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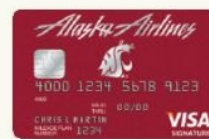
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	5	4	6					
				9		3		
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Photo: Gerald Pope

# SmartSculpt = FAB ABS!



before



after

Although I have a naturally slender frame, I've always carried weight in my midsection. Then after having two children, it wasn't just about the weight. Skin elasticity became an issue as well. The reality was that my body wasn't the same as before. I became self-conscious and started wearing loose-fitting clothing. I wanted to feel like myself again – comfortable and confident wearing a two-piece bathing suit. So I began exercising, trying to get back to my former self. However, as I approached my next birthday, I realized that I just wasn't getting there on my own. I began to lose my motivation.

## Considering Options

I considered liposuction in conjunction with a tummy tuck, which seemed like a much bigger procedure. After visiting some other cosmetic surgeons in the area, I made the decision to have SmartSculpt with Dr. Levy. The other benefit which appealed to me was the skin tightening results. Plus, there were the personal training sessions after the procedure that went along with it. It was a two-fold plan. First, I'd get the excess belly fat off. Then I'd challenge myself further with personal training and we'd see what happened.

## The Results

Besides wearing the compression garment for a couple of weeks, there was no downtime. Once the compression garment

came off, I could see the contour almost immediately. After three months, I was over the moon. I thought, "I can't imagine it getting any better than this." Between three to six months, I started to see real definition in my abdomen from the personal training sessions.

While SmartSculpt was part of the equation, the other part was personal training. I've worked hard and I'm proud of that. SmartSculpt gave me back my motivation. I saw the results almost immediately and it's just been gangbusters since then with the personal training. I'm thrilled with the results. It's been nothing short of ABSolutely amazing!

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# Spirit of Alaska



Brad Tilden,  
Chief Executive  
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## THE FUTURE OF FLIGHT

We are committed to the economic future of the regions where we fly, particularly in the Pacific Northwest, which is at the forefront of global aerospace innovation. This month, I've asked Tammy Young, our vice president of human resources, to tell you about an investment we're making in aerospace leaders of the future. —Brad Tilden

What pops into your mind when you imagine the future of flight? Coast-to-coast transport in an hour? A triple-decker luxury liner to the moon? How about your own personal spacecraft, à la *The Jetsons*?

I recently saw the future of flight, and I'm here to tell you that he's very bright and was grinning from ear to ear! I'm referring to

14-year-old Jordan Fletcher, of Newcastle, Washington, who will enter the ninth grade at Raisbeck Aviation High School this fall. Jordan is an honors student, he's working on his black belt in

taekwondo, and he serves as an usher at his church. He dreams of being a fighter pilot and design engineer for advanced and innovative airplanes. And thanks to a curriculum focused on science, technology, engineering and math (STEM), Jordan's experience at Raisbeck will position him to do just that.

Jordan was a special guest at a celebration in Seattle in late April, where Brad Tilden announced a \$2.5 million gift from Alaska Air Group to The Museum of Flight. This funding will be used to create the newly established Alaska Airlines Aerospace Education Center.

The center, which will be located in the museum's T.A. Wilson Great Gallery, will

open to the public in 2015. It will be a resource center where teachers, parents and students can immerse themselves in the many K–12 education programs offered at the independent, nonprofit museum.

Designed to create pathways to STEM careers among young people, the Alaska

Airlines Aerospace Education Center will feature state-of-the-art technology resources such as online career-planning software, 3-D printers and flight simulators, as well as specially trained staff who will serve as "education concierges" to help

visitors register for programs, apply for financial assistance and discover mentorship opportunities.

We live in an era when math and science performance among young people in the United States is lagging behind other nations: We're 21st in science and 26th in math, despite being fifth in spending per student. And so the mission of the museum has never been more important—especially in a state where aerospace is so vital.

What's the anticipated impact of the largest gift our company has ever made? It will enable an estimated 50 percent more students to learn and plan their careers at the museum over the coming

years. More than 150,000 kids visit the museum annually, all of whom will be able to enjoy hands-on discovery with the new Alaska Airlines Aerospace Education Center. The gift will also provide greatly enhanced access to students in populations currently underrepresented in STEM, specifically ethnic minorities and women. The museum's outreach to immigrant and economically disadvantaged communities is already under way.

Through its summer camp programs, apprenticeships, volunteer opportunities, and affiliations with Raisbeck Aviation High School and the Washington Aerospace Scholars program, the museum is inspiring kids to pursue the dream of flight. Children and teens who visit The Museum of Flight today are the pipeline of our workforce for tomorrow. They are the aspiring pilots, technicians, designers and engineers who may someday work at Alaska Airlines, Horizon Air, Boeing, or across the aerospace spectrum at companies such as Aerojet Rocketdyne and Blue Origin, which aims to make the wonder of spaceflight available to more people.

Jordan Fletcher and his fellow dreamers are the next generation of innovators and explorers. They are the future of flight. And we can't wait to see them take off.

Thanks for flying with us.

—Tammy Young



Jordan Fletcher has been accepted to attend Raisbeck Aviation High School this fall.

Visit The Museum of Flight this summer and see the "Spirit of Flight" photo exhibit. Read about it on page 27.



# El Espíritu de Alaska



Brad Tilden,  
Presidente y  
Jefe Ejecutivo



## EL FUTURO DE VOLAR

Hemos asumido un compromiso con el futuro económico de las regiones en las que volamos, en particular con el noroeste del Pacífico, que encabeza la innovación en materia de espacio aéreo a nivel mundial. Este mes le pedí a Tammy Young, nuestra vicepresidenta de Recursos Humanos, que les contara acerca de una inversión que estamos realizando en los líderes del espacio aéreo del futuro. —Brad Tilden

¿Qué pasa por su mente cuando se imaginan el futuro de volar? ¿Transporte de costa a costa en una hora? ¿Un avión de lujo de tres pisos con destino a la luna? ¿O qué tal tener su propia nave espacial, como en "Los Supersónicos"?

Hace poco vi el futuro de los vuelos, y vine para contarles que es muy inteligente y tenía una sonrisa de oreja a oreja. Estoy hablando de Jordan Fletcher, de 14 años, originario de Newcastle, Washington, que en el otoño pasará a noveno grado en la escuela secundaria Raisbeck Aviation. Jordan es un estudiante con honores, se está preparando para rendir el nivel de cinturón negro en taekwondo y se desempeña como monaguillo en su iglesia. Sueña con ser piloto de combate e ingeniero diseñador de modelos de aviones innovadores y avanzados. Y, gracias a un programa de estudios centrado en la ciencia, la tecnología, la ingeniería y la matemática (science, technology, engineering and math, STEM), la experiencia de Jordan en Raisbeck le permitirá hacerlo.

Jordan fue un invitado especial en una maravillosa celebración que se realizó en Seattle en abril pasado, en donde nuestro director ejecutivo, Brad Tilden, anunció la entrega de una donación de \$2.5 millones de Alaska Air Group al Museo del Vuelo. Esta financiación se utilizará para crear el nuevo Centro de Educación Aeroespacial de Alaska Airlines que se fundó recientemente.

El centro, que se ubicará en la galería principal del museo T.A. Wilson, abrirá sus

puertas al público en 2015. Será un centro de recursos en donde los maestros, padres y estudiantes podrán sumergirse en los diversos programas de educación desde jardín de niños hasta 12.º grado que se ofrecen en el museo independiente y sin fines de lucro.

Diseñado para crear senderos hacia las carreras de STEM entre los jóvenes, el Centro de Educación Aeroespacial incluirá recursos tecnológicos de vanguardia como programas de planificación para carreras en línea, impresoras 3-D y simuladores de vuelos, así como también un personal especialmente capacitado que se desempeñará como "asistentes de educación" para ayudar a los visitantes a inscribirse en los programas, solicitar asistencia financiera y conocer las oportunidades de tutoría.

Vivimos en una era en la que el desempeño en matemática y ciencia entre los jóvenes en los Estados Unidos es inferior al de otros países: ocupamos el puesto 21 en ciencia y el puesto 26 en matemática, a pesar de estar quintos en la asignación por estudiante. Por lo tanto, la misión del museo nunca fue más importante, en especial en un estado en donde el espacio aéreo es tan fundamental.

¿Cuál es el impacto previsto de la donación más grande que nuestra compañía ha hecho? Se prevé que esta donación permitirá que un 50% más de estudiantes aprenda y planifique sus carreras en el museo en los próximos años. Más de 150,000 niños visitarán el museo por año, y todos podrán disfrutar de un descu-

brimiento práctico en el nuevo Centro de Educación Aeroespacial de Alaska Airlines. La donación también brindará un mayor acceso a aquellos estudiantes que pertenecen a las poblaciones actualmente poco representadas en STEM, particularmente las minorías étnicas y las mujeres. La ayuda que brindará el museo a las comunidades de inmigrantes y con escasos recursos económicos ya está en marcha.

Comenzando por sus programas de campamentos de verano y a través de sus programas de aprendizaje, oportunidades de voluntariado e inscripciones en la escuela secundaria Raisbeck Aviation y el programa Washington Aerospace Scholars (Estudiantes del espacio aéreo de Washington), el museo inspira a los niños a hacer realidad el sueño de volar. Los niños y adolescentes que visiten el Museo del Vuelo hoy son el futuro de nuestra fuerza de trabajo para el mañana. Son los aspirantes a pilotos, técnicos, diseñadores e ingenieros que algún día podrían trabajar en Alaska Airlines, Horizon Air, Boeing o a lo largo del espectro aeroespacial en compañías como Aerojet Rocketdyne y Blue Origin, que se enfocan en que la maravilla del vuelo espacial esté al alcance de más personas.

Jordan Fletcher y sus compañeros soñadores son la próxima generación de innovadores y exploradores. Son el futuro de volar, y estamos ansiosos por verlos despegar.

Gracias por volar con nosotros.

—Tammy Young



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I never thought I'd feel excited about turning 70. Like many people, I had some reservations about aging and how I'd be able to maintain my vigor as I got older. Having been a cardiovascular surgeon and seeing many of my patients and colleagues go through the aging process, it wasn't something I looked forward to.

However, at age 75, I can honestly say that I've never felt better. What's my secret? It was learning how to age successfully, with all the right tools and support.

We plan almost every major event in our lives. However, few of us actually plan on how to age well. We assume that aging is something that just happens over time and there's little we can do about it. It begins with the little aches and pains, worsening eyesight, losing interest in sex, or not being able to eat or drink as much as we'd like. And we assume this is normal and there's little, if anything, one can do about it.

I've got news for you. There is something you can do, no matter what your age. Have you considered how your lifestyle habits of eating, exercising, sleeping, and managing stress can affect your aging process? How about the impact of nutritional supplementation and hormone replacement? It is possible to age well and to plan a different outcome as you get older.

I believe that it's possible to continue to experience a high quality of life as you age, if you do the right things.

At 75, I feel healthy, vibrant, strong, alive, and happy. I have a sharp mind and am full of energy. I look forward to each and every day. Having followed an anti-aging regimen for the past 20 years, I'm living proof that it works.

For the past 20 years, I've measured the levels of my hormones and other age-related chemistry. As they began to decline, I supplemented with bioidentical hormones to keep the levels at what you'd find in a 30-40 year old man. I've also taken care of my skin by staying out of the sun and using SkinMedica skin care products and getting regular IPL treatments. Everyone in my family is bald. So I decided, 30 years ago, to fight that with Propecia and Rogaine, and it works.

My secret can be yours too. I've always believed in providing a high quality of life to as many people as possible. That's why I founded PRO Sports Club and that's why I made the decision to open the Anti-Aging Center. I now look forward to every birthday. I hope you do, too.

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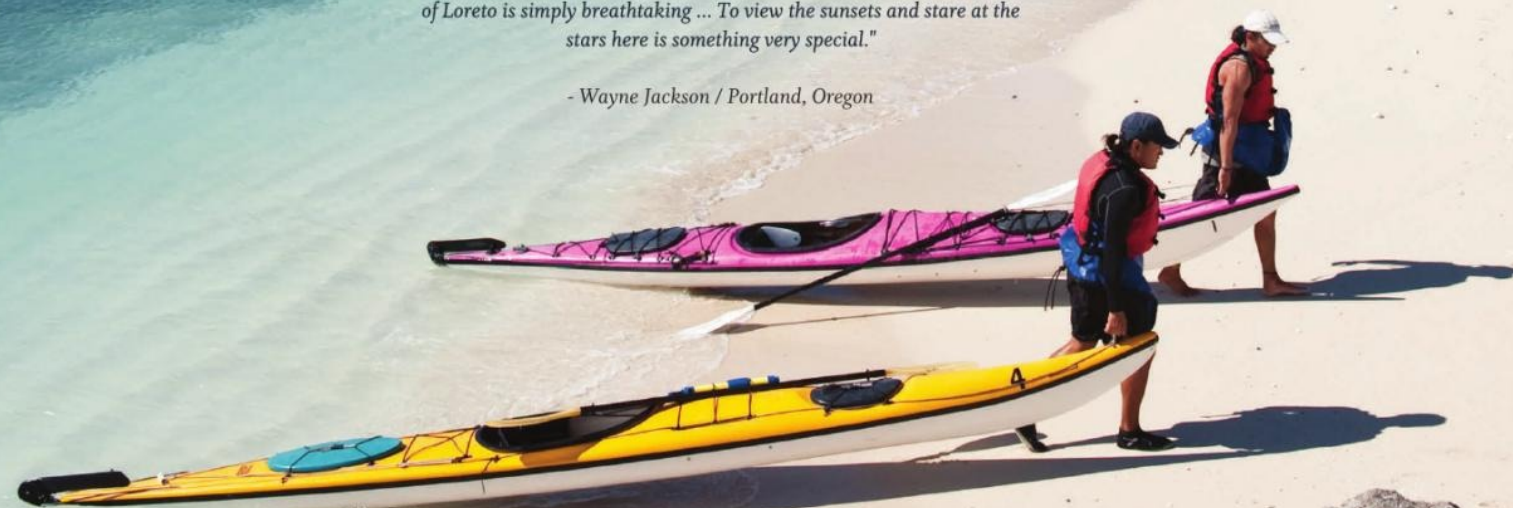
  
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## WHAT'S NEW



### ALASKA RANKS HIGHEST IN CUSTOMER SATISFACTION

Alaska Airlines ranked "Highest in Customer Satisfaction Among Traditional Carriers in North America, Seven Years in a Row" by J.D. Power in its 2014 North America Airline Satisfaction Study<sup>SM</sup>. Alaska is proud to receive this recognition and applauds the 13,000 employees who have made it happen seven years running.

Multi-Year Disclaimer: Alaska Airlines received the highest numerical score among six traditional airline carriers (tied in 2008) in the proprietary J.D. Power 2008–2014 North America Airline Satisfaction Studies<sup>SM</sup>. 2014 study based on responses from 11,370 passengers who flew on major North American airlines between April 2013–March 2014. Proprietary study results are based on experiences and perceptions of consumers surveyed May 2013–March 2014. Your experiences may vary. Visit [jdpower.com](http://jdpower.com).

### OREGON WINES FLY FREE

Planning a wine-tasting getaway? Alaska Mileage Plan members traveling from Oregon on an Alaska Airlines flight can check a case of Oregon wine for free. In addition, Alaska boarding passes presented within a week of arrival will entitle you to complimentary wine tastings. The promotion applies to departures from four Oregon airports—Medford, Redmond/Bend, Eugene/Springfield and Portland—as well as Walla Walla, Washington. Find participating wineries and more information at [oregonwinesflyfree.org](http://oregonwinesflyfree.org).



### WINDOWS PHONE APP NOW AVAILABLE

Travel at ease with Alaska's new Windows Phone application, available for free in the Windows Phone Store. The app can be used on all smartphones with Windows Phone 8 and later versions. As with Alaska's iPhone and Android apps, the Windows Phone app enables users to purchase a ticket—including award travel—track a reservation and flight, select a seat, pay for checked bags, view Mileage Plan balance, synchronize future flights and pin a boarding pass directly to the Start screen.

## FOCUS ON SUSTAINABILITY

### Flight decks continue to go paperless

Alaska Air Group's regional carrier, Horizon Air, recently made its flight decks a lot lighter. Pilots now carry their manuals on iPads, eliminating the need for the bulky paper versions. Pilot iPads are lighter, easier to use and more efficient. About 420,000 sheets of paper were recycled when the paper manuals were discontinued.

### AROUND THE SYSTEM

► **On July 4**, join Alaska in the Soccer Fan Fest area at StubHub Center near LA for a chance to enter a halftime goal contest. Of course, a fireworks spectacular will follow the Timbers vs. Galaxy match.

► **Alaska will be a major sponsor of a Seattle Bike Share program** linking several major neighborhoods. Look for an easier way to get around starting this September.



# Destined for Alaska

Each year, Alaska Airlines recognizes a handful of its most celebrated employees as Customer Service Legends—the airline’s highest honor. We invite you to learn about one of our Legends, Flight Attendant Donnelle Porter.



Donnelle Porter,  
Alaska Airlines  
Legend

All Donnelle Porter ever wanted to be while growing up was a flight attendant. And you might say that flying for Alaska Airlines was destiny.

A career adviser steered Donnelle toward a degree in business management, saying at the time that it was difficult to get into airline jobs. Donnelle went on to manage retail-clothing shops for several years in New York City and then Los Angeles, where she was on the management track at Nordstrom.

But the flying bug never left her, and Donnelle applied to Alaska Airlines. The next weekend, she attended a psychic-reading event in LA, where one psychic picked her out of a crowd of 50 and told her that he had an intense sensation involving an airline, and that she would get a job offer soon. And she did.

With her business background, Donnelle figured she would fly for the airline for a couple of years and then move into management, “but I just loved flying too much,” she says. “I like to have a lot of contact with people. I love all the

stories I hear and the interaction.”

Over the last 23 years, she’s been stationed in all of Alaska’s flight-crew bases, including Anchorage, Los Angeles, Portland and Seattle. In each, she has proved invaluable, especially as a role model to new flight attendants.

“We all have an opportunity to leave an impression on newer flight attendants regarding how we do our service and what we expect of each other,” she says.

For Donnelle, that’s easy, and it starts with a never-ending smile. When she’s onboard a plane, she’s fully engaged with her crew and her customers.

“Donnelle is one who’s really out there staying connected with customers,” says Susan Morse, manager of inflight operations in Anchorage. “She’s always asking about their new babies, keeping track of their lives. And that, really, is at the heart of this airline.”

When it comes to professionalism and following her training, that’s second nature for Donnelle, as well. When she found a young girl passenger choking on

some food on a recent flight, Donnelle took charge and helped save the girl’s life. Other passengers have marveled at her ability to switch in a moment from serving beverages to handling medical emergencies.

After all Donnelle’s varied assignments, she and her husband ultimately found their home in Anchorage. She now flies mostly within the state so she can be home each evening with her 13-year-old son and stay involved in his school.

There’s no better example of her relationship with Alaskans than her commitment to Adak, an island far out in the Aleutian chain. For the last decade, Donnelle has helped coordinate the airline’s all-volunteer Christmas flight to Adak: Every year, she and about 100 employees and family members, dressed as Santa and his elves, travel to the island to roll out an elaborate party with treats and gifts for the 30 or so children who live there, and their families.

It seems destiny favors elves as well as flight attendants. —Paul Frichtl

## VOLUNTEER SPIRIT

### Hearts, Hooves and Hope

Shellie Coffman says she can barely comprehend how she wound up with nine equines. Her Orting, Washington, barn has a mix of ponies and horses; some of them are animals rescued from difficult situations. For a group of local kids, some of whom come from disadvantaged situations themselves, Shellie’s 5-acre horse farm is now a place of fun, caring, growth and responsibility.

Shellie, a 20-year ticket agent for Alaska Airlines at Sea-Tac International Airport, is in the process of forming a nonprofit called Hearts, Hooves and Hope that will foster youth develop-



Shellie Coffman and  
her daughter, Sophia.

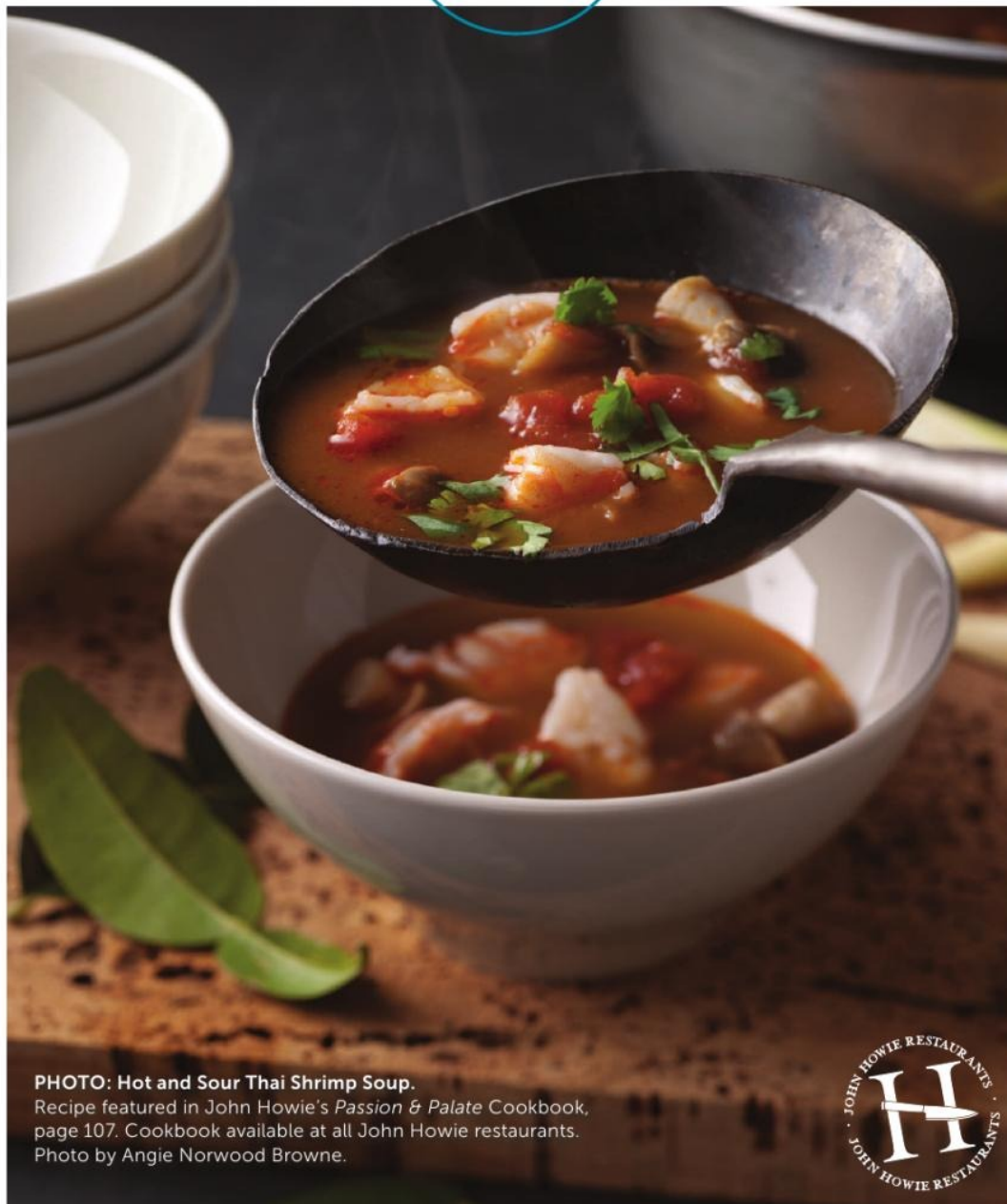
ment through the opportunity to ride and work with horses. Shellie also volunteers with the local 4-H program, working with a half-dozen girls who call themselves the Lone Riderz. They perform as a drill team at local events and rodeos, and compete in animal shows and riding events.

One of Shellie’s greatest joys is watching the girls—especially her 14-year-old daughter, Sophia—work hard and take on responsibility. “We have a revolving door of different kids coming in,” Shellie says. “And it’s great to see how Sophia has become a mentor to the younger kids.” —P.F.



# EXTRA<sup>27</sup>ORDINARY

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**PHOTO: Hot and Sour Thai Shrimp Soup.**  
 Recipe featured in John Howie's *Passion & Palate* Cookbook,  
 page 107. Cookbook available at all John Howie restaurants.  
 Photo by Angie Norwood Browne.



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Walla Walla, WA – McCurley Integrity Toyota  
Warrenton, OR – Lum's Auto Center

\* 2014 EPA-estimated 51 city/48 highway/50 combined mpg for Prius. Actual mileage will vary. Based on manufacturer estimates, CY 2013 sales.

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THOMAS HYDE

WESTERN WASHINGTON

## Tall Ships Ahoy

Starting this month, the tall ships *Lady Washington* and *Hawaiian Chieftain* will make port calls in nine communities along Washington's coast and around Puget Sound. At each stop, visitors can tour the ships or watch near-shore battle re-enactments; tickets are also available for sailing excursions. The tour begins in Aberdeen (June 5–19) with a celebration of the 25th anniversary of *Lady Washington*'s launch. Other stops include Anacortes (July 10–20), Kirkland (August 26–September 1) and Westport (September 27–28). The wooden-hulled *Lady Washington* is a replica of one of the first U.S.-flagged vessels to arrive on the West Coast, in the 18th century. The official ship of Washington state, it appeared in the film *Pirates of the Caribbean: The Curse of the Black Pearl* (2003). The steel-hulled *Hawaiian Chieftain* specializes in sailing experiences for students and service groups. For more information, call 800-200-5239 or visit [historicalseaport.org](http://historicalseaport.org). —Zachary Stringham

*The Lady Washington launched in 1989 during Washington state's centennial celebration.*

### Washington was the first state to officially celebrate Father's Day.

Spurred by the efforts of Sonora Dodd, a devoted daughter from Spokane, the governor of Washington proclaimed the first state holiday for dads on July 19, 1910. Father's Day didn't become a permanent, official U.S. holiday until 1972, when President Richard Nixon signed the law that set aside the third Sunday in June for celebration.





## SAN DIEGO, CA

### A Sorolla Celebration

Joaquín Sorolla's painting *María at La Granja* was the first work to enter The San Diego Museum of Art's collection, in 1925. Now "*Sorolla and America*," the first exhibition of art by the Spanish Post-Impressionist to focus on his impact in the United States, is on view at the museum through August 26. Curated by Sorolla's great-granddaughter, the collection consists of nearly 150 paintings and sketches created or sold from 1892 to 1911. Highlights include works such as *Another Marguerite!* (1892) and *Portrait of William Howard Taft, President of the United States of America* (1909), along with numerous other paintings on display for the first time. For more information, call 619-232-7931 or visit [sdmart.org](http://sdmart.org).



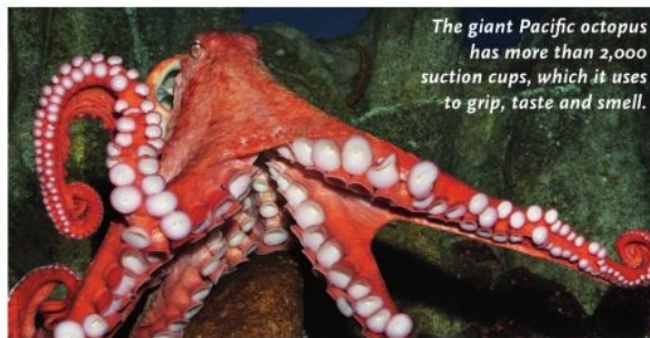
Joaquín Sorolla y Bastida, *María at La Granja* (1907), oil on canvas.

—Madison Cavell

## MONTEREY, CA

### Octopuses, Squid and Cuttlefishes, Oh My!

Some of the ocean's most intriguing creatures are now on display in a new exhibit at the world-renowned Monterey Bay Aquarium. "*Tentacles: The Astounding Lives of Octopuses, Squid and Cuttlefishes*," which will remain open through September 2016, is billed as the largest and most diverse aquarium showcase ever of cephalopods—a group of marine mollusks related to slugs and snails. The exhibit includes multimedia activities and art pieces, but the highlights are its live animals. Octopuses, squid, colorful cuttlefishes and other cephalopods are featured in the exhibit's dozen displays. One major attraction is the exhibit's giant Pacific octopus. Agile and intelligent, this eight-armed wonder changes hue for camouflage or to flash warning signals. To learn more, call 831-648-4800 or visit [montereybayaquarium.org](http://montereybayaquarium.org). —Grace Marvin



The giant Pacific octopus has more than 2,000 suction cups, which it uses to grip, taste and smell.



The Farm to Barn Wine Dinner offers five courses and exquisite wine pairings at the Park City Food & Wine Classic.

## PARK CITY, UT

### Classic Food and Wine

Nestled among the valleys of the Wasatch Range, the Park City area is a picturesque setting for the 10th Annual Park City Food & Wine Classic, running July 9–13. Events include Wine & Nine—golf at Victory Ranch followed by lunch and wine—and the Farm

to Barn Wine Dinner, a Utah-inspired, five-course meal crafted by nationally acclaimed local chefs. More than 100 purveyors of fine food, wine, beer and spirits from around the world will lead tastings and seminars at various venues. To learn more, call 877-328-2783 or visit [parkcityfoodandwine.com](http://parkcityfoodandwine.com). —Jordan Ilarde

### Also of note ...

- **34th Annual Taste of Chicago**, July 9–13; samplings of Chicago's diverse cuisine, with free music; Grant Park, Chicago, IL; 312-744-3316; [tasteofchicago.us](http://tasteofchicago.us)
- **Mammoth Food & Wine Experience**, July 11–13; featuring seminars and food competitions; multiple venues, Mammoth Lakes, CA; 760-934-3781; [mammothfoodandwine.org](http://mammothfoodandwine.org)
- **Group Bite of Seattle**, July 18–20; food from 50-plus restaurants; Washington wines, beers and ciders; entertainment; Seattle Center, Seattle, WA; 425-295-3262; [biteofseattle.com](http://biteofseattle.com)



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## PROFILE

## A Place to Play

Inclusive-playground pioneers create a space in Portland for people of all abilities

"I don't hear the word 'no,'" says **G. Cody Q.J.**

**Goldberg** from a bench at **Harper's Playground**, the North Portland play space that he and his wife, April, envisioned and helped create. "I hear 'conditional yes.' There was never any such thing as no."

Goldberg's daughter, Harper, who is now 8, was born with a rare genetic condition that, doctors said, would never allow her to speak or walk. When she did begin to walk, at 4 years old, with the aid of a walker, coming to the neighborhood playground proved to be an exercise in futility. Despite meeting the standards of the Americans with Disabilities Act, the playground had a wood-chip ground cover that was impossible for Harper to navigate. She couldn't climb the ladders to the slides, and the post-and-platform play structure was useless to her.

That's when the tenacity of Garfield Cody Quentin Jeffrey Goldberg, who goes by Cody, kicked in. He received his first "conditional yes" from Portland's Parks & Recreation department when he asked to transform a local playground to accommodate Harper and other children with mobility differences.

"They said, 'We have no budget for new projects, but if you go out and raise the money yourselves, we'll let you do it,'" recalls Goldberg.

A bake sale in June 2010 raised the first \$750, and then the Goldbergs got truly busy. They applied successfully for a \$5,000 grant from the Portland Timbers Community Fund. The Timbers Army fan organization contributed another \$86,000 from various fundraising efforts, including selling Harper's Playground scarves at soccer matches.

As plans developed, the vision for the playground expanded to cover not only new slides and swings, but also a larger, entirely



COURTESY: TEDX PDX

navigable play space with a sandbox, public art and an artificial-turf hill. Inspired by the bold plans, support from various public and private sources skyrocketed to cover the additional costs. Harper's Playground opened on November 3, 2012.

A year later, the Goldbergs told their story on the *Today* show. That's when the phone really started ringing. This year, Goldberg left his job in brand marketing for Adidas to run the Harper's Playground nonprofit full time, and to assist people in Portland and other communities with designing and creating accessible playgrounds. The organization expects to start building a second playground on Portland's east side soon, and hopes to help build more nationally by 2020, including four more in Portland alone.

Goldberg says that he relied on persistence, trust and the community's faith to build Harper's Playground.

"You're telling people this is going to happen even though you have no real authority to make it happen," he says. "You just know you're going to get there. And then people say, 'I'm going to help you.'"

To learn more about Harper's Playground, visit [harpersplayground.org](http://harpersplayground.org).

—Jim Gullo

After seeing his daughter and other children struggle at traditional playgrounds, Cody Goldberg led an effort to create more accessible spaces.



Portland Timbers soccer fans helped raise funds by selling scarves.



Harper's Playground features equipment and surfaces friendly to kids of varied abilities.

## NEW YORK, NY

## African-American Films

New York will host the **American Black Film Festival** this month for the first time in the event's 18 years (June 19–22). Screenings of more than 50 movies—including several premieres—will showcase high-quality works by and about people of African descent.

In addition to the screenings, visitors can enjoy a stand-up comedy competition, and opportunities to interact with actors, directors and producers at panel discussions. Master classes will allow aspiring filmmakers to learn from acclaimed film personalities. For more information, call 646-922-8129 or visit [abff.com](http://abff.com). —Jordan Ilarde

## Also of note ...

• **HBO Bryant Park Summer Film Festival**, Mondays, June 16–August 18; Bryant Park, New York, NY; [bryantpark.org/plan-your-visit/filmfestival.html](http://bryantpark.org/plan-your-visit/filmfestival.html)

• **20th Annual Palm Springs International ShortFest**, June 17–23; multiple venues, Palm Springs, CA; [psfilmfest.org](http://psfilmfest.org)

• **Oak Cliff Film Festival**, June 19–22; multiple venues, Dallas TX; [oakcliffilmfestival.com](http://oakcliffilmfestival.com)



# I Thought I Was on Top of the World

I'd been drinking to excess for years. Being in radio and on the road with rock acts, from Hendrix to Zeppelin, The Beach Boys to Bad Company, cocaine and other things also entered the picture. Oh sure, I thought

I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where a little group of friends cornered me and demanded that I get treatment. I thought, "Are you kidding? I'm no weak, simpering alcoholic or addict. I just like to drink." The group demanded I go to Schick Shadel Hospital in Seattle, which has a unique ten-day medical treatment that halts addictions. "OK, fine," I said. In ten days, these guys will get off my back and I can drink again, socially of course. Ten days later, I walked out of Schick Shadel Hospital to never have another drink. My habit, the urges, desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed. So, may I tell you the rest of the story?

**Mr. Charles Shadel** of Seattle once said, "Something just isn't right. People are addicted to alcohol. It's wrecking lives. They want to quit, but they can't. Churches, rehab centers, counselors all try to help, but the craving seems impossible to extinguish. Soon, they're right back into drinking

or the drugs. We must be doing something wrong!" He joined with Doctors Lemere and Voeghtlin in search of a solution.

It was clear from their studies that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase the overpowering urge of dependency. These latent cravings simply become overwhelming. The doctors concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious" — And they did! Their stunning achievement created a medical treatment that has been proven to be very successful. Logically you're asking, "What is it they do?" The answer is that two powerful but painless medical innovations were combined to take away the cravings.

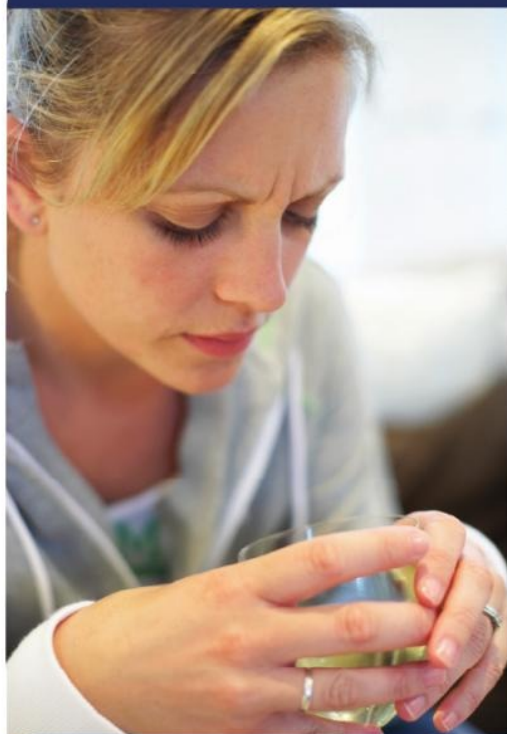
**First**, they developed a powerful "Counter Conditioning" methodology that "trains" the patient to hate the sight, smell, taste and thought of using the addictive substance.

Photo of Pat O'Day, Seattle radio personality, celebrating the completion of Seattle's Columbia Tower with a broadcast in 1984. (Photo courtesy of Dennis Law)

**Second**, the doctors introduced a medically administered minimal sedation interview, which is designed to get at the individualized substance abuse triggers for each patient. Schick Shadel's program restores the original wonderful person and gives them a new life in just 10 days. This success is enjoyed by more than 65,000 former patients, including myself!

