

### **†SUMMARY OF ANNUAL PERCENTAGE RATES:**

The Variable Annual Percentage Rates (APRs) for this account are currently 12.49% to 19.49%, based on creditworthiness, for Purchases and Balance Transfers; 15.49% to 22.49%, based on creditworthiness, for Direct Deposit and Check Cash Advances; and 25.24% for Bank Cash Advances. A Variable Penalty APR of up to 29.99%, based on creditworthiness, may be applied to new transactions if you make a late payment. Minimum Interest Charge is \$1.50. Balance Transfer Fee is 3% (min. \$10). Cash Advance fees are: 3% (min. \$10) for Direct Deposit and Check Cash Advances; \$12 for each Overdraft Protection Cash Advance; and 5% (min. \$10) for all other Cash Advances. Fee for purchases of wire transfers from a non-financial institution is 5% (min. \$10). The Annual Fee is \$75 for Visa Signature\* accounts, or \$50 for Platinum Plus\* accounts. The Variable APRs will vary with the market based on the Prime Rate. In addition, we reserve the right to change the terms of the account in accordance with the Credit Card Agreement and applicable law. This information is accurate as of 10/2016 and may have changed. For current information, please visit MyNewAlaskaCard.com.

### SD-0216-NOAPP-RNG-NP-2AFTP\_VSIG\_PL-NOFTF-NT

This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A., Inc. Platinum Plus is a registered trademark of Bank of America Corporation. © 2016 Bank of America Corporation.







## Contemporary homes with historic roots

Gridiron: Well-positioned next door to the future Stadium Plaza park on the Seattle Waterfront and in Seattle's Pioneer Square, home to iconic heritage architecture, a vibrant arts culture, and excellent restaurants and shopping. Sheathed in glass, atop the historic Seattle Plumbing Building, the brand new Gridiron condos are built with 21st century concrete and steel construction. Designed with clean lines and high-end

Pioneer Square States S

Prices subject to change without notice

finishes, these homes complement their historic setting. Exclusive amenities include a rooftop deck, fitness center, entertainment rooms and wine storage. Garage parking is available. Call today for more info and VIP priority.



"Always Exceptional, Never Ordinary"

New Condos from \$469,900 589 Occidental Ave S

### **GRIDIRON CONDOS.COM**

Visit Our Sales Center at 510 Occidental Ave S Seattle, WA 98104 Open Daily 11:00-5:00 206.258.8315

erik mehr







### DECEMBER 2016

### **DEPARTMENTS**

### 9 Spirit of Alaska

A message from Alaska Airlines CEO Brad Tilden.

### 14 What's New

News from Alaska Airlines.

### 15 People Behind the Spirit

Line Maintenance Technician Jack Jensen. By Paul Frichtl

#### 18 Iournal

Notes on life around the Alaska Airlines route system. Edited by Ben Raker

### 144 Mileage Plan Adventures

Exploring Hong Kong. By Daisann McLane

### 153 Finance

What your financial advisers wish you knew. By M. Sharon Baker

### 165 Autos

Volvo introduces the S90 family. By Bengt Halvorson

### 169 Advertiser Information

Connect with our advertisers.

### 171 Alaska Airlines Guide to Services

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

### 188 Sudoku Puzzles

190 Crossword

192 Photo Page



COVER: Relaxing in Los Cabos; see
"Beautiful Baja" starting on page 42.
Photo by Jordan Siemens / Getty Images.
CONTENTS: Orcas amid the San Juan Islands;
see "Evergreen State Experiences," page
NW4. Apps for your brain; page 37. Kids who
are making a difference; page 62.



### **MEXICO**

### 42 Beautiful Baja

Family adventures in Los Cabos. By Becky Youman

### 52 Maritime Marvels

Celebrating ocean life on Puerto Vallarta's azure coast. By Lina Zeldovich

### **FEATURES**

### 62 Kids Who Inspire

Young people making a difference. By Lora Shinn

### 75 Giving Wisely

Groups help you research charities and causes.

By Susan G. Hauser

### 116 Life on the Water

The tradition of watermen—and waterwomen—is thriving in Hawai'i.

By Eric Lucas

### 130 Winter Swings

18 holes that create a brilliant round of winter golf.By Ken Van Vechten

### GREAT NORTHWEST

### NW4 Evergreen State Experiences

By Candace Dempsey

### NW10 Oregon Escapes

By Deston Nokes

### **NW16 Montana Treasures**

By Alan Kesselheim

### NW21 Ideal Idaho

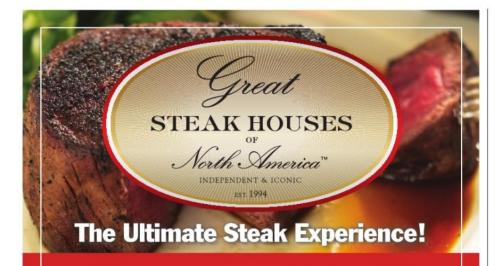
By Buddy Levy

### NW27 Scenic British Columbia

By Lauren Kramer



3



### RingSide Steakhouse

PORTLAND, OR 503.223.1513

PROPRIETORS: Jan, Scott & Craig Peterson

### **III Forks**

iiiforks.com

DALLAS, TX 972.267.1776

EXECUTIVE CHEF: Chris Vogeli

JACKSONVILLE, FL 904.928.9277

**EXECUTIVE CHEF: Damon Burch** PROPRIETOR: Pete Nebrich

### Gene & Georgetti

geneandgeorgetti.com

CHICAGO, IL 312.527.3718

PROPRIETORS: Tony & Marion Durpetti

### St. Elmo **Steak House**

stelmos.com

**INDIANAPOLIS, IN** 317.635.0636

PROPRIETORS: Steve Huse & Craig Huse

### Elway's

www.elways.com

**DENVER. CO** 303-399-5353

PROPRIETORS: John Elway & Jennifer Wiard

### Manny's

mannyssteakhouse.com

MINNEAPOLIS, MN 612.339.9900

PROPRIETORS: Phil Roberts, Peter Mihailov & Kevin Kuester

### Grill 225

gr#225.com

CHARLESTON, SC 843.266.4222

PROPRIETOR: Nick Palassis **EXECUTIVE CHEF: Demetre Castanas** 

### Benjamin Steak House

benjaminsteakhouse..com

**NEW YORK, NY** 212.297.9177

PROPRIETOR: Benjamin Prelvukaj CHEF: Arturo Mcl and

### McKendrick's Steak House

mckendricks.com

ATLANTA, GA 770.818.6346

PROPRIETORS: Claudia & Doug McKendrick CHEF: Tom Minchella

### Malone's

malonesrestaurant.com

**LEXINGTON, KY** 

PROPRIETORS: Brian McCarty & Bruce Drake

### Metropolitan Grill

themetropolitangrill.com

SEATTLE, WA 206.624.3287

PROPRIETOR: Ron Cohn

**INDEPENDENTLY OWNED & OPERATED** www.GreatSteakofNA.com



#### ALASKA BEYOND MAGAZINE DECEMBER 2016 VOLUME 40, NUMBER 12

Publisher MIMIK. KIRSCH

Editor PAUL FRICHTL

Senior Editor MICHELE ANDRUS DILL

Associate Editors

JEFF BOND, BEN RAKER, ANDREW WAITE Assistant Editor LARA DOUGLASS

Editorial Interns

KAITLYNN MANN, MARGO VANSYNGHEL, JEEVIKA VERMA, MEAGAN WEHE, JESSYCA YOPPOLO

#### Contributing Writers

JAIME ARCHER, M. SHARON BAKER, CANDACE DEMPSEY. BENGT HALVORSON, SUSAN G. HAUSER, ALAN KESSELHEIM, LAUREN KRAMER, BUDDY LEVY, ERIC LUCAS, DAISANN MCLANE, DESTON NOKES, LORA SHINN, KEN VAN VECHTEN, BECKY YOUMAN, LINA ZELDOVICH

### Art Directors

MARGARET ELSON, NANCY O'CONNELL, PATTY WARKENTIN Advertising Production Manager THERESA SANTUCCI Design & Production Specialist ELLEN ORDÓNEZ

CEO EDWARD B. KIRSCH

Production Director PAUL FRICHTE

Accounting Manager HOLLY L. GENEST Advertising Data Wrangler LIZ BOROVIK

Office Coordinator BRITTANY MARTIN

Coordinator for Alaska Airlines David Scotland

#### SALES OFFICES

2701 First Avenue, Suite 250, Seattle, WA 98121 phone 206-441-5871; fax 206-448-6939 email sales@paradigmcg.com

Advertising Director Kenneth I. Krass, ext. 11

Western Washington/Eastern Washington/ Florida/Canada

BECCA CONVERSANO, EXT. 21

Western Washington/Illinois/Kansas/Missouri STEPHANY ANGELACOS, EXT. 13

Oregon/Idaho/Montana/Colorado/Utah/Michigan CLAY M. SCHURMAN, EXT. 33

California/Arizona/Nevada/New Mexico/Texas

YAEL KALLIN, EXT. 27

### DUANE EPTON

3705 Arctic Boulevard, #452, Anchorage, AK 99503 phone 907-561-2450; fax 907-344-7262

East Coast/Mexico

KENNETH J. KRASS, EXT. 11

Hawai'i

DEBBIE ANDERSON phone 808-739-2200; fax 808-739-2201



www.alaskaairlinesmagazine.com

Alaska Beyond Magazine (ISSN 0199-0586), the monthly inflight magazine of Alaska Airlines, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright © 2016 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Subscriptions: \$65 in the U.S.; \$70 elsewhere. Single-copy price: \$8. Photocopies of articles: \$3.50. Publisher assumes no responsibility for return of unsolicited manuscripts or artwork. Printed in the United States of America.

POSTMASTER: Send address changes to: Alaska Airlines Magazine, 2701 First Avenue, Suite 250, Seattle, WA 98121-1123.







### **Spirit of Alaska**

# A packed plane

This month I've asked Brandon Pedersen, our chief financial officer, who also serves on the board of Northwest Harvest, to tell you how we're packing planes to feed the hungry in our communities. —*Brad Tilden* 

holds, where families aren't sure where the next meal is coming from or are forced to choose between food and other necessities.

Food banks that feed people from Hawai'i to the East Coast, and from California to the state of Alaska, will benefit from Pack the Plane. In Seattle, one big beneficiary of our efforts is Northwest Harvest. Alaska Airlines has been a longtime supporter of Northwest Harvest, and I'm proud to serve on its board of directors.

Northwest Harvest operates a food bank in downtown Seattle that serves a very diverse population. The food bank's volunteers distribute food to the hungry, and they sort many of the donations that are collected through local food drives (yes, even those canned water chestnuts that you tucked in with your donation last year).

But its larger role is to support more than 350 smaller, independent food banks and school meal programs throughout the state of Washington, with a focus on nutritious fruits and vegetables. Northwest Harvest is marking its 50th anniversary, and it has grown in that time to be a very important part of the hunger-relief effort in the state. In fact, last year, Northwest Harvest distributed more than 34 million pounds of food—that's a lot of packed planes!

At Alaska and Horizon, we're proud of the community connections that we build, and I'm often inspired by the dedication of our people to important community organizations throughout our growing network. I encourage you all to embrace the spirit of generosity that the season brings and support your favorite cause, whatever that might be.

Thanks for flying with us today. We really appreciate your business, and wish you and your family the happiest of holidays. —Brandon Pedersen



Chief Executive

Brandon Pedersen Chief Financial Officer

In grade school, I proudly carried my Speed Racer lunchbox stocked with good, healthy food (except maybe that occasional bologna sandwich on white bread). I took it for granted. Today, I know that not every kid can count on a daily lunch from home. That's why I'm proud to tell you how employees at Alaska Airlines and Horizon Air are embracing this season of giving through our annual "Pack the Plane" food drive.

We don't actually pack one of our airplanes, because at this time of year we need every airplane we can get to take you to meetings, on vacation, or to visit friends and family. But an airplane packed with food is a great measure of how much money and food our employees raise.



Alaska Airlines employees expect to collect enough food and cash donations to pack at least 15 planes.

Last year, Alaska and Horizon employees collected nearly 6,000 pounds of food and \$73,500 in donations—the equivalent of 14 airplanes' worth. And the ways they do it are as different as the communities we serve, from traditional bake sales to a football-throwing contest last year created by our Anchorage cargo team.

This year, our goal is to fill 15 (or more) airplanes, because the need is greater than ever. In a time when acrimonious disagreement seems to be the norm, fighting hunger is something we can all agree on. More than 40 million Americans (including 13 million kids) live in "food insecure" house-



Brad Tilden, Jefe Ejecutivo

### El Espíritu de Alaska

# Un avión lleno

Este mes, le he pedido a Brandon Pedersen, nuestro Director Financiero, quien también colabora en el consejo de Northwest Harvest, que les cuente lo que estamos haciendo para llenar aviones a fin de saciar el hambre en nuestras comunidades. —*Brad Tilden* 



Brandon Pedersen, Director Financiero

Mientras asistí a la escuela primaria, yo llevaba con orgullo mi lonchera de Speed Racer llena de comida sabrosa y saludable (salvo por ese ocasional sándwich de mortadela en pan blanco). Siempre lo daba por hecho. Hoy, sé que no todos los niños pueden contar con un almuerzo casero todos los días, y por eso me enorgullece contarles cómo los empleados de Alaska y Horizon Air están aprovechando esta temporada para dar a través de nuestra colecta anual de alimentos "Pack the Plane"

En realidad, no llenamos uno de nuestros aviones, porque en este momento del año necesitamos cada uno de ellos para llevarlos a sus reuniones, de vacaciones, y a visitar con sus amigos y familia. Pero un avión repleto de alimentos es una excelente medida para cuantificar la cantidad de dinero o alimentos que nuestros empleados recolectan.

El año pasado, los empleados de Alaska y Horizon recolectaron casi 6,000 libras de alimentos y \$73,500 en donaciones, o el equivalente a 14 aviones. Además, las formas en la que lo hacen son tan diversas como las comunidades a las cuales apoyamos, desde las tradicionales ventas de galletas y pasteles, hasta un concurso para arrojar pelotas, creado el año pasado por nuestro equipo de carga de Anchorage.

Este año, nuestra meta es llenar 15 aviones (o más), porque la necesidad es más grande que nunca. En una época en la que desacuerdos llenos de resentimiento parecen ser lo normal, el hambre es un problema sobre el que todos podemos estar de acuerdo. Más de 40 millones de estadounidenses (incluidos 13 millones de niños) viven en hogares con "inseguridad alimentaria", en los cuales la familia no está segura de donde provendrá su siguiente comida o se ve forzada a elegir entre alimentos y otras necesidades.

Los bancos de alimentos, que alimentan a las personas desde Hawái hasta la Costa Este y desde California hasta el estado de Alaska, se beneficiarán de Pack the Plane. En Seattle, un gran beneficiario de nuestro esfuerzo es Northwest Harvest. Alaska ha sido por un largo tiempo benefactor de Northwest Harvest y me enorgullece ser parte de su consejo directivo.

Northwest Harvest opera un banco de alimentos en el centro de Seattle que atiende a una población muy diversa. Sus voluntarios distribuyen comida entre las personas más necesitadas y reparten muchas de las donaciones recibidas entre colectas de alimentos locales (sí, incluso esas castañas de agua enlatadas que metió en su otra donación el año pasado...).

No obstante, su función más importante es brindar respaldo a más de 350 programas de comidas escolares y pequeños bancos independientes de alimentos en todo el estado de Washington, con un enfoque en frutas y verduras nutritivas.

Northwest Harvest festeja su 50 aniversario este año, y durante ese tiempo ha crecido para convertirse en una parte muy importante del operativo de ayuda humanitaria contra el hambre en el estado.

De hecho, el año pasado, Northwest Harvest distribuyó más de 34 millones de libras de alimentos, ilo que significa muchos aviones llenos!

En Alaska y Horizon, estamos orgullosos de las conexiones comunitarias que hemos forjado y a menudo, me siento inspirado por la dedicación de nuestro personal hacia importantes organizaciones comunitarias de toda nuestra creciente red. Los invito a que reciban al espíritu de la generosidad que trae esta temporada y que apoyen su causa favorita, cualquiera que sea.

Gracias por volar con nosotros hoy. Realmente apreciamos su preferencia, y les deseamos a usted y a su familia el más feliz de los días festivos.

-Brandon Pedersen





# Be your best. Feel strong & vibrant. Awaken ageless beauty.

Step into our time machine and roll back the years with our step-by-step rejuvenation program. Together with our experts, you will look and feel your best in just 10 weeks.



Dr. Dedomenico, renowned cardiovascular surgeon, utilizes his collective experience, expertise, and research in a vast number of fields to guide the expert care in the My Best 10 program.







# JENNIFER LOST 20 LBS & 10 YEARS IN 10 WEEKS



I've always been active. I would jog on a daily basis, take gymnastics, work with a personal trainer and exercise on a semi-regular basis. But after having my daughter, taking on more responsibility at work, and with all the other things that go on in life, there never seemed to be enough time. Exercise dropped to the bottom of my priority list. When I could no longer fit into my clothes, it became a daily reminder of how out of shape I'd become. And even when I tried to exercise, I knew there was something missing because I couldn't seem to get back to my original size.

I'd never been on a diet so I wasn't sure how to begin one. I not only wanted to learn how to eat right, but I wanted to continue good habits as I got older. So when I learned that there was a program specifically for women who needed a pick-me-up and it included beauty, nutrition and mentoring, I knew it was for me.

The workouts were exactly what I had expected. I was fortunate to have my sessions split between two trainers. Each offered a different approach. One was more structured, while the other designed workouts which were more creative and challenged my body in different ways.

My dietitian was amazing! She answered every question I had and continuously offered suggestions and tips on managing cravings and how to handle various scenarios. This felt like a key piece to my overall success.

I'm most happy that many of the practices I learned during the program seem to be sticking months later. Having had to coordinate schedules with my husband to do the program allowed me to successfully integrate exercise (for him and myself) back into my schedule. It also showed me that I can make time to exercise while maintaining my regular lifestyle. Also, sticking to an easily sustainable eating regimen has worked wonders.

One of the best parts of the program was the pampering. Having an executive locker with a robe, slippers, great spa products, surprise gifts and more was a pleasurable, guilty indulgence. Many times I'd relax with a cup of tea after working out. It felt like a daily spa session.

I lost about 20 pounds and gained two percent muscle mass. I fit into my clothes – but now I have toned arms, which I've never had in my life. The makeover and photo session was the icing on the cake! When I saw myself in the photos, I was amazed. Who knew?

mybest10.com

1.877.497.6210

4455 148th Avenue NE, Bellevue, WA

# Only pay for the speed you need... Dynamic Routing!<sup>™</sup>





### On time and on budget.

At Lynden, we understand that plans change but deadlines don't. That's why we proudly offer our exclusive Dynamic Routing system. Designed to work around your unique requirements, Dynamic Routing allows you to choose the mode of transportation — air, sea or land — to control the speed of your deliveries so they arrive just as they are needed. With Lynden you only pay for the speed you need!

lynden.com | 1-888-596-3361

# The Art of Hair Restoration

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



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

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

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

"It is important for today's patients to understand that the results that can be achieved can look completely natural and amazing when done properly," says Dr. Goertz. But patients should not be fooled with promises of new machines or instruments doing hair transplants. "The instruments are developed to aid the doctor," says Dr. Goertz. "Ultimately, natural results are achieved by the surgeon who has the surgical and aesthetic skill to create results that are completely natural." When a hair transplant can pass the scrutiny of a hair stylist, you know you have a great hair transplant. "Dr. Goertz has an eye for artistry in making it look natural, which is why I refer my clients to him," says David Cheung, master designer and owner of MARGIDAVID SALON in Seattle.

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

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

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



Eyebrow Transplantation Before & After

Whether you are a man, woman or child, Dr. Goertz is dedicated to creating results that are so natural that the only way someone will know you have had a transplant done is if you tell them.

Visit www.HairTransplantSeattle.com or Call 1-888-642-4247

11007 Slater Avenue NE Kirkland, WA 98033

Hair Transplant Seattle

### What's new





San Diego, left, is known for its recreational opportunities, and San Jose, right, is known as a high-tech business center.

### New flights bring more options to California

Alaska continues to expand from the West Coast with the addition of new service from the airline's California focus cities of San Diego and San Jose. Last month, the airline announced plans to fly between San Diego and Baltimore, making Baltimore the fourth East Coast destination for the airline from San Diego. The airline's California network continues to grow with flights crisscrossing the state and the country. Following are Alaska's existing and new destinations out of San Diego and San Jose, California:

### SAN DIEGO TO 21 CITIES

- East Coast: Baltimore\*, Boston, Newark/New York, Orlando
- · California: Fresno, Mammoth Lakes, Monterey, Sacramento\*, San Jose, Santa Rosa
- Western U.S.: Seattle, Portland, Boise, Salt Lake City, Steamboat Springs
- Hawaiʻi and Mexico: Honolulu, Kona, Līhuʻe and Maui, Hawaiʻi; Puerto Vallarta and Cabo San Lucas, Mexico

### SAN JOSE TO 16 CITIES

- East Coast: Newark/New York\*
- California: Burbank\*, Orange County and San Diego
- Western U.S.: Seattle, Portland, Eugene, Boise, Salt Lake City, Reno
- Hawaiʻi and Mexico: Honolulu, Kona, Līhuʻe and Maui, Hawaiʻi; Cabo San Lucas and Guadalajara, Mexico

\*New flights start March 2017.

### Introducing: Premium Class

Alaska will debut its new Premium Class on January 5, offering more room and added perks. Customers seated in Premium Class will enjoy an extra 4 inches of legroom, as well as early boarding, snacks and complimentary drinks. Customers can choose to upgrade to Premium Class for between \$15 and \$79, based on the length of the flight, while Mileage Plan Elite customers are eligible to receive complimentary upgrades. Customers traveling this month might find themselves lucky enough to preview the

extra space that Premium Class offers as Alaska readies for the January 5 launch date on its Boeing 737-800. The airline has already begun removing seats from these aircraft to provide more legroom for the first few rows of the main cabin, where Premium Class will be located. As each aircraft is refitted, new headrests are installed to give a visual cue that the aircraft has been upgraded. By the end of 2017, all of Alaska's 737-800s and 737-900s will offer Premium Class, as will the Embraer E175s operated by SkyWest Airlines and, soon, by Horizon Air. More information is available at alaskaair.com under the "Travel Info" section.



### The people behind the spirit

# Jet-setter

### LINE MAINTENANCE TECHNICIAN JACK JENSEN

Every once in a while, Jack Jensen likes to travel for work. Such opportunities are typically a test of job knowledge, teamwork and stamina that he finds invigorating. Several times a year, he might find himself in Cabo or an Arctic coast village, but since he's one of the airline's top jet-engine mechanics, it's never a leisure trip.

Last winter, Jensen and a crew of engine shop technicians were called to Kotzebue, Alaska, where a storm had disabled one of a 737's jet engines as the aircraft sat overnight. The crew left Seattle on a moment's notice to make the diagnosis, and while a freighter plane carrying a replacement engine and toolkit made its way to Kotzebue, Jensen and his crew prepared to remove the damaged engine—without the luxury of a heated hangar. Two days later, a flight crew arrived to retrieve the 737 and offered the technicians a ride home.

It's always rewarding to fly back home on an engine he's just fixed, Jensen says. And nobody's better at getting those planes back in the air.

Jensen's day-to-day work in Alaska's Seattle engine shop is much more routine, but most any mechanic who works with him will tell you Jensen approaches his job in the shop with the same service mindset and attention to detail that he shows in the field. He's willing to share all 37 years of his experience to help other technicians.

Jensen grew up in Michigan, the son of a mechanic. He was the kid who always had his head under the hood of his 1969 Chevy Nova. Yet Jensen also dreamed of flying, and in 1975, when his uncle in Anchorage offered to give him flying lessons, Jensen

didn't hesitate to head north. While learning to fly, he enrolled in community-college courses to learn how to fix the small planes he was flying, and in 1978 he earned his Airframe and Powerplant license. Then, every other Friday, he visited each of the commercial airlines with offices in Anchorage. "I wanted to work for the big boys, where I could make some money and work on the big jets," he recalls. He got his break when Alaska Airlines landed a contract to service jumbo jets stopping over in Anchorage for a Japanese airline.

Jensen liked the work, but he and his wife longed for milder climes, and in 1982 Jensen transferred to Seattle. Though an experienced jet mechanic, he had to wait his turn in Seattle: He painted ground equipment and washed greasy parts for a few years until the senior technicians felt he was ready to work on engines.

That wait, however, is telling of Jensen's patient nature and his willingness to do whatever is necessary—whenever it's needed. Several years ago, Jensen was flying with his daughter to Minneapolis on his day off. Prior to the return flight, the pilot asked Jensen to take a look at a problem the local ground crew was dealing with. Jensen recognized immediately that the engine needed a new fuel pump. Jensen worked deep into the night. At 2 A.M. he slept for a few hours, and he was back at it at 6 A.M. By late that afternoon the plane was tested and ready to go.

Jensen was rewarded with a first-class seat for his trip home, and when the captain related how Jensen had spent his day off, the passengers gave him an ovation. —Paul Frichtl



Each year,
Alaska Airlines
recognizes
employees, such
as Line Maintenance Technician
Jack Jensen, as
Legends of
Customer Service.
It's the airline's
highest honor.

### Focus on sustainability

### ALASKA LEADS THE WAY WITH BIOFUEL FLIGHT

Alaska Airlines made history in November by flying the first commercial flight using the world's first renewable, alternative jet fuel made from forest residuals—the limbs and branches that remain after the harvesting of managed forests. The alternative jet fuel was produced through the efforts of the Washington State University-led Northwest Advanced Renewables Alliance (NARA). The demonstration flight departed Seattle-Tacoma International Airport, bound for Reagan National

Airport in Washington, D.C., fueled with a 20 percent blend of sustainable aviation biofuel, which is chemically indistinguishable from regular Jet A fuel. The flight helped advance the use of viable alternatives to conventional fossil fuels for aviation and demonstrated that Alaska is committed to partnering to find new, more environmentally friendly fuels. Just this past June, the airline flew two flights using a blend of biofuel produced from nonedible, sustainable corn.



An Alaska Boeing 737 powered by aviation-grade biofuel.

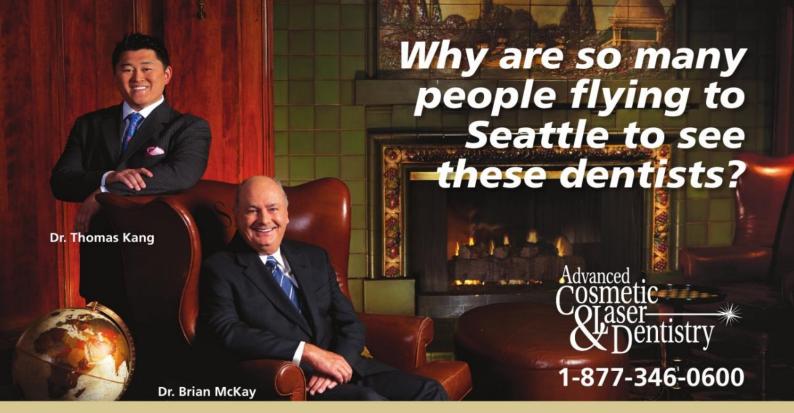
# 99 bottles of bourbon on the wall ...



With over 99 varieties of bourbon to choose from, finding your favorite might not be as easy as you think. We suggest starting with the new John Howie Personal Selection Woodford Reserve. We created this unique blend with the good folks at Woodford Reserve. In all, we have well over 600 varieties of spirits to choose from including 300 whiskies. Our mixologists are the best in the business. Discover something new or enjoy an old friend at John Howie Steak.

### JOHN HOWIE STEAK





Transformations happen every day at Advanced Cosmetic & Laser Dentistry in Seattle. People from all over are talking about the breakthrough methods that promise the smile of your life.

There is a difference when it comes to the dentist you choose. Experience counts, not just in what you have done but who does the work. In Seattle, at Advanced Cosmetic & Laser Dentistry we have the fussiest patients from all over the world plus we feature unique, luxury surroundings and an attentive and professional staff. Designed on purpose to meet the needs of our out-of-town guests. Convenient overnight accommodations arranged for you at Hotel Sorrento or another of our fine hotels.\*

Our total focus is on you. We only treat one patient at a time. You are pampered from the very start with a limo ride to the office.\* Whether you need **Teeth By Tonight** Dental Implants or a **Smile Makeover** using cosmetic techniques imagine how you'll feel when you finally get the most beautiful smile you've ever desired.

Word is spreading about the quality of care and the efficiency of these dentists. If you've been told it could take months to complete your care, relax. We can usually accomplish everything with just a few visits. We reduce your time in the dental chair

to only what is absolutely necessary. We use advanced sedation techniques so you don't feel a thing. Folks love it.

Concerned about cost? Be assured with our <u>NEVER PAY AGAIN</u> policy. If any restoration we place in your mouth breaks or is damaged we'll replace it for free.\*

Our world-class dentists are trained and experienced in making the impossible happen everyday. You can relax and feel comfortable. Sit back, enjoy the limo ride and we'll take care of the rest.\*

### **6 REASONS TO HAVE US BE YOUR DENTIST**

- Experience Counts We've Successfully Completed Thousands Of Cases
- Teeth By Tonight Dental Implants Replace Missing Teeth
- Advanced Sedation Options Complete Your Treatment In One Visit
- No Hidden Fees Everything Included
- Never Pay Again Policy
- Saturday Appointments Available

\*Terms and conditions apply.













www.acld.com - there is a difference!

# **JOURNAL**



SAN FRANCISCO, CA

### **Have an Ice Time**

An ice rink surrounded by palm trees is an unusual sight, even in San Francisco's city center, which seems to have it all at the holidays. Through January 16, the Safeway Holiday Ice Rink in Union Square presented by Alaska Airlines is welcoming skaters young and old in one of the city's main shopping areas. New this year are free "Learn to Skate" classes the first weekend of each month, and *The Lion King*—themed skating sessions each Saturday in December.

There's no shortage of holiday happenings in the Union Square area. Through New Year's Day, two blocks of Stockton Street (between Geary and Ellis streets) will be closed to cars to serve as the Winter Walk SF pop-up plaza, with live performances, caroling and food vendors. The square's most obvious eyecatcher is the 83-foot Macy's Great Tree, decorated with 33,000 LEDs. This lights up every night through December. Adoptable cats and dogs occupy the department store's main-level windows. Other seasonal fun includes the Polar Bear Skate on New Year's Day, a California take on the traditional cold-water plunge. Participants wear sunglasses and swimwear well-suited to palm-tree surroundings. Visit unionsquareicerink. com and visitunionsquaresf.com. —Margo Vansynghel

Union Square in San Francisco is brimming with holiday attractions, including an ice rink and the Macy's Great Tree (shown left of center). NEW YORK, NY

### Under the Radar, Up Onstage

The new year is a fine time to enjoy fresh theater in New York. A terrific illustration of this is the performing-arts festival Under the Radar, which will run at multiple venues, January 4-15. Organized by The Public Theater, which gained fame for its recent box-office hit Hamilton, the festival turns the spotlight on contemporary theater from around the world, such as La Mélancolie des Dragons, a poetic play from France set in a heavy metalthemed amusement park. Another highlight is Blueprint Specials, a show that draws on Broadway-style musicals

created during World War II to boost military morale. The specials are being restaged for the first time in more than 70 years, on the hangar deck of the U.S. Navy aircraft carrier Intrepid, the centerpiece of New York's Intrepid Sea, Air & Space Museum. Another intriguing festival venue is the Egyptian Wing of the Brooklyn Museum, where the interactive show Top Secret International (State 1), January 5-8 and 11-15, will turn visitors into spies and raise the question: Who can stay under the radar? Call 212-967-7555 or visit undertheradarfestival.com.

—Margo Vansynghel



Jomama Jones, performance artist Daniel Alexander Jones' alter ego (left), joins pianist Samora Pinderhughes (right) in Black Light, January 5 and 8, as part of the series UTR + Joe's Pub: In Concert.



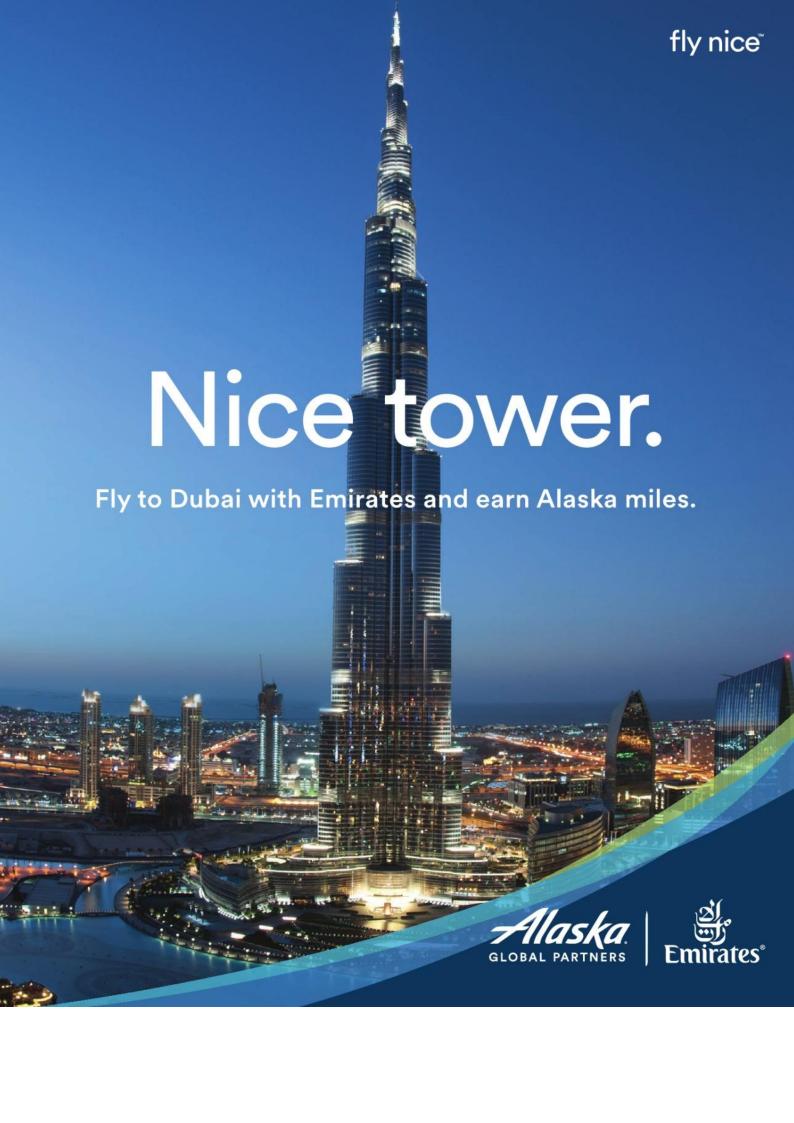
PHOENIX, AZ

### Music to Your Eyes

From depictions of dragons to patterns of peacocks and even a medieval manuscript, the art of decorated musical instruments is the focus of "Dragons and Vines: Inlaid Guitar Masterpieces." The exhibition—which is running through September 4, at the Musical Instrument Museum in Phoenix—features more than 30 guitars, several banjos and one 'ukulele. Many of the instruments have never been exhibited before, with a significant number coming from the private collection of the late Larry Sifel, founder of the inlay company Pearl Works. "Also on view is a guitar with distinctive inlay that was custom-built for Carlos Santana, who played it extensively," says exhibition co-curator Richard D. Walter. Musical pedigree or not, it's the guitars' artful details that stand out in this show, he says. "The instruments are the real stars." Call 480-478-6000 or visit mim.org. —Margo Vansynghel

The Paul Reed Smith Dragon Guitar (2002), above, and the Martin "Night Dive" Orchestra Model guitar (2004), right, are among the elaborately inlaid instruments in the "Dragons and Vines" exhibition.







LOS ANGELES, CA

### **Vibrant Visuals**

A new richness in artists' uses of color surged—or irrupted—into the modern art scene in the late 1800s and early 1900s, led by trailblazers such as Henri Matisse, Paul Signac and Wassily Kandinsky. These artists and others used color to express emotions, delineate spaces and make bold political statements, among other purposes.

"An Irruption of the Rainbow: Color in Twentieth-Century Art" opens December 17 at the Los Angeles County Museum of Art. The exhibition showcases paintings, prints, photographs and other works from LACMA's collection that illustrate expansive uses of color by artists in the 20th century, as well as continuing explorations by contemporary artists, such as Ginny Bishton and Polly Apfelbaum. One work, Black Flag, by Apfelbaum, stretches from the gallery entrance into the neighboring gallery, with pieces of dyed velvet strips reaching out across the floor. For more information, call 323-857-6000 or visit lacma.org. —Kaitlynn Mann

PHILADELPHIA, PA

### A Blockbuster Exhibition

In the *Jurassic Park* films, tourists traveled to the fictional island of Isla Nublar to see roaring re-created dinosaurs. Through April, visitors to "Jurassic World: The Exhibition" can enjoy a museum version of this experience at Philadelphia's Franklin Institute, in a North America premiere.

Blending the cinematic with the factual, this entertaining exhibition gets guests up close to impressively realistic animatronic dinosaurs such as a representation of the films' famous *Tyrannosaurus rex* that steals the show

by walking and roaring with smooth, anatomically accurate movements.

Created in close collaboration with the renowned paleontologist Jack Horner, the exhibition draws on the real-world dinosaur science that allowed *Jurassic World* to come to life. The exhibition was created to be a highly engaging learning experience, and Horner says he hopes "Jurassic World: The Exhibition" inspires ble to come in and learn, while it entertains

people to come in and learn, while it entertains visitors in an unconventional exhibit environment.

To learn more, call 215-448-1200 or visit fi.edu.

—Kaitlynn Mann



**Wonder Woman is** turning 75, and she is clearly staying strong, using her invisible jet and legendary lasso of truth in the continuing quest for justice. Fans can celebrate this iconic heroine-who made her first appearance in the December 1941 issue of All-Star Comics—with re-releases of famous comics, a new Wonder Woman action figure and a feature film due out in June. Follow #WonderWoman75. -Meagan Wehe

A moving model (shown above) of the Jurassic Park films' T. rex stars in "Jurassic World: The Exhibition."



# Visit for a week, or stay for a lifetime

### Enjoy an incredible experience!

Whale Watching Package 4 nights starting from \$150 USD

Price per person based on double occupancy.

Promo Code: ASDEC16

### Includes:

- 4 Nights & 5 Days in Deluxe Studio Room
- · A full day of adventure! Whale Watching at Magdalena Bay
- \$25.00 USD Sabila Spa coupon per person
- 1 hour of kayak & paddle board

Restrictions may apply



Booking window: NOW - FEB 28,2017. Valid Travel Dates: JAN 3, 2017 - MAR 31, 2017 For more adventures please visit villadelpalmarloreto.com reservaciones.vdpl@vgloreto.com | 800.790.4187

















### at the Islands of Loreto, Mexico.



Beauty has a home. Yours. The way the home conforms to your lifestyle, seamlessly combining indoor and outdoor spaces. The way the property is enveloped by the Sierra Giganta mountains, carved like rugged jewels by millennia of rains and sun. And the way the Islands of Loreto stand like sentries protecting your own private sanctuary. Make beauty your home. **Homesites starting at \$281,000.** 

Please contact us to inquire about your **Discovery Visit**.



# MEGAN LOST 120LBS.

"One of my goals was to ski again, but I'd never felt strong enough to try it out. Since completing the program, skiing has become a passion!"



I've struggled with my weight my entire life. While I was lucky not to have any serious weight-related, medical issues, I began to experience back pain. After I threw my back out for the second time in three months, I knew it was time to do something about it. So I went to visit my doctor

to get a true sense of my health. I was handed a copy of 20/20 Lifestyles Metabolic Cure by Mark Dedomenico, M.D. and we talked about the 20/20 LifeStyles program.

At first, I was skeptical as I'd never had much luck with weight loss programs. The book sat on my shelf for about two weeks. When I finally started reading it, I was pleasantly surprised. The testimonials reflected the personal struggles and patterns I'd experienced in my own life. It also explained the science behind gaining weight and what prevents us from losing it. It was both enlightening and comforting to finally have someone explain my struggles with weight loss and the steps I could take to actually combat those issues.

I agonized a bit with committing to the full 20/20 LifeStyles program because it seemed very demanding, but I realized the structure of the program and the multifaceted approach would be the best thing to keep me motivated on my weight loss journey.

I was never physically active and dealt with chronic back pain for years, so I was a bit scared to push myself physically. Luckily, I was paired up with a wonderful personal trainer. She pushed me to work hard, but was also sensitive to my physical concerns. I've seen myself get stronger and stronger, and have gained back the independence that I feared

One of my goals was to ski again, but I'd never felt strong enough to try it out. Since completing the program, skiing has become a passion! Last winter, my husband and I skied every weekend and even planned vacations around the sport.

2020lifestyles.com

425.861.6258



For the first time in my life, I'm in the healthy range for my weight and body fat percentage. I've also lost dozens of inches across my entire body and my blood pressure has dropped significantly. Plus, I no longer have that chronic back pain.

This isn't just a temporary diet designed to make you drop the weight as fast as possible. The program focuses on all aspects of one's lifestyle in order to help them make the necessary changes to go forward with their lives and continue to be healthy. I now have a clear understanding of what it takes to be healthy and I don't fear gaining the weight back. I feel confident with the knowledge I've gained and no longer feel like a victim of circumstance. For the first time in my life, I feel like I'm in control of my health.

### TIPS FROM MEGAN

Keep your focus on what you'll be gaining rather than what you're giving up. One of the reasons it took me so long to feel ready to lose weight was because I dwelled on all the things I'd be giving up – which really boiled down to time and unhealthy foods and drinks. Once you realize that what you gain is exceedingly more important, it's hard to rationalize siding with alcohol and ice cream over health and fitness. Staying focused on my slimmer, healthier and fitter self – and all of the inherent benefits – kept me motivated.

Give yourself challenging, yet realistic goals, and make yourself accountable to attaining them. In the past, I had unrealistic goals which inevitably led to frustration and failure. Having realistic goals, where you're actually tracking, quantifying, and holding yourself accountable, makes it much easier to stay on track.

