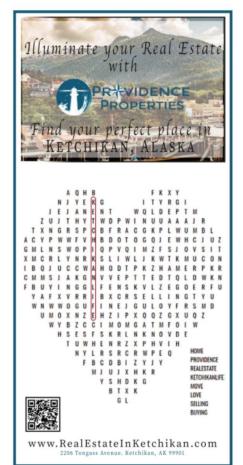
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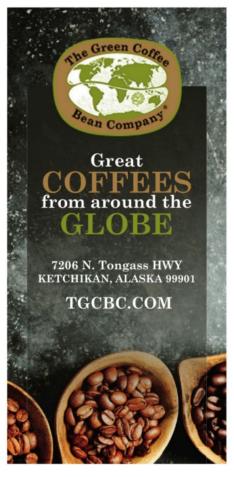


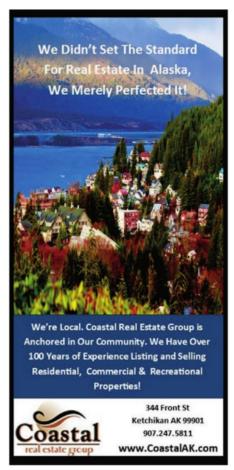






















### >> HERE & NOW SEATTLE

- Pacific Science Center is among the first locations screening the new IMAX film *Dinosaurs of Antarctica*, which will be at the science center Feb. 14–Sept. 7. The film, created with support from the National Science Foundation, features prehistoric creatures that inhabited Antarctica hundreds of millions of years ago (pacificsciencecenter.org).
- A new kind of fairytale gets its worldpremiere staging Feb. 1–23 at **The 5th Avenue Theatre**, whose season sponsors include Alaska Airlines. *Bliss*, recipient of a 2019 Edgerton Foundation New Play Award, is the musical tale of four



princesses (above) with the courage to be their true selves (5thavenue.org). Also on stage starting in February are Snow White, Feb. 6–March 15 at Seattle Children's Theatre (sct.org), and Disney's Frozen at The Paramount Theatre, Feb. 7–March 1 (stgpresents.org).

- The Chop Shop: Bodies of Work contemporary dance festival, featuring several world-premiere performances, takes place Feb. 15–16 at Meydenbauer Center Theatre in Bellevue, east of Seattle (chopshopdance.org).
- More than 20,000 sewing and textilearts enthusiasts from across the globe are expected at the 2020 Sewing & Stitchery Expo in Puyallup, south of Seattle, Feb. 27–March 1 (sewexpo.com). ⊀



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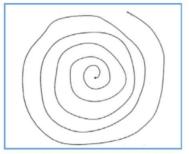
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DRAWING SAMPLE BEFORE TREATMENT



DRAWING SAMPLE AFTER TREATMENT









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#### **GAME TIME IN** THE ROSE CITY

Portland venues offer plenty of entertainment

#### By Alex Pulaski

>>> Four of us are gathered around a table in the Game Knight Lounge on a gray Sunday afternoon in Portland, Oregon, slapping down UNO cards. Each of us is working on a strategy that we are sure will propel us to victory.

Around us, in the packed confines of the bar, other patrons are rolling dice, stacking word tiles, unraveling mysteries and eliminating intergalactic betrayers.

My daughter Sophia has already signaled to us she is one card away from winning this hand by calling "UNO!" in the last time around. I try to block her, but it's no use, and she wins the hand on her next turn.

Christian Wight, who along with his business partner, Andrew Pitt, opened Game Knight



Lounge in 2017, stops by our table, with his arms full of colorful board game boxes. He poses a question a lot of local residents and visitors seem to be asking each other these days: "You want to try some new games?"

Wight's lounge is among a growing number of Portland food and drink locations offering fun group activities, and new and vintage games that can bring out the competitive spirit in everyone. Beyond Game Knight Lounge, the

>>> The Game Knight Lounge, top, has an extensive library of more than 1,000 board games. Patrons enjoy a game of pingpong at Pips & Bounce, above.

#### **SOAK UP THE SUN IN GREATER PALM SPRINGS**











city's popular gaming locations include Pips & Bounce (a bar specializing in pingpong tables) and Retro Game Bar, home to more than 1,000 vintage videogames.

The biggest local trend in social gaming appears to be Portland's pinball scene. The City of Roses is a hotbed of pinball, with nearly 800 pinball machines within the city, according to pinballmap.com. That is more than any other city in the country, including New York City and Los Angeles. You can join a pinball league, and there is a pinball tournament somewhere in the city virtually every weekend.

I set out recently with my wife, Mica, and Sophia and her friend Ruby to explore the city's evolving social gaming scene.

Most of Portland's gaming locations open in early to midafternoon and close between midnight and 2 A.M. They tend to offer limited menus, with plenty of beer on tap. Some have full bars. Most welcome minors during specified hours.

We began our tour at Game Knight Lounge and continued on to Ground Kontrol, one of the city's venerable arcades, which was opened in 1999 by two record-store employees with a love of videogames. In 2004, a group of investors took over the business, added pinball machines, and moved the location to the city's Chinatown neighborhood.

Today, Ground Kontrol has about 100 classic videogames and 40 pinball machines on the establishment's two floors. The arcade has two bars and a food menu that ranges from nachos to hot dogs and sandwiches. All ages are welcome from noon till 5 р.м. daily.

With a fistful of quarters in hand, I set out to relive teen memories with classic 1980s videogames such as Joust, Pac-Man and Q\*bert. Just when I thought my tour of historical arcade games couldn't get any better, I stumbled upon my all-time favorite—Space Invaders! Just glancing at the videogame, originally released in 1978, I was immediately transported back to the late 1970s. As I blasted the ships of fast-flying space invaders, I admit I may have lost track of my wife and child for an extended period of time.

However, they didn't seem to mind. Mica

was busy watching Sophia and Ruby stomp up a storm while playing Dance Dance Revolution. One of the first dance arcade games, it requires two competitors to stand on a dance platform containing colored arrows that light up. Players touch the colored arrows with their feet in time to musical and visual cues.

The one who hits the most arrows during a song wins. The girls emerged from their danceoff workout grinning and a little tired.

Our next stop was Pips & Bounce, which was started by brothers Michael and Eugene Jung. The two grew up playing pingpong, and in 2012, they began hosting pop-up pingpong parties around Portland. They opened a permanent location in 2014 in the Grand Central Building to cater to pingpong players of all skill levels. Pingpong has been steadily growing in

#### KEEPING ACTIVE THIS WINTER

From archery to bowling, the Portland area is full of indoor fun

#### By Gail O'Hara

To make the most of my time during the winter months, I play indoor soccer, which is a great way to socialize and exercise.