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\*Based on results of a verified, independent survey of former patients (success being measured as total abstinence for one year and assessed by self-evaluation), as against published success rates from verified, comparable studies of other medical institutions.





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Alaska motorist Robert Sheldon (left) and a companion contemplate how to get a Model T out of the mud, in 1915.

FAIRBANKS, AK

## Early Alaska Autos

This summer, Alaska's automotive history revs to life at Fairbanks' Fountainhead Antique Auto Museum with the exhibit "**Extreme Motoring: Alaska's First Automobiles and Their Dauntless Drivers**" (June 1, 2014–March 31, 2015). The exhibit chronicles the early 20th century story of cars on America's Last Frontier and depicts the enthusiasm with which Alaskans embraced motor vehicles. Visitors will enjoy a selection of 12 rare automobiles from the museum's collection. Two must-sees are the 1906 Pope-Toledo, one of 12 left in the world, and the first car made in Alaska, the 1905 "runabout" built from locally available parts by Skagway resident Robert Sheldon. Visitors may also see one of the still-running cars driving the grounds of the nearby Wedgewood Resort. To learn more, call 907-458-2100 or visit fountainheadmuseum.com. —Grace Marvin

### Also in Fairbanks ...

**2014 Midnight Sun Festival**, June 22; a solstice celebration with crafts, food, a street fair and activities that include a midnight baseball game; [downtownfairbanks.com/events/midnight-sun-festival](http://downtownfairbanks.com/events/midnight-sun-festival)



At the Olympic Music Festival, audiences enjoy chamber music in the relaxed setting of a renovated barn.

QUILCENE, WA

## Classical Concerts

Every summer, talented musicians from around the globe perform on the scenic Olympic Peninsula west of Seattle at the **Olympic Music Festival—Concerts in the Barn**, a celebration of chamber music (Saturdays and Sundays, June 28–September 7). The 55-acre farm that hosts the festival provides an idyllic, informal setting—a perfect backdrop for classical music. Attendees who purchase seats in the barn will marvel at the rustic structure's excellent acoustics.

Visitors with lawn seating outside will find comfortable spaces to lie down, snack on a picnic and enjoy melodies floating out across the farm's grassy meadow. This year's performers include cellist Jennifer Culp (a Kronos Quartet alum) and accomplished pianist Julio Elizalde, who has played major venues around the world. For more information, call 360-732-4800 or visit [olympicmusicfestival.org](http://olympicmusicfestival.org). —Tyler Hughes

## TOP SHELF

### Summertime

Edited by Joanne Dugan;  
*Chronicle Books*

Flip-flops, sandy beaches and people enjoying water sports fill this photographic celebration of summer, which also includes quotes from various writers and celebrities. Dugan has assembled a collection of captivating warm-weather images from 46 emerging and noted photographers. Cleanly designed, with more than 80 colorful photos, *Summertime* ably conveys the essence of this beloved season. —Grace Marvin



### The Soda Fountain

By Gia Giasullo and Peter Freeman;  
*Ten Speed Press*

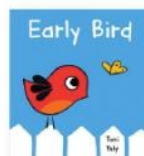
Readers will all scream for ice cream—or frozen drinks—after perusing this book's 120 recipes. Giasullo and Freeman, founders of the Brooklyn Farmacy & Soda Fountain, provide instructions for making floats, sundaes, egg creams and more, along with background about soda fountains. Featured treats range from the old-fashioned, grape-flavored Purple Cow to the Sundae of Broken Dreams, a modern concoction with pretzels and caramel. —Jordan Ilarde



### Early Bird

By Toni Yuly; *Feiwel and Friends*

In her debut book, Yuly, a writer-illustrator from Bremerton, Washington, traces the journey of a small red bird over fields, through flower beds and past felines in search of a morning meal. Readers will enjoy the book's vibrant art and whimsical design, as well as its surprise ending. —Zachary Stringham





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Chris K.



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HOUSTON, TX

## Art From an English Manor

Showing for the first time outside of England, the exhibit **"Houghton Hall: Portrait of an English Country House"** runs June 22–September 21 at the Museum of Fine Arts, Houston. The exhibit features art from one of the most extensive British private collections, acquired over three centuries by Sir Robert Walpole (England's first prime minister) and his descendants. The arrangements of objects in the exhibit—including Old Master paintings, sculptures and decorative arts—reflect the luxurious rooms of the aristocratic family's estate. After showing in Houston, the exhibit will continue its tour at the Legion of Honor, Fine Arts Museums of San Francisco (October 18, 2014–January 18, 2015). To learn more, call 713-639-7300 or visit [mfah.org/houghtonhall](http://mfah.org/houghtonhall). —Zachary Stringham



Pompeo Girolamo Batoni, George James, 1st Marquess of Cholmondeley, (1771–72), oil on canvas.

### Also at the MFAH ...

- **"Alexander Archipenko: The Berlin Drawings,"** through August 17; works by a key figure in the emergence of Modernism
- **"Soto: The Houston Penetrable,"** through September 1; from Venezuelan artist Jesús Rafael Soto's "Penetrables" series, this giant installation consists of 24,000 hanging tubes designed for visitor interaction
- **"Charles Marville: Photographer of Paris,"** through September 14; 19th century images that trace the modernization of the City of Light

SEATTLE, WA

## High-Flying Photos

The Museum of Flight is hosting its sixth-annual **"Spirit of Flight" juried photography exhibition** June 6–August 31. Prizewinning images are on display, along with honorable mentions. For the competition, the museum encouraged contestants to interpret the theme creatively and represent flight in different ways. Last year's prizewinners included *Breaking Away*, an image by Betty Spann showing multicolored hot-air balloons, and *Pflegers Arrival*, by Glen Tagami, which shows a friend landing a small plane during a break in the weather. For more information, call 206-764-5720 or visit [museumofflight.org](http://museumofflight.org). —Grace Marvin

Alaska Air Group recently announced a \$2.5 million gift to create the **Alaska Airlines Aerospace Education Center** at The Museum of Flight. For more information about the center, see page 9.



Glen Tagami's image *Pflegers Arrival* was a prizewinner in the 2013 "Spirit of Flight" photography competition.

## CALENDAR

**Through August 3** **"Chuck Jones: Doodles of a Genius,"** original drawings by the pioneering animator; Bowers Museum, Santa Ana, CA; 714-567-3600 or [bowers.org](http://bowers.org)

**Through January 5, 2015** **"Making Their Mark: Stories Through Signatures,"** historic signatures and their stories; Lawrence F. O'Brien Gallery, The National Archives, Washington, DC; [archives.gov](http://archives.gov)

**June 20–22** **Dwell on Design LA**, more than 400 exhibitors; Los Angeles Convention Center, Los Angeles, CA; [dwellondesign.com](http://dwellondesign.com)

**June 20–July 1** **TD Vancouver International Jazz Festival**, 1,800 artists, 300 concerts; multiple locations, Vancouver, BC; 604-872-5200 or [coastaljazz.ca](http://coastaljazz.ca)

**June 28–September 28** **"American Metal: The Art of Albert Paley,"** a retrospective of art by the famed metalsmith; Corcoran Gallery of Art, Washington, DC; 202-639-1700 or [corcoran.org/exhibitions](http://corcoran.org/exhibitions)

**July 2–6** **Harborfest 2014**, more than 200 events daily, including reenactments, concerts and historical tours; multiple locations, Boston, MA; [bostonharborfest.com](http://bostonharborfest.com)

**July 3–5** **Fair Saint Louis**, the city's biggest Independence Day party and fair; Forest Park, St. Louis, MO; 314-434-3434 or [fairsaintlouis.org](http://fairsaintlouis.org)

**July 3–6** **Waterfront Blues Festival**, one of the largest blues festivals west of the Mississippi; Waterfront Park, Portland, OR; [waterfront-bluesfest.com](http://waterfront-bluesfest.com)

**July 7–August 16** **Lincoln Center Festival 2014**, performances by artists from 11 countries, including the Bolshoi Ballet and Chorus; multiple venues at Lincoln Center, New York, NY; [lincolncenterfestival.org](http://lincolncenterfestival.org)



I finally understood the importance of investing in myself.

Photo: Arlene Chambers Photography

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## NICKI LOST 24 LBS & 10 YEARS IN 10 WEEKS

When my husband passed away after a long illness and I lost my father a few months later, I was grief-stricken. In addition to not sleeping well, I was overweight, had high blood pressure, and rising cholesterol levels. I knew I needed to take better care of myself and move forward with my life. I decided My Best 10 and the gift of health would be my 60th birthday present to myself.

Taking that first step was huge. On the first day, I felt a little nervous about stepping out of the locker room. But I had nothing to worry about. The ever-smiling staff at PRO Sports Club put me immediately at ease.

I was paired with the most amazing, professional team who supported and guided me to achieve my personal goals. I was impressed that, just like the other My Best 10 participants, I had a physician, a registered dietitian, a counselor, and a personal trainer readily available when I needed any support. All I had to do was make the commitment to embrace this experience and strive to make healthy lifestyle changes.

I experienced an initial feeling of guilt about spending money on myself, as well as a sense of vanity about all the Spa benefits attached to the program. However, once I became immersed in the program, I loved every moment of it. And I realized that the Spa treatments were actually a necessary part of regaining my whole self. I felt

empowered to be in control of my health, both physically and emotionally, and finally understood the importance of investing in myself. The My Best 10 program was worth every penny. The changes in my health allowed me to cope with the stress of grieving, while also supporting my children through their grieving process.

My Best 10 overwhelmingly exceeded my expectations! My goals were to lose 20 lbs, lower my blood pressure and cholesterol, release stress, and gain the courage to move forward. I lost 24 lbs (and gained muscle mass), lowered my blood pressure and cholesterol, and continue to be inspired by the support and guidance I receive even after the program.

While there may always be the challenge of maintaining a healthy lifestyle, I'm now armed with the knowledge and tools from My Best 10 to confidently continue on my path to wellness. There's not a day that goes by when I don't feel fortunate to have been able to participate in this program.

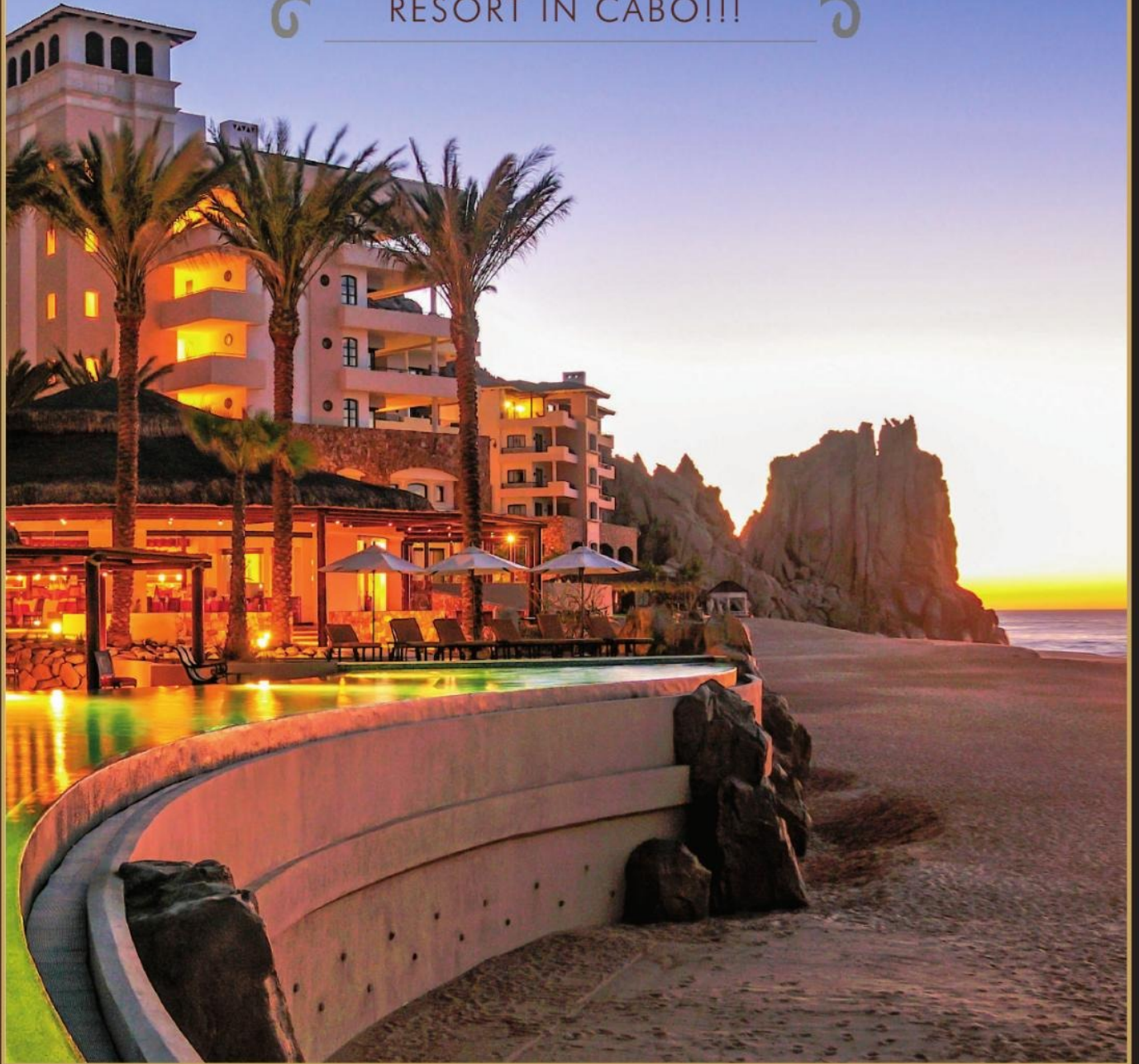
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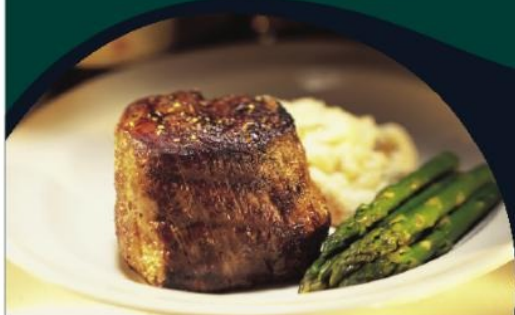


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|-----------|--|--|--|--|
| <b>1</b>  | <b>Bob's</b><br><i>Steak &amp; Chop House</i><br>Established 1993                        |  | Tucson, AZ<br>San Francisco, CA<br>Nashville, TN<br>Austin, TX<br>Dallas, TX (on Lamar)<br>Dallas, TX (on Lemmon)                                      | Fort Worth, TX<br>Grapevine, TX<br>Plano, TX<br>San Antonio, TX<br>Woodlands, TX |
| <b>2</b>  | <i>America's Best</i><br><b>DONOVAN'S</b><br>STEAK & CHOP HOUSE                          |  | San Diego, CA<br>Phoenix, AZ   | La Jolla/UTC, CA   |
| <b>3</b>  | <b>Chicago Chop House</b>  |  | Chicago, IL  |  |
| <b>4</b>  | <b>JOHN HOWIE STEAK</b>  |  | Bellevue, WA   |  |
| <b>5</b>  | <b>POLO GRILL</b>  |  | Tulsa, OK  |  |
| <b>6</b>  | <b>CHOP HOUSE</b><br>USDA PRIME<br>EST. 1993   |  | Des Moines, IA<br>Kansas City, MO<br>St. Louis, MO   | Omaha, NE<br>Leawood, KS   |
| <b>7</b>  | <b>SEAGAR'S</b><br>PRIME STEAKS & SEAFOOD<br>AT HILTON SANDestin BEACH GOLF RESORT & SPA |  | Destin, FL   |  |
| <b>8</b>  | <i>Eddie Merlot's</i><br>prime aged beef and seafood                                     |  | Fort Wayne, IN<br>Cincinnati, OH<br>Louisville, KY<br>Pittsburgh, PA<br>Other Midwest Locations <a href="http://EddieMerlots.com">EddieMerlots.com</a> | Indianapolis, IN<br>Columbus, OH<br>Bloomfield Hills, MI                         |
| <b>9</b>  | <i>Shanahan's</i><br>STEAK • FISH • COCKTAILS  |  | Denver, CO   |  |
| <b>10</b> | <b>NEW YORK PRIME</b><br>A STEAKHOUSE  |  | Atlanta, GA<br>Boca Raton, FL<br>Myrtle Beach, SC  |  |

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SAN JOSE, CA

## Techie Tunes

Visitors to The Tech Museum of Innovation can reconsider what it means to make modern music at "Reboot:music" (through August 17). This exhibition's 16 interactive musical-art installations let visitors make and interpret music using nontraditional electronic instruments. *Laser Harp Alembic*, for instance, features 72 laser beams that produce different sounds when people pass through them, encouraging multiple participants to interact and create harmonies. Along with the exhibition, The Tech is hosting workshops and concerts with artists and musicians for additional interactive learning. To learn more, call 408-294-8324 or visit [thetech.org](http://thetech.org). —Jordan Ilarde



The art-music installation *ConnectTable* (2013) allows multiple musicians to play at once.

EUGENE, OR

## Off to the Races

The world's top young track-and-field athletes will compete in Eugene this summer at the **2014 IAAF World Junior Championships**, marking the first time the event is held in the United States (July 22–27, at Hayward Field). In the past, the biennial competition has featured soon-to-be Olympians, such as Great Britain's Mo Farah and Allyson Felix of the United States. Usain Bolt, the world-record sprinter, raced in the 2002 IAAF World Junior Championships when he was 15. Champions from 2012 who are expected to return include Ana Peleteiro Brión (Spain, triple jump) and Sofi Flink (Sweden, javelin). With past competitors having gone on to set 17 world records, the championships are a well-known place to see ascending stars. To learn more, visit [oregon14.com](http://oregon14.com). —Zachary Stringham

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

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

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

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

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

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

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

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



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Royal Street (this page) and Jackson Square, with the St. Louis Cathedral (opposite), are key locales in New Orleans' French Quarter.



# Taking It Easy in the Crescent City

New Orleans is Alaska Airlines' newest destination  By Eric Lucas







he more things change, the more they stay the same. A millennium has turned over since I last rode the St. Charles Streetcar through New Orleans to my old high school, but the most tangible aspects of the experience remain unaltered and, for a romantic like me, unblemished.

Huge live oaks, Spanish moss draped from branches thick as cannons, line the boulevard with a presence both sturdy and graceful. Some have been here 200 years, arching over the street like neo-Gothic buttresses, fending off subtropical heat and weather. Occasional flashes of color—sapphire, emerald, ruby—reflect the Mardi Gras parades that passed by here weeks ago, when beads, now dangling high, were inadvertently tossed in the trees.

The streetcar itself, a green-and-red clackety carriage made of invincible oak and steel, is a 1920s Perley Thomas vintage car.

Elsewhere, such streetcars are in museums; here, they still do their job day after day, just as they did when they took me to school. Passengers can slide the slatted railcar seatbacks back and forth so they can face forward or aft; levered windows must be raised by hand to bring in the lush afternoon air.

Steel wheels chunk along the tracks, sounding a xylophonic reggae that lingers indelibly in your mind, unlike any sound I've heard anywhere else.

Much in New Orleans is enduring. Here, on a narrow strip of Mississippi delta, between the river and Lake Pontchartrain, an entire musical genre—jazz—claims its roots. I experienced the music's global reach when I listened to a rousing rendition of that old chestnut *When the Saints Go Marching In* on the Charles Bridge in Prague, decades after I first heard it at Preservation Hall in the French

Photos left to right: The St. Charles Avenue Line has served New Orleans since the 1830s; street musicians entertain passers-by with New Orleans jazz classics; homes in the French Quarter are an eclectic mix of styles and colors.





FRANÇOIS DE HEEL / GETTY IMAGES



TERRANCE KLASSEN / AGE FOTOSTOCK

## ONLY IN NEW ORLEANS

• **Nicknames** include Crescent City, the Big Easy and the City That Care Forgot.

• **The French Quarter** exhibits both French (street names) and Spanish (architecture) influences.

• **New Orleans was Spanish** (1762–1803) almost as long as it was French (from 1718, its founding, to 1762).

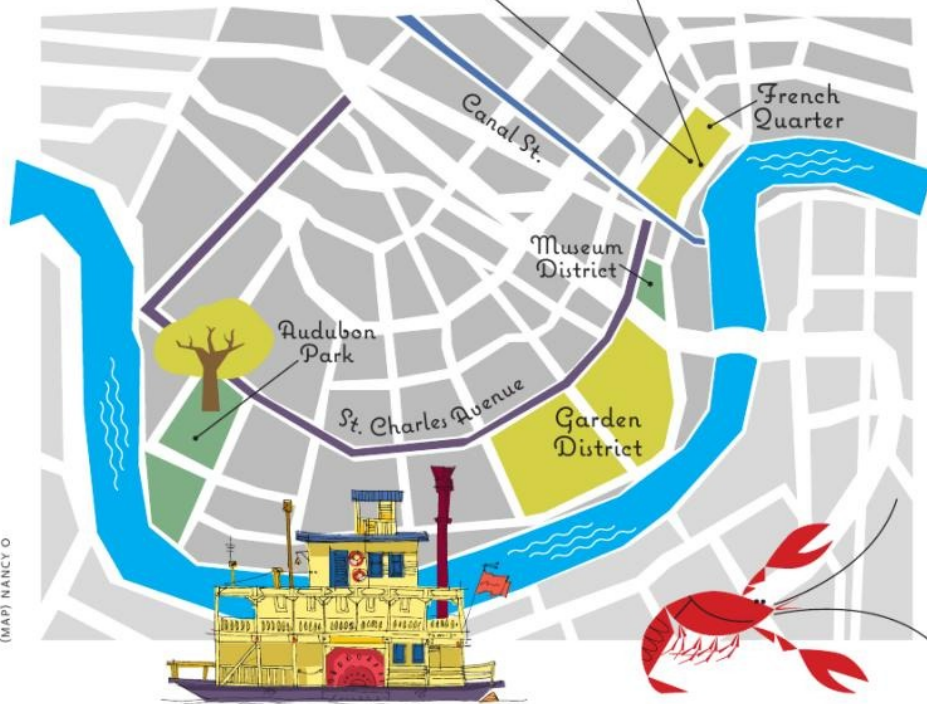
• While Cajun influences (such as zydeco) are common, the **city's cultural heritage is Creole**.

Cajun culture predominates in what's called Bayou Country, west of New Orleans.

• **Adding chicory to coffee** dates back to Union blockades of the Mississippi during the Civil War.



St. Louis Cathedral



(MAP) NANCY O

Quarter, which came many decades after the song was first performed on these streets.

In New Orleans, where dozens of cultures have mixed and mingled, visitors can also enjoy an entire array of culinary delights found almost nowhere else: beignets, red beans and rice, oyster po-boys, shrimp rémoulade, red snapper amandine, blackened redfish, oysters Rockefeller, muffuletta sandwiches, and on and on into the night.

Here, in one of the locales most shielded from Northern weather tendencies, jasmine and gardenia scent the air; poinsettias are 6-foot shrubs; and camellias adorn hedgerows like ribbons.

I take in most of these sensory indulgences as the streetcar wends its way north. The driver wields a long-handled lever back and forth to stop and start the car. Visitors peer at antebellum mansions, cut glass windows





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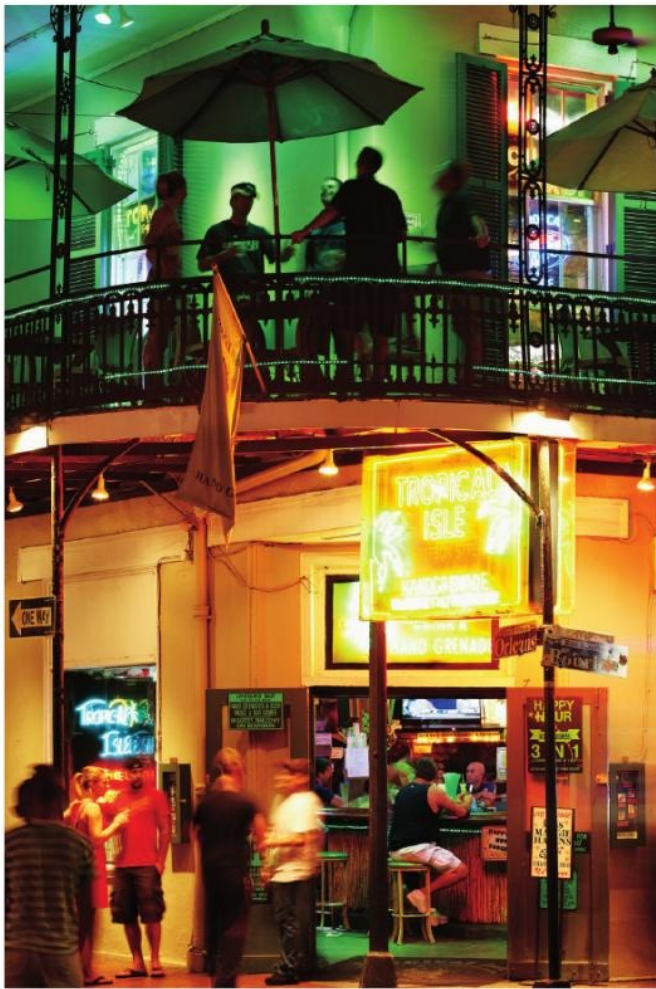
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Bourbon Street, one of the city's top visitor attractions, radiates energy late into the night.

in the world—quite a distinction for a New World conveyance. Of course, back in the day there were no overhead power lines; the streetcars were drawn by horses.

"That's where they watered the horses 150 years ago," a resident tells a visitor about a stone basin in the median at the end of St. Charles Avenue, where the streetcar line turns northeast away from the Mississippi. It's also where my old school, Ben Franklin Senior High, stands shuttered—a former 19th century courthouse, now a former 20th century school. Its Grecian columns rise 40 feet to the roof; its live oaks still shade the schoolyard; and the granite steps that were the stage for

gleaming, ranks of azaleas lining the stone foundations. The mansions reflect the city's heyday as a cotton-shipping port 200 years ago. After being founded by French settlers in 1718, the city was taken over by Spanish authorities in 1762, and was the linchpin in Napoleon's sale of a huge chunk of North America—the Louisiana Purchase—to the United States in 1803.

Streetcars have plied the 13-mile St. Charles line, from Canal Street to the Carrollton District far upriver, since 1835. That makes this the oldest continuously running streetcar system

my class picture remain stalwart. I squint into the past while mockingbirds sing. New Orleans does not readily bend to time.

I note that impression again while having supper at Superior Seafood & Oyster Bar in Uptown. The polished dark wood and mirrored walls hark back to early 20th-century chop-houses. I start with a bucket of boiled crawfish—which always come with a half-piece of corn on the cob and a few boiled potatoes—and finish with my all-time favorite, an oyster po-boy, ladled high with fried oysters and white rémoulade sauce on a crusty baguette. My ride

## CULINARY NEW ORLEANS

• **John Besh**, our James Beard-award cover subject, is dedicated to the traditional foods of his native south Louisiana, such as a simple platter of boiled crawfish. Find his traditional and reimagined classics at restaurants such as Luke, Borgne and Domenica.

• When **Susan Spicer** opened Bayona in 1990, her unabashedly rich takes on classic foods, such as sweetbreads and sauteed Gulf fish, reinvigorated the city's culinary scene.



Susan Spicer.

• **Paul Prudhomme** burst on the national scene decades ago with blackened fish; that's still the signature dish at K-Paul's Louisiana Kitchen.

• **Emeril Lagasse's** Delmonico is one of the icons of American dining, with classics such as oyster-crusted filet mignon and bananas Foster.

## By the Numbers

**370,000:** New Orleans population  
**9 million:** Annual visitors  
**1,400:** Restaurants  
**75,000:** Jobs created by tourism, the city's largest employer  
**100:** River miles to Gulf of Mexico  
**68:** Number of "krewes," the

semisecret clubs that sponsor Mardi Gras parades in and around New Orleans  
**1872:** The year the oldest Mardi Gras krewe, Rex, was formed  
**25 million:** Pounds of Mardi Gras beads tossed to parade watchers each year





## PLANTATION ALLEY

New Orleans rose to economic prominence as a port in the late 18th and early 19th centuries, largely because of its importance in shipping cotton from upriver plantations to Europe and New England—half the city's \$156 million in 1857 exports. While cotton plantations were located throughout the

Mississippi Delta region, many of the best-preserved antebellum mansions lie along River Road, north and west of New Orleans on both sides of the river. Visiting these majestic icons of a past time is one of the most popular day trips from the city.

With towering Grecian columns, dozens of rooms, sweep-

ing staircases and cut glass chandeliers, the plantation houses evinced the huge wealth engendered by the cotton trade. Among the best-known are Oak Alley, with its approach lined with 300-year-old live oaks; Destrehan, which dates to 1787; Laura, whose architecture is Creole rather than neo-classic;

Oak Alley Plantation includes 25 acres of grounds and offers home and Civil War-exhibit tours.

and Nottoway, whose original owner built two entry staircases so that gentlemen could not catch glimpses of ladies' ankles as the latter ascended.

Numerous tour companies offer excursions to Plantation Alley, as it's known, from New Orleans; for more information visit [www.neworleanscvb.com](http://www.neworleanscvb.com).



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back to the hotel on the streetcar, bell clanging, is a metaphysical dessert.

THE NEXT DAY, at Jackson Square in the heart of the French Quarter, another timeless scene plays out in front of St. Louis Cathedral. On a bench in the cobblestone forecourt, venerable jazz great Dwayne Burns is regaling passers-by with old standards, a tuba player behind. Visitors sit beside Burns for snapshots while he shifts effortlessly between his trumpet and his easy, yeasty baritone, leavening classics such as *Cabaret* and *St. James Infirmary Blues*, one of the oldest jazz-blues songs, made famous in 1928 by New Orleans native son Louis Armstrong.

A mom and her toddler girl take a turn next to Burns for the latter. Sure enough, when he gets to the line "Let her go, let her go, God bless her," the lass gets up and wanders off (not far), to the bemused delight of onlookers, performers and Mom and Dad, alike.

Nearby, fortune-tellers are laying out tarot cards for the day's futurizing. I ask one if I should buy Apple stock.

She grins: "I know the answer, but it's worth \$20."

I weigh the cost-benefit ratio as Burns launches into *The Saints*—almost impossible to not hear during a stay in New Orleans. Instead of seeking capital gains I head toward the river for an afternoon respite, café au lait and beignets.

Café Du Monde is where, late into the night in my teenage years, my friends and I would end up for revitalization after an evening in the Quarter. More on that in a minute; now, I find a table at the back, near the Mississippi levee, and simply marvel at the fact that the dense, sharp, chicory-laced coffee and milk, and the rich dough pastries, taste exactly as they did all those years ago.

Taste and smell and sound are the hallmarks of New Orleans. The streetcar wheels, the chicory coffee, the gardenia breeze, the trumpet's wail and the sibilant rush of rain from sudden delta showers that turn the air into velvet—these all persist. The "City That Care

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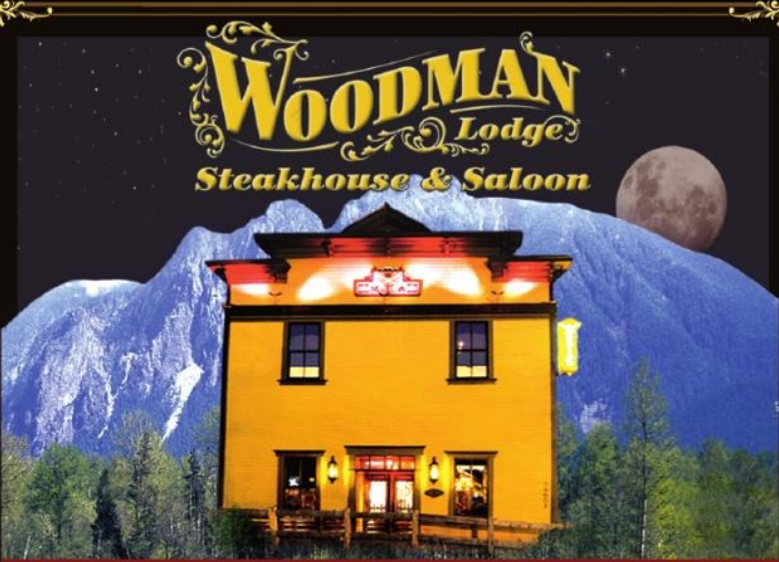
Forgot" is an early 20th century nickname for this town; time and worry balk at the shores of Lake Pontchartrain, helping explain why New Orleans is so rooted in the popular imagination.

As my own memories are so strong, it's tempting to paint them sepia, but in truth they are tangy, fragrant and tactile, as well as visual. I wander through the French Market and admire jars of pickled okra, bags of chicory coffee, sacks of pecan pralines. Heading back along Decatur Street, I look in shop windows offering voodoo charms guaranteed to vanquish care and heighten romance. I hear the strains of Dr. John singing *Gris-Gris Gumbo Ya Ya*, a five-word encapsulation of the New Orleans ethos.

When I reach the city's famous Bourbon Street, dusk is dropping; the street is closed to traffic; visitors are peering into dozens of nightclubs and bars; and the scene is buzzing. Yes, it is all for show, but what a show. In the block between St. Peter and Toulouse, Peter Rabbit (his stage name) has begun a night of performance as perhaps the world's best bucket drummer. Plastic buckets, that is, three set on the street. He uses sticks and hands to produce a kaleidoscope of rhythms, cadences circling each other and bouncing around like cicadas in full song. The climax comes when he flings his drumsticks onto the building wall, catches them as they bounce back and concludes with a nine-rhythm flourish.

ALL THIS IS AS IT HAS EVER BEEN in New Orleans, but that's not to say there's nothing new. The city continues to recover from Hurricane Katrina. There are now 1,400 restaurants in this culinary capital, almost twice as many as before the 2005 hurricane. Visitors have more than doubled to 9.1 million, contributing \$6 billion to the local economy.


Another notable new claim to fame is a burgeoning Museum District, downtown in the Central Business District, centered on two worthy facilities. The Ogden Museum of Southern Art is dedicated to paintings, crafts and photos from the South that have been widely



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overlooked elsewhere in the country. Across the street is the National WWII Museum, which opened 14 years ago and has grown far beyond its humble beginnings. Lengthy halls depict both the European and Pacific theaters of the war, and a separate hangar displays vintage warplanes.

Elsewhere, the Mississippi levee that was almost completely undeveloped when I was growing up is now a delightful promenade overlooking the city's cruise terminal. A casino stands at the lower end of Canal Street; the glitzy modern facility bears little resemblance to the long-gone gambling dens at the other side of the French Quarter in Storyville, where jazz was born.

Though these new embellishments add to the city's appeal and attract their share of visitors, the French Quarter and its boisterous streets remain the main draw. So after strolling up and down to take in the scene, after catching snatches of jazz and blues and zydeco that buzz the street like bees, after marveling at Peter Rabbit's drum wizardry, I do just as I did long ago and head back for coffee and beignets to top off the night.

Café Du Monde is a no-nonsense operation. Take a table, raise a hand with fingers up indicating how many orders—I indulge myself with two, for old times' sake—and a few minutes later the treats arrive. In all the world I have roamed, nowhere are these simple iconic delights done as well as right here, at this cafe in this neighborhood at this late hour.

And that exemplifies New Orleans. Few places live up to their iconic status as well as this city. "I'm going back to the Crescent City," sings Lucinda Williams, "where everything's still the same; this town has said what it has to say." And keeps on saying, peerless as ever. ▲

*Eric Lucas is a contributing editor.*

*Alaska Airlines begins daily nonstop service between Seattle and New Orleans on June 12. For information or to book tickets, go to [alaskaair.com](http://alaskaair.com) or call 800-ALASKAAIR.*

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# Wildlife Essentials







BY ERIC LUCAS



**IT'S THE MOST CHARMING  
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**COULD IMAGINE:** a mother  
brown bear and her cub,  
snoozing along the beach near

Pack Creek, on Southeast Alaska's Admiralty Island south of Juneau. Mom and cub are splayed out on warm, gray sand like snow angels, cub snuggled up close to mom—probably as comfy a nap site as any bear cub in North America might enjoy. Spruce spires behind them reach up into a light mist; intermittent specks of rain clearly trouble the pair not a bit.

For us, though, these two wild bears pose a distinct dilemma. Our prescribed path leads right past them—just a few yards from their snoozing venue.

Under most circumstances, wilderness trekkers in Alaska would steer a very wide path around a mother bear and her cub, but we six day-trippers at Pack Creek Wildlife Viewing Area are in exceptional circumstances in this Edenic spot on a late-summer day. The ground rules here are that bears have the right of way; humans are confined to precisely defined areas leading to the salmon-stuffed creek and the viewing area. Visitors land at a gravel bar a half-mile from the creek; receive instruction from wildlife management officials about stringent protocols (no food in day packs, not even toothpaste); and then walk to the viewing area along the shore, near the high-tide line. Arriving at the creek, humans post themselves on a 20-foot-long gravel rise bounded by drift logs, about 10 yards from the creek. And there watchers stay put—period. No chairs, no railings, no wandering, no separation other than a longstanding and most intriguing interspecies custom. Bears fish and play and quarrel and nap; people stand still and watch.