4455 148th Avenue NE, Bellevue, WA



Start losing today at 2020lifestyles.com



Download the free 20/20 LifeStyles app today.





Renowned cardiovascular surgeon **Dr. Mark Dedomenico** created 20/20 LifeStyles over 20 years

ago to help people struggling with obesityrelated metabolic disorders such as high cholesterol, diabetes and hypertension.



SEATTLE, WA

### Painter of a Great Migration

Jacob Lawrence was only 23 in 1941, when he painted a series of 60 panels about the Great Migration, the exodus of African Americans from the rural South after World War I. In doing so, he became one of the first African-American artists to gain mainstream success.

Starting January 21, visitors to the Seattle Art Museum will be able to view his timeless masterpieces in "Jacob Lawrence: The Migration Series." The series will be viewed in its entirety, as one large mural, for the first time on the West Coast in more than two decades, thanks to a loan from The Museum of Modern Art in New York



Jacob Lawrence, The Migration Series, Panel 3: From every southern town migrants left by the hundreds to travel north (1940–41), casein tempera paint on hardboard.

(MoMA) and The Phillips Collection in Washington, D.C. The exhibition, which will run through April 23, celebrates the centennial of Lawrence's birth and also honors his contributions to art in Seattle, which include teaching at the University of Washington from 1971 to 1986.

For more information, call 206-625-8900 or visit seattleartmuseum.org. —Jeevika Verma



Above: Frida Kahlo, Autorretrato con Changuito (Self-Portrait with Small Monkey, 1945), oil on composite board. Top right: Frida Kahlo, Retrato de Alicia Galant (Portrait of Alicia Galant, 1927), oil on canvas. Bottom right: Frida Kahlo (1945, seated next to a lithographic stone of Diego Rivera's 1930 self-portrait, at Casa Azul), photograph.

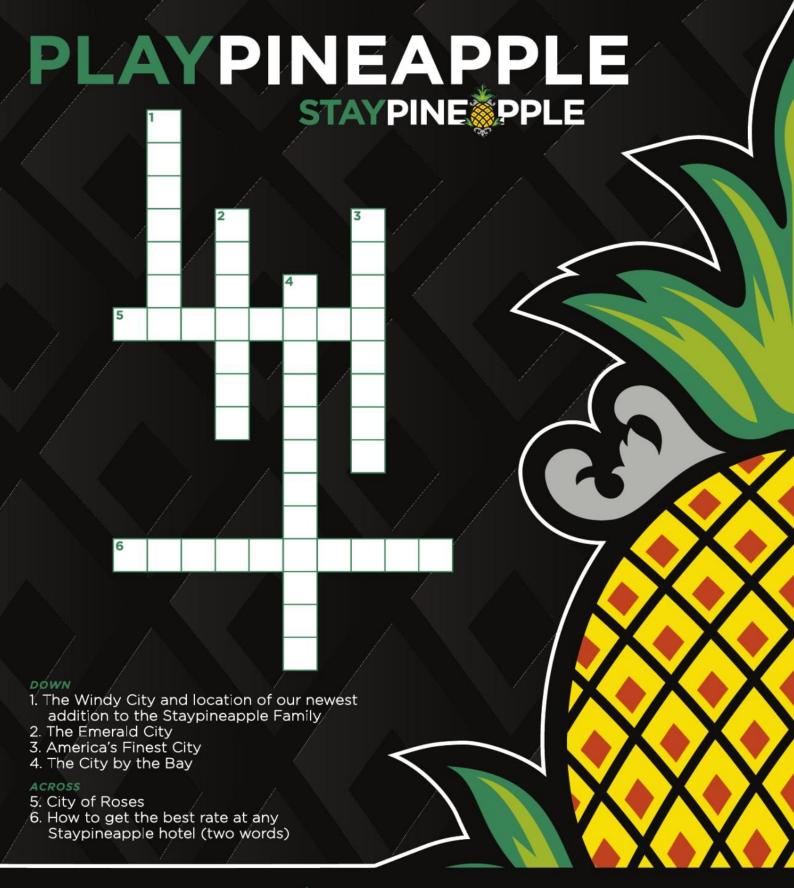
### **FRIDA IN FLORIDA**

With special exhibitions of artists ranging from Warhol to da Vinci, The Dalí Museum in St. Petersburg, Florida, has grown to be a beacon of arts and culture in the Tampa Bay area. On December 17, Frida Kahlo will become the first renowned female artist to be showcased in the museum's new building. The exhibition "Frida Kahlo at The Dalf" will be on display through April 17. Kahlo is admired for her radically honest self-portraits, and this exhibition will allow visitors to step into her world through 60 works and artifacts. These include 15 paintings, seven drawings and numerous personal photographs that have never been displayed together. The exhibition extends outdoors into the museum's Avant-Garden, where a special selection of plants, including oleander and yucca, have been planted just like the ones at Casa Azul, Kahlo's home in Mexico City, Mexico.

The Dalí Museum also boasts the largest collection outside of Spain of Salvador Dalí work. Call 727-823-3767 or visit thedali.org. — Jeevika Verma









SEATTLE PORTLAND SAN FRANCISCO SAN DIEGO



CHICAGO, IL

### Interactive Science at The Field Museum

The Field Museum in Chicago is world-renowned for its excellent exhibits and for having 30 million specimens actively used in research by its staff of 150 scientists. The Field recently opened the **Grainger Science Hub** to give visitors a chance to engage with the museum's latest scientific research through interactions with scientist-educators and rotating hands-on displays. Every Friday, the "Meet a Scientist" event brings in a scientist from the museum to describe work to museumgoers. The first two exhibitions in the space, showing now, feature a recently acquired rock specimen from Australia that holds some of the oldest minerals on the planet, and specimens of shark fins and eyeless fish being used in the museum's latest DNA research. Learn more at fieldmuseum.org. —Jeevika Verma



This mask from New Zealand represents ta moko, a form of symbolic tattooing practiced in the Maori culture.



This figurine from Alaska shows a female member of the Yup'ik culture, with striped chin tattoos once common in the North American Arctic.

Body Art: Also at The Field Museum is "Tattoo," a traveling exhibition that originated in Paris at the musée du quai Branly–Jacques Chirac. It will show through April 30. Visitors can learn how tattooing has been a means of self-expression for more than 5,000 years. The exhibition is complemented by artifacts from The Field's own collections, such as a wooden head representing body art of the African Makonde culture. A Tattoo Shop section of the exhibition allows viewers to watch Chicagoarea tattoo artists at work inking science-inspired designs on willing volunteers. For more information, call 312-922-9410 or visit fieldmuseum.org. —Jeevika Verma

### CALENDAR

Through Jan. 4, "Tis the Season for Science," exhibits about holidaythemed science; California Academy of Sciences, San Francisco, CA; 415-379-8000; calacademy.org

Through Feb. 26,
"Unknown Fabergé:
New Finds and Rediscoveries," elegant late
19th-early 20th century
objects by Fabergé jewelers;
The Museum of Russian
Art, Minneapolis, MN;
612-821-9045; tmora.org

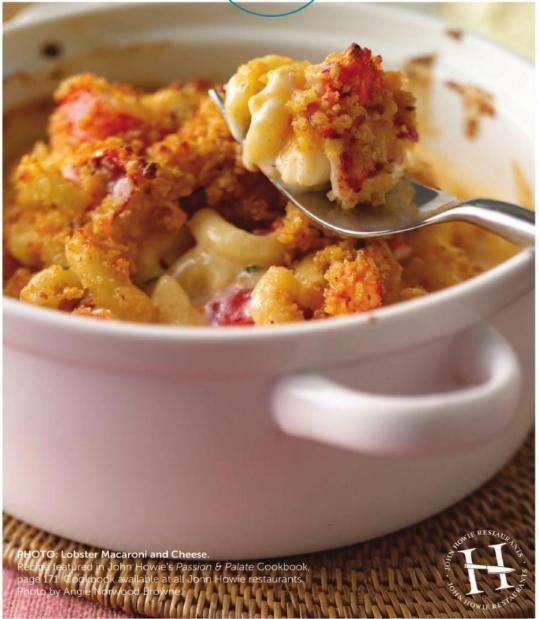
Dec. 9-Sept. 17, "Who's Got Game? Asian Pacific Americans in Sports," photos, memorabilia, oral histories; Wing Luke Museum of the Asian Pacific American Experience, Seattle, WA; 206-623-5124; wingluke.org

Jan. 9–15, Sony Open in Hawaii, the year's first full-field event of the annual PGA Tour; Waialae Country Club, Honolulu, HI; sonyopeninhawaii.com

Jan. 13–16, Napa Truffle Festival, local artisans, foods, cooking demos; multiple locations, Napa, CA; napatrufflefestival.com

Jan. 19–29, Sundance Film Festival, around 200 screenings in various genres, music and more; multiple venues, Park City, UT; sundance.org





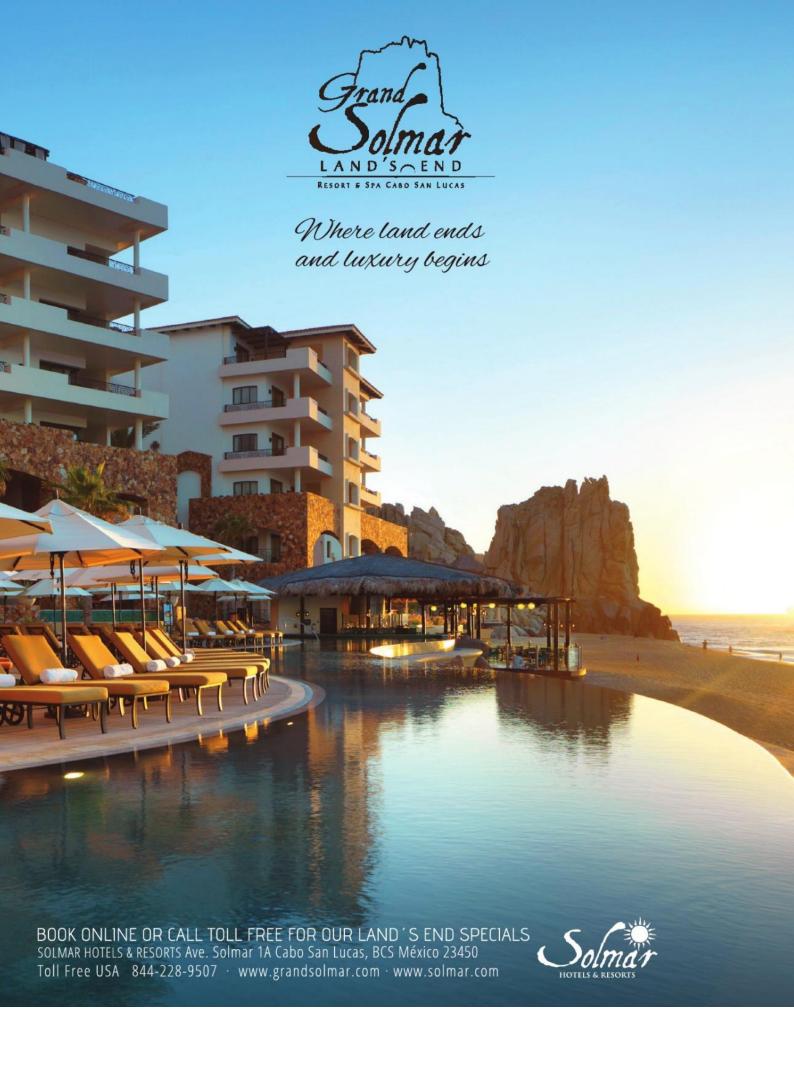


Northwest's premier seafood destination. Evolving seasonal menu. Zagat's highest rated Seattle Seafood restaurant.

**RESERVATIONS** seastarrestaurant.com

BELLEVUE: 425.456.0010





GADGETS

### **Everything but the Kitchen Sink**

Innovations for the top chef of the household BY JAIME ARCHER

Depending on the situation, cooking can be a pleasant way to unwind at the end of the day or a hurried task that takes time out of a busy schedule. Whether you're cooking an elaborate holiday dinner or whipping up a quick meal, this set of kitchen gadgets can help cut down on prep time so that you can spend more time at the dinner table with friends and family.

Fusionbrands FoodPod FoodPod—
a silicone bag that keeps food items
together when boiling, blanching
or steaming—also has holes
for easy draining and a clip
to attach the bag to
saucepans (fusionbrands.com; \$15).



### **Kilner Butter Churn**

This easy-to-use tool turns room-temperature whipping cream into soft, silky butter (available from numerous retailers, including mtbakermercantile.com; \$39.99).





### MORE KITCHEN GEAR

iTouchless Bag Resealer Powered by batteries, these resealers glide along the edges of open plastic bags to create an airtight seal. The resealer's size makes it easy to pack for picnics or camping, and its magnetic base allows for storage on the fridge (itouchless.com; \$21.95 for a set of two).

Split Decision Pie Pan For the family that can't choose between apple or pumpkin pie, this pan comes with two bases: One lets bakers create traditional whole pies, the other is divided for baking two flavors at the same time (chicagometallicbakeware.com; \$24.99).

Zyliss FastCut Herb Dicer Guide this device's five cutting wheels through herbs; this tool can dice herbs finer than some cooks can with a knife (zyliss.com; \$16.99).



### Chef'n GarlicZoom Garlic

Chopper The sharp blades of the GarlicZoom mince three to four peeled garlic cloves at once, in seconds (chefn.com; \$9.99).



### The Watermelon Claw

This stainless steel tool cuts into halved watermelons and then serves as tongs to remove slices, leaving behind the rind. It works best with large rather than small melons (watermelonclaw.com; \$7.99).

# NA HOKU

Hawaii's Finest Tewelers Since 1924



The Original Wave Collection

An incomparable collection of Hawaiian and Island lifestyle jewelry

OAHU • MAUI • KAUAI • BIG ISLAND OF HAWAII • NCL PRIDE OF AMERICA

BOSTON • CHICAGO • DALLAS • DENVER • LAS VEGAS • NEW YORK ORLANDO • PHILADELPHIA • PLEASANTON • PORTLAND • SAN DIEGO SAN FRANCISCO • SAN JOSE • SEATTLE • WASHINGTON, D.C.

NaHoku.com • 1-800-260-3912









Set to redefine your all-inclusive luxury resort experience, the Towers at Pacifica ushers in a new era of sophistication on Mexico's sun-kissed Pacific coast. An intimate, adults-only beachfront resort-within-a-resort of just 47 guest rooms and suites, the Towers at Pacifica blends contemporary style with modern must-haves, including an exclusive VIP Lounge with views of the Pacific and personal butlers who'll mix a perfect post-game cocktail after a round on Jack Nicklaus' award-winning Quivira Golf Club course.













Is this your year for getting a new knee, hip or other surgical procedure? Make sure you spend as much time researching post-operative rehabilitation options as you do hospitals and surgeons.

Skyline is the preferred recovery resource recommended by Seattle's top medical providers. We offer a wide variety of short- and long-term rehabilitation options in a beautiful residential setting.

Our highly respected on-site medical director, nursing team and rehab services will help you to recover and feel confident of a successful transition back to an independent life.

It's rehab that will have you rejoicing!

See our Top Ten Tips for Successful Surgeries & Recovery at SkylineSeattle.org/Rehab. To find the best option for you, give us a call at (206) 934-1710.

### Other services offered at Skyline:

- · Residential Assisted Living
- · Transitional Cognitive Care Options
- Skilled Nursing
- · Respite Stays
- · Independent Living Apartments

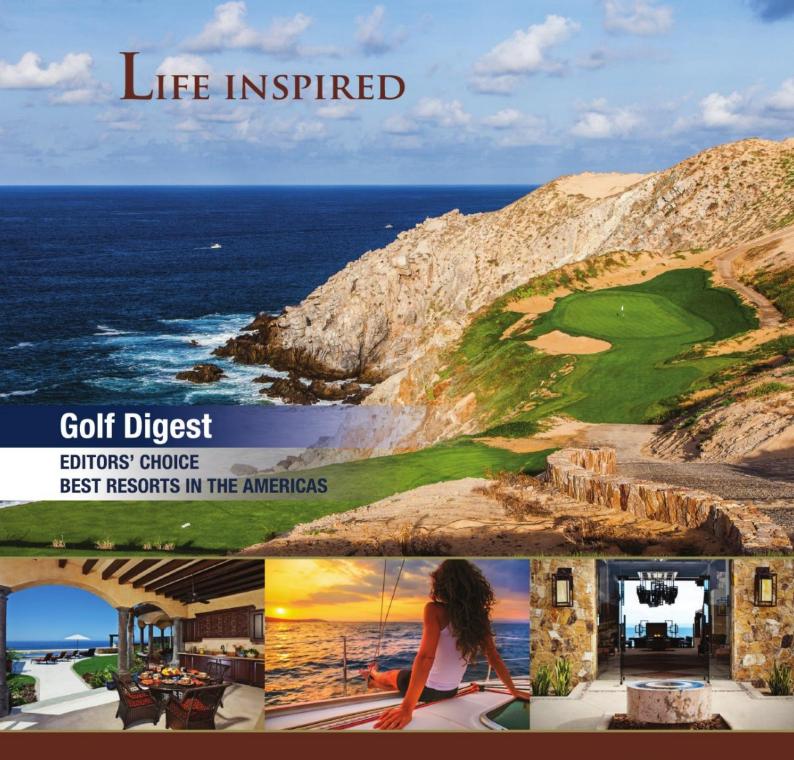
### In addition to our health services tower,

Skyline is an upscale, 62+ Life Care Community with magnificent views of Puget Sound and downtown Seattle. Residents enjoy first-class amenities and an independent, cosmopolitan lifestyle. We're just a short walk to some of the best dining, cultural arts and shopping the city has to offer.









### A LIFESTYLE OF RELAXED YET REFINED COMFORT AWAITS YOU AT QUIVIRA

Legendary amenities and exceptional services will become part of your everyday experience.

Situated on 1,850 acres, with three miles of pristine beaches, **Quivira** offers the best-of-the-best in a tranquil sanctuary. This private gated retreat is located just one mile from the heart of Cabo San Lucas. With everything from world-class fishing and spectacular golf, to award-winning spas and dining, you'll discover exactly what it means to live life inspired.



Elland | Ones and | Learner | Lancard

Pueblo Bonito Golf & Spa Resorts | Copala Residences | Novispania Residences | Montecristo Villas | Coronado Luxury Homes info@quiviraloscabos.com | Tel.: 1.866.578.4847

### **JOURNAL**

PROFILE

#### **Guitar Hero**

Pearl Jam's Mike McCready works for Crohn's awareness BY ANDREW WAITE

t wasn't exactly the opening Mike
McCready had in mind. It was 1997, and
the Seattle grunge band Pearl Jam was
about to open for The Rolling Stones.
Just before Pearl Jam went on, lead guitarist
McCready felt a familiar pain in his gut. It
wasn't nerves; it was a Crohn's attack.
McCready needed to find a bathroom. Fast.
That's how he ended up cracking open a
backstage Porta-Potty door to watch his
bandmates begin their set at the epic concert
with a song that didn't require him playing.

This is a story McCready tells when asked to describe what it's like living with Crohn's disease, which, along with ulcerative colitis, affects approximately 1.6 million Americans. While these inflammatory bowel diseases (IBD) have similar symptoms—which include abdominal pain, cramping and urgent need to use the bathroom—Crohn's can affect any part of the gastrointestinal tract, and ulcerative colitis remains in the

medications to mitigate symptoms.

McCready has lived with Crohn's for 30 years, and for about half that time he kept it private. In 2001, McCready's wife, Ashley, prompted him to find a support network.

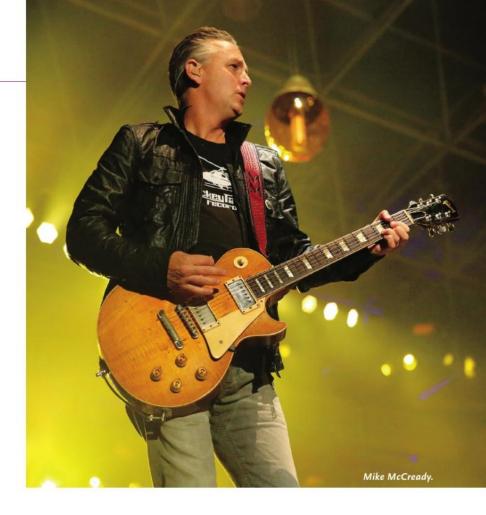
colon. There is no cure for these diseases, though there are

"I'd been struggling and was on a roller coaster of emotions and bouts of bad health," he says. "We discovered the Northwest chapter of the CCFA [Crohn's & Colitis Foundation of America] 15 years ago and have been supporting their mission ever since."

CCFA is a nonprofit devoted to finding cures for IBD and improving patients' quality of life. The foundation funds research, hosts educational programs and provides support.

McCready's favorite CCFA program is Camp Oasis, a summer camp for kids with IBD. "Every time I go, it not only changes my life, but also my perspective," he says. "Allowing kids to socialize and just be kids—not sick kids—is as important as research. The psychological impact of kids talking to each other, oftentimes making fun of their disease, is imperative to their well-being."

McCready is a prominent advocate for CCFA and proves that IBD doesn't have to define someone's life. He certainly hasn't let Crohn's define him. Pearl Jam has won Grammys and produced 10 studio albums, and in 2016 completed its 25th anniversary tour.



"Playing with Tom Hamilton of Aerosmith at Fenway Park was definitely a special moment from that tour," McCready says. On top of his Pearl Jam work, McCready has many acclaimed side projects, including his work with the band Temple of the Dog.

McCready says his experience with Crohn's has influenced his music. "The excruciating pain I've felt over the years has shaped the depth of my guitar playing and songwriting," he says. "At my best I draw and learn from my pain."

McCready hopes that living publicly with his disease will encourage fellow patients by opening their eyes to what's possible with treatment and maybe open a few doors to managing their conditions.

Learn more about the CCFA at ccfa.org; learn more about McCready's projects at pearljam.com/band/mike.





# Don't miss your opportunity to live in the Cosmopolitan, a new level of luxury in the Pearl District

The best of all worlds converge; nature, entertainment, convenience, culture, sophistication and the views you have been dreaming of.

Stroll through the adjacent city parks, Tanner Springs and the Fields. Restaurants, theaters, book stores, shops and galleries all at your doorsteps or just a Streetcar ride to your designation. Your car, in the rare event you need it, awaits in an owner-only private garage.

European Oak and Travertine flooring. Solid quartz kitchen and bath counters. Italian Pedini cabinetry. Miele Appliances. Grohe Fixtures. Fully appointed Fitness Center. Community Room, Guest Suites on call for your visitors and 24-hour Concierge Services.



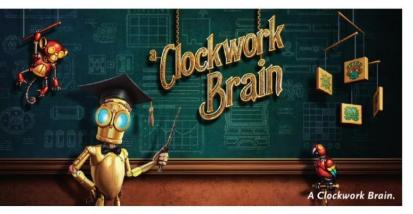
Four available condominiums on floors 19 through 27. Prices ranged from \$999,500 to \$1,864,000.



SALES CENTER SHOWROOM OPEN 10-5 M-F, 11-5 S-S or by appointment

1130 NW 10th at Northrup • Portland, Oregon 503.227.2000 • cosmopolitanpearl.com





APPS

### **Mind Games**

Applications for using idle time without being idle BY KAITLYNN MANN

During downtime before an appointment or while waiting for the bus, apps such as the following can help keep your mind active by engaging it with games, puzzles and other mental challenges. Some say this is good for your brain health. And regardless of that, these apps are just plain fun.

#### A Clockwork Brain

Android, iOS, Windows Phone; aclockworkbrain.com With an old-school aesthetic and robot characters to explain game rules, offer assistance and give hints, this app has games, as well as word and logic puzzles focused on attention, dexterity, language, memory and reasoning.

#### **Brain HQ**

iOS; brainhq.com This app customizes everything from the type of games users play to the daily game schedule for each user, based on preferences and progress.

#### Braingle

Android, iOS; braingle.com

Braingle aims to improve users' memory and brainpower through engagement with puzzles, games and optical illusions, vocabulary and more.

#### Eidetic

iOS; eideticapp.com Eidetic is designed to boost long-term memory. Its use of "spaced repetition" exercises—having users repeat quotes, phone numbers or trivia at increasingly longer intervals provides purposeful challenges for users.

#### Elevate

Android, iOS; elevateapp.com

Focusing on users' skills in communication and analyzing, Elevate tracks performance on games and uses this to show progress and customize difficulty for each individual.

#### Happify

Android, iOS; happify.com

This app's research-based activities encourage users to take time to relax and focus on the positive by

Processing

offering stress-relieving tips, meditation videos and exercises, and mood tracking.

#### **Left vs Right**

Android, iOS; Ivrbrain.com
Complete brain exercises from
six categories—including
awareness, precision and
adaptability.



Android, iOS; lumosity.com

This cognitive-training app includes more than 25 games for use on mobile devices. Its developers continue to work with scientists to explore ways to challenge your memory and exercise your brain.



Elevate (three screens).



Happify.

#### OTHER BRAINY APPS

Some of the most-downloaded brain-training apps:

Brain It On! (brainitongame.com)
Learn and play with physics
animations to complete each
challenge and get to the next level.

Brainwell (brainwell.com)
Challenge your friends and pick
from categories such as "critical
thinking" and "visual."

Personal Zen (personalzen.com)
Use this relaxation app to help you focus on the positive in life by following a joyful character on your screen.

**Pictoword** (kooapps.com) Think creatively to "read" two pictures and make one word from them.



BOOKS

#### **Novel Enchantments**

Stories for the young and the young at heart BY MEAGAN WEHE

With the arrival of the holidays, many beautiful books become available for the budding bibliophile. The following sampling of recently released books will entertain children from a wide age range, along with adults reading aloud.

#### A POEM FOR PETER

By Andrea Davis Pinkney;
Pictures by Lou Fancher and
Steve Johnson; Viking
Pinkney's lyrical biography tells the
story of picture-book pioneer Ezra
Jack Keats and his artistic dreams—
dreams that would embolden
generations to come.

#### **ADA TWIST, SCIENTIST**

By Andrea Beaty; Illustrated by David Roberts; Abrams Books for Young Readers
In this story inspired by ground-breaking women researchers, the character Ada takes her family—and readers—through a series of explorations driven by her continually asking, "Why?"

# ATLAS OF ANIMAL ADVENTURES

By Rachel Williams and Emily Hawkins; Illustrated by Lucy Letherland; Wide Eyed Editions Pairing facts with vivid illustrations, Williams, Hawkins and Letherland have created a fantastic oversize book for young animal enthusiasts.

#### THE GREAT SPRUCE

By John Duvall; Illustrated by Rebecca Gibbon; G.P. Putnam's Sons An apt tale for the season, this brightly illustrated story tells of a giant tree transported live to the city for holiday celebrations—and then returned and replanted in the place where it grew up.

#### GERTIE'S LEAP TO GREATNESS

By Kate Beasley; Illustrated by Jillian Tamaki; Farrar, Straus and Giroux The spunky and persistent protagonist of this whimsical, humorous book is on a mission to become "the best fifth-grader in the universe."

#### GOOD NIGHT WHEEDLE

By Stephen Cosgrove; Illustrated by Robin James; Sasquatch Books With updated art and text, this pleasant board book revisits Cosgrove and James' Northwest tale of Wheedle, a creature who takes his glowing red nose from his mountain home to the Space Needle—and creates the structure's blinking light. Move over, Rudolph.

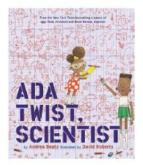
#### JOURNEY

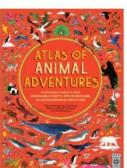
By Emma Bland Smith; Illustrated by Robin James; Sasquatch Books Young readers can follow the historic trek of a famous wild gray wolf, framed with the fictional story of Abby, a young girl who becomes fascinated with tracking the progress of the impressive animal.

#### LEGO POP-UP

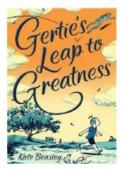
By Matthew Reinhart; Scholastic Everything is awesome in the Lego Universe. Pop-up master Reinhart takes readers on an informative and entertaining journey through the development of Lego into the tremendous success it is today.

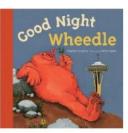
















#### MORE BOOKS FOR YOUNG READERS

- ▶ The Biggest Smallest Christmas Present By Harriet Muncaster; G.P. Putnam's Sons. Clementine,
- "the smallest girl in the world," makes the most of regular toys but hopes for a gift better suited to her size.
- ▶ Brave Little Finn By John and Jennifer Churchman; Little, Brown and Company. Valuable lessons drawn from the life of the authors' real-life lamb, Finn.
- ▶ Harry Potter and the Chamber of Secrets: The Illustrated Edition By J.K. Rowling; Illustrated by Jim Kay; Scholastic. Kay's renderings interpret Rowling's magical world with an enthralling style.
- ▶ Return By Aaron Becker; Candlewick Press. A young girl revisits a magical land in this third book of Becker's richly painted, wordless adventure series.

# FROM our FAMILY TO your TABLE

BROWNE FAMILY VINEYARDS



# ANDREW T. BROWNE

31 MAIN ST, WALLA WALLA, WA

Dear Friend,

Inspired by the greatness of one man-my grandfather, William Bitner Browne-integrity and excellence are the standards upon which Browne Family Vineyards was created. Browne Family is premium Washington wine, 15 years in the making before its first vintage debuted, crafted with the utmost quality and enjoyment in mind.



Raised in Springfield, Ohio, my grandfather, Bitner, was a humble man whose deeds spoke volumes more than his own carefully chosen words. Passionate to learn more and see the world, he crossed the Atlantic at age 20 to attend the University of Bordeaux. This famed region catalyzed his lifetime enjoyment of wine. My grandfather embodied the American dream realized in the era of the Greatest Generation, fought in World War II, and made a material impact on our country after the War. As an OSS officer in WWII under Wild Bill Donovan, Bitner was commended with three medals for his spy work by both France and America. Among his other accomplishments, graduation from Harvard Law, his decades-long law practice, and more than 40 years of volunteer service in civic and charitable organizations made Bitner a pillar of his community.

While Bitner inspired Browne Family Vineyards, Washington State's Columbia Valley vineyards are the palette for my canvas. With growing attributes similar to Bordeaux (the latitude range of 46-48 degrees north, long sunny days and cool nights), our estate vineyards achieve grapes that produce world-class wines of great depth, character, and place. We have the benefit of winter dormancy and sandy, flood-washed soils that allow vines to root deeply. At our winery in Walla Walla, our small lots are generously aged in both French and American oak in another tribute to a decisive time that changed the world. Made with pride, my wife and I-and the next generation of the Browne family—guarantee to always give you our BEST! Bitner would expect nothing less.

andrew Browne tasting room in downtown Walla Walla to enjoy a glass of wine with us.

# BEAUTIFUL BAJA

# FAMILY ADVENTURES IN LOS CABOS BY BECKY YOUMAN

Perched on the gently bobbing stern of our anchored 30-foot charter sailboat, I hear gleeful exclamations from the sea below me.

"Wow-wook at wat won!"

"Wool!"

Luckily, I speak "snorkelese"—the funny language you use when you are in the ocean with a snorkel in your mouth—so I understand the excited garble being exchanged between my teenage daughter and her best friend. We are in San Lucas Bay near the Pelican Rock stone formation. This protected marine area, about a mile east of Cabo San Lucas Bay on the southern tip of Mexico's California Baja Peninsula, is home to a wide variety of tropical fish, making it the perfect place to start our family adventure.









Colorful fish and interesting rock formations can be seen near El Arco, at the tip of Mexico's Baja California Peninsula.



# Toin our legacy and live your dream

A Private Resort Community that will take oceanfront living to the next level.

Estate and Single Family homes, oceanfront condominiums,

Greg Norman Signature golf course and more.







Developed by Solman

For information

In Cabo call (624) 145.7577 USA & Canada Toll Free 844.645.2292 www.RanchoSanLucas.com

These raggerials are not an offer to sell or solicitation to purchase property to any resident of a state or country where registration is required prior to such offer or solicitation, and is yord where prohibited by low.

The teenagers are in the water with their dads. Soon, "the moms" (my friend Jessica and I), along with Jessica's other daughter, Sage, join them. As soon as we stick our masks in the water, we are dazzled by a kaleidoscope of tropical fish flashing in the sunlit water beneath us. Sage, an easygoing 11-year-old who is happy as long as there are animals or a soccer ball around, wants to identify each fish. Fortunately, we have a marine-life book on the boat. Back on deck, we learn that we have been sharing the sea with purple surgeonfish, orange clarion angelfish, yellow-striped goatfish and a rainbow of colorful parrotfish.

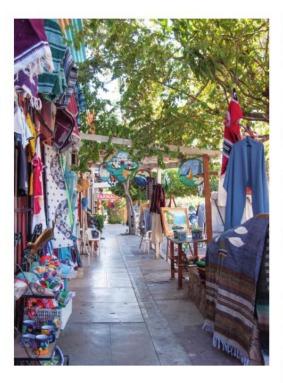
I relax on the boat's deck and look back toward shore at the pulsing tourist center of Cabo San Lucas, part of the Los Cabos area that also comprises the tranquil and historic community of San José del Cabo and the 20-mile stretch of hotel-lined white-sand coastline—known as The Corridor—that runs between the two towns.

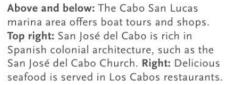
I look at the city's surrounding cactusstudded landscape that stands in contrast to the stunning blue ocean. Cliffs seem to march from land right into sea, becoming sculptural rock formations in the water.

Our captain, Ricardo, pilots us toward the most iconic of these rock formations for the sightseeing portion of our trip. El Arco, Ricardo tells us, is a natural arch that denotes the extreme tip of the peninsula. Also called Land's End, it is the point where the Sea of Cortés meets the Pacific Ocean.

Leaving the arch, we steer past a sea lion colony sunning on the rocks. A couple of the portly beasts glance at us, but most seem intent on the serious business of being inert. Sage is delighted regardless. That delight turns to euphoria when we spot some dolphins from the bow of the boat. These tours also often see humpback whales between November and February.

As we head back toward the marina, Ricardo points out an idyllic vee of sand wedged between two rocky cliffs. Called Lovers Beach, it is a popular spot to spend a few hours sunning and swimming.











We disembark at the dock and give big thanks to Ricardo and the crew for a spectacular outing. The buzzing marina area is home to restaurants, bars and souvenir shops. Our kids spend some of their allowance money on Mexican handicrafts. Being especially drawn to the embroidered bags and woven cloth, the older girls decide on matching friendship bracelets, while Sage

chooses a colorful tote with needlework animal designs.

We walk about 15 minutes down the beach to our hotel. We have chosen the Pueblo Bonito Rosé Resort & Spa, an allsuite hotel, in part because of its convenient proximity to town. The hotel offers a palm-shaded pool, unobstructed views of El Arco, kitchenettes and an outstanding spa.

DECEMBER 2016 ALASKA BEYOND MAGAZINE 45



After an afternoon spent lounging poolside and building sandcastles on the beach, we are ready to taste some delicious Mexican seafood. Las Mariscadas, an informal open-air restaurant, fits the bill. Located a few blocks past the marina, this casual spot is cheery and welcoming, with cobalt-blue walls, a colorful fish mural and a thatched *palapa* roof.

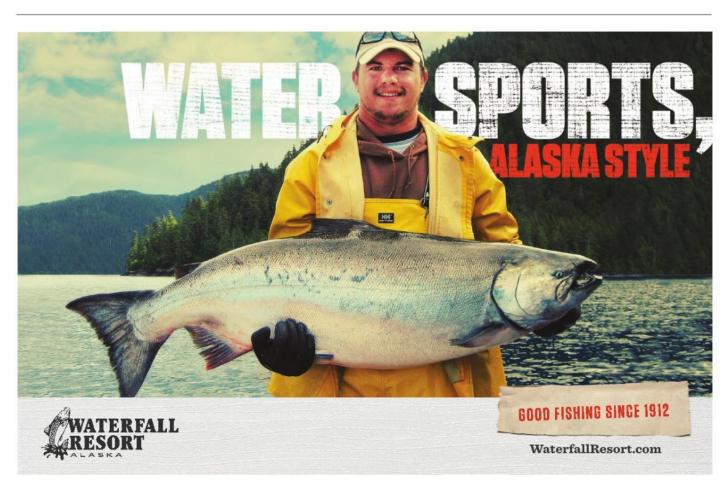
Tart margaritas and fresh lemonades are an excellent start to the feast. Decadent lobster burritos are a hit with the girls, as are the fresh ahi tostadas. We adults enjoy a couple seafood platters and are amazed at the bounty in front of us: lobster tails, red snapper, octopus, crab claws and bacon-wrapped shrimp. Thick home-made flan perfectly ends the meal.

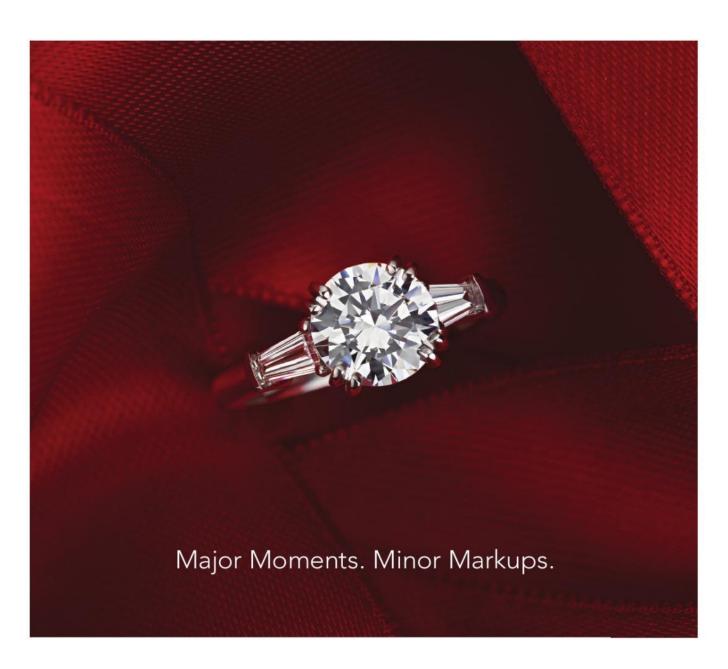
Los Cabos is an ideal locale for families because there are engaging activities for kids of any age. We have fond memories of the girls' younger years when they loved playing at resort "kids' clubs" and going on glass-bottomed-boat rides. Now that they are older, they join us in adventures that will become part of both families' shared lore.

Ziplining is the winner for our next activity, narrowly beating out ATV rides in the desert and surf lessons. We depart from the marina, where a Cabo Adventures van drives us about an hour inland to the tour site at the Boca de Sierra Biosphere Reserve. Inclined cables, which we will speed down secured in special harnesses, are suspended for hundreds of feet over dusty arroyos and arid canyons.

After our equipment fitting and an instructional safety briefing, we climb up a platform to reach the first cable. Sage gets the honor of going first. She stands on the edge, takes a deep breath and jumps. Whoops of joy follow as she zips down to the platform at the other end. The rest of us can't wait to join her.

We get increasingly comfortable the more lines we traverse. This tour is especially entertaining because it includes activities such as crossing suspension bridges, climbing ladders and even rappelling down a cliff face. Over the course of 3.5 hours, we start to feel like pros.







# Open For The Holidays

Roosevelt Field, NY | The Westchester, NY | Tysons Corner Center, VA Washington Square, OR | Bellevue Square, WA

www.bluenile.com

After a full morning of togetherness, we all go our own ways in the afternoon. Our resort, like many in Los Cabos, has a full range of activities we can join, such as Spanish lessons, aqua aerobics and even mixology classes. The dads and Sage kick the soccer ball on the hotel's section of Medano Beach; the older girls read magazines by the pool; and Jessica opts for a spa service including an Ayurveda cranial massage at the resort's Armonia Spa. I nap.

Afterward we all meet up for a convenient dinner at the hotel's Italian restaurant, Fellini's Ristorante. Tasty grilled pizzas help us reload the carbs we burned during the desert adventure.

The next day, the group votes for some unstructured beach time. We head to Chileno Beach, located about halfway up The Corridor between Cabo San Lucas and San José del Cabo. The beach is a 15-minute

cab ride northeast up the coast toward San José del Cabo. Along the way we pass one luxury resort after another, as well as a couple of championship golf courses.

Known for its calm waters and easy snorkeling, Chileno Beach is a great place for kids to enjoy the ocean. The wide and flat crescent of white sand is bookended by rocky outcrops. The girls can't wait to hit the water. They dump their towels and sunscreen under a couple of palapas and head in with their snorkeling gear. We trail close behind. We are all excited to see more species of colorful fish, but the find of the day is a small moray eel that Jessica discovers tucked into an underwater crevice.

For the next few hours we alternate between snorkeling, lazing in the sand, playing three-on-three soccer (or *fútbol*, should I say?) and exploring tide pools.

Finally, hunger nudges us on our last

#### WHEN YOU GO

#### LODGING

**Grand Solmar Land's End:** A short walk from El Arco, this spa resort offers balconies with sea views (grandsolmar-resort.com; +52 624-144-2500).

**Pueblo Bonito Rosé:** A resort in Cabo San Lucas with pools and tennis courts (pueblobonito.com; 800-990-8250).

El Encanto de la Laguna: San José del Cabo condo and beach-home rentals (elencantoloscabos.net; 866-556-1386).

#### DINING

**Las Mariscadas:** Low-key restaurant with delicious Mexican seafood in Cabo San Lucas (+52 624-105-1563).

**Tenangos Los Cabos:** An ocean view in San José del Cabo complements authentic Mexican cuisine (tenangos-loscabos. com; +52 624-144-5128).