Area soccer leagues offer open-play sessions, where often you can show up and join a game, no reservation required. Portland Indoor Soccer, in East Portland, offers open play for adults, whereas Rose City Futsal, with locations in Portland and Tigard, has open play for ages 14 and up.

Soccer is among the many popular indoor activities you'll find in the Portland area during the colder months. The following are some of my favorite ways to have fun indoors in the Rose City.

If you'd like to try your hand at archery, contact Trackers Earth in the city's Brooklyn neighborhood. Trackers has indoor archery classes for every skill level. It also has daylong and weeklong camps for kids, and a basics class for adults, where beginners can learn the fundamentals.

When it's too slippery to climb cliffs, head to Portland Rock Gym, in East Portland, which has been offering climbers of all skill levels a world-class experience since opening in 1988. The gym has 40-foot climbing walls and mushroom-shaped bouldering structures.

Skaters will enjoy taking a spin on the beautiful Lloyd Center Ice Rink, above, in the Lloyd Center mall, across the Willamette River from downtown Portland. The rink, with its glass skylight, offers public sessions and lessons year-round.



You also can roller-skate at the Roller Rink at Oaks Amusement Park, about 5 miles south of downtown Portland. The rink has classes, including an introduction to roller derby and Adult Roller Dance.

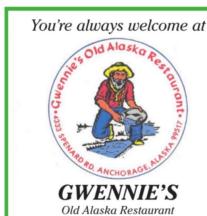
Other activities include private karaoke parties. Experience being a rock star at Voicebox, in the Nob Hill area and in southeast Portland. Voicebox has private lounges and cutting-edge technology. Reserve a room, invite friends and put on a concert.

Those seeking something a little calmer can play a game of darts at local bars and taverns, including East Portland's Britishstyle pub Moon & Sixpence. Also in East Portland is Birdie Time Pub, where you can enjoy a pint of beer and play a round of miniature golf.

For family fun, ride go-karts at the Sykart Indoor Racing Center in Tigard, southwest of Portland, or play laser tag at Ultrazone, located at Holly Farm Shopping Center in Milwaukie, just south of Portland.

You can bowl a few frames at the Grand Central Restaurant and Bowling Lounge in East Portland, or the Kingpins Family Entertainment Center, with locations in Portland and Beaverton. All offer bowling, food and arcade games. Kingpins' Beaverton arcade also offers laser tag. \*





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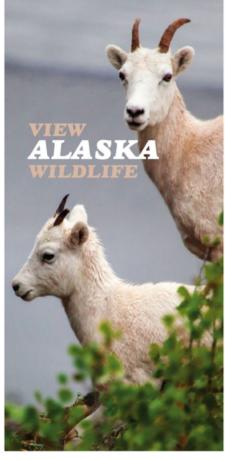
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# >> HERE & NOW

### **PORTLAND**

popularity at Portland bars in recent years. However, Pips & Bounce has taken the pastime to a whole new level, with nine tables, a full bar, and food such as pizza and snacks.

Minors are welcome till 9 р.м. Sundays through Thursdays, and until 7 р.м. on Fridays and Saturdays.

We rented paddles, ordered drinks and retreated to a remote corner where my wife and I could battle and the girls could happily play on their own table. With the motto "You Play, We Pick Up," the arcade supplies plenty of pingpong balls for patrons to enjoy. The venue also offers lessons for newcomers to the sport or those wanting to improve their game.

On another occasion, I left Mica and the kids at home and visited Wedgehead, a classic pinball parlor, and Retro Game Bar. The bar is a paradise for videogamers looking to play the classics from the 1970s through the 2000s.

Wedgehead opened in 2018 with a full bar

and pub food. Specialties include a variety of burgers, including The Dangerfield, with smoked bacon, smoked Gouda, onions and house barbecue sauce. Minors are welcome until 6 р.м. every day.

The biggest draws here are the two dozen exquisite pinball machines, curated from co-owner Chris Rhodes' personal collection of more than 100 machines. Wedgehead features games that range from 1961's Big Casino to 2019's Jurassic Park.

Lovers of classic videogames won't want to miss Retro Game Bar. The adults-only bar, which opened last year, is a museum of vintage home videogames and consoles. The establishment's bar even resembles an original Atari gaming console. There are also four screens located above the bar that patrons can use to play games. You can hold a specialty cocktail in one hand and a game controller in the other as you fight off hordes of alien spaceships.

The bar also has tables with consoles and screens where you can play your favorite games from childhood. Retro Game's food menu ranges from meat and veggie wraps to nachos, vegan hamburgers and pizza pockets.

One of the most interesting aspects of the city's social gaming locations is that each one displays a personality imbued by the owners, who appear to see these game bars as labors

Game Knight Lounge, for example, grew from the owners' fondness for board games. They started with their own personal collection of more than 400 games and have increased it to more than 1,000.

"We wanted a place where people were not just watching sports on TV," Wight told me.

Later, after patiently showing us how to play a charadeslike board game, he put it another way: "There are no winners or losers here," 



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# **PARKING IT**

Enjoying California's diverse and glorious public lands

# By Rob Dunton

with stars. After a day of rock climbing, I sit with three longtime friends in camp chairs and stare up into the great beyond. The glow of our campfire illuminates our tents, which are surrounded by city-block-size rock formations. In the quiet of the desert night, our conversation drifts toward the philosophical—a discussion befitting our wonder-rich surroundings.

Encompassing about 800,000 acres, Joshua Tree National Park, or "J-Tree" as it's sometimes called, is slightly larger than the state of Rhode Island. Its west and south entrances are located less than 50 miles from the city of Palm Springs. A high-desert environment comprising parched earth, surreal stone outcroppings and the gnarled namesake Joshua trees, the area is particularly magical in late winter and spring, when wildflowers bloom, midday tem-



>>> Clockwise from above: Joshua Tree National Park; Sequoia National Park; Japanese Friendship Garden in Balboa Park; the John Muir Wilderness in the Sierra Nevada.

peratures are often in the 70s, and the chance of rain is low. The magnificent park offers chances to unplug and break bread together, all in the quiet glory of the great outdoors.