While Pack Creek is clearly one of the most memorable wildlife-viewing venues on Earth,



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## Viewing Tips

The paramount concern in wildlife watching is safety—for animals as well as people. Following are some tips for making the experience worthwhile.

- Keep your distance: Up close and personal is not good, especially with larger animals. If animals approach, back away safely.
- Be quiet; respect the landscape and its inhabitants.
- When in bear country, learn the specific safety protocols for the area you are in and the type of bear you are watching.
- Do not feed wild animals: It's illegal, bad for the animals and potentially dangerous for you.
- Morning and evening are the best viewing times.
- For unguided visitors, the best strategy is to just get out there. If you're outdoors in Alaska, you're certain to see wild animals.
- Alaska's many guides and tour operators provide expert services for those who wish to see wild animals, from transportation to interpretation. Consult local visitor bureaus for references to certified guides. The state's wildlife-viewing website is at [www.adfg.alaska.gov](http://www.adfg.alaska.gov). —E.L.

seeing wild animals is an everyday occurrence in Alaska. Bears, moose, whales, eagles, otters, caribou, salmon, sea lions, songbirds, wolves and many, many more: All are on view in the Great Land, every day, from the rain forest fjords in the Southeast to the windswept Arctic shores at Barrow. There are more than 100 mammal species in Alaska, and about 450 types of birds. A third of all bears in North America are in Alaska; a fifth of our continent's moose; 100,000 eagles; nearly a million caribou; tens of thousands of whales every summer. The many Alaska visitors who board tour boats find that, on virtually every voyage, humpback whales, sea lions, sea otters, dolphins and more are abundant in the food-rich waters of the innumerable inlets, bays and sounds along the Gulf of Alaska coastline, between the Aleutian Islands and British Columbia.

Alaska wildlife is not only bountiful, it's dynamic. A humpback whale is a 50-foot-long, 40-ton creature whose ability to leap out of the water—sometimes entirely out of the water—is a sight almost too amazing to comprehend. Many times, when I have witnessed it myself, my fellow visitors have afterward given each other high-fives in congratulation ... as if they themselves had accomplished something remarkable.

Whales ply the waters near the towns of Ketchikan, Sitka, Juneau, Wrangell, Petersburg, Valdez and Seward. Moose, which top out at 7 feet tall and 1,400 pounds, wander into and

## Creature Counts

Brown bears:  
**30,000**

Black bears:  
**100,000**

Moose:  
**200,000**

Caribou:  
**900,000**

Sea otters:  
**100,000**

Bald eagles:  
**30,000**

Wolves:  
**10,000**

Steller sea lions:  
**80,000**

Orcas (resident):  
**1,100**

Humpback whales:  
**20,000**

People:  
**735,000**

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around major Alaska cities. Thousands of sand-hill cranes alight in the middle of Fairbanks each summer. Eagles are on view every day in Juneau. Peregrine falcons patrol the air just outside Barrow. Sensational experiences featuring what biologists call “charismatic megafauna”—such as coastal brown bears feeding on salmon—are just the most conspicuous parts of a vast tapestry of Alaska wildlife.

“Many visitors arrive with expectations formed by a steady diet of TV programs featuring up-close-and-personal images of bears snatching salmon from roaring waterfalls, humpback whales trying to fly, and bull moose posing in front of snow-clad mountains. While these scenes do play out often, 25 years of guiding in Alaska has convinced me that anyone who wants to see the real magic ought to concentrate instead on the small things taking place on the wings of the stage,” advises Lynn Schooler, a Juneau-based outdoor guide and author of the famous memoir *The Blue Bear*, which recounts a photographer friend’s lifelong search for an extremely rare Alaska creature.

“Watch the ravens,” Schooler continues. “Maybe they’re circling over a wolverine slinking through the brush. That shadow that’s a little darker than the other shadows along the tree line could be a coyote or an otter, dodging from cover to cover.

Or a slight movement in the grass at the edge of the creek might be a mink emerging from the water.”

It is precisely that philosophy that I have happily practiced in midwinter in the Alaska Interior, taking as much delight in watching black-capped chickadees peck among snow grains in the deep-slanted light of February as I might in watching a humpback feeding in the sparkling water of Frederick Sound in June. Set against the polished ivory trunks of winter birch and the shimmering surface of the snow, these energetic songbirds gleam with color and movement. The chickadees of Fairbanks represent tiny miracles that make little sense to humans clad in multiple layers of down to fend off the



Clockwise from upper left: Humpback whales in Kenai Fjords National Park; caribou in the Arctic National Wildlife Refuge; a polar bear on the Arctic Ocean coast; and a black bear sow and her cub near the Harding Icefield Trail in Kenai Fjords.



## Bear With Us

Alaska is home to three of the world’s eight bear species, though there are various subspecies within those three.

■ **Brown bear:** Grizzly bears, coastal brown bears and Kodiak bears are all in this species. Salmon is the key to the coastal brown’s larger size, which on Kodiak Island reaches 1,400 pounds and 10 feet standing fully upright.

■ **Black bear:** The ubiquitous bear of North America is found from Mexico to Alaska’s Brooks Range. Smaller than browns, black bears are agile climbers.

■ **Polar bear:** Confined to Arctic coasts in Alaska, polar bears are master predators surviving on seals and other marine mammals. They reach past 1,500 pounds, and 11 feet when standing. The global population is around 20,000. —E.L.





Sea otters swim among floating ice in Prince William Sound, and a bull moose browses in Denali National Park & Preserve.

FROM LEFT TO RIGHT: PATRICK J. ENDRES / ALASKAPHOTOGRAPHICS.COM; ROBIN BRANDT / ACCENT ALASKA

cold at Creamer's Field, a vast midcity field-and-forest preserve. It's sunny, but far from balmy. How can half-ounce marvels that would fit in the palm of my hand survive year-round here?

"They find more food than you think is there—seeds, even tiny frozen bugs. And they have amazing shelter strategies at night," reports ornithologist Dan Gibson, a retired University of Alaska Museum of the North staff member. "They sometimes huddle up together, 20 of them, say, in a hole or hollow in a tree, conserving warmth. Most likely, on our coldest nights, they're probably barely surviving. But they do."

"The amazing thing is, if you see them emerge at first light, they all look like they just fell out of bed, feathers askew—like little kids with bed head—and in fact that's exactly the case."

I've only seen them in the comparatively warm light of midday, looking as perky as kids at play in the snow. But it is still a wonder to witness their cheery presence in the sub-Arctic woods. And all I've done is go for a walk with a friend in a Fairbanks park.

The fact that you need only open your eyes to see wildlife in Alaska does not diminish the experience at Pack Creek, or lessen all the other possible wildlife experiences in the state. The Alaska Department of Fish and Game oversees about 30 "special areas" devoted to wildlife habitat conservation, and maintains a wildlife-viewing website featuring Alaska animals. A research survey sponsored by the state a few years back found that the opportunity to see wild animals is a key ingredient in quality of life for two-thirds of Alaskans—a number far higher than in other states,

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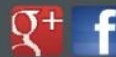




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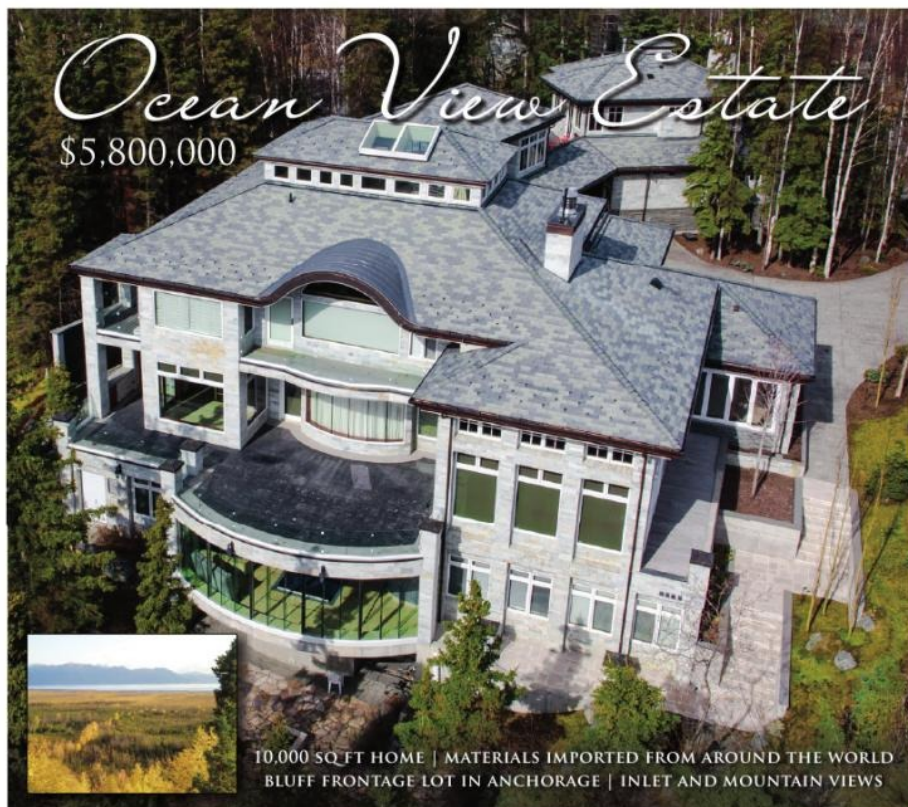


Migrating sandhill cranes stop in Fairbanks each summer.

### Wildlife Celebrations

- **Alaska Bearfest:** Workshops, presentations, films and performances all centered on bears; Wrangell, July 23–27; [alaskabearfest.org](http://alaskabearfest.org).
- **Tanana Valley Sandhill Crane Festival:** A celebration of migratory birds, focused on the sandhill cranes that stop over in the Interior each summer; Fairbanks, August 22–24; [creamersfield.org](http://creamersfield.org).
- **Sitka Whalefest:** Research presentations, films, banquets and more; Sitka, November 6–9; [sitkawhalefest.org](http://sitkawhalefest.org).
- **Kachemak Bay Shorebird Festival:** Millions of waterfowl pass through the Kenai Peninsula on their way north each spring; Homer, early May; [homer.alaska.org](http://homer.alaska.org). —E.L.

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including Florida and Arizona where similar surveys have been taken. Among those two-thirds, 98 percent are happy they get to see wild animals in their daily lives. And the most popular Alaska animal for viewing, for both residents and visitors, is the moose.

"We were surprised by that. We expected bears, or whales, maybe," admits Anne Sutton, wildlife-viewing program coordinator at ADFG. "Why moose? We're not sure."





Tiny black-capped chickadees are year-round residents.

Maybe it's because moose are such an everyday presence that Alaskans have developed a measurable affection for them. Maybe it's because seeing such impressive animals reminds human viewers that wilderness vitality still thrives here. Visitors can taste subtle samples of this experience whenever they, too, see moose browsing in a marsh, or eagles flying by, or whales cruising near a beach.

Alaska wildlife advocates urge visitors to expand their perspectives far beyond the big three—bears, whales, moose—and marvel at the innumerable wildlife wonders on view throughout the state. In tundra habitats such as in Denali National Park & Preserve, for instance, many flowers have globe shapes that face toward the sun to capture warmth. Insects gather in the warmed bowls of these Arctic roses, figworts and other flowers. And birds flock to the flowers to gather the insects that provide all-important protein for chick-rearing during the lush sub-Arctic summer. Observing this synergy is a great way to take in the marvel of life at the foot of Denali.

"We try to teach people to take note of the whole ecosystem," says Rebecca Talbott, Anchorage-based regional chief of interpretation for the National Park Service. "Alaska has so much wildlife, especially in the open tundra, that if you're just looking for a moose or a bear, you'll miss a lot."

Bears remain undeniably popular, though—they came in a close second behind moose in the state wildlife survey. Each year, during the Bear Festival

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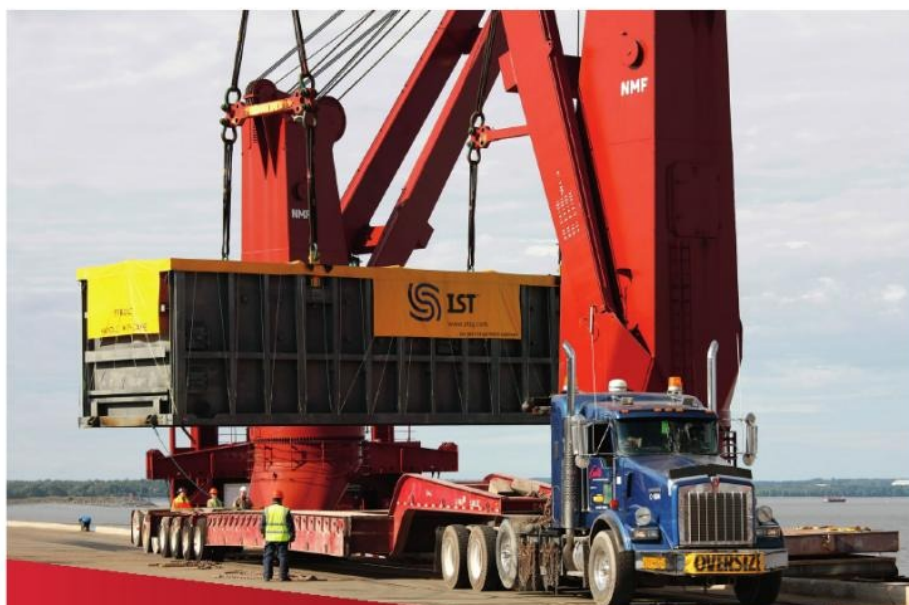
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in Wrangell, Alaska, dozens of schoolchildren gather at the local library for a "bear checkup," hauling in stuffed bears (and the occasional moose) for stethoscope inspections by Forest Service naturalists and local nurses. "Are his ears dirty? Does he need a bath?" One young girl looks earnestly at her bear's nurse. "No, I don't think a bath would be good," the girl is advised about her clearly hand-me-down toy. "Maybe just a couple hours out in the sun. That's good for everyone, you know."

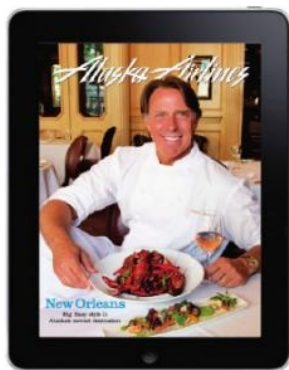
All this makes excellent sense to bear advocate Chris Morgan, a Bellingham-based documentary filmmaker and ecologist. "Bears remind us of ourselves," he says. "They're intelligent, adaptable, versatile. They care deeply for their young."

"And yet bears keep us humble, especially when we see them in a wilderness setting, such as Katmai National Park," Morgan continues. "It recalibrates my mind, reminding me I'm not always at the very top of the food chain. This experience used to be commonplace for humans."

That in many places it is not so anymore is clearly one of the great draws of Alaska—among the state's 1.8 million visitors a year, 52 percent place wildlife viewing among their key objectives, and most guides and tour operators place bears at the top of the list.

And on a late-summer day at Pack Creek, when our path is blocked by a snoozing mother bear and cub, a bit of invention affords a feasible response for all involved. After consulting with on-site supervisors, our party makes a wide detour around the bears, utilizing the handily exposed tidal flats, and we clamber up to the viewing "hill" (it's about 6 feet tall) and just watch for two hours. We see bears catch and consume salmon as casually as if they were downing sliders at a sports bar. We watch a massive male—coastal browns can reach 1,400 pounds—run a mother and her cub off into the woods.

"Happens a lot, but there is so much salmon here that in the end everybody



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gets more than enough," explains one of our guides. At one point a mother bear ambles right by the people platform, with her cub no more than 15 feet away; they both stop a minute to inspect us, incuriously, while our escorts straighten up on extra alert. A few moments later, there are 12 bears in sight along the 300 yards of stream visible from the viewing spot. Mostly, the bears act as if there are no people within a hundred miles.

That's how it has been done for 80 years at Pack Creek, and wildlife managers believe the bears grasp the implicit bargain: People behave in an exact, predictable fashion, and bears go on about their lives. There has never been a bear-human incident here that brought harm to either party. Some biologists suspect that mother bears, such as the ones we saw, pass on to their offspring knowledge of the bipartisan treaty.

Only 1,200 visitors or so experience Pack Creek each summer; it's costly to get here, and preserve managers limit the number of people in order to maintain the wilderness character and to refrain from disturbing the bears. By comparison, more than 400,000 people a year visit the Mendenhall Glacier Visitor Center just outside Juneau. So at Mendenhall, because a small salmon run takes place in a creek near the center, perhaps millions of people over the years have seen bears at the stream, from a boardwalk the U.S. Forest Service built to provide a viewing platform. People are required to stick to the platform; bears catch fish in the creek 20 yards away.

"If the bears aren't on the creek, occasionally we'll have someone ask: 'When are you going to let the bears out of their cage?' We tell them: 'It's you who are in the cage here,'" says visitor center manager John Neary, who before coming to Mendenhall spent decades as a manager on Admiralty Island, overseeing the Pack Creek viewing area. He thus has a unique perspective on wildlife watching in Alaska.

Neary believes both kinds of experience have intrinsic *continued on page 205*

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# Playful Portland

Residents and visitors enjoy the Rose City's unlimited options for outdoor—and indoor—recreation

By Jim Gullo

**T**emporary lane closures are part of modern life, but this was a unique version I encountered on a fine spring day recently. An apple-cheeked girl was leading her dairy cows across my path to an adjacent field where pigs and chickens grazed, and progress forward was halted in favor of a half-dozen ambling Guernseys—all of them moving at a pace designed to counter the frenzied rush of 21st century existence.

Was I in Switzerland? No. Nor Britain or even Wisconsin.

I was at the 4.5-mile post of Portland's beloved Banks-Vernonia State Trail, a former railroad bed that connects the two towns of the same names on Highway 47, west of the city. The 21-mile





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paved bicycle path is smooth and flat throughout, with bucolic landscapes of fields and wildlife or, in this case, not-so-wild life. The trail's pastoral nature typifies much about life in Portland these days, from the locavore food movement (no doubt I could, if I knew where, buy fresh milk produced by those same dairy cows) to the city's fervent embrace of outdoor pursuits, from its easy accessibility (just a half-hour drive from downtown) to its urban sensibility ... It is paved, after all.

Portlanders avow that few cities are as recreationally rich as theirs, and it's hard to argue. Bicycling, hiking, paddling, golfing, fishing, wind sports, snow sports—all claim thousands of active adherents. Nor are the more urbane sides of recreation overlooked, including indoor pursuits such as bowling and video games. The Rose City invariably shows up on lists of most active urban areas, and we Portland metro residents wouldn't have it any other way.

On Tuesdays, the day they both have off, Dave and Anne Britt wake up and decide what to do. Maybe they'll go spelunking, again, at the Ape Caves at Mount St. Helens. Or try that 12-mile hike up Eagle Creek to Tunnel Falls in the Columbia River Gorge that Dave enjoys. "It's worth every step," he says. "You pass three sets of decent falls, and when you get up to Tunnel Falls it's amazing. Last year Annie found an albino banana slug!"

They're training for a 170-mile ride later this summer in eastern Oregon. The 42-mile roundtrip ride on the Banks-Vernonia Trail is a favorite. Maybe skydiving ... again. "Bungee jumping is on our list," adds Anne. One of the highest jumps in the country is in Amboy, Washington, just north of Portland. She and Dave are in their 40s and 50s, with six kids between them, most grown and out of the house.

At the same time the Britts are planning their day, retired Coast Guard master

From waterways to woodlands, Portlanders make the most of local recreation: stand-up paddling and kayaking near Willamette Falls; and bike riding along the Banks-Vernonia Trail.

COURTESY: OREGON PARKS AND RECREATION DEPARTMENT





## An Insider Look at Dating in the Modern World

**Why does dating** often times seem so difficult and daunting? With all the dating websites and social networks out there, you'd think it would be easier than ever for singles to meet someone special. But that's not the case. Meeting the right people seems harder than ever. To get the latest on real-time dating trends, we caught up with Melissa Brown, one of the many dating experts at *It's Just Lunch*.

**Q: So what does today's dating scene look like?**

**A:** Dating today is an interesting paradox: we're more connected than ever through social media and online networking, yet we're also more disconnected than ever. Today's technology makes communication faster, but I'm not sure it's better. You can't make a genuine connection with someone by texting, emailing or friending. When you meet someone in person and share a meal together, you see how that person interacts with you and the people around you. You observe their body language and how they carry themselves. That's where the true chemistry happens: face-to-face, one on one. At *It's Just Lunch*, our focus is to get people out from behind their computers and out making connections with real people.

**Q: What's the biggest frustration singles have with modern dating?**

**A:** I hear the same thing over and over: "it was like a second

job spending all that time looking over online profiles trying to find someone who could be a match". It just takes all the fun out of dating. Most singles don't have a problem finding dates, but they can't find "good" dates. After a round of bad matches and a busy schedule, it's easy for one to feel like giving up on dating all together.

**Q: So why do people come to you at *It's Just Lunch*?**

**A:** People hire specialists such as financial advisors and personal trainers to handle so many aspects of their lives, so why not use a professional to help you find someone special. We specialize in dating—we've made more than two million matches over the past 22 years!

**Q: What differentiates *It's Just Lunch* from other dating sites out there?**

**A:** We believe that the best way to get to know someone is face-to-face. We meet every IJL client in person to get a feel for his or her personality, preferences and relationship goals. In addition, our clients meet their dates face to face at a local restaurant. All they have to do is show up and have fun meeting someone new. No wasted time with emails, winks and on-line chats.

**Q: Does it work?**

**A:** Answer: 22 years, 150 cities and over two million first dates. Get in touch with *It's Just Lunch* at 800.858.6526 or [ItsJustLunch.com](http://ItsJustLunch.com).

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Height and speed both thrill visitors at Tree to Tree Adventure Park near Portland, where canopy walks and ziplines create arboreal adrenaline.



COURTESY: TREE TO TREE ADVENTURE PARK (2)



chief Don Eckler is also getting ready to head outdoors. He and his wife Elsie moved to Portland in 1999, largely because the recreation is so good. “We just fell in love with it,” he recalls. From their home at the Rose Villa senior community, he might walk his canoe down to the Willamette River with a hand-pushed trailer and go for a paddle. Or jump on his bike and make a loop around the city. He also paddles in the Rose Villa Dragon Boat at the Rose Festival every year. “I’ve lived in a lot of great places,” says Eckler. “There’s no perfect place in this world, but Portland ranks right up there.”

Up there, in fact, is where Portlanders pursue one of the area’s newest activities, as my family did just a few weeks ago. My

own teenage son and my astonishingly game wife were right overhead, some 40 feet off the ground, crossing a single, narrow plank with only thin ropes to hold to keep their balance.

My feet were firmly on the ground. I don’t go up in trees. I hug ’em.

But many people are tree climbers (in fact, Dave and Anne Britt came here the day after our visit), and Tree to Tree Adventure Park, just south of Forest Grove, has provided a unique, aerial adventure since opening in 2010. It may be the quintessential outdoor experience for a Pacific Northwest region that prides itself on its towering forests. Six different obstacle courses have been built high off the ground between trees, with varying levels

>8

Square miles, size of Forest Park

>70

Miles of trails within Forest Park

>279

Total number of Portland parks

>16

Miles of riverfront within Portland

## OTHER PURSUITS



> **FISHING** fans welcome news of the strong runs of salmon expected on the Columbia and Willamette rivers this summer. Check with the Oregon Department of Fish & Wildlife for license and catch information. Several Oregon and Washington-based outfitters run sturgeon charters to reel in these prehistoric behemoths that feed on the river bottoms.



> For **SWIMMING**, locals head to Henry Hagg Lake outside Gaston; to community pools such as the Tualatin Hills Aquatic Center in Beaverton; or water parks such as Evergreen Wings & Waves in McMinnville, where you can slide and splash in sight of a Boeing 747 perched on the roof of the museum.

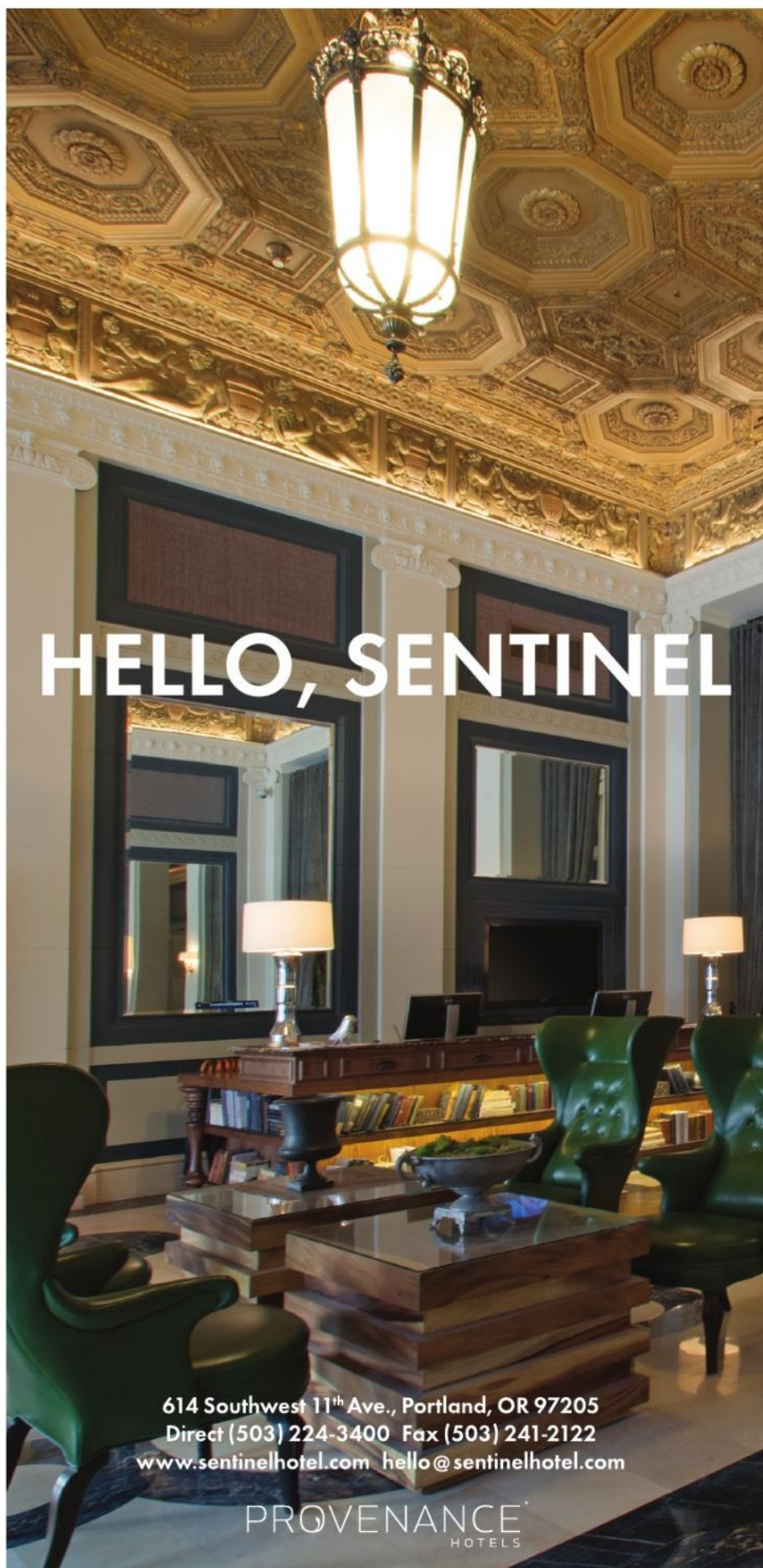


> **PICKLEBALL**, a paddle sport played on a cut-down tennis court with Wiffle balls, is huge in the Portland area, with many local clubs offering drop-in play and/or tournaments. The Tualatin Hills Park & Recreation District in Beaverton has courts and information.



> **NATURE HIKES** and **NATURE PRESERVES** are abundant throughout PDX, starting with the beloved Leif Erikson Trail in Forest Park in the northwest corner of the city. The Jackson Bottom Wetlands Preserve in Hillsboro has miles of trails to explore in search of wildlife.





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COURTESY: PUNCH BOWL SOCIAL

of difficulty, inviting climbers in safety harnesses, helmets and sturdy clips to latch onto safety wires and navigate ingenious passages in the trees.

On the Blue Course (a reassuring “Fear Factor 2” according to the posted sign; the nearby Black Course is a more challenging “Fear Factor 4”), my son Joe and wife Kris stepped off a platform onto a log suspended in the air as I watched from below. The log shook and swayed as they crossed it, and then trekked in turn to a rope bridge and a rickety, bouncing series of small platforms that they crossed, gingerly, in order to reach the highest platform on the course. From there, a pulley device allowed them to safely clip onto a long zipline and glide back to terra firma.

Among the six courses are a short training layout where instructors deliver the basics of safely clipping in and out of the lines and platforms, a “tween” course and one for smaller children. A play area with slides is available for toddlers, and there are paths to walk amongst the trees for chickens like me. On the other side of the park is a zipline course (separate admission). Reservations are required for both venues. Each teaches, among other things, the difference between perceived and actual risk—harnessed, belayed and helmeted, the courses are utterly safe, no matter the height.

Another drop-off—albeit small—comes into play a few days later as I hear the distinctive thump and rumble of a bowling ball rolling down a lane, followed by a dull groan: A woman had





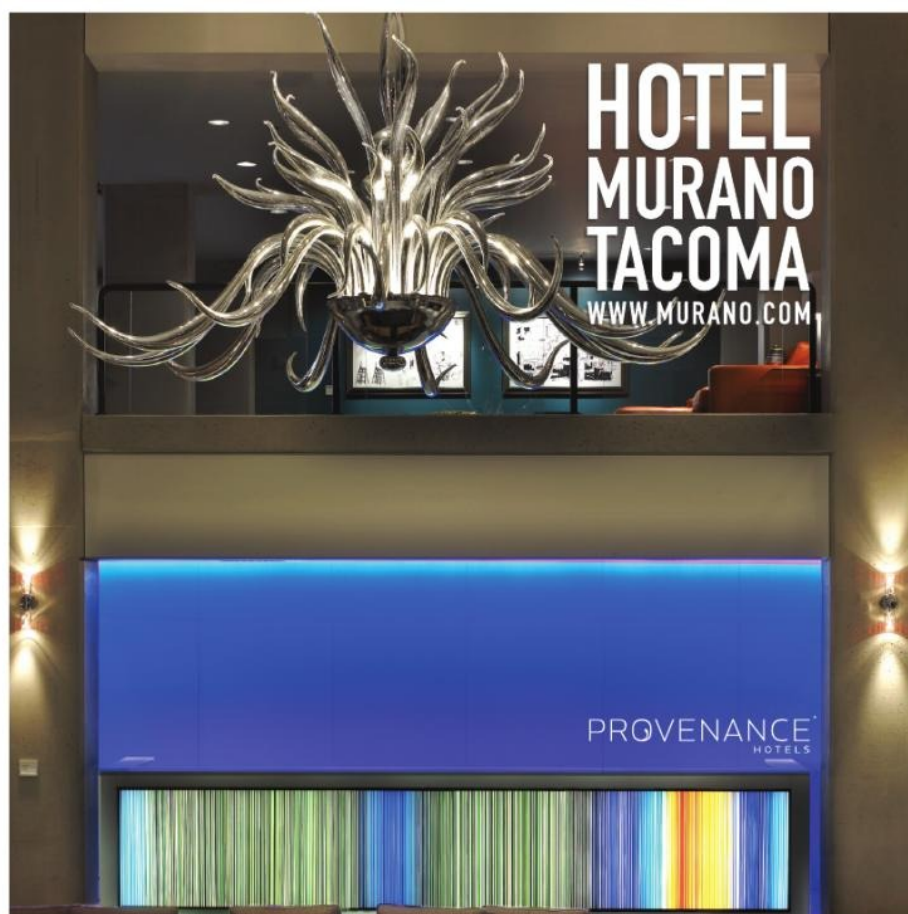
Punch Bowl's focus on old-school entertainment includes pursuits such as marbles, darts, '80s arcade games, Ping-Pong and bowling.

failed to pick up the spare on lane 10. Nearby, two 30-something guys were duking it out on a full-sized shuffleboard court painted into the floor, and two more were sliding the discs on a bar shuffleboard table. Across the room, I was practicing my forehand loops on a regulation Ping-Pong table.

All of this was happening simultaneously under one roof at Punch Bowl Social, a massive indoor arcade and entertainment complex in the Pioneer Place shopping mall, a block from Pioneer Courthouse Square in downtown Portland. Besides bowling lanes, there are spaces to play darts, private rooms (thankfully) for karaoke crooners, a corner devoted to vintage arcade games, and regulation, quality Ping-Pong tables next to a row of Skee-Ball machines.

Punch Bowl adds an eclectic and long list of food and drinks to the social fun, with sofas and tables scattered around the space. Besides "adult milkshakes," two dozen beers and finger foods such as pork belly tacos and deviled eggs (local pork bellies and eggs, no doubt), there are alcoholic punches, of course.

Activities here may not rival, say, a 15-mile hike in Forest Park for heart-pumping recreation, but indoor adult gaming arcades are going strong in Portland where, yes, it does rain, sometimes. Just outside Chinatown, the





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Ground Kontrol arcade is a throwback space with two floors crammed with classic electronic arcade games. Upstairs are rows of pinball machines ("I'll be back!" the Terminator told me, more than once), and downstairs are driving games, shooting games, Pac-Man and those ubiquitous Mario Brothers. The space is all-ages until 5 P.M. and then the under-21 set leaves and the remaining gamers line up at the bar for inexpensive beers, cocktails, chili cheese dogs, pizza and sweet treats such as root beer floats.

For family entertainment, the Oaks Park Amusement Park in Southeast Portland, which is the oldest continuously operating amusement park in the country, let alone in the middle of a city, continues to be a thriving venue for carnival rides, including roller coasters and a lovely, old carousel. Minigolf and a historic roller rink, with a wooden floor and organist who serenades skaters, add to the fun.

Back outdoors, all our rain is not to be wasted recreationally. From downtown Portland, you can whiz down to Oregon City and its impressive Willamette Falls—by volume of water, the second largest cascade in the country behind Niagara—on a fast jetboat excursion, or you can glimpse the falls from the decks of a party boat. A more serene approach is to head down the valley to Oregon City for an unforgettable falls tour by kayak.

Sam Drevo, a former competitive kayaker who grew up paddling the Potomac River, has set up his eNRG Kayaking company here, and he personally leads many of the paddle tours. Even though the river was running high (there's that rain) when I went in mid-spring, it was easy to paddle upstream or "attain" the river, as he puts it, and the sights on the way to the falls were spectacular. California sea lions were lounging on docks and picking off some of the thousands of chinook salmon that were making a spring run—at one point we watched a sea lion slap a big, silvery fish on the surface of the water. Drevo





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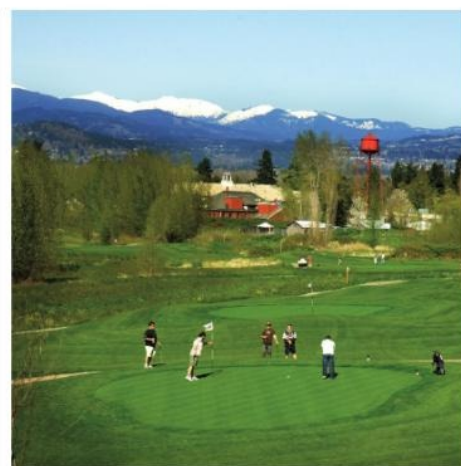


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The two par-3 golf courses at the McMenamins Edgefield complex east of Portland provide a fun and scenic outing for players of all ages and skill levels.

said it's not uncommon to see 10-foot river sturgeon jump like dolphins. On calm days you can paddle close enough to feel the falls' mist on your face.

Aside from renting sturdy, stable kayaks, assorted safety equipment and rain gear, Drevo also outfits stand-up paddleboards, or gear for a round of kayak fishing on the river. Tandem kayaks are a great way to experience the river with younger children. Drevo uses one to take along Mojo, the shop dog, who rarely misses a tour.

Oregon City is one of the most historic sites in the West. Settlements here reach back to 1829, and the falls generated the juice for the first long-distance power line, to Portland. After taking in the sights, it's an easy, downriver glide back to the kayak docks.

Downriver attainment is easier than one of humanity's most entertaining (and challenging) pursuits—whacking a small white ball hundreds of yards overland toward a tiny in-ground cup. For sheer recreational golfing fun with buddies, spouses or kids, and a nice walk on hilly, green lawns, it's hard to beat the two par-3 courses at McMenamins Edgefield in the east side suburb of Troutdale. A former county facility now transformed into a resort, Edgefield is a brilliant example of repurposing old, industrial buildings.