For more information, visit Los Cabos Tourism Board (visitloscabos.com). —*B.Y.* 





# GENE JUAREZ°

SALONS & SPAS

BUY ONLINE OF IN-SALON » AVAILABLE IN ANY DOLLAR AMOUNT
CORPORATE DISCOUNTS AVAILABLE
GENEJUAREZ.COM » 10 SEATTLE LOCATIONS











U.S. Line 866-556-1386 www.lagunarealtyloscabos.com +52 1 624-157-0412

# TIMESHARE PROPERTIES **FORECLOSURE SALES**

Starting at LESS than \$1,995



### WorldMark & Vacation Internationale

HILTON-WESTIN-SHERATON-MARRIOTT-DISNEY-DIAMOND MEXICO, ORLANDO, HAWAII, LAS VEGAS, EUROPE & More **NEVER PAY RETAIL FOR TIMESHARE PROPERTIES!** SmartShare.com the Timeshare Resale Specialists TOLL FREE 800-338-2900 or visit www.SmartShare.com

#### LOS CABOS

outing-a trip into San José del Cabo. Founded as a mission in 1730, the town is known for its peaceful plaza, art galleries and Spanish colonial architecture.

Our first priority is an early dinner. Having lived in Mexico City for five years in the 1990s, my husband, Bryan, and I crave the authentic flavors and dishes unique to classic Mexican cuisine. We have heard that Tenangos Restaurant serves exactly that, so we direct our cab driver up a hill on the outskirts of town to the high-end retail area called the Shoppes at Palmilla.

The interior of the restaurant is light and airy with vibrant Mexican artisan decorations on the walls. Multicolored placemats and napkins complete the happy scene. The extensive menu offerings, which include classic dishes from many states in Mexico and inventive tequila- and mezcal-based cocktails, make choosing what to order difficult. We end up with all of our favorite dishes, starting with guacamole and gooey queso fundido (melted cheese) that we scoop up with fresh, soft tortillas. This is followed by tender pork sandwiches, fresh ceviche, rich chocolatey chicken mole, spicy grilled steak, and tequila-flambé octopus served with cilantro mayonnaise.

We end the day with a stroll around the colonial center of San José. The colorful houses with wrought-iron balconies that make up the Gallery District are a reminder of the city's rich history. The girls walk in front of us, snapping pictures and laughing in the evening light. Watching them, I realize that this trip will soon become "historic" to us as well, another addition to our treasured memories.

Becky Youman writes from Seattle.

Alaska Airlines (800-ALASKAAIR) offers daily service to Los Cabos. To book a complete Alaska Airlines Vacations package, visit alaskaair.com or call 844-762-0087.



Two Lincoln Tower raises the bar to a whole new level with unparalleled service and amenities in Downtown Bellevue's most exclusive address, at The Bellevue Collection. Be a part of The Bellevue Collection where world-class brands, chef-inspired dining and vibrant nightlife converge.

Touch, feel and experience our Model Apartment Homes.

Reservations are limited. Schedule your Tour today. Visit Two Lincoln Tower's Interactive Leasing Center at The Studio, Lincoln Square, Level 2.

Move in Summer 2017. Rents Starting at \$3,200 a month.\*

♠ ¾ Prices subject to change







# MARITIME MARVELS

# CELEBRATING OCEAN LIFE ON PUERTO VALLARTA'S AZURE COAST BY LINA ZELDOVICH

turtle hatchling wiggles around, raising its tiny head and flapping its miniature flippers. On the sand, it becomes an almost invisible speckle of gray, blending in so perfectly I can barely spot it from a few feet away. Looking closer, I see that it resembles a tiny piece of rock with an abstract drawing etched on its back.

I'm standing on a beach in the Marina Vallarta area of Puerto Vallarta, a beautiful and peaceful town in the western Mexican state of Jalisco. Behind me is CasaMagna Marriott Puerto Vallarta Resort and Spa with its pristine pools and beachfront bars. In front of me is the Pacific Ocean with the golden disk of sun slowly setting. And around me is a group of people who came here for the same reason I did—to observe and protect newly hatched turtles entering the sea.

It's baby turtle season in Puerto Vallarta. From June through December, and sometimes even as late as January and February, female turtles lay nests of eggs in the sand. During the nesting season, biologists patrol the beach area nightly from about 10 P.M. to 6 A.M. Once turtles lay their eggs, a biologist or crew member carefully digs up the eggs; transfers them into secluded hatcheries, away from predators and beachgoers who may accidentally disturb the nests during the day; then marks the spot with a note of when the eggs are due to hatch. Around 45 days later, the little ones climb out of their eggs, and team members bring them to the shore where they can safely make their way to sea. Because eggs in a nest will typically all hatch at the same time, some hotels that coordinate preservation efforts are able to organize turtle-release parties for volunteers interested in these animals.

PREJEASING

# SOUTHPORT IS RISING!



#### THE REGION'S MOST ANTICIPATED WATERFRONT CAMPUS

- Washington's Finest Hyatt Hotel & Conference Center
- 730,000 SF Class A Office Space
- Next to 57-Acre Waterfront Park
- Walking Distance to 31 Restaurants









Kids and their parents can each choose a baby turtle, "adopt" it, name it, wish it luck—and watch it dive into the waves, where it belongs. These programs help boost sea turtle survival numbers. Even the fact of the kids cheering around the crawling group (or bale) helps keep the turtles' natural predators, such as seabirds, at bay.

The hatchling I'm observing turns its head back and forth—then repositions itself, facing toward the water. "See, it knows where the ocean is," explains biologist Catherine Hart, who oversees the turtle hatching program at the Marriott. "Baby turtles look for the reflection of light on the water—that's how they know which way to

Clockwise from top left: Visitors enjoy shopping at Puerto Vallarta's colorful markets. Los Arcos National Marine Park is a beautiful snorkeling spot. El Malecón, a seaside boardwalk, is famous for its stunning sculptures.

go once they come out of their nests."

"Mommy, it's so cute," giggles a pigtailed girl. "Is she a girl? How should I name her?" Next to her, a boy with brown eyes glowing in delight loudly whispers in Spanish, "Tortuguita!" a diminutive of tortuga, which means "turtle."

"You have to name some," Hart says to me with a chuckle. "How do I know if

#### WHEN YOU GO

#### LODGING

CasaMagna Marriott: Experience turtle release parties, and enjoy luxury suites, a pool, a sauna and a spa (marriott.com; +52 322-226-0000).

**Velas Vallarta:** Along with turtles, this beachside hotel on 10 acres has peacocks roaming the grounds and iguanas basking on rocks (velasvallarta.com; +52 322-226-8673).

#### DINING

El Dorado: Ceviche, traditional soups and a selection of margaritas are served at this beachfront restaurant and bar downtown (eldoradopvr.com; +52 322-223-5568)

La Cervecería Unión: Savor seafood dishes at this restaurant near El Malecón (lacerveceriaunion.com.mx; +52 322-223-0929).

Maia Restaurante: Award-winning chef Hugo Ahumada prepares locally sourced nuevo Mexican food at his downtown restaurant (+52 322-222-2597).

For more information, visit the Puerto Vallarta Tourism Board (visitpuertovallarta.com). —L.Z.

#### LUXURY OCEANFRONT Villa vacation rental





- 8 Oceanfront Suites
- 3 Level Villa, 20,000 Sq. Ft.
- Swimming & Plunge Pools
- Retreats, Family Vacations, Weddings and Events
- Located on Banderas Bay
- Secluded & Exclusive



#### **PUERTO VALLARTA**

they're male or female?" I ask the same question as the young girl. Hart says that with infants there's no way to tell. But she tells me that this species, native to Jalisco, is called olive ridley, so I decide to give the names Oliver and Olivera to the two creatures I'm admiring. As dozens of hatchlings begin their journey, I note that some are remarkably swift for animals we tend to portray as slow-moving. "Quite the contrary," Hart says. "Sea turtles are fast."

As the sun sets, we can barely see the recently hatched turtles on the sand. The ashen color of their shells serves as protection, camouflaging them from land predators and birds of prey. The hatchlings need every chance they can get—they often get snatched by birds and eaten by crabs and fish. A female turtle can lay up to 100 eggs in her nest, but only a few of those offspring will survive into adulthood. "That's why turtles have so many babies," Hart explains.



Visitors can enjoy fresh seafood, such as delicious shrimp dishes, in Puerto Vallarta restaurants.

I could smell the sea salt in the air and hear the seagulls.

When I walked to the handcraft market in search of souvenirs and jewelry, it felt like plunging into another sea—one of colorful handmade dolls, embroidered

# Under the warm Mexican sun, cradling a frozen margarita in my hands, I could smell the sea salt in the air and hear the seagulls.

Oliver and Olivera finally reach the wet sand. A wave comes and lifts them on its crest. They start beating their flippers—and suddenly dive into waves so quickly, I don't even get a chance to say goodbye.

Life in Puerto Vallarta is closely intertwined with the ocean and its creatures. Earlier today when I took a leisurely stroll in the Centro Histórico, and walked along El Malecón (the city's boardwalk), I admired the large, ocean-inspired sculptures, including the 10-foot-tall sculpture of a boy on a seahorse, which is the symbol of Puerto Vallarta. The boardwalk is dotted with cafes and restaurants, as well as art galleries such as Galeria Pacífico, which hosts artwalks on Tuesdays from October to May.

I sat down at a beachfront bar called El Dorado. Under the warm Mexican sun, cradling a frozen margarita in my hands, shirts and huge Mexican hats, alongside a glimmer of silver, opal and turquoise jewelry. The ocean theme continued in many of the market stalls, as well—seahorses, whales and dolphins as magnets, keychains and stuffed animals. For those looking for sophisticated sterling silver pieces, Roberto's Silver offers beautiful jewelry just a few blocks away.

After the CasaMagna turtle release, I find my way to an oyster bar called La Cervecería Unión. The large oysters come with a piquant sauce, and the huge grilled shrimp are meaty and spicy. It is a meal you eat with your hands, washing it down with a cold bottle of local beer or a salty margarita. If it weren't for the background music, I could hear the staccato waves. When I've finished my meal, I make my way back to the beach for a



Made Local. Made For You. Made For Life.™

Seattle Showroom: 1201 Western Ave., Seattle, WA | Bellevue Showroom: 1028 116th Ave. NE, Bellevue, WA







1.800.532.5461

www.mckinnonfurniture.com





800.426.3057 www.silversuperstore.com 7841 S 180th St., Kent, WA 98032

Wallace • Towle • Gorham • International • Tuttle

# YOU TAKE YOUR SMARTPHONE WHEREVER YOU GO.

NOW TAKE JELLY-GRIP TOO.



With this miniature mount and tripod you can be ready in an instant to take professional-looking smartphone photos and video. The mount and tripod fold down to easily fit into a pocket or backpack. And at just 2.6 ounces, they won't weigh down any adventure no matter how far you're travelling.



#### Everyone gets to be in the photo.

Just set up your Jelly-Grip and smartphone timer and then get yourself in the photo too. With Jelly-Grip no one needs to be left out. And unlike selfie sticks which aren't allowed at many events, you won't be restricted by the length of your arm. And, gladly, you'll even be losing those awkward-looking forearm shots.



#### It's like having a personal videographer.

These days smartphones make videos easy to shoot—no more lugging along that big heavy camera. But you still need someone or something to hold the camera while you and your friends perform. Ever-portable Jelly-Grip is the easy answer. Just set up your smartphone to shoot video, and it's on with the show.



#### Low light photos are no longer a challenge.

Ever wish you could capture those beautiful city lights or moonlit landscapes? These longer-exposure shots require a tripod to hold the camera steady. Now, with Jelly-Grip mount and tripod, you'll get photos you never thought possible.



#### Tell a vivid story with time-lapse photography.

With Jelly-Grip you can even capture the reality of motion. Record fishing boats, wild animals or the moon rising over the horizon and bring back vacation memories you can enjoy for a lifetime.

Jelly-Grip Tripod Mount with Jelly Long Legs

Just \$19.95 at amazon.com



squarejellyfish.com

#### **PUERTO VALLARTA**

#### 10 THINGS TO DO IN PUERTO VALLARTA

1 Playa Los Muertos: A popular shoreline in the Zona Romantica where you can play sand volleyball or relax on the beach.

#### 2 Our Lady of Guadalupe Parish:

Open daily to visitors, this picturesque church downtown brings processions of colorful floats to the surrounding streets Dec. 1–12 during the Our Lady of Guadalupe festival.

- 3 Naval History Museum: This museum on El Malecón houses photos, maps, artifacts and scale models of forts and vessels.
- 4 Lighthouse on Matamoros: Built in 1932, this renovated lighthouse offers panoramic views of the bay.
- 5 Isla del Río Cuale: Visit this tranquil island in the Cuale River to explore its restaurants and markets.
- 6 Mismaloya Beach: About 12 miles south of Puerto Vallarta, this jungle-fringed beach was popularized in the 1960s after The Night of the Iguana was filmed on its shores.
- **7 Vallarta Botanical Gardens:** A 20-acre garden about 20 miles south of the city showcases an array of tropical plants, birds and butterflies.
- **8 Vallarta Adventures:** From ziplining to UTVs to whale-watching, this company offers exhilarating nature-themed experiences.
- 9 Los Arcos National Marine Park: A wildlife-rich reef makes this protected area a great place to snorkel.
- 10 Bird-watching: The region is home to more than 300 species of birds, including 20 endemic species, such as the lilac-crowned parrot and Colima pygmy owl.

nighttime turtle-conservation experience.

I return to the Marina Vallarta area and walk barefoot along the shore to another hotel that coordinates sea turtle preservation, Velas Vallarta. The tide is high and my feet sink into the wet sand, awash with warm waves. I walk up the steps to Velas Vallarta, where I have an appointment with a man named Señor

# FINANCIAL UPDATE

DAVID PARR, Senior Vice President, Regional Team Lead; Commercial Lending david.parr@homestreet.com 253-850-9817

### Global Diving CEO offers advice on beneficial banking relationships Honesty and understanding are key to a great banker



The CEO of any company has hundreds of things to think about in any given moment. Are your customers being served? Is the market going to create a favorable space for growth? How can you create efficiency and reduce expenses? The list goes on, and for Devon Grennan, CEO and President of Global Diving and Salvage, it's no different. His company performs commercial diving, marine construction, casualty response and environmental services on a global basis throughout the maritime and industrial sectors.

What Grennan doesn't spend his day worrying about is whether his bank will be there to support him, and he offers advice to other executives who might be looking for a banking partner.

"If you just look at the numbers and don't take time to have a relationship with your banker based on trust, honesty and credibility," says Grennan, "decisions can become clinical, and that can be damaging to your business."

Grennan's first rule in choosing a banker is to find someone who understands your business, its cycles, stresses, clientele and revenue patterns. "Anybody can nod in agreement and offer rates," says Grennan. "It's another thing to really understand our needs." Grennan and his team meet quarterly with their banker, David Parr from HomeStreet Bank, to talk about the financials, the industry, and the dynamics in the maritime market. They discuss not only what's happening at Global, but also what's happening at the bank.

The collaboration must include complete openness and honesty, Grennan advises, which takes some time to establish. Being fully transparent with your banker can be intimidating if you haven't established a level of trust, but Grennan feels that if you're not fully collaborating, then you're not fully utilizing your best resource.

"HomeStreet understands that we're not just making widgets," said Grennan. "Global is a project-revenue business. Winning bids and executing projects can be a long process, and that involves planning and impacts cash flow. It's been critical throughout the ups and downs of this company, that our banking partner understands how we generate revenue."

Grennan advises that it's not worth a few basis points to sacrifice that relationship with your banker. It's much more important that you and your banker can always be honest, and maintain an understanding of the dynamics of your business.

#### About the author:

DAVID PARR is the Senior Vice President, Regional Team Lead for Commercial Lending of HomeStreet Bank.
HomeStreet is a full-service community bank offering consumer, commercial, and mortgage services to customers throughout the Western United States and Hawaii.



# The Leader in Implant & Cosmetic Dentistry



#### Dr Shawn Keller DDS

Dentists from around the country come to train with Dr. Shawn Keller, inventor of SAME DAY NEW SMILE™. With

stem cell therapy and 3D imaging, healing is ultra fast and you can have your new smile on the same day!

### A Closer Look at Metal Free Implants







- 1. Titanium implant with titanium abutments.
- 2. Titanium implant with zirconia abutments.
- 3. CERAROOT Zirconia implant.

Traditional metal implants often show through the gums giving you that grey unpleasing appearance. In today's health conscious world, people are more mindful about what they put in their body, and there are valid concerns about metal implants.

Solution: Zirconia metal-free implants are white, strong and beautiful. They are undetectable and blend perfectly with any smile. 100% biocompatibility is one reason Dr. Shawn offers a lifetime guarantee. This is why people are flying to Washington for the future of implant dentistry.

### Replacement of ALL teeth on 4 implants in 24 hours!

Say goodbye to loose dentures and failing dental work and enjoy your life again!





Upper or lower non-removable bridge on just 4 metal-free ceramic implants (greatly reducing cost).

You will not only avoid the expensive painful failing dental work that comes as many of us age, but enjoy a beautiful new lifelong smile that can make you look and feel over 10 years younger. Dr. Shawn Keller uses his fountain of youth stem cell technology that creates a face-lift effect making most patients look about 10 years younger. Visit our website to see for yourself.

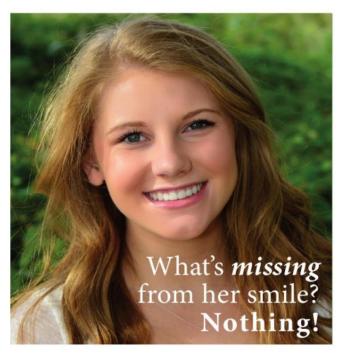












### Jordan's Story

Jordan had been self-conscious about her smile. She knew she wanted to replace her missing tooth and that dental implants were an option.

Then she learned about Dr. Shawn Keller. the first dentist in Washington to offer CeraRoot metal-free implants. These ceramic zirconia implants are 100% metal-free and are as strong as they are beautiful. She was hesitant, having seen traditional implants with dark lines at the gum that did not look natural. She



also heard implants could be painful, took many visits and over 6 months to heal, and were expensive. Then she met with Dr. Shawn Keller. With many options offered, treatment was made affordable with a payment plan. Jordan wanted to improve the look of the rest of her smile and with Dr. Shawn's advanced sedation, she had the implant placed and cosmetic rejuvenation done at one visit, all while she slept peacefully. Thanks to the stem cell therapy used during the procedure, she had no discomfort and her beautiful smile was completed in the same day. Now Jordan is proud to smile with the peace of mind that her healthy new teeth will last a lifetime.

"Dr. Keller changed my life!" - Jordan

Call today for a free consultation or attend our free seminars and learn more about all our amazing services we offer:

Same Day New Smile . Prettau Bridge . TMJ Veneers • Sedation Dentistry • Laser Dentistry Fountain of Youth Dentures • General Dentistry



shawnkellerdds.com 425.558.1515

#### **PUERTO VALLARTA**

Banderas, who monitors turtle nesting and hatching for the hotel and has notified me of a newly hatched nest.

Banderas is supplied with a bucket containing a clutch of newly hatched turtles, and a flashlight because it's now dark. He explains that he has to be careful to shine the light in the direction of the ocean and not away from it—otherwise the hatchlings may get disoriented and go in the wrong direction. He scoops the turtles carefully onto the sand.

After we've seen the turtles on their journey, I notice a large mound on the beach that seems to have appeared from nowhere. It's a "mama turtle," as Banderas calls it, and she came out of the sea to lay her eggs. Banderas flips over his bucket to turn it into a stool of sorts, and we both sit on it, watching the turtle search for a nesting spot. After about 20 minutes, she settles in and starts digging slowly. The nest-building process typically takes around 40 minutes.

"I think I may head home now," I say, as my eyelids begin to droop. There are more ocean adventures to come tomorrow. I will be snorkeling in the Los Arcos National Marine Park in the Bay of Banderas and swimming on secluded beaches. It will be a whole new day on the water, and I have to get ready for it, but Banderas will stay here till dawn.

"It must be hard to do this every night?" I ask him. He nods, but tells me how important it is to take care of the species. "Sea turtles always come back to the beach where they were born to lay their eggs," he says. "So the more turtles we save, the more of them will nest on this beach for years to come."

Lina Zeldovich writes from New York City.

Alaska Airlines (800-ALASKAAIR)
offers daily service to Puerto Vallarta. To
book a complete Alaska Airlines Vacations
package, visit alaskaair.com or call
844-762-0087.



# Your career has been cleared for takeoff.



# Kid S Who Inspire

# Young people making a difference I By Lora Shinn

It all started with a box of crayons. On a service-learning trip, 10-year-old Riley Joy Gantt of Sherman Oaks, California, noticed a disparity between her private school's classroom—which practically overflowed with crayons and markers—and the public school classroom in which she volunteered.

As Riley helped a young girl with a coloring project, she heard a life-changing statement: "I want a box of the skinny crayons, but my mom said she can't afford them," the girl said.

The sentence struck Riley; something as simple as crayons was out of financial reach.

"I went home to my mom that day, hysterical," Riley, now 16, says. She insisted on buying that particular girl a box of crayons but soon realized that the problem was bigger than one box of crayons, one girl or one classroom. "When kids lack all basic school supplies, like pencils, erasers and glue sticks, it affects their education in many ways," Riley says.

Children are often sensitive and observant, idealistic and determined. But it takes a special person to do something great with these abilities. Here are six kids—including Riley—who, with family support and efforts both big and small, took action to address inequality, poverty and cruelty. And they're continuing to prove that young people can make a big difference.

### Riley Gantt

Inspired by that early experience, Riley started Rainbow Pack, which raises money through social media, grants and equipment drives to give homework supplies to California kindergartners through fifth-graders attending needy schools identified by education officials. Rainbow Pack has provided more than 14,500 backpacks and homework-supply kits since 2011. Kindergartners through second-graders get a new backpack, 12 pencils, a case to put them in, a sharpener, a box of 24 crayons, an eraser, a glue stick and two folders. Kids between third and fifth grades get the same supplies plus a binder; colored pencils; notebook paper; a ruler; red, blue and black pens; and a highlighter. As a result of her work, Riley was chosen to be a 2015 Helping and Leading Others (HALO) Awards recipient by the cable station Nickelodeon.



Every year, school-supply lists are sent home with students, but not every parent can afford the supplies listed. Families with children in elementary school planned to spend an average of \$673.57 on apparel and accessories, electronics, shoes and school supplies this year, up from last year's \$630.36, for a total of \$27.3 billion, according to the National Retail Federation.

Almost every teacher of students receiving Rainbow Packs has told Riley that the supplies make a difference and reported that homework completion and an interest in learning increased because of the kits.

Riley is also working with the Los Angeles school board to create more sustainable supply solutions. "We've had to deny schools or push some schools to next year because the need is huge," she says.

While funding is stretched thin, Riley is a big believer in a true back-to-basics approach. "Technology is important, but let's give every child paper, pencils and erasers so they can do homework."

### Joshua Williams

When Joshua Williams was 4 1/2, he received a \$20 bill from his grandmother. While some 4-year-olds might choose to spend it on toys, Joshua had a different

idea. He and his mom were riding in the car in Joshua's hometown of Miami when Joshua looked out the window at a red light and noticed a homeless man asking for money.

"I got emotional," says the now 15-year-old Joshua. He wondered: "'Why doesn't the man have any food or money?' My instinct was that I needed to give something." Joshua remembered the \$20 in his pocket, and handed it to the man.

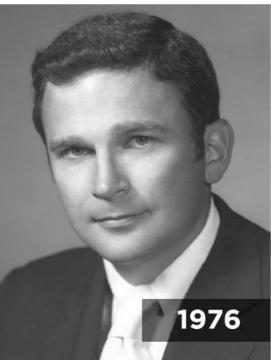
At that point, Joshua recognized that even a small child could be a big help. But he wanted to do more. Soon afterward, Joshua and his family and friends began cooking delicious dishes from Joshua's Jamaican heritage: jerk chicken, beans and rice, and curry. Under bridges and in parks, the family handed out hot meals in takeout containers.

That effort led them to create Joshua's Heart Foundation, a nonprofit working to feed up to 1,000 CELEBRATING

40 YEARS

WWW.BECKERCAP.COM





# Serving the Pacific Northwest since 1976





PORTLAND 503.223.1720 | 1211 SW 5TH AVENUE, SUITE 2185

**SEATTLE**206.829.7747 | 1201 THIRD AVENUE, SUITE 5030



low-income South Florida families per month by giving away nonperishable items (such as pasta and rice) along with meat, fruits and vegetables. In 11 years, the foundation has distributed more than 1.3 million pounds of food to needy families.

Right: Riley Gantt has distributed more than 14,500 Rainbow Pack homework supply kits since 2011. Below:
Joshua Williams and his family started Joshua's Heart Foundation 11 years ago to help feed needy families in South Florida.

In 2015, 42.2 million Americans, including 13.1 million children, lived in food-insecure households, according to Feeding America, a nonprofit that works to end hunger.

In addition to food drives, Joshua's Heart Foundation runs the Backpack Distribution Program, in which Joshua, his family and youth volunteers load bags with two breakfasts, two lunches, two dinners and two containers of juice on the last day of class before weekends and school holidays.

The bags are then discreetly given to kids who qualify for free and reduced lunches so the kids

won't go hungry away from school. Thanks to a \$20,000 grant from Walmart, the program launched in 2012 for 100 kids. Since then, it has sent food home with about 2,000 children.

In 2010, Joshua was the youngest-ever winner of the White House Champions of Change award, and he was video-profiled in 2014 as a "Citizen Kid" by Disney. He's also developing a new generation of young philanthropists by creating a junior advisory board on which teen members learn about fundraising and leadership. "When kids meet these families and hear their stories, it changes lives and perspectives," Joshua says.





# Emrys Foster

Emrys Foster is a 15-year-old who writes poetry about social justice and mental illness, gender identity and sexuality.

This year, Emrys was named one of two Youth Poet Ambassadors as part of the Seattle Arts & Lectures' Youth Poet Laureate Program.

In that role, Emrys provides outreach, speaks and performs at various events, spreads a love of poetry, and is a youth voice in the city of Seattle. Emrys' chapbook of poetry is scheduled to be released in May.

Emrys' inspiration comes from many places, but a big source is being agender—Emrys prefers not to identify as "male" or "female" and uses the pronoun "they" instead of "he" or "she."

"I was naturally assigned a binary gender at birth, and I still struggle with people assuming that my

# Volunteer Opportunities for Kids

Volunteer Match offers kid-friendly opportunities in a variety of interest areas, such as animals, literacy, the environment and health.

volunteermatch.org

# YOUR DREAM DELAY

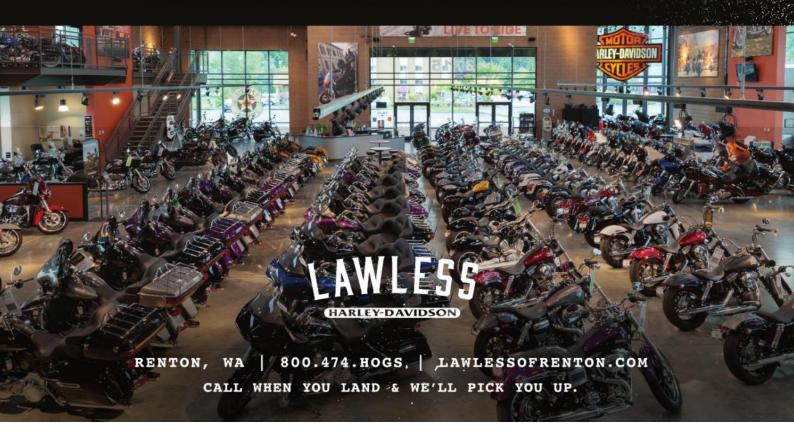
10 MINUTES FROM SEA-TAC • FREE SHUTTLE RIDES • SHIP IT HOME FOR \$299



SHOP THE NORTHWEST'S LARGEST PRE-OWNED SELECTION.

NO FEES. NO HASSLE. NO BULL. -

SELL US YOUR HARLEY ONLINE FOR CASH TODAY . FREE PICK UP ANYWHERE IN THE USA



biological sex defines me and my gender," they says. Binary gender means male or female gender. But Emrys rejects these categorizations.

"I would not be comfortable as a male or a female, nor anything between. I'm just me," Emrys says. "I have other characteristics and adjectives, but not nouns; there are things that describe me, such as queer, middle-class, mixed-race, introverted. But nothing that defines me, except maybe the things that I do: writer, actor, activist, sailor, survivor. I'm not a boy or a girl, I'm just a person."

Emrys says writing about being agender is worth the struggle. "This is a deeply painful and personal experience," Emrys says. "I choose to share it in my work in the hopes of reaching out to others who experience it and educate those who do not. I try to give people a window into the life of someone who isn't them. Someone who struggles with different issues."

Emrys has been writing since childhood—but last year, for the first time, they also delved into poetry. "I loved it," they says. They took poetry classes at The

Center School with Seattle author Matt Gano, who encouraged them to submit and apply for the Youth Poet Laureate position.

"Poetry can be inspiring, and I hope to help people through my poetry," Emrys says. "I like to support people even though I don't know them. A lot of my messages are really focused on self-love, self-care and strength, being strong and supportive."

#### Trisha Prabhu

In 2013, Trisha Prabhu, a 13-year-old Chicago-area teen, was deeply moved by an online news story about an 11-year-old's suicide in Florida. The young girl had been viciously bullied on the internet—cyberbullied—by other children.



"I was shocked, heartbroken and angry," Trisha says. "How could a girl younger than myself be pushed to take her own life? That is when I decided I would do something to stop cyberbullying from ever happening again."

She turned to her coding skills.

Trisha created ReThink, an app that uses sophisticated algorithms to accurately detect offensive messages and give the user a gentle alert, such as, "Are you really sure you want to send this? This could be offensive!" before the message is sent.



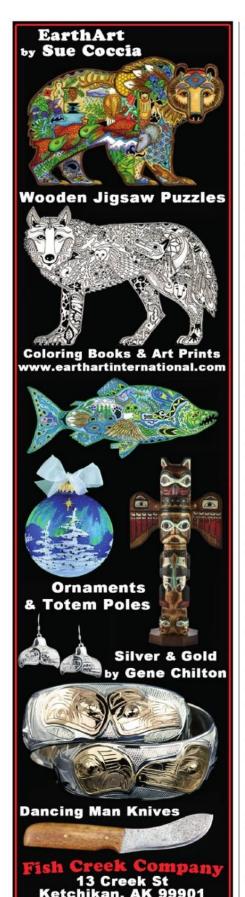
**Above:** Emrys Foster is a Youth Poet Ambassador in Seattle who writes about gender identity and social justice. **Below:** Trisha Prabhu developed an app to help prevent cyberbullying.

About half of American teens have experienced cyberbullying, according to BullyingStatistics.org, and KidsHealth.org reports that cyberbullying often occurs without the sender understanding how the message might affect the person receiving it.

ReThink works with social media, text messages, emails and other apps, and is currently available for free on the Apple and Android app stores.

Overall, the app encourages kids to reflect on their message before posting. Is it bullying? Could it hurt someone? Trisha's research, which included 1,500 trials with adolescents, showed that using ReThink dropped the average teenager's willingness to post an offensive message from 71 percent to 4 percent. Since launching in 2015, ReThink has been introduced to more than 1.3 million students in Michigan as a part of the state's OK2Say cyberbullying-awareness program and has been adopted by more than 1,000 schools around the world.

Trisha was a 2014 Google Science Fair Global Finalist, was honored by the White House Science Fair program in 2015 and won an MIT Aristotle Award in 2016. Since developing the app, Trisha has



#### Kids Who Inspire

been a TEDxTeen speaker and has gone on Good Morning America.

For Trisha, the project was an outcome of a lifelong love of technology—she's been coding since age 10. "I have always believed in creating technology, not just using it," she says. Her first major science-fair project, which focused on silencing mobile devices while driving, won a gold medal at the Illinois science fair when she was 12.

"That win boosted my confidence in my ability to use technology to make meaningful change that can impact real lives," Trisha says. "I believe in creating solutions that make our world a better place, that do social good."

#### Leah Nelson

Earlier this year, 10-year-old Leah Nelson of West Sacramento, California, became upset seeing some of the verbal arguments between her friends. The words exchanged were heated and mean, and Leah noticed the hurt and anger flowing.

Leah kept thinking about the fights while making rubber band bracelets on a loom. "It was frustrating to me, seeing and hearing how people acted," she says.

But how could she encourage acts of kindness? The answer was right in front of her, growing in small piles next to her loom. She started making and handing out colorful bracelets, asking recipients to pass them along with an act of kindness so that kindness could be replicated. But after a week, she realized she wouldn't be able to speak with the second individual to receive the bracelet, so she wrote a small note to accompany each band.

The note says: "Becuz I Care is a program that can go all around the country.

All you have to do is start with a few bracelets, then, whenever you do something nice for someone (i.e., buy someone coffee at Starbucks, or give someone a compliment), you give them a bracelet, and pass down this message: In a world with so many issues, let's just show other people that they are valued."

#### COURAGE

BY EMRYS FOSTER

If you can't figure out what I am, you're one step closer to seeing me as I am beneath all of this cloth and skin;

I don't understand
why you always have to
define me
why I always have to submit
to the indomitable he/she
why I have to fit into a box
when I can hardly fit into
this binder ...

Leah's Becuz I Care program has slowly spread around the world—one girl even wrote to her from South Africa. Whether handing out bracelets at grocery stores or mailing them after Facebook requests were sent to the Becuz I Care page, Leah and her family have kept kindness flowing—as of early November they'd distributed more than 7,500 bracelets. Postage is the biggest challenge, but some donations from kindhearted people have helped.

The bracelets are meant to be worn and then given away along with the paper slips encouraging further acts of kindness. Leah and her family have sent instructions to classrooms in Georgia and Kentucky for whole-class projects. And they always keep extra bracelets around, ready to hand one out along with a good deed. "Just look for opportunities to be kind," Leah says. "You don't have to buy something. Just say, 'Hey, I like your shoes,' or 'Your hair looks nice.'"

### Kirstyn Jackson

At age 5, Kirstyn Jackson spent a year in the foster-care system, during which she was selected to go holiday shopping with Jon Weeks, a Houston Texans football player. That experience stuck with her.



# SPECIALIZING IN MINIMALLY INVASIVE SPINAL SURGERY & COMPLEX SCOLIOSIS DEFORMITY SURGERY

Comprehensive Treatment for a Spectrum of Spine Disorders:

Anterior Cervical Discectomy and Fusion • Artificial Discs Scoliosis Deformity Correction • Spinal Cord Tumors • Spondylolisthesis Lumbar Spinal Stenosis • Sacroilitis • Tethered Cord Syndrome

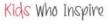


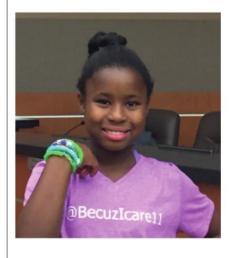
We accept most public and private insurance plans, as well as self-pay Please contact us with questions or to schedule an appointment at 206.623.1334

#### DR. TRENT L. TREDWAY

Board Certified Neurosurgeon Fellowship Trained | 12+ Years Academic & Private Practice Neurosurgery Top Doctor, Seattle Magazine 2013

TredwaySpineInstitute.com • 206-623-1334 | Seattle • Poulsbo • South Sound (Coming Soon)





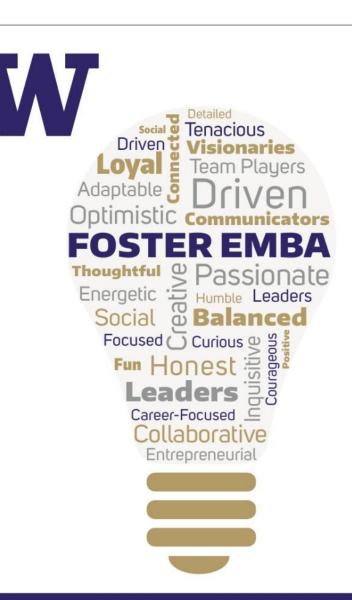
Leah Nelson's Becuz I Care program aims to pass on kindness one colorful bracelet at a time.

Today, the bubbly 11-year-old lives just outside of Houston in Spring, Texas, with her two siblings and her grandparents, Velvet and Shannon Philpot. Life is good, but Kirstyn never forgets where she's been. Remembering the simple joy that her Christmas shopping brought, Kirstyn decided in 2014 to do what she could to pass that feeling on. Her mission was to purchase presents for other kids in foster care in Texas.

A report published in 2016 by the Child Welfare Information Gateway, which is a service of the Children's Bureau, found that approximately 415,000 children were in foster care on September 30, 2014.

Kirstyn started doing extra chores around her home and neighborhood—chores such as bathing and picking up after her neighbors' dogs. She saved \$300 and kept going, asking family and friends for additional cash. She then made a short video requesting donations, and that video was circulated by email and social media, and a local radio station shared her story. Money poured in.
Within three weeks, the campaign raised \$8,000. Her goal had been \$2,000.

Using the donations, her family started the nonprofit Kirstyn's Krew and bought presents for 52 Texas children



We asked prospective Foster Executive MBA students to share a little bit about themselves and their priorities. Their responses said a lot—not just about them, but also about what makes our program unique. A Foster EMBA offers:

- · A dynamic, collaborative learning environment.
- Enhanced leadership and strategic thinking skills.
- Flexible scheduling, meeting once a month in Seattle.
- Connections to a robust professional network.

So if you're thinking what we're thinking, it's time we met.

### **DID A LIGHTBULB JUST GO OFF?**

Learn more at foster.uw.edu/EMBA



UNIVERSITY of WASHINGTON



## Originality never gets old.



Risk Assessment

> Trend Analysis

Safety Compliance

**Employee Training** 

Policy Guidance

Program Evaluation

Crisis Management Planning Why settle for ordinary? At Propel, we're finding bold new ways to minimize risk for Senior Living companies—with creative insurance solutions that lead to a better bottom line and happier, healthier residents. As the Northwest's leading independent insurance agency, we've always taken an unconventional approach to help clients thrive. And at 93 years young, we're not about to change our ways now.

#### Find your momentum



800 499 0933 propelinsurance.com

#### Kids Who Inspire



Motivated by her own experience, Kirstyn Jackson raises money to buy gifts for Texas kids in foster care.

between birth and 18 years. As part of that effort, Kirstyn's Krew took 20 children shopping at Target, spending about \$200 on each child. One little girl stands out for Kirstyn: "A little girl looking for toys like Barbies and [Disney's] dress-up princess," Kirstyn says. "She was smiling the whole time." That memory helps spur Kirstyn forward. "I want foster kids to know someone cares about them."

The kids usually have simple requests. Underwear, socks, shoes. A gift card for a local grocery store. "Nothing like an Xbox," says Kirstyn. A 17-year-old's request for a bike might seem like a splurge—until you realize that's his primary mode of transportation. Kirstyn's Krew also purchased 10 pieces of luggage for children who were using garbage bags to tote items between foster homes.

This year, Kirstyn is visiting restaurants and other businesses with a flier and a prepared speech, asking for funding donations. Does she get nervous? Of course, she says. But she has goals—she wants to raise \$20,000.

Kirstyn has advice for kids who want to help change the world: "Have an open heart, care about people and be brave."

Not bad advice for adults, either.

Lora Shinn writes from Seattle.



#### MODEL HOME NOW OPEN

Summerwell is a rare offering of sixteen architect designed homes in a Pacific Northwest garden setting on Mercer Island. The homes reflect a contemporary design aesthetic with clean lines, open spaces, dramatic interior lighting from sensitive window placement, and a decidedly upscale palette of materials, fixtures, fit, and finishes. Schedule an appointment to preview these plans early in construction. 6 HOMES ALREADY UNDER

Mercer Island

Michele Schuler Real Estate Broker Coldwell Banker Bain,

CALL ME FOR A PRIVATE SHOWING

NEW HOMES FROM THE MID \$2 MILLIONS

MERCER

206.317.7758

summerwellhomes.com

In our continuing effort to improve the design and function of our homes, we reserve the right to modify or change plans, specifications, and features without notice. Square footages are approximate. Images are for illustrative purposes only and may differ from the actual home and views.

Represented by Coldwell Banker Bain, 🚖 Mercer Island

RESERVATION



Now you can say **GOODBYE** to your tummy bulge, love handles or bra back fat without surgery.

The stubborn pockets of fat that seem unfazed by any regimen of exercise or diet can now be eliminated-permanently-without downtime.

CoolSculpting® is a revolutionary, FDA-cleared approach to body contouring where stubborn fat cells are targeted and cooled to freezing. After the fat cells crystallize, they gradually die off, and your body naturally eliminates them from your body. The result is a very natural looking reduction to the treated areas as early as 3 weeks with peak results after one to three months.



#### \*coolsculpting Available at

#### THE WALDORF CENTER FOR PLASTIC SURGERY



Many of us have stubborn fat despite diet and exercise.



CoolSculpting® technology uses controlled cooling to target and kill only these fat cells.



In the weeks to follow, your body naturally processes the fat and eliminates these dead cells.



CoolSculpting procedure results are long-term,<sup>1</sup> as treated fat cells are gone for good.



BEFORE



12 WEEKS AFTER Second CoolSculpting\* Session hotos courtesy of Suzanne Kilmer, MD



#### CALL THE WALDORF CENTER TO SCHEDULE YOUR COMPLIMENTARY COOLSCULPTING® CONSULTATION AT 503-646-0101.

With over 20 years in practice, The Waldorf Center for Plastic Surgery provides the highest level of cosmetic and reconstructive surgery, non-invasive procedures and spa services.



THE WALDORF CENTER
FOR PLASTIC SURGERY
PORTLAND, OREGON

Rachel Streu, MD | Kathleen Waldorf, MD, FACS | Christopher Zarella, MD

9775 SW WILSHIRE STREET | SUITE 200 PORTLAND, OREGON 97225 503.646.0101 | 800.310.7901 | WALDORFCENTER.COM



## Giving Wisely

### Groups help you research charities and causes | By Susan G. Hauser

The head of a poverty-stricken household in Kenya receives monthly payments from the charity GiveDirectly that amount to about \$1,000 over the course of a year. He and his family have been chosen by the New York-based charity to receive the money in order to improve their economic condition. Just having that type of financial support raises their status in a country where the average person involved in the charitable program gets by on just 65 cents a day.

GiveDirectly was founded in 2009 by four former grad students at Harvard and MIT who were searching for a charity that would effectively help ease poverty. By researching the issue, they decided that no-strings-attached grants were most helpful. GiveDirectly has become a favorite of a new charitable movement called effective altruism, which is the idea of a charity using its resources most effectively. You might say it is getting the biggest bang for your donated buck.