From urban pocket parks to grand preserves, the parklands of California provide places to reconnect with others and the natural world. I remember having playdates when I was a kid at Lacy Park in San Marino, near Pasadena. Lacy Park is a relatively modest green space surrounded by residential areas, but it was huge compared to our backyard, and we would play amid its stands of trees, in wide fields and along winding paths, as though Winnie-the-Pooh's Hundred Acre Wood had landed in town.

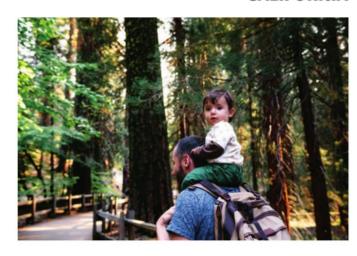
California features nine national parks (the most of any state), more than 100 state parks, and untold municipal, county and neighborhood parks to enjoy. As I grew older, my travels took me farther afield—to Central California's Sequoia National Park, to the John Muir Wilderness in the Sierra Nevada range, to Southern California's Anza-Borrego Desert State Park ... and to many other expanses where connections with family, friends and wilderness grew deeper.





Yosemite National Park, with its verdant main valley, is the water-rich yin to J-Tree's arid yang. While Joshua Tree might not see a day of rain throughout March and April, Yosemite can have numerous days with precipitation during the same period. The Yosemite Valley is often blanketed in winter snows that later keep its forests lush and the Merced River rushing. Gazing up from the valley floor, I can ponder the scale of time, imagining glaciers sculpting solid granite and leaving behind towering El Capitan and Half Dome. Serene in late winter and early spring when crowds are lighter, Yosemite offers abundant opportunities to create memories with friends and family: cycling beneath giant sequoia trees, day-hiking to spectacular waterfalls, or rock climbing on tall stone walls.

National and state parks in California get lots of attention, but the city parks of the Golden State also receive large numbers of visitors. They offer easy-to-access blends of nature and culture. Many years ago, I found my first apartment in San Diego near the city's renowned Balboa Park. Larger than New York's Central Park and Chicago's Millennium Park combined,



Balboa Park has 1,200 acres of urban green space, 17 museums and nearly 65 miles of trails. It is also home to the famous San Diego Zoo. During my San Diego days, I was a regular subscriber to the Old Globe theater, and it was a delight to stroll across scenic Cabrillo Bridge to catch productions in the park. By day I could explore the park on a bike, or walk through lesser-known gems such as Palm Canyon and the Japanese Friendship Garden.

Later, when I settled in Santa Barbara, I once again made my home within blocks of a

central common space: Alameda Park. Home to the annual Santa Barbara Earth Day Festival (April) and Summer Solstice Celebration (June), the park is a vibrant setting for events that showcase the diversity, creativity and civic pride of our community. Each year my family walks to the Earth Day celebration, in which about 30,000 people converge to honor the planet. There are booths, exhibits, musical performances, a kids' space and food stands galore—plus a relaxed vibe that displays appreciation for the earth and explores our roles in environmental protection. At other times of the year, we take our young boys to the park's Kids' World to join many other children at the 8,000-square-foot playground nestled in the shade of a giant fig tree.

For a more natural setting, we cross the street to Alice Keck Park Memorial Garden, which has shaded, serpentine paths, a pond with ducks and turtles, and abundant trees. My boys invite me to join them in tree climbs, hideouts and imaginative games. When my energy wanes, I watch from the sidelines as they invent new worlds out of the ordinary. Perhaps they will look back on these outings as their adventures to the Hundred Acre Wood, as I do my childhood Lacy Park days.

Whether in a city, state or national park, enjoying California's open space rejuvenates the soul. When experiences in parks are shared with friends and family, memories are forged that can last for a lifetime. 

⊀

Rob Dunton writes from Santa Barbara.



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# >> HERE & NOW

### **ALASKA**



# **BANGKOK NORTH?**

Fairbanks is home to two dozen Thai restaurants

# By Maggy Lehmicke

>> In the mid-1980s, dreams of gold drew Charlie Boonprasert and Terapong Navachai from their homes in northern Thailand to a mining claim near Coldfoot, Alaska. But when the mining operations shut down, the men were in need of work.

After a short stint as a chef in San Francisco, Boonprasert couldn't shake his Alaska dream, and he started making plans for a restaurant in Fairbanks. In 1989, with his wife Laong's support (after much persuading), and with Navachai's help, Boonprasert opened Thai House Restaurant on Fifth Avenue. It's believed to be Fairbanks' first-ever Thai restaurant.

"This was my dad's pride and joy," says Patty Boonprasert. "My dad realized there was opportunity here."

And, oh, was he right. In 1996, Navachai branched off to start his own restaurant— Lemongrass Thai Cuisine—and over the next 25 years, more than 20 additional Thai restaurants opened. Today, there are two dozen Thai restaurants in the Fairbanks area, a region with a population of about 100,000 people, according to Explore Fairbanks. Overall, about 15% of Fairbanks' restaurants are Thai, and most of these restaurants are owned by Thai families.

"No two Thai restaurants in Fairbanks are the same," says Boonprasert. "Each has its own version of Thailand and is as unique as the people in the town."

Restaurant owners say the Thai community has grown organically through word of mouth, with families traveling to Thailand and telling others about the appeal of Fairbanks.

Boonprasert says her father, who died in 2009, would be proud to see that his impact has spread further than he could have ever imagined. He never saw the additions as competition, she says, and he would be happy that Thai House still serves some

### THAI TO GO

In addition to sit-down restaurants, there are several noteworthy drive-thru and takeout stops throughout greater Fairbanks, offering authentic Thai cuisine in express-style digs. Here are a few options:

- Sam's Taste of Thai: Just north of the city, this spot serves rolls, stir-fry dishes and homemade pan-fried noodles.
- Shanghai Thai To Go: One of the area's few fusion restaurants, Shanghai Thai To Go, in the northwestern part of town, serves both Chinese and Thai cuisine and has earned lots of praise for dishes such as sesame chicken.
- Simply Thai Drive-Thru: This no-frills site near Fairbanks International Airport offers traditional soups, pad thai and curry dishes, in addition to a Thai omelet and stir-fried bamboo shoots.
- Spicy Thai By Moo: About 5 miles east of downtown Fairbanks, Spicy Thai earns rave reviews for its pad thai, fried rice and spicy beef.
- Thai Orchid Drive Thru: Crab rangoons, Thai noodle soup, various curries and a selection of pad thai dishes are on the menu at this quick stop in the northeastern corner of town.