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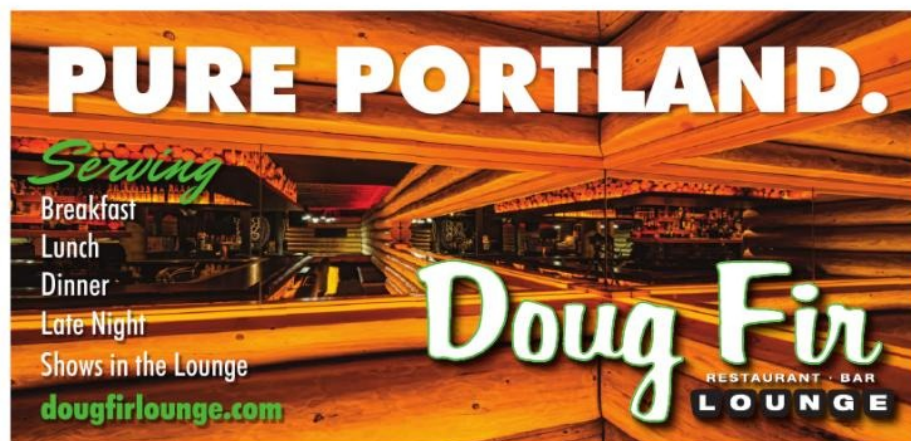
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The Pub Courses are quirky layouts, up and down hills around the Edgefield property, with 20 holes on the west side and a dozen on the east, all par-3 and under 90 yards. Balls and a motley collection of pitching wedges and putters are available at the clubhouse that doubles as a cozy bar straight out of a Scotsman's dream. The Little Red Shed at the 8th tee is even better, a hobbit house with a mossy roof and a wee, cozy bar perfect for a pint of Terminator stout. Players who want to brush up on their swings head to the covered driving range at Tualatin Island Greens, just south of the city; the complex includes a fun miniature golf course. Continue down Route 99W to the town of Newberg and the Chehalem Glenn Golf Course for a challenging, terrain-laden round on a full-size course.

Visitors may enjoy the Banks-Vernonia Trail just as easily as those of us who live here. The Banks Bicycles repair and rental shop, located directly at the trailhead on the Banks end, rents cycles, including tandems and trailers for kids. Owner Len Punzel also offers a pickup/rescue service for riders who take on more trail than they can handle. Riding seven miles up the trail, he notes, brings you to the Buxton Trestle, a 700-foot-long, 80-foot-high former railroad bridge that is open to cyclists and is the most impressive of the thirteen wooden bridges on the route. At the eight-mile mark the trail cuts through L.L. Stub Stewart State Park, with camping and facilities. Navigate the whole 21 miles and you enter the charming town of Vernonia, where cyclists park at the Blue House Mediterranean Cafe and refresh themselves with gyros, lamb burgers, hummus and iced teas. ▲

*Jim Gullo is a Portland-area travel, recreation and food writer.*

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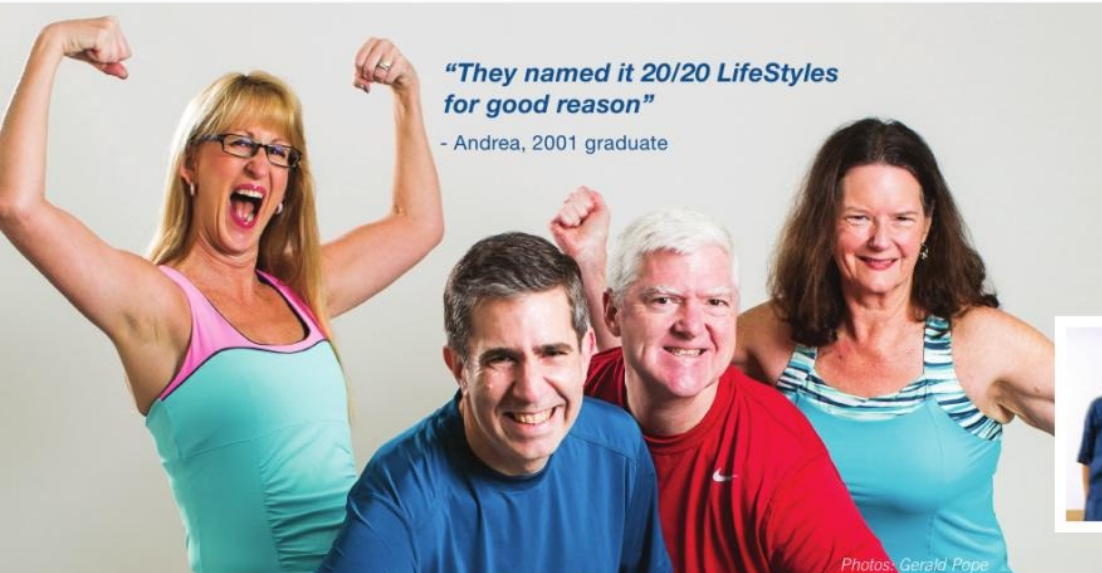
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**"They named it 20/20 LifeStyles  
for good reason"**

- Andrea, 2001 graduate

Photos: Gerald Pope



# ANDREA LOST 33 LBS

Even though I was a runner, work stress and sloppy eating had conspired to drive my weight up. With my wedding and beach honeymoon on the horizon, I wanted to look my best. I didn't want my photos and memories to be of my "fat" self. So I signed up for 20/20 LifeStyles and quickly realized the program was so much more than weight loss – it was definitely a lifestyle program.

The holistic approach and thoroughness of the program, as well as its scientific research and proven results, appealed to me. I loved the intensity of the program and how quickly I turned around. In fact, when my husband saw my results, he wanted the same for himself and joined 20/20 LifeStyles soon after. I enjoyed supporting him and sharing common experiences.

I thought I was pretty knowledgeable about nutrition, but I was wrong. I had a lot to learn. While I've always enjoyed walking and running, completing half and full marathons, I discovered that strength training is key. It's like a miracle anti-aging cure that keeps age and arthritis at bay. And it also supports my running and other activities. Now I'm fit enough to do nearly anything I want to for as long as I want.

On a recent trip, I went ziplining, kayaking, hiking, walked 130 miles – and felt strong! My aches and pains are minimized, and I've continued to maintain my weight and activity level as I get older.

I lost 35 lbs during the program and, while my weight has certainly fluctuated over the years, I'm better equipped to get back to where I want to be. Currently, I'm at the same weight I was when I completed 20/20 LifeStyles in 2001.

It's hard to believe that it's been 13 successful years since I finished the program – and I'm still having fun. I love exercising and I love PRO Sports Club. It's my happy place because I feel like I'm surrounded by a community of friends. I also continue to see my counselor and this long-running relationship has helped me cope with many ups and downs over the past 13 years. The effects of the program have been many and long-lasting.

My best advice for someone trying to lose weight is to find accountability. No one does this alone! Get support for your goals (a workout buddy, a diet friend, a psychologist) and stick with it. By building a support network, I believe you'll succeed like I did!

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# THE NATURE OF LEARNING

Environmental education centers connect children to science and the outdoors

BY MARGOT KAHN CASE

ON A MILD SPRING MORNING, a group of fifth-graders walk silently, one by one, on a wooded trail winding through alders, maples and Douglas firs to a place called Mac's Pond. Every 200 feet or so, they stop where index cards placed along the trail give them something to do: Read a quotation, smell a flower, touch the trunk of a tree, look up, listen. As the group arrives at the pond, a bald eagle swoops down on the still water. The students break their silence and erupt with excitement. "Whoa!" they say, elbowing each other and jumping up and down. "Did you see that?" • This is a normal day of class at IslandWood, a 255-acre environmental learning center on Bainbridge Island, near Seattle. But for most of the students here for the typical four-day stay, it couldn't be more different from their daily lives. IslandWood hosts students from a variety of area schools, but the majority of children who come to the campus attend urban, underserved schools—schools that lack the resources of those in more affluent communities. More than half of the students here receive scholarships from IslandWood for their stay (funding that is distributed based on the percentage of free-and-reduced-price lunch recipients at the students' regular schools).







Two young scientists crouch at the edge of Mac's Pond at IslandWood, an environmental education center located near Seattle. The aquatic creatures they collect in their dip nets provide clues about the pond's water quality and the health of the pond's organisms.



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**Top left:** During a stream study, students at Wolf Ridge Environmental Learning Center in Minnesota search for tiny animals. **Lower left:** To determine the health of a pond, fifth-graders collect and study water samples during a week of hands-on science at the NatureBridge campus in Golden Gate National Recreation Area. **Above:** Created based on kids' suggestions, the Floating Classroom takes students to the middle of Mac's Pond at IslandWood.

## Environmental Education Resources for Parents, Teachers & Students

**PROJECT LEARNING TREE** (plt.org) and **PROJECT WILD** (projectwild.org) offer resources for nature-oriented lessons and projects tied to major school subjects, requirements and skill-development areas. **THE NATIONAL ENVIRONMENTAL EDUCATION FOUNDATION** (neefusa.org) has online resources and a directory of environmental education programs for K-12 teachers, parents and students (neefusa.org/programs). **THE NATIONAL WILDLIFE FEDERATION** (www.nwf.org/Be-Out-There/Things-to-Do.aspx) shares outdoor activity ideas for kids. Plant a tree or butterfly garden; try geocaching or go on a "conifer quest." Download "Nature Play at Home" and turn your backyard or deck into a natural place to play. The mission of the **CHILDREN & NATURE NETWORK** (childrenandnature.org) is to connect all children, families and communities to nature. Co-founded by author Richard Louv and others after Louv published *Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder*, C&NN links the public to researchers, health care professionals, educators and organizations dedicated to the health and well-being of children, families and communities. —M.K.C.

"It's not unusual for children who come here to tell us they've never been in the woods, never stepped on the beach and never fully seen the stars," says Ben Klasky, IslandWood's president and CEO. "They are often a bit nervous about coming at first, but being outside of their comfort zone is a transformative experience for them."

Marjorie Lamarre, who teaches at John Muir Elementary in Seattle's Mount Baker neighborhood, has taken students to IslandWood every year since the program started, with help from IslandWood's scholarship fund. "Many of our kids have never had the opportunity to be out in nature," she says. "Our kids are street-savvy, but nature scares them."

Children at IslandWood experience nature firsthand, just as they do at environmental education learning centers across the country—including Shaver's Creek Environmental Center in Pennsylvania; the NatureBridge organization's campuses linked to national parks in California, Washington state and Washington, D.C.; Wolf Ridge Environmental Learning Center in Minnesota; and the Teton Science Schools' Teacher Learning Center in Jackson, Wyoming. At environmental learning centers such as these, students listen, smell, touch and taste. They test water samples to observe microorganisms; they track birds; they learn about the life



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cycle of a forest; and, perhaps most important, they connect with nature simply by being immersed in it. These experiences can change the way children relate to the natural world, spark or deepen an interest in learning and inspire them to make healthier lifestyle choices for themselves and for the planet.

### STUDYING NATURE

Environmental education has its roots in the Nature Study movement of the late-19th century and early-20th century. This method of science education, which was popularized by progressive educators and naturalists, encouraged children to “study nature, not books.” The idea was to get students out of the classroom and into the field to observe and understand their surroundings. “It trains the eye and the mind to see and to comprehend the common things of life,” wrote one of the movement’s founding thinkers, Liberty Hyde Bailey, at the turn of the century. “The result is not directly the acquiring of science but the establishing of a living sympathy with everything that is.”

A few decades after Bailey wrote this, the United States was emerging from the Great Depression and the tragedies of the Dust Bowl, and educators recognized that young people would need more than natural history to help them solve the social, economic and environmental problems the country faced. Nature Study gave way to Conservation Education, a movement that taught science as a tool to grow and manage industries such as agriculture, and to conserve and protect natural resources and public lands.

In the 1960s and 1970s, the public’s awareness of environmental issues surged. Rachel Carson’s seminal book *Silent Spring*, published in 1962, documented the adverse effects of pesticides on people, plants and animals. And on April 22, 1970, two members of Congress and an energetic graduate student named Denis Hayes launched Earth Day, which began as a national teach-in on environmental issues. Earth Day spurred thousands of young people to take action. Its momentum may have hastened the 1970 founding of the Environmental Protection Agency and the passage of the Clean Air Act. It also led to new thinking in education.

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Puzzle on page 206.



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## EDUCATION IN PRACTICE

"After the first Earth Day, there was a great movement of people who wanted to work in the outdoors or in environmental education," says Corky Potter, founder of Shaver's Creek Environmental Center at The Pennsylvania State University. Created as a resource for its community and as a field laboratory for Penn State students to gain experience teaching about the natural world, this learning center hosts as one of its programs the Outdoor School—a five-day residential program for upper-elementary school students from nearby towns and counties. Hands-on lessons and guided explorations of the natural world center on the theme of interrelationships.

The goals of the curriculum at Shaver's Creek are like those at most environmental learning centers today: to promote an understanding of the Earth's natural systems, to provide experiences that allow children to understand relationships between people's actions and our effects on the Earth, and to create an awareness of the outdoors as a resource for accomplishing educational objectives.

The Outdoor School's curriculum supports the Pennsylvania "Environment and Ecology" education standards, and teachers who bring their classes to the center learn how to incorporate environmental education into their daily lesson plans.

It is up to individual states whether to mandate environmental education as a core component of their K-12 curricula, but the EPA's Office of Environmental Education has resources to encourage teachers to incorporate this type of education into lessons.

There are several arguments for a school to include environmental education in a curriculum. First, research suggests that encouraging appreciation of the natural world is strongly associated with developing environmental sensitivity, a factor shown to significantly contribute to responsible environmental behavior. Because of this, Secretary of the Interior Sally Jewell has made connecting youths and nature one of the agency's top initiatives.

"For the health of our economy and our public lands, it's critical that we work now to establish meaningful and deep connec-

*"I never realized how interconnected I am to the people around me and to the nature around me."*

—a NatureBridge field-science student

tions between young people—from every background and every community—and the great outdoors," says Jewell, in the U.S. Department of the Interior Strategic Plan for Fiscal Years 2014–2018.

A second argument for environmental education is that it engages students with

science and related fields. Students who are drawn into science at a young age are more likely to pursue careers in science. But in 2011, only 32 percent of eighth-grade students in the United States performed at or above a proficiency level in science, and in 2013, only 35 percent of eighth-graders

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performed at or above the proficiency level in math. Statistics show the rest of the world outpacing U.S. schools in the STEM subjects of science, technology, engineering and math—crucial knowledge areas for a competitive workforce. The National Math and Science Initiative, a public-private partnership, notes that the United States is projected to be short by as many as 3 million high-skills workers by 2018. Reversing this trend will mean attracting more young people to STEM fields.

Another point in favor of environmental education is that student participation in this form of study correlates to better-than-average performance on standardized tests across all subjects, reduced discipline problems, greater pride and ownership in accomplishments, and increased engagement and enthusiasm for learning.

### LIFE-CHANGING LESSONS

In the same way that visiting Gettysburg, Pennsylvania, can make a history lesson on the Civil War come alive, there is little substitute for wading into a bog to learn about wetland ecology, or for taking samples straight from a river to learn about water quality. Education experts agree that hands-on learning is one of the most effective ways to teach children because of the way human brains develop: Activities that involve all the senses engage all parts of the brain. Environmental learning centers model these types of lessons, which is one reason the centers' experiences are so memorable.

"I always like to do tree coring with kids," says Stan Rullman, a wildlife/conservation biologist and educator who has taught many courses at IslandWood. The procedure, which involves taking a nondamaging sample from the tree's core, examines the health of the tree and its age. The bore used for coring needs to reach the center of the tree and go no farther. "Of course, I don't say to the students, 'We need to find the radius of this tree,'" says Rullman. "I just explain the situation—that the bore will get stuck if we put it in too far—and ask them how we're going to figure it out. And eventually they'll work it out that if they can find the diameter, they can find the radius, and they can find the diameter from the circumference.

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It's a practical application of the math skills they've learned, and when they realize that—"Hey, we learned this in school!"—they get excited. Learning is suddenly useful—and fun."

Cheryl Milton, a teacher at Seattle's First Place School, saw her students transformed by a recent four-day experience at IslandWood. "In class we were working on mean, median and mode in our math unit," she says, "so our IslandWood instructor developed a lesson on listening for birdcalls and tracking where they're heard on the island."

Milton's students got to employ their math skills in a practical application, using the scientific method to answer questions (about where birdcalls were heard the most, on average). Their classroom lesson came to life. They also focused on issues of sustainability, which resulted in a classroom initiative to reduce the quantity of paper and paper towels they regularly threw away.

"The IslandWood experience is life-changing for my students," says Milton, whose school has sent students to the center on scholarship for more than a decade. "When they leave here, they understand that whether your role is big or small, you can effect change. You can eat healthier. You can throw less stuff away and recycle. ... And they are empowered to take these practices back to their families and communities."

Students who participate in the NatureBridge program in Virginia's Prince William Forest Park have similarly revelatory experiences. They hear wind rustling leaves, water rushing in streams, rainfall and birdsong—a very different sound track from their usual urban and suburban lives. Although the park is only 45 minutes from Washington, D.C., many of the students in the program have never been to the area before.

For one recent assignment in the forest, teacher Lisa Kight's students from Rippon Middle School were asked to walk slightly off-trail, find one thing to observe and describe it in their journals—all while remaining silent.

"What they had written [during the exercise] was thoughtful and focused and detailed," Kight said later, in a video recorded for NatureBridge. *continued on page 172*

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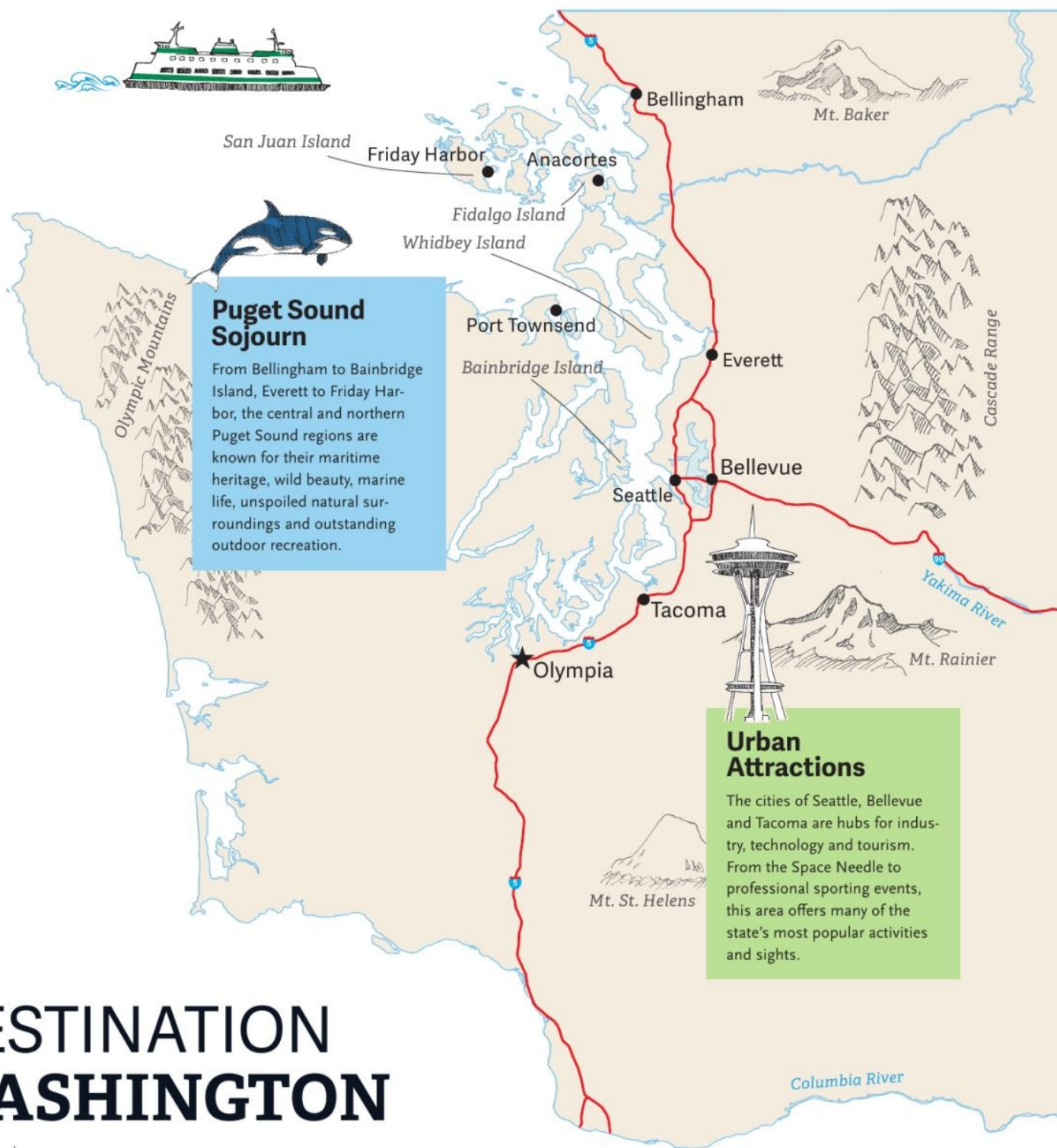
# DESTINATION WASHINGTON

A Special Section of Alaska Airlines and Horizon Edition Magazines | June 2014



Hikers walk the Spray Park Trail  
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Photo by Stephen Matera





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Exploring the diverse attractions of Seattle, Bellevue and Tacoma  
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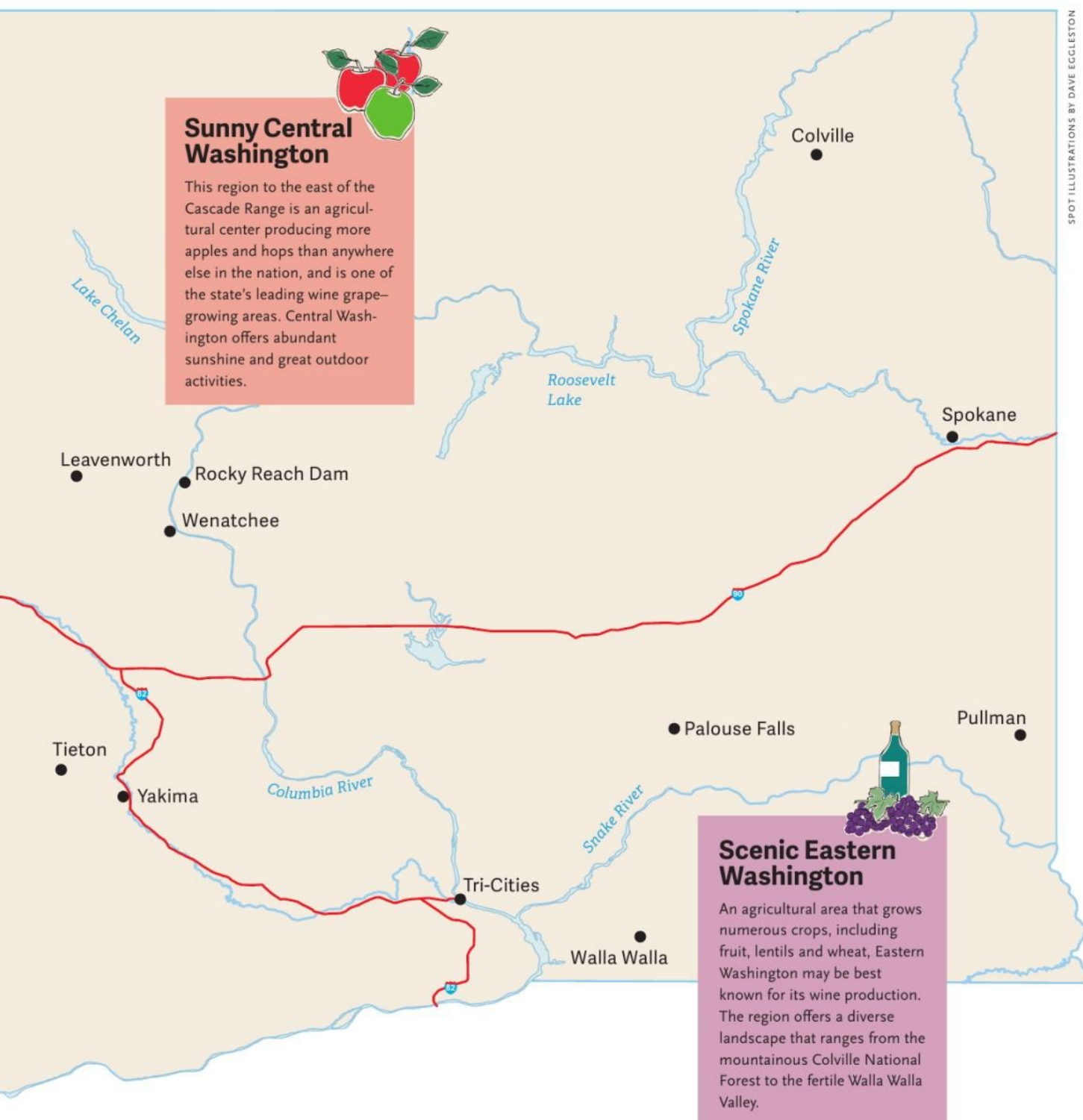
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**WA30 Warm Welcome**  
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*Exploring the diverse attractions of Seattle, Bellevue and Tacoma | By Karalynn Ott*

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the public in 2012 and is the tallest Ferris wheel on the West Coast. We enjoy every moment of the 15-minute ride.

Our waterfront adventure is part of a long weekend of experiencing many of the activities and attractions available here in Seattle and the nearby cities of Bellevue and Tacoma. The trip allows Sean and me to enjoy the many distinctive aspects of this metropolitan area of Puget Sound.

## Seattle sights

We began our Seattle trip earlier in the day with a stop at the revolving **SkyCity Restaurant** at the top of the iconic **Space Needle**. Located 500 feet above the ground, the restaurant makes a complete revolution every 46 minutes, offering a 360-degree view of Seattle and the surrounding mountains and waterways as we eat.

After an exquisite brunch, we visit the 520-foot observation deck located above the revolving restaurant, where maps identify the main landmarks that are visible in each direction.

The Space Needle is one of many attractions at Seattle Center, a 74-acre cultural hub and gathering spot located just north of city center. The Seattle Center campus, first built for the 1962 World's Fair, still encourages a sense of exploration and fun.

We visit the striking Frank O. Gehry-designed **EMP Museum**, where we see rare rock 'n' roll artifacts, visit the "Icons of Science Fiction" exhibit and examine other displays involving popular culture. One of my favorite activities at EMP is the On Stage program, where I play out my rock-star fantasies by getting up on stage under the hot lights and before a (simulated) screaming crowd and belting out a terrible version of the Joan Jett and the Blackhearts classic *I Love Rock 'N' Roll*.

Next to the Space Needle is the stunning **Chihuly Garden and Glass**, a museum that traces the history of glass art master and Tacoma native Dale Chihuly. If you feel inspired, you can create your own works of glass art at the nearby Seattle Glassblowing Studio ([seattleglassblowing.com](http://seattleglassblowing.com)).

Another favorite is the **Pacific Science Center**, where interactive exhibits offer fascinating information about science, math and technology. The Seattle Center grounds, with ample green spaces, theaters, the restaurant-filled Armory building and a skate-



Above: Fresh seafood, produce, flowers and crafts are just some of the items you can find at Pike Place Market. Opposite page top: The Seattle Great Wheel is one of the newest attractions on the city's waterfront. Opposite page bottom: The Observation Deck of the Space Needle provides amazing views.

## ▶ A Sporting Good Time

Baseball fans can see the Seattle Mariners play this summer at Safeco Field, which is considered one of the best outdoor venues in the sport. To experience a game like a local, check to see when pitching ace Felix Hernandez is scheduled to be on the mound, and then buy a



ticket to sit in the King's Court, an entire seating section devoted to this Cy Young Award winner. Included in the ticket price are a special T-shirt and "K" card to help you cheer on every strikeout. The summer training camp for the NFL's Seattle Seahawks is held in the Seattle suburb of Renton, Washington. The Seahawks usually hold mini-camps in June, and full-training camp from late July through mid-August. The camps are open to the public (though you'll need to reserve space in advance) and will give fans an early look at the 2014 Super Bowl champions.





park, make for a pleasing stroll. On a hot day, the **International Fountain**, in the heart of the center, welcomes young and old to cool down in its musically timed spray.

The center also hosts several big festivals each year, including the foodie fete Groupon Bite of Seattle (July 18–20) and Bummer-shoot, one of North America's largest urban arts festivals, which is held on Labor Day weekend.

Sean and I leave Seattle Center and travel downtown in one of the coolest modes of transportation anywhere: the **Seattle Center Monorail**. Another element of the World's Fair, the elevated monorail whisks us about a mile south to the center of the downtown shopping district (at the Westlake Station on the second floor of the Westlake Mall), where we walk three blocks west to Seattle's **Pike Place Market**. The year-round public market, which first opened in 1907, offers fresh produce, seafood, meats, flowers and many other items. We start our



visit by dropping a few coins into Rachel, the large bronze piggy bank located at the south market entrance (near the famous fish-throwers at Pike Place Fish Market). The money raised from donations helps support social services in the market. Rachel is also a favorite spot to pose for photos.

We peruse the various stands that offer artworks, handcrafted jewelry, clothing, foods and other items. The market is also home to one of the earliest Starbucks locations, which has become a tourist landmark, with visitors from around the world lining up to buy a drink and take pictures outside

## Summer Events

Bellevue hosts several popular events and festivals each summer, including the Strawberry Festival, June 28–29, which celebrates Bellevue's agricultural heritage, at Crossroads Park; Bellevue Arts Week, July 25–27, which includes the Bellevue Arts Museum ARTSfair (the longest-running fair in downtown Bellevue); the Bellevue Festival of the Arts and the 6th Street Fair in downtown Bellevue (for more information, go to [bellevue.com/summer-guide.php](http://bellevue.com/summer-guide.php)).



Above: Customers enjoy drinks at Rachel's Ginger Beer, located in Post Alley, near Pike Place Market. Left: The Space Needle is reflected in the smooth surface of the EMP Museum, designed by famed architect Frank Gehry. The museum and the Space Needle are two of the many attractions visitors will find at Seattle Center, the city's cultural hub that was originally constructed for the 1962 World's Fair.





Left: The promenade and canal at the Bellevue Downtown Park are popular destinations. Above: The Bellevue Botanical Garden features 10 different types of gardens. Below: Canoers paddle along the Mercer Slough Nature Park canal.

## ▶ Bellevue Walking Tours

Downtown Bellevue boasts nearly 130 works of public art—many readily seen by simply walking down the street or through city parks. To find them, pick up a free Downtown ArtMap at Bellevue's City Hall or the information kiosk at Meydenbauer Center (you can also download the Downtown ArtMap at [bellevuewa.gov](http://bellevuewa.gov)). Similarly, the Eastside Heritage Center offers a fun self-guided Early Bellevue Walking Tour (much of which is centered around Old Bellevue); find the map here: [eastside-heritagecenter.org](http://eastside-heritagecenter.org).

the shop. For something a little more unique, I recommend a stop at **Rachel's Ginger Beer**, opened last summer in the Post Alley section of the market. Rachel's serves original nonalcoholic brew, made with fresh lemons, ginger root, organic cane sugar and water. Seasonal varieties include blood orange and blueberry flavors, among others.

Re-energized, we head for the waterfront, but not before visiting one of Seattle's quirkiest tourist attractions: **The Market Theater Gum Wall** (1428 Post Alley, under the south end of the market). For more than 20 years, people have been adorning the wall with thousands of wads of chewed gum that, when viewed together, create a colorful mosaic.

Once we reach the waterfront, Sean and I visit the **Seattle Aquarium**, where I always enjoy watching the antics of the whisker-faced otters. We then take our ride on the Seattle Great Wheel and stroll south along Alaskan Way, visiting such locations as **Ye Olde Curiosity Shop**—a Seattle landmark and every tchotchke lover's dream store.

Nearby piers are bustling with travelers getting out on the water: At Pier 69, the **Victoria Clipper**

passenger ferry offers year-round service to Victoria, Canada. At Pier 55, **Argosy Cruises** runs various tours of the area, including to Blake Island's Tillamook Village, famous for its salmon bakes and Native American cultural performances.

At Pier 52, the **Washington State Ferry Terminal** runs numerous ferry routes, including to Bremerton and—the most popular—Bainbridge Island, a pleasant 35-minute cruise that offers terrific views of the city and Mount Rainier (for those walking on the ferry, the return ride is free). On this day, we decide to ride the **West Seattle Water Taxi**, one of Seattle's





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best-kept secrets, which leaves from Pier 50. One-way cash fares to West Seattle's Seacrest Park are \$4.75 for the 10- to 15-minute cruise that runs regularly across Elliott Bay. From the dock, you can take a free bus shuttle to **Alki Beach** and other parts of West Seattle. However, we decide to walk the mile and a half along the picturesque pedestrian and bike path to reach Alki Beach, one of Seattle's summer playgrounds located on the northern waterfront of West Seattle. As we make our way to the heart of Alki, we are

## Northwest Art

The Tacoma Art Museum is home to one of the largest collections of glass art by Dale Chihuly and works by some of the West's most famous artists. It is constructing a new wing, the Haub Family Galleries, to house a recent gift of approximately 280 works of

Western American art that include pieces by George Catlin and Georgia O'Keeffe. While the new addition will open in November, some of the works are being featured in the exhibition "Northwest in the West: Exploring Our Roots." Also on exhibit through October is Project 562, a collection of images and audio clips of contemporary American Indians by Puget Sound-area artist and photographer Matika Wilbur, a member of the Swinomish and Tulalip tribes.



Left: Kayaking is among the outdoor activities available at Point Defiance Park in Tacoma. The park includes many attractions such as an aquarium, beaches and a zoo. Above: More than 2,000 pieces of Dale Chihuly's glass artwork make a beautiful design in the ceiling of the *Seaform Pavilion* at Tacoma's Bridge of Glass.

passed by cyclists, in-line skaters and joggers. We even see people riding two-person surreys. Sean and I reach the main section of the beach in time to watch part of a volleyball tournament and then walk down the beach to the surf and wiggle our toes in the chilly salt water. We soak in the dazzling views of the Olympic Mountains and Seattle and also watch as sailboats and ferry boats pass by on Elliott Bay.

We continue our leisurely stroll along the water, and as evening settles in, we walk back to the water taxi dock for the return trip back to downtown Seattle. I sigh, thinking about how this is a great way to end a day of touring the Emerald City.

## Beautiful Bellevue

The next day, Sean and I travel the 11 miles east of Seattle, across Lake Washington, to the city of Bel-





Max S. Kirkland



Ellen T. Seattle



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levee. With Microsoft headquartered nearby and many other high-tech firms in the area, Bellevue has become one of the region's major technology centers. However, we are here to enjoy the sights, shopping and outdoor adventures.

We start our trip at the 320-acre **Mercer Slough Nature Park**, where we walk along the greenspace's boardwalk and trails. The slough's canal is limited to human-powered watercraft, making for a peaceful experience that often rewards paddlers with views of bald eagles, beavers, great blue herons, green herons and muskrats. In July and August, you can pick plump and juicy berries for a small fee at the nearby **Mercer Slough Blueberry Farm**, which is managed by the Bellevue Parks & Community Services Department.

Next we travel to the 53-acre **Bellevue Botanical Garden**, which is completing a \$10 million visitor and education center expansion slated to open this month. We tour the facility's many popular beautiful gardens, which receive about 300,000 visitors a year.



COURTESY: FOSS WATERWAY SEAPORT

Hungry after our busy morning, we travel west to **Old Bellevue on Main Street**, a few blocks of the city with a small-town feel. We nibble our way along the street, visiting Gilbert's on Main delicatessen; for sweeter fare, try Belle Pastry. We also make quick tours through Two Sisters Olive Oil, a small olive oil and balsamic

The Foss Waterway Seaport museum in Tacoma celebrates the city's past, present and future maritime heritage.

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COURTESY: SUB POP

vinegar tasting room, and Hedge & Vine, which offers fine wine, home goods and specialty foods.

Afterward we are ready to visit one of Bellevue's main attractions—its shopping district. To get there, we walk a few blocks north from Main Street through the city's 20-acre **Bellevue Downtown Park**, enjoying its promenade and canal. The park's large lawn provides a central gathering place for picnicking, as well as outdoor movies in summer.

At **The Bellevue Collection** (which includes Bellevue Square, Bellevue Place and Lincoln Square), we find a wide-ranging mix of shops, restaurants and venues, with Bellevue Square, alone, being home to more than 200 retail outlets. We also walk the short distance to **The Shops at The Bravern**, which in July will add a Gucci store to its tony lineup of boutiques. The development





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also includes John Howie Steak, one of the region's top steakhouses, which also offers an excellent vegetarian menu.

Following our shopping excursion, we visit the nearby **Bellevue Arts Museum** (BAM). Currently, BAM is hosting a fascinating exhibition on origami art, through September 21.