While charities are supposed to work this way, not all of them do. That has led to a cottage industry of firms that evaluate charities to see how successful and efficient they are with donated money. GiveDirectly received a top rating from the charity evaluation firm GiveWell. The San Francisco-based group is focused specifically on giving guidance to donors about charities which advocate the effective-altruism philosophy. GiveWell recommends to prospective donors just a handful of charities each year. Its criteria are strict, and not many charities pass

muster. In fact, prior to this month when a new set of ratings are being released, the evaluator listed only four top charities, including GiveDirectly. The group also listed four standout charities, which means they almost cracked the top four. "We're looking for charities that save or improve lives in the most cost-effective manner that we can find," explains Catherine Hollander, a GiveWell outreach associate.

Hollander says that in the poorest parts of the world, many people are dying from the lack of simple and inexpensive items, such as bed nets to keep away malaria-carrying mosquitos. Thus, for another top-recommended charity, Against Malaria Foundation, just a \$5 donation can provide an insecticide-treated bed net to protect people from contracting malaria, a leading cause of death in Africa.

Schistosomiasis Control Initiative and Deworm the World Initiative, also in GiveWell's top four chari-

A Kenyan family in the village of Koga used GiveDirectly support to build a goat pen, buy two cows and plant maize and beans.

ties, provide packets of medication that cost as little as 50 cents each that treat parasitic worm infections.

Peter Singer, a bioeth-

#### Giving Wisely

ics professor at Princeton University, helped popularize the concept of effective altruism through his 2009 book *The Life You Can Save* and his website of the same name.

Singer also maintains on his website a list of the most effective charities that assist the poorest people through evidence-backed interventions. There are 17 charities listed, along with a calculator that informs potential donors how far even the smallest donations can go in addressing health issues and poverty.

For instance, Seva, a charity based in Berkeley, California, is included on Singer's list. A Sanskrit word meaning service to humankind, Seva is working to end blindness caused by cataracts.

A \$50 donation pays for a 15-minute operation to remove cataracts. Such surgeries have helped nearly 4 million people around the world see again. The charity delivers other eye-care services to people worldwide, including screening students for poor vision and providing free glasses.

Whether you choose to give your money to Seva or your neighborhood animal shelter, all donors



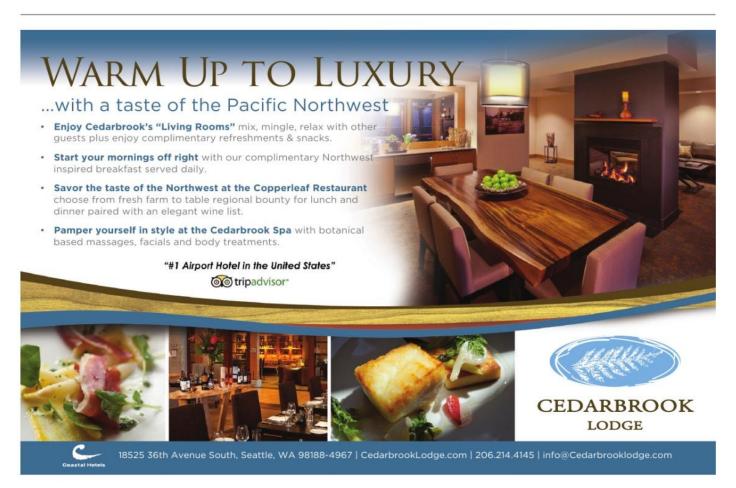
Seva, a charity working to end blindness and improve vision among the poor, has launched the American Indian Sight Initiative, which gives glasses and other eye care to Native Americans in need.

want their money to be spent wisely.

That's where the traditional charity evaluators, such as CharityWatch and Charity Navigator, can help. Both organizations rank national and global charities and offer helpful information when you are trying to decide which charities to support.

Charity Navigator was founded in 2001 in

Glen Rock, New Jersey. On the continued on page 81







More than a century in the making, the first Prosch along Officers' Row North is being offered at \$2.1m. This legacy home is a national landmark and fronts 534-acres of Discovery Park just 15 minutes from downtown Seattle. A thoughtful restoration preserves nostalgic character while all-new systems

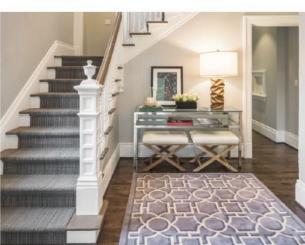
benefit today's modern lifestyles.

### Announcing The Prosch Own Your Place in History

4,088 SF I 4 BEDROOMS | 3.25 BATHROOMS | LOT 27,303 SF | BUILT 1899







21 SOLD, ONLY 5 REMAIN HOMES STARTING AT \$2.1 MILLION

For all inventory visit OwnFortLawton.com or call 206.489.3559



Realogics | Sotheby's



#### Alaska's Dedication to Helping

Alaska Airlines CEO Brad Tilden returned to Highline High School, his alma mater, last year to help students in South Seattle get excited about going to college.

By speaking to budding scholars about their career paths, Tilden gave a big assist to The Road Map Project, a program aimed at improving the education for South Seattle and South King County students, and increasing the number of those kids graduating from college. The program is one of Alaska's newest charitable partners. The airline also offered the students corporate tours and briefings on careers in aviation.

"Road Map focuses on increasing the number of students who are on track to graduate from college or earn career credentials," says Shaunta Hyde, Alaska's managing director of community relations. "Alaska is excited about supporting youth and education initiatives. Specifically, Alaska cares about youth from disadvantaged communities, ensuring they get access to the same information and opportunities as others."

In addition to The Road Map Project, Alaska Airlines is committed to supporting education and nonprofits throughout the route system by matching employee donations to education programs. The airline supports the Dollars for Doers program, which provides grants to nonprofits where employees choose to volunteer.

Alaska's charitable giving



Make-A-Wish Alaska and Washington took Hanna Safley (center, with hat) and her family on a trip to Hawai'i, giving the leukemia patient a vacation from focusing on her illness.

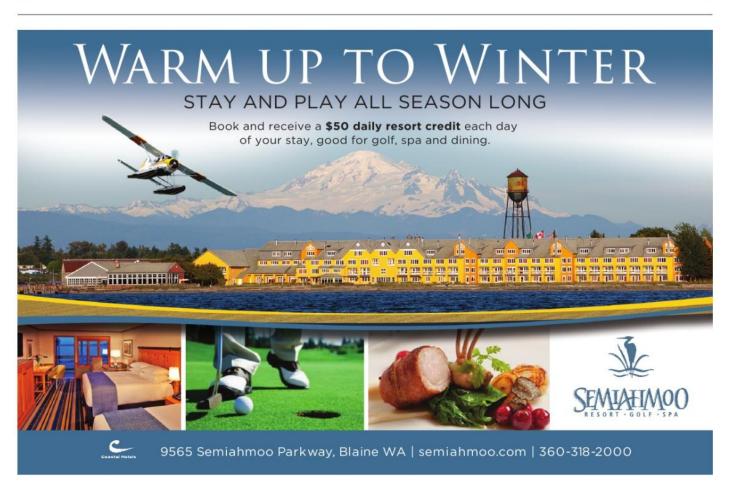
focuses on supporting youth, education, medical, environmental and community outreach needs. In 2015, the company gave \$11.9 million to communities it serves.

And last year customers donated an estimated 50 million miles through the Charity Miles program, which offers frequentflyer air miles to many groups, including Angel Flight West, The Nature Conservancy, Make-A-Wish Foundation and the Fred Hutchinson

Cancer Research Foundation.

"We are honored to have so many of our customers donating miles to our charity miles program and making a difference for many in our community," Hyde says.

Another way the company makes a difference in local communities is through the Alaska Airlines Foundation, which offers



EVER TRUST A RESTAURANT BECAUSE OF AN AD?

EVER CHOOSE TO SPEND YOUR TIME, YOUR ONE NIGHT FREE, YOUR ONLY EVENING OUT, YOUR MONEY, YOUR MEMORIES, YOUR "THIS REALLY MATTERS TO ME!" AT A PLACE BECAUSE OF SOME PRETTY PICTURES AND A CATCHY PHRASE?

WE DIDN'T THINK SO.

THAT'S WHY OUR NAME DOESN'T APPEAR HERE. BUT THE NEXT TIME YOU'RE IN SEATTLE, ASK FOR THE BEST RESTAURANT IN TOWN. WE ARE THERE.

AND WE ARE SO EXCITED TO TAKE CARE OF YOU.



a limited number of cash grants—ranging from \$5,000 to \$15,000—to 501(c)(3) nonprofit groups. In 2015, the foundation donated more than \$300,000 to 26 different organizations.

The airline also partners with Angel Flight West and Shriners Hospitals for Children to provide more than 1,000 complimentary airline seats each year for people needing medical treatment away from their home cities. Transporting people in need takes place throughout the airline's route system, but especially in the state of Alaska, where a limited transportation infrastructure in rural areas can make it difficult for those in need to receive medical attention.

In addition, Seattle Seahawks quarterback Russell Wilson, Alaska Airlines' chief football officer, has teamed with the airline to promote Strong Against Cancer, a multiyear initiative dedicated to ending childhood cancer.

Since Alaska began working with Wilson, the airline has made cash and in-kind donations of more than \$500,000 to Seattle Children's Hospital to support outreach and education for this program.

The airline has partnered with Wilson to support youth and education programs, as well. Among them is the Russell Wilson Passing Academy, which provides children an opportunity to attend football camp for a once-in-a-lifetime experience.

Barbara Johnson, manager, community relations at Alaska, credits former company CEO Bruce Kennedy for getting the airline employees enthusiastic about charitable giving back in the 1980s.

"Bruce was a compassionate humanitarian who gave endlessly and pioneered our caring spirit that is so prevalent today," Johnson says.

Since then, the airline has developed a focused strategy to make a difference in the communities it serves.

"We encourage companies to engage their employees and customers in giving programs," Johnson says. "The caring hearts and enthusiasm of employees and customers are so rewarding and lead the way for improving the quality of life."

—Candace Dempsey

from page 76 organization's website, charitynavigator.org, you'll find star ratings for about 8,000 charities, with four stars being the highest possible score. The organization favors charities that spend no more than 10 percent of their budget on fundraising, and about 15 percent on administrative costs. At least 75 percent should go to funding programs. A charity's budget breakdown, along with other useful information about its workings, can be found on IRS Form 990. GuideStar (guidestar.org) offers free access to all Form 990s that charities have filed with the IRS.

Another evaluator, CharityWatch, was founded in 1992 as the American Institute of Philanthropy. The organization rates about 600 charities on its website, charitywatch.org, giving them letter grades, from A+ to F. CharityWatch also scrutinizes the overhead and the costeffectiveness of charities.

However, even these two evaluators vary in their criteria and sometimes grade charities differently. So, it's important to investigate a charity you might want to support with a variety of sources to get a full picture of its effectiveness.

One group that won top marks from both organizations is PetSmart Charities, which was founded in 1994 as a separate entity from the PetSmart chain of stores.

PetSmart doesn't sell dogs or cats, choosing, instead, to use the charity to help support efforts to adopt shelter pets, spay/neuter clinics and to fund animals caught in natural disasters.

"We strive to make the largest impact possible with the donations entrusted to us by our generous donors," says David Haworth, president of PetSmart Charities in the U.S. and Canada. "Together, with local animal-welfare organizations and nonprofits, we are able to leverage our resources and make an impact in animal welfare.

Susan G. Hauser writes from Portland, Oregon.

#### 'Not to be missed!"

- TRIPADVISOR REVIEW







An interactive journey that brings to life the connections we share with others across the globe.

. ..............

FREE ADMISSION Next to Seattle Center Tuesday - Saturday 10am - 5pm

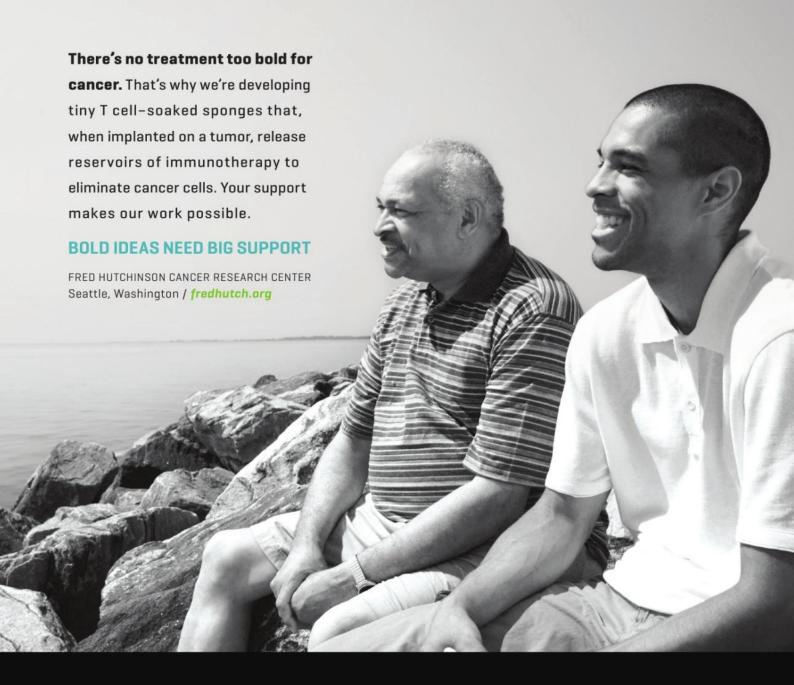
BILL&MELINDA GATES foundation

**VISITOR CENTER** 

gatesvc.org | f S GatesVC

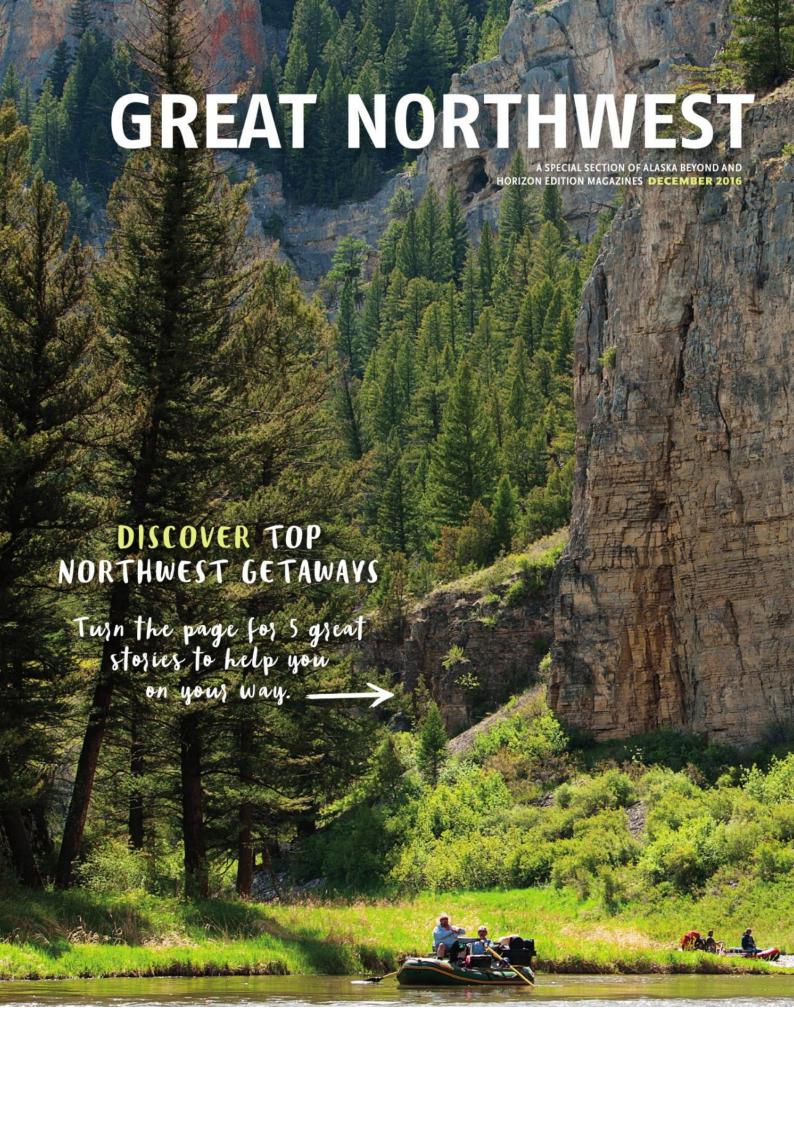






PAY TO THE Dissolvable cancer-killing implants





## EAT + SHOP DISCOVER



#### Paradigm Communications Group

2701 First Avenue, Suite 250 Seattle, WA 98121 206-441-5871; www.paradigmcg.com

Publisher Mimi K. Kirsch
Editor-in-Chief Paul Frichtl
Editors Jeff Bond, Ben Raker, Andrew Waite
Art Directors Margaret Elson, Patty Warkentin
Design & Production Specialist Ellen Ordóñez
Advertising Production Manager Theresa Santucci
Advertising Director Kenneth J. Krass, ext. 11
Advertising Sales:

Stephany Angelacos, ext. 13 Becca Conversano, ext. 21 Yael Kallin, ext. 27 Clay Schurman, ext. 33

Great Northwest, an annual supplement to Alaska Beyond Magazine (ISSN 0199-0586), the monthly inflight magazine of Alaska Airlines, and the Horizon Edition (ISSN 1050-2440), the monthly inflight magazine of Horizon Air, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2016 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Printed in the United States of America. This publication is a supplement to the December 2016 issues, and its pages are numbered independent of the host magazines.

#### **GREAT NORTHWEST**

#### NW4 EVERGREEN STATE EXPERIENCES

By Candace Dempsey

Nw10 OREGON ESCAPES

By Deston Nokes

NW16 MONTANA TREASURES

By Alan Kesselheim

NW21 IDEAL IDAHO

By Buddy Levy

NW2} SCENIC
BRITISH COLUMBIA

By Lauren Kramer



Winter fun, see page NW 23.

**COVER:** Floating down the 60-mile Smith River, near the towns of Helena and Great Falls, Montana. **PHOTO:** Austin Cronnelly / Tandemstock.com.



Anchorage Coast International Inn

Seattle Coast Gateway

Olympia The Governor, a Coast Hotel

Bellevue Hotel 116, A Coast Hotel\*

Wenatchee Coast Wenatchee Center

Portland The Benson, a Coast Hotel

Santa Barbara West Beach Inn, a Coast Hotel

Burbank The Safari Inn, a Coast Hotel

Coast Anabelle

Kauai, Hawaii Waimea Plantation Cottages,

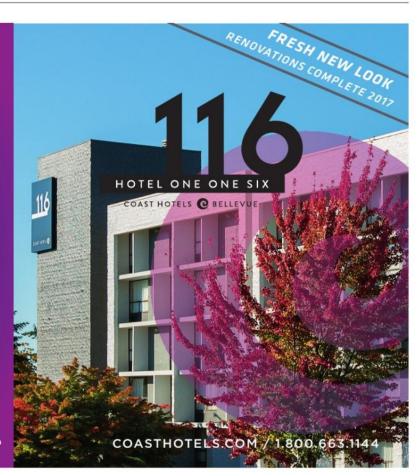
a Coast Resort

coast rewards

*Alaska*. Mileage Plan

\*Formerly Coast Bellevue Hotel

We are also proud to offer 27 distinct properties in Western Canada





#### EVERGREEN STATE EXPERIENCES

By Candace Dempsey

As we enjoy fresh oysters and scallops harvested from nearby waters and served with local wines, my husband, Mark, and I celebrate finding a wonderful winter escape at Semiahmoo Resort, Golf & Spa. Built on the site of a former salmon cannery, this seaside beauty is located on Semiahmoo Spit, near Blaine, Washington, just below the Canadian border.

The resort is a top year-round golf destination, and guests can roast marshmallows on the spit at night and stroll the grand wooden boardwalk to admire the lights of White Rock, British Columbia, just across Semiahmoo Bay, as seabirds swirl overhead.

Choosing the best place for a winter getaway in Washington state can be delightfully complicated. Mark and I love the wild Pacific Ocean beaches and lushly timbered Cascade and Olympic ranges. We're also partial to the sage deserts, deep river gorges

and rolling wheat fields on the drier east side near Spokane, where I grew up. Skiing, snowboarding, sledding and other winter sports are popular on both sides of the mountains. In spring and summer, we enjoy the region's rivers and lakes. We feel lucky to live in the Puget Sound area, not far from where some of America's most breathtaking natural beauty can be found in Mount Rainier National Park, the Olympic Peninsula, the San Juan Islands and the North Cascades.

Semiahmoo is only about 30 miles north of Bellingham. When we discovered that the resort's chef Bruno Feldeisen is from France, commutes from Canada and cooks with local seafood and organic produce from area farms, we knew we were at the right place. An old watchtower and several weathered cannery buildings make a striking background to the

Semiahmoo Resort, Golf & Spa offers an array of activities, including croquet on the resort's lawn, yearround golf, spa treatments, beachcombing and hiking.

NW4 GREAT NORTHWEST

DECEMBER 2016 ALASKA BEYOND & HORIZON EDITION MAGAZINES











elegant 212-room resort, which offers deluxe rooms and suites, plus two restaurants and a marina, where we see blue herons perched on the rocks and seals basking on the logs. The two nearby golf courses also offer dining options.

I enjoy a luxurious hour-long "pumpkin seed" treatment in the spa. Later, Mark and I have a marvelous meal at the adjacent Pierside Kitchen, the resort's formal dining room. We love the roast duck with tiny local vegetables, the oysters paired with white wine, and the halibut from Lummi Island. We sample Chef Feldeisen's French-inspired desserts, including a wonderful lemon tart.

As part of the resort's romance package, we find wine, chocolates and red rose petals on a buffet table in our room. Semiahmoo's package also includes late checkout and a tasty breakfast buffet in the Pierside Kitchen.

Find more favorite Washington attractions and getaways in the sections that follow.

Candace Dempsey writes from Seattle.

#### Indoor Attractions

Coastal Storm Watching: The seaside town of Ocean Shores, located about 140 miles southwest of Seattle, is one of many great spots where storm watching is a popular pastime. Other terrific locations include Long Beach, Washington, to the south, and the community of La Push to the north, where you'll find the Quileute Oceanside Resort. Also be sure to visit the coastal vacation community of Seabrook; the rustic Lake Quinault Lodge, located inland in the Olympic rain forest; and Kalaloch Lodge, a great hotel on the north-central Washington coast.

Retail Therapy: The Bellevue Collection in the heart of Bellevue, the state's fifth-largest city, located just across Lake Washington from Seattle, offers hotels, a movie theater, more than 180 stores and an array of restaurants and bars.

Picturesque Bellingham: The seaside city and gateway to the North Cascade Range offers many urban attractions, such as the Whatcom Museum and the Fairhaven neighborhood, with its fun shops and restaurants. Another draw is

the unique Spark Museum of Electrical Invention, which shows the history of harnessing electricity. Don't miss the giant MegaZapper Tesla coil show.

#### **Touring Tri-Cities Wine Country:**

With more than 200 wineries within about 50 miles of this Eastern Washington location, the Tri-Cities offer visitors one of the state's best collections of fine wines. A few of the area's top stops include Richland's Barnard Griffin Winery, J. Bookwalter Winery and Tagaris Winery. —C.D.

#### WINTER WHITE TOWER WITH GOLDEN PUTTI

Temporary holiday exhibition on view in the Glasshouse through January 17, 2017



LOCATED AT THE BASE OF THE SPACE NEEDLE, SEATTLE CENTER CHIHULY GARDENAND GLASS. COM





## Holiday Lights. Top Sights. One Price.

Explore the city's best attractions this holiday season and save!

Seattle Center 4-Pack









#### Romantic Getaways

Wine lovers will find an outstanding mix of small-town charms and world-class wines when taking part in a **Walla Walla wine tour** in the state's southeastern corner. The city offers a picturesque Main Street, fine dining and great accommodations, as well as more than 150 wineries in the area, many with tasting rooms right in downtown. For lodging, consider the Cameo Heights Mansion, a romantic bed-and-breakfast; the Inn at Abeja, a luxurious "farmstead"; and the historic and elegant Marcus Whitman Hotel and Conference Center, in downtown Walla Walla.

Rustic Romance: On a bluff overlooking the Columbia River is where you'll find the Cave B Estate Winery and Resort, one of the more impressive romantic getaways in Washington. Located adjacent to the Gorge Amphitheater, the resort includes a spa, a restaurant and the Cave B Winery. You can choose from different luxury lodging options, including inn rooms, cavern rooms, large cottages and desert yurts. You can also enjoy hot stone massages and the Tendrils restaurant's multicourse meals.

**Mountain Retreat:** Sleeping Lady Mountain Resort, located near the town of Leavenworth, is a wonderful retreat for two. You can enjoy excellent dishes at the Kingfisher restaurant, get a spa massage, use the pool and sauna and book a sleigh ride. —C.D.



#### Outdoor Adventuses

Visiting Mount Rainier: This mountain has enchanted the people of this region since it was first settled. Visiting Mount Rainier National Park in winter is a unique experience you'll never forget. For a no-hassle excursion, take Evergreen Escapes' luxury snowshoe and nature-walk trip. The company takes care of all the details, including transporting you to the mountain and supplying you with equipment, an expert naturalist guide and a lunch. Families also flock to the area for skiing, snowboarding and sledding. Lodging is available year-round at the National Park Inn. However, be sure to come back in the late spring or summer when mountain meadows will be full of flowers. That is also the time to visit Paradise Inn, one of the nation's great lodges, which is celebrating its centennial this year.

Embracing "Island Time": Ride a ferry from Anacortes to the San Juans, a group of majestic islands where time slows down and nature takes center stage. There are many places to stay and activities to enjoy, including hiking, kayaking and whale-watching, where you may also see eagles, porpoises, seals, sea lions and seabirds.

Spokane's Sports Paradise: Located near mountains and lakes and not far from the Idaho border, Spokane is a sports paradise year-round. In winter, you can visit Mt. Spokane Ski and Snowboard Park and 49 Degrees North Mountain Resort in nearby Chewelah. In the spring and summer, visitors like to fish, swim and boat. —C.D.



#### Family Fun

The charming Bavarian-style town of **Leavenworth**, in the Cascade foothills of Central Washington, about 25 miles northwest of Wenatchee, is great for kids. It is a winter wonderland where you can snowshoe, cross-country ski and go on a sleigh ride. Also, the Stevens Pass Ski Area is only 35 miles west along U.S. Highway 2. Leavenworth has a wide range of lodging options for families, plus plenty of restaurants—where bratwurst is usually on the menu. The popular Bavarian Ice Fest (January 14–15) offers snowmobile sled pulling, fireworks, snow sculptures and much more. Come back for excellent hiking, mountain climbing, rafting and wine-tasting in the spring and summer.

Touring Seattle: You can start a city tour at Seattle Center, home of the Space Needle, the Pacific Science Center, the Museum of Pop Culture and Chihuly Garden and Glass. Ride the Monorail downtown to see Pike Place Market. Walk down to the waterfront to visit the Seattle Aquarium and the Seattle Great Wheel.

**Tacoma's Museum District:** Washington's third-largest city, located about 30 miles south of Seattle, has a great

museum district with six venues, including the Museum of Glass, created with the help of glass artist and Tacoma native Dale Chihuly. Also check out the Children's Museum of Tacoma, Foss Waterway Seaport, LeMay–America's Car Museum, Tacoma Art Museum and Washington State History Museum.

Historic Vancouver: The southwest Washington city of Vancouver sits on the banks of the Columbia River and is home of the Fort Vancouver National Historic Site, marking one of the first permanent settlements west of the Rocky Mountains. Kids can see a replica of the fort and take part in various hands-on activities. —C.D.

Alaska Airlines offers service to communities throughout Washington. For ticket information, call 800-ALASKAAIR, or visit alaskaair.com. Learn more about Washington at experiencewa.com.









### PLAN YOUR GETAWAY. ADVENTURE CENTER

3312 Gateway St, Springfield OR 97477 **EugeneCascadesCoast.org/Go** 





Left: Timberline Lodge on Mount Hood is a classic Oregon destination known for its warm, welcoming interiors—and mascot Saint Bernards. Above: The lodge's exterior is especially picturesque with winter snow.

#### OREGON ESCAPES

By Deston Nokes

**Heidi, the Saint Bernard** that greets me at the front of the Timberline Lodge, almost perfectly embodies the alpine ethos of this historic hotel found 6,000 feet up the side of Mount Hood. All that's missing is a small brandy barrel hanging from her collar.

While I pat Heidi's head, the lodge manager tells me that Timberline has often had Saint Bernard mascots on staff, a tradition stretching back to when the structure was built in 1937. And Heidi does, indeed, have a little cask that she carries on special occasions.

Located about 65 miles southeast of Portland and about 115 miles north of Bend, the Timberline area is one of Oregon's quintessential getaway locations. The lodge has the charm and romance of a mountain chalet, and a wealth of history worthy of a museum. As I walk to my room, I am captivated by massive timber beams, colorful tile mosaics and carved-wood animal heads on the staircase. The lodge's decor is trimmed with rustic ironworks—from ram's head fireplace pokers to ornate gates and railings—all maintained by a Timberline employee who serves as a blacksmith.

Sturdy and warm, the lodge was built to last by craftspeople during the Great Depression.

In winter, snow activities rule. What I love most is catching a chairlift right outside the door, skiing to my heart's content and then relaxing in the lodge's open, circular lobby with a hot chocolate. Others might opt for old-school hot buttered rum or a tequila-infused Huckleberry Beetnik house-specialty cocktail.

In addition to skiing and snowboarding, local activities include snowshoeing, bicycling (when the snow subsides in the spring), shopping, dining and melting s'mores in the lodge's Grand Fireplace.

The lodge's 70 rooms are on the cozy side, some with fireplaces and each with a television. Most guests choose to spend time in the public spaces where families, couples and solo travelers gather to share stories, read and marvel at the skiers and snow-boarders cruising down the slopes.

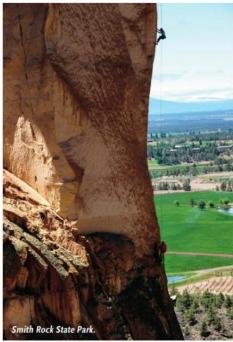
For a side trip, many enjoy dining or shopping for sporting gear and apparel in Government Camp, the closest community, about 6 miles southwest. Timber-

NW10 GREAT NORTHWEST



Oregon





line is also well-equipped to feed adventurers, with six restaurants on the property. Options range from fine dining in the Cascade Dining Room to beer and pizza at the Blue Ox Bar, accessed via a tiny stone archway tucked away downstairs. The lodge hosts live music, comedy shows and films. And speaking of film, the 1980 horror classic *The Shining* uses shots of Timberline's exterior, though the friendly vibe here otherwise couldn't be more different from that film's hotel.

A trip to Timberline is a classic Oregon excursion, especially in winter. Yet the state offers many additional chances to experience diverse adventures. In Portland, visitors can find fun by hiking in Forest Park or kayaking on the Willamette River. Or they can enjoy superb vintages in the Willamette Valley wine country. Other travelers head west to wander the upscale beachcomber's town of Cannon Beach or revel in the wide-open glory of the Columbia River Gorge. Put simply, there's something for everyone in Oregon.

Deston Nokes writes from the Portland area.

#### Outdoor Adventuses

Take a photo safari along the North Umpqua **Highway of Waterfalls**, near the city of Roseburg, and immerse yourself in a wonderland of richly green forest with brilliant cascades splashing onto mossy boulders—an iconic Oregon scene.

This route is a National Scenic Byway with easy-to-moderate hiking paths to 10 falls spread throughout the Umpqua National Forest. The trails range in length from 100 feet to 1.5 miles, and most have restroom and picnic facilities. One of my favorites is Toketee Falls, which is framed by sheer volcanic basalt rock walls. Toketee means "pretty" or "graceful" in the Native Chinook language. Nearby is Watson Falls, Oregon's third tallest, at about 293 feet. During the spring, Watson Falls can really gush, so you might get damp from the spray. It's an easy, roughly half-mile hike from the trailhead.

Nearby, stop to quench your thirst at one of more than 25 Umpqua Valley wineries around Roseburg. The region grows more than 40 grape varieties.

Smith Rock State Park: This haven for climbers and hikers is 9 miles north of Redmond. Its towering spires offer some of the most famous climbs in the country.

Forest Park: At more than 5,000 acres, this is one of the nation's largest urban for-

ests. It provides hiking, biking and horseriding trails inside Portland city limits. **Bandon Dunes Golf Resort:** Enjoy golf in the fresh ocean air of Oregon's southern coast, near the city of Bandon. It's an unforgettable experience. — *D.N.* 



Roseburg is the heart of the scenic and recreational paradise known as the Land of Umpqua. Here you can discover a wide array of activities to make for a memorable stay.

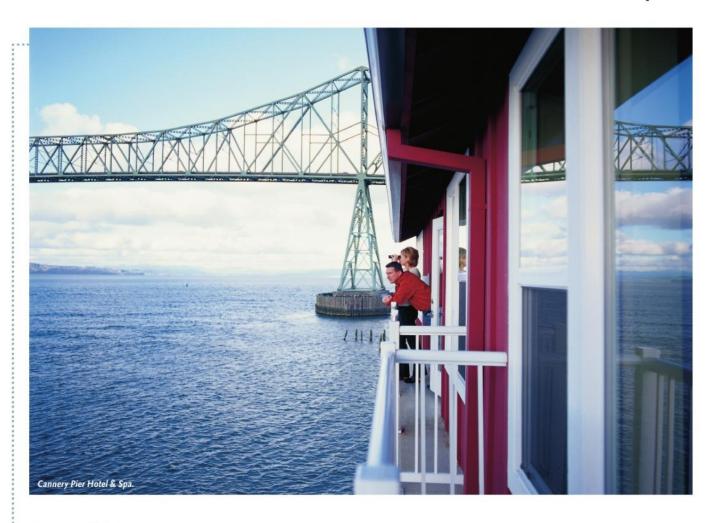
Stroll through our historic downtown, with unique shops and galleries and outstanding brewpubs and restaurants. Venture out into the surrounding wine country or get back to nature exploring the wonder of the North Umpqua Trail, a one-stop recreation spot ideal for fishing, kayaking, hiking and biking.

Whether on land or water, on foot, wheels or rapids, you'll find a new adventure every time you visit. Roseburg offers plenty of choices for comfortable accommodations too, so stay and enjoy one of Oregon's treasures.

Start your visit at the Roseburg Area Chamber of Commerce & Visitor Center. For a free visitor guide call 800-440-9584.

www.VisitRoseburg.com/Fun

# IN the heart of the land Impaua 410 SE Spruce St. | PO Box 1262 | Roseburg, OR 97470



#### Indoor Attractions

Few experiences in Oregon are as serene as watching ships go by at the **Cannery Pier Hotel & Spa** in Astoria. Visitors sit by the window, warmed by the fire, and enjoy coffee and homemade cookies as they observe tugboats guiding ocean freighters into the mighty Columbia River. No matter what the season or weather, the hotel ranks as one of the most pleasant getaways on the Oregon Coast.

The hotel's barnlike, bright-red exterior is what first charmed my eye. The old fish-cannery structure juts far out over the water, perched on still-solid, century-old pilings. Inside, the accommodations are far from rustic: The decor is modern, bright, and decorated with glass, polished wood and hardwood floors. And each room's spacious clawfoot bathtub (or jet tub) has a river view.

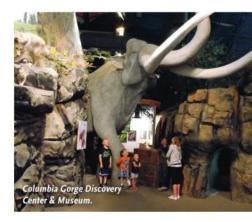
In the evenings, the hotel has wine and hors d'oeuvres, featuring fish and cheeses from nearby Josephson's Smokehouse. If you visit Josephson's, you can taste fish smoked on the premises, with varieties such as Hot Smoked Pepper Blend Salmon and Wine-Maple Smoked Salmon.

Astoria is the oldest American settlement west of the Rockies, and it's a town well worth experiencing. To help you get downtown, the hotel offers chauffeured car service to local restaurants in its 1945 Cadillac.

Oregon Historical Society: Through January 31, this impressive museum in Portland is celebrating the city's contribution to comic books in the exhibition "Comic City, USA," featuring 15 artists and their work.

Portland Art Museum: This downtown institution located near the Oregon Historical Society is starting 2017 with an exhibition of Auguste Rodin bronze sculptures.

**Columbia Gorge Discovery Center & Museum:** When you're driving along the gorge on either Interstate 84 or the Historic



Columbia River Highway, this site is a great place to pull over and learn about the incredible scenery you're enjoying. The center has exhibits about the Lewis and Clark expedition, the area's geological history and ice-age floods, and other topics. —D.N.

#### Romantic Getaways

It takes a lot to get me up before dawn, but the prospect of starting an Oregon wine country tour with a hot-air-balloon ride was enough to roust me from my slumber.

The balloon lift-off site is just 25 miles southwest of Portland. Soon after arriving, my sweetheart and I were floating 1,500 feet above the beautiful Willamette Valley. During the hour-long ride in our spacious gondola, we enjoyed views of a patchwork of vineyards below and mountains in the distance. **Vista Balloon Adventures**, based in Newberg, offers daily flights from April Fool's Day through Halloween and is taking reservations for 2017.

Once on the ground, we enjoyed a hearty brunch and ventured off to tour a few of the hundreds of wineries in the Willamette Valley. In recent decades, Oregon wines have received national attention for their quality, particularly the Pinot Noirs. Visitors take tours, use designated drivers or, this being Oregon, ride bikes responsibly between tastings.

Alaska Airlines Mileage Plan members can enjoy complimentary tastings at 300 wineries, and may check a case of wine for free on Alaska flights from Eugene, Medford,



Portland, Redmond/Bend, or Walla Walla, Washington. Visit oregonwine.org for more information.

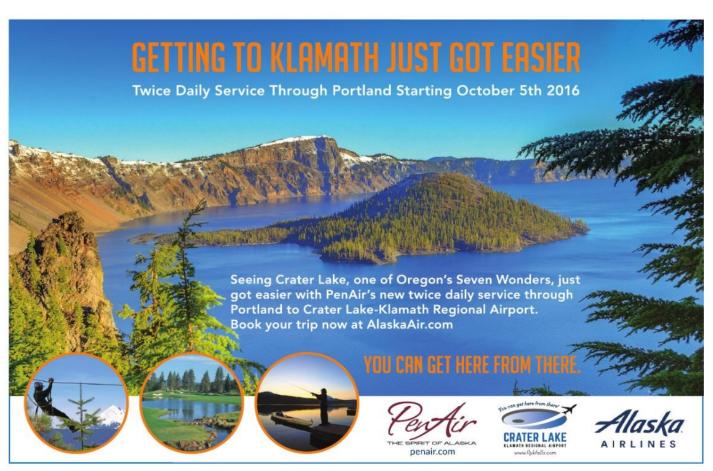
For those who wish to overnight in the wine country, book well in advance for The Allison Inn & Spa in Newberg, or the Dundee Manor and Black Walnut in Dundee.

Cannon Beach: Beachcombing, souvenir shopping and dining at Sweet Basil restaurant provide pleasant preludes to snuggling up at an inn or against a beach log to gaze at majestic Haystack Rock.

**C'est La Vie Inn:** This Eugene jewel offers gorgeous gardens, sumptuous breakfasts and upscale comforts.



Crater Lake Lodge: You and your loved one can rest and dine in comfort looking out over one of the world's deepest and most pristine lakes. The lodge is open seasonally starting in May, but Crater Lake National Park has year-round outdoor activities. — D.N.



Oregon

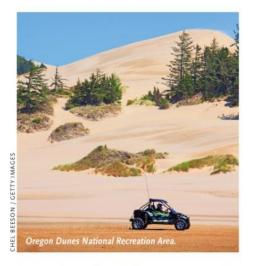
#### Family Fun

My kids and I have visited amusement parks from the Midwest to California, and we have determined that riding the Oregon Dunes provides all the thrills of the nation's biggest roller coasters.

With its north end located about 60 miles west of Eugene, the Oregon Dunes National Recreation Area is the largest expanse of coastal sand dunes in North America and offers an impressive vista of sand mountains with surrounding trees, lakes and streams.

The area has some of the most exhilarating all-terrain vehicle (ATV) riding in the nation. My rented ATV was automatic and powerful enough to haul me up some pretty imposing slopes. As a first-time driver, I was happy to learn that I didn't need a lot of experience to operate the machines safely.

This is definitely a family sport. Rentals for four hours are a little over \$200, with helmets provided. For those who don't wish to gun the throttle themselves, there are guided motorized tours of the dunes. You'll want to dress for the weather—which is often cold in the winter and spring.



Sunriver Resort: This high-desert oasis, about 16 miles south of Bend, is ideal for families to play and relax together. Swimming at the resort's pools, biking, golfing and horseback riding are popular area activities.

Lincoln City: Between October and May, visitors comb the beaches of this town to find 3,000 custom-made glass floats seeded along the coastline. In summer, the area is a famous destination for flying kites.

**Crater Lake Zipline:** A short drive from the city of Klamath Falls, this is Oregon's longest

zipline tour, with views of surrounding forest, Cascade mountains and Upper Klamath Lake. The series of nine zips, open April through November, is a thrill for family members ages 10 and up. —D.N.

Alaska Airlines offers daily service throughout Oregon. For ticket information, go to alaskaair.com or call 800-ALASKAAIR. Learn more about visiting Oregon at traveloregon.com.





#### MONTANA TREASURES

By Alan Kesselheim

**The Madison River Valley** uncoils against low cliffs in the near distance. Beyond stand the Tobacco Root Mountains' woven peaks. Close in, rising away from me, are dramatic scarps of rock where, for thousands of years, Native Americans herded buffaloes.

I'm at Madison Buffalo Jump State Park, 30 miles west of Bozeman, where I love to find solitude and listen to the whispering ghosts of history.

Standing there in this quiet sweep of space in the Madison River Valley, I can imagine that I hear indigenous people in nearby teepees celebrating all that the buffaloes yield.

Although the introduction of horses ultimately led to natives abandoning this jump sometime after 1700, the limestone cliffs remain a monument to the region's early inhabitants. Interpretive displays in the park help visitors understand the dramatic events that occurred here for nearly 2,000 years.

There is something undeniably powerful about the

land. Maybe that sense is related to my knowledge of what has taken place at this jump, but it is also simply a compelling spot.