■ Thumbs Up Food by Gnap & PK: In the nearby town of North Pole, this drive-thru's most popular signature dishes include its crab fried rice and almond shrimp, shown below.

\*Some locations may be closed in winter.



## >> HERE & NOW

# **ALASKA**

customers who have been eating there since 1989.

"Our Thai restaurants show that even in the middle of a vast wilderness, there is no shortage of diverse and delicious dining options," says Amy Geiger, director of communications at Explore Fairbanks. "The Thai food, farmers markets, breweries and distilleries are all a pleasant surprise to visitors and have really enhanced their appreciation of the Fairbanks food scene."

Some local favorite Thai restaurants include Nim's House of Thai Food, Bahn Thai and Siam Square, all of which are within 2 miles of each other.

In just two days and nights during a recent trip, I ate my way through a handful of Fairbanks' most widely regarded Thai restaurants, including Thai House and Lemongrass. At Thai House, I was greeted by two servers who have been working at the restaurant since its inception. Wearing decorative embroidered pants that Boonprasert's family brought from Thailand, the servers delivered tasty classics,



>>> Thai House Restaurant serves tasty dishes such as beef panang curry.

including panang curry and drunken noodles, alongside a savory beef dish.

At Lemongrass I sampled an array of intensely flavorful soups and seasonal plates, such as a pumpkin salad with a sweet-and-sour vinaigrette. As at Thai House, the artwork and decor at Lemongrass was carefully selected and rich with adornments—all an homage to Thailand.

At Pad Thai Restaurant, I savored "sidewalk

noodle soup," which has a lightly creamy broth seasoned with cilantro and fried garlic, for lunch. That same evening, I ate dinner at Noodle House. The restaurant's homemade noodles are its claim to fame, evincing a hearty, tender texture that absorbs all the flavors on the plate.

After eating the fresh rolls, spicy curry and delicious house noodle dish, I was sated, and yet I still had a taste for more. 

★



# **OPEN TERRAIN**

Skeetawk is a communitypowered ski area

By Zaz Hollander

# >> One of the country's newest ski

**areas** is opening soon in Alaska. Skeetawk features a triple chairlift and 13 runs, from beginner to advanced, as well as a terrain park. The ski area is located near Palmer at Hatcher Pass, a popular recreation area in the Talkeetna Mountains, roughly an hour north of Anchorage.

Skeetawk is a true community ski hill, operated by a nonprofit and relying on grassroots support. Organizers say their goal is to run a small but affordable family-oriented destination.

"We want to work for the community, not depend on ticket sales and high prices to support us," says Amy O'Connor, executive director of Hatcher Alpine Xperience, the nonprofit that operates the area.

O'Connor says the ski-patrolled area is the kind of place where kids can learn to ski and

adults can find varied terrain. Future plans call for adding steeper runs and a quad lift, she says.

Along with major funding from the local government, the Mat-Su Health Foundation and the Rasmuson Foundation, the area received support from hundreds of community members.

Donors sponsored trails or chairs on the lift. Volunteers painted buildings, cleared brush for runs, and helped construct a large yurt that's serving as a chalet and base for a coffee shop and rentals.

More than 300 households established donor memberships before Skeetawk even opened.

"We feel supported," O'Connor says.
"It's something that, as we grow, people can be really proud to be a part of." For more information, visit skeetawk.com. 

★



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# Flyer guide

Your overview of the Alaska experience.

### **TABLE OF CONTENTS**

116 Everything Alaska

Alaska's fleet

alaskaair.com Our 5-star mobile app Alaska Lounge

118 Alaska Beyond Entertainment

Movies and TV on your own device Go online Rent a preloaded tablet

120 Mileage Plan

Welcome to a world of rewards

122 Global Partners

Travel the world with our airline partners

124 Where we fly

115+ destinations and counting

126 Airport-terminal maps

128 Customs and immigration

129 Your safety and comfort

Contact us



# **Everything Alaska**

# A look at all we offer.

Start every trip at alaskaair.com.



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- Plan your whole trip with hotel, car and vacation packages
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# The Alaska Lounge is your sanctuary.



Lounge members enjoy access to our seven lounges in Seattle, Portland, Los Angeles, New York–JFK and Anchorage, and more than 60 affiliated lounges worldwide. Warm pancakes at breakfast, and soups, salads and snacks are available throughout the day, plus a fully stocked bar and Starbucks® coffee. Get more details at alaskaair.com/lounge.



B737-900/900ER

Range: up to 2,720 miles Seats: 178

B737-800

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B737-700

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B737-700F (freighter)

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Airbus A319

Range: 2,986 miles Seats: 119

Airbus A320

Range: 2,855 miles Seats: 146-149

Airbus A321neo

Range: 3,072 miles Seats: 185

# Regional fleet.



**Bombardier Q400** 

Range: 1,114 miles Seats: 76 Operated by Horizon Air



**Embraer E175** 

Range: 2,150 miles Seats: 76 Operated by Horizon Air and SkyWest Airlines

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Free to access in flight.

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Delivered in 20 mins or less.

If we miss the mark, see an agent for a voucher.

Terms apply. See bit.ly/BagGuarantee for details.

# Movies, TV, Wi-Fi and more.

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Most flights offer Alaska Beyond Entertainment, our streaming entertainment system that features hit movies and episodes from your favorite TV networks—like HGTV—as well as new discoveries, including new musicians from Seattle's independent record label Sub Pop.

Visit AlaskaWiFi.com to start watching.

# Download the app:

You'll need the Gogo Entertainment app to watch movies. Get the app now at loadplayer.com.

Does not apply to aircraft with seatback screens.

### HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:











Joker

Maleficent: Mistress of Evil

**The Current War** 

ALL YOUR FAVORITES, AND THEN SOME:

- The Current War
- The Goldfinch
- Harriet
- Jojo Rabbit
- Joker (2019)
- Lucy in the Sky
- Maleficent: Mistress of Evil
- Western Stars
- Ad Astra
- Ready or Not
- Annabelle Comes Home
- The Art of Racing in

- the Rain
- Blinded by the Light
- Fast & Furious Presents: Hobbs & Shaw
- Fat: A Documentary
- Foster
- Framing John DeLorean
- · Good Boys
- Halston
- Hustlers
- The Kitchen
- The Lion King (2019)
- Plus One

- The Russian Five
- Shaft (2019)
- Stuber
- Amazing Grace (2018)
- The Biggest Little Farm
- Godzilla: King of the Monsters
- Late Night
- Pokemon's Detective Pikachu
- The Secret Life of Pets 2
- The Sun is Also a Star
- Trust Machine: The Story of Blockchain
- X-Men: Dark Phoenix









For a complete movie/TV program listing, go to AlaskaWiFi.com while inflight.