We end our day with a trip to one of Bellevue's newest attractions—**Bellevue Zip Tour** (reservations required; [bellevueziptour.com](http://bellevueziptour.com)). The facility, located in Eastgate Park, about 10 minutes from downtown Bellevue, offers seven ziplines, ranging up to nearly 600 feet in length; the highest is about 80 feet above the ground.

The course is designed to be family friendly and comfortable, but still offer excitement, says Scott Andrews, owner and operator of Northwest TeamBuilding, which helped design and now runs the tour.

### Tacoma: The City of Destiny

The following day we visit Seattle's neighbor to the south, Tacoma. Located 34 miles from Seattle, The City of Destiny, the nickname bestowed upon Tacoma around 1875 when the Northern Pacific Railroad agreed to locate its western terminus within the city's boundaries, was once a center for the region's timber industry.

Today, Tacoma remains a busy seaport and also boasts exceptional natural beauty and a postcard-perfect setting on Commencement Bay.

"I love the accessibility of Tacoma," says my friend Janell Brown, who has lived just outside the city for 14 years. "And there's a big focus on art here, which I also love."

Sean and I begin our tour of the city by heading to the **Foss Waterway Seaport museum**. Part of a major redevelopment of the Thea Foss Waterway area, the museum is housed in the century-old **Balfour Dock Building** and is open during the spring and summer seasons.





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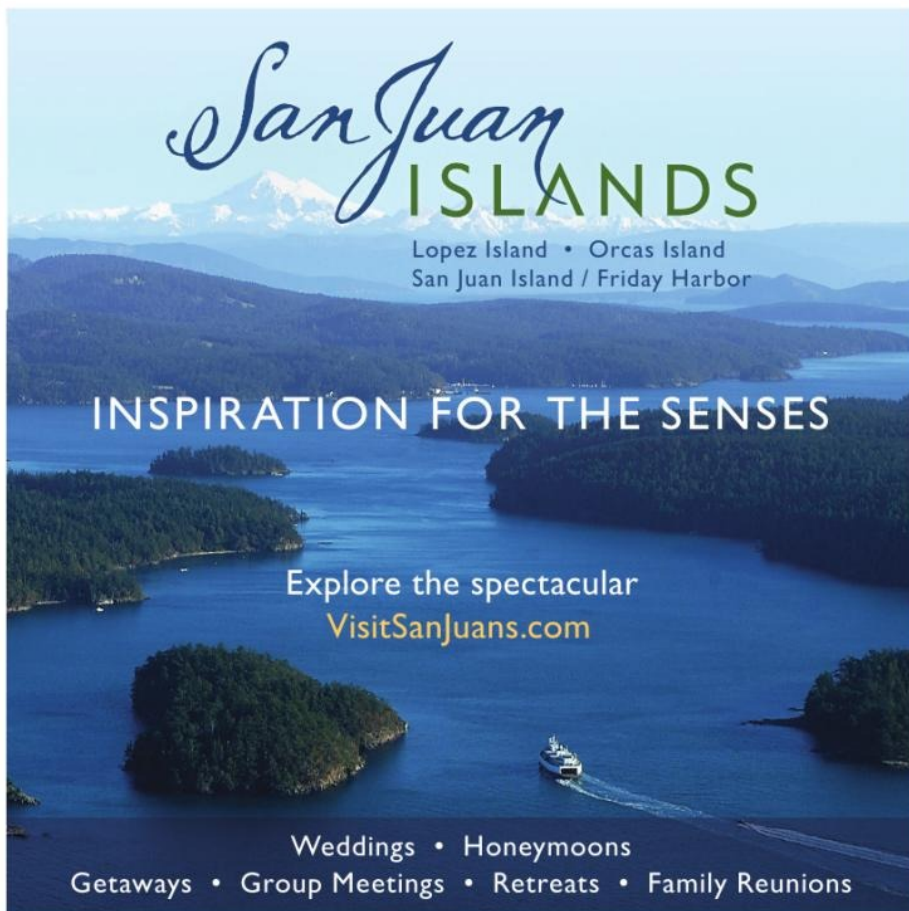
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The museum offers exhibits that examine the history of the city's waterfront and also hosts several events, including **Paddle Away** on July 12, in which visitors will be able to try various nonmotorized vessels, and the annual **Tacoma Maritime Festival**, September 20–21, which celebrates the city's 46 miles of shoreline and "nautical life"—from shipping to food to recreation. Nearby, we stretch our legs on the paved **Ruston Way Path**, which runs along Commencement Bay, passing through several waterfront parks and offering views of Mount Rainier to the southeast.

About five miles northwest of the museum, we reach **Point Defiance Park**. This 765-acre gem of a public space at the tip of the Point Defiance Peninsula could be a day trip in itself.

The park includes a zoo, an aquarium, hiking trails, saltwater beaches, several gardens and spectacular views. Owens Beach is a great place to bring a picnic or rent a kayak for a pleasant Northwest summer afternoon.

In addition to its many outdoor activities, Tacoma is also known as the hometown of renowned glass artist Dale Chihuly. Our visit includes an exploration of his monumental, dreamy and fantastical installations, many of which are in public places and available to view for free. Some of the most impressive pieces are part of the 500-foot-long pedestrian **Chihuly Bridge of Glass**, which include the blue *Crystal Towers* and the luminous *Seaform Pavilion*—a glass ceiling that houses 2,364 separate Chihuly pieces. The free **Ear for Art: Chihuly Glass CellPhone Walking Tour**, sponsored by the Tacoma Art Museum, gives a great overview. The tour (which is accessed by calling 888-411-4220) features 12 audio-narrated stops throughout the downtown **Museum District** (a map of the sites can be found at [tacomaartmuseum.org](http://tacomaartmuseum.org)).

After surveying so many master glass works, you may want to try your own



hand at glass art. **Tacoma Glassblowing Studio**, a few blocks south of the **Tacoma Art Museum**, allows beginners to create their choice of 13 different objects, such as a glass float, a bird feeder or even a pumpkin (reservations required; [tacomaglassblowing.com](http://tacomaglassblowing.com)).

In the nearby Museum District, six major museums line Tacoma's downtown core, including the Tacoma Art Museum, which is dedicated to exhibiting and collecting Northwest art. The museum is home to a premier collection of Dale Chihuly's work, dating from 1977 to the present. The conical **Museum of Glass** features 20th and 21st century glass works by a variety of artists and live glassmaking in its "hot shop."

Tacoma also is home to the **Washington State History Museum**, which highlights the people and events that have impacted the state's development and direction; and the **Children's Museum of Tacoma**, which focuses on early childhood activities to spur imagination and encourage creativity.

The newest member of the Museum District is **LeMay—America's Car Museum**, which opened in 2012. It includes a rotating display of hundreds of rare cars, trucks and motorcycles from private owners, corporations and the LeMay family, which at one time had one of the world's largest collections, with more than 3,500 vehicles.

The trips through Seattle, Bellevue and Tacoma have been so fun, we are already planning our next excursion. These communities offer such a mix of urban excitement and natural beauty that I always find something new to surprise me. I'm guessing you will, too. ▲

*Karalynn Ott is a Seattle-based freelance writer.*

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## Puget Sound Sojourn

### *Memorable excursions around the area*

*By Terry W. Sheely*

#### Every trip needs a surprise and Everett is ours.

I never anticipated that this historic mill town that is perhaps best known as the home of the Naval Station Everett and the assembly of Boeing planes such as the 787 Dreamliner would also be one of the biggest go-see-do surprises as my wife, Natalie, and I made our annual tour around Puget Sound.

Everett's charms include buying Dungeness crab fresh off a fishing boat in the big bustling marina at the mouth of the Snohomish River, finding organic vegetables and fruits bursting with flavor from vendors in tents lined up at the Sunday dockside farmers market, getting away to a little-known island, and taking an impressive 90-minute tour of Boeing's Everett plant, which includes a visit to the world's largest building by volume.



**Fact** An estimated 10,000 rivers and streams flow into Puget Sound.



All of this, and our annual summer trip through Puget Sound is just starting. Our plan is to tour communities in the central and northern Puget Sound, including Everett, Anacortes, Friday Harbor, Bellingham, Whidbey Island, Port Townsend and Bainbridge Island. We are out to find the treasures, attractions and homegrown charms that make these communities so special.

## Everett

Both Natalie and I are pleasantly surprised by Everett's ongoing waterfront makeover. This is that rare port town with shoreline frontages on both salt and fresh water. Such a special vantage point is being maximized with a large public-access renovation project along **Port Gardner Bay** and the Snohomish River. Brewpubs and restaurants overlook the center of the makeover—a 2,300-slip marina. The complex of boat launches, docks and piers is built into an estuary where the waters of the Snohomish River flow into Puget Sound at Port Gardner Bay.

On this Sunday, we spot the tents of the **Everett Farmers Market** overlooking the marina. Musicians play while vendors sell farm-fresh produce, flowers, crafts, artwork and tasty ready-to-eat snacks that are perfect for a waterfront picnic.

Another surprise is **Jetty Island**, a sliver of a park to the west of Port Gardner at the mouth of the Snohomish River. Built with dredgings from the river and created to protect the harbor from storms blowing inland from Puget Sound, Jetty Island is one of the best-kept secrets in the region. Locals boast that the island offers the longest and warmest sandy beaches in Puget Sound. From July 5 through Labor Day, a 60-passenger foot ferry travels the short distance from the Jetty Landing and Boat Launch at 10th Street and West Marine View Drive to the island for the suggested donation of \$2 for adults and \$1 for children.

The island offers two miles of grasslands, fine sand beaches and driftwood. You can have a picnic, go swimming, kiteboard, bird-watch or just enjoy the scenery.

After exploring Jetty Island, we ferry back to the mainland and walk a short distance along Everett's waterfront to reach the new **Pigeon Creek Trail**. The path takes us past warehouses to a public beach and waterfront viewpoint that overlooks a wildlife area.



Above: An array of flowers greets visitors to the Everett Farmers Market. Opposite page top: A couple stroll along the Everett Marina. Opposite page bottom: A fisherman casts into the waters off Jetty Island, located to the west of Everett.

## Olympic National Park

The crown of the Olympic Peninsula, Olympic National Park is a beautifully diverse wilderness of nearly 1 million acres that includes glaciers, rugged mountains, lakes and meadows. The park is a Northwest rarity in that it doesn't include volca-

noes. The topography makes a dramatic shift, rising from beaches and sea stacks along the Pacific Ocean to lush rain forests, to glacier-covered peaks, including the 7,980-foot summit of Mount Olympus. The most developed and popular accesses are Hurricane Ridge Road from Port Angeles and the Upper Hoh Road located on the coast, near the town of Forks.







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At a little more than half a mile in length, the trail is short, paved and almost always within sight of the area's many barking seals and sea lions.

We then travel the six miles south of the Pigeon Creek Trail to the massive Boeing manufacturing plant, where we join the **Future of Flight and Aviation Tour**. I find it overwhelming to be inside the largest building by volume in the world, the 472 million-cubic-foot Boeing airplane-manufacturing facility where we watch workers assembling such planes as the Boeing 787 Dreamliner right before our eyes. Among the highlights of the 90-minute tour is the opportunity to strap in and fly a virtual jet on a simulator at the facility.

## Anacortes

We leave the buzz of the Boeing plant behind and travel north. After passing the Skagit Valley's famous tulip fields, we arrive at the town of Anacortes, located on the northern tip of **Fidalgo Island**. After a quick stop to pick up a meal at Bob's Chowder Bar & BBQ Salmon, we set off for a picnic and find that many of the activities in Anacortes are connected to the area's unique geography and relationship to the water. Fidalgo Island is sometimes



referred to as the first San Juan Island, but more often is not recognized as an island at all, although the area is cut off from the mainland (to the east by the 11-mile-long Swinomish Channel and to the south by the turbulent waters of Deception Pass).

The parks of Anacortes run from the native wonders of **Washington Park** to little **Tugboat Beach Park** and the stonework amphitheater of **Causland Memorial Park** in the heart of old Anacortes. The town's docks at **Cap Sante Marina** offer postcard views of the North Cascades and Fidalgo Bay, which is known for its excellent kayaking and salmon fishing. Visitors will enjoy the **Anacortes Museum and Maritime Heritage Center**, which traces the history of the area and offers an estimated 50,000



Above: A Washington state ferry leaves picturesque Friday Harbor, the largest city in the San Juan Islands. Below left: A father and daughter paddle a kayak in the waters near Deception Pass.

## North Cascades National Park Service Complex

This complex of protected lands, including North Cascades National Park, is composed of more than 681,000 acres along the Cascade Range from Lake Chelan to the Canadian border. The vast wilderness area features spectacular peaks, 312 glaciers, the Ross Lake National Recreation Area and an extensive web of trails. This area of parks and preserves is believed to support eight distinctive life zones, more than 1,400 plant species and some of the rarest animals in the Lower 48 states, including cougars, black and grizzly bears, lynx, moose, wolverines and wolves.



photographs of the town and its prominent citizens through the years. On the city's waterfront, you can visit the **W. T. Preston Museum**, which houses the last stern-wheeler to ply the waters of Puget Sound.

On this day, Natalie and I lay out our blanket at Washington Park and enjoy our lunch while taking in the views of Rosario Strait. The 220-acre Washington Park occupies a forested peninsula west of the **Anacortes Ferry Terminal**. A 2.2-mile twisting loop road runs through woods and meadows, and past campgrounds and beaches.

A short distance from Washington Park is the large parking lot where we wait for one of the fleet of huge Washington State ferries that will take us, along with hundreds of other passengers and dozens of cars, across Rosario Strait to the San Juan Islands or to Canada's Vancouver Island.

In the summer, this parking lot gets mighty busy, but we don't mind the wait. We are already on what locals euphemistically call "island time," which is a frame of mind where time has little meaning and it's best to just ignore your watch, slow down and enjoy the moment.

We take a ferry that stops at Lopez, Orcas and San Juan islands, which, including Shaw, are the islands served by the Washington State Ferries system. However, these four are just the largest members of the more than 400 islands that compose the San Juan Archipelago.



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## San Juan Island

We disembark at **Friday Harbor**, the largest community in the San Juans and the bustling heart of the islands, and go to the nearby San Juan Island Chamber of Commerce to learn about the island's many attractions.

The list seems almost endless: from art galleries and pottery studios to beachcombing and bicycle riding, from boats and salmon fishing to golf and whale-watching. Accommodations include the venerable **Roche Harbor Resort**, bed-and-breakfasts and numerous campgrounds.

It's an island that always seems to inspire me. One particular visit a few years ago speaks to its magic. I was sea kayaking on the west side of San Juan Island near Lime Kiln Point with a local outfitter when we encountered a large pod of orcas. The whales approached our group and circled for several minutes, staring at us as they swam. One large bull dove deep into the water and swam below me. The water was so clear that I could see him as he swam by. It is a wildlife encounter I will never forget.

## Bellingham

After a restful night at Roche Harbor Resort, located on the north end of the island, we take a ferry back to the mainland and travel north to Bellingham.

Just getting to this seaport and university town proves to be a treat as we take in the views along twisting **Chuckanut Drive**, which lives up to its designation as a scenic byway. The two-lane road runs between the cliffs of Chuckanut Mountain and Chuckanut Bay and skirts parks, trails and a Japanese garden. It is a delightful alternative to Interstate 5.

Bellingham also lives up to its reputation as an art and music center that offers a variety of outdoor activities, from skiing at nearby Mount Baker to boating, fishing and kayaking on the many local lakes and Puget Sound.

Our first stop is at the **Whatcom Museum's** state-of-the-art **Lightcatcher Building**—so named because of the use

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of glass in the architecture of the facility and the way it captures natural light. Here, new and rotating exhibits are housed, including the current show “Radical Repetition: Albers to Warhol” (through August 17), which examines recurring imagery in art since the 1960s with works by such artists as Josef Albers and Andy Warhol. The museum also offers the **Family Interactive Gallery**, which includes hands-on activities for children. Visitors in Bellingham on the first Friday of the month can take part in the Downtown Art Walk, which showcases the city’s variety of art on display at local galleries.

Our favorite Bellingham museum is the **Spark Museum of Electrical Invention**, which celebrates the history and the science of electricity. The museum contains rare artifacts involved with the discovery and production of electricity through the ages, including a large collection of electromagnetic devices.

Music lovers are drawn to this city for events such as the **Bellingham Festival of Music** (July 5–20) held mainly at the Western Washington University Performing Arts Center. The festival presents top classical artists and young rising stars as well as performances by the **Bellingham Symphony**. The **Mount Baker Theatre** in downtown Bellingham also is a great venue for seeing national acts and local performers throughout the year.

More galleries, bookstores, pottery stores and painting and

## ▶ Mount Rainier National Park

Mount Rainier is the 14,410-foot centerpiece of its namesake park and rises from the Cascade Range southeast of Seattle and Tacoma. On clear summer days the mountain is visible for great distances as it towers dramatically above surrounding peaks. Its more than 25 glaciers glow icy white in the summer sun.

The park covers 369 square miles, 97 percent of which is wilderness. However, an extensive trail system and two primary access routes allow visitors to explore the mountain. Highway 706 on the mountain’s south flank will take visitors to the breathtak-



ing Paradise Inn and the Henry M. Jackson Visitor Center at the 5,400-foot elevation level, where most ascents of the mountain begin. Here you will find paved trails and numerous meadows. Highway 410 travels through Enumclaw and enters the park from the north flank, taking travelers to either Paradise or the Sunrise Visitor Center, at the 6,400-foot level, the highest point you can drive to on the mountain.

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A family enjoys a beachfront picnic at Wildcat Cove, near Bellingham.

woodworking shops can be found in the **Fairhaven** area on the south side of Bellingham Bay. For something truly unique, visitors can go to Camel Safari, located about 10 miles northeast of the downtown area, where you can ride camels and learn how to take care of the exotic creatures.

### Whidbey Island

Natalie and I leave Bellingham and make our way south. We turn onto State Route 20 and follow the road to the bridges at **Deception Pass**, which connects Fidalgo with Whidbey Island, one of the nation's longest islands. A popular activity is to park near this two-bridge pass and walk across one or both of the spans to observe the roiling waters below.

**Rosario Beach**, near the north end of the bridges, and **Deception Pass Park**—to the south—both offer great beachcombing, hikes and breathtaking sunsets. We admire the pass's beauty and then continue traveling to rustic Whidbey Island, which includes a scattering of about a dozen small towns, plenty of festivals and a great supply of fresh seafood.

The beaches and waterways also draw many beachcombers, kayakers, kite-fliers and scuba divers, and whale-watchers who often catch glimpses of passing gray whales and orcas. At the south end of Whidbey, on a calm late afternoon, we watch the sky and water meet off of Pos-

**session Point.** The spot is considered one of the best salmon and crabbing areas in Puget Sound.

In July, we plan to return for the 39th-annual **Choochokam Arts Festival** held in downtown Langley, July 12–13 this year. Our drive down Whidbey has resembled a pinball ricocheting from one “ooh-and-ahh” attraction to the next, with stops to fly kites at Fort Casey State Park and later to buy fresh crab, shrimp and local honey in Langley.

### Port Townsend

We board a state ferry at Coupeville on Whidbey Island and cross the **Strait of Juan de Fuca**, accompanied by a pod of black-and-white Dall's porpoises. We arrive on the Olympic Peninsula in Port Townsend and marvel at the town's stately Victorian architecture.

Port Townsend is part romantic seaside getaway (the movie *Officer and a Gentleman* was filmed here), part old mill town. More recently, it has gained a worthy reputation as a food town. More than 30 restaurants operate here, including standouts such as Silver Water Cafe and Fins Coastal Cuisine.

Many of the storied Victorian homes that line nearby hillsides were built in the 1800s, mostly by shipping magnates and speculators. Today, a number of them are popular bed-and-breakfast locations.

Small shops open to the sidewalks in a downtown that has been designated a **National Historic Landmark District**. In July, the city will welcome world-class jazz musicians during **Jazz Port Townsend** (July 20–27), with performers playing in local venues and at the nearby Fort Worden State Park.

Farther down the waterfront, past the harbor entrance, we come to **The Northwest Maritime Center** and the **Wooden**

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**Boat Foundation**, where we can see artisans and amateurs building wooden boats. The town swells with wooden-boat lovers from across the country during the **Wooden Boat Festival** (September 5–7). Hundreds of wooden boats will be on display, showing the artistic work involved in creating these seaworthy beauties.

### Bainbridge Island

We finish our tour of Puget Sound by driving 40 miles south to Bainbridge Island, located on the Kitsap Peninsula, across the sound from Seattle.

The island is known for its world-class views, including sunrises silhouetting the Cascade peaks and sunsets backlighting the jagged Olympic Mountains.

We make a stop at the **Bloedel Reserve**, a 150-acre public garden on the north end of the island that offers a blend of natural woodlands and landscaped lakes, lawns and gardens. The Bloedels' stunning French chateau-style home is now the reserve's visitor center. Bainbridge is also home to a thriving arts community, with galleries and art walks helping to support numerous backyard potters, woodworkers and painters. The town of **Winslow** is a center of galleries, homemade ice cream shops, pubs and a boardwalk to a well-kept marina park.

For me, one of the summer highlights is **Paddle Kitsap** (August 9–10), in which canoers, kayakers and rowers must navigate the nearby 20-mile-long Kitsap Water Trail from Silverdale to Poulsbo.

Bainbridge also offers seven wineries, a brewery and an organic distillery. We spend the last evening of our trip wine-tasting at the Harbor Square Wine Shop. As the day comes to a close, Natalie and I toast the end of another successful sound sojourn. ▲

*Terry W. Sheely is a Black Diamond-based freelance writer.*

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## Warm Welcome

### *Exciting activities in sunny Central Washington* By Rick Stedman

Standing on the 17th tee at Apple Tree Golf Course in Yakima, I am reminded just why I bring friends and relatives to this fun and challenging layout. The famous island green before me is in the shape of a nice, plump apple, indicative of this being one of the world's top fruit-growing regions.

Every golfer may say they are trying to take a bite out of this picturesque par 3, but in reality, they are just hoping their ball lands on the green.

"Go get 'em, Jeff," I suggest to my longtime golfing partner. He confidently swings away on the elevated tee box, aiming at the world's largest green apple. He breathes a sigh of relief while watching his ball land safely on dry land. I, on the other hand, am not so lucky.



**Fact** Washington state produces about 4 billion pounds of apples each year.



Central Washington's many sunny days and many course options have long beckoned golfers from all over the state and beyond. In addition to Apple Tree, they'll find quality courses scattered throughout the region, from Bear Mountain Golf Course at Lake Chelan to the Highlander Golf Course in East Wenatchee, and many places in between. Layouts also include the Prospector and Rope Rider courses at the resort community of Suncadia, about 80 miles east of Seattle.

Golfing, wineries and the great weather are just some of the reasons that visitors flock to Central Washington. As a former tour guide, I plan many itineraries for family members and friends visiting the region, and I include lots of activities. With so much to do and see here, you never know when a two-day getaway might become a weeklong vacation.

## Wenatchee

For those traveling to Wenatchee, known by locals as "the Apple Capital of the World," you will find a community that is replete with outdoor adventures. The town is located along the Columbia River, and also near the Bavarian-themed town of Leavenworth. The region boasts fishing, golfing, hiking, horse-back riding, mountain climbing, wine tours and whitewater rafting.

The city is also a gateway to recreational destinations such as the 55-mile-long Lake Chelan, the state's largest natural lake, which is located about 40 miles north.

I explore one of the newest offerings in the Wenatchee area—the **Pybus Public Market**, which opened last summer in a football-field-long warehouse in the heart of the city's waterfront neighborhood. The market features 20 year-round tenants and is open seven days a week, offering many locally produced goods, such as bakery items, fruits, vegetables, meats, cheeses and wines. The Almond Blossom Roasted Nuts store has an amazing array of small-batch varieties, with flavors such as Latin Spicy and European Sweet ([pybuspublicmarket.org](http://pybuspublicmarket.org)).

I leave the market and stroll a section of the nearby **Apple Capital Loop Trail**, which runs along both sides of the Columbia River and is popular with cyclists, runners, skaters and strollers. Just north of Wenatchee along Highway 97A, I visit the **Rocky Reach Dam**, which includes 15 acres of beau-



Above: The Pybus Public Market draws a crowd of shoppers. Opposite page top: Apple Tree Golf Course is best known for the island green at the par-3 17th hole. Opposite page bottom: People walk along Wenatchee's Apple Capital Loop Trail.

## Experiencing an agricultural oasis

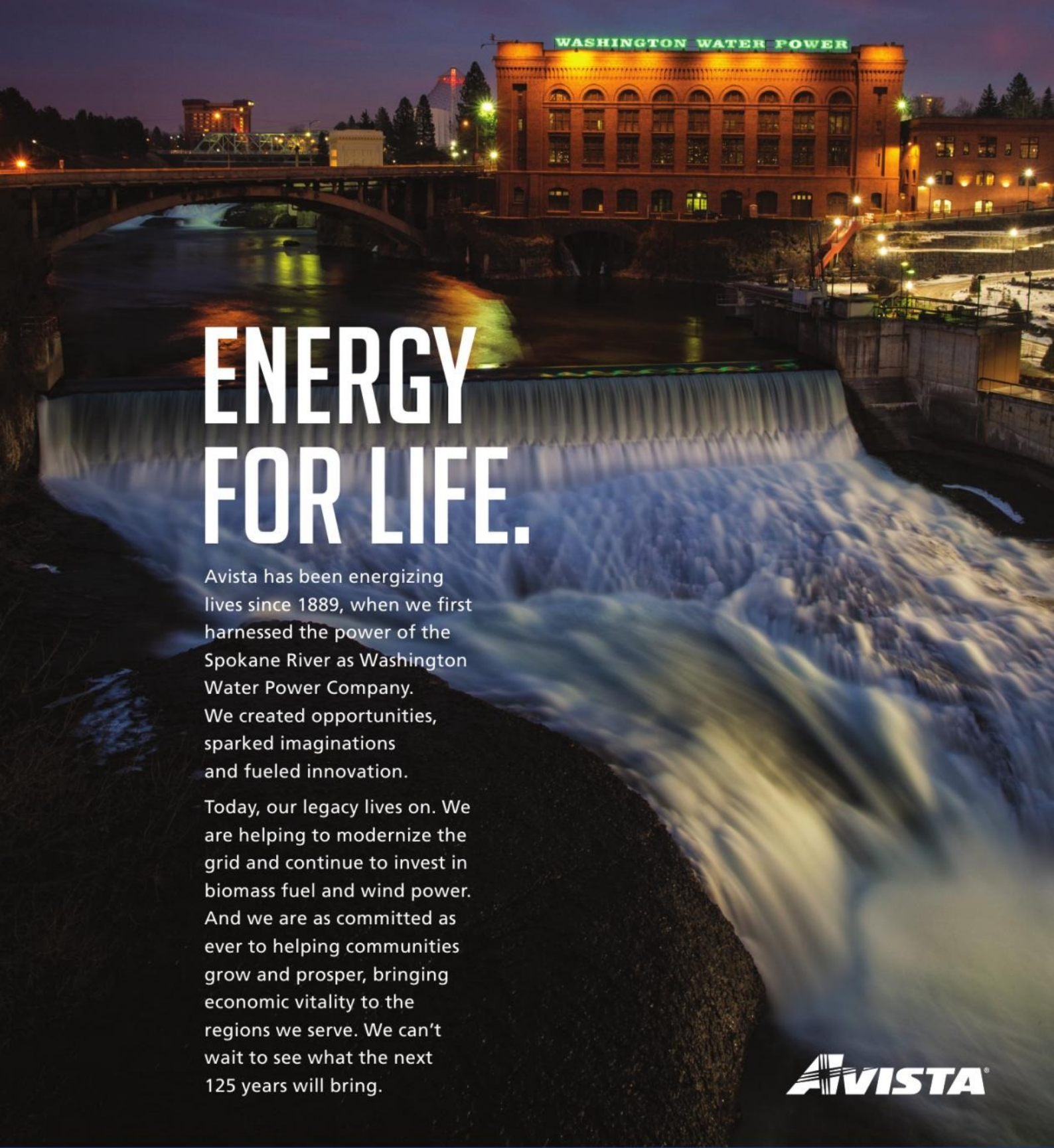
Bountiful orchards, farms and vineyards can be found throughout the sun-drenched Yakima Valley region. With more than 40 commercial crops grown in the valley, farm-fresh produce is available almost year-round, from asparagus in April to apples and potatoes in November.

Local produce stands are plentiful throughout the summer months. You can also get up close and personal with a "U-pick" experience. Johnson Orchards, which has been owned and operated by

the Johnson family since 1904, is one of the agricultural mainstays in west Yakima, offering visitors opportunities to pick cherries, peaches, apples, pears and other fresh tree-ripened fruit in season. In addition to picking your own fruit, Johnson Orchards offers fresh-baked pies made with its own fruit at the on-site bake shop.







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tiful grounds and exhibits that show the history of life along the Columbia River. I always make sure to visit the fish-viewing room, where I watch salmon work their way up the dam's fish ladder. The gardens, arboretum and play area make this a great stop for the whole family ([chelanpud.org/visitor-center.html](http://chelanpud.org/visitor-center.html)).

## The Yakima Valley

When planning an itinerary for the Yakima Valley, located about 100 miles south of Wenatchee, I usually start with wine. After all, this community is a gateway to Washington wine country, which now boasts more than 800 wineries, most of which are located east of the Cascades.

The Yakima Valley American Viticultural Area (AVA) was recognized in 1983, becoming the first wine region established in the state. Today, about 40 percent of all Washington wine grapes are grown in the Yakima AVA, which stretches southeast from Yakima to Toppenish and runs to just west of the Tri-Cities. Within this region are more than 100 wineries that offer some of the finest vintages in Washington.

A tour of local wineries begins in downtown Yakima, where a few tasting rooms and wineries can be found mainly along West Yakima Avenue. A favorite is Gilbert Cellars, which has been serving its excellent wines in an elegant tasting room since 2008 and offers live music on many weekends.

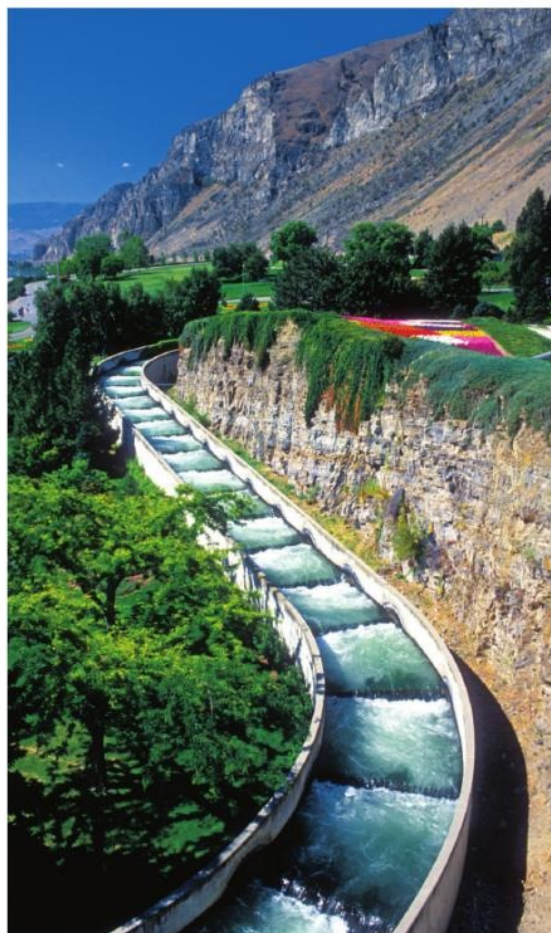
While in the downtown area, I visit the historic **Northern Pacific Railroad Depot** on North Front Street, where I explore the North Town Coffeehouse and Russillo's Pizza & Gelato, an authentic New



## A Splash of History in Toppenish

The town of Toppenish is keeping the Old West alive through more than 75 larger-than-life murals that depict the visual history of the area.

Named one of the 20 best places to live in the West by *American Cowboy* magazine, Toppenish is home to three engaging museums: The American Hop Museum, tracing the region's hop and beer industry; the Northern Pacific Railway Museum; and the Yakama Nation Cultural Center. Also, the Toppenish National Wildlife Refuge is home to thousands of waterfowl.



Above: The fish ladder at the Rocky Reach Dam north of Wenatchee winds through the countryside.

Below: The Garden Girl plant nursery is one of the businesses that is located in the historic Northern Pacific Railroad Depot in downtown Yakima.

York-style pizzeria. Newly opened in May is Local Yodel, which features fresh Yakima Valley fruit and produce, as well as locally produced dairy and food products. Also in this historic district are the restaurants 5North and Carousel French Cuisine.

The **Yakima Farmers' Market**, located on Third Street in front of the Capitol Theatre, is held on Sundays from mid-May through the end of October and features locally grown fresh produce, crafts and various specialty products.

The Yakima area also offers a number of outdoor activities, including the **Yakima Greenway**, located a short distance east of the downtown area. The greenway has more than 15 miles of paved pathways that link the Yakima River, lakes, parks, trails and protected conservation areas. It is the perfect place for walking, bird-watching, running, biking and enjoying the outdoors. The lakes and



CLOCKWISE FROM TOP LEFT: GREG VAUGHN / ALAMY; ROBERT FRIED / ALAMY; JOEL ROGERS / JOEL ROGERS.COM





Washington state has more than 50,000 acres of vineyards producing about 210,000 tons of fruit.

river that are near the greenway are popular spots for fishing.

Another great way to see the local landscape is to drive on **Canyon Road**, which runs parallel to the Yakima River. It won't take long to appreciate the peacefulness that abounds along this 22-mile scenic roadway that connects Yakima with Ellensburg. The meandering Yakima River, along with numerous jagged cliffs and constantly changing shadows, offers plenty of photo

### ▶ Did You Know?

Washington state is the nation's second-largest wine producer, after California, and is home to more than 800 wineries. More than 50,000 acres of vineyards produced about 210,000 tons of wine grapes in 2013. The number of wineries has increased by 400 percent in the last decade, and the industry is estimated to have an \$8.6 billion economic impact in the state each year, which includes more than \$1 billion being spent on wine-related tourism.

opportunities. The beauty of this area has attracted many professional photographers and much of the landscape has remained the same over the decades. Along this scenic area you may encounter a variety of wildlife, including eagles, bighorn sheep, deer and elk.

There are several campsites right on the river that make for excellent experiences. However, I prefer the creature comforts of Canyon River Ranch Lodge, an upscale, rustic resort located 21 miles north of the city along the Yakima River. This unique property, with more than 1,000 feet of private riverfront, features condominiums with full kitchens, gas fireplaces and private patios. The main lodge also has a great room with a large stone fireplace, a library, a game room and an outdoor terrace ([canyonriver.net](http://canyonriver.net)).

Many visitors try their hand at fly-fishing, while others leisurely float the river in rafts or inner tubes. Those wishing for more exhilaration return in September when state officials release irrigation water from Rimrock Lake.

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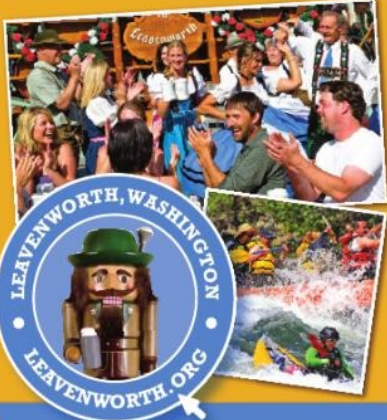
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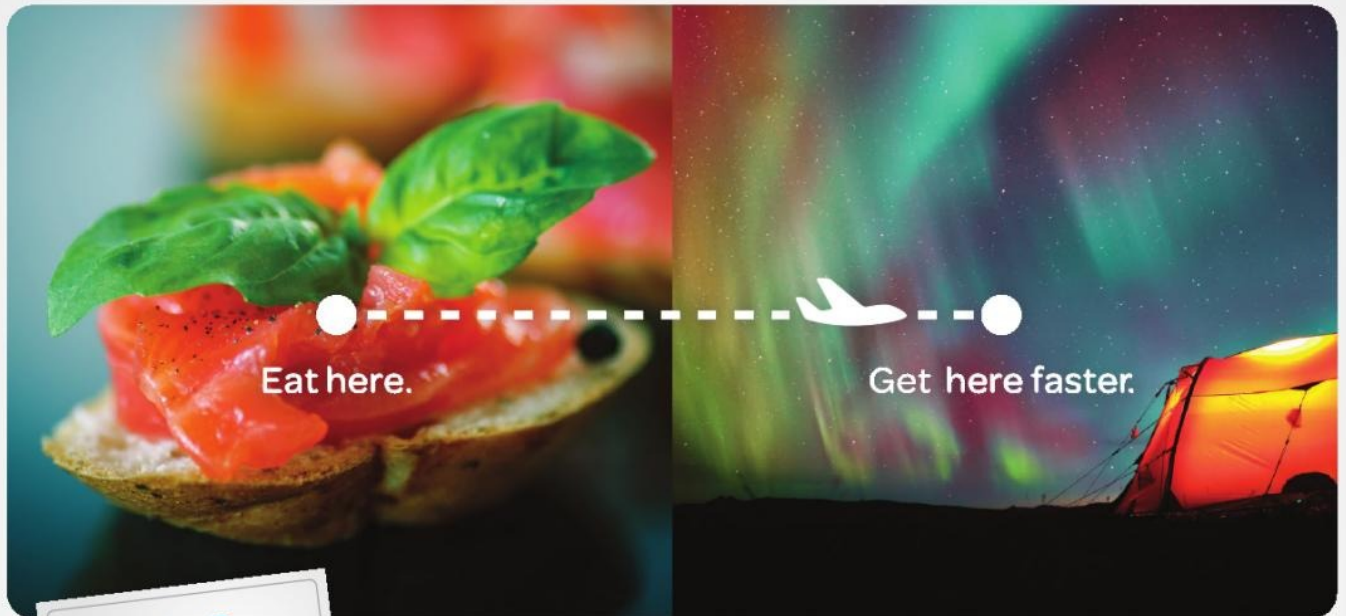
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Central Washington is best known for its vineyards, but the region is also the nation's largest producer of hops, which has spurred the development of a craft beer movement. The Bale Breaker Brewery in Yakima is one of the local brewers creating small-batch beers.