I walk up the broad, dry valley on the north side of the cliffs. I follow a trail leading through the grasslands, gradually steepening then climbing to where the herds of panicked buffaloes would have stampeded headlong toward their fates. The breezes blow there; the view broadens; and I take a trail along the cliffs, looking down, looking out—the panorama simmering with imagined scenes.

The confluence of the three forks of the Missouri River lies north of Buffalo Jump, and as you head into the town of Three Forks, it's worth the short detour to Missouri Headwaters State Park, which preserves the region's wildlife, vegetation and scenic beauty.

On Main Street in Three Forks, the Sacajawea Hotel offers an extensive wine list and tasty food, whether you're looking for an appetizer or a four-

NW16 GREAT NORTHWEST

DECEMBER 2016 ALASKA BEYOND & HORIZON EDITION MAGAZINES





Facing: Visitors to Madison Buffalo Jump State Park will find expansive views of the Madison River Valley. Left: The Sacajawea Hotel has hosted guests since 1910. Above: Missouri Headwaters State Park is a short trip from Three Forks.



course meal. At the hotel, enjoy the quiet elegance of everything from a small-town session of porch-sitting to a romantic night in one of the luxurious but unpretentious rooms. Tastefully remodeled in 2010, the Sacajawea has welcomed guests and provided a Big Sky haven from the rush of life since 1910.

In Three Forks, I realize that I've traveled from whispering landscape to historic luxury, all held in the grasp of the headwaters of the Missouri River—not bad for one Montana day.

But then the Treasure State offers a bounty of such days. Montana's full of jaw-dropping scenery and unprecedented wildlife, unexpected art and sumptuous food, kid-friendly culture and evocative history. From the Canadian border to Yellowstone, the nation's first national park, Montana brims with adventure, culture and romance.

Alan Kesselheim writes from Bozeman, Montana.

#### Romantic Getaways

**Good Medicine Lodge** in Whitefish serves up a scrumptious breakfast spread featuring egg scrambles and fresh fruit and provides guests luxurious rooms and suites. The B&B also offers guests a complimentary glass of wine and appetizer every evening, a hot tub,



Huntley Lodge: Guests will never need to leave the area for delicious food, great skiing, spa indulgence and rugged mountain scenery at this lodge located just steps from the chairlifts of Big Sky Resort.

Chico Hot Springs Resort & Day

Spa: South of Livingston and on the way to Yellowstone National Park, the resort sits in aptly named Paradise Valley. The resort has five-star dining, live entertainment, quaint rooms and cabins, hot

springs pools and tubs, and activities from fly-fishing to horseback riding. **Triple Creek Ranch:** Breathtaking scenery and private log cabins in the heart of the Bitterroot Mountains set the mood at this all-inclusive luxury resort. Guests can also enjoy gourmet cuisine and fine wines paired with an original collection of Western art as well as nearby adventures, such as horseback riding and relaxing river floats. —A.K.



#### Family Fun

Barely out of view of downtown Billings, in the shallow valley of Bitter Creek, **Pictograph Cave State Park** is both fascinating and beautiful. The sandstone caves in the park were used by prehistoric peoples for shelter, ceremonies and art. The caves are carved into a high cliff where trails wind through time.

Much of the pictograph art is faded, but the

landscape and setting are worth the visit, and it can be the first stop on a longer driving tour of historic sites near Billings.

#### The Museum of the Rockies:

Explore one of the world's largest dinosaur fossil collections, stargaze inside the Taylor Planetarium and learn about Rocky Mountain history from early exploration through World War II at this museum in Bozeman.

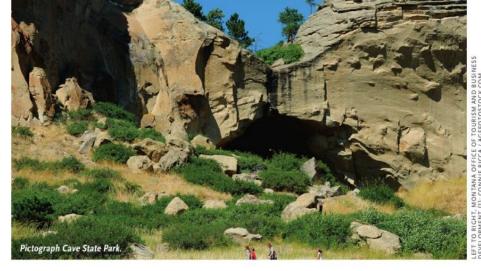
#### Fairmont Hot Springs Resort:

South of Helena and just west of Butte,

the resort provides seemingly endless family fun featuring a waterslide, hot springs pools and restaurants.

#### **West Yellowstone Snowcoach**

**Tours:** Experience a winter wonderland in Yellowstone National Park aboard a climate-controlled driving machine that takes visitors to sites including Old Faithful geyser. —A.K.



#### Outdoor Adventures

Every March, **Freezeout Lake**, in Central Montana, is a staging area for tens of thousands of migrating white geese, Canada geese and swans, along with dozens of other bird species. It's a remarkable birding area any time of year, but each spring it becomes a hub, drawing photographers and bird-watchers from far and wide. For the best viewing, visit at sunrise or twilight. The sight of thousands of brilliant white geese rising out of a grain field is unforgettable. Roads wind through the Freezout Lake Wildlife Management Area to numerous access spots, and nearby Choteau and Augusta offer lodging, meals and shops.



Visit the Isola Homes Experience Center, now open by Safeco Field. View dozens of modern, new construction homes through a brand new interactive home showcase experience. Find a home you love at Isola Homes.

INTEGRITY, FUNCTION, DESIGN.



#### HOURS

Wednesday – Sunday | 11 am – 5 pm Monday – Tuesday | By Appointment

#### FIND US

1521 1st Ave S Seattle, WA 98134 206.792.3988 | isolahomes.com





Montana

This House of Books: This newly opened co-op bookstore is nestled in Billings' downtown district and features local authors.

Flathead Lake Brewing Co.: The downtown Missoula pubhouse of this Big Fork-based brewery serves up hearty food and handcrafted beers.

The Lewis & Clark Interpretive Center: Above the Great Falls of the Missouri River, the center highlights the explorers' expedition. -A.K.

Alaska Airlines offers service to communities throughout Montana. For flight information, visit alaskaair.com or call 800-ALASKAAIR. Learn more about Montana at visitmt.com.

Nordic skiing in Bozeman: From the Bohart Ranch Cross Country Ski Center to a variety of in-town groomed trails, and the extensive network of trails in the Hyalite Canyon Recreation Area, Bozeman has become one of the renowned cross-country ski destinations in North America.

Whitefish Mountain Resort: This ski area has 3,000 acres, 105 marked trails, 2,353 feet of vertical slope, 300 inches of annual snowfall, five terrain parks and a cross course.

Biking in Yellowstone National Park: For a few weeks every April, Yellowstone opens its roads to bicyclists and restricts public vehicles. Weather depending, ride on park roads from West Yellowstone and enjoy the nation's first national park free of most vehicle traffic. —A.K.

#### Indoor Attractions

A variety of tours extol the amazing history of Butte, an hour south of Helena, but my favorite is the

**Butte City Underground Tour**, a

below-street-level glimpse of the city's bustling Prohibition-era past, punctuated by speakeasies, barbershops and dungeonlike jails. While in town, check out some other Butte tours of Copperbaron mansions and historic districts.

Richland, one of the Tri-Cities (MSA Pop. 275,000), is home to more than 54,000 residents and is a hub for innovation, education, technology, and energy.

Grocery items, housing, utilities, transportation, health care, and goods and services are more affordable in Richland compared to other cities with similar employers.



Richland: 101.5



Seattle: 154.3

#### VITAL STATISTICS

**Population** 54,248 Median Income \$69,372 **Educational Attainment** 95.5%

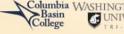
#### **EDUCATION**

Richland has an oustanding public school system with significant local support.

13,000 students 1,500 employees \$140,000,000 operating budget



- ▶ Home to Washington State University-Tri Cities, now a 4 year institution.
- Columbia Basin College, rapidly expanding in Downtown Richland.





2100 ACRES

of land available for development in the Horn Rapid Industrial Park and the Horn Rapids Business Center in north Richland.

Home to leading companies in energy, technology, manufacturing, food processing, and research and development.

The average sold price for a home (mid-2015 through mid-2016) **8289.000** 



Facts and Statistics Source: United States Census Bureau and City of Richland

CITY OF RICHLAND, WASHINGTON | WWW.RICHLANDBUSINESS.COM



# TRAVEL RE-INVENTED

With 200+ hotels, we're everywhere you want to be. With modern, classic design and always-approachable service, we offer what matters most to keep you comfortable and connected. **This is Four Points.** 

#### Book now at Four Points across the West:

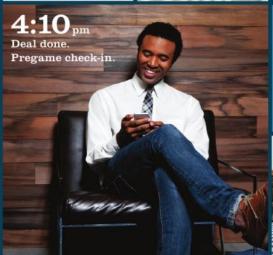
ALASKA: Juneau ALBERTA: Calgary • Edmonton
Grand Prairie • Nisku • Sherwood Park
BRITISH COLUMBIA: Kamloops • Kelowna
Prince George • Richmond • Surrey • Vancouver
Victoria CALIFORNIA: Bakersfield • Los Angeles
Pleasanton • Rancho Cucamonga • Sacramento
San Diego • San Jose • San Francisco • San Rafael
Ventura OREGON: Portland WASHINGTON: Bellingham
SeaTac • Seattle



7:05 am Post-workout breakfast in the room.

8:00 am
Cab it to a meeting.
Take a conference
call on the way.





6:15 pm Meet the team for dinner.



7:40<sub>pm</sub> Kick back, relax with beers and the game.



spg.
Starwood
Preferred



#### IDEAL IDAHO

By Buddy Lery

Early morning sunlight glints off fresh powder crystals as our Bombardier Snowcat rumbles up Lake Fork Road in McCall, Idaho. It's late December, and an early winter storm has dumped nearly 2 feet of powder. My brother, Lance, a half-dozen of our long-time ski buddies and I are headed on a marked trail 12 miles into the backcountry—destination Payette Powder Guides' Lick Creek Yurts, which are a pair of Mongolian-style huts tucked into a hillside in Idaho's West Central Mountains.

We're there for the 33,000 acres of untracked snow. We'll make daylong forays to great skiable terrain, then spend late afternoons on the large deck, eating exotic cheeses and drinking regional vinos.

The snowcat transport takes only an hour and a half and allows us to bring our gear, coolers of great food and *après*-ski beverages, and provides more time and energy for hiking and skiing up and down the gorgeous glades, bowls, chutes and timber stands that define the area. The Lick Creek Yurts

offer panoramic views of the surrounding peaks, including the impressive Beaver Dam Peak, looming at about 9,000 feet high in the distance.

We pull in, unload, don daypacks and avalanche beacons, and then ascend the slopes, using synthetic "skins" on the bottoms of our skis for traction. From the yurt door, there is

terrain for every level of skier or snowboarder within a 40-minute hike up to Skier's Saddle. From there, we float through perfect snow, cruising down the leisurely timbered glade called Girlfriends that ends in a swooping steep after an 800-vertical-foot run.

We take a short rest, drink some water, and hike



The Payette Powder Guides' Lick Creek Yurts provide skiers access to 33,000 acres of fresh snow in Idaho's West Central Mountains.

ALASKA BEYOND & HORIZON EDITION MAGAZINES DECEMBER 2016

GREAT NORTHWEST NW21





up to ski multiple laps on the more northerly aspects called Surprise and North Corner.

By late afternoon, sunset sends salmon-colored light across the valley. We tromp the flat trail back to the hut, alone in our mountain thoughts, the hills around us windblown swirls of cornices shaped like breaking waves and dragon tails.

In the evenings, we eat well: One night it's Thai curry shrimp and sticky rice, the next night veal sausage (bockwurst) with fingerling potatoes and red cabbage. We relax in the steaming sauna, then roll in the snow to re-energize. We talk about the wolverine we saw, marveling at its speed over the powder, and laugh about the local red fox that slinked around, sneaking off with dropped chunks of cheese and crackers.

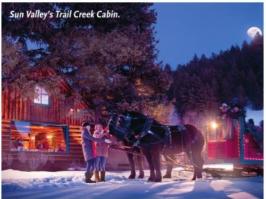
The last day is cloudless and electric blue, and we tour across the valley to an unnamed peak just north of Beaver Dam. We scamper up a narrow ridge shaped like a stegosaurus's back, then ski the quilts of snow on the bowls below. We savor sandwiches in a wind-sheltered depression, tour the west basin, and finally, exhausted yet smiling, we head back to the cozy Lick Creek Yurts, our home away from home in the middle of the mountains.

A yurt stay is just one example of a quintessential Idaho experience. The state's license plates may say "Famous Potatoes," but people who visit remember Idaho for its great getaways. With vast roadless wilderness, many ski resorts, towering peaks and romantic lodges, Idaho is one of the destinations for adventure, no matter what sort you're after.

Idaho writer Buddy Levy is the coauthor of the forthcoming book No Barriers: A Blind Man's Journey to Kayak the Grand Canyon.







#### Outdoor Adventuses

Schweitzer Mountain Resort is an adventure gem in Idaho's northern panhandle. Breathe in sublime views of Lake Pend Oreille and Sandpoint from the 6,400-foot summit of the ski mountain, then ski or snowboard the 2,900 acres of varied terrain, ranging from wide-open bowls and groomers on the Schweitzer Bowl to tight chutes and densely timbered runs (Schweitzer has more than 1,200 acres of tree skiing) on the Outback Bowl. Schweitzer boasts three terrain parks to accommodate various ability levels and offers twilight skiing as well as night tubing. The Nordic area comprises about 20 miles of well-maintained, variable terrain that can be enjoyed via cross-country skiing, snowshoeing and even fat-tire snowbiking.

Bogus Basin: Located less than 20 miles from the heart of Boise, Idaho's largest city, Bogus Basin is usually open mid-November through mid-April and offers lift-served skiing and riding, the Mountain Dew Terrain Park and a rentable Alpine Yurt that sleeps 12.

Jug Mountain Ranch: The ranch, in McCall, offers Nordic skiing and fat-tire bike trails and is near Gold Fork Hot Springs, where visitors can enjoy a rejuvenating soak. In the winter, the ranch's Clubhouse Restaurant is open on Friday and Saturday nights for dinner. —B.L.

#### Romantic Getaways

There are few things more romantic than a long weekend in the historic **Sun Valley Lodge**, with its new 20,000-square-foot destination spa, heated pools and walkable Austrian-inspired village. After a day of skiing Sun Valley's legendary Bald and Dollar mountains, unwind with a hot toddy and hear live jazz at the lodge's iconic Duchin Lounge. Take one night to ride the horse-drawn sleigh to Trail Creek Cabin, where a wondrous gourmet meal of local trout or free-range fillet awaits. Starting December 17, Alaska Airlines will add seasonal twice-weekly nonstop flights between Portland and Sun Valley, in addition to daily service from Seattle and Los Angeles.

**The Coeur d'Alene Resort:** For some early winter sparkle, head to The Coeur d'Alene Resort for the Holiday Light Show. From November 25, 2016, to January 2, 2017, 1.5 million lights shimmer and glint off the glassy lake surface. Then jump on the Journey to the North Pole lake cruise to see America's tallest floating Christmas tree towering over the lake.

**Talus Rock Retreat:** This resplendent six-bedroom luxury B&B is set amid 30 acres of wilderness just 1.5 miles from downtown Sandpoint. Each room or suite has its own themed decor, and some rooms include Jacuzzis and balconies with mountain views. —*B.L.* 



#### Indoos Attractions

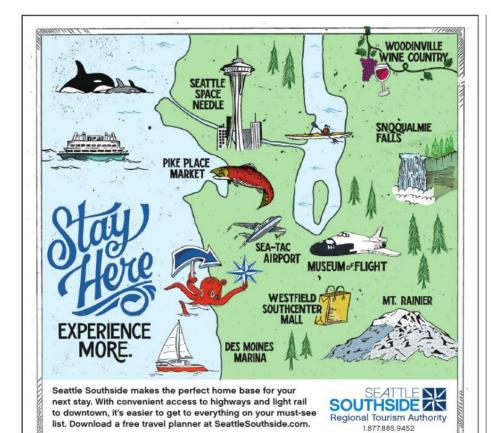
The Coeur d'Alene area is defined in part by its magnificent lake and world-renowned golf courses, but area visitors should check out the indoor fun, too, especially at the nearby **Triple Play Family Fun Park**. There are numerous attractions, including a 32-foot, three-level ropes course; a self-belay climbing wall with four levels of difficulty; a 3,600-square-foot, fog-filled laser-tag arena; bowling; indoor minigolf; and bumper cars. Also ride the waves and the slides at Raptor Reef, a 25,000-square-foot indoor water park that includes a 350-foot serpentine slide called The Constrictor, the park's newest and fastest slide.

**Bodies in Motion:** In Boise, check out Bodies in Motion, a multifaceted family-fitness center that includes a 10-element ropes course, a huge indoor play structure, a zipline, martial-arts instruction and an indoor *Ninja*Warrior—style obstacle course.

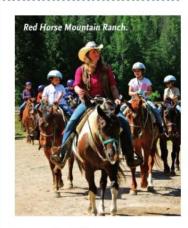
Manchester Ice & Event Centre: In downtown McCall, head to the centrally located ice and event center, where you can ice-skate (check the website for the ice schedule), go to a hockey game, watch a McCall "Starz on Ice!" show and even check out the McCall Curling Club.

—B.L.

Idaho







#### Family Fun

About two hours from Boise, McCall is a terrific family destination with great skiing just 8 miles from town at **Brundage Mountain Resort**. The long season (typically late November through early May), 320 inches of snowfall, and nearly 2,000 acres of groomed runs and powdery glades make it great for families of varied abilities. Seventy percent of the terrain is novice and intermediate. The resort has a kids' center, day care facilities, maintained snowshoe trails, and guided snowmobile tours and rentals.

Red Horse Mountain Ranch: The kids' program at this dude ranch near Coeur d'Alene offers activities such as archery and horseback riding.

Pebble Creek Ski Area: The high desert of Pocatello and the Portneuf Valley provide light and dry snow at Pebble Creek Ski Area, with about 2,200 vertical feet served by three triple chairs. In Pocatello, visit the Community Recreation Center for swimming, wallyball, indoor rock climbing and racquetball. — B.L.

Alaska Airlines offers service to communities throughout Idaho. Call 800-ALASKAAIR or visit alaskaair.com for ticket information. Learn more about Idaho at visitidaho.org.

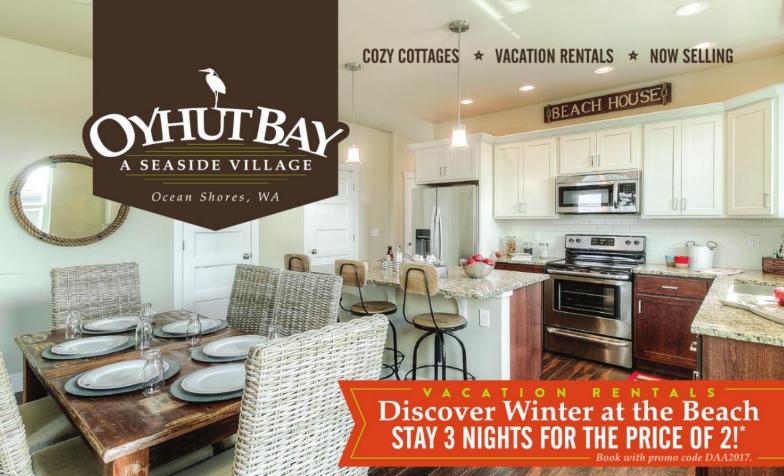




exofficio.com

Terceira Island, Azores

# 1015 100 cot cars a distance of HC6 Teday Years Head with warm teday



# A COZY WINTER ON THE BAY

The waves, the windy walks, a glass of smooth wine by a warm fire. It's all part of the winter experience on the Natural Side of Ocean Shores. Stroll on quiet, driftwood beaches, explore the wonders of the neighboring wildlife reserve—watch migrating songbirds, pelicans, snowy plovers and water fowl.

Inside your brand new, snug cottage, curl up with a good book in front of your gas fireplace. Gather around the kitchen table for a family board game. Oyhut Bay is the newest way to enjoy Ocean Shores... away from the crowd! And now you can enjoy it for a night or three... or for a lifetime.





#### NEW VACATION COTTAGES FOR SALE AND RENT

Model Home Tour is Open Daily 10 to 5. Located five miles south of Downtown Ocean Shores at 400 Salmonberry Lane SW.



www.OYHUTBAY.com

General Info/Real Estate: 1.360.209.1886 Rental Reservations: 1.360.553.1818

Special offer good through March 31, 2017.
Book by calling 1.360.553.1818 or visit
www.oyhutbayvacationrentals.com and
use promo code DAA2017.

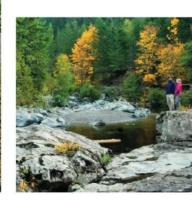
**VACATION COTTAGES FOR RENT** and FOR SALE!











# SCENIC BRITISH COLUMBIA

By Laugen Krames

Near the southern tip of Vancouver Island, the picturesque Sooke Harbour House sits just above the Whiffin Spit, a thin stretch of land that twists like a dog's tail out into the bay. The white clapboard house, with its commanding view of the shoreline, the Strait of Juan de Fuca and the Olympic Mountains rising in the distance, is one of my favorite romantic getaways in British Columbia.

Everything about this inn is a delight. The perimeter is trimmed with gardens growing edible flowers, and the cozy house fits perfectly into this quiet, bucolic setting where you can hear birds sing and the waves roil against the rocks below as the tide ebbs and flows. Visitors to the boutique hotel, located about 30 miles southwest of Victoria, enjoy the area's rugged coastal beauty and the inn's sophisticated luxury, where virtually no detail is overlooked.

The inn includes a wonderful collection of works by local artists that line virtually every wall of the house. There are even plans to open a gallery at the hotel next year for displaying the work of local artists.

The inn is equally devoted to quality cuisine. Dinner is a sumptuous multicourse meal composed of local seafood, meats and vegetables, as well as flowers, herbs and produce grown on the property. These fresh ingredients are used to make exquisite dishes, such as Albacore and Tuna Ravioli and Confit Leg of Hope Farm Peking Duck. The menu varies weekly, based on the availability of local ingredients, and each meal can be paired with wine.

My husband and I enjoy exploring area galleries and visiting a nearby cidery. We book a beach tour with Diane Bernard, known as "The Seaweed Lady." Bernard runs SeaFlora Skincare, which produces Left: Sooke Harbour House has sitting areas and walking paths for experiencing the charming setting. Right: Visitors enjoy the natural beauty along the Sooke River, at Sooke Potholes Regional Park, Vancouver Island.



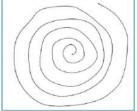
# Does Your Hand Shake When You...

#### Drink a glass of water? Write a note? Dial a phone number?

If so, you may have a condition known as essential tremor. Our team at the Swedish Radiosurgery Center has successfully treated hundreds of patients over the past five years — using Gamma Knife, a nonsurgical, FDA-approved approach to treat essential tremor.



DRAWING SAMPLE BEFORE TREATMENT



DRAWING SAMPLE AFTER TREATMENT

Learn more about essential tremor and find out if Gamma Knife treatment is right for you.

1-206-320-7187 www.swedish.org/essentialtremor Seattle, Washington, USA



Extraordinary care. Extraordinary caring.™

organic seaweed-based beauty products made from local ingredients. The tour is only available to inn guests and takes us on a tour of a nearby beach, identifying its mineral-rich seaweed treasures. At night we settle into our room, with a huge fireplace, a tub for two and a view of the waves breaking on the shore.

Other great escapes, ranging from romantic getaways to family fun, abound in the Canadian Northwest.

Lauren Kramer writes from Vancouver, British Columbia.

## Outdoor Adventuses

Whistler Blackcomb: One of North America's finest year-round resorts, Whistler Blackcomb is located in the Coast Mountain Range, 75 miles north of Vancouver. In winter, the area offers world-class skiing and snow sports. Whistler village has restaurants, nightlife and shopping. You can take the Whistler Blackcomb Peak 2 Peak Gondola, an 11-minute journey with stunning views of forests, lakes and snow-covered mountain slopes. Then strap on your skis and hit the runs that give Whistler its stellar reputation.

#### The Residences at Spirit Ridge:

The resort in British Columbia's dry central region sits a short distance from the border with Washington state, near Osoyoos Lake. The facility overlooks its own vineyard and offers spa treatments, golfing, swimming, horseback riding, wine-tasting and boating.

#### The Capilano Suspension Bridge

Park: A thrilling North Vancouver park that features three adventures, including crossing the Capilano Suspension Bridge. The 450-foot-long span crosses the Capilano River at a height of 230 feet. There are also a series of bridges suspended between old-growth Douglas fir trees, and cantilevered bridges, stairs and platforms that follow a granite precipice. —L.K.

# Great NW British Columbia



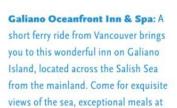
## Indoor Attractions

The Okanagan, east of the Cascade Range, is known as British Columbia's wine country. It is also home to one of the most unique resort getaways in the region.

Sparkling Hill Resort is a European-style health-and-wellness-focused property owned by Gernot Langes-Swarovski, patriarch of the Swarovski jewelry, machinery and glass empire. So, naturally, the ultramodern facility includes more than 3.5 million glass crystals, which are found throughout the resort.

Located on a rocky outcropping above Okanagan Lake, about 30 miles north of Kelowna, Sparkling Hill is a place where you can relax and indulge yourself at the 40,000-square-foot KurSpa. Total body wellness is the focus here, with a staff that includes health-care providers to help you feel healthier and fitter. Between massages, exfoliations and sauna treatments, you can gather in the Tea Room to sip hot herbal teas while gazing at the expansive vista.

at Whistler Blackcomb.



Atrevida Restaurant and special treatments at the Madrona del Mar Spa. **The Wickaninnish Inn:** This favorite on Vancouver Island's western coast is known for cozy rooms with soaker bathtubs, private fireplaces and dramatic

views. Relax at the Ancient Cedars Spa and indulge at The Pointe Restaurant, which offers fresh, local seafood and a decadent eggs Benedict. The inn is closed in January for maintenance but will reopen February 3. — L.K.





# Great NW British Columbia

## Family Fun

April Point Resort Marina & Spa: Located on Quadra Island, on the Vancouver Island side of Discovery Passage, this rustic and tranquil family getaway is about 150 miles northwest of Vancouver. Guests can choose hotel-style rooms or cabins. Once you've settled in, there's fishing excursions in the Northern Gulf; Zodiac boat tours, where you can see eagles, seals, sea lions and whales; kayak and bike rentals; and area gift shops and restaurants. The resort will be closed till late spring. However, the marina will be open this winter.

**Stanley Park:** This urban park is steps from Vancouver's city center and is full of family activities. Kids will enjoy the Vancouver Aquarium, and on a hot day, there's an outdoor water park, horse-drawn tours and great beaches to explore. If your family includes cyclists, rent a few bikes and take to the winding seawall, a flat, easy ride that delivers a perfect introduction to Vancouver's natural beauty. —L.K.



## Romantic Getaways

For an unusual romantic getaway, stay in a luxury tent house at Rockwater Secret Cove

Resort. This tranquil spot on Halfmoon Bay along the coast of British Columbia delivers a tentlike experience without the discomfort of "roughing it." Think slate floors with radiant heat, Jacuzzi bathtubs,

Alaska Airlines offers

comfy king-size beds and an excellent restaurant.

Rowena's Inn on the River: About 60 miles east of
Vancouver in Harrison Mills, you'll find a Victorian-style
inn on 160 acres along the banks of the Harrison River. The
beautiful setting is prime eagle-watching territory, and the
inn offers high tea on Sunday afternoons. — L.K.

Alaska Airlines offers service to communities throughout B.C. Visit alaskaair.com or call 800-ALASKAAIR for more information. Learn about B.C. travel at hellobc.com.



Welcome To Our

# Tualatin Valley

In Portland's Backyard

Scenically situated between Portland and the Oregon Coast, the Tualatin Valley is a mix of urban and rural landscapes and attractions. Plan a Tualatin Valley adventure today. Visit **tualatinvalley.org**.



The Tualatin Valley includes the cities of Banks, Beaverton, Cornelius, Durham, Forest Grove, Gaston, Hillsboro, King City, North Plains, Sherwood, Tigard, Tualatin and Wilsonville, and the villages of Aloha, Gales Creek, Helvetia and Scholls.





tualatinvalley.org 1.800.537.3149



# THE BIGGEST & BEST NEW YEAR'S EVE PARTY!

## **SATURDAY, DECEMBER 31**

Start your celebrations early with a full day of fun and excitement! Ring in the Noon Year with a live performance by the Bert Carlson Band inside Club Galaxy starting at 11am! For guests 50 or better, enjoy a FREE New Year's Eve machine tournament at 2pm.

Then, count down the clock to midnight in Club Galaxy where a Special Asian New Year's Eve bash will ring in 2017!

Check out all the festivities we have to offer this December at muckleshootcasino.com.

## \$10 FOOD CREDIT

\$10 IN FREE PLAY

Code: **AA10FC16** | VALID: December 1, 2016 – December 31, 2016

Code: **AA10FP16** | VALID: December 1, 2016 – December 31, 2016

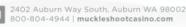
Bring in this ad to the Players Club for your Free Play and Food Credit offers!

\*Umit one food credit and one Free Play redemption per guest in 2016. Must be or become a Players Club member to participate. Membership is free! Offer expires December 31, 2016. No discounts on promotional offerings and holidays. Free Play may not be available on all machines. For Free Play limitations, rules and details, see Players Club. Promotions are subject to change without notice. Management reserves all rights.

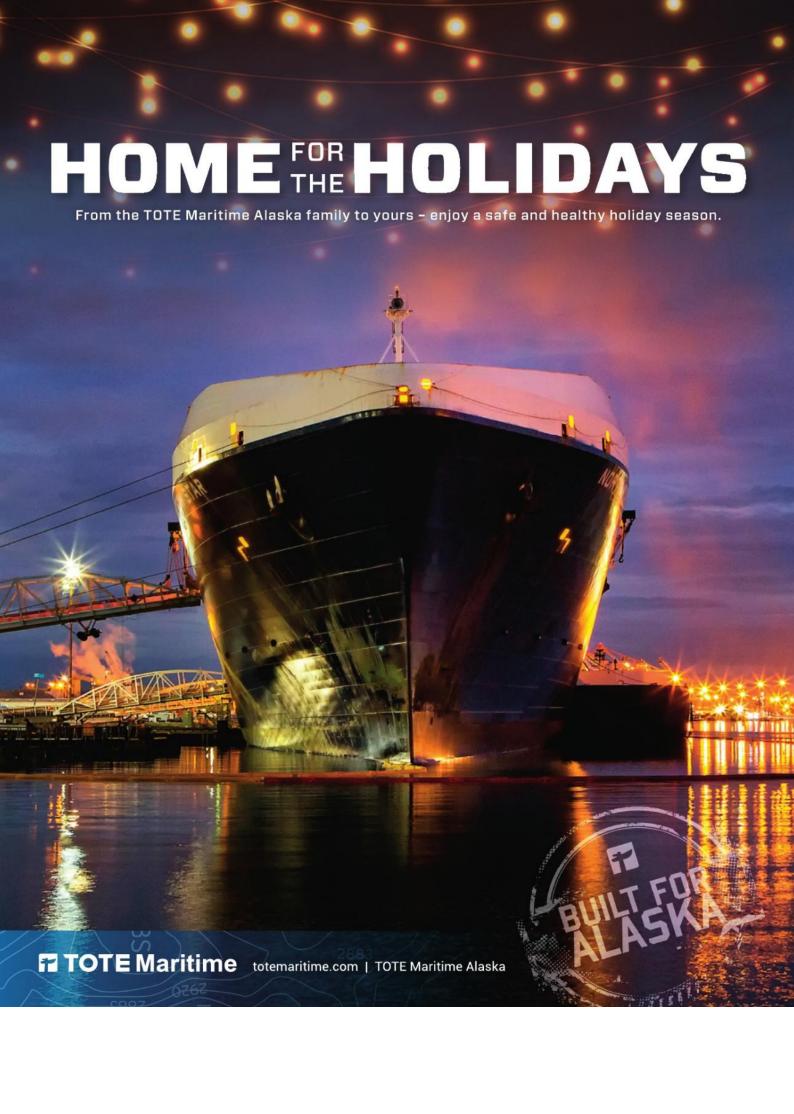
20 minutes from SEA-TAC International Airport
I-5 South to WA 18 East • Auburn Way Enumclaw Exit

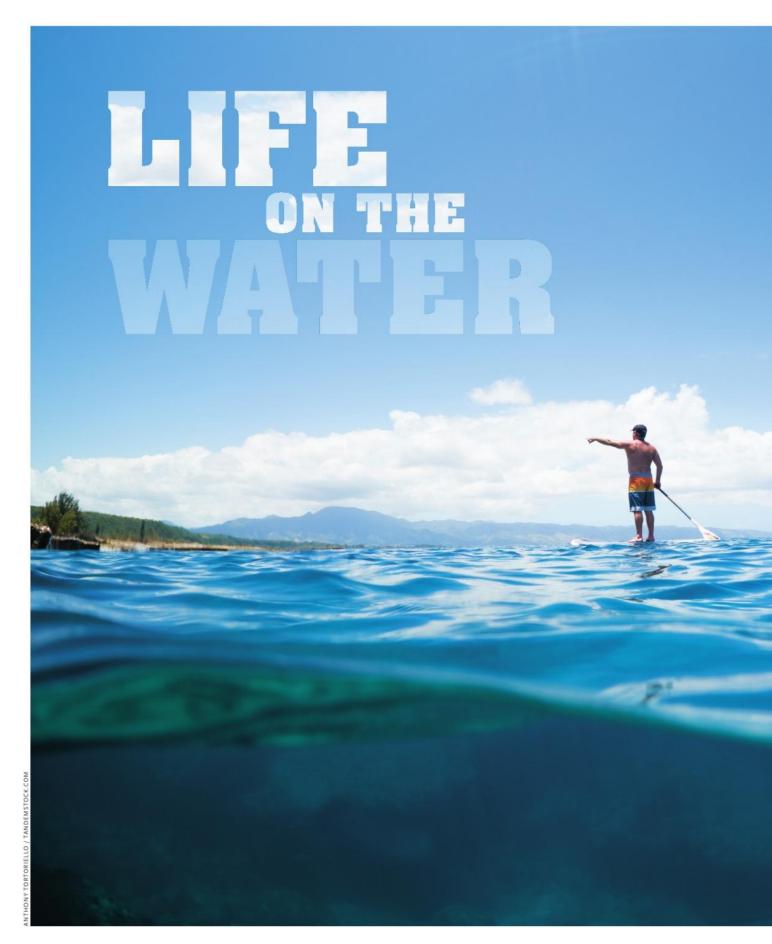














## The tradition of watermenand waterwomen—is thriving in Hawai'i by ERIC LUCAS

AT FIRST GLANCE, Earl Kane looks as modern as one can be. A strapping young Hawaiian, he arrives at work in Waikīkī with earbuds firmly placed; an MP3 player clipped to his colorful, baggy swim shorts; and rubber sandals on his feet. His bronze skin is illuminated by the morning sun just now starting to splash on the high-risehotel-filled district.

As millennially modern as the whole scene may be, Kane is continuing a longstanding historical tradition in the Islands. Working for the ocean activities center as a "beach boy" (a local term for one who dedicates his life to beach activities) at the massive Hilton Hawaiian Village Waikiki Beach Resort, he helps Oʻahu visitors learn about the ocean and how to have fun in it, safely and skillfully. While surfing is usually the specific activity, the Pacific is the essential thing that Kane helps people connect with.

That makes Kane a waterman-a person who plays a traditional role that's hundreds of years old. And, as generations of his compatriots have done in the past, and hundreds of them do today, he readily declares he has the best job in the world.

"The ocean is my life. I could not live without the ocean," says Kane.

Of course, none of us can live without the ocean. It's the medium from which life on Earth arose and the planet's largest single ecosystem.

The place of the ocean in Polynesian cosmology is different from its position in the classical Western view





Up and down the west coast and nationwide, Skanska partners with customers and communities to **Build What Matters**.

#### What is Skanska Known For? See What You Can Find:

| E | A | D | E | V | E | L | 0 | P | М | E | N | Т | J | С | A | В |  |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--|
| S | S | U | S | т | A | I | N | A | В | I | L | I | T | Y | U | Y |  |
| E | C | U | S | T | 0 | М | E | R | F | 0 | С | U | s | I | T | I |  |
| С | 0 | N | s | T | R | U | С | T | I | 0 | N | х | L | G | I | G |  |
| I | S | s | E | G | D | I | R | В | s | т | W | D | N | N | R | R |  |
| F | L | s | I | S | A | М | F | С | s | L | W | I | F | C | I | E |  |
| F | A | T | 0 | L | F | P | H | В | I | H | R | R | N | 0 | S | E |  |
| 0 | т | R | С | C | 0 | 0 | M | A | A | U | A | 0 | S | М | F | N |  |
| S | I | 0 | S | W | 0 | Н | R | T | T | S | I | T | U | M | G | В |  |
| Y | P | P | E | L | D | т | М | С | Т | т | A | E | I | E | 0 | U |  |
| A | S | R | S | U | H | A | A | R | A | D | S | R | Q | R | T | I |  |
| W | 0 | I | Т | G | T | F | U | V | I | U | K | Z | E | C | E | L |  |
| Н | H | A | I | т | U | С | 0 | U | M | Y | V | L | С | I | Y | D |  |
| G | R | L | E | N | T | N | M | F | S | R | E | E | R | A | C | I |  |
| I | М | R | A | U | N | S | G | S | A | F | E | т | Y | L | R | N |  |
| Н | S | M | R | I | P | S | U | В | W | A | Y | S | R | T | N | G |  |
| E | I | E | N | S | R | E | T | N | E | C | A | T | Α | D | S | L |  |
|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |  |

Airports Bridges **Build What Matters** Careers Commercial Construction Customer focus **Data Centers** Development Green Building Highways Hospitals Infrastructure Innovation Light rail Manufacturing Museums Offices Power Safety Schools Stadiums

Subways Sustainability



## Haunani Kane

studies coastal geology in graduate school and also practices traditional ocean navigation.

of the world. Polynesians emphasize their close connections to ocean. And, though liquid, the Pacific Ocean is as much the bedrock of the world that Hawaiians inhabit as basalt is for people in Oregon.

"This is one ocean people have really lived in, not simply sailed across," observes University of Hawai'i at Mānoa anthropologist Ben Finney, who is also a famed ocean voyager.

While Earl Kane's job helping people learn to surf in the gentle waves off Waikīkī may seem merely recreational to outsiders, it is actually rich with meaning. The ocean is a place of power, substance and joy, and the people who center their lives on the Pacific in 2016 are practicing a cultural discipline that is as important as any in the Islands.

What has changed is the nature of the role, and the description of those who practice it. Traditionally male, Hawaiian watermen were fishermen, and also ecological stewards who kept track of the seasonal rhythms of fish movements. They knew when people should stay out of the water for safety reasons. They set the times when fishing was suspended to allow spawning. They taught other members of their communities how to swim and fish and harvest ocean foods. They were producers and stewards and shepherds, and their role was one of the most respected in Native Hawaiian culture.

In the 21st century, watermen—and waterwomen—may be canoe racers, spiritual practitioners, professional surfers, watersport instructors, expert fishers, marine biologists and tour operators. They may be young or old and may pursue recreation or science or commercial enterprise in the Pacific. The key criteria that apply to all of them are reverence for the ocean, desire to proselytize that respect, and involvement in active efforts to protect the ocean and expand people's understanding of it.

Describe someone as a waterman in Hawai'i and you have applied a term of great respect. It means someone who understands and treasures the ocean. And in the Hawaiian Islands, that means a lot.

THIS REVERENCE FOR THE OCEAN doesn't seem farfetched to anyone who has spent their whole life along the Pacific shoreline, says navigator and geologist Haunani Kane, a graduate student at the University of Hawai'i at Mānoa. Her research examines the effects of climate change on shoreline communities. Kane (no known relation to Earl Kane) is also learning the art of traditional Polynesian navigation, the activity that originally brought humankind to the Hawaiian Islands hundreds of years ago.

Polynesian navigation relies on stars for directional cues, but also on reading ocean currents, the flight of birds, airborne scents,

#### By the Numbers

**1,052 miles** of tidal shoreline in Hawai'i.

**76 degrees F**, the average water temperature in Waikīkī (February).

**582,578 feet**, ocean depth to the sea floor base of Mauna Loa.

\$103,398,504, value of fish landed by Hawai'i commercial fishers, 2015. **7,000** nearshore reef species in Hawai'i.
—E.L.





#### LIFE ON THE WATER

wind direction and wind speed. Legend has it that practitioners depended heavily on smells and other senses and that at least one notable classical navigator was sightless.

A discipline that had been largely lost in Hawai'i, this style of navigating had a revival starting in the 1970s. That's when anthropologist Finney, artist Herb Kāne (not a close relation to Earl or Haunani) and navigator Nainoa Thompson founded the Polynesian Voyaging Society. They built a canoe, learned navigation from Samoan masters, and sailed to Tahiti and back. Their boat, the Hōkūle'a, sails today—it is in the middle of a round-theworld journey—and Haunani Kane has been blending traditional knowledge of the Pacific with her scientific endeavors.

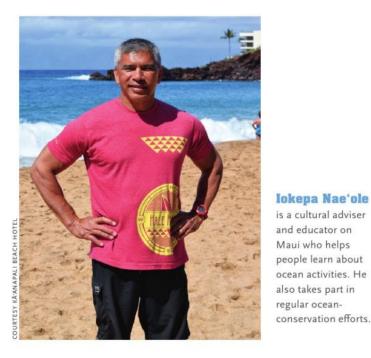
"In Micronesia I saw a map of sticks that depict the Pacific's wave directions," she says. "I've learned the Hawaiian star compass, which has 32 houses, each covering 11.25 degrees in the sky. I've learned how the canoe motion in swells indicates your heading. And if your canoe is making too much noise in the water, you're too far into the wind."

Using these skills, Haunani Kane helped sail the *Hōkūle'a* from Hawai'i to Tahiti in 2014—about 2,200 ocean miles in an astonishing 17 days.

"It's our responsibility to help keep this knowledge alive," Kane says of navigation. "And since I also inhabit the world of science, I'm fortunate to see both worlds. But it's important to remember that scientific research is usually funded for one to two years. Traditional knowledge is built on centuries of observation."