# Like our tunes?

# THIS MONTH'S BOARDING MUSIC PLAYLIST:

Artist Song
Clairo Bags
Japanese Wallpaper Fooling Around

Total Heat On the FM
Kaleem Taylor Know Better
Adult Karate Del Mar

Tep No Long Lost Sunday Morning

Hibou Silver

Beat Connection So Good

Mree Harvest Moon

Hibou An Hour Of Vision

The New Pornographers The Surprise Knock

# Forgot your earbuds?

We've got a stylish pair of reusable earbuds available for just \$3. They're yours to keep and use for future flights the gym or, wherever you enjoy your music and podcasts.



Pro tip: Keep a backup set of earbuds in every backpack or carry-on. That way, if you forget your favorites, you're not totally without your jams.

Start watching today at AlaskaWiFi.com or via the seatback screen

(on select flights).

**NEW** 

**CHECK OUT** 

**OUR NEW TRAVEL** 

PROGRAM, WHERE

**WE FLY.**Our new travel show lets you explore the

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features little-known

facts, along with essen-

tial information about

attractions, restaurants

and accommodations.

Where We Fly is pro-

duced in cooperation

with In-Flight Media

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<sup>\*</sup> Compared to other U.S. airlines as of Dec. 2018. Movies are available to stream to guests' own devices, on flights with Gogo Entertainment.

# You're now cleared for text-off.

Never miss a thing when you can text for free using Wi-Fi. Text your friends from your smartphone using iMessage, Facebook Messenger and WhatsApp. Please keep in mind:

- Free texting is for text-based messages only. Photos and video are not supported.
- Both you and your recipient must have one of the compatible apps.
- Free texting is available only on flights with Gogo or Viasat Inflight Internet.

Inflight, go to AlaskaWiFi.com to get started.



# Go online.

Inflight internet is available on all of our Airbus, Boeing and Embraer aircraft.

# TIPS FOR MAKING THE MOST OF INFLIGHT WI-FI:

It's great to be able to stay connected while you fly, but inflight Wi-Fi is different from the Wi-Fi you may be used to.

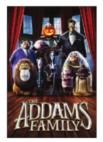
- Work smarter. Use webmail instead of Outlook to check your inbox. You never know what large files might be lurking in there.
- Wait to send that TPS report. Large attachments can slow things down: Avoid sending while in air.
- Bookmark or favorite AlaskaWiFi.com to quickly access inflight internet.
- Huh? Live Help is available on flights within the coverage area. FAQs are at your fingertips on all flights.

# Rent one of our premium entertainment tablets.

On many of our longer flights, you can rent one of our inflight entertainment tablets featuring the newest movies onboard, plus recent hits. Each tablet is preloaded with 25 to 30 movies (depending on the month), plus TV shows, Xbox games and music. Tablets are free in First Class, and available to rent for \$10.\*



# **NEW MOVIES ON THE TABLET:**



The Addams Family\*\*



Harriet



Jojo Rabbit



Joker



Terminator: Dark Fate\*\*

<sup>\*</sup> Flights that offer our tablet include all flights to/from Hawai'i, and flights to/from Boston, Baltimore, Fort Lauderdale, New York, Orlando, Philadelphia, Tampa and Washington, D.C. Tablets are not offered on aircraft with seatback screens.

<sup>\*\*</sup> Available on tablets only.

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The more you fly, the richer the rewards.

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<sup>\*\*</sup>Saver Fares (booked in X class of service) are not eligible for elite upgrades or waived change fees.





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Get a 42,000 bonus mile offer when you apply through an employee, Alaska's Famous Companion Fare $^{\text{TM}}$  offer, a free checked bag, and more.

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Book one-way award travel within the continental United States and Canada starting at just 5,000 miles.\*

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5,000 miles	Less than 700 miles	Seattle-San Francisco
7,500 miles	701 to 1,400 miles	Los Angeles-Portland
10,000 miles	1,401 to 2,100 miles	Portland-Chicago
12,500 miles	More than 2,101 miles	New York-Seattle

<sup>\*</sup> Plus taxes and fees from \$5.60 each way. Award availability and pricing may vary.

# NEW

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# Earn and redeem your Alaska Airlines miles to more than 800 destinations worldwide.

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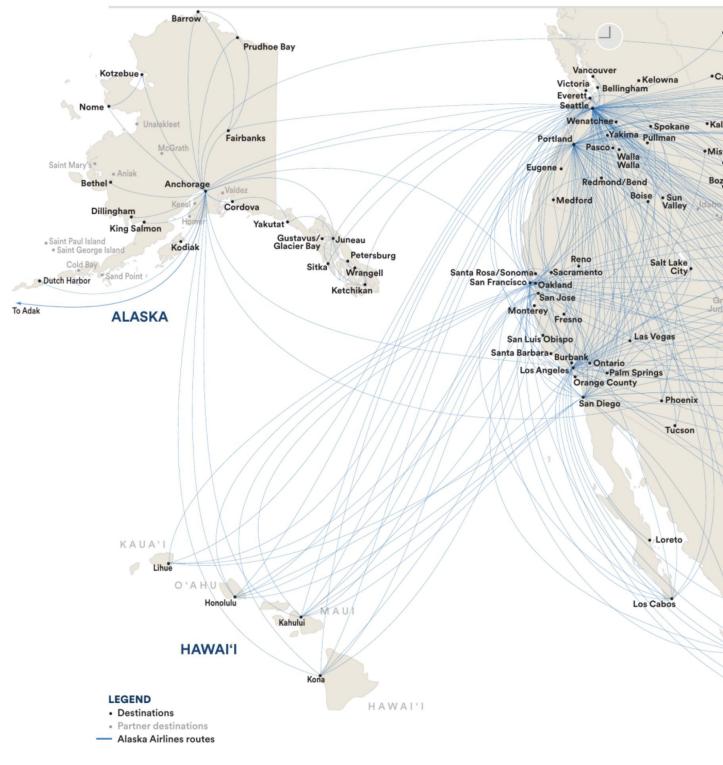


**Brussels, Belgium** *Aer Lingus* 

FLYER GUIDE

# Where we fly

# 115+ destinations and counting.



# **UPCOMING NEW SERVICE**

Route	Service Begins	Route	Service Begins
Los Angeles (LAX)—Boise (BOI)	Mar. 19, 2020	San Jose (SJC)—Puerto Vallarta, MX (PVR)	Mar. 19, 2020
Los Angeles (LAX)—Missoula (MSO)	Mar. 19, 2020	San Francisco (SFO) — Anchorage (ANC)	Apr. 21, 2020
San Francisco (SFO)—Redmond/Bend (RDM	) Mar. 19, 2020	San Luis Obispo (SBP)—Portland (PDX)	June 18, 2020
San Francisco (SFO)—Spokane (GEG)	Mar. 19, 2020	Seattle (SEA)—Monterey, CA (MRY)	June 18, 2020



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

Some routes shown operate seasonally.