River into a Class 3 whitewater adventure. The release also creates one of the state's fastest-moving rapids.

## Wine Country

Yakima offers a variety of ways to explore the local wine scene. There are many professional wine tours available, but this region also lends itself to just going out and exploring such areas as the **Rattlesnake Hills Wine Trail**.

The tour starts in the town of Wapato, 14 miles south of Yakima, and includes more than a dozen wineries in the area. Locals say the trail's name is a bit of a misnomer. There are no rattlesnakes on the tour, just great wine. It is true that I have yet to meet a rattler, but wines in this hilly setting are to be savored. Maps of the trail can be found online ([rattlesnakehills.org](http://rattlesnakehills.org)), and the route is also good for cyclists riding through the area.

A new attraction in the area is the **Walter Clore Wine and Culinary Center** in Prosser. Named after the late Walter J. Clore, a pioneer in the state's wine industry, the center has a wine-tasting facility, various displays, exhibits and culinary demonstrations ([theclorecenter.org](http://theclorecenter.org)).

Though Central Washington is best known for its vineyards and apple orchards, the local hop industry is actually

the nation's largest, producing 78 percent of the hops grown in the United States. The **American Hop Museum** in Toppenish, about 20 miles south of Yakima, features murals, displays, photos and other information about the history of the plant and the brewing industry ([american-hopmuseum.org](http://american-hopmuseum.org)).

To help celebrate harvesting of the crop, the small town of Moxee, adjacent to Yakima, holds an annual **Hop Festival**,

August 2-3; also, Yakima's 12th-annual **Fresh Hop Ale Festival** will take place October 4.

You might also consider a visit to the Bale Breaker Brewing Company. Opened last year, the new craft brewery features an on-site taproom. You can also take a tour of the facility, which is set right in the heart of the hop fields ([bale-breaker.com](http://bale-breaker.com)).

Whether exploring a farmers market in Wenatchee, golfing in Yakima or sipping wine in Wapato, there is always plenty to do all summer long in Central Washington. ▲

*Rick Stedman is a freelance writer in Yakima, Washington.*

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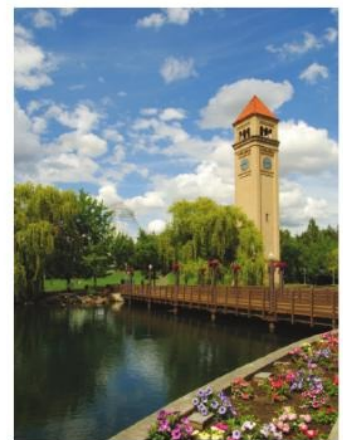


## Scenic Eastern Washington

*Discovering the region's many charms*  
By Cheryl-Anne Millsap

It is still early, and the morning air is cool as I walk along the path at Spokane's **Riverfront Park**, the 104-acre green space in the center of the city's downtown area.

When I reach the pedestrian bridge that crosses the Spokane River, I stop to enjoy the waterfall and the roiling waters of the river around which the city was built. I've been coming to this spot since I first moved to Spokane in 1999, and think of it as the heart of the community.



**Fact** The Palouse is one of the top lentil-growing regions in the nation.



As I stand watching the falls, I can see the city begin to stir. Soon the **SkyRide Over the Falls**' wires will hum quietly as the cabins—painted in Spokane's signature lilac color—dip low over the churning water in the jagged basalt canyon. The SkyRide was included on *Condé Nast Traveler* magazine's 2013 list of the world's incredible gondola rides and has been one of the city's top attractions since Expo '74—Spokane's World's Fair, which was held 40 years ago.

On this morning, the sky is a brilliant blue as the sun begins to paint the top of Riverfront Park's historic clock tower and cast shadows on the iconic pavilion, another Expo '74 legacy. Joggers and cyclists are on the **Centennial Trail**, the 37-mile paved trail that runs through the city and stretches from Riverside State Park west of here, all the way to Coeur d'Alene, Idaho, to the east.

During my 15 years as a resident of this city, I've come to appreciate Eastern Washington's four distinct seasons, abundant sunshine and semi-arid landscape that includes everything from mountains to sagebrush-dotted scrublands to fertile farmlands and some of the world's finest vineyards.

Here in Spokane, the state's second-largest city, residents love to get out and play, whether it's running, sports or just enjoying the outdoors. In early May, as many as 50,000 runners, joggers and walkers of all ages converge here for the annual 12 km **Lilac Bloomsday Run**. In June the city hosts the Spokane Hoopfest, the largest three-on-three street basketball tournament in the world, with more than 450 courts and 7,000 teams taking part. This also is a golfer's playground. More than a dozen golf courses, including the award-winning Indian Canyon Golf Course, offer time on the links.

In the summer, ROW Adventure Center offers fishing, paddleboarding and whitewater rafting on local rivers, including through the Spokane River Gorge. And later in the summer, as the river flow calms, ROW leads four-mile floats that take participants past a landscape marked by towering ponderosa pines and weathered basalt columns.

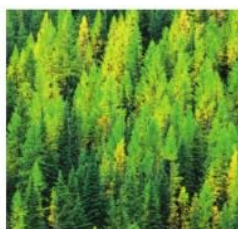
Bicycle riding is a popular pastime here from spring to fall, reaching its height with September's **Spokefest**. The event brings families out on two wheels with routes from a 1-mile park loop to a 9-mile or 21-mile river loop. For the more adven-



Above: The SkyRide Over the Falls passes by the roiling waters of the Spokane River. Opposite page top: Both adults and children enjoy the Rotary Fountain in downtown Spokane. Opposite page bottom: The historic Clock Tower in Spokane's Riverfront Park was built in 1902.

## Colville National Forest

The Colville National Forest, located about 70 miles north of Spokane and adjacent to the Little Pend Oreille National Wildlife Refuge, encom-



passes 1.1 million acres of pristine wilderness. The forest offers campgrounds, almost 500 miles of hiking trails, and an abundance of lakes, rivers and streams. The Colville National Forest is also home to a variety of wildlife, including grizzly and black bear, mountain lions, bald eagles and one of the last remaining caribou herds in the United States.





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Once back from such outdoor activities, I like to talk over the day's adventures with friends at one of the many craft breweries to be found in or near Spokane. My husband and I have been diligently working our way along the **Inland Northwest Ale Trail**, a self-led craft-beer tour that includes 16 local breweries. Maps of the trail are available online or at local breweries, and the trail runs from River City Brewery in downtown Spokane to the Selkirk Abbey brewing company about 25 miles away in Post Falls, Idaho. Spokane also boasts 20 wineries, and a growing number of downtown wine bars and tasting rooms in its burgeoning "Cork District," which combines art, entertainment and wine-tasting in the downtown area.

Date nights for Bruce and me often include cocktails and dinner on the small brick patio at the sophisticated Mizuna Restaurant and Wine Bar, or a sumptuous meal at Central Food in the Kendall Yards area, where we can look out at the city's skyline from the restaurant's setting on a hill above the Spokane River, north of downtown.

Spokane's history is vividly depicted at various local museums, including the **Northwest Museum of Arts and Culture** (the MAC), which houses an



## ▶ Exploring the Snake and Columbia Rivers

Adventure companies in Washington, Oregon and Idaho offer boating tours of many sections of the Snake River, including popular Hells Canyon, a length of the river along the Idaho and Oregon border that is known for its whitewater rapids and steep cliffs. The tours can include fishing trips and jetboat excursions. Un-Cruise Adventures and The American Queen Steamboat Company are two of the companies offering multiday cruises up the Columbia and Snake rivers, highlighting the history and unique geology of the area.

expansive collection of local art. The current exhibition, "100 Stories" (through January 31, 2016), showcases 100 unique items from the museum's collection that help illustrate stories about the Eastern Washington's history and various cultures.

Another favorite venue for enjoying the local arts scene is the venerable Cliff House Estate, headquarters of **Arbor Crest Wine Cellars**, where summer means live concerts at the cliffside Florentine mansion located 450 feet above the Spokane Valley. One of the finest locations in the area to appreciate the breathtaking summer sunsets, Arbor Crest Wine Cellars schedules concerts on Thursday and Sunday throughout the summer. The historic property offers a sweeping view of the valley and the Spokane River's curving path through the area.

We buy a bottle of chilled Sauvignon Blanc—deliciously crisp with a hint of grapefruit and spice—and settle into a shady spot on the cool grass to enjoy the picnic dinner I've packed. While we sip and eat, the band starts playing and smooth jazz fills the air, perfect for a warm summer evening. We raise a glass to toast the moment.



Above: The Cliff House at Arbor Crest Wine Cellars offers dramatic views of the Spokane Valley. Left: The Museum of Arts & Culture in Spokane has exhibits that depict the history of the region.

CLOCKWISE FROM TOP: CHAD CASE; COURTESY: ROW ADVENTURES; COURTESY: DEAN DAVIS; COURTESY: MAC



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## Palouse Falls

About 70 miles north of Walla Walla and 25 miles northeast of the Snake River's Lower Monument Dam is the spectacular 198-foot Palouse Falls, the state's official waterfall. Created by a series of cataclysmic floods during the last Ice Age that carved the deep valley out of layers of basalt, the falls are most dramatic during the late spring and early summer when the Palouse River swells with snow-melt and spring rain.

## Pullman

It seems to be impossible, for me at least, to visit the rolling fields and farmland of the Palouse without taking a few photographs. It's no wonder artists and photographers are drawn to the Palouse to capture the undulating, verdant fields, and the constantly changing colors and shadows that mark this uniquely fascinating landscape.

The largest community in the Palouse is Pullman, home to Washington State University. The school's classically styled buildings and tree-lined streets anchor this bucolic town situated on four major hills and surrounded by wheat fields.

Whenever I visit Pullman, I make it a point to buy some of the WSU Creamery's Cougar Gold cheese, which has developed a dedicated national following. To pick up your own supply of the award-winning creamery's sought-after cheeses—which include eight different





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flavors—drop by Ferdinand's Ice Cream Shoppe on the Pullman WSU campus (2035 Ferdinand Lane).

Golfers come from near and far to play the **Palouse Ridge Golf Club**, considered one of the nation's finest public courses. The home course for the WSU Cougars, this Scottish links-style layout runs more than 7,300 yards and has won praise for bold styling.

Cyclists can rent bicycles from the town's B&L Bicycles and take a leisurely ride along the popular eight-mile Chipman Trail connecting Pullman and its Idaho sister city, Moscow.

The Snake River winds through the countryside less than 25 miles southwest of Pullman, offering boating, fishing and other activities.

The microbrewery movement is also

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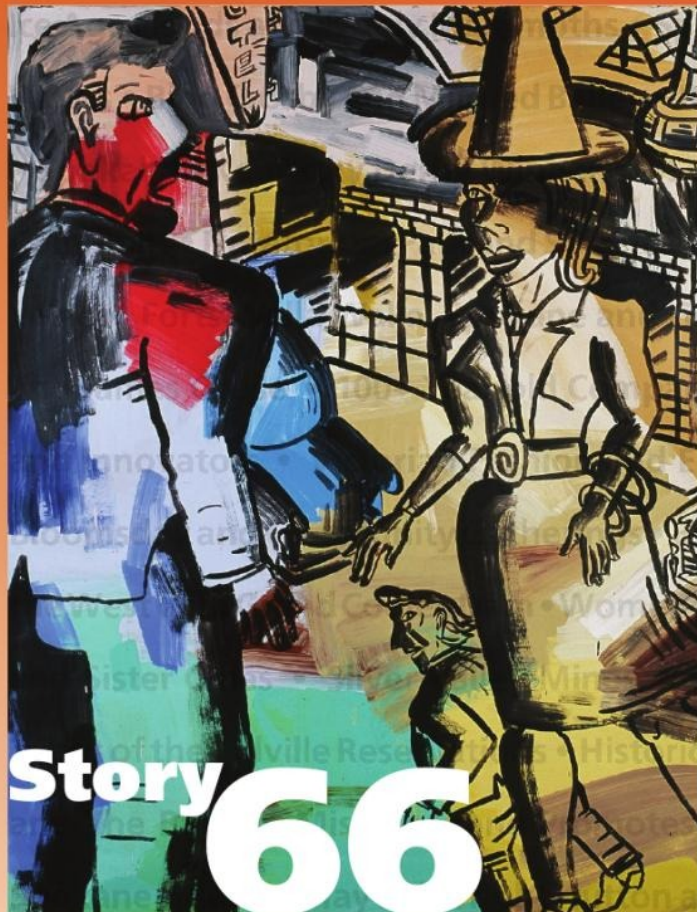
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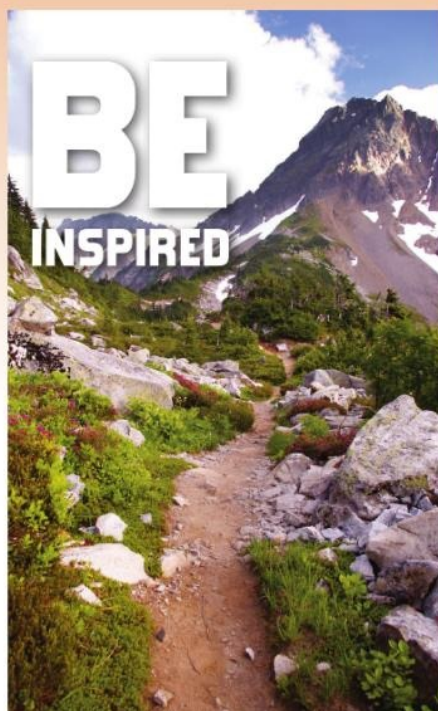
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JERRY PROUT, COURTESY: NATIONAL LENTIL FESTIVAL



Visitors enjoy Pullman's Lentil Festival.

a growing part of life in Pullman. Wine tours are available, and the **Paradise Creek Brewery**, located in the city's historic U.S. Post Office–Pullman building, offers everything from pale ale to a delicious Belgian Dubbel.

Those interested in tasting something a bit more unique may want to drop by The Cider House and try one of the various flavors of artisanal hard cider being developed at the **Whiskey Barrel Cider Company**.

The **Pullman Farmers Market** is held every Wednesday from mid-May through mid-October and supports the farm-to-table effort. With one-third of all the lentils grown in the United States from the Palouse area, Pullman celebrates by holding the annual **National Lentil Festival**. This year's festival will be August 22–23 and will include the crowning of a Lil' Lentil King and Queen, the world's largest bowl of lentil chili, a fun run, a parade and the Legendary Lentil Cook-Off.

### Tri-Cities

Arriving in the Tri-Cities (a combination of the adjacent cities of Pasco, Kennewick and Richland), I am struck by the growth in the local wine industry.

With more than 200 wineries within less than an hour's drive, the Tri-Cities have become a center for wine tourism.

However, there is much more to the Tri-Cities than wine. This community,

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which grew to be a regional metropolitan center during World War II when the nearby Hanford Nuclear Reservation was developed, is home to a number of outdoor events, with the largest being the **Tri-Cities Water Follies**, July 25-27. One of the region's major summer celebrations, the follies include an air show, various events and the 49th running of the HAPO Columbia Cup, one of the top hydroplane races in the country.

Another popular outing is to boat, hike, kayak or take a jetboat tour along the **Hanford Reach National Monument**, a stretch of the Columbia River that runs for about 50 miles north of the Tri-Cities and is one of the last free-flowing sections of the river in the United States.

The Hanford Reach Interpretive Center in Richland will open July 1, offering information about the natural and cultural history of this section of the Columbia River.

## Walla Walla

Every time I visit Walla Walla, a picturesque town about two and a half hours south of Spokane, I am impressed by how it blends culture, history and the burgeoning wine industry.

Known to oenophiles around the world for its exceptional wine varietals, Walla Walla is now home to more than 120 wineries and more than two dozen tasting rooms.

It has become a premium tourist destination without losing its small-town charm. *Wine Enthusiast* magazine ranks the town as one of 2014's "10 Best Wine Travel Destinations."

Once I arrive at the **Walla Walla Regional Airport**, I make sure to visit the cluster of wineries in the airport neighborhood, which is where a number of award-winning establishments, including Buty Winery and Dunham Cellars are located.

When in Walla Walla, I always try to stay at the grand Marcus Whitman Hotel & Conference Center. Originally built in



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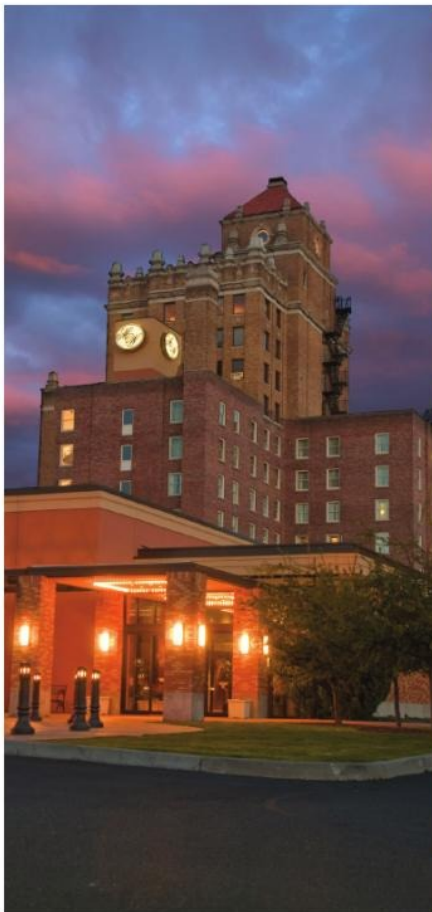
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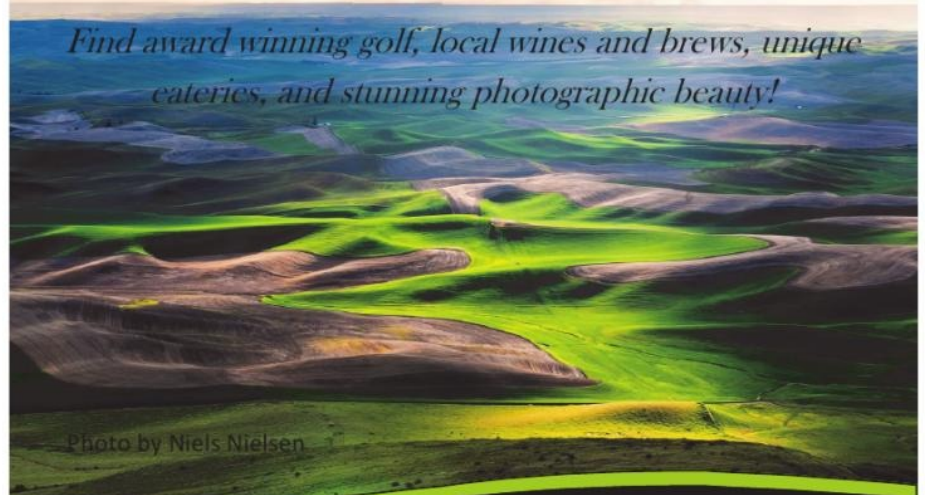



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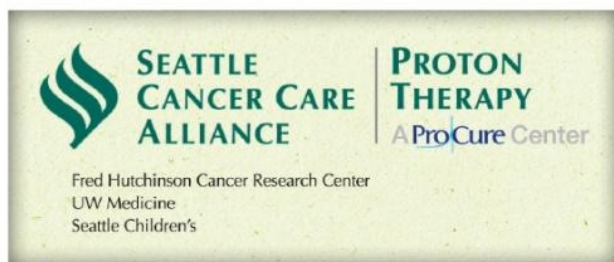
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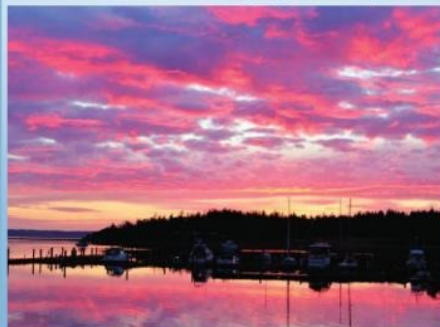
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1928, the hotel continues to be a luxurious link to the history of the region.

After checking in at the hotel, we visit some of the city's many tasting rooms, including Foundry Vineyards, located a little more than a mile west of the hotel. In addition to the wine, the Foundry offers a fascinating collection of art and a wonderful outdoor sculpture garden.

In addition to the local wine culture, Walla Walla has also become a center for outdoor activities—from cycling to golf. During the spring and summer, cyclists of all abilities can be seen touring country roads on various cycling routes detailed on the **Walla Walla Bicycle Map**. The links-style layout of Wine Valley Golf Club offers a fun and challenging round of championship golf amid the low hills to the west of the town.

To experience some of the history of the area, visit the **Whitman Mission National Historic Site**, located about 10 miles west of town. The mission was established by Marcus and Narcissa Whitman in 1836, and became an important stop for travelers following the Oregon Trail.

The **Fort Walla Walla Museum**, located in Fort Walla Walla Park on the western edge of the town, displays artifacts and items that illustrate the history of the town and its agricultural legacy.

After a busy day of sightseeing and wine-tasting, Bruce and I settle into our seats at the **Gesa Power House Theatre**, a performing arts center housed in a 102-year-old former power plant that has been lovingly renovated.

As I watch Walla Walla's Whiskey Creek Band perform, I am reminded of what a good decision we made 15 years ago to make this region our home. ▲

*Cheryl-Anne Millsap writes from Spokane.*

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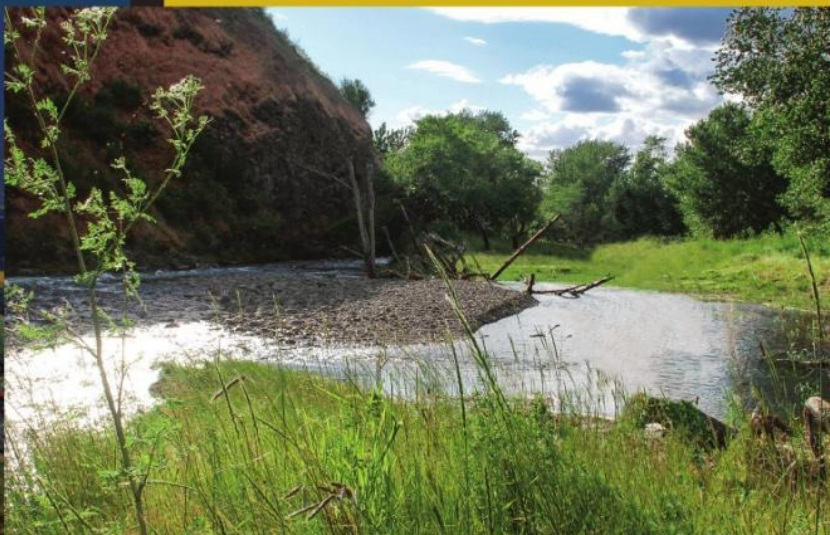
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Michael Homza PE & Jason Scott CFP: The Walla Walla River Habitat Restoration Project  
The river was sick. Decades of human alteration left few naturally functioning places for native fish to spawn and grow. The path to health began with Michael and Jason exploring treatment options with our client and landowner. Levee restrictions were removed, habitat areas restored and a portion of the river was healed. The fish returned, and the community rallied behind the project. To find out more about Michael, Jason and the restored health of the river, visit [geoengineers.com/alaska](http://geoengineers.com/alaska).

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Volcanoes National Park rangers deliver "Life on the Edge" presentations at the very rim of the crater overlooking a vent in the Kilauea volcano.

This portrait of Queen Lili'uokalani, last Hawaiian monarch, was painted in 1891 by William Cogswell.

Curators at Honolulu Museum of Art blend historic and modern, European and Hawaiian, in the facility's galleries.



CLOCKWISE FROM TOP: JESSICA FERRACANE / NPS PHOTO; COURTESY: HONOLULU MUSEUM OF ART





# Island Treasures



Heritage, art  
and culture star  
at Hawai'i's  
museums

By Catherine E. Toth

**M**ore than 1,500 people are gathered at the entrance to the **Bishop Museum** in Honolulu, casually dressed and carrying coolers and lawn chairs.

It's 8 P.M. on a Monday night. In about an hour, the earth's shadow will start to cover the full moon, shining brightly over the museum's planetarium. Right above it hangs Mars. By 9:06 P.M. the moon will be

completely within the Earth's dark inner shadow and burning orange in the night sky. About a dozen members of the Hawaiian Astronomical Society are here, too, their reflector and refractor telescopes set up on the lawn for visitors to use.

"Shall I give you a discount since you can only see half the moon?" jokes a bearded Jim MacDonald, a longtime hobbyist who brought his Dobsonian reflector telescope to





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The Bishop Museum's Pacific Hall exemplifies the Honolulu facility's broad compass of the people and places around the world's largest ocean.



ED MORITA / BISHOP MUSEUM

## • MUSEUM TREASURES

**Grove Farm**  
Homestead and  
Sugar Plantation  
Museum depicts the  
19th century heyday  
of sugar cane  
in the Islands.

**Bishop Museum** is  
the world's premier  
facility devoted to  
Polynesia.

**Honolulu Museum  
of Art** encompasses  
art and sculpture  
from many lands.

**Bailey House** is both  
a historic home and  
a venue exhibiting  
Maui's heritage.

**Anna Ranch** celebrates  
the Big Island's cattle  
ranching heritage.

**Jaggar Museum**  
explains the geology  
of the volcano it  
overlooks.

the event, to a sweater-clad young boy, who smiles cautiously, then peers carefully into the eyepiece.

"Dad, you can see the moon!" the boy exclaims, his smile now a wide grin. "That's so cool!"

In one way, this is not a typical night at the Bishop Museum, the state's official museum on culture and natural history in Hawai'i, which most people consider a vast facility filled with indoor

exhibits of artifacts, documents and displays illustrating the Pacific world. On the other hand, it typifies what museums across the state offer in terms of original programming and unique experiences for visitors, many of whom may know only the Islands' balmy weather and sandy beaches.

"It's always been part of the mission here to be involved with the community," explains Mike



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'Iolani Palace—the only former royal residence in the United States—preserves the Hawaiian monarchy's late Victorian elegance, as in the palace's Gold Room (below).



Shanahan, Bishop Museum director of visitor experience, about the lunar eclipse event, which has brought more than 1,500 eager sky-watchers to the museum grounds. “There are couples on dates, people with an affinity for sky phenomena, families, visitors and *kama‘āina* (Island residents). Nothing else draws crowds like this.”

Hawai‘i may be best known for its world-class surf and Instagram-worthy beaches, but the state also boasts a rich history and culture that are showcased in the roughly 100 museums, learning centers, historic residences and cultural sites spread across the island chain. There are museums devoted to just about everything, from historic World War II sites to restored missionary homes to premier art galleries. There are even small museums dedicated to niche subjects such as surfing in Hawai‘i, Japanese immigrants who worked on coffee

plantations, and the Honolulu Police Department.

“Our museums are unique in that they tell the distinctive history of Hawai‘i,” says Heather Diamond, president of the nonprofit Hawai‘i Museums Association and curator at ‘Iolani Palace in Honolulu, the former residence of the Hawaiian monarchy. “There’s a very compelling history here that people won’t encounter elsewhere.”

While the Bishop and ‘Iolani embrace the entire Island chain—even further, across the entire Pacific, at the Bishop—each island and town has its own history, too. Lahaina on Maui is linked with commercial whaling. Kailua-Kona on Hawai‘i Island boasts a

‘Our museums are unique. ... There’s a very compelling history here that people won’t encounter elsewhere.’

## BY THE NUMBERS

● **78%** of U.S. leisure travelers participated in cultural and/or heritage activities in 2010.

● **8.2** million Hawai‘i visitors in 2013.

● **86%** of Hawai‘i visitors participated in cultural and heritage activities in 2012.

● **19%** of those visited a museum or an art gallery.

● **1.75** million visitors to the *USS Arizona* Memorial in 2012.

● **1.5** million Hawai‘i Volcanoes National Park visitors in 2012.

—C.E.T.

Sources: Historic Hawai‘i Foundation, Hawai‘i Tourism Authority





Maui's 1833 Bailey House has been a missionary home and a seminary. Now it's a museum with a large collection of historic artifacts.

The steam train at Kaua'i's Grove Farm Homestead once hauled sugar cane to local mills.

rich coffee heritage. O'ahu's Pearl Harbor tells the dramatic history of the island's key role in World War II.

"As a curator and a museum advocate, my hope is that people come away with a thirst for knowledge and a basic understanding that this was and is a very important place," Diamond says. "It's not peripheral; Hawai'i is central in the Pacific Basin and central in a lot of different histories. The Native Hawaiians themselves are

alive and well; they're not something from the past. And there's a vibrant culture here that's constantly evolving and changing. That's what I hope people will discover."

**B**arely three decades after Kamehameha conquered most of the Hawaiian archipelago and unified the Islands as the Kingdom of Hawai'i in 1795, Christian missionaries arrived from New England, intending to spread their culture to Native

Hawaiians. They set up schools and churches and transcribed the Hawaiian language into written form.

The kingdom came to an end in 1893, when a group of planters and commercial figures forced Queen Lili'uokalani to abdicate the throne, and

IMAGES FROM LEFT, COURTESY: GROVE FARM MUSEUM; COURTESY: BAILEY HOUSE



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set up a provisional government that led, five years later, to the U.S. annexation of the eight main Islands.

Their histories are intertwined in the most compelling fashion, and this part of Hawai'i's fascinating past is told in various ways throughout the Islands in many heritage sites.

**Iolani Palace**, the official residence of Hawai'i's monarchs and the only royal palace in the United States, is both a marvel of 19th century opulence and a haunting reminder of the fate of Hawai'i's last monarch, Lili'uokalani. Despite the meticulously restored rooms on the first and second floors, including the State Dining Room with its carved sliding doors and massive portraits of European leaders, or the crimson-and-gold Throne Room where monarch David Kalākaua entertained royalty and diplomats, it's a small, 400-square-foot bedroom upstairs that most makes visitors pause.

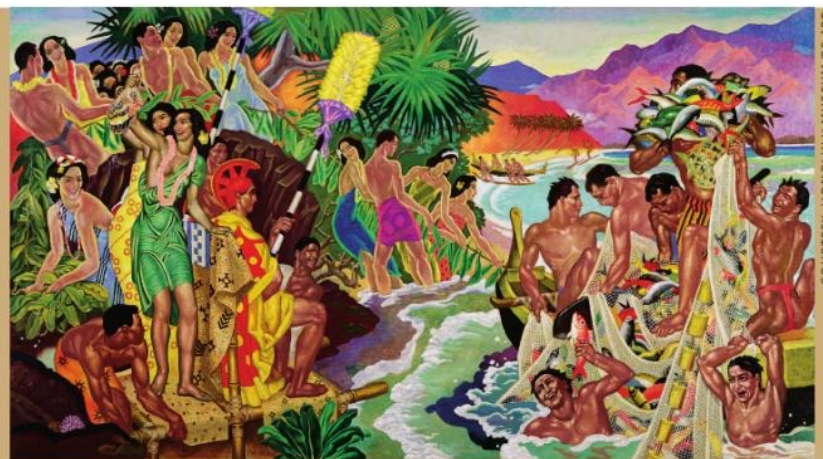
This is where the queen was confined for eight months in 1895. It's the only

room in the palace that hasn't been restored to its late-1880s grandeur. Here, the quilt she stitched during those long months in captivity is on display.

"The palace is an icon to the Hawaiian community and it represents both the high

point and low point of the Hawaiian kingdom," Diamond says. "I think the overthrow is symbolized through that room."

The palace has about 110,000 visitors a year, drawn by the unique story this National Historic Landmark tells about the



COURTESY: HONOLULU MUSEUM OF ART

## ART DECO IN THE ISLANDS

Eugene Savage's 1940 canvas, *Festival of the Sea*, exemplifies the dynamic interpretation painters brought to the Art Deco movement before World War II. A new Honolulu Museum of Art exhibition, "Art Deco Hawai'i," depicts the enthusiastic embrace of this famous artistic movement in the Islands; July 3–January 11.



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Islands. Several decades ago, the palace underwent a multimillion-dollar restoration and repair of its wrought-iron work, plaster work and floors. Just recently, historic reproductions of the carpet, drapery and upholstery were added to various rooms, further enhancing the palace's depiction of the Hawaiian kingdom's glory days in the late 1880s.

"Any time people can learn from history it's a good thing," says Pohai Ryan, executive director of the nonprofit Native Hawaiian Hospitality Association. "In Hawai'i, there have been both acceptance and objection to museums storing and archiving things we consider sacred, but it

has also brought many people, including Native Hawaiians, to understand the ancient Hawaiians and the social, political and economic history of the Islands."

Hawaiian artifacts can also be found at the various homes of missionaries across the state, many of them converted into museum and gallery spaces. The **Bailey House Museum** in Wailuku, Maui is a 19th century former seminary and missionary home that holds an impressive collection of ancient Hawaiian artifacts including weapons, *kapa* (Hawaiian fabric), koa furniture, fishhooks and quilts.

The two-story Western-style stone home built in 1833 on the royal compound

## OTHER MUSEUMS TO ENJOY

### • Monarchs and Missionaries

**Baldwin Home Museum,**  
120 Dickenson St., Lahaina, Maui. 808-661-3262, [www.lahainarestoration.org/baldwin.html](http://www.lahainarestoration.org/baldwin.html)

**Hulihe'e Palace,**  
75-5718 Ali'i Dr., Kailua-Kona, Hawai'i Island. 808-329-1877, [www.huliheepalace.net](http://www.huliheepalace.net)

**Lyman Museum and Mission House,**  
276 Haili St., Hilo, Hawai'i Island. 808-925-5021, [lymanmuseum.org](http://lymanmuseum.org)

**Mission Houses Historic Site,**  
553 S. King St., Honolulu, O'ahu. 808-447-3910, [www.missionhouses.org](http://www.missionhouses.org)

**Queen Emma Summer Palace,**  
2913 Pali Highway, Nu'uuanu, O'ahu. 808-595-3167, [www.daughter-sofhawaii.org](http://www.daughter-sofhawaii.org)

**Waioli Mission House Museum,**  
Kuhio Highway, Hanalei, Kaua'i. 808-245-3202, [grovefarm.org/waiolimissionhouse/](http://grovefarm.org/waiolimissionhouse/)

IMAGES FROM LEFT: ALVIS UPITIS; ANNA RANCH HERITAGE CENTER ARCHIVES





Anna Leialoha Lindsey Perry-Fiske oversaw one of Hawai'i Island's biggest cattle ranches, and brought Charolais and Brahma to Waimea.

Anna's home, built in 1910, now reflects her dream of a museum dedicated to Hawai'i's ranch heritage.

of Kahekili, the last ruling chief of Maui, is set at the end of a long driveway off Main Street, which leads to the emerald peaks of 'Āo Valley State Monument. Most visitors venturing into Wailuku are heading to this lush 4,000-acre park—not searching for a mission house.

"Plenty of local people and visitors have no idea we exist," says Sissy Lake-Farm, executive director and *kumu hula* (hula teacher), whose father hails from this area. "They go up and down to 'Āo and they

don't even know we're here. We're set back, not right on the road, and if you don't come down our driveway, you'll miss us. But once you get here, it's 'Wow.' "

The afternoon I stop by, I am the only person in the house, save for a writer doing research in the archival resource center in the basement of the home and a volunteer who shows me photos of a friend's recent hike into Kaupō Gap on the slopes of Haleakalā.

"This place is a diamond in the rough," says Lake-Farm, leading me through one of the galleries in the historic home of Edward Bailey and his family, who lived here until 1888. "It's really a hidden gem."