#### MAUI WATERMAN IOKEPA NAE'OLE

remembers what Haunani Kane is too young to recall: the time when traditional Hawaiian culture was suppressed. At one time, using Hawaiian language was



Iokepa Nae'ole is a cultural adviser and educator on Maui who helps people learn about ocean activities. He also takes part in regular ocean-

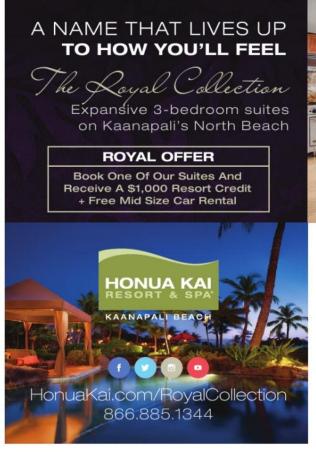
forbidden in public schools; surfing, the former sport of kings, was considered a frivolous activity set to catchy pop songs; people scoffed at the idea that Polynesian voyagers could cross great stretches of ocean; and traditional canoes were few and far between.

"I was a member of the fourth generation in which Hawaiian culture had been marginalized," Nae'ole recalls of his early days as a member of a canoe club in Kahului on Maui. "In 1974, when we started out, we had one canoe, and there were just three racing clubs in all the Islands.

"Then in 1975 I learned about Nainoa Thompson and the Polynesian Voyaging Society, and it brought meaning to my work. Today, we have dozens of canoes, and we are one among 11 canoe clubs."

Nae'ole now manages an ocean-activity department for Kā'anapali Beach Hotel and is a cultural adviser and educator for the company Hawaiian Paddle Sports. He spends six days a week on the ocean and devotes a lot of time to caring for the ocean—a caretaking pursuit known as mālama in Hawaiian. He led the campaign for a plastic-bag ban on Maui; returns from surfing trips with debris tied to his board leash; and teaches kids when it's appropriate to harvest fish in Kahului Harbor.

"If I'm going to dedicate such a significant part of my life to this harbor, then I need to dedicate a significant part of my life to preserving it," Nae'ole says.

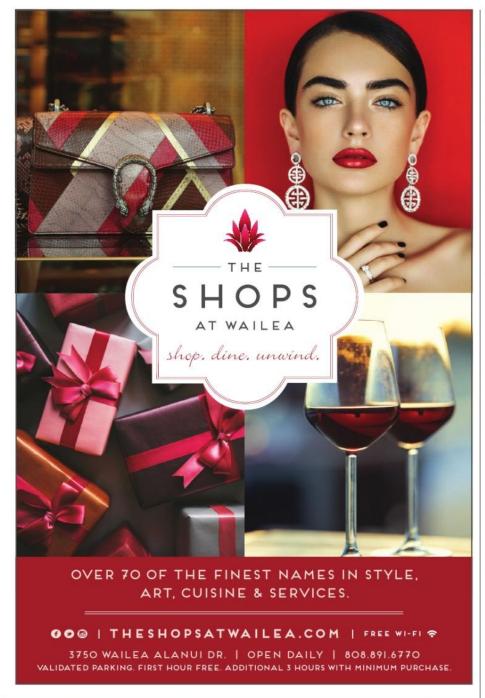




The Royal Collection at Honua Kai Resort & Spa is reserved for those seeking the highest level of luxury accommodations on Maui. Each luxuriously appointed three-bedroom suite features an expansive floor plan, indulgent bathrooms, plush furnishings and exclusive amenities fit for island royalty. Additional luxuries and personalized service will only enhance your vacation.

And make you feel, well, royal.

\* "Royal Offer" bookings must be made by December 31, 2016, travel by March 1, 2017.





#### LIFE ON THE WATER

"I ALWAYS THOUGHT THAT EVENTU-ALLY I'D GET A 'REAL' JOB," says Randy Rarick, with a laugh. Rarick is an O'ahubased surfing impresario who co-founded the International Professional Surfing organization (a precursor to today's World Surf League) in 1976, after years of competing. A legend among surfers, he is a leader of the community devoted to the sport—and helps guide energetic ocean people toward preserving and enhancing their saltwater environment.

He has also been active in the Oʻahu chapter of the Surfrider Foundation, a group that sponsors monthly beach cleanups; is endeavoring to ban single-use plastic water bottles (one of the most common litter items in the ocean and on shore); takes an interest in other ocean-environment issues, including public beach access; and generally promotes respect for the arena in which they ride. Sometimes this respect is evidenced by small gestures—but gestures matter.

"When we have a memorial at sea, we bring lei out on the water. But when we cast the flowers on the water, we cut the plastic cord and keep it," Rarick notes.

"Whatever you show respect for will return to you many times over," he adds. He says he learned that lesson as a 16-year-old kid from Duke Kahanamoku, the legendary Waikīkī beach boy who was an ambassador of aloha to the world.

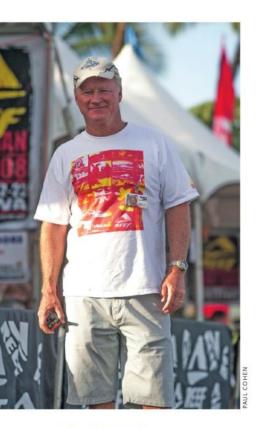
"I still live on the beach and surf almost every day," Rarick says. "If this ocean was ruined, who would want to be on it?"

#### "WHEN YOU GO BACK IN THE WATER,

you're back in the womb of life," says Mike Spalding. "I have to swim in the ocean every day. It's a spiritual rejuvenation."

"I get nervous when I'm on the mainland," adds Mike's daughter, Lauren Spalding. "[I ask,] 'How far is the ocean?'"

Based on Maui, the father-daughter duo is a powerhouse of ocean sports—

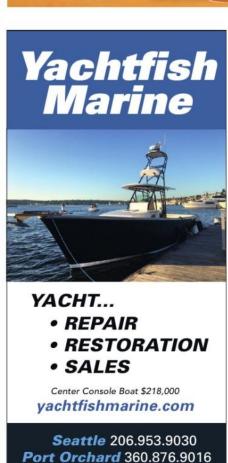


**Randy Rarick** was one of the founding figures of international pro surfing and currently works to promote ocean conservation.

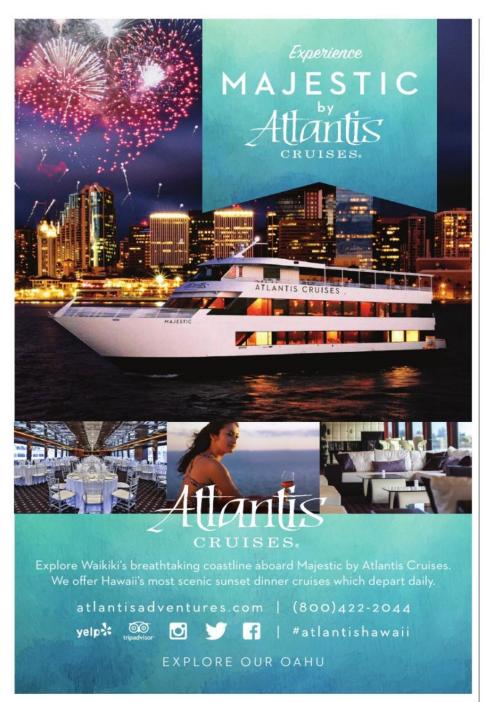
canoeing, open-water swimming, kayaking. The elder Spalding is one of two people to have swum across all nine channels separating the Hawaiian Islands, including the fearsome 72-mile crossing between O'ahu and Kaua'i (which he did as part of a relay in 2010; he swam the entire distance on each of the other crossings). Lauren is a former Olympic kayaker who also, as a canoeteam member, is a nine-time winner of the Na Wahine O Ke Kai, the women-only race across the roughly 41-mile crossing between Moloka'i and O'ahu.

Both Spaldings are active in the same causes that Rarick and Nae'ole support—preserving beach access, keeping the ocean clean and promoting wise use of its resources. The Spaldings also advocate for well-regulated spearfishing, a sport both practice. Lauren lobbies for recognition of the dangers of climate change on ocean shores, too: "The coral-bleaching episodes we've had here recently were











#### LIFE ON THE WATER

scary. I could feel the increase in the water temperature," she says.

The Spaldings also promote oceansports safety—mirroring a role played by traditional watermen in Native Hawaiian communities.



The Spaldings, father Mike (top) and daughter Lauren (above), are accomplished athletes in swimming and canoeing/kayaking, respectively. They are dedicated ocean advocates.

"I think responsible ocean recreation makes people better humans," says Mike.

"I LIKE BEING PHYSICALLY SEPARATED FROM THE LAND," says Brock Stratton, co-owner of Kona Boys, a water-sports gear, guiding and education company that operates in Kailua-Kona on the Island of Hawai'i. "I feel more alive. There's a meaningful correlation between human blood and salt water," he says.

Stratton is grateful and amazed that he can devote his life and business to the ocean. A former mainland business executive, he came to the Islands almost 20 years ago. "I decided to stop chasing money and start chasing life."



**Brock Stratton** runs a popular gear, guiding and education company on Hawai'i Island. He also works for various environmental causes.

Now, Kona Boys is a popular surf shop and purveyor of watersports tours and lessons. Surfing, paddleboarding, snorkeling, kayaking, canoeing—there is little you can do in the ocean in the area for which Kona Boys does not provide gear or lessons or both. And Stratton tries to make sure his company does its part to preserve and enhance the environment it relies on.

He helps sponsor beach cleanups. He's involved in the Kona Surf Film Festival, which raises money for various groups on Hawai'i Island. He took part in the campaign that made Hawai'i Island the first in the state to ban plastic bags. He works with







#### LIFE ON THE WATER

environmental and conservation groups to conduct water-quality monitoring and preserve shoreline public access.

The company has stopped stocking or supplying single-use water bottles. Some of its branded apparel is manufactured

#### The Duke and Surfing King

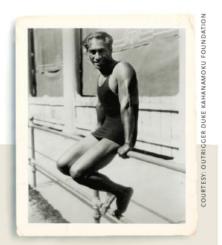
Duke Kahanamoku's towering figure looms over any discussion of the modern Hawaiian watermen, as he set the standard in almost every conceivable way. Born in Honolulu in 1890—when Hawai'i was still an independent kingdom—he grew up within yards of Waikīkī Beach, not far from the current site of the Hilton Hawaiian Village Waikiki Beach Resort (whose lagoon bears Kahanamoku's name). Here he learned to surf and swim, and swiftly proved to be a prodigy.

As a member of the 1912 U.S. Olympics team, he won a gold medal in the 100-meter freestyle at the Stockholm Olympics. He repeated that feat in 1920 in Antwerp, Belgium, adding a gold medal in the relay. He won a silver medal at the Paris Olympics in 1924. After that, he retired from competition and traveled widely, offering swimming and surfing exhibitions. He is universally credited with popularizing the latter, ancient sport of Hawaiian kings, around the globe. Living for a while in Southern California, he appeared in several films, and famously rescued eight fishermen whose boat capsized entering Newport Harbor.

Returning to Hawai'i, Kahanamoku was elected sheriff of Honolulu County and served 13 consecutive terms from 1932 to

locally. And Stratton delights in the fact that, as a Patagonia dealer, he sells gear that the company guarantees for life send it back and Patagonia will repair it, rather than tossing the item away.

"My life revolves around the water," Stratton says. "Every day." Surfing, paddling, swimming, canoeing—anything



1961. He continued to represent Hawai'i on overseas journeys, and frequented his beloved Waikīkī Beach often when at home. He also appeared in the movie *Mister Roberts* in 1955 and on the TV show *This Is Your Life* in 1967. After his death in 1968, his ashes were scattered at sea off Waikīkī.

"Out of the water," he said, "I am nothing. Our water is so full of life, it's the fastest water in the world."

Kahanamoku spent his life as an ambassador of the spirit of Hawai'i—aloha.

"In Hawai'i, we greet friends, loved ones and strangers with aloha, which means love," he once explained. "Aloha is the key word to the universal spirit of real hospitality, which makes Hawai'i renowned as the world's center of understanding and fellowship."

Kahanamoku's legacy is maintained by the Outrigger Duke Kahanamoku Foundation, which each year inducts new members of the Hawai'i Waterman Hall of Fame for personifying athletic achievement, the spirit of aloha, and caring for Hawai'i. For more information, visit dukefoundation.org. — E.L.

on the ocean, he says. Asked whether he would call himself a waterman or a beach boy, he replies: "Do I have to decide?"

#### THE MODERN EXPANSION OF THE

role and definition of waterman has not only broadened its meaning, it has also vastly magnified continued on page 129







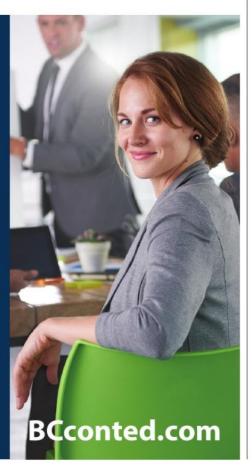
# Imagine the Possibilities

With the right skills and training you can transform your group into a productive team.

The Business Training
Institute provides technical
and leadership training to the
top companies in the Puget
Sound region. Call us today.

425-564-2959 biztrain@bellevuecollege.edu





#### LIFE ON THE WATER

#### Man of the Sea, Man of the Land

Clifford Nae'ole, Cultural Affairs Advisor at The Ritz-Carlton, Kapalua, is a leader in Maui's Hawaiian community (and he's lokepa Nae'ole's brother). Years ago, Clifford wrote a personal essay regarding his two grandfathers, each of whom held to traditional ways, one of whom was a man of the land (mauka), one of the sea (makai)—a waterman. With his kind permission, here are excerpts from Nae'ole's memories of his makai (and mauka) grandfathers.—E.L.

The love of Grampa Makai was that of the ocean. It was his daily escape, his passion. Like a fine-tuned timepiece, he would return home after his job at the railroad company and prepare to "go beach."

Never—ever—would we be permitted to say he was "going fishing." It was a rule that if broken would be met with dire consequences. It meant that the day's excursion was cancelled, for these elusive fish had ears that listened keenly for a person's intention.

The beach that formed the crescent of Kahului Bay was immaculate. The sand was a blinding color of white. The ocean, a treasure chest of emerald greens, blues and sparkling diamond hues. There was a constant motion of the sea, its waves endlessly petting the shoreline. All in all, Kahului was indeed a gift of Mother Nature. Beauty could easily come to the eyes of its beholder.

Grampa Makai had a relationship with this gift. It was one of necessity ... but also one of love and respect. This small portion of the ocean would provide him and his family with all the fruits of the sea. He would harvest its offerings, without ever taking advantage of its kindness. "There is always tomorrow," he would say. For him, going to the waters of Kahului was a spirituality that he practiced religiously. A daily routine that at times would yield a meal ...



Henry Kui Ching (Grampa Makai).

and sometimes not. The fact that this option existed at all is what meant most.

Both of these men-Grandaddy Mauka and Grampa Makai-have passed. If there is a heaven, let it reflect upon their love of life, their life of love. People changed, nature changed, not always for the good. I can only reflect upon their good times. ... I can truly feel their presence within me, urging me to tell their story in order to protect what we have left today. For if we fail to remember what has happened in the past, "There may never be a tomorrow that we can count upon."

Grandaddy Mauka and Grampa Makai believed in a tomorrow because they cared for each day.

from page 127 its scope and membership. Haunani Kane, the lithe young woman pursuing postgraduate studies in geology, exemplifies this perfectly. And when you ask about the genesis of her life path and her first-ever experience with the ocean, the navigator-geologist considers the question and smiles.

"Well, my mom was surfing and paddling when I was still in her belly," she says. "I believe if you always keep track of where you came from, you're never lost." A

Eric Lucas is the co-author of the Michelin Must Sees guide to Hawai'i.

Alaska Airlines offers daily service to Oʻahu, Maui, Kauaʻi and Hawaiʻi Island (Kona). For flight reservations, go to alaskaair.com or call 800-ALASKAAIR. Book a complete Alaska Airlines Vacations package to Hawai'i at alaskaair.com/ vacations or call 844-762-0087.

# Island Activities





HILO OFFICE: 988 Kinoole St., Hilo, HI 96720 Ph: 808 836-8009 • Fax: 808 961-5494

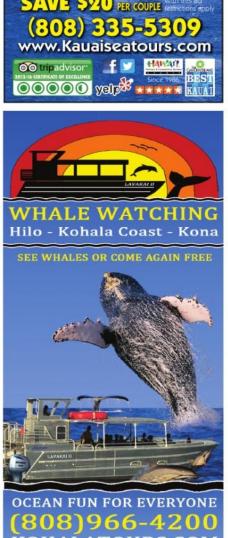
From: Neighbor Islands, Toll Free 1 800 894-4996

FARM CREDIT

m (NM15 ID# 6l36l0).

FCS of Hawaii, ACA is part of the Farm Credit System, a nonicultural financial institutions which started in 1917 FCS of

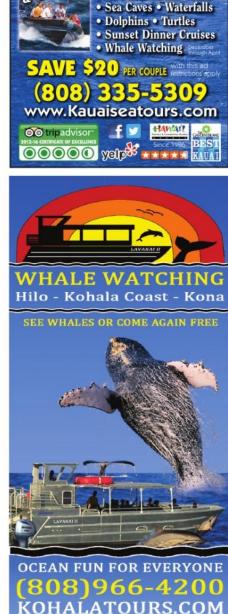
100











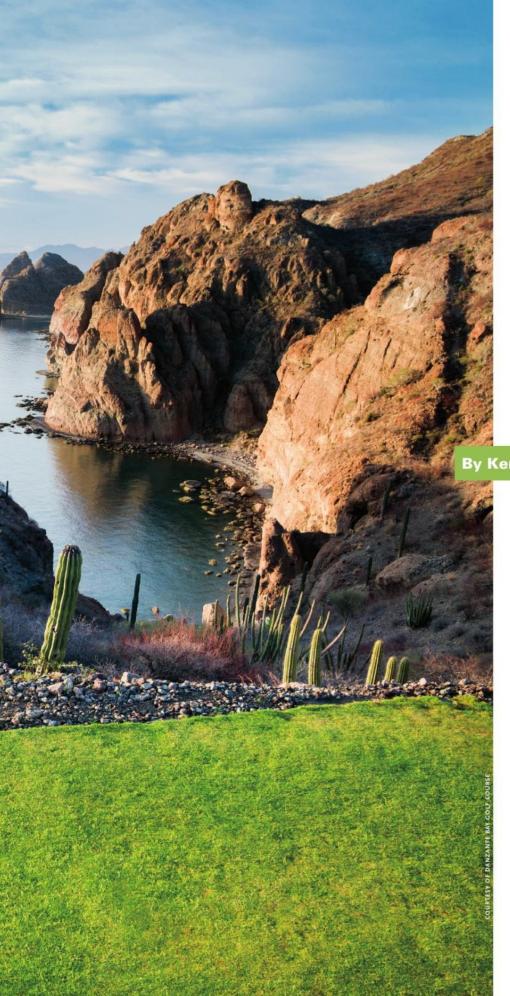
Voted Best Boat Tour, 6 Times!

ATOURS

Na Pali Snorkel Tours

Na Pali Coast Adventures





A collection of 18 holes that create a brilliant round of winter golf

By Ken Van Vechten

Golf is a game of performance and aesthetics. Sure, we speak fondly of that time, long ago, when everything aligned and we shot a front-nine 36-only to hope that our so-called friends don't then chime in on the 52 we shot coming in. Still, what we carry away from such rounds is an ocean view beyond the green, a tough shot pulled off, the bobcat holding court by the sixth tee. From the Atlantic to the Pacific, and including Mexico and Costa Rica, we have a wealth of places we can venture this winter to experience such moments. So come along as we profile an exceptional golf hole on each of 18 great courses that are located in the proper longitude for winter play-and with no nasty scorecard to remind us of the big numbers.

DECEMBER 2016 ALASKA BEYOND MAGAZINE 131



#### TOSCANA. ITALIAN FOR FESTIVE.

Those who can live anywhere invariably find home to be that place where each day is invigorated by welcoming friends, a calendar as engaging as it is diverse and architecture as comfortable as it is exciting. This is a place of flowers, fountains and friends joined in a celebration of the glorious Indian Wells lifestyle. This is la dolce vita.

36 Holes of Jack Nicklaus Signature Golf · Lavish Spa Bella Vita · Sports Club · Casual & Fine Dining Luxury Properties & Residences from \$995,000 to over \$4,000,000

Visit Our New Beautifully Decorated Show Homes Open Daily 9am - 5pm Eldorado & Fred Waring Drive in Indian Wells 760.772.7000 ToscanaCC.com

#### WINTER SWINGS

#### **BAY HILL CLUB & LODGE,**

NO. 18 Orlando, FL

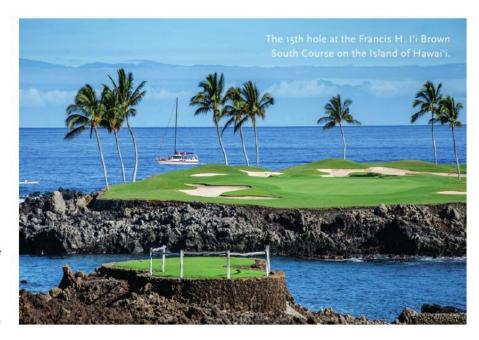
We start with the great Bay Hill, which is known as much for being the home of golf's greatest icon, Arnold Palmer, as for its excellent layout. He helped build this course, tinkering with many holes to improve play. We lost the king earlier this year, and that makes Bay Hill an even more significant play for average duffers and the PGA Tour pros playing the 2017 Arnold Palmer Invitational.

"The 18th at Bay Hill is one of the greatest finishing holes on tour," says two-time tour-winner Kevin Streelman of the watery, rocky and sandy par 4. "We can count on the back-right pin placement on Sunday, but front-left and middle offer no reprieve. Mr. Palmer's presence will always be felt when you walk off that green."

#### TPC LAS VEGAS,

NO. 14 Las Vegas, NV

TPC Las Vegas is known for its panoramic views, jumbled terrain, fear factor, extreme angles and excellent service. Incised by arroyos broad and tight, high-voltage holes abound, including a desertisland par 3. But choose I must, so it's the midlength par-4 14th. The tee shot is all about those angles. Big hitters, with hopes of reaching in two will aim to the right of a



church steeple on the horizon ... and pray. I suggest a hybrid aimed at the steeple and a wedge over a second chasm located short of the green.

#### FRANCIS H. I'I BROWN SOUTH COURSE, NO. 15 Mauna Lani, HI

There are places in golfdom where convention should be ignored and we mid-'cappers are heading back to the tips. The par-3 15th at the Francis H. I'i Brown South Course, one of two plays at Mauna Lani on the Island of Hawai'i's sunny western shore, is one of those. The green complex is so large that Captain Cook could've stumbled across it. Yet, standing back on a nub of lava for a tee box, seeing the pure

blue to be carried ... well, I've snap-tugged more than one 5-iron to an untimely rinse thinking I needed more oomph.

#### WE-KO-PA GOLF CLUB,

NO. 8 Scottsdale, AZ

Both the Cholla and Saguaro courses at We-Ko-Pa Golf Club outside Scottsdale are, like many entries here, core courses. That means all golf with no housing or urban intrusions.

Former tour caddie and golf-vacation planner Steve Nicodemus calls out Cholla's 605-yard double-arroyo fall-away No. 8. Once a conundrum—a no-go-in-two par 5 with a dastardly layup—the eighth was tweaked this year. "The hole is a more realistic risk-reward opportunity," Nicodemus says. "Longer hitters get a green light; but those who lay up are less likely to draw a tough lie. It's a much-improved challenge with more options."

#### RUSTIC CANYON GOLF COURSE,

NO. 13 Moorpark, CA

There is a modern-build throwback-style course in Southern California that is walkable, environmentally friendly and—get this—uber-affordable. I am not hallucinating. Rustic Canyon Golf Course in Moorpark is all that. Pot bunkers, blowout sand and barber-shave-close collection areas—the challenge is there.



DECEMBER 2016 ALASKA BEYOND MAGAZINE 133



# A LIFESTYLE BEYOND COMPARE







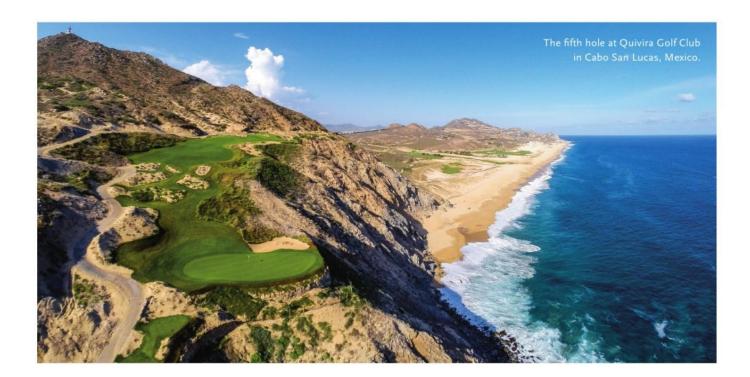
#### Los Sueños Resort & Marina,

located on Costa Rica's Central Pacific Coast, is one of the finest luxury residential destination communities in the world with stunning ocean view condominiums and single family villas. With a lively Marina Village featuring a variety of restaurants to please the inner foodie in you, a family activity center, watersports a plenty, an 18-hole championship golf course, private beach club for residents, and much more, Los Sueños offers residents a lifestyle beyond compare.

You haven't lived until you've lived Los Sueños.



Toll Free: 866-865-9759 • info@lossuenos.com • lossuenos.com



Yet even with the par-5 13th measuring a Pacific Coast Trail—long 582 yards from the back tees, shots can be moved through or around all the tumult. For those who lack the propulsion to get a ball on a suborbital trajectory, it's just as beneficial to play it down and running.

#### QUIVIRA GOLF CLUB,

NO. 5 Cabo San Lucas, MX

At a mere 311 yards, even from the back tees, Quivira's par-4 fifth is a gambler's dream: short enough to go for it, but offering nothing but danger. The downhill hole is draped on a hillside and curves to the left. An upper landing area is obscured, and the cliff-edge green is 100 feet below the tee box.

As designer Jack Nicklaus said of the hole at the course opening: "We found the location of where we thought we could put a green. Then we found where we thought we could put a tee."

#### GOLD, WAILEA GOLF CLUB,

NO. 6 Wailea, HI

With its Blue, Emerald and Gold courses, Wailea Golf Club liberally seasons south Maui with golf options and iconic on-course views. Fairmont Kea Lani guests flock to the club, so I put the pinch on hotel General Manager Charles Head—a golf fan in his own right—to choose from the riches. Like many so smitten, he went for Gold's sub-287-yards-even-from-the-tips par-4 sixth hole.

Iron off the tee and wedge is textbook here. However, some will cede to the persuasive powers of, as Head describes, that "little fellow on your shoulder whispering, 'You didn't come all this way to lay up.'"

#### LA PURISIMA GOLF COURSE,

NO. 12 Lompoc, CA

Tucked away within Santa Barbara County wine country, Lompoc's La Purisima Golf Course is an under-the-radar beauty.

"There were endless opportunities when it was being routed to find the best holes," says Damian Pascuzzo, who back in the days of the project was a young associate with designer Robert Muir Graves.

It worked, stunningly, crisscrossing 309 acres of heaving near-coast hills. The par 5s leap out because each shot is equally important, and not all designers get that. Here the nod goes to No. 12, a ribbon of undulating fairway drawn out between chaparral and oaks, with an obscured green.



# WEXGROW



Thank you to the all the gardeners who shared their growing experience using Sunlight Supply products. Sunlight will continue to innovate so you can continue to grow the revolution.

### Indoor gardening is changing lives.

Students, soldiers, urban farmers, grandparents, parents and kids are benefiting from indoor gardening. Whether for fun or food, today's indoor gardeners come from all walks of life and share a common passion for growing plants. They don't let seasons derail their desire to garden. Their stories about feeding themselves or the communities they live in are foundational to a revolution that's well underway and trending.

Sunlight Supply is proud to be part of that revolution, with drought-stricken areas found across the country, water conservation is tantamount. Sunlight Supply distributes innovative products like Hydro Flow's Deep Root Irrigation Drip Emitters used indoors and outdoors, that achieve water conservation benefits in excess of 60%! Sunlight is on the cutting edge of manufacturing New LEC® brand (Light Emitting Ceramic) lighting technology and doing more with less power consumption for indoor gardening. LEC® brand lighting produces an optimal light spectrum that's essential to plant growth at a third of the wattage of conventional grow lights. At Sunlight Supply we continue to make advances in hydroponic gardening which makes getting started easier-than-ever, allowing new indoor gardeners to grow what they eat in the comfort of their home.

Indoor gardening is progressing. More and more people want to grow what's good for them. From herbs on a countertop to fresh fruit in a greenhouse, Sunlight Supply makes it easy for anyone to grow.

Since 1995 Sunlight Supply has been the preeminent manufacturer and distributor of year round gardening supplies worldwide. With more than 5,000 products and 1,500 authorized retailers nationally, you're never far from Sunlight Supply products.



# Sunlight Supply, Inc.

Dedicated to offering the best year round gardening products available.

www.sunlightsupply.com

WINTER



The par-5 14th hole at the Celebrity Course at Indian Wells Golf Resort.



#### CELEBRITY, INDIAN WELLS GOLF RESORT, NO. 14 Indian Wells, CA

A two-course muni with the feel of a private layout, Indian Wells Golf Resort shows how well Coachella Valley does public golf. Golf director Joe Williams defers to the designer's thoughts as he takes us through the reachable par-5 14th hole of the Celebrity Course.

"Clive Clark considers No. 14 to be the most entertaining hole on the course," Williams says. "The landing area is generous, but once there it is risk-reward. A waterfall tumbles down the right side of the green into a lake. From the lake, a creek meanders across the fairway into the layup zone."

#### TPC LOUISIANA,

NO. 17 Avondale, LA

Food, libation, music, joie de vivre—it's a Big Easy getaway. The tour plays TPC Louisiana annually, and Streelman says two of the toughest shots on the course come late, at the par-5 closer and the north-of-200-yards, par-3 17th. With water along the left, no decent options right and hole locations seemingly "hanging over the edge," the 17th is part of a closing duo that "always promises to test and reward a worthy champion."

#### DANZANTE BAY GOLF COURSE, NO. 17 Loreto, MX

Baja's Danzante Bay Golf Club recently splashed up along Loreto's Sea of Cortés shoreline with 11 water-view holes in play, to be joined in 2017 by the final seven, etched within a canyon. Soft opening or not, as designer Rees Jones noted, "Most of the world's popular golf courses that have stood the test of time were built slowly. Golf holes aren't really designed and built from a plan—you feel them on the land." Jones certainly felt inspired when he stumbled upon the promontory that would become the isthmus-like par-3 17th linking land to sea.

# THE GRAND GOLF CLUB AT THE FAIRMONT GRAND DEL MAR,

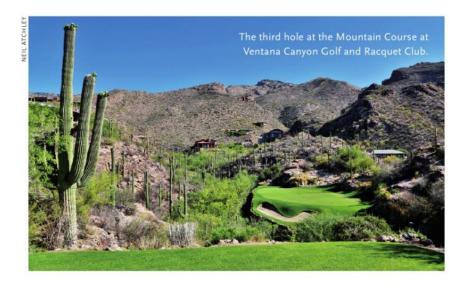
NO. 4 San Diego, CA

Some golf holes are meant to be brutish, and at Del Mar's Grand Golf Club—a rambunctious routing across 380 acres of ridgelines and canyon swerves—that honor goes to No. 4.

Even mortals on the forward tees confront 400-plus yards, along a narrowing peninsula, offset by bunkers, into the prevailing wind. Shawn Cox, director of golf, says not to try to get all the way in with the long approach. "Play the second shot short and to the right of the green and it will roll on and give you the best chance for par," he advises.

If you pack at least a dozen balls to play a full 18 holes, a par here should be considered an eagle.

DECEMBER 2016 ALASKA BEYOND MAGAZINE 137



#### SONOMA GOLF CLUB,

NO. 7 Sonoma, CA

The pre-World War II Golden Era of design produced many list-worthy courses, including one in the Northern California vineyards, Sonoma Golf Club, which can be played by guests of the nearby Fairmont Sonoma Mission Inn. "When we were there in the 1990s, 'sympathetic restoration' of an older course was not yet a popular concept," says designer Damian Pascuzzo, who partnered with Robert Muir Graves on the project. "They did a solid job on a great piece of property back in the 1920s. We simply made it relevant to the modern game while keeping it pertinent in

# WINTER

time." And the hole of choice? The midiron-for-most par-3 seventh, which is tucked back within a curtain of oaks cut through by a stream.

# MOUNTAIN, VENTANA CANYON GOLF AND RACQUET CLUB,

NO. 3 Tucson, AZ

When it comes to the third hole at the Mountain Course at Tucson's Ventana Canyon Golf and Racquet Club, five-time LPGA winner Cindy Rarick doesn't mince words. "It is probably the shortest, most intimidating par 3 in the state," says the part-time Tucson resident. This hole calls for a sand wedge and a swig of Maalox. While a 100-yard wedge is automatic on the range, hitting a ball to a narrow tongue of green nosing above a boulder-strewn canyon is something different.











# Experience the friendly de Anza Country Club

State Park, located 90 minutes from Palm Springs and San Diego.

Relax in the peaceful community of Borrego Springs and experience the way the desert used to be, TODAY.

Walk or ride our beautifully maintained, 18-hole championship golf course and enjoy breathtaking mountain views.

Make this coming Golf Season your best. Our Professional Teaching Staff will assist you with all parts of your game. Enjoy a full service practice area including: driving range with free balls, chipping & sand areas and a large practice putting green.

#### Canadian Dollar at Par.

Come for a day, week, month, or lifetime.

Discovery, Golf and Social

Memberships Available.

#### DISCOVER THE DE ANZA LIFESTYLE

To arrange a visit and complimentary golf at de Anza Country Club, please contact Jennifer Joyce, Membership Director at 888.893.1694 or email Jennifer@deAnzaCountryClub.com





509 Catarina Drive | Borrego Springs, CA 92004 888.893.1694 | www.DEANZACOUNTRYCLUB.com



VUE GRILLE & BAR

Upscale American cuisine

Gastro-pub sports bar

Fresh hand-made sushi to order

Extensive awardwinning wine list

Local and regional craft beer offerings

Over 240 bourbons and whiskies Bottomless Champagne Brunch

Open to the public

Located within walking distance of four luxury hotels



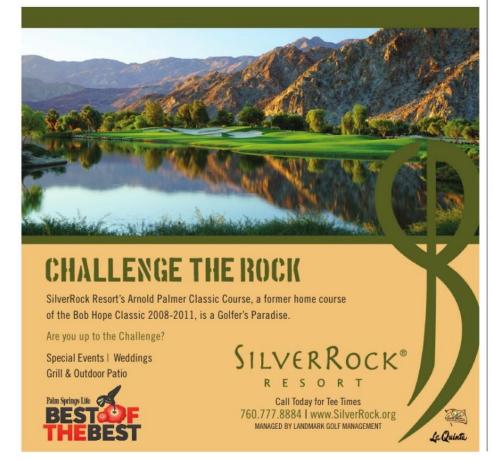




Come join us at the VUE Grille & Bar, a scenic eatery at the Indian Wells Golf Resort. The Indian Wells Golf Resort is ideal for golf tournaments, group outings, dream weddings and much much more.



44-500 Indian Wells Lane, Indian Wells 760.834.3800 • www.vuegrilleandbar.com





La Iguana Golf Course at Los Suenos Marriott in Costa Rica offers a spectacular setting for world-class golf.

Set within the Santa Catalina Mountain foothills and open to the public on even calendar days, the Mountain Course is as much a geological wonderland as a rock-solid place to beat around a Titleist.

#### LA IGUANA GOLF COURSE,

NO. 4 Playa Herradura, CR

Rain forest and ocean, I get. Now monkeys and macaws, that you don't see every day. Unless you happen to be teeing it up at La Iguana Golf Course at Costa Rica's Los Suenos Marriott. The par-5 fourth, named El Tucán, kinks rightward twice as it heads more than 500 yards back into the forest, with a defining hazard left, crossing, then continuing on the right, and a seeming sinkhole of sand pulled back slyly short of the green. The most likely birdie on this hole might be seeing the No. 4's namesake.

#### AT&T OAKS COURSE, TPC SAN ANTONIO, NO. 16 San Antonio, TX

This course is home to the PGA Tour's Valero Texas Open, an April event that once saw Kevin Na card a 16 on the ninth hole. Big numbers are commonplace for most of us. What we don't encounter often are 7-iron par 3s with a bunker recessed midgreen.

"The r6th is one of the more unique holes featured [on tour]," says Matt Flory, director of golf. "This interesting bunker placement creates a number of exciting hole locations, as well as visual and mental challenges."

Take a room at the adjoining JW Marriott Resort if you want to take on



# A comprehensive physical all in one day, all in one place? Now that was a good business decision.

YOU TRY YOUR BEST to manage your health, but work keeps getting in the way of wellness. Too much sitting, too many business dinners, not enough sleep – is it all taking a toll on you? Get the answers you need with our customized Executive Health Program. Located in our beautiful Eisenhower George and Julia Argyros Health Center in La Quinta, the Executive Health Program includes a comprehensive evaluation of all aspects of your health, evidence-based screenings, and the tools and motivation to take charge of your health and well-being. And we do all this all in one day and all in one place, so you can get right back to your busy schedule.

Executive Health packages are not covered by insurance. Call for package options and pricing.

To learn more or make an appointment, call 760-610-7360.



Eisenhower Argyros Health Center ~ 45280 Seeley Drive, La Quinta, CA 92253

★ emc.org/wellness ★ 760-610-7360

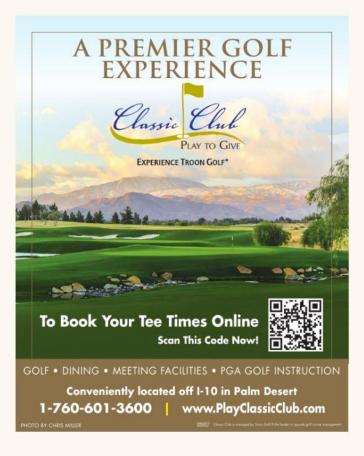


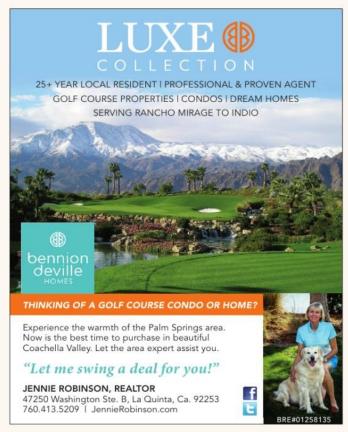


### **OUT 'N ABOUT**

# PALM DESERT | PALM SPRINGS | INDIAN WELLS











No. 8 at Fazio Foothills, Omni Barton Creek Resort & Spa in Austin, Texas.

this particular golf test, or its sibling layout, the AT&T Canyons Course.

#### CLASSIC CLUB,

NO. 18 Palm Desert, CA

Formerly home to the Bob Hope Chrysler Classic PGA Tour event back in the mid-to late-2000s, Classic Club is one of Coachella Valley's finest public plays. Thanks to a landing zone that is like a runway, anyone can go deep off No. 18, dropping significant length from the listed 483 to 526 yards from the regular player's tees. And avoiding the threeswing, fairway-centerline route, ease back another couple of clubs when it comes to going for this stunner in two.

#### **FAZIO FOOTHILLS, OMNI BARTON** CREEK RESORT & SPA.

NO. 8 Austin, TX

Omni Barton Creek Resort weighs in large with four courses spanning the Austin hill country. The beauty here is designer Tom Fazio's two-shot par-5 eighth hole on the Foothills Course.

"What I love about this hole is that even medium-length hitters can reach, but with water in play throughout and an outcropping of rocks and trees encroaching the landing zone, an error off the tee or in the approach can quickly lead to a double bogey," says Philip Marburger, director of golf. "Plus the view from the green looking down at the waterfall makes it my favorite spot at Barton Creek."

Ken Van Vechten writes about golf from the central California coast.



# HOLIDAY SPECIA

We know that air travel can be a trying experience. MasterPark's 4 Valet Parking locations and MPark Self-Parking, provide SeaTac Airport's premier parking service. 24-hour shuttles, provide the shortest time from your vehicle to airline departure gates. Avoid the high cost of airport terminal parking, MasterPark is the fast, easy, safe and reliable choice. Please visit masterparking.com

## VALID DECEMBER 2016 ONLY!

Valid at all MasterPark Parking Locations, Must present coupon to receive discounted rate. Offer not valid in conjunction with any other offer

- . LOT A 18220 International Blvd.
- LOT C 16025 International Blvd.
- LOT B 2907 South 170th St.
- . Garage 16826 International Blvd.

Code #2135

Starting January 1st, 2017 Valid at all MasterPark Parking Locations. Must present coupon to receive discounted rate. Offer not valid in conjunction with any other offer.

- LOT A 18220 International Blvd. LOT C 16025 International Blvd.
- . LOT B 2907 South 170th St.
- . Garage 16826 International Blvd.

Code #2131

ark Self Park Location. \$10.95 per day for long term Try MasterPark's New and discount parking. For more information visit mparkseatac.com





# **Exploring Hong Kong**

Ancient traditions and modernity blend in this unique city

By Daisann McLane

It's noon in Hong Kong, and I step into a Chinese temple in the heart of the city's oldest neighborhood, Sheung Wan. Coils of incense produce heavy smoke that fills the interior with an aromatic fog. ■ The Pak Sing Miu (Temple of the One Hundred Names) is only about a half-mile from Hong Kong's financial center, but it feels like a hundred years in the past. As I sit in the temple, a

young man with a briefcase, wearing a tailored black suit, steps into the temple, and the priests respond. With a whoosh and flutter they slip on red silk robes. Money is exchanged; drums and gongs begin to clang. The gentleman bows, raising three sticks of incense three times in respectful greeting to the god Tei Chung Wong. What spiritual errand brought this sophisticated man into the temple on his lunch hour? The street address inserted into the ancient chant reveals a clue: The man is about to close a

Home to one of the world's great natural harbors, Hong Kong is a multicultural city that is a center for trade and commerce.

deal on an apartment, and he's hired the priests to do a ceremony to make sure all goes well.