# **Airport-terminal maps**

# SEA Seattle/Tacoma International Airport

Orip:
Connecting to
an Alaska Global
Partner? You'll
need to take the
shuttle train to
the South Loop
Train to get to

the S gates.

Tip: Our new

Alaska Lounge is open in the N Concourse and is located on the Mezzanine Level above N13-N18.



**PDX** Portland International Airport



Tip:
Heads up: We fly
out of more than
one terminal at
SFO, please check
your boarding
pass to ensure
you arrive at the

correct gate.

Tip:
Alask

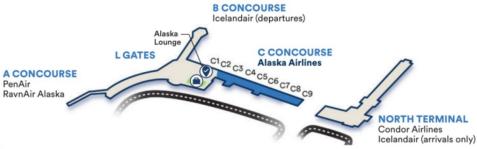
Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.



# LAX Los Angeles International Airport



# **ANC** Anchorage International Airport



# SJC San Jose Mineta Airport





NEW

Alaska Airlines has moved all **SAN** operations to Terminal 2 East. Alaska now occupies Gates 20, 21, 22, 24, 26 and 28, with Gates 30 and 32 available as alternates.

# **Customs and immigration**

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

Global Entry is a U.S. Customs & Border Protection program that offers expedited customs entry with no processing lines, no paperwork, TSA Preè eligibility and access to expedited entry in other countries. Apply at www. cbp.gov.



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

### TO THE UNITED STATES

PASSPORT CONTROL KIOSKS

Automated Passport Control kiosks expedite the entry process. Eligible travelers scan their passport, take a photograph and answer a series of questions at the kiosk. Once complete, present the printed receipt from the kiosk to a Customs Officer.

### **Helpful tips**

- Only citizens or nationals of the U.S., Canada or Visa Waiver Program countries are eligible to use the kiosk.
- · Customs declaration forms are unnecessary.
- Kiosks available in Los Angeles (LAX), Portland (PDX), San Diego (SAN), San Francisco (SFO) and Seattle (SEA).

### U.S. CUSTOMS DECLARATION

All travelers to cities without Passport Control kiosks must complete this form.

## Helpful tips

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

### QUIOSCOS DE CONTROL DE PASAPORTES

Kioscos automatizados de control de pasaportes acelerar el proceso de entrada y se encuentran en muchas ciudades servidas por Alaska Airlines. los viajeros elegibles escanear el pasaporte, tomar una fotografía y contestar una serie de preguntas en el quiosco. Una vez completa, presentar el recibo impreso en el quiosco a un oficial de aduanas.

### Datos de ayuda

- Sólo los ciudadanos o nacionales de los países del Programa de Exención de Estados Unidos, Canadá o Visa son elegibles para utilizar el quiosco.
- Formularios de declaración de aduanas son innecesarias.
- Kioscos disponibles en Los Ángeles (LAX),
   Portland (PDX), San Diego (SAN), San Francisco (SFO) y Seattle (SEA).

### **DECLARACION DE ADUANA**

Los viajeros a ciudades sin quioscos de control de pasaportes deben completar este formulario.

# Datos de ayuda

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

### INTERNATIONAL TRAVEL TIPS

TO MEXICO

- All travelers must complete a Mexico Customs Declaration form; one per traveler or family with same address.
- All travelers, except for citizens of Mexico, must complete the FMM; one per traveler or family.

### TO COSTA RICA

- All travelers must complete a Customs Declaration form; one per traveler or family.
- All travelers must complete an Immigrations Form; one per person.
- Costa Rica requires a \$29 departure tax for each traveler. For tickets purchased before June 1, 2016, pay fee prior to check-in with Alaska Airlines at the service centers in terminal check-in area.
   The fee is included in the price of tickets purchased after June 1, 2016.

### **CONSEJOS DE VIAJE INTERNACIONALES**

A MEXICO

- Todos los viajeros deben completar un formulario de declaración de aduanas México; uno por cada viajero o familia con la misma dirección.
- Todos los viajeros, excepto para los ciudadanos de México, deben completar la FMM; uno por cada viajero o familia.

# A COSTA RICA

- Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- Todos los viajeros deben completar un formulario de Inmigración; una por persona
- Costa Rica requiere un impuesto de salida de \$29
  para cada viajero. Para los boletos comprados
  tarde del 1 junio, 2016, pagar la cuota antes de
  check-in con Alaska Airlines en los centros de
  servicio en el área de registro de entrada en el
  terminal. La tarifa está incluido en el precio de
  los boletos comprados el 1 de junio 2016.

# Your safety and comfort

### SEATS

- Seat belts must be fastened whenever the "FASTEN SEAT BELT" sign is on. Keep your seat belt fastened at all other times when seated, in case of rough air.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Seat-belt extenders are not allowed in exit rows.
   They can tangle and obstruct access to exit doors.

### **CARRY-ONS**

- All carry-on bags must be placed under a seat or in an overhead bin for takeoff and landing.
- Prior to takeoff and landing, service items provided by our inflight team must be picked up.

### **LAVATORY**

 Guests are requested to use the lavatory in their assigned cabin.

### PETS

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

### **CREW AND GUEST SAFETY**

- Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a guest's behavior.
- We respect the privacy and well-being of our guests and employees. We do not tolerate inappropriate verbal, digital or physical conduct of any kind, including sexual harassment, invasive photography, and assault. Please report unwelcome behavior to an employee immediately. Any crime committed onboard is considered a federal offense.

### TRAVELING WITH INFANTS AND CHILDREN

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- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

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- During taxi, takeoff and landing, larger electronic devices, such as laptops, must be stowed.
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- During flight, electronic voice communications of any kind (e.g., cell, FaceTime, Skype) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Tablets, handheld games, etc.