The house is divided into rooms that each share a piece of Maui history. On the first level, there's an old cookhouse with the fireplace and oven dating back to the 19th century and a collection of rare shells from the endangered *kāhuli*, or land snails. In another room there's a gallery of Bailey's oil paintings of scenes around Maui including Māliki Gulch, the old Ha'ikū Sugar Mill, and Wailuku Valley circa 1885. In yet another, there's a mini-museum of Hawaiian artifacts such as spears, fishhooks made from stone and shells, wooden calabash bowls, a big *papa ku'i 'ai* (poi-pounding board) and a lei made from dog teeth.

And that's just the first floor.

On the second floor are rooms furnished as they would have been in the early 19th century in Hawai'i. There's an old pump organ, a chest drawer made

**Kaua'i Museum,**  
4428 Rice St., Lihue,  
Kaua'i. 808-245-6931,  
[www.kauaimuseum.org](http://www.kauaimuseum.org)

● **Paniolos and Plantation Life**

**Japanese Cultural Center of Hawai'i,** 2454 S. Beretania St., Mō'ili'ili, O'ahu. 808-945-7633, [www.jcch.com](http://www.jcch.com)

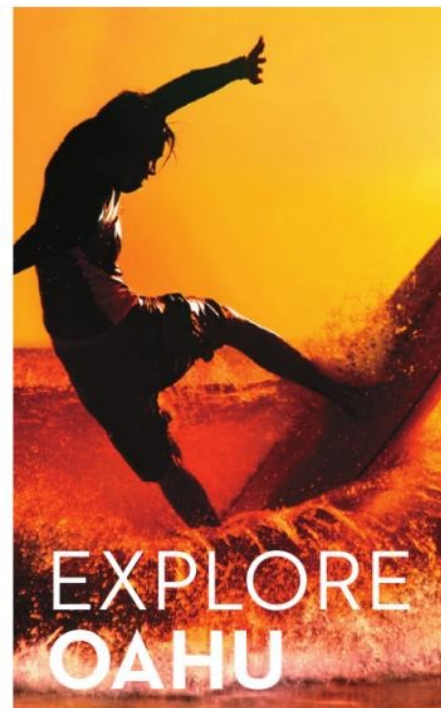
**Kona Coffee Living History Farm,**  
Hwy 11, Captain Cook, Hawai'i Island. 808-323-2006, [konahistorical.org](http://konahistorical.org)

**Wo Hing Museum,**  
858 Front St., Lahaina, Maui. 808-661-5553 [www.lahainarestitution.org/wohing.html](http://www.lahainarestitution.org/wohing.html)

● **Nature and Science**

**Astronaut Ellison S. Onizuka Space Center,**  
1 Keāhole Airport Road, Kailua-Kona, Hawai'i Island. 808-329-3441

**Harold L. Lyon Arboretum,**  
3860 Manoa Road, Manoa, O'ahu. 808-988-0456, [www.hawaii.edu/lyonarboetum/](http://www.hawaii.edu/lyonarboetum/)



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Center, 600 'Imiloa Pl., Hilo, Hawai'i Island. 808-969-9703, [www.imiloahawaii.org](http://www.imiloahawaii.org)

## Kīlauea Point Natural History Association,

Kīlauea Light Station, Kīlauea, Kaua'i. 808-828-0383, [www.kilaueapoint.org](http://www.kilaueapoint.org)

## Pacific Aviation Museum,

319 Lexington Blvd., Honolulu, O'ahu. 808-441-1000, [www.pacificaviationmuseum.org](http://www.pacificaviationmuseum.org)

## Pacific Tsunami Museum,

130 Kamehameha Ave., Hilo, Hawai'i Island. 808-935-0926, [www.tsunami.org](http://www.tsunami.org)

## • Arts

### The ARTS at Marks Garage,

1159 Nu'uuanu Ave., Downtown Honolulu, O'ahu. 808-521-2903, [www.artsatmarks.com](http://www.artsatmarks.com)

### Hawai'i State Art Museum,

250 S. Hotel St., Downtown Honolulu, O'ahu. 808-586-0900, [sfca.hawaii.gov](http://sfca.hawaii.gov)

### The Honolulu Museum of Art Spalding House,

2411 Makiki Heights Dr., Makiki, O'ahu. 808-526-1322, [honolulu-museum.org](http://honolulu-museum.org)

### John Young Museum of Art,

University of Hawai'i—Mānoa, 2500 Dole St., Mānoa, O'ahu. 808-956-7198, [www.outreach.hawaii.edu/jymuseum/](http://www.outreach.hawaii.edu/jymuseum/)

## • Special Interests

### Honolulu Police Department Law Enforcement Museum,

801 S. Beretania St., Downtown Honolulu, O'ahu. 808-529-3111, [www.honolulupd.org](http://www.honolulupd.org)

### Honolulu Surf Museum,

2300 Kalākaua Ave., Waikīkī, O'ahu. 808-791-1201, [www.honolulusurfmuseum.com](http://www.honolulusurfmuseum.com)

### King Kamehameha V Judiciary History Center,

417 S. King St., Downtown Honolulu, O'ahu. 808-539-4999, [jhchawaii.net](http://jhchawaii.net)

### Whalers Village Museum,

2435 Kāanapali Parkway, Lahaina, Maui. 808-661-5992, [www.whalersvillage.com/museum.htm](http://www.whalersvillage.com/museum.htm)



from koa, a baby cradle, a lap desk, a spinning wheel and other artifacts. In the basement, the Maui Historical Society keeps its 2,000-piece collection of maps, writings, rare books, weapons, quilts, fabrics and walking sticks. There are also more than 8,000 historic photographs stored in the vault, making this a valuable resource center for those interested in Maui's heritage.

"It's our little slice of history down here," Lake-Farm says.

The house is surrounded by a plethora of native plants including *laua'e* and *hāpu'u pulu*, the long leaves and the blue berries of the 'uki'uki plant, the native palm tree *loulu*, and the Polynesian-introduced 'ape, which closely resembles taro. In the back of the home is a grassy stage under a huge *pū hala* tree which hosts monthly nighttime Hawaiian music concerts that easily draw about 50 people to the museum.

"I'm here to fight to preserve the things of our *kūpuna* (elders)," Lake-Farm declares. "It's exciting and I feel it's my *kuleana* (responsibility)."

**T**he upcountry lands in Waimea and North Kohala on Hawai'i Island have a rich ranching history and cowboy culture that's more than a century old.

It all started when, in 1793, Captain George Vancouver gave King Kamehameha five black longhorn cattle. Horses arrived 10 years later. Then, in 1816, John Palmer Parker, a Western advisor to Kamehameha, married Kipikane, a royal granddaughter, and was awarded 2 acres of land for \$10. He wrangled the cows that had been allowed to range freely—the cattle now numbered in the thousands—and ran a successful beef, tallow and hide business. In 1832, Mexican vaqueros arrived, complete with boots and saddles, who taught local workers how to expertly rope and ride. These Hawaiian cowboys were called *paniolo*, and their culture still flourishes across the Islands. Parker Ranch remains a working cattle ranch—one of the oldest and biggest in the United States, now operated by a private



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foundation—spreading across about 130,000 acres of the island, no longer offering public tours. But it's not the only Big Island historic ranch.

Here, in the lush-grass uplands high above the Kohala Coast, you can experience early 20th-century cattle ranching history at **Anna Ranch** in Waimea, a 45-minute drive from Kailua-Kona. Many of the buildings—ranch house, slaughterhouse, barn and garage—have been restored to their 1939 condition. It's named after Anna Leialoha Lindsey Perry-Fiske, nicknamed the First

Lady of Ranching. During her lifetime, she was a cowgirl, a rancher, a licensed butcher, a *pā'ū* (long skirts) rider, and a jockey. The ranch was placed on the National Register of Historic Places in 2008.

Like Maui's Bailey House, Anna Ranch

features its own collection of ancient Hawaiian artifacts and family possessions including tools, saddles, koa furniture, *pā'ū* costumes, hats and boots, fine china, photographs and artwork. The house itself is a charming white Victorian that evokes simpler times.

While ranching was a growing industry in the Islands, pineapple and sugar were the heavyweights of Hawai'i's agricultural industries and employed thousands of immigrant workers, starting in the mid-1800s.

The first sugar plantation was in Kōloa on Kaua'i's south shore. The sugar mill opened in 1835 and set the tone for commercial sugar production across the Islands. In its first year, 8,000 pounds of sugar and molasses were shipped to the United States.

The mix of immigrant workers—hailing mostly from China, Japan, Korea and the Philippines—helped create the multicultural social landscape still prevalent today.

Preserving an estate founded in 1864, the **Grove Farm Homestead & Sugar Plantation Museum** in Lihue on the southeastern coast of Kaua'i is one of the earlier sugar plantations and the former home of George N. Wilcox and his family. It's now a 100-acre historic site that shows what life was like during Kaua'i's booming plantation era. An unhurried two-hour tour takes you through poultry pens, banana patches, the humble cottage of the plantation laundress, a washroom built in the 1920s with the original wood-burning laundry boiler and wooden linen press, and an old 19th-century plantation storage shed that houses ox yokes and an ox cart, a plough, an 1898 wooden washing machine, and an antique lawn mower.

For nearly 40 years, on the second Thursday of every month, the museum

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has been offering free rides on one of its original steam locomotives along a quarter-mile section of the original Līhu'e Plantation railroad right-of-way adjacent to the historic sugar mill. This free ride is the only authentic sugar plantation steam train experience in the state.

**J**ust off the main lobby of the **Honolulu Museum of Art** is a large room with seven video projections on the walls. This installation, "The Empty City," was created by contemporary Chinese artist Chen Qiulin—a symbol that this museum, which was founded in 1927 by Anna Rice Cooke at the site of her former home on Beretania Street with about 500 works, continues to grow and evolve. Today, the museum boasts more than 50,000 pieces of art spanning 5,000 years. Its collection includes Japanese woodblock prints, European paintings, traditional works from Oceania, and Island art, traditional and modern.

A recent renovation and rebranding of the museum resulted in a more dynamic space that mixes genres and media, challenging the idea that there's only one way to display art.

For example, in a gallery with European art between 1400 and 1700, there's a still-life painting of fruits in a blue-and-white porcelain bowl by a Dutch artist circa 1655. Displayed next to it is a similar bowl taken from the museum's collection from the Ming Dynasty in China made during the same era. The similarities are striking and you feel like you're looking at the same bowl the Dutch artist was painting.

Even in the museum's portraiture room, the paintings are varied. On one wall, there's an oil painting by Boston's John Singleton Copley of Nathaniel Allen, a successful merchant in Massachusetts, done in 1763. On another wall is a pair of oil paintings by Robert Dampier—one depicting Kauikeaouli, who would later become King Kamehameha III, as a preteen, and another of his sister, Nāhi'ena'ena, both wearing traditional feather garments—done in 1825. Two separate and vastly different



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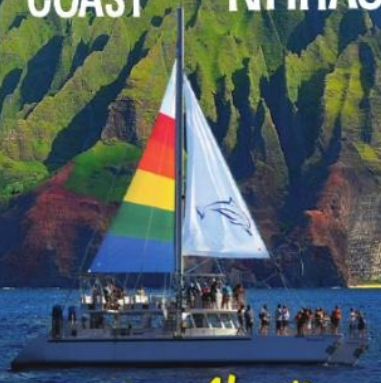
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worlds collide in one gallery.

"We want people to think a little differently about art," explains Lesa Griffith, the art museum's director of communications. "We're trying to help people connect the dots."

At the **Maui Arts & Cultural Center** in Kahului, the blurring of lines between art and entertainment is never more evident—or appreciated by the community, which had long awaited this venue.

Opened in 1994, this space features a 5,000-seat outdoor amphitheater; a 1,200-

seat, three-tier indoor theater with premium sound quality; a smaller, 300-seat multipurpose theater; an outdoor platform for hula; a 4,000-square-foot museum-quality gallery space; and a glass-capped outdoor pavilion where Sir Elton John once played for a sold-out crowd.

More than 260,000 people a year visit this space, which has hosted about 1,800 events, ranging from *taiko* (Japanese drumming) to acrobatics to storytelling and, of course, Hawaiian music. And its Schaefer International Gallery has showcased pho-

tography, ceramics, and work by artists-in-residence, making this Maui's premier spot for art and culture.

**W**hen you're standing at the overlook outside the **Jaggar Museum** in Hawai'i Volcanoes National Park, you are in the presence of one of the world's most active volcanoes.

Kīlauea, which appropriately means "spewing" in Hawaiian, has been erupting continuously since January 1983, and the Jaggar Museum is the closest that park visitors can get to the current eruption from Halema'uma'u Crater at the volcano's summit. Every day rangers offer a 20-minute talk, named "Life on the Edge," to explain the significance of what you're looking at.

"At night, the evening glow from Halema'uma'u is spectacular," reports Jessica Ferracane, public affairs specialist for the national park, who never gets tired of the natural phenomenon just outside her office.

While the panoramic views of the rugged, otherworldly landscape may be distracting, the museum itself holds lava rock displays, equipment used by volcanologists, and a working seismograph that measures the impact of people jumping around on the floor in front of the device.

"The kids love to get into a group and watch the needle gyrate up and down," Ferracane says.

**H**awai'i spurs visitors and residents to embrace topics they might not otherwise notice. During the Bishop Museum's lunar eclipse evening, a group of friends manages to find prime seats on the lawn to watch the eclipse.

"I didn't know about this event until 10 minutes ago," jokes Zeshan Chisty, an epidemiologist. "I'm an astronomy buff, so I think it's awesome the museum has a planetarium and events like this. It appeals to a broader audience." Chisty had only been here twice before—and still hadn't explored the entire museum. After this event, he plans to come back.

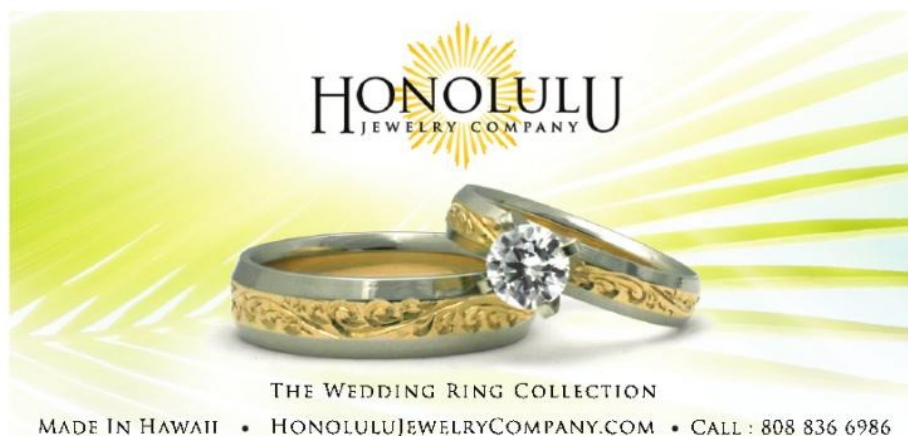
Founded in 1889, Bishop Museum



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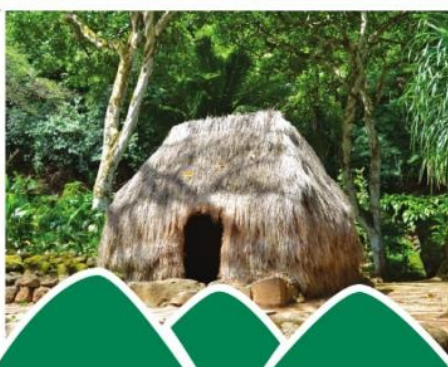


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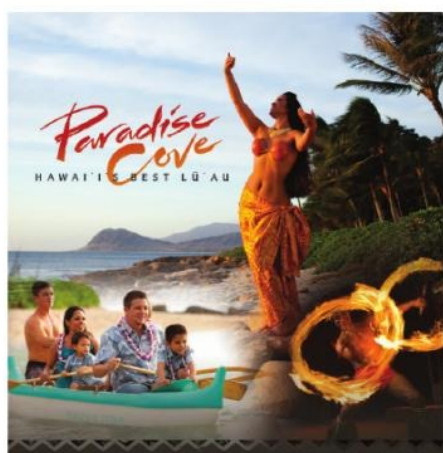
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combines natural history, science and Hawaiian culture like no other place.

The museum holds more than 2.4 million Pacific and Hawaiian cultural objects, 230,000 zoological specimens, and 1 million historical photographs, artworks and other archival material.

Its insect collection—more than 14 million specimens—is third largest in the United States. It also boasts the ninth largest mollusk collection, 6 million shells; and the world's largest Hawaiian plants collection.

"For anyone who truly wants to see the heart of Hawai'i and understand the history of a very proud people, Bishop Museum is the only place on the planet which can deliver that experience," says Blair D. Collis, the museum's president and chief executive officer. "We are recognized throughout the world for our scientific research, educational programs and extensive collections, which give a voice to the stories of Hawai'i and the broader Pacific."

And while most of the people who pass through the turnstiles the evening of the eclipse come to see the natural phenomena occurring in the night sky, many of them also stroll the museum halls, admiring the Ni'ihau shell displays or peering in wonder at the weapons and garments ancient Hawaiians used in battle. The fact they are drawn here by an astronomy event is, in many ways, entirely appropriate—the ancient Hawaiians studied, revered and relied on the night skies in innumerable ways. That modern Hawaiians can do so at such a wide-ranging institution honors past, present and future in this special place. ▲

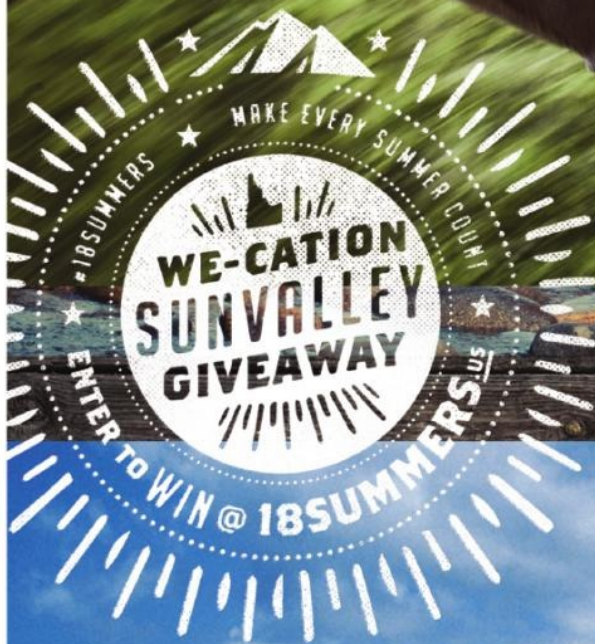
Catherine E. Toth is based in Honolulu.

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# Golf in the West \* (with a bit of fishing)





The ninth hole at Chambers Bay is a prime example of the course's classic links-style layout.

Golf enthusiasts who live in or visit the western United States are pretty lucky. They have an incredible variety of open-to-the-public courses to play.

While some of these courses are new and may lack the long histories enjoyed by their eastern counterparts, these western tracks, such as Washington state's Chambers Bay, which will host the 2015 U.S. Open, have attracted enough major tournaments to earn their bona fides. It's also pretty tough to beat the views from Utah's Wasatch Mountains, the San Diego coastline or the flank of the Mauna Kea volcano on the northwestern coast of Hawai'i Island.

Western courses come in many shapes, sizes and elevations: seaside links, inland links, desert style and mile-high mountain style. There's even a tremendous track—Old Works—that was fashioned atop a former copper mine.

You may not be able to keep all your drives on the fairway when playing these excellent layouts. However, given the beautiful backdrops these courses provide, you may find that the *occasional* errant shot provides more time to take in the scenery.

From storied U.S. Open fairways to gorgeous mountain venues, a host of top-quality public golf courses awaits you By Chris Santella



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## Chambers Bay

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Ten years ago, the site of Chambers Bay was an abandoned gravel quarry—and for most, an eyesore along the otherwise beautiful Puget Sound. It turns out that there are few better places than a quarry to build a golf course.

Chambers Bay course architect Bruce Charlton made the most of his opportunity, and next year the golfing world will marvel at the results as Chambers Bay hosts the 2015 U.S. Open. In the meantime, you can play on the same links that the game's best will play next year. From your arrival at the course, it's evident you're in for a very different experience. There's a modest clubhouse as you pull into the parking lot, but no course is visible—until you walk into the clubhouse or

to the edge of the precipice and look down. The field of play rests in the cavity of the former quarry, some 200 vertical feet below. Massive dunes, extensive waste areas and brilliant hues of green delight the eye. With hummocks, mercurial winds and exhilarating elevated tee shots, Chambers Bay has all the trappings of a classic links course at its best (877-295-4657; [chambersbaygolf.com](http://chambersbaygolf.com)).



## Trail Creek

SUN VALLEY, IDAHO

With so many mountain biking, fly-fishing and hiking opportunities around Sun Valley, it might be difficult to find time for 18 holes of golf. But after a glimpse of the Trail Creek Course from the clubhouse, you'll want to make time.

Designed by Robert Trent Jones Jr., this classic 6,968-yard alpine track crosses back and forth over shimmering Trail Creek—six times on the front nine alone—with each hole framed by the surrounding mountains. (Incidentally, the other 18-hole course at Sun Valley, Elkhorn Golf Club, was codesigned by Jones and his father, Robert Sr. It was their last collaboration.)

From the elevated tee on the 412-yard par-4 seventh, views extend far up the valley. On the 197-yard par-3 10th, you'll



At top: The 10th hole at Sun Valley's Trail Creek Course is framed by Bald Mountain in the distance. Middle: Juniper Golf Course in Redmond, Oregon, is known for its creative use of natural rock outcroppings. Far right: Palouse Ridge Golf Club in Pullman offers players grand vistas of the landscape. Near right: Hawai'i's Mauna Kea Golf Course boasts a lush layout.

BOTTOM LEFT: GREG VAUGHN / GETTY IMAGES; BOTTOM RIGHT: ROB PERRY



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carry a long iron or fairway wood over a lake that reflects “Baldy,” one of the area’s celebrated ski peaks. A handful of short par 4s tempt big hitters to go for the green—especially with the added carry at the mile-high elevation—but errant shots will be punished.

If you can’t find the time for a full 18 holes, consider the nine-hole White Clouds Course for a quick taste of Sun Valley golf. Sitting on the top of a hill, White Clouds offers amazing views of the Wood River Valley, Bald Mountain, Angel’s Perch and Devil’s Bedstead (208-622-2251; [sunvalley.com](http://sunvalley.com)).

knee—bested Rocco Mediate in a 19-hole playoff. Part of the thrill of playing here is to walk the same fairways as the pros and realize just how far they hit the ball.

You also will appreciate the ocean vistas and thoughtful designs from the father-son team of William P. and William F. Bell. Two par 3s are perennial favorites: the 198-yard third hole on the South Course and the 206-yard sixth hole on the North.

Both play downhill, with the ocean providing a spectacular backdrop. The U.S. Open, incidentally, will be returning to Torrey Pines in 2021 (877-581-7171; [san-diego.gov/park-and-recreation/](http://san-diego.gov/park-and-recreation/)).

## Places to Fly-Fish After Your Round

### Golf and fly-fishing have a lot in common.

Both pit players against natural obstacles (be they finicky fish or gaping bunkers), and both reward technique over strength. Given the similarities, it’s no surprise that many golfers, including Jack Nicklaus, Nick Faldo and Davis Love III, to name a few, enjoy fishing almost as much as driving and putting. With that in mind, we offer some locations around the West where golfers can cast a fly after completing 18 holes of golf.

**Big Hole River (Montana):** Rich in Big Sky scenery and wild trout, the Big Hole River (south of Anaconda) fulfills the promise that the phrase “Montana trout fishing” holds. The Big Hole is a study in contrasts, running through high mountain country, sprawling valleys and rugged canyons. The area is known for grayling, brook, brown, rainbow and cutthroat trout. Base your angling operations at Big Hole Lodge ([flyfishing-lodge.com](http://flyfishing-lodge.com)).

**Puget Sound:** The waters of Puget Sound are rich with trout, though even many locals don’t realize it. Sea-run cutthroat trout—which can reach more than 20 inches in length—range through much of the Sound. They strike a fly with vigor and are among the trout family’s most beautiful members. Emerald Water Anglers ([emerald-wateranglers.com](http://emerald-wateranglers.com)) offers day trips.

**Greater Bend:** Boasting numerous famous fishing rivers, including the Crooked, Metolius and the mighty Deschutes, few venues offer the golf/fly-fishing opportunities that are available around the Bend area. Here, you’ll find some of the hardest-fighting trout you can imagine. Deep Canyon Outfitters ([deepcanyon-outfitters.com](http://deepcanyon-outfitters.com)) are my top choice for guides and equipment.

**San Diego:** For something completely different, try casting for 300-pound mako sharks within sight of the San Diego skyline. Guide and TV personality Conway Bowman ([bowman-bluewater.com](http://bowman-bluewater.com)) and his team draw the fish to the boat—then it’s up to you to make the cast. Once hooked, makos will run 100 yards in seconds, then jump out of the water by 10 or even 20 feet. It’s a fly-fishing experience you’ll never forget. —C.S.



Top: The Torrey Pines South Course has breathtaking ocean views. Middle: The Old Works Golf Course in Anaconda, Montana, incorporates aspects of the region’s mining past. Bottom: Fall colors dazzle at the Mountain Course in Midway, Utah.

### Torrey Pines

SAN DIEGO, CALIFORNIA

Perched on cliffs a pitching wedge above the Pacific Ocean just north of San Diego, the two 18-hole courses at Torrey Pines have the distinction of being among the few municipal complexes that have hosted the U.S. Open. Torrey also hosts the Farmers Insurance Open. You might remember the legendary 2008 U.S. Open that unfolded here, where Tiger Woods—with a reported broken leg and a bad



(MOUNTAIN COURSE) STEPHEN GALE, COURTESY: UTAH STATE PARKS







The hauntingly beautiful ninth hole at Pumpkin Ridge's Ghost Creek Course near Portland, Oregon, includes an exciting layout with exceptional views.

## Pumpkin Ridge— Ghost Creek

NORTH PLAINS, OREGON

Just 30 minutes west of Portland is Pumpkin Ridge Golf Club, home of the private Witch Hollow Course and public Ghost Creek Course. The densely wooded Ghost Creek Course (6,839 yards, par 71) opened in 1992, and *Golf Digest* magazine

promptly named it the best new public course in America.

The sister course, Witch Hollow, became famous four years later as the site of the 1996 U.S. Amateur Championship where Tiger Woods won his third consecutive trophy (he'd go pro shortly thereafter).

"Ghost Creek has many appeals, but I think the variety and playability of the over-

all layout are what stand out for me," says Christopher Smith, one of Pumpkin Ridge's PGA professionals who *GOLF Magazine* listed as one of the 100 best instructors in America.

The ninth hole is one of Ghost Creek's more hauntingly beautiful offerings. From the tee of this 469-yard par 4, there's trouble everywhere you look—though there's



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A mother deer and her fawn find a meal on the first hole at DarkHorse Golf Club in Auburn, California. Beyond the wildlife, the course, located 47 miles northeast of Sacramento, is known for its fine layout and impeccable greens.

also the beautiful landscape to help center you (503-647-9977; pumpkinridge.com).

## DarkHorse Golf Club

AUBURN, CALIFORNIA

Prospectors flocked to the Sierra foothills in Northern California near Auburn

after gold was discovered in the late 1840s; savvy golfers make the trek to Auburn today to play DarkHorse, located 47 miles north-east of Sacramento. The 7,096-yard, par-72 course rambles through a series of oak-dotted valleys that were once a cattle ranch. Elevated tees and generous landing areas empower even marginal drivers to feel big off the tee, but elegant bunkering (and the occasional pond and creek) keep better players honest.

"Ask regular players about their favorite hole, and everyone will have a different response," says Geno Ivaldi, director of Golf at DarkHorse. "There are drivable par 4s and par 5s you can reach in two, and then there are par 4s that many strong players can't reach in two."

DarkHorse is also known for its impeccable greens. The course has been something of a hidden gem, but that may be changing. *Golfweek* recognized DarkHorse as one of the "Top 100 Courses You Can Play in America," and the eighth-best course "you can play" in California (530-269-7900; darkhorsegolf.com).

## Wasatch Mountain State Park—Mountain Course

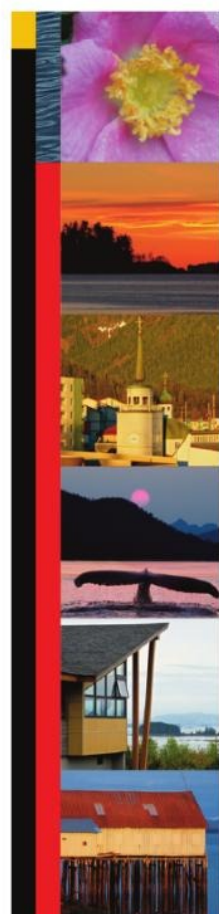
MIDWAY, UTAH

By the beginning of summer, the snow is melting and the Park City, Utah, area is ready for golf. This tony mountain community less than an hour east of Salt Lake City International Airport boasts seven public courses and eight private clubs in the immediate area.

A perennial favorite among locals and visitors is the Mountain Course at Wasatch Mountain State Park. The Mountain Course, just south of Park City in the town of Midway, is located high above the Heber Valley at an elevation of 6,000 feet. The front nine is adjacent to Snake Creek Canyon and climbs several hundred feet into the mountains; the lower nine returns to the upper valley floor.

Given the altitude changes, you're either hitting from downhill lies or driving from elevated tees, many of which offer expansive valley views.

You'll also occasionally encounter deer, moose and wild turkeys on the course.



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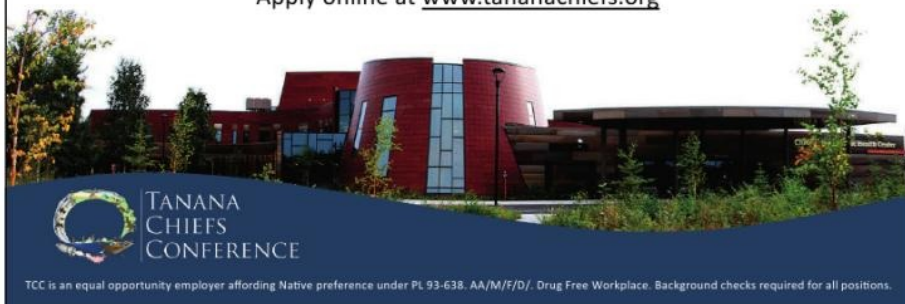
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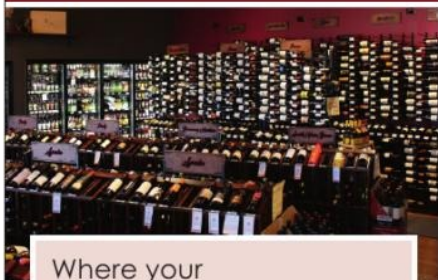
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(Note: Moose are long-standing members and get to play through.)

On top of all this beauty, the Mountain Course is one of the best values this side of the Rockies. The peak green fees are a mere \$47, with a cart.

For those seeking a flatter layout, Wasatch Mountain State Park is also home to the excellent Lake Course, so named because it meanders among eight different lakes and ponds along the valley floor (435-654-0532; wasatchgolfcourse.com).

## Juniper Golf Course

REDMOND, OREGON

With 30 quality courses within a 40-minute drive of the region's hub city of Bend—and a host of off-the-course outdoor activities to boot—Central Oregon has emerged as a nationally recognized golf destination.

Here, on the eastern flank of the Cascades, with a background that includes snowcapped Mount Bachelor and Broken Top Mountain, the air is gently scented with both sage and pine as mountains and high desert meet, creating a host of landscapes for architects to work with.

A recent addition to the high-desert category is the 7,186-yard, par-72 Juniper Golf Course, just east of Redmond.

Designed by John Harbottle, who also fashioned Palouse Ridge, Juniper offers dazzling Cascade Range views like its more established neighbors to the south such as Pronghorn Golf Club and Brasada Canyon Golf Course.

The course also incorporates interesting rock formations into its design, including on the fourth hole (a 366-yard par 4), which requires players on the tee to take into consideration a large rock outcropping in front of the green (541-548-3121; playjuniper.com).

## Old Works

ANACONDA, MONTANA

Built on the site of a former copper smelter and a Superfund cleanup site, the Old Works Golf Club in the town of Anaconda—24 miles west of Butte,

Montana—seamlessly blends elements of the site's mining past with its golf and recreation present.

Against the backdrop of the Pintler Mountains, the Old Works layout is considered one of Montana's best public courses and offers golfers a unique glimpse into the area's mining history. The fairway of the par-5 third hole is bordered by calciners (a type of furnace); the par-3 fourth hole has a backdrop dominated by an old flue; and the par-3 seventh hole is played from an elevated tee composed of slag, a safe byproduct of the smelting process.

Slag plays a key role in giving Old Works a very special aesthetic—the bunkers on the course are actually filled with pulverized black granulated slag and not the usual white sand. While the slag grains are a little larger than sand, the bunkers still play true.

"When course designer Jack Nicklaus tested the slag bunkers some years back," recalls architect John Olenoski, "one spectator asked, 'Will you have black and white bunkers on the course?' Jack jokingly replied, 'No, I don't think so—I've never been much good at checkers'" (406-563-5989; oldworks.org).

## Palouse Ridge Golf Club

PULLMAN, WASHINGTON

The gently rolling, multitextured hills of the Palouse region of southeastern Washington/western Idaho draw landscape photographers from around the country. When Washington State University asked architect John Harbottle to design a course here, his mandate was to preserve the character of the region and make the golf course fit the environment. There's no doubt in my mind that he succeeded.

"I have to place Palouse Ridge among the top inland links courses in the country," says Brian McCallen, a former senior editor at *GOLF Magazine*. "Harbottle elegantly fit the holes into the land, which changes hues with each season, depending on what crops are being cultivated."



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There are few trees along the undulating fairways of Palouse Ridge, and this facet of the course unleashes your main nemesis—the wind—making judging distance tricky. The greens—many set into hillsides or resting in natural bowls—are a treat to putt.

Palouse is the home course for the Pac-12 Washington State University Cougars, but various sets of tees make the 7,308-yard track (from the tips) playable for golfers of all levels (509-335-4342; palouseridge.com).

### Mauna Kea

KOHALA COAST, HAWAII

"For me, Mauna Kea frames the mainlander's vision of Hawai'i golf in every conceivable way," says Darrin Gee, a respected golf instructor and author of *The Seven Principles of Golf*. "There's a perfect juxtaposition of elevation changes, native vegetation, crystal-blue waters, expanses of lava and emerald-green fairways."

Mauna Kea Golf Course rests along the northwest shore of Hawai'i Island, on the Kohala Coast. The 7,370-yard course was underwritten by Laurance Rockefeller and designed by Robert Trent Jones Sr., opening for play in 1964. Much of Mauna Kea's lore arises from its third hole, an audacious par 3 that in its original incarnation measured 261 yards from the longest tees—nearly all of it carrying over the Pacific, from one rocky promontory to the next. To promote Hawai'i as a golf destination, Arnold Palmer, Jack Nicklaus and Gary Player were invited to play a "Skins"-style competition here in 1964. "The story goes that during the windy warm-up round, the three players went to the back tee on No. 3, holding drivers and long irons," Gee says. "Only one was able to poke it to the green. Fearing embarrassment, one of the other players refused to play from the back tee on TV—and they instead played from the blues"—a mere 210 yards over the water (808-882-5400; princeresortshawaii.com). ▲

Chris Santella is a Portland-based writer.





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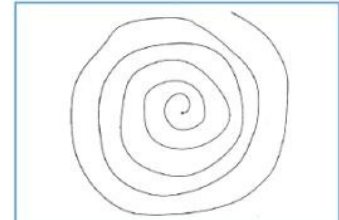
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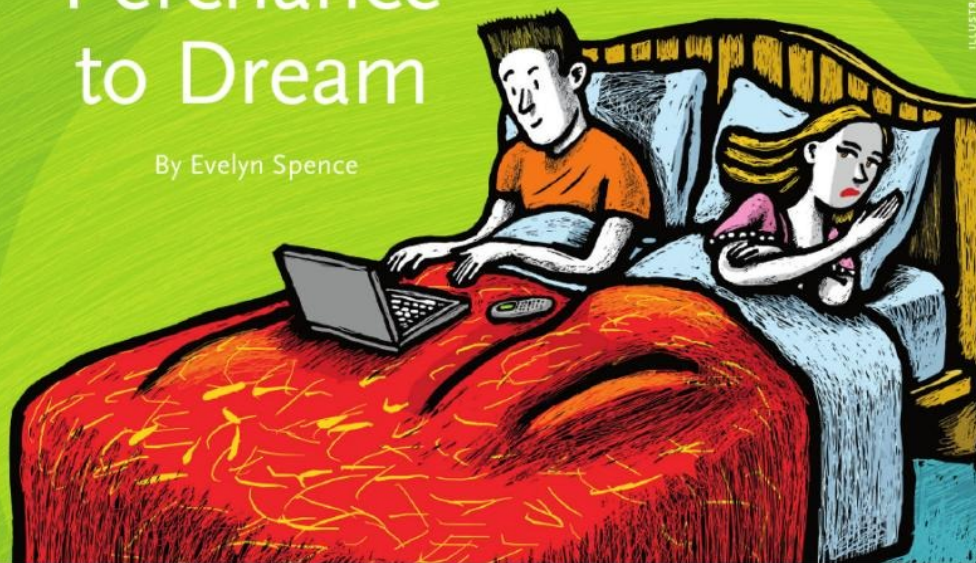
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# Perchance to Dream

By Evelyn Spence



The deep voice of Clarence Ferguson II rumbles through the control room of the University of Washington Sleep Center, where polysomnographic technologist Tihina Demsash leans toward a large computer monitor. On the lower right of the screen, a grainy black and white video shows Ferguson, 64, settling his 6'3" frame under the comforter of a double bed in his private hospital suite—along with a mic

on his throat, a sensor on his jaw, straps around his chest and abdomen, 10 electrodes on his scalp and one on each leg, a tube in his nose, and a pulse oximeter on his right index finger.