In Hong Kong, tradition and modernity are intertwined, as are the Chinese and Western cultures. The key to seeing an accurate image of Hong Kong, whether it's your first visit or your 15th, is to go deeper into the customs and culture of this complex and historic city. That isn't always easy, for the initial impression of the area can be fantastic in its own right. Hong Kong welcomes you with a seamless 24-minute glide

from one of the world's most beautiful airports to the downtown area in an efficient Airport Express train. After you exit, you can hop into a cherry-red Toyota taxi and zip on a network of curvy highways through a forest of impressive skyscrapers, including Sir Norman Foster's Lego-like HSBC building, I.M. Pei's geometric-block Bank of China and the shining beacon of Cesar Pelli's 1,378-foot-tall IFC tower.

In the minds of many visitors, such modern-city developments reinforce a sense that Hong Kong is a Westernized place where much of the Chinese authenticity has been lost during more than 150 years of British colonial rule. Hong Kong was ceded by China to the British in 1841. The British transferred sovereignty back to China in 1997.

After living in Hong Kong for 13 years, I know that this notion is not correct. Hong Kong, where it is reported that more than 93 percent of the population trace their roots to China, is one of the most culturally Chinese cities in the world, as the gentleman offering incense to the gods in the Pak Sing Miu Temple would agree.

MONGOLIA

CHINA

Beijing

Hong Kong

To see even more evidence of this, visit either the well-known Man Mo
Temple downtown, or one of my favorite lesser-known shrines, such as the vast Bak Sing temple in Wan Chai or the Lo Pan shrine to the god of carpenters in the recently developed

Kennedy Town.

There is evidence of Hong Kong's British past embedded in the very stones of the city, from the still-standing posts that mark the city's former boundaries to the wellworn granite stairways, which are known as "ladder streets." The stairways were designed by early urban engineers to con-



The Man Mo Temple is one of the many colorful and fascinating Buddhist temples to be found in Hong Kong and on the neighboring islands.

nect Hong Kong's major roads that terrace up the steep hillsides.

One morning in late October, I climb one of these stairways that leads to what is billed as the world's longest outdoor covered escalator system, the Central-Mid-Levels escalator, which is nearly half a mile

long and rises more than 440

more stairs. After a half-hour of walking, I reach
Victoria Peak, with its glorious view of Hong
Kong, Victoria
Harbour and Kowloon Peninsula spread out before me. There is a

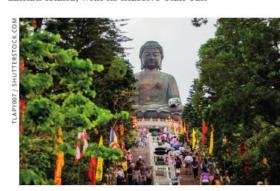
good reason why the peak is

one of the city's top sightseeing destinations—the views will give you goose bumps. (Local tip: I like to avoid the glitzy observatory building. Instead, I head to the left as you face the city, and follow the semicircular path of Old Lugard Road, named for a former Hong Kong governor.)

Another top experience for visitors is to

get out on the water, where you'll often catch vistas of the city that have changed little since the days when the area's 263 islands and innumerable coves were inhabited mainly by pirates and fishermen. The British valued the city as a trading port because it had the best natural harbor in Asia, perhaps the world. Ferries are the easiest way to experience maritime Hong Kong, and if you're pressed for time, take the 10-minute ride from Hong Kong Island to the Kowloon Peninsula on the classic Star Ferry.

However, it's worth carving out a day to take a boat from the Central Ferry piers and explore an island or two. A popular stop is Lantau Island, with its massive Tian Tan



The impressive bronze Tian Tan Buddha statue on Lantau Island stands 112 feet tall and draws many visitors from around the world.





Korean Air stretches its wings like never before with our partnership with Alaska Airlines.

SKYPASS and Mileage Plan members may accrue miles flying with Alaska Airlines and redeem them for tickets, thanks to our frequent flyer partnership.

It's convenient and easy, so enjoy your new ventures from the Western U.S. with Korean Air.

Seattle

Departure 12:55 TWFSaSu 17:45 \*1 Arrival

Seoul

Arrival 11:05 TWFSaSu 18:25 Departure

\*Same day connecting flights to China, Japan and Southeast Asia.



Earn and redeem your Alaska Airlines Mileage Plan™miles around the globe with Korean Air



www.koreanair.com



Buddha statue at the Po Lin Monastery.

I like to visit the islands of Cheung Chau and Peng Chau. The exhilarating ferry ride—sit on the outside deck if you can—takes you to a slower world of ancient villages, where fish dry on strings from windowsills and locals meander on bikes along car-free paths.

In the 1960s and 1970s, when Hong Kong was a manufacturing powerhouse, it also was a top location for bargain shopping. While many of the bargains are now on the mainland, the city remains a great shopping center. There are many markets to stroll through and a number of items that are unique to the city. For souvenirs, I recommend porcelain—especially mugs and plates by the terrific local designer Loveramics, or the cheeky Hong Kong knickknacks and high-end clothing found at Goods Of Desire.

Food tourism has replaced shopping as a top draw for visitors to the city. It's difficult to overestimate the importance of food in Hong Kong culture. There are more than 12,000 eating establishments in the city. They range from humble family-run noodle shops, such as Ying Kee, on High Street in Sai Ying Pun, where the beef broth bubbles all day in a steaming cauldron set in the front window, to my favorite fine-dining Cantonese restaurant, the Michelin-Star-winning Kin's Kitchen,

A sampan crosses busy Victoria Harbour, offering passengers a glorious view of the Hong Kong skyline at dusk. The traditional Chinese wooden boats are popular with visitors touring the city.

whose special smoked-soy-sauce chicken is a dish that I crave at least once a month. The restaurant is also a family-run operation. Mr. Lau, the owner, is an art critic and noted local culinary historian; his son, Lau Chun, is the restaurant's chef.

Most days, though, my hunger takes me in another direction, to Sing Heung Yuen, a small restaurant or food stall at the bottom of a ladder street near the old downtown gaai sih, or "wet" market. Nearly every neighborhood has a meat, live-fish and vegetable market—all great places to visit and experience local life.



Hong Kong's Central-Mid-Levels escalator system is nearly a half-mile in length.

#### WHEN YOU GO

#### Lodging

#### Mandarin Oriental Hotel:

A Hong Kong classic, the Mandarin offers modern amenities, traditional charms and excellent service.

Hotel Indigo: The stylish new hotel is located in a high-rise building in the Wan Chai neighborhood. Don't miss the glass-bottom pool on the 29th floor.

Mei Ho House: This budget hotel was created from a renovated historic building in the Kowloon District.

#### Dining

**Kin's Kitchen:** The family restaurant has earned a Michelin star for its version of classic Cantonese cuisine.

The Chairman: An intimate Cantonese restaurant in central Hong Kong that serves extraordinary versions of such dishes as pork belly and crab with wine sauce.

#### Mak's Noodle:

My favorite wonton noodle shop on Wing Kut Street serves great broth and fresh noodles.



For Kee: This small restaurant on Hollywood Road serves some of Hong Kong's finest sandwiches (ask for the jee pa bao or pork bun).

Sing Heung Yuen: An outdoor restaurant on Mee Lun Street that draws large crowds for its well-known tomato macaroni soup, topped with eggs, pork, Spam or vegetables. —D.M.





#### 10 THINGS TO DO IN HONG KONG

Ride the tram: The double-decker trams run the length of Hong Kong Island, allowing you to explore the city.

Visit Victoria Peak: Take a taxi, a bus or a walk up to the peak for Hong Kong's most iconic sight.

Take a Star Ferry: Ride across Victoria Harbour on the ferry for the spectacular views.

Explore outlying islands: Numerous islands can be reached by ferry, including the popular Cheung Chau, Lamma and Lantau islands.

Climb up to Ten Thousand Buddhas Monastery: The winding path up to the monastery is lined with thousands of gold-painted statues, each depicting a personality of the deity.

Tour Hong Kong Park and the Zoological and Botanical Gardens: The two parks are a refreshing respite in the heart of the city.



Ride a sampan: These small boats will take you for a short trip on the harbor, or to a nearby island.

Enjoy a sunset in Kennedy Town: The last stop at the tram's western end, this hip district offers a nice waterfront with great views of the sunset.

Hike to an old Chinese village: Before there was a city of Hong Kong, most locals lived in small walled villages, many of which still stand today.

See Cantonese Opera: The Feast of Tin Hau in mid-May is a good time to attend a performance of this traditional art. Everyone is welcome to the usually open-air performances. —D.M.



# YEAR END EVENT



Most 5-Star Ratings.\*
Highest Owner Loyalty.\*\*
Award-Winning Value.

# Best Time to Shop America's Best-Selling Brand.





Go Further

Your Local Ford Store BuyFordNow.com

\*Among full-line brands offering multiple cars, pickup trucks, and utilities. Government 5-Sar Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSAs) New Car Assessment Program (www.safercar.gov). \*\*Based on IHS Markit U.S. Total New Registrations Data for October 2014 to September 2015 and Owner Loyalty Analysis, Ford Division had the greatest percentage of owners who returned to market and ourchased or leased another Ford Division which in the 2015 Award Vear. Hassed on 2015 calendar year sales.

Where Seattle Goes For Seafood



Pier 56 on Seattle's Waterfront, 1201 Alaskan Way, Seattle, WA 98101 www.ElliottsOysterHouse.com



Portland's Freshest Seafood

# FISH HOUSE

Fox Tower overlooking Director Park 838 SW Park Avenue, Portland, OR 97205

www.RingSideFishHouse.com

# America's Top Ten Seafood Houses



Tom Horan's America's Top Ten Club is globally recognized as the authority of fine dining in America. No independent restaurant pays to be on our list of Top Ten establishments.

Elliott's Oyster House
Seattle, WA elliottsoysterhouse.com

Bourbon House
New Orleans, LA bourbonhouse.com

Z's Oyster Bar & Steakhouse Louisville, KY oysterbar.com

RingSide Fish House Portland, OR ringsidefishhouse.com

The Sea Fire Grill New York, NY theseafiregrill.com

Osetra

San Diego, CA osetrafishhouse.com

Tony Mandola's Houston, TX tonymandolas.com

Eddie V's Prime Seafood Scottsdale, AZ eddiev.com

Lynnhaven Fish House Virginia Beach, VA lynnhavenfishhouse.net

Capt. Anderson's Restaurant
Panama City Beach, FL captanderson.com

America's Top Ten Club 12 Greenway Plaza, Suite 1100 Houston TX 77046

# SETES RESTAURANT & BAR Bring in your in-bound Alaska Airlines boarding pass for a complimentary cocktail or appetizer. 971-222-7327 Seresrestaurant.com PEARL DISTRICT | PORTLAND, OR

#### Hong Kong



Neighborhood markets, where seafood, meats and produce are sold, are good places to experience daily life in Hong Kong.

If I had to pick a spot that was quintessentially Hong Kong, it just might be Sing Heung Yuen, one of the last of the open-air streetside restaurants that once filled the city.

Tucked into a corner of the alley are the restaurant's six or seven folding tables and plastic stools, all taken by eager customers sitting elbow to elbow. One of the elderly ladies wearing aprons spots me and motions me over to a table and somehow squeezes me in.

Toasters pop with the warm round bread buns called *cheui-cheui*, which will be covered with a honey lemon spread and arranged on the plate so that they look like a silhouette of Mickey Mouse.

Warm bowls of thick, sweet tomato soup are also filled with elbow macaroni and your choice of fried egg, Spam, or fresh Chinese broccoli and tofu. This is the comfort food of Hong Kong, a quirky fusion of Western mass-produced food items reconfigured to satisfy the local Chinese palate. No visit to Hong Kong is complete without trying the dish.

I finish my delicious bowl of Hong Kong history and climb the long stone stairway toward home.

Daisann McLane writes from Hong Kong.

Use Mileage Plan miles to visit Hong Kong on partner airlines American Airlines, Cathay Pacific, Hainan Airlines, Japan Airlines and Korean Air. To enroll in Mileage Plan, go to alaskaair.com or call 800-654-5669.



Dating can be fun and invigorating – from that instant attraction you feel the first time you meet to jumping in the car for an impromptu weekend getaway. Unfortunately, it can take a lot of work to get to that stage of dating.

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

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

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

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

M: I'd ask, "Are you looking for a relationship

or not?" With online dating you never know who's on the other side of the line. IJL had better quality people who were interesting. It truly was an experience that was tailored for me

# Tell us about your first date with one another.

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

# What was your favorite part about dating through IJL?

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

Find out what an It's Just Lunch matchmaker can do for you by calling 800. 858.6526 or visit ItsJustLunch.com.



# DATE BY NUMBERS

When it comes to personalized matchmaking, our success is unmatched!

#### 25 YEARS

Of changing lives one match at a time.

#### + 2 MILLION

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

#### 64%

Of singles want to date others with similar political opinions and beliefs.

#### 1 IN 3

Singles think talking politics on a first date is a bad idea.

#### 20%

Of singles think talking politics is sexy.

#### 1 IN 2

Singles could date someone who didn't have the same political beliefs but long term believe it won't work out.

## 800.858.6526 ITSJUSTLUNCH.COM

It's Just Lunch Matchmakers







MELISSA BROWN SAR

RLING JULIE LOPEZ





The Saturna Sustainable Funds seek to invest in companies and issuers that demonstrate sustainable characteristics with low risks in areas of the environment, social responsibility, and governance ("ESG").

Find out more today.

www.saturnasustainable.com

# SATURNA SUSTAINABLE FUNDS

Saturna Sustainable Equity Fund
SEEFX

Saturna Sustainable Bond Fund SEBFX

Please consider an investment's objectives, risks, charges and expenses carefully before investing. For this and other important information about the Saturna Sustainable Funds, please obtain and carefully read a free prospectus or summary prospectus from www.saturnasustainable.com or by calling toll-free 1-800-728-8762.

Investing involves risk, including possible loss of principal. The Saturna Sustainable Funds limit the securities they purchase to those consistent with sustainable principles. This limits opportunities and may affect performance. Distributor: Saturna Brokerage Services, a wholly-owned subsidiary of Saturna Capital Corporation, investment adviser to the Saturna Sustainable Funds.





# Good to Know

By M. Sharon Baker

When it comes to personal finances, there are several principles that planners want you to understand. At an elementary level, they hope you know concepts such as living within your means, participating in your company's 401(k) matching program, diversifying your portfolio, considering the rewards that come with paying off or down debt, and starting to save early for retirement.

Not everyone adheres to those basics, but planners hope that most clients will have at least heard of the foundational concepts. Beyond this, however, experts wish most people knew more—and they are often surprised by the concepts and products that people don't yet understand.

This article draws on responses from representatives of several West Coast financial firms, who were each asked the question, "What do you wish every client knew and understood?"

The answers ranged from a desire for better understanding of annuities and bonds, to not confusing market volatility with risk, to having people realize the value of being more deliberate in planning. The following are some of the main areas advisers would have you know.

#### **Know Your Adviser**

One common suggestion is to better understand the people giving you advice.

"Many clients view all advisers as the same," says James Liotta, president of Prominence Capital, based in Beverly Hills, California.

Yet this is not the case. And, because there are many firms trying to help people manage money—banks, insurance agencies, brokerage firms, wealth-management firms, certified financial planners—it can be confusing to know which is best for you.

Two useful terms to understand are fiduciary and suitability, which are the standards that financial advisers follow. "It's important for clients to ask their adviser which standard they are held to in the advice they provide," says Adam Lewis,

managing director at Cornerstone Advisors Inc., a fiduciary firm based in Bellevue, Washington.

A fiduciary—one who acts in a fiduciary capacity—is bound to put a client's interests above his or her own and reveal any possible conflicts of interest. Registered Investment Advisors, also known as RIAs, are among those who follow a fiduciary standard (though not all advisers following the fiduciary standard are RIAs).

"When I manage your portfolio, I'm treating your money like I treat my money," says Laurie Itkin, a San Diego—based financial adviser known as The Options Lady. "I act as a fiduciary, which means that I must make decisions that are in your best interest, not my own."

Firms and individuals following a suitability standard have to offer reasonable or suitable recommendations based on personal information a client gives to the firm, according to the Financial Industry Regulatory Authority (FINRA), an independent regulator of securities firms. While these advisers still have to take into account a client's best interest, they can also receive a commission for selling certain products or charge other fees, Liotta explains.

#### **Know About Changing Rules**

Currently, firms operating under a suitability standard don't have to disclose certain fees. They will, however, starting in April 2017, when Department of Labor rules change regarding retirement accounts.

Under the new rules, all financial advisers will have to follow the fiduciary standard of care when dealing with 401(k) accounts, individual retirement accounts or other qualified retirement monies.

Next year, brokerage firms and others will have to disclose fees and apprise clients of conflicts of interest. So, don't be surprised to see new paperwork regarding retirement money. The new rule doesn't apply to regular brokerage accounts and other accounts not related to retirement, Liotta says.

#### OPENING A WINDOW TO THE WORLD

SEATTLE | BAINBRIDGE ISLAND | KIRKLAND | ISSAQUAH | MADISON PARK





#### SEATTLE, WA

TUSCANYWATERFRONTVILLA.COM Spectacular 180 degree views of Puget Sound, Vashon Island, Bainbridge Island & the Olympic Mountains. Terraced levels sweep down to 121'low bank waterfront. Enjoy the spa and wood fired pizza oven imported from Italy. Open elegant floor plan and 1200 sq. ft. guest apartment.

Alex Hayes | 206.605.1601 Alex.Hayes@RSIR.com | AlexHayesHomes.com



#### NEWCASTLE, WA

Former Seahawk's home is the marquee property on the Golf Club at Newcastle. Dramatic living spaces, designer kitchen, spacious master with peaceful Cougar Mountain views, custom sports bar, gym and wine room. NFLProHome23.com
Offered at: \$3,100,000 | MLS#1017305

Ashley Flynn & Sean Nielsen | 253.468.9023 Ashley.Flynn@RSIR.com | nwluxliving.com



#### MEDINA, WA

Elegant and thoughtfully designed home with premium materials. Entertaining is a cinch amidst an open floor plan with room to move and plenty of places to gather and share. The lovely carved granite hearth provides the ultimate cozy delight during picture perfect NW evenings. Enjoy peaceful walks, excellent schools, parks, and access to downtown Bellevue. Offered at \$2,698,000 | MLS# 1040291

Kathy Madsen | 206.953.1421 | Kathy.Madsen@RSIR.com Mary Nelson | 206.669.5146 | Mary.Nelson@RSIR.com



#### KIRKLAND, WA

Brand new ultra luxe tech home designed by award-winning architect Chris Pardo with sweeping views of Lake Washington. KirklandContemporaryHome.com Offered at: \$1,888,800 | MLS# 1009540 Brian Hopper | 425.201.5115 brian.hopper@sothsbysrealty.com

brian.hopper@sothsbysrealty.com Robert Pong | 206.310.2014 hoppergroupre.com



#### CHEHALIS, WA

8G Ranch is a storybook farm and ranch estate setting right out of a movie set. It is the quintessential gentleman farm designed for generational family gatherings and/or a true working farm. Located just 90 minutes south of Seattle or just 75 minutes north of Portland. *OwnChehalisRanch.com*Offered at \$4,500,000 | MLS# 1046272

Brad Vancour | 206.484.0167 | TeamVancour.com



#### VASHON, WASHINGTON Over 900 feet of exotically landscaped

beachfront with its own lighthouse. This spectacular shingle-style estate is the ultimate expression of Vashon Island grandeur. Lavish use of local stone, river rock and timber create a sense of majestic elegance that evokes the Mt. Rainier vistas and native surroundings on view through walls of windows. Offered at \$18,000,000 | MLS# 882661

Denise Seavitt | 206.841.8788 denise.seavitt@rsir.com | DeniseSeavitt.com

VIEW MORE HOMES ONLINE AT RSIR.COM | 206.448.5752

LOCAL EXPERTS | GLOBAL REACH



## FINANCE

#### **Understand All Fees**

"When I do a free portfolio review, many people are surprised to learn about the hidden fees they are paying," Liotta says. "Internal fees can drastically increase the overall cost of an investment and significantly hinder performance over time."

For mutual funds, costs can include annual marketing fees known as 12b-1 fees, as well as sales loads (also known as commissions), among others, Liotta notes. As for any purchase, investors decide whether costs provide a benefit. The main thing is to be aware of the different costs. As the U.S. Securities and Exchange Commission notes on its Mutual Fund Fees and Expenses webpage, "A fund with high costs must perform better than a low-cost fund to generate the same returns for you."

#### Know About Fee-Only vs. Fee-Based

Advisers say that, in addition to *fiduciary* and *suitability*, the terms *fee-only* and *fee-based* often confuse consumers.

When *fee-only* describes an adviser arrangement, it means the only compensation the adviser receives is paid as fees by clients. Fee-only advisers typically charge an hourly rate, a retainer fee or a percentage of assets under management—and nothing else.

Fee-based sounds like fee-only, but there's a difference. In addition to receiving a management fee from clients, fee-based advisers can accept commissions from firms that offer financial products. This can create conflicts of interest, which, under the current suitability rules, do not always need to be disclosed, according to multiple advisers.

When clients compare advisers and aren't aware of hidden fees, they may question the apparently higher costs of a fee-only adviser. "My management fee may appear higher," Itkin acknowledges. "But when you add up other firms' fees—including explicit and hidden—you may find that my fee is actually lower," she says.

# WELCOME

**COMFORT MEETS WELLNESS** 







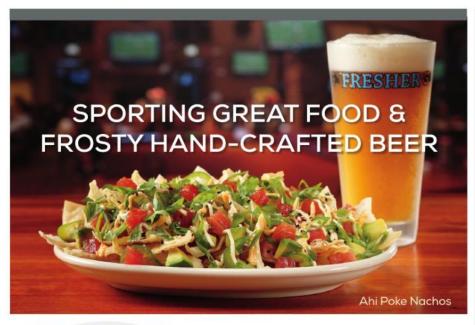




# HOTEL BELLEVUE

AN URBAN RETREAT AT BELLEVUE CLUB

thehotelbellevue.com





#### WASHINGTON

Seattle University Village • Seattle Northgate • Kent Issaquah • Marysville • Federal Way • Tacoma • Lacey Puyallup Sunrise • Puyallup South Hill • Lakewood

Clackamas • Wilsonville • Salem • Medford (Open in December)

#### **ILLINOIS**

Schaumburg • Rosemont • Wheeling

Boise • Meridian

**IDAHO** 

OHIO

Columbus • Dublin (opening 2017)

INDIANA Indianapolis • Fishers



#### COLORADO

Denver Tech • Westminster • Highlands Ranch Broomfield • Colorado Springs • Breckenridge Fort Collins Collindale • Fort Collins Foothills Fort Collins Brewery & Taphouse

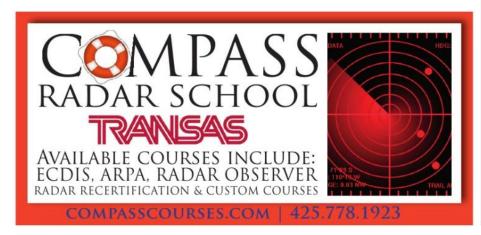
#### DISCOVER WHAT'S ON TAP

www.theram.com · www.cbpotts.com



ESTABLISHED 1971

PROUDLY TEAM MEMBER OWNED



## FINANCE

#### Don't Get Emotional

Advisers often receive nervous phone calls and emails from clients when the stock market swings—with major drops producing especially panicky calls.

"I wish clients understood the implications of market timing and the detrimental effect of emotional decisionmaking and trying to time the market," says Sharon Gueck, portfolio manager and financial planner at Becker Capital Management in Portland, Oregon.

Investors often let fear get in the way of implementing sound investment plans, and they make timing decisions that negatively affect their portfolios, she says.

Scott Klimo, chief investment officer at Saturna Capital in Bellingham, Washington, agrees. "The worst possible thing you can do is try to protect yourself by pulling money out during a downturn," he says.

#### **Understand Bonds Better**

For years, traditional thinking has been that bonds are an extremely safe investment, a statement that once more or less rang true. But that was years ago.

San Diego's David Reyes likes to quote Warren Buffett when it comes to bonds. Buffett has said that bonds "should come with a warning label."

"The investing public has no idea how bonds work," says Reyes, founder of Reyes Financial Architecture. "Most people believe that bonds are safe, when today they are very risky. The risk is that, as interest rates rise, the value of your bond portfolio will fall."

Many investors equate bonds with security because they saw parents and grandparents get great returns on bond investments. Indeed, bonds that were bought a few decades ago—for example, in 1980, when interest rates were 15 percent—did well, because the high rates could exceed the rate of inflation.

The concern is that bonds with a relatively low rate of return, purchased at a time of relatively low interest rates such



# We are...



# teachers.

We are many things, but drugs do not define us. It's a fact. 85% of Alaska Native and American Indian people don't use illegal drugs.

For more resources on building a healthy life, visit ANTHC.org/WeAre





800-722-2650 www.capobythesea.com



#### **DRUG & ALCOHOL TREATMENT**

#### **Experienced Professionals**

Our facility's staff includes several highly qualified, experienced therapists.

#### Custom Programs

7-10 day detox, 30-180 day programs. Guaranteed success with the 90 day program, call for details.

#### Privacy Assured

All communications are confidential, before, during and after recovery.

PRIVATE ROOMS AVAILABLE • INSURANCE FRIENDLY • BEACHSIDE LOCATIONS • PET FRIENDLY

ADDICTION • ALCOHOL • COCAINE • METHAMPHETAMINE • OXYCONTIN • VICODIN

## FINANCE

as today, may not keep up with inflation, that they will effectively lose value over the years. But many investors do not understand what happens to bonds when interest rates rise or fall and how that affects their bond portfolios.

"Today is one of the most risky times in the history of the bond market," Reyes says. "The bond market is more overvalued than stocks were in 1999 before the collapse of the dot-com bubble."

#### **Understand Annuities**

There is a lot of confusion about how annuities work, the different kinds of annuities and how they fit into retirement plans, says Reyes. He regularly refers to "the good, the bad and the ugly," when he discusses annuities.

Annuities are created by insurance companies and sold through insurance agents, banks, brokerage firms and financial advisers. But not all annuities are the same, says Reyes. In general, annuities work like this: You invest a sum of money and, in return, receive a lifetime monthly income, which is paid out depending on your age and the current interest rate.

"The misconception is that all annuities are really expensive; you can't get your money out; and the insurance company gets all your money when you die," Reyes says.

But he points to fixed-index annuities that have relatively low fees, allow you to retain your principal and let you participate in the stock market. Plus, your beneficiary can receive the balance, Reyes says.

#### Be Intentional

Several advisers share the philosophy of Sam Craig, a financial adviser at Laird Norton Wealth Management in Seattle—that investments should be intentional and connected to considerations about lifestyle choices.

"Investing should be done in context of life goals and as part of an overall



# #1 OREGON & WASHINGTON BROKER

Northwest Real Estate Expert with Proven Results. Connecting Buyers and Sellers Globally



- #1 Individual Broker in the Pacific NW.
- #1 Individual Broker in Washington.
- #9 Broker in the USA.

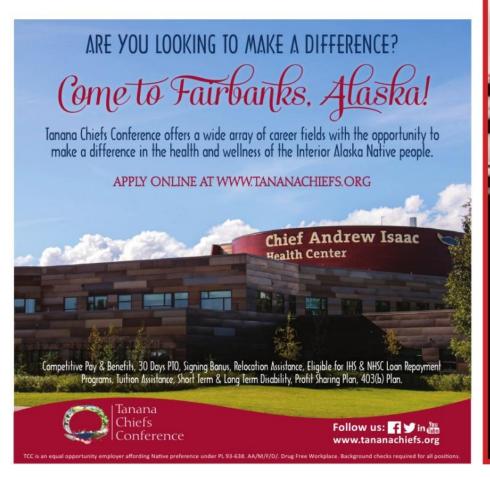
Continuously *Top 20* Broker in the USA.

(Stats are thru 9/2016 Re/Max. Based on individual volume.)

**Top 50** Broker in the World.

Start your home search today! USA-RELOCATE.COM

Text/Call 360-607-4100 | Office 360-699-5100 | terrie@terriecox.net









## FINANCE

financial plan," Craig says. "This helps guide your decisions not just about investments and returns, but about how to use financial tools to create the life you want." Wealth, he adds, means more than money.

"Making deliberate decisions—be it about the size of your mortgage or how to pass on the family business—gives you much more control over your finances and your life," Craig says. "It also gives structure to your spending, your ability to deal with risk, and your plan for an active retirement. Operating without clear intentions is like sailing without a rudder."

M. Sharon Baker writes from Seattle.

This article does not constitute financial advice. Readers should always speak with financial experts when investing or planning for retirement needs.

| P1177 | eon | nage | 188 |
|-------|-----|------|-----|

| Difficu | ltv. | Fasy |
|---------|------|------|
| Dillicu | ILY. | Edby |

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

Difficulty: Medium

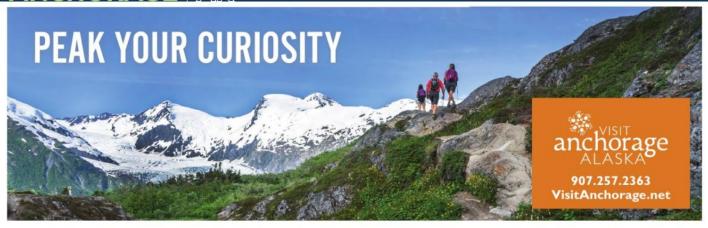
| 7 | 5 | 6 | 1 | 9 | 2 | 4 | 3 | 8 |
|---|---|---|---|---|---|---|---|---|
| 9 | 3 | 8 | 5 | 4 | 7 | 6 | 1 | 2 |
| 4 | 1 | 2 | 3 | 6 | 8 | 7 | 5 | 9 |
| 6 | 9 | 4 | 8 | 2 | 3 | 1 |   | 5 |
| 3 | 7 | 5 | 6 | 1 | 9 | 2 | 8 | 4 |
| 2 | 8 | 1 | 7 | 5 | 4 | 9 | 6 | 3 |
| 1 | 4 | 7 | 9 | 3 | 5 | 8 | 2 | 6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

Copyright © 2016 Penny Press, Inc.



Whether acting as general counsel or a defense attorney in litigation, the opportunity to provide practically aggressive representation to public entities, corporations, communities of faith, or individuals is one that we shall always embrace.

During this holiday season, all of the principals at Patterson Buchanan hope that your travels are smooth and that you are blessed, as are we, with wonderful people to surround you. We wish you prosperity and hope, now and in the coming year.





## **SOMETHING MISSING?**



At Alaska Pacific University you can find solutions to efficiently further your career with our live online classrooms, blended online and campus courses, and evening courses. Our Business Programs are perfect for people whose lives are already brimming with activity.

Now you just have to find room on your mug shelf.

Undergraduate Degree Completion MBA Accelerated MBA

**EXPERIENCE THE APU DIFFERENCE** 



www.alaskapacific.edu





#### Life Is Good When You're Pain FREE!



& PHYSICAL MEDICINE

ALASKAN OWNED & OPERATED

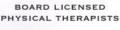
Back Pain? Neck Pain? Muscle Stiffness? Headaches? We can help!

#### VISIT US AT THESE LOCATIONS

- · ANCHORAGE MIDTOWN
- · ANCHORAGE SOUTH
- · BARROW
- · BETHEL
- · DELTA JUNCTION
- · DILLINGHAM
- · DUTCH HARBOR
- · FAGLE RIVER
- · FAIRBANKS
- · JUNEAU

- · KETCHIKAN KOTZEBUE
- · NOME · PALMER
- · SITKA
- ·SOLDOTNA
- · UNALASKA
- · VALDEZ
- · WASILLA





PHYSICAL THERAPY

Arctic REHABILITATION &

- · ANCHORAGE
- · BARROW
- . BETHEL
- · DELTA
- · FAIRBANKS
- . KETCHIKAN

PROUD TO ANNOUNCE OUR NEW LOCATION IN

#### KETCHIKAN

907-225-7246 (PAIN) 2050 SEA LEVEL DR. STE. 106 KETCHIKAN, AK 99901 LOCATED ACROSS FROM THE PLAZA MALL

1-800-PAIN FREE WWW.ARCTICCHIROPRACTIC.COM CHIROPRACTIC . MASSAGE . REHAB . PHYSICAL THERAPY

# 10th & M Seafoods

## A Fresh Idea For The Perfect Alaska Gift

We have a variety of gift packs available, or you can create your own. We provide door-to-door, one-day delivery of fresh or frozen seafood from Alaska to most U.S. cities via FedEx. Visit our web site, one of our retail locations, or call 1-800-770-2722.

#### Two Locations in Anchorage

Downtown 1020 M Street (907) 272-3474 ext.1 Muldoon

301 Muldoon Road (907) 272-3474 ext. 2

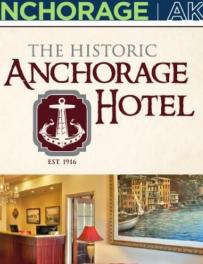






- · king crab
- scallops smoked salmon
- lox
- prawns
- arctic strips
- halibut





# CLASSIC CHARM. Modern Boutique.

The next time business or pleasure brings you to Anchorage, stay in the heart of downtown at the Historic Anchorage Hotel.

Exquisitely restored, the Historic Anchorage Hotel offers superior service and luxury accommodations at a price you can afford.



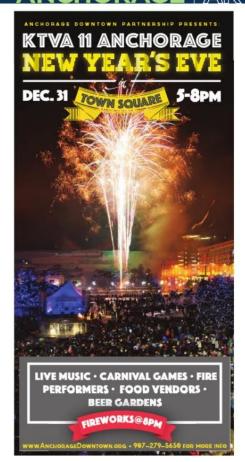
## WHEN Business Ca

The hotel has two remodeled meeting spaces that can accommodate 125, and are perfect for business conferences, meetings and special events.

1-800-544-0988 www.HistoricAnchorageHotel.com 330 E Street (next door to the Hilton)

Con

## ANCHORAGE | AK









# The Volvo Experience

By Bengt Halvorson

Volvo has always been something of a luxury-car outsider—and that's a good thing. While some brands seem to have become overly focused on chasing German sport-sedan benchmarks or appear to have put the dealership experience ahead of the driving experience, Volvo hasn't tried to be anything it's not. ■ And the past several years have marked a return to form for the brand.

With the S90 family, which includes the S90 sedan and the V90 wagon, Volvo has emphasized its heritage of safety innovations and clever engineering, and then doubled down on a quintessentially Swedish strength: brilliant design.

Swedish design is one of contrasts, fine detailing and impressive materials, and the S90 sedan meets all of those expectations inside and out. The S90 exterior has a handsome profile that comprises familiar, classic Volvo styling cues, punctuated by brightwork and lighting. The swept-back roofline and nearly flat beltline give it commanding sport-sedan proportions from the side, and the vertically finned, concave grille design harks back to the 1960s-vintage Volvo P1800.

Meanwhile, the upturn of the headlights

and taillights—specifically the cool "Thor's hammer" shape in the LED headlight design—creates a more modern edge by giving the corners a sharper look.

As stylish as the S90 is from the outside, the ambiance inside is what really wows. During a presentation, Volvo officials said the interior was designed to be "a Scandinavian sanctuary," with a mix of light color tones, matte-metallic accents, and sleek wood-grain surfaces—Volvo's even added a chamfer cut to some edges to show off the wood quality.

Every surface is perfectly placed and well-sculpted. Every edge has been padded, and some of the controls—such as Volvo's start-stop knob on the center console, which you twist, rather than push, to start or stop the engine—just make sense. Top

models elevate with fine materials such as a real crystal-glass shift knob.

Those light tones make the interior feel brighter, which is especially helpful near the company's headquarters in Gothenburg, Sweden, where daylight is barely six and a half hours at the winter solstice.

There's extra side glass compared to other luxury sedans this size, and the instrument panel is set slightly higher for easier viewing. There's also the excellent, vertically oriented Sensus Connect touch screen, framed by thin vertical air vents with textured dials modeled after Swedish crystal.

If you have back issues, the S90 seats might be enough by themselves to make this model worth your while. Volvo boasts that the refined seat design was conceived by orthopedists. The front seats also seem to have one of the widest ranges of adjustability of any I've tested. With long thigh bolsters and a supportive back cushion, the S90 left me feeling better after a drive than I do sitting in my high-end desk chair—and I'm 6 foot 6.

Volvo's also done a great job of making the cabin whisper-quiet. It's tight and wellsealed, and active-noise-cancellation technology emits a frequency from the speakers to dampen some of the unwanted engine sounds and road boom.

Before we get too technical, there's more to the story. The S90 isn't just a cosmetic makeover; it's a new vehicle, sharing little with the previous S80, which didn't change much between 2007 and its discontinuation last year. Ford sold Volvo in 2010 to the Chinese automaker Geely, which then funded Volvo's \$11 billion re-engineering of its core products.

Fast-forward to last year, when the debut of the 2016 XC90 utility vehicle marked the first of this new generation of Swedishengineered vehicles to use Volvo's Scalable Product Architecture, which will underpin the brand's midsize and large models.

Volvo's reboot started under the hood, with a new lineup of four-cylinder engines to replace Volvo's previous (well-respected)

# RESTORE A MORE YOUTHFUL LOOK WITH Larson Medical Aesthetics



NON-SURGICAL FACELIFT
LASER SKIN TREATMENTS
INJECTABLES
CHEMICAL PEELS & FACIALS
LIFESTYLE MEDICINE PROGRAM
COOLSCULPTING

Call to schedule your complimentary consultation today! 206.274.0815

RECEIVE 20% OFF with mention of this ad!

Offering several convenient locations in the greater Seattle area.

Margaret L. Larson, ARNP, MSN, FNP-C is a master's prepared nurse practitioner board certified in Family Practice, cosmeseutical procedures such as laser skin, radio frequency skin tightening and lipolysis, Botox Cosmetic and filler treatments, chemical peels and Metagenics FirstLine Therapy, a medically guided weight loss and disease management programs.

larsonmedicalaesthetics.com





## AUTOS



five- and six-cylinder engines. The T6 at the heart of the lineup makes an impressive 316 horsepower and 295 pound-feet of torque. Those figures are solidly in modern six-cylinder territory, but the engine's even more responsive than that, thanks to twincharging that packs in both a supercharger and a turbocharger. The supercharger sharpens the responsiveness and lets the car step out strongly from stoplights, while the turbocharger provides more power and efficiency everywhere else.

The entry point to the S90 lineup is the turbocharged T5 engine, which makes 250 hp. Next year a top T8 plug-in hybrid model will offer the strongest performance and the best fuel economy of the range. T6 and T8 models have all-wheel-drive systems that can proactively send more power to the rear wheels for more traction or stability, while the T5 is front-wheel drive.

Volvo describes the tuning of the S90 family as "relaxed confidence," and after spending an afternoon driving T6 versions of the S90 and V90 wagon in Spain this past summer, and then a week with the S90 in Portland this fall, I can say that over a wide range of road and driving conditions, relaxed confidence is the perfect way to describe how these models ride and handle.

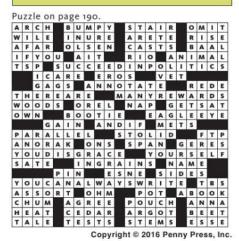
The ride is on the soft side, but there's not a lot of wallowing or excess motion in quick corners. And the steering is loaded nicely, though some drivers feel it doesn't give any real feedback from the road.

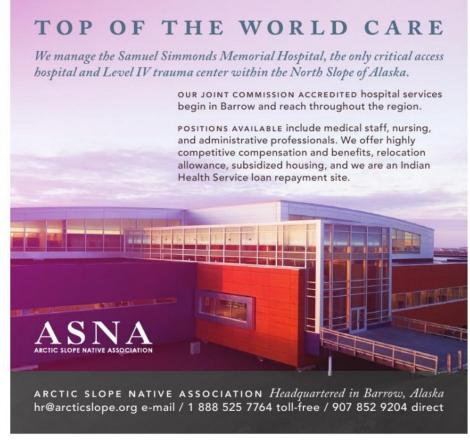
Volvo's Swedish engineers haven't forgotten about all-weather usability and



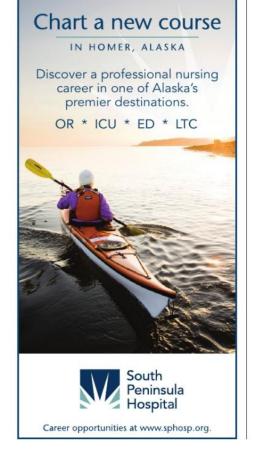
#### Dining-FAIRBANKS

Ivory Jacks—For a fun dining experience take a beautiful drive north of Fairbanks to the Goldstream Valley, eight miles from the UAF Museum. We feature steak and seafood, and specialize in gluten-free preparation. Our crabstuffed mushrooms are legendary. We also offer a great selection of appetizers and sandwiches. Visit our off-sale liquor store, plus our gift shop with a large variety of Alaskan souvenirs and plenty of memorabilia to admire, a must for Elvis fans. Open daily from 11 a.m. to 10 p.m. www.ivoryjacks.alaskansavyy.com









## **AUTOS**



comfort, and the S9o's feature set is ideally suited to climates with long snowy or rainy seasons. The Sensus Connect infotainment system has infrared sensors so you can use it with thin gloves on, while the Climate Package adds rear heated seats, a heated steering wheel, heated washer nozzles and a heated windshield.

In the entertainment arena, Volvo's system now includes a 4G LTE embedded data connection with Spotify music streaming, and you can order up Bowers & Wilkins sound that just might be better and more immersive than what you have in your living room. Load the S90 T6 to the brim with options, as was the case with the cars I drove, and the bottom-line price is about \$66,000.

Volvo typically one-ups most luxury sedans in safety, but it now goes a step further. As a standard feature, it includes Pilot Assist technology—a package combining adaptive cruise control, automatic emergency braking, steering support and other integrated safety systems with a system designed to follow lane markings and steer the vehicle to stay perfectly in the correct lane.

Although the system has capability that's close to what's offered by Tesla and Mercedes-Benz—and it's surely a bridge technology to truly self-driving cars—Volvo makes clear that the steering responsibility belongs to the driver by limiting use of the hands-free system to 15 seconds at a time.