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- e-readers
- Media/CD/DVD players
- · Noise-canceling and Bluetooth 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

# WAYS OF FICTION

23

27

44

56

62

83

97

102

120

125

129

# >> GAMES CROSSWORD

42 43

50

82

116 117 118

101

### ACROSS

- 1 Flat breads
- 6 Arenas
- 12 Zest
- 16 Actress Longoria
- 19 Choose
- 20 Of the wind
- 21 Love, to Pedro
- 22 Latin man
- 23 Desperate Housewives site
- Most inaccessible
- 27 Big desert
- 28 Abnormal prefix
- 29 Charts
- 31 Lineup
- Nothing 32
- Howard and Reagan 34
- Comfortable
- List ender 36
- Baseball's Slaughter 39
- The Fountainhead author
- 41 Gazed
- Midday periods
- Springsteen's thoroughfare
- Note of Guido's scale
- Surgical instrument 51
- Accounting acronym
- German one 54
- -do-well 55
- Mil. addresses
- Writer Waugh
- 59 Custom TV's O'Brien 61
- 62 Psychological
- Camel kin 64
- Separately 66
- 68 Pod veggie
- More optimistic
- Throat things 71
- Double curve 74
- 77 Feudal lord
- Solvent
- Shortage 81 83
- Heir
- 85 Certain number
- Nav. rank 88
- Marina Sirtis role 90
- 91 Norse god
- 92 Spanish aunts
- 93 Tibetan gazelle
- 95 Substitute 97 Many eras
- Where Harry
- Potter shops
- 101 Taylor \_\_\_\_ of American Idol
- 102 Follower of Islam
- 104 Speck
- 105 She's quite contrary
- 107 Atlanta hrs.
- 108 London gallery 109
- Roll-call response 110 They ebb and flow
- Made from gold
- Fisherman's bait 113

- 114 Assn.
- Scarecrow's pal

112 111

- 120 religious order
- 122 East Enders locale
- 125
- To be, in Paris 126
- 127 Spread a rumor
- In \_\_\_\_ (unborn) 128
- 129 Tennis division
- 131 Talks back

# DOWN

- Former ET host 3
- 4 Sanctorum
- 6 Six, to Sophia
- Like a frog's kin 7
- 8
- Buenos\_
- 10 Author Fleming

126

130

33

46

52

57

92

47

65

80

39

63

45

78

108

- Members of a
- Ripen

- 130 Fourth letters
- 132 German city

- 1 Benches
- 2 Pelvic bones
- Most severe
- Kind of alcohol

11 Marine flower

86

109

104

- 13 Iowa college town
- 14
- Where The 16
- Bohemian
- 24 Drizzle
- 30 Tenor Bocelli
- 33 Lodging
- Radioactive element 34
- 35 Hot tubs
- Bivouac 36
- 37 Hairpiece
- 38 BBC show
- 40 OR workers
- 42 Zeno's birthplace
- 43 Mend socks
- 47 I give!
- 49 Patrick or Ryan

127

131

- 12 Field coverings
- \_de plume
- 15 Complained
- Simpsons reside
- 17 Traveler's need
- 26 Steadfast

- 45 Hornet's home
- 48 18-wheeler

- 52 Claw

110

Inventor Whitney

21

25

48

41

67

89

100

- Middle Eastern royal 60
- family name
- Lawsuit Irish islands 63
- 65
- Ancient Syria Father
- 70 Brown pigment
- 72 cords
- 73 Einstein's first home
- 75 Securities Least outgoing 76
- Opposite of vert. 78
- 80 Envoy
- Gudrun's husband 82 Goblet part 83
- 84 Fn-Lai 86 Old cloth
- Chemical compound 87
- Wood nymph 89 92 Chronology
- Fiesta cheer Anatomy

98 Left behind

128

132

- Neither's partner Victors of 1066
  - 100 Colonist, e.g.
    - 103 Cafe au\_
    - 106 Soaks to soften 109 Sharpens
    - Long curl 110
    - 111 Arab garments
    - Impulse 113 The Way We\_
    - Certain sashes 114
    - Cashews, e.g. 116 Marsh and West
    - Municipality near Padua 118
    - 119 Bright sign
    - Hwy. 121 123 Mauna

124 Stat for Manning Solution on page 135.



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# LADDERGRAM

First, write the word that fits the first definition into space 1. Then drop one letter and rearrange the remaining letters to form the answer to definition 2. Drop one more letter, rearrange and get the answer to definition 3. Put the first dropped letter into the box to the left of space 1 and the other dropped letter into the box next to space 3. When you have correctly solved the puzzle, the dropped letters on the left and right, when read down, will spell out related words.

### **Definitions:**

1. Leave, as a flight

2. Classified (a film)

3. Eye droplet

4. Raspy-voiced

5. Divide evenly

6. Allergic skin reaction

7. Uncomplicated

8. Wear a happy face

9. Lemon kin

10. Texas capital

44	-	l = + l= i = =	:-	
	- (	lothing	mis	nan

12. Turner of rock

13. Dally

14. King's period of power

15. Engagement jewelry

**16.** No longer together

17. Engrossed (in)

. . .

18. Butter lump

19. President after Ford

20. Shipping box

21. Land measure

1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	$\top$
13.	14.	15.	$\top$
16.	17.	18.	+
19.	20.	21.	+

# SUDOKU

■ Complete the 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.

					2	9		
3	6		တ	8			4	
8		1	4				6	7
		9	8	5			7	
	3	7				8	1	
	2			6	1	ვ		
9	7				4	1		8
	5			9	8		3	6
		3	5					

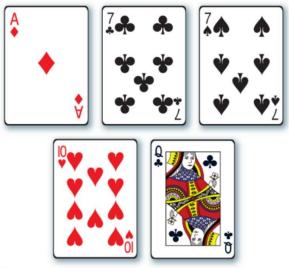


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Solutions on page 135.