"Hey, you guys out there, I feel like Frankenstein."

Demsash offers soothing murmurs—all the monitors have a purpose—and as he quiets down, she watches how two dozen jagged lines of black, green, red, and blue move across the display, keeping tabs on oxygen levels in Ferguson's blood, his eyelid movements, brain wave patterns. She's look-

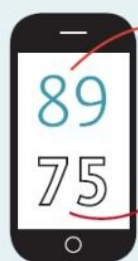
ing for signs of sleep apnea—when the throat collapses during sleep, which disrupts breathing—a possible reason for his uncontrollable high blood pressure. She's already gently explained to him that his habit of keeping the television on until 4 A.M. is not helping his sleep patterns. Around us, snores and sighs and heavy breathing come from the other dozen control room computers, as other techs observe their own patients tossing, turning, sleeping and dreaming.

It's 11:01 P.M. She points to where Ferguson's spiky brain waves have started to calm. "He's entering the first phase of sleep," she says. "Let's see how he does until we wake him up tomorrow at 6."

Clarence Ferguson is one of an estimated 70 million Americans who suffer from chronic sleep problems—apnea, insomnia, or simply not allowing enough time for zzzz's. It's an issue that's gotten steadily worse: A century ago, people in industrialized nations were getting close to 9 hours of sleep per night. Today, it's about 7 hours, and 30 percent of us average less than six hours. "With a 24-hour society, a 24-hour economy, and technology everywhere, we live in an increasingly toxic environment for sleep," says Dr. Nathaniel Watson, co-director of UW Medicine's Sleep Center and the president of the American Academy of Sleep Medicine. "It's not normal for human physiology."

This has serious consequences. The

## COUNTING SLEEP



Percentage of adults who have at least one electronic device in their bedroom at night.

Percentage of children who do.

[sleepfoundation.org]



60  
MILLION

Number of prescriptions for sleeping pills written in 2012.

[IMS Health; aarp.org]



Percentage of adults who have chronic insomnia

[National Center for Sleep Disorders Research at the National Institutes of Health]



Stages of sleep: (1) drowsiness; (2) light sleep; (3&4) deep sleep; (5) rapid-eye-movement (REM) sleep. The REM stage is closely associated with dreaming.

100+

Eye movements per minute during REM sleep.

20%

Amount of time adults spend in REM sleep.

23

Percentage of working adults who do work relating to their job within an hour of going to bed several nights a week. [sleepfoundation.org]

\$32  
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Dollar volume that the sleep industry generates in the U.S. [IMS Health]





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more sleep we lose, the more health problems arise; the more researchers look for causes, the more connections they find. Just in the last few years, studies have shown that squandering several hours of sleep a few nights in a row can alter appetite hormones and lead to an average weight gain of 2 pounds. A week of short nights can cause blood sugar changes akin to prediabetes—and trigger testosterone drops in men equivalent to aging 10–15 years. Sleeping 6 hours or less is associated with a higher risk of stroke. Sleep disruption keeps the brain from being able to hit the “save” button, affecting memory. Blood pressure, hormones, heart function, mental health: They’re all affected negatively by a dearth of something we value much less than diet and exercise—but that is just as crucial.

“We tend to use sleep as our cushion, and we steal from it for working late, catching early flights, living our modern lives,” says Dr. Ana Krieger, medical director of the Weill Cornell Center for Sleep Medicine in New York. “Our bodies are very resilient, but we can only take it for so long.” More concerning to Matthew Walker, a professor of neuroscience and psychology at the University of California, Berkeley, is that lack of sleep may be contributing to the rapid rise of disorders such as diabetes and obesity.

Evidence is clear that sleep affects most, if not all, of our body systems. There’s no magic formula for how much rest each of us needs. “People are susceptible to sleep deprivation to a different extent,” says Dr. Michael Grandner, a psychiatrist and member of the Center for Sleep and Circadian Neurobiology at the University of Pennsylvania. “And we generally don’t consider it a problem. Our society tends to be proud of how little sleep we need to get by.”

So how do you know if your nights are subpar? If it regularly takes you more than a half-hour to fall asleep, or you’re awake in the middle of the night for three-plus nights a week over the course of a month. If you’re feeling chronically exhausted, or wake tired and don’t perk up within a few minutes. If you have trouble staying awake when staying awake is normal—at meetings or




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## COMMON SLEEP PROBLEMS

**Most sleep disorders** fall within these four categories.

- **INSOMNIA:** If you're like 50 percent of Americans, you have difficulty falling or staying asleep. For some, it's short-term (known as *acute* or *adjustment insomnia*), usually caused by stress, anxiety and poor sleep hygiene. For 1 in 10 of us, it can become chronic—at least three nights a week for a month or longer—and may signal an underlying medical condition.

- **APNEA:** When the soft tissue in the back of the throat collapses during sleep, it interrupts breathing, sometimes 30 times an hour all night long—that's *obstructive sleep apnea*. Excess weight and smoking are risk factors. Less common is central sleep apnea, when the brain doesn't signal the body to breathe (often associated with congestive heart failure or stroke).

- **RESTLESS LEGS SYNDROME:** An intense urge to move your legs when you're at rest—in bed, taking a long drive, trying to relax—that can feel throbbing, creeping, pulling, and often irresistible. It affects 10 percent of the population, and certain medications, some chronic diseases, low iron levels, and pregnancy are all possible causes.

- **NARCOLEPSY:** Though it may seem exotic, millions of people have *narcolepsy*—a neurological failure to regulate normal sleep-wake cycles. Characterized by excessive daytime sleepiness and cataplexy (a sudden loss of muscle control often triggered by laughter or anger), it often begins between the ages of 15 and 25.

behind the wheel. If someone tells you that you snore loudly.

Luckily, improvement is usually easy—if the patient is willing to improve.

Chances are, you have a bad habit that's simple to fix. Do you like your afternoon Americano a bit too much? Try not to consume caffeine after, yes, noon—it can remain in your system up to 14 hours. "Just because you don't feel jittery doesn't mean it

has lost its effect," says Kristen Knutson, a biomedical anthropologist at the University of Chicago. Same with excess alcohol: Though it may make you drowsy, it doesn't foster restorative sleep. Make sure the room is dark, quiet and cool, which mimics the natural lowering of body temperature at night. Hit the hay at the same time and perform the same bedtime routine—all week long, not just on work nights. "The brain and body do best when they know what comes next," says Watson. "They have no idea what weekends are."

Don't use your bed to stew about your day, because the brain will associate bed-time with restless rumination, turning sleep "into something to *do* instead of something that should *happen*," says Watson. Instead, give yourself time to unwind: drinking a cup of herbal tea, reading on the sofa, taking a warm bath, doing yoga, or watching a mellow television program (in a room other than the bedroom). If you're awake more than a half-hour, get out of bed and do something relaxing. "You don't want to train your brain to be awake in bed," says Grand-

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'We have to wake up to the idea that, with diet and exercise, sleep is the third pillar of good health.'

ner. "Then it will always be awake in bed."

Just as important, resist the urge to bring your electronic devices with you. Scientists have known for a long time that exposure to light can suppress melatonin, a hormone that maintains the body's circadian rhythm. Translation: Any time you flip that switch, even for a moment, you fire up

your brain. Recent research shows that blue-wave light—the kind emitted from tablets, phones, computer screens, games—is a more potent suppressant than other wavelengths. When we bring gadgets into bed to watch movies or send one last email, we're stimulating our minds as we would during the day, just when we're supposed to

calm down. Says Krieger, "Removing technology from bedrooms is the biggest challenge we face with our patients."

But even after changing your sleep habits at home, you might still have a frustrating shortage—a sign of a more serious issue (see sidebar page 169). But don't reach for that sleeping pill yet: Many studies have shown that cognitive behavioral therapy is just as effective as prescription sleep aids, sometimes after as few as four half-hour sessions with a professional. CBT uses a combination of sleep restriction therapy (to make you more sleepy), stimulus control (leaving the bedroom when you're awake), and sleep hygiene advice (evicting all electronics from the bedroom). Your doctor may suggest a sleep study—like the one Clarence Ferguson had—which can diagnose medical problems such as apnea or restless legs syndrome, and prescribe treatments to remedy them, whether it's a CPAP machine that keeps your airway open, for apnea; or dietary supplements or medications to calm twitching limbs. You may simply need to change your lifestyle; as Watson points out, most apnea patients would improve significantly if they lost weight.

In the end, sleep experts are most concerned about getting out the word that good sleep is more than just a convenience or an indulgence—it's a biological necessity. But there's a long way to go. "I think we are in a place with sleep where we were with cigarette smoking 50 years ago," says Walker. For Clarence Ferguson—a man who didn't know anything about apnea or proper sleep habits before he sat down with Tihtina Demsash—his sleep study was an eye-opener. "Oh, I see, I see! Oh, I see!" he said each time she explained another habit, another connection. Says Walker, "We have to wake up to the idea that, together with diet and exercise, sleep is the third pillar of good health."

And, ultimately, there's actually a simple answer to a difficult problem. "The solution to sleep deprivation is so elegant," says Watson. "It's sleep. Go to bed earlier and sleep longer." ▲

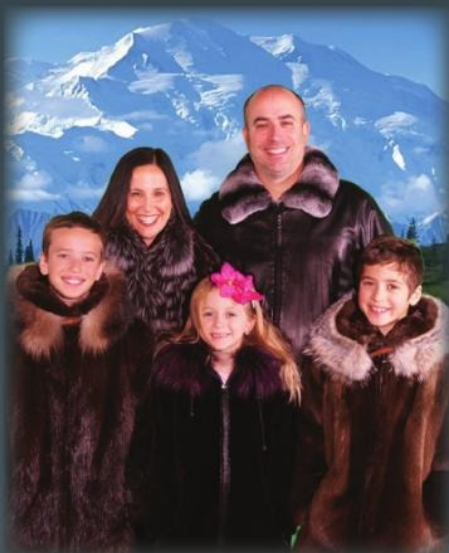
*Evelyn Spence is a health and outdoor recreation writer based in Seattle.*

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from page 79      Students who attend learning centers also see the payoffs. "I never realized how interconnected I am to the people around me and to the nature around me," said one fourth-grade field-science student quoted in a NatureBridge program evaluation.

### INSPIRING TEACHERS

It's not only students who are transformed by their time in environmental education programs. Classroom teachers can gain valuable skills around teaching science and sustain-

ability as well as using the outdoors to teach across all disciplines. And teachers with new skills and confidence can affect many more students over the course of their careers.

The Teton Science Schools (TSS) Teacher Learning Center in Wyoming focuses on this—offering workshops and conferences throughout the year specifically for teachers and administrators. The school's programs have strong commitments to mentoring young professionals, says April Landale, associate executive director at TSS. "The Teton Science Schools' Graduate Program,

Teacher Learning Center and AmeriCorps program all mentor participants in leadership, innovative teaching and scientific literacy," she says.

In addition to inspiring classroom teachers, many environmental learning centers partner with universities to offer graduate students opportunities to teach and learn in a hands-on setting while working toward a master's degree in science or education. At Wolf Ridge Environmental Learning Center, nestled between Lake Superior and the Boundary Waters Canoe Area Wilderness of Minnesota's Northwoods area, 16 college graduates enter the Naturalist Training Program every year. The students spend nine months learning and teaching at Wolf Ridge, and when they complete the program, they receive a graduate-level certificate in environmental education through a partnership with the University of Minnesota Duluth. "The Naturalist Training Program is one way that Wolf Ridge has the opportunity to influence the wider environmental education community," says Education Director Shannon Walz. Founded in 1971, Wolf Ridge was the first environmental learning center to be accredited as a K-12 school; it has been a leader in the field of environmental education for more than 40 years.

Walz is particularly happy with how the center's influence has been spread by the educators it has trained: "Over the years, graduates of the program have ended up in classrooms and outdoor classrooms all across the country and the world," she says.

### LEVELING THE PLAYING FIELD

Kristy Dressler is a teacher at Suquamish Elementary, a school on a tribal reservation north of IslandWood, with 50 percent of its student population qualifying for free or reduced-cost lunch. Dressler's classes have been coming to IslandWood for 12 years.

"Every year we have students who end up excelling here," she says. "Being in smaller groups and doing experiential learning is very different from sitting at a desk for seven hours a day with 32 students. The first few years our school came here, I was nervous about bringing some of our kids who have academic or behavioral issues. But year after year, those kids do great here."

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Dressler's students are among those that IslandWood's founder, Seattle philanthropist Debbi Brainerd, had in mind when she had the idea to build an environmental learning center near Seattle in 1998. Brainerd's husband provided seed money for IslandWood; Brainerd raised another \$27 million from the Puget Sound community.

*"I loved having moments that you wouldn't ever get from the city. I loved looking up at the stars with special people around me."*

—“Oliver,” a NatureBridge participant

“I wanted to create a magical place for children to experience nature—a place where students could participate in hands-on learning using science, technology and the arts to gain a deeper understanding of the world around them,” says Brainerd. “And I wanted to provide outdoor-education experiences to kids from schools without resources to pay for these programs.”

In Washington state, environmental learning was mandated by law in 1991, and Washington state's K-12 Integrated Environmental and Sustainability Learning Standards were adopted in 2009. However, funding for outdoor experiences and teacher training is not necessarily provided in every school district's budget. While some schools can afford to pay for outdoor experiences, other schools—often those with less parent support—cannot.

IslandWood's education endowment helps cover costs for schools that would otherwise miss out, and many other learning centers have similar provisions. But there is still work to do. Ultimately, for schools nationwide with limited budgets, incorporating environmental education may mean recalibrating priorities and reallocating funds.

Richard Louv is a San Diego-based journalist and author who became one of the

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best-known proponents of incorporating nature in education when he coined the term "nature-deficit disorder"—which put voice to the concern that modern children are increasingly leading lives disconnected from nature. He is particularly insistent about providing positive outdoor experiences to all students—not only fortunate ones.

"Few people today would question the notion that every person, especially every young person, has a right to access the Internet, whether through a school district, a library or a city's public Wi-Fi program," says Louv. "We accept the idea that the divide between the digital haves and have-nots must be closed. And it should be the same for access to nature. The direction of schools has been away from field trips and recess and more reliance on the virtual sphere. For every dollar that we spend in public schools on the virtual, we should spend on the real, especially on nature."

### INTO THE FUTURE

One ongoing debate in the field of environmental education is over the role of technology. Flashy scientific equipment, computers and other gadgets can grab children's attention, but not always for the right reasons. In recent years, however, instructors have recognized that there is a place for tech tools, even in the woods—especially for teaching about modern scientific topics.

Whether they're using old-fashioned notebooks and pencils or more advanced Geographic Information Systems (GIS) and Global Positioning Satellite (GPS) systems, students experiencing field science at the centers see science come to life. It is important, educators say, to know when technology tools are appropriate. Some devices take too long to learn to operate, distract from the firsthand experience of nature or are too delicate to weather the elements. These tend to detract from student experiences. But there are technologies that illuminate and expand a child's experience, too. And the benefits of using technology can be great: Using devices to gather data as field scientists do gives students a more realistic experience of modern scientific work.

"We have thoughtfully added a wide variety of technologies into our programs—



from iPads and cameras to digital water-quality monitoring equipment,” says Shannon Walz at Wolf Ridge. “We have a class called Changing Climate in which students use photography as a means for them to document the plants and animals that call Wolf Ridge home. Students also construct a photographic “ecological time stamp” (a tool for examining ecological change over time) and discover ways in which scientists think we can help people and other life adapt to a quickly changing climate.”

Louv accepts the use of technology, within limits: “Is the technology itself interfering with the senses? That’s the first question to ask. Maximum learning usually takes place when more of our senses are engaged. How long does it take the child outdoors to look away from the screen? If they’re outdoors only looking at the screen, then they’re missing the point.”

**WHATEVER TECHNOLOGICAL AIDS** may or may not be involved, environmental educators at learning centers and elsewhere ultimately hope that one outdoor experience leads to another, and that these experiences deepen students’ connection with the natural world.

In the end, environmental education is about getting children *outside*—about introducing them to experiences that are outdoors and also outside students’ normal experiences. Along with the opportunities to encourage scientific inquiry and science careers, environmental education helps keep children active and fosters personal relationships with nature.

After his experience at a NatureBridge campus, a student named Oliver showed that he understood this: “I loved having moments that you wouldn’t ever get from the city,” he said. “I loved looking up at the stars with special people around me. I wish we had even longer ... and I hope we [can] do it again, because I’ve thought and experienced—physically and mentally—things that I want to try again.” ▲

*Margot Kahn Case is the author of **Horses That Buck**, the biography of Wyoming rodeo champion Bill Smith. She is working on a book with IslandWood founder Debbi Brainerd.*

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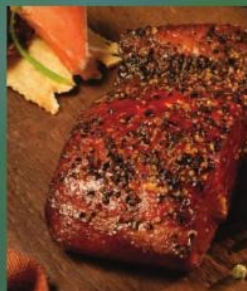
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Hong Kong is best known for concentrated urban areas and skyscrapers such as the ones shown here.



# Savoring Hong Kong

*Enjoying the region's culture, cuisine and natural wonders*

By Chaney Kwak

Somewhere between the 10-kilometer and 11-kilometer marks on the MacLehose Trail east of Hong Kong's city center, I came upon Long Ke Wan, an idyllic cove of fine sand and malachite-colored water. A few hikers were cooling down on the cove's crescent beach after a walk along this section of the trail, part of a mountain path that stretches 100 kilometers (62 miles) overall and threads together eight "country

parks" set aside for conservation and outdoor recreation. I rushed down the stone steps leading to the beach, peeled off my shirt and jumped in. The sea was so clear that I could see my own shimmering silhouette on the shallow bottom.

I felt like I was a world apart from Hong Kong's bustling financial district. Actually, I was only an hour away.

**THE NAME "HONG KONG"** typically conjures an image of a dense maze of skyscrapers

and apartment towers. With seven million people living on a landmass less than half the size of Rhode Island, Hong Kong is one of the most densely populated areas in the world, its density amplified by the area's mountainous terrain, which concentrates most of the inhabitants in the city center.

Once a sparsely populated backwater where pirates and smugglers abounded, the peninsula and archipelago that make up the Hong Kong region saw a rapid increase in population after becoming a British territory in 1841. It has continued to grow since



Long Ke Wan, with its white sand and clear water, is a popular day trip from central Hong Kong.



KY CHO / SHUTTERSTOCK.COM



the return of the region to Chinese control in 1997 (Hong Kong is now officially a “Special Administrative Region” of the People’s Republic of China—part of the country, but allowed to have an autonomous free-market economy).

The image of Hong Kong that is presented by its busy central metropolis is only part of the picture. There is also the New Territories area—a 389-square-mile buffer between Kowloon (the peninsular part of Hong Kong’s city center) and mainland China. This area, plus the 250-plus outlying islands of Hong Kong, make up 86 percent of Hong Kong’s land. Parts of the New Territories have become bedroom communities with apartment high-rises, but other places, such as Sai Kung, at the sleepy eastern tip, have managed to remain low-key. That’s where I was learning that greater Hong Kong is surprisingly green, its urban core surrounded by a wilderness of mountains, sea and islands.

**I HAD BEEN IN HONG KONG** for five days before my hike, ambling among skyscrapers and enjoying the city’s sophisticated attractions. Despite warm temperatures, I never had to break a sweat because of the city’s efficient transit system. When I tired of walking, I could hop on a double-decker bus, use one of the frequently departing subway trains, or hail one of the reasonably

priced cabs found all around the city’s urban center.

Hong Kong is also home to a moving walkway said to be the longest in the world: a series of 20-some free-to-use escalators and moving sidewalks that stretch a half-mile up and across the mostly residential Mid-Levels district. The area surrounding the moving walkways, south of the city’s center, is where many young, chic Hong Kong residents congregate. The Mid-Levels has emerged as the city’s latest trendy quarter, with small cafes and intimate boutiques popping up next to family-owned shops. The SoHo (South of Hollywood Road) neighborhood is a cornucopia of dining and nightlife, especially around Elgin, Shelley

and Staunton streets. And its northerly cousin, NoHo, has a growing number of establishments catering to expats and 20- to 30-something locals.

One intriguing new space for creative entrepreneurship is the PMQ, located in SoHo. The former Police Married Quarters (yes, it did once house married police officers) was vacant from 2000 until its rebirth in April as a complex of design studios and cool shops—including bakeries, accessories vendors, popular local clothing chains and upscale furniture showrooms.

Another notable neighborhood, the financial district of Central, offers a speed course in Hong Kong’s past and present. Start at the Admiralty metro stop (exit C1) and walk into Hong Kong Park to see Flagstaff House, the oldest existing Western building in the city. Built in the 1840s, the structure now holds the Flagstaff House Museum of Tea Ware. Continue your stroll through the park, where you might happen upon a tai chi session by the pond. Then walk along Garden Road, north of the park, where you’ll discover cathedrals, the historical governor’s mansion and other remnants of colonial rule. Finally, return to the present when you reach the vigorously modern area of Central around Queen’s Road.

Despite the city’s ultramodern appearance, traditions live on here: Feng shui, the art of harmonizing human existence with

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natural and spiritual forces, is so valued that most buildings have been erected according to the ancient principles. When a notable exception, I.M. Pei's angular Bank of China Tower, opened in 1990, its neighbors modified their designs to offset the supposedly rebalanced energy created by the renowned architect's new project. Walking past it on my trip, I didn't feel any negative vibe. Instead I marveled at the structure and was happy to be swept up in the lively energy of the Central area.

Hong Kong is a renowned shopping destination, and the sheer volume and range of goods attract millions of shoppers each year, most of them from mainland China. Hong Kong malls provide not only a place to shop, but also to meet people and cool down; so ubiquitous and large are the shopping centers that people use them as passageways to other destinations.

**MORE THAN ANYTHING ELSE**, food was the ongoing highlight of my time in the city. An estimated 12,000 restaurants serve Hong Kong's residents (that's one restaurant for every 600 people), and the culinary diversity is as deep as the downtown skyscrapers are dense.

In the lower floor of the mall within the International Finance Centre complex, I ate at a branch of Tim Ho Wan, touted as the world's least expensive Michelin-starred restaurant. Waiting is the norm at this humble dim sum establishment, but patient diners are rewarded with the restaurant's famous baked barbecue pork buns and other culinary enticements.

From there, I went to the other end of the spectrum and dined at the Tin Lung Heen, on the 102nd floor of The Ritz-



Lau Yiu Fai, executive chef at Yan Toh Heen (the InterContinental Hong Kong's Cantonese restaurant), demonstrates how to make dim sum.

Carlton, Hong Kong (housed in the International Commerce Centre, the tallest building in Hong Kong, at 1,588 feet). I took in stunning vistas across Victoria Harbour while savoring delicacies at this famed Cantonese restaurant. Chef Paul Lau searches the world for the finest ingredients and creates clean, contemporary tableaus on the plates. His cooking methods are uncompromisingly traditional, resulting in delightful creations such as braised bamboo mushrooms (with a touch of truffle), delicate chicken soup in a baby-coconut, pan-fried Kurobuta pork (with a surprise foie gras filling) and the signature honey-glazed Iberian pork barbecue, which consists of juicy morsels that have put Tin Lung Heen on foodies' radars.

When you're in the developed urban parts of Hong Kong, you're rarely more than a few steps from some tasty restaurant.

"That's why no one cooks—it's too easy

## WHEN YOU GO

### Lodging

**InterContinental Hong Kong** (18 Salisbury Rd., Tsim Sha Tsui; 852-2721-1211; [hongkong-ic.intercontinental.com](http://hongkong-ic.intercontinental.com)): With a panorama of Hong Kong's skyline, this harbor hotel offers popular afternoon teas.

**Hotel Indigo** (246 Queen's Road East; 852-3926-3888; [hotelindigo.com](http://hotelindigo.com)): A boutique property with a glass-bottom rooftop infinity pool.

**The Ritz-Carlton, Hong Kong** (International Commerce Centre, 1 Austin Road West, Kowloon; 852-2263-2263; [ritzcarlton.com/HongKong](http://ritzcarlton.com/HongKong)): This luxury hotel boasts the world's highest pool and bar.

### Dining

**Tim Ho Wan** (four locations): Affordable dim sum specialists.

**Tin Lung Heen** (in The Ritz-Carlton, noted above): A famed Cantonese restaurant with stunning views.

**Yan Toh Heen** (in the InterContinental Hong Kong, noted above): Inventive Chinese fare combines with traditional dim sum.

### Attractions

**Victoria Peak** (access by bus or via the Peak Tram from its Lower Terminus on Garden Road): Spectacular views from Hong Kong's highest point.

**Tian Tan Buddha** ([www.plm.org.hk/eng/home.php](http://www.plm.org.hk/eng/home.php)): A 34-meter-tall bronze statue on Lantau Island.

### Getting Around

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to eat out," said Winnie, an IT manager for a bank whom I met in a cooking class we took at the InterContinental Hong Kong hotel. "My friends think it's strange that I learn to cook," the Hong Kong native said.

In the class, Winnie and I learned how to make dumplings, the foundation of dim sum, at Yan Toh Heen, the InterContinental Hong Kong's Michelin-starred Cantonese restaurant. To my surprise, executive chef Lau Yiu Fai guided us as part of the "Cooking with the Culinary Stars" program, which pairs cooking enthusiasts with chefs from the hotel's five acclaimed restaurants.

Chef Lau proved to be a patient teacher, despite my increasingly obvious two left hands. With rapid-fire movements, he showed us how to shape translucent dough into all shapes to make *har gau*, steamed shrimp dumplings.



### COOKING WITH CLASS

Travelers can learn to cook like pros at the **Chinese Cuisine Training Institute** (852-2538-2200; email ccti@vtc.edu.hk), which offers four-hour Fun Kitchen classes. **Home's Cooking Studio** (email homescooking@gmail.com) takes students on market tours, followed by cooking instruction. Full-course gourmet lunches follow lessons from famous chefs at the **InterContinental Hong Kong's Cooking with the Culinary Stars** classes (852-2313-2323; email fb.hongkong@ihg.com). —C.K.

"A skillful chef can make har gau with 13 creases," Lau explained, quickly folding the ingredients into a tiny seashell with flicks of his fingers. The care and craftsmanship he takes to make each delicacy—not to mention his agility and speed—are examples of the culinary mastery that makes Hong Kong's cuisine among the most advanced in the world.

Winnie fared much better than I did, turning out professional-looking dumplings




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with her hands. This wasn't her first class at the InterContinental, she confessed. "Cooking is my passion," she said, adding that hotel restaurants aren't just for visitors—they also draw locals who want to enjoy top dining experiences. Winnie explained that, more than in any other place she's been in the world, Hong Kong's fine-dining scene revolves around hotels.

After the class, Winnie and I were treated to lunch at Yan Toh Heen. Luckily, the excellent restaurant didn't serve us the misshapen dim sum I'd sculpted. Instead, we feasted on a rarified selection of dishes that included lobster poached in chicken broth.

"See what I mean?" Winnie asked. "This is why I keep coming back."

**I RECALLED** Hong Kong's fine-dining options fondly, and hungrily, several times during my hike. Eventually, I reached my destination: Chek Keng, a 200-year-old village of humble houses that stand mostly empty, most of the residents having moved to the city or abroad. My seven-hour ramble had provided me with many panoramas of craggy bayfronts, dramatic peaks that rose from the sea, peninsulas of fine-grained rocks, lush coastal hills and green islets.

Perhaps this is the real feng shui of Hong Kong, I thought: a famed modern center with sleek skyscrapers counterbalanced by natural space nearby. Despite the need to house so many people, Hong Kong has preserved much of its greenery, ensuring that residents and visitors can connect with their environment.

The southern Chinese sun began setting, and a local fisherman gave me a ride to a nearby bus stop in his dinghy (sparing me the last hour's worth of hiking). A double-decker bus was there to take me back to the city, where another feast was waiting. ▲

Writer Chaney Kwak lives in Seattle and San Francisco.

Use Mileage Plan Miles to visit Hong Kong via partner airlines Cathay Pacific Airways, Delta Air Lines and Korean Air. For more information or to enroll in Mileage Plan, go to [alaskaair.com](http://alaskaair.com) or call 800-654-5669.

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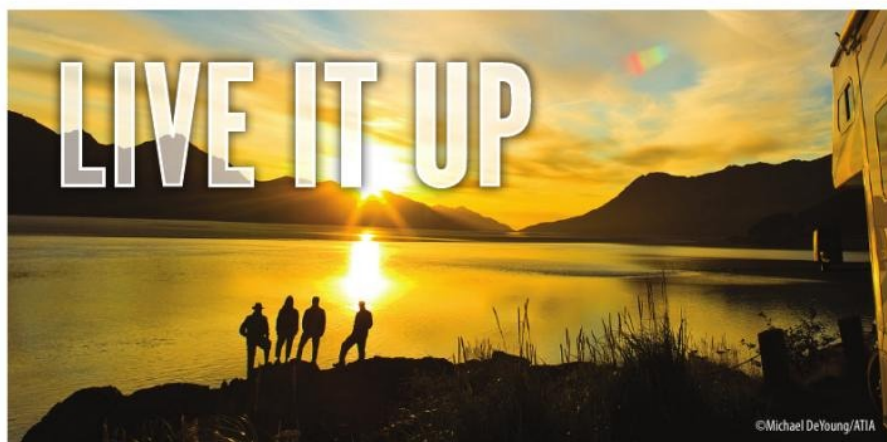


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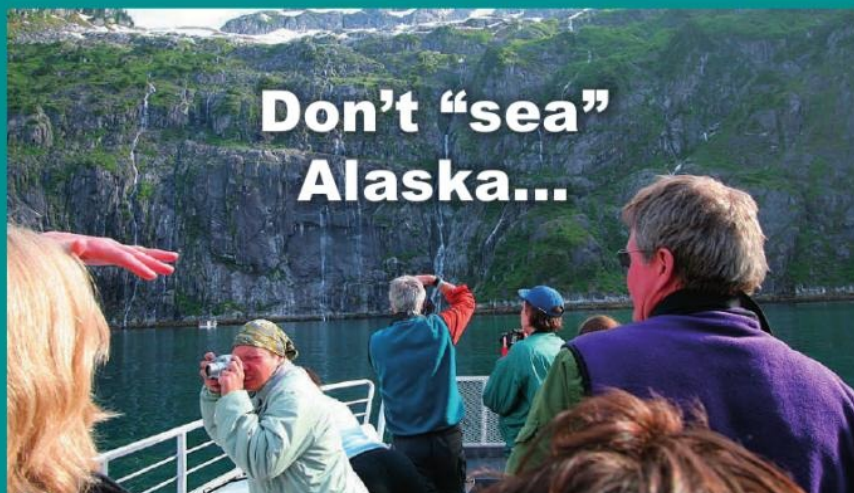
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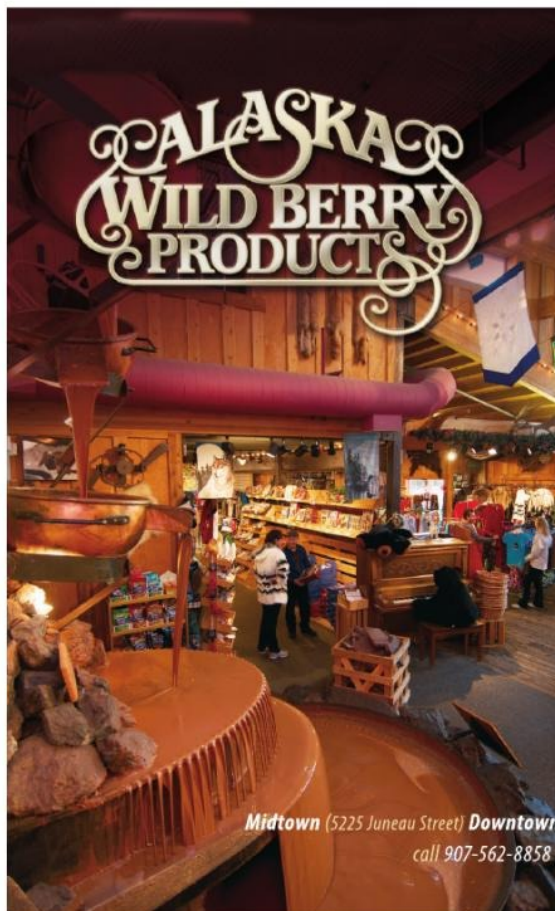


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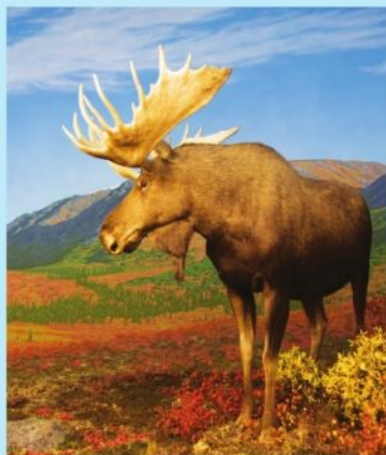
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2014 Cadillac ELR.



# Electric Luxury

By Bengt Halvorson

**Driving the Cadillac ELR** feels a little bit like piloting a spaceship-style “car of the future.” ■ Slide in and press the power button, and you likely won’t hear an engine starting. Instead, through the Bose 10-channel surround-sound system, a booming theater-style sound effect of a spaceship airlock engages, while a video-screen animation converges and locks into place as a bright array of gauges. ■ While the Hollywood

movie-trailer gloss of startup and shutdown might seem a bit gimmicky for most cars, for the ELR it isn’t far off the mark—with the important caveat that the magic lasts about 35 miles at a time.

For that distance, in this futuristic-looking, low-slung, high-shouldered luxury coupe, there’s only the distant whine of what is, for all intents and purposes, an all-electric powertrain. It’s one of the quietest cars I’ve driven—yet it’s confident and plenty quick.

The unprecedented smoothness and quietness is achieved with all the trick silencing measures of a modern high-end car—in high-tech ways, with active noise cancellation countering the harshest sound waves through the Bose sound system, and in traditional ways, with thorough sealing

and noise insulation throughout. You only hear the faintest bit of road noise and a minor whoosh of wind around the side mirrors at 65 mph and above. The ELR handles responsively when you need it to, yet it can feel so isolated from the coarseness of the roadway that you might suspect it’s hovering just above the asphalt. That’s all thanks to the continuously variable real-time damping system that can soak up vibrations and minor bumps—as well as major potholes—while firming up in milliseconds when needed for a quick corner or emergency maneuver.

As for the ELR’s fleet-footedness, it’s assured through the use of an electric motor system that can deliver 207 horsepower and up to 295 pound-feet of torque—about 12 percent more than the V-6 already used in

some Cadillac models. Electric cars tend to be especially strong and silent from a standing start and at lower speeds, and that attribute is at its best here in the ELR, where you can relax in the quiet comfort of the top-notch cabin, upholstered in plush leather, trimmed in soft suedelike micro-fiber, and detailed with wood, patterned materials, and superb fits and finishes, in the way that only the world’s top luxury cars are tailored.

**AFTER ABOUT 35 MILES**, the sparkle begins to fade a bit. That’s the point at which the other essential piece of hardware under the hood—a 1.4-liter four-cylinder engine—makes itself known, and often more uproariously than you might expect in a car that nails the definition of quiet comfort and advanced luxury in so many other ways. If you’re cruising at a lower speed, the engine can chime in smoothly and almost unobtrusively, but if you happen to be moving at a higher speed—or heading up a hill—the switch-over can be downright raucous.

Cadillac uses essentially the same powertrain (the same components, but tuned differently) in the ELR as Chevrolet uses in its Volt, General Motors’ leading-edge “green” car, which first went on the market nearly four years ago. The automaker’s Extended Range Electric Vehicle (EREV) technology allows the ELR, like the Volt, to run entirely as an electric vehicle for a respectable distance (an official EPA-rated 37 miles for the ELR). At that point, the four-cylinder gasoline engine starts up, functioning mainly as an onboard generator for the electric-motor system. As with a hybrid, you might find that the gas engine shuts off when coasting or stopping.

The reasoning behind the ELR’s configuration is that most Americans drive less than 35 miles on their daily commute—and to increase the range would require a bigger, heavier (and more costly