To many Americans, wagons are Volvo's natural place in the market. While some automakers gave up on the form in the 1980s or '90s, Volvo never completely abandoned it. Beginning in the 2018 model year, Volvo plans to sell the wagon variant of the S90, called the V90, in the United States. Volvo has created one of the most attractive sport-wagon profiles yet with the V90, and it's likely that even those who aren't usually interested in wagons will find this one compelling.

What you get is great flexibility to flip down the seats and reconfigure the interior for any mix of cargo and passengers—without sacrificing the stable, low-to-the-ground ride and handling of a passenger car.

If you can't decide between the V90 and its XC90 SUV cousin, there's an alternative. As is the case with Subaru and its Outback, Volvo has produced somewhat more rugged versions of its wagons under the Cross Country badge.

And the V90 Cross Country follows that same formula, subbing in more protective lower-body cladding, bigger wheels, and a ride height that's about 2.5 inches higher than that of the standard V90—for an overall ground clearance of 8.4 inches.

With this trio of flagship vehicles—the S90, and the upcoming V90 and V90 Cross Country—along with the XC90 utility vehicle, it's clear Volvo has started a new chapter of the brand's history on solid ground. These Swedish-built models stand as fashionable counterpoints to German stalwarts and keep the luxury-car outsider's priority on what's inside.

Bengt Halvorson is an independent automotive journalist who writes from Portland.



# Eyond CONNECT WITH OUR ADVERTISERS www.alaskaairlinesmagazine.com/ads

#### **ACCOMMODATIONS**

Casa La Playa www.casalaplaya.com

Cedarbrook Lodge www.cedarbrooklodge.com

Coast Hotels www.coasthotels.com

de Anza Country Club

www.deanzacountryclub.com

Grand Solmar Land's End Resort & Spa www.grandsolmar.com

Historic Anchorage Hotel www.historicanchoragehotel.com

Hotel Bellevue www.thehotelbellevue.com

Hyatt Regency Bellevue www.Bellevue.Hyatt.com

Inn@Northrup Station www.northrupstation.com

Los Suenos Resort & Marina www.lossuenos.com

Pineapple Hospitality www.staypineapple.com

Pueblo Bonito Golf & Spa Resorts www.pueblobonito.com

Semiahmoo Resort Golf & Spa www.semiahmoo.com

Starwood Hotel Pacific Northwest www.starwoodhotels.com

Villa del Palmar Loreto www.villadelpalmarloreto.com

#### CASINOS

Muckleshoot Casino www.muckleshootcasino.com

Northern Quest Resort & Casino www.northernquest.com

#### RESTAURANTS

Churchill's Steakhouse www.churchillssteakhouse.com

The Crab Pot Seattle www.thecrabpotseattle.com

Doug Fir Lounge www.dougfirlounge.com

Elliott's Oyster House www.elliottsoysterhouse.com

Frank's Place at Indian Wells Resort Hotel www.indianwellsresort.com

Ivory Jacks www.ivoryjacksrestaurant.com

John Howie Steak www.johnhowiesteak.com

Lavelle's Bistro www.lavellesbistro.com

Metropolitan Grill www.themetropolitangrill.com

**RAM Restaurant & Brewery** www.theram.com

Seastar Restaurant and Raw Bar www.seastarrestaurant.com

Seres Restaurant www.seresrestaurant.com

#### TRANSPORTATION

Aloha Marine Lines/Alaska Marine Lines www.shipaml.com

cxAmerican Fast Freight www.americanfast.com

**Dave Smith Motors** www.davesmith.com

Korean Air www.koreanair.com

Lawless Harley Davidson www.lawlessofrenton.com

Lynden, Inc. www.lynden.com

**TOTE Maritime Alaska** www.totemaritime.com

Yachtfish Marine www.yachtfishmarine.com

Your Local Ford Store www.compareford.com

#### BUSINESS SERVICES

**Becker Capital Management** www.beckercap.com

**Construction Machinery** www.cmiak.com

City of Richland www.ci.richland.wa.us

NTM Inc. www.ntmusa.com

Skanska

www.usa.skanska.com

#### **FINANCIAL SERVICES**

Alaska Airlines Visa Signature Card www.mynewalaskavisa.com

**BECU** 

www.becu.org

HomeStreet Bank www.homestreet.com

Laird Norton Wealth Management www.lairdnortonwm.com

**Propel Insurance** www.propelinsurance.com

Saturna Capital www.saturna.com

#### **LEGAL SERVICES**

Patterson Buchanan Fobes Leitch, Inc P.S. www.pattersonbuchanan.com

Central Peninsula General Hospital www.cpgh.org

Norton Sound Health Corporation www.nortonsoundhealth.org

Samuel Simmonds Memorial Hospital www.arcticslope.org

South Peninsula Hospital www.sphosp.org

Tanana Chiefs Conference www.tananachiefs.org

#### PERSONAL ENRICHMENT

It's Just Lunch www.itsjustlunch.com

Aqua Hotels & Resorts www.aquaresorts.com

Atlantis Adventures www.atlantisadventures.com

Battleship Missouri

www.ussmissouri.org Blue Hawaiian Helicopters

www.bluehawaiian.com

Chase 'N Rainbows Real Estate, Inc. www.westmauicondos.com

Farm Credit Services of Hawai'i, ACA www.hawaiifarmcredit.com

Germaine's Lu'au www.germainesluau.com

Hawai'i Titanium Rings www.hawaiititaniumrings.com

Honua Kai Resort www.honuakai.com

**Island Pet Movers** www.islandpetmovers.com

Kaua'i Sea Tours www.kauaiseatours.com

Lava Ocean Tours www.seelava.com

Maui Visitors and Convention Bureau www.visitmaui.com

Mauna Lani Bay Hotel & Bungalows www.maunalani.com

Na Hoku www.nahoku.com

Napili Kai Beach Resort www.NapiliKai.com

The Shops at Kukuiʻula www.theshopsatkukuiula.com

The Shops at Wailea www.theshopsatwailea.com

Whalers Village www.whalersvillage.com

#### REAL ESTATE

Cosmopolitan On the Park www.cosmopolitanpearl.com

Danzante Bay www.danzantebay.com

El Encanto Los Cabos

Fort Lawton www.ownfortlawton.com

Gridiron www.gridironcondos.com

Isola Homes www.isolahomes.com

Jennie Robinson, Realtor www.jennierobinson.com

Legacy Homes of Washington www.legacyhomeswa.com



#### **REAL ESTATE**

**NEXUS Seattle** nexusseattle.com

Oyhut Bay—A Seaside Village www.oyhutbay.com

Rancho San Lucas

www.ranchosanlucas.com

Realogics Sotheby's International Realty

**SmartShare** 

www.smartshare.com

Southport on Lake Washington www.southport.life

**Summerwell Homes** 

www.summerwellhomes.com

Terrie Cox, PC

www.usa-relocate.com

**Timeshare Exit Team** 

www.timeshareexitteam.com

#### APARTMENTS

Presbyterian Retirement Communities

Northwest

www.prcn.net

Two Lincoln Tower

www.livingatthecollection.com

Classic Club Golf

www.classicclubgolf.com

Indian Wells Golf Resort www.indianwellsgolfresort.com

SilverRock Resort

www.SilverRock.org

Toscana Country Club www.toscanacc.com

#### **EDUCATION**

Alaska Native Tribal Health Consortium

www.anthc.org

Alaska Pacific University www.alaskapacific.edu

Bellevue College www.bellevuecollege.edu

**Compass Courses Maritime Training** 

www.compasscourses.com

Foster School of Business-University of

Washington

www.foster.washington.edu/emba

Oregon State University E-Campus

www.ecampus.oregonstate.edu/takeoff

#### **HEALTH & BEAUTY**

20|20 Lifestyles

www.2020lifestyles.com

Advanced Cosmetic & Laser Dentistry www.acld.com

Algone Interventional Pain Clinic/Alaska

www.aipcak.com

Arctic Chiropractic www.arcticchiropractic.com

Capo by the Sea

w.capobythesea.com

Dr. Tami Meraglia

www.seattlestemcellcenter.net

Eisenhower Executive Physical Program www.emc.org/wellness

Fred Hutchinson Cancer Research www.fredhutch.org

Gene Juarez

www.genejuarez.com

Hair Transplant Seattle

www.hairtransplantseattle.com

Larson Family Medicine www.larsonmedicalaesthetics.com

My Best 10

www.mybest10.com

Olympus Spa www.olympusspa.com

Rhyneer Caylor Clinic

www.rhyneercaylorclinic.com

Smiles by Design www.shawnkellerdds.com

The Spa at Pro Sports Club

www.proclub.com

Stern Center for Aesthetic Surgery

www.sternctr.com

Swedish Radiosurgery Center—Essential

Tremor

www.swedish.org/essentialtremor

**Tredway Spine Institute** 

www.tredwayspineinstitute.com The Waldorf Center for Plastic Surgery

www.waldorfcenter.com

Caravan Tours

www.caravan.com

Gig Harbor, WA w.gigharborguide.com

King Salmon Camp www.kingsalmoncamp.com

Lake Chelan Chamber www.lakechelan.com

MasterPark

www.masterparking.com

Seattle Southside

www.seattlesouthside.com

Seattle-Tacoma International Airport

www.seatacshops.com

Visit Anchorage

www.anchorage.net

Visit Roseburg Land of Umpqua www.visitroseburg.com/finewine

Washington County, Oregon

www.visitwashingtoncountyoregon.com

Waterfall Resort

www.waterfallresort.com

#### EUGENE/SPRINGFIELD, OREGON

**Eugene Cascades & Coast** 

www.eugenecascadescoast.org/go

#### THINGS TO SEE & DO

Anchorage Downtown Partnership www.anchoragedowntown.org

Anchorage Folk Festival www.anchoragefolkfestival.com

Bill & Melinda Gates Foundation Visitor Center

www.gatesvc.org

Chihuly Garden and Glass www.chihulygardenandglass.com

Crater Lake—Klamath Regional Airport www.alaskaair.com

**K1 Speed Indoor Kart Racing** 

Palm Springs Air Museum www.palmspringsairmuseum.org

Space Needle

www.spaceneedle.com

10th and M Seafoods www.10thandmseafoods.com

#### WINE & WINERIES

Browne Family Vineyards www.brownefamilyvineyards.com

HOME & GARDEN

**McKinnon Furniture** www.mckinnonfurniture.com

Sunlight Supply

www.sunlightsupply.com

#### SHOPPING

Alaska Mint

www.alaskamint.com

Blue Nile

www.bluenile.com

Earthart International & Fish Creek

www.earthartinternational.com

www.evo.com

ExOfficio www.exofficio.com

Fred Meyer Jewelers www.fredmeyerjewelers.com

Silver Superstore LLC www.silversuperstore.com

Square Jellyfish www.squarejellyfish.com

#### GIFT IDEAS

TRIbella

www.aiviut.com

Oomingmak Musk Ox

www.tribellawine.com

# Flyer guide

Your overview of the Alaska experience.

#### **TABLE OF CONTENTS**

A2 Everything Alaska alaskaair.com Our 5-star mobile app Alaska Lounge Alaska's fleet A su servicio

A4 Beverages First Class

A5 Inflight entertainment

Movies and TV on your own device

Rent a preloaded tablet

Go online

A6 Mileage Plan
Welcome to a world of rewards

A8 Global Partners
Travel the world with our 17 airline partners

A10 Where we fly 100+ destinations and counting

A12 Airport terminal maps

A16 Customs and immigration

A17 Your safety and comfort Contact us



# **Everything Alaska**

## A look at all we offer for you.

Sign up for the Insider Newsletter to receive great travel deals and information.

# Start every trip at alaskaair.com.

- · Always find our lowest fares, guaranteed
- · Check out our weekly flight deals
- Plan your whole trip with hotel, car and vacation packages
- Manage your Mileage Plan™ account and use miles
- · Check-in, print boarding passes and baggage tags



# Our app keeps you mobile on any device.

Several mobile options to keep you moving when you're on the go: iPhone, Android, Windows Phone and our mobile website at m.alaskaair.com.

- · Find and book flights
- · Check in from your phone
- No more paper—use your mobile boarding pass
- Access Mileage Plan information
- · Pre-reserve meals







#### MOBILE DEALS CLUB

Text ALASKA to 44227 to receive text alerts on our deals and offers.

Message and data rates may apply. Maximum of four messages per month. Text HELP to 44227 for help.

Text STOP to 44227 to opt out. Terms and Conditions at http://bit.ly/21HWKs3.



# The Alaska Lounge is your sanctuary.

Enjoy access to our five lounges, in Seattle, Los Angeles, Portland 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. Visit us on alaskaair.com/lounge.

## Join the conversation online.

Come chat with us—and your fellow flyers—online. Tag your journey with #iFlyAlaska so we can all share in your adventures. Have a question? Ask away. Our Social Care Team is available 24/7 on Facebook and Twitter.







Visit our blog: blog.alaskaair.com.





#### B737-900/900ER

Number in fleet: 65 Range: up to 2,720 miles Seats: 181

#### B737-800

Number in fleet: 61 Range: 2,920 miles Seats: 163 or 159 (new)

#### B737-700

Number in fleet: 12 Range: 2,985 miles Seats: 124

#### B737-400

Number in fleet: 10 Range: 2,000 miles Seats: 144

#### B737-400C ("combi")

Number in fleet: 5 Range: 2,000 miles Seats: 72, plus 4 cargo containers

#### B737-400F (freighter)

Number in fleet: 1 Range: 2,000 miles Capacity: 9–10 cargo containers Starting January 5, Alaska's entire 737-800 and Embraer E175 fleets will feature the airline's new, spacious Premium Class (read more on page 14).

# Alaska's regional fleet.



#### Bombardier Q400

Number in fleet: 52 Range: 1,114 miles Seats: 76 Operated by Horizon Air



#### **Embraer E175**

Number in fleet: 15 Range: 2,150 miles Seats: 76 Operated by SkyWest Airlines

## A su servicio.

Alaska Airlines tiene el orgullo de ser la compañía de bandera extranjera más grande que presta servicios con destino a México. Por eso, hemos asumido el compromiso de cumplir nuestra promesa de proporcionar a nuestros apreciados clientes hispanohablantes una experiencia excepcional que, a la vez, sea segura, confiable y llegue a ellos con un servicio genuino y atento. Para atenderle mejor, nuestros productos y servicios se encuentran disponibles en español a través de:

- Centros de atención telefónica de Reservaciones y de Atención al Cliente
- Quioscos de registro del aeropuerto

- alaskaair.com/español
- El editorial mensual del director ejecutivo que se encuentra al inicio de esta revista
- Información sobre las salas de conexión en la página A10
- Información sobre formularios aduaneros e inmigratorios en la página A11

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

# Tell us how we're doing.

#### Visit alaskalistens.com.

Free to access inflight.

## Our bag guarantee.

#### Delivered in 20 mins or less.

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

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

# **Enjoy a drink**

# Refreshing selections, for free or for purchase.

#### **COMPLIMENTARY BEVERAGES**

The menu card in your seatback pocket displays all our food and beverage options.



# Sodas

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

## Other

Bottled Water Orange Juice Tomato Juice Cranberry Juice Apple Juice Our special blend of Passion, Orange and Guava (on flights to Hawaiʻi) Bloody Mary Mix Tazo® Awake® black tea Tazo® Sweet Orange hot herbal tea (caffeine-free)



Proudly serving Starbucks® Pike Place® Roast



#### PREMIUM WINE

Canoe Ridge USD \$7 Exploration Red Blend

Canoe Ridge USD \$7 Exploration Pinot Gris



#### BEER

Premium Beer USD \$7

Alaskan Amber Alaskan Icy Bay IPA Corona (to/from Mexico) Kona Longboard Island Lager (to/from Hawai'i)

Imperial (to/from Costa Rica)



**Domestic Beer USD \$6** 

Miller Lite Budweiser

#### LIQUOR



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

Classic USD \$7 Sauza Tequila Dewar's White Label Scotch Jack Daniel's Black Label Crown Royal Courvoisier Cognac

Baileys Irish Cream

#### First Class

Customers seated in First Class are always treated to our special brand of customer service. Enjoy our distinctive menus, a dedicated flight attendant, a convenient lavatory and a complimentary Inflight Entertainment Tablet on most flights longer than 3.5 hours.



#### **Browne Family Vineyards Generations Collection** Chardonnay

#### Washington

Sweet oak and vanilla aromatics develop into a full silky body, with flavors of Asian pear, crème brûlée and pineapple.

#### **Browne Family Vineyards Generations Collection Red Blend**

#### Washington

Big, dark-berry fruit flavors with blackberry and toasty notes and a round, velvety finish.

Beverage service may vary due to time of day and flight-segment time limitations, Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. Government warning: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate melinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

# Watch movies and TV

# Laugh, cry, or both—all on your own device.

# Power up your device with the latest hits.

Nearly every flight offers Alaska Beyond Entertainment, our streaming entertainment system that features free episodes from your favorite TV networks—like HGTV—as well as new discoveries, including new musicians on Seattle's independent record label, Sub Pop. Pay-per-view movies and TV shows start at \$1.99.

#### **FEATURED FREE-CONTENT PARTNERS**







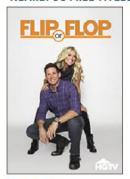








#### **NEARLY 90 FREE TITLES, INCLUDING:**



**Band in Seattle** 



Giada's Holiday Handbook



Presents: Arbor Labor Union

#### How to get started:

See the Amenities card in your seatback pocket or get instructions at loadplayer.com.

Flip or Flop

#### MORE THAN 70 PAY-PER-VIEW MOVIES, INCLUDING:



The BFG PG; 1:17



**Jason Bourne** PG-13: 2:03



Secret Life of Pets PG; 1:30



**Finding Dory** PG: 1:37

# Rent a preloaded tablet and get watching.

On longer flights, you can rent an Inflight Entertainment Tablet that includes more than 30 hit movies and 20 TV showsincluding new movies you can't get anywhere else. Also enjoy music, Xbox games and digital magazines.

Most titles available with English subtitles.

#### TOP MOVIES AVAILABLE ON THE TABLET:



Jason Bourne



Squad PG-13; 2:03 PG-13; 1:02 PG; 1:02



Pete's Dragon



PG; 1:37

Tablets are free in First Class, and available to rent for \$8-\$10, depending on flight length.

## Go online

Gogo® Inflight Internet is available on nearly all our 737s and E175s, including all aircraft flying transcontinental routes.

Enjoy free access to alaskaair.com.

In the air or on the ground, visit gogoair.com for flexible pricing options.

\* Gogo Inflight Internet is not available on flights to/from Hawai'i or when aircraft are flying over Latin America—including Mexico

# Alaska Airlines Mileage Plan™

## Welcome to a world of rewards.



See the world and earn miles doing it.

Earn or redeem miles on every Alaska flight and flights to more than 800 destinations worldwide with our 17 airline partners.

Earn miles on hotel stays, car rentals, and everyday purchases, too.



































The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.

#### MVP

(20,000 miles flown on Alaska)

- Priority check-in
- Two free checked bags
- · Complimentary upgrades
- 50% bonus miles and more

#### MVP GOLD

(40,000 miles flown on Alaska)

All MVP® benefits, plus:

- Waived ticket change fees on Alaska
- · Four annual guest upgrades
- 100% bonus miles and more

GOLD 75K

(75,000 miles flown on Alaska)

All MVP Gold benefits, plus:

- Complimentary inflight entertainment player
- · Four Board Room day passes
- 125% bonus miles and more

<sup>\*</sup>Miles flown on PenAir and Rayn do not count toward elite status qualification.







## Carry the card for even more rewards.

Get 30,000 bonus miles after qualifying purchases with the Alaska Airlines Visa Signature<sup>®</sup> card. Enjoy added benefits like:

- Annual companion fare offer—because traveling is more fun with a friend
- Free checked bag for up to six people on the same reservation

Learn about all card benefits at alaskaair.com. The benefits above apply to Visa Signature® accounts only and different benefits apply to Platinum Plus® accounts. Card type is determined by creditworthiness.

#### Apply at mynewalaskacard.com or ask your flight attendant.

For information about rates, fees, other costs and benefits associated with the use of this card or to apply, visit the website referenced above. The Visa Signature® card benefits described herein are subject to certain restrictions, limitations and exclusions. This credit card program is issued and administered by Bank of America, N.A. Visa Signature is a registered trademark of Visa International Service Association, and is used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of Bank of America Corporation.



"Highest in Customer Satisfaction with Airline Loyalty Rewards Programs, three years in a row."

We're committed to providing you the best rewards program in the industry.

Cardholder

There's no limit

to the number

of miles you can earn.

perk:

Alaska Airlines received the highest numerical score in the J.D. Power 2014-2016 Airline Loyalty Rewards Program Satisfaction Report. 2016 Report based on 3,073 total responses evaluating 7 programs, and measures the experience and perceptions of members who were surveyed March 2015. Your experiences may vary. Visit jdpower.com.

# Join today and start getting rewarded.

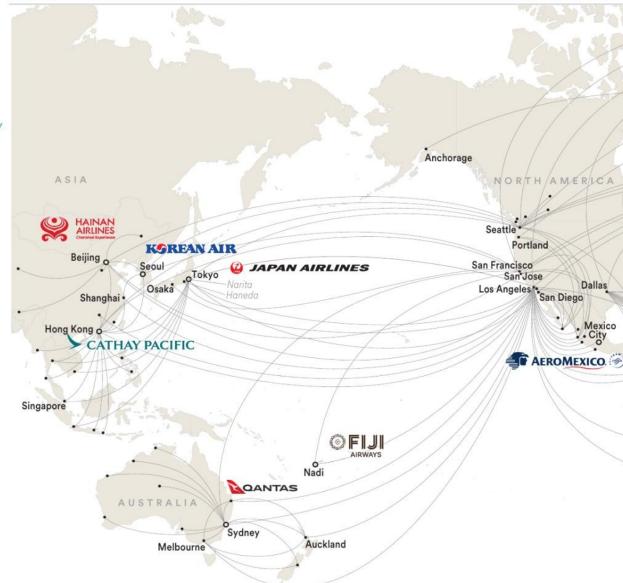
# alaskaair.com/mileageplan.

Mileage Plan conditions of membership apply; visit alaskaair.com/memberterms.

# Mileage Plan gives you the world

# Earn and redeem your Alaska Airlines miles on any of our 17 partners.

Find tips on how to earn and use miles on our global partners at blog.alaskaair.com/ mileage-plan.



Explore more with Mileage Plan.





London, England British Airways







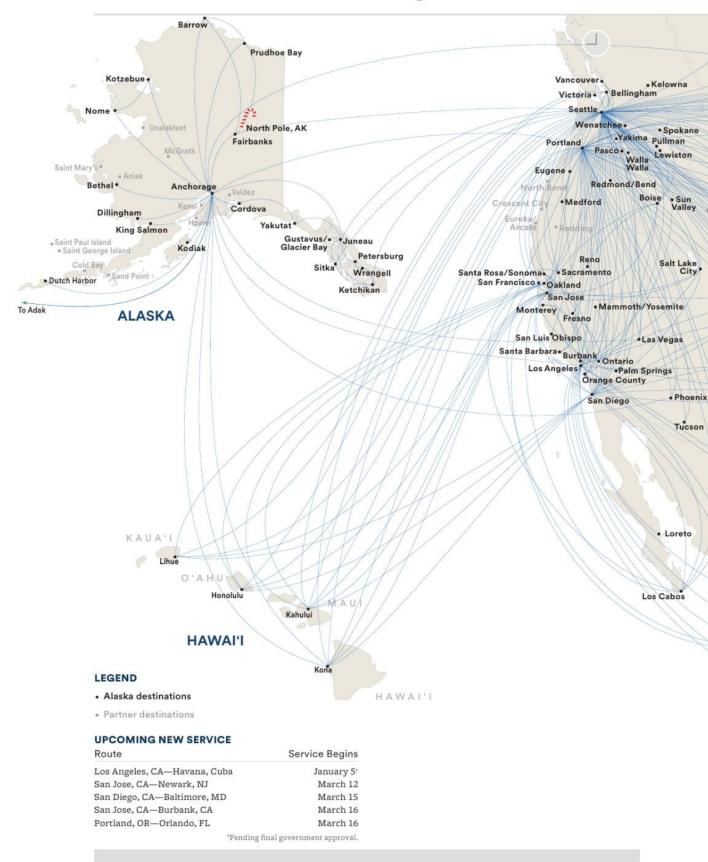




Dubai, UAE Emirates

# Where we fly

# 100+ destinations and counting.





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

Some routes shown operate seasonally.

Airport of the Month



#### Chicago O'Hare International Airport

Location: Chicago, IL Airport code: ORD Served since: 2000

Daily flights: 5 Cities served: 3

Seattle, Portland and Anchorage.

Notable: In the first Home Alone movie, Kevin's family nearly misses their flight to Paris. They dash through O'Hare's iconic Terminal 3, arriving at the gate just in time, but they've forgotten something.

Holiday Tips: Set two alarms, arrive early and, please, make sure you have everyone before leaving home.

# **Airport terminal maps**

SEA Seattle/Tacoma International Airport

#### Tip:

Connecting to an Alaska Global Partner? You'll need to take the shuttle train to the South Loop Train to get to the S gates.



**Loop Trains** 

**CONCOURSE A** 

Alaska Airlines

# PDX Portland International Airport

Emirates Hainan Airlines

Korean Air

South Loop Train

A12

#### CONCOURSE D Alaska Airlines (Int'l arrivals) Delta Air Lines Icelandair C8 CONCOURSEC Alaska Airlines Alaska American Airlines Lounge **CONCOURSE A** CONCOURSE B Alaska Airlines Alaska Airlines A 2-5 PenAir (Seattle MAX light rail to Portland

## SFO San Francisco International Airport

S GATES Alaska Airlines (Int'l arrivals)

British Airways

Delta Air Lines

TERMINAL 2 CONCOURSE D **GATES 50-59** American Airlines American Airlines Admirals Club TERMINAL 1 CONCOURSE C **GATES 40-48** Delta Air Lines American Airlines San Francisco and Oakland Cathay Pacific Lounge TERMINAL GATES A1-A12 Alaska Airlines **Emirates** 

Japan Airlines

Korean Air

KLM

Qantas

Aeromexico

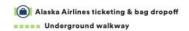
British Airways

Cathay Pacific

Air France

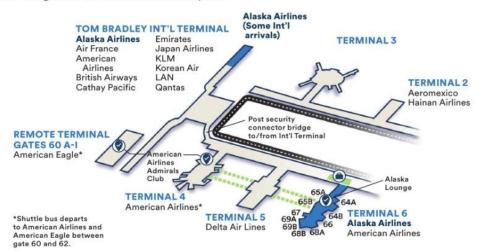
# Tip: Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.





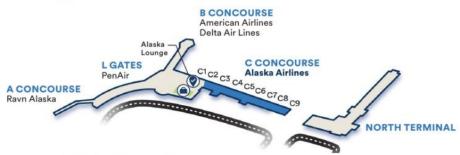


## LAX Los Angeles International Airport



#### Tip: Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.

## **ANC** Anchorage International Airport



## SJC San Jose Mineta Airport







# **Global Airline Partner terminal maps**

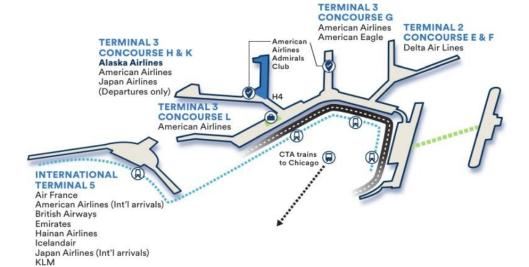
## **ORD** Chicago O'Hare International Airport

American Airlines

From Chicago, American Airlines serves 122 destinations in 11 countries, with convenient connections to Europe from the West Coast.

#### 1 Tip:

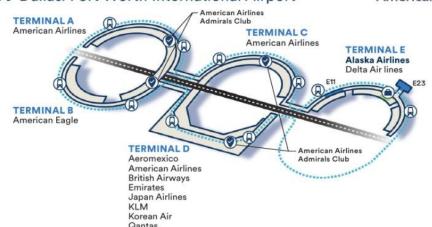
Alaska Lounge members receive access to most **American Airlines** Admirals Clubs when traveling on Alaska or American.



## **DFW** Dallas/Fort Worth International Airport

American Airlines

Headquartered in Dallas, American serves 197 destinations in 29 countries including Latin America, the Caribbean and Europe from DFW.



## PHX Phoenix Sky Harbor International Airport

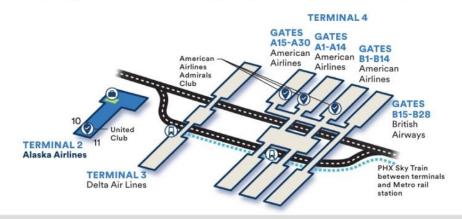
American Airlines



From Phoenix, American flies to 81 cities with over 300 flights.

#### O Tip:

Alaska Lounge members have access to the **United Club** across from gate 10 at Sky Harbor when flying on Alaska.







# Tip: MVP Gold & MVP Gold 75K members receive complimentary access to British Airways' Galleries Club Lounge in Terminal 5.



ICELANDAIR \_\_\_\_

Tip:
MVP Gold and
MVP Gold 75K
members receive
complimentary
access to
Icelandair's Saga
Lounge.

Saga Lounge

GATES 1–35
Icelandair

Icelandair's
Reykjavík hub
makes for easy
connections to
the airline's 20+
destinations
throughout Europe.
Icelandair offers
free stopovers in
Iceland.



Emirates' Dubai hub offers connections to 100+ destinations on 6 continents, all featuring the airline's world-class service.



With gateways in Seattle and San Jose, earn miles traveling to Beijing, Shanghai and to other destinations throughout China.

# **Customs and immigration**

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

Global Entry is a U.S. Customs & Border Protection program that offers expedited customs entry with no processing lines, no paperwork, TSA Prev® 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."

#### 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.

#### QUIOSCOS DE CONTROL DE PASAPORTES

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

#### Datos de ayuda

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

#### **DECLARACION DE ADUANA**

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

#### Datos de ayuda

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

#### CONSEJOS DE VIAJE INTERNACIONALES

A MEXICO

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

#### A COSTA RICA

- Todos los viajeros deben completar un formulario de declaración de aduanas; uno por cada viajero o familia.
- Todos los viajeros deben completar un formulario de Inmigración; 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

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

#### CARRY-ONS

- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

#### LAVATORY

 Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.

#### **CREW SAFETY**

• Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.

#### DEVICES

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

#### PETS

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

#### ALCOHOL AND TOBACCO

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

#### OTHER PROHIBITED ITEMS

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

# CONTACT US

The Federal

Administration

Alaska Airlines

have set these

regulations to

and comfort.

assure your safety

Aviation

(FAA) and

rules and

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

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

En Español: 800.858.5525 From Mexico: 001.800.252.7522

Alaska Airlines Vacations: 844.762.0087 vacations.alaskaair.com.

# 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

#### USING YOUR DEVICES

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

#### Allowed on the ground and in the air

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



Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. Solutions are on page 160.

Difficulty: Easy

|   | 1 | 7  |   |   | 5 |   |   | 2 |
|---|---|----|---|---|---|---|---|---|
|   |   |    | 3 | 7 |   |   |   |   |
|   | 6 | 5  | 2 |   |   | 8 | 1 |   |
| 2 |   | 3  | 5 |   | 7 |   | 6 |   |
| 5 |   | 6  |   |   |   | 2 |   | 9 |
|   | 9 | 9  | 8 |   | 2 | 4 |   | 5 |
|   | 5 | 4  |   |   | 6 | 9 | 8 |   |
|   |   |    |   | 5 | 8 |   |   |   |
| 8 |   | 93 | 1 |   |   | 5 | 2 |   |

Difficulty: Medium

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

### 8-Day Tour \$1195 All Meals Included

Volcanoes, rainforests, beaches. Caravan makes it so easy and affordable to visit Costa Rica.

Your Costa Rica vacation is all-inclusive with all meals, all hotels, all activities, a great itinerary, all airport transfers, and all transportation and excursions in Costa Rica with a professional Tour Director.

Trust Caravan's 64 years of experience with tours of quality and value. Join the smart shoppers and experienced travelers who rely on Caravan for a wonderful vacation.

Call now for choice dates. ¡Hasta la vista!



Caravan-America's Quality Tour Company Since 1952 +tax, fees Guatemala 10 days \$1295 Costa Rica 8 days \$1195 Panama & Canal 8 days \$1195 Nova Scotia, P.E.I. 10 days \$1395 Canadian Rockies 9 days \$1595 Grand Canyon 8 days \$1395 California Coast 8 days \$1495 8 days \$1295 Mt. Rushmore New England, Fall 8 days \$1295

"Brilliant, affordable pricing" —Arthur Frommer, Travel Editor







#### Guided biographical interviews filmed in the comfort of your own home

- · Preserve your family history
- · Meaningfully connect generations
- Integration of your existing photos and personal items

Available throughout the Pacific Northwest

Visit our website for samples

LovingLegacyVideo.com

Someone you know had a little work done

If they saw Dr. Fredric Stern you'll never know

Dr. Fredric Stern is the Northwest leader in laser and microsurgical techniques and is on the cutting edge of the latest treatments to naturally restore your youthful appearance, with minimal downtime.

Whether your goal is to eliminate wrinkles, repair sun damaged skin, lose a few inches around the waist or hips, restore your hairline through microsurgical hair transplantation, or repair and regenerate your skin with a skin care product made from your own stem cells' growth factors, Dr. Fredric Stern and The Stern Center can help transform your goals into reality.







# Fredric Stern, MD FACS

->>>>>

(425) 455-9100 | www.thesterncenter.com

Creating Natural Appearing Beauty through the ART of Laser Cosmetic Surgery





Voted "Best Cosmetic Surgeon" in 425 Magazine and "Best Plastic Surgeon" in Evening Magazine's Best of Western Washington

## WORD GAMES

27

90

95

114

119

125

### Life Lessons

| - | n | - | • |
|---|---|---|---|
|   |   |   |   |

- 1 Mischievous
- 5 Like a dirt road
- 10 One on the way up
- 15 Leave off
- 19 Trickery
- 20 Habituate
- 21 Glacial crest 22 Foothill
- Where to worship from 23
- 24 Kent's colleague
- 25 Flings
- 26 Canaanite deity
- 27 Start of some career advice
- 29 Thames islet
- Where agua flows
- 31 Cracker shape
- 33 Baking qtv.
- 34 More of advice
- 39 Heartfelt expression
- 41 Cupid
- 42 Pet doc
- 43 Pranks
- 44 Explain, in a way
- Counsel
- More of advice 51
- 54 More of advice
- 57 Forest
- Russian city 58
- 61 Fabric fuzz
- 62 Touches
- 63 Possess
- 64 Piggy cover Sharp sight 66
- 68 Halfback's intention
- 70 More of advice
- 73 New York nine
- 74 Bars for gymnasts
- 78 Unemotional
- 80 Network software letters
- 83 Parka
- Switch positions 84
- 87 Reach
- Actor Richard et al. 88
- 90 More of advice 93 More of advice
- 95 Glut
- 96 Invests
- 99 Handle
- 100 Access code
- 102 Slave of yore 103 Flanks
- 104 More of advice 111 Cable channel
- 114 Classify
- 115 Electrical measure
- 116 Poker prize
- 117 End of advice
- 119 Pal
- 120 Go along with
- 122 Receptacle
- 124 Grandma Moses
- 125 Race segment 126 Moth repellent
- 127 Jargon
- 128 Borscht root

- 130 Experiments 131 Comes (from)
- DOWN

  - 5 Sci. course

  - 6 Undo a shoe
  - 8
  - 9 Kobe coin
  - 10

- TV cousin 13

- Ohio river 16
- 17 Stern with a bow

129 It may be tall

120

126

130

107

- 132 Latin being
- - 1 Expect
  - 2 Certain solos
  - 3 Sitting duck
  - Long lunch?

  - Grammy field

  - Eleven or twelve
- Altar boy?
- 11 Cortege
- 12 Man with morals
- 14 Kind of value
- 15 Flight path

18 Spills the beans

115

- 37 Gloom's partner
- 38 Through
- 40
- 44
- 45 Quotable collection
- 48 Skye writing?
- 49 June 6, 1944
- 50
- 51 Early hour
- 52
- 53 TV executive Arledge
- 55
- 59
- Yutang 60

- Ocean bird

- Ask for ID
- Hunt and peck 46
- 47 Hotel posting
- Italian family

- Spurred (on)
- 56 Dress trim
  - Greek letter

- 28 Purposes
- 32 Young bug
- 35 Bear to look up to
- 36

- Dynamic leader

- By what means?

(Chinese writer)

64 Swindles

122

127

21

30

78

- 65 Sullivan and Harris
- 67 Certain acid
- En\_ Tian Shan peaks 69

110

- 71 Possessive pronoun
- Dandy
- Remits 74
- 75 Wild ox
- 76 Trounce
- 77 Bereft
- 79 Sung poems 80 Some peaches
- 81 \_\_ Aviv
- 82 Tire gauge reading
- 85 Old horse 86 Some headlines
- 88 Top-notch
- 89 Salinger girl 91 Mathis song
- A snap Textbook division 94

Winners

112 113

98 Jazz festival locale 100 Average

124

128

22

32

42

62

123

- 101 In one piece
- 103 Taxi, for one 104 Pleasure craft
- 105 The Matchmaker actor
- 106 Familiar Positivism founder
- 107 108 Masters
- 109 Plains crop
- 110 Reddener 112 Dog treats
- 113 Ray
- 118 Pig movie 121 Imagine that!
- 122 Dance step 123 Alts.

SOLUTION ON PAGE 167.



Copyright ©2016 Penny Press, Inc. Visit PennyDellPuzzles.com

# DOES YOUR ALASKA COLD CHAIN PROVIDER HAVE THIS?



# AFF Provides all of this and more!

- ✓ 25 YEARS EXPERIENCE IN COLD CHAIN SUPPLY
- MAJOR INVESTMENT IN ENCLOSED

  ✓ REFRIGERATED DOCK & FREEZERS
  IN WA & AK
- ✓ COLD CHAIN QUALITY CONTROL SPECIALISTS ON STAFF
- ✓ ENSURE ALL GOODS WITHIN TEMP REQUIREMENTS AT RECEIVING & DELIVERY
- ✓ FOLLOW FDA FOOD SAFETY MODERNIZATION ACT
- ✓ AIB CERTIFIED

Can you say the same about your current provider?

Come to one of our facilities in Anchorage, AK or Fife, WA, and see for yourself why AFF is the best value Cold Chain provider in the industry.

#### FIFE TERMINAL

7400 45th Street Ct E Fife, WA 98424 800-642-6664

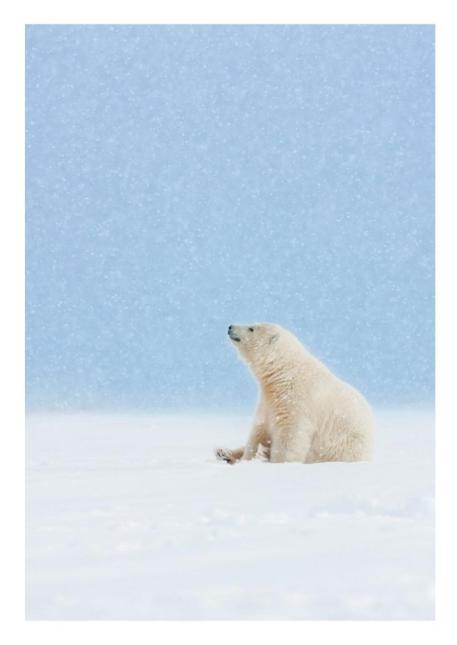
#### **ANCHORAGE TERMINAL**

5025 Van Buren St Anchorage, AK 99517 907-248-5548



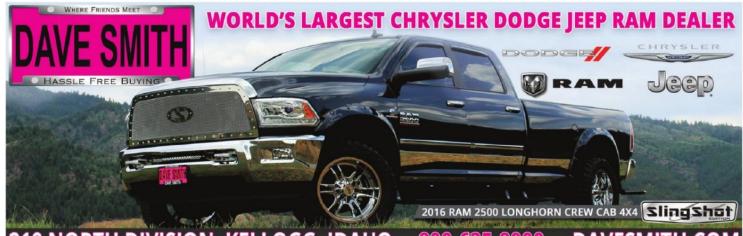
American Fast Freight, Inc. | (800) 642-6664 | American Fast.com

American Fast Freight | Hawaiian Ocean Transport | Caribbean Shipping Services | Global Transportation Services



HAPPY HOLIDAYS

Photo by Patrick J. Endres / AlaskaPhotoGraphics.com



210 NORTH DIVISION, KELLOGG, IDAHO • 800-635-8000 • DAVESMITH.COM







THE PRESTIGE SEDAN REINVENTED. THE 2016 CADILLAC CT6.

DAVESMITHS.COM 210 NORTH DIVISION STREET, KELLOGG, IDAHO 800-635-8000



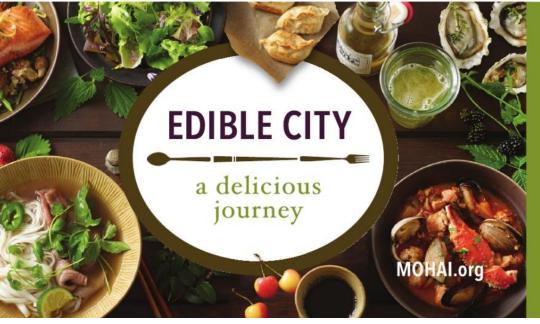


It comes from knowing you've made smart, thoughtful choices. And it comes from knowing that you have a plan. A plan designed to provide for the life you enjoy and for the people and things that you care about most. Helping you with your plan, and helping you achieve satisfaction is what we do.

That is the Laird Norton way



Call us at 800.426.5105 or go to: lairdnortonwm.com | Independent and privately owned since 1967



Laird Norton is proud to support Seattle's Museum of History & Industry.

The story of food in Seattle is a living history. Through photos and narratives, Edible City takes us from the city's early eating days through the modern boom, introducing us to iconic figures and signature foods. From farmers markets and foraged foods, to famous restaurants, we learn how what we eat shows who we are.

NOV 19, 2016 - SEP 10, 2017