# **CARD SENSE**

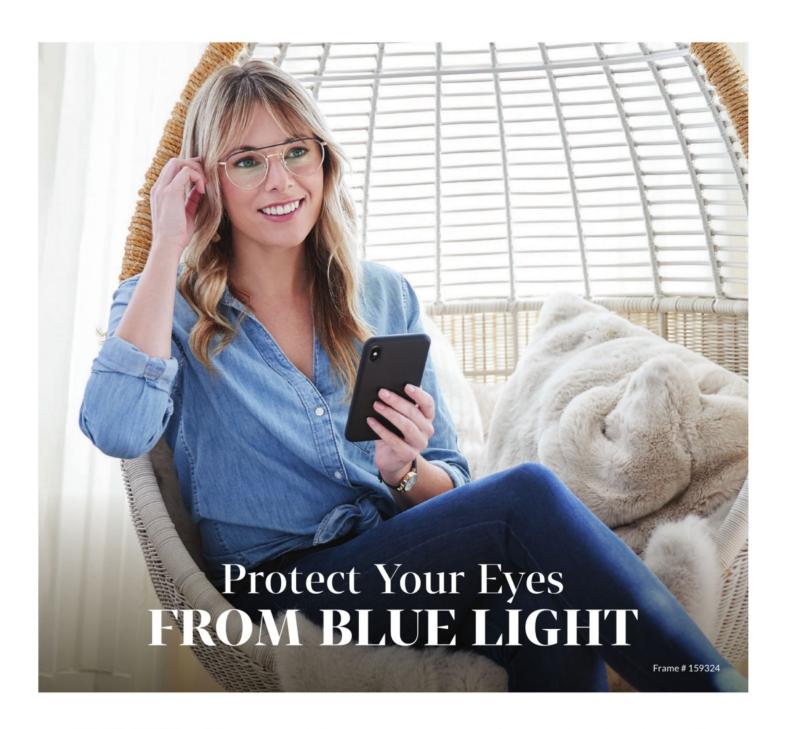
■ Five playing cards were shuffled and put in a pile, one on top of another. Using the clues, can you identify each card's position in the pile?



### Clues:

- 1. Neither club is on the bottom.
- 2. The spade is somewhere below the 10.
- 3. The red cards are adjacent.
- 4. The diamond is somewhere below the queen.
- 5. The sevens are adjacent.
- 6. The ace is somewhere below the heart.

# 

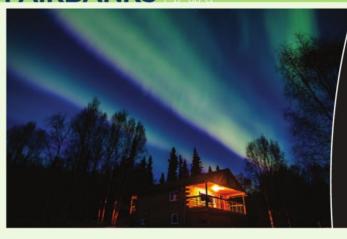




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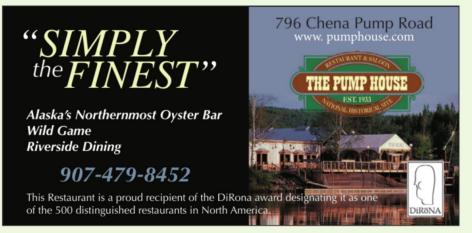
zenni.com/blokz

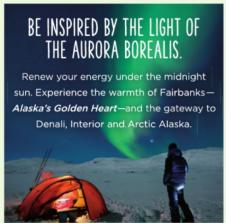




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# **CROSSWORD** page 130

P	1	Т	A	s		s	т	A	D	1	A		Т	A	N	G		E	٧	A
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s	A	н	A	R	Α		D	Υ	s		м	A	P	s		Α	R	R	Α	Υ
				N	1	н	1	L		R	0	N	s		s	N	U	G		
E	т	c		E	N	0	s		R	A	N	D			P	E	E	R	E	D
N	0	0	N	s		т	н	U	N	D	E	R	R	0	A	D		E	L	A
c	U	R	E	т	т	E		N	s	1		E	1	N	s		N	E	E	R
A	P	0	s		A	L	E	c		U	s	A	G	E		c	0	N	A	N
м	E	N	т	A	L		L	L	Α	м	A			Α	P	A	R	т		
P	E	A		R	0	s	ı	E	R		U	v	U	L	A	s		Е	s	s
		т	н	A	N	E			A	L	D	0	L		D	E	A	R	т	н
s	c	T	0	N		Р	R	Т	м	E		c	м	D	R		т	R	0	1
т	н	0	R		т	ī	A	5		G	0	A		R	E	Р	L	A	С	Ε
E	0	N		D	1	A	G	0	N	A	L	L	E	Υ		н	1	c	K	s
м	U	s	L	1	м			м	0	т	E		м	A	R	Υ		E	s	т
		т	A	т	E		н	E	R	E		т	1	D	E	s				
Α	U	R	ı	c		w	0	R	м		0	R	G		т	1	N	м	A	N
В	R	E	т	н	R	E	N		A	L	В	E	R	Ŧ	s	Q	U	A	R	E
A	G	E		E	т	R	E		N	0	ı	5	E	D		U	т	E	R	0
s	E	т		D	E	E	s		s	A	S	s	E	s		E	s	s	E	N

# LADDERGRAM page 132

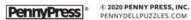
Р	1. DEPART	2. RATED	3. TEAR	D
0	4. HOARSE	5. SHARE	6. RASH	Е
Р	7. SIMPLE	8. SMILE	9. LIME	S
U	10. AUSTIN	11. STAIN	12. TINA	S
L	LINGER	14. REIGN	15. RING	Е
Α	16. APART	17. RAPT	18. PAT	R
R	19. CARTER	20. CRATE	21. ACRE	Т

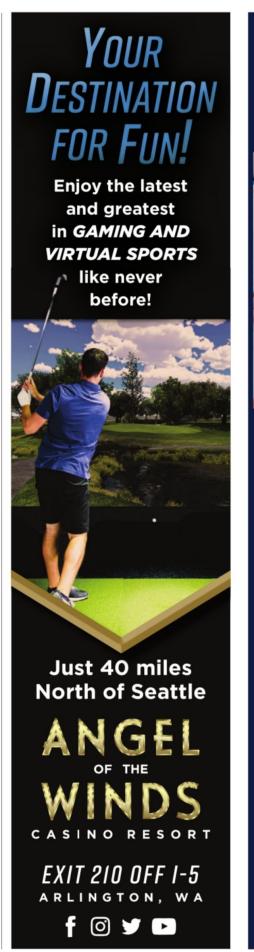
# SUDOKU page 132

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

# CARD SENSE page 132

The ace of diamonds is adjacent to the 10 of hearts (clue 3) and below it (clue 6). It is also somewhere below the queen of clubs (clue 4), and somewhere above the seven of spades (clue 2) and seven of clubs (clue 5). The ace of diamonds, then, is third from the top, the 10 of hearts is second, and the queen of clubs is on top. Since the seven of clubs isn't the bottom card (clue 1), the seven of clubs is fourth from the top and the seven of spades is on the bottom. In summary from top to bottom: queen of clubs, 10 of hearts, ace of diamonds, seven of clubs, seven of spades.









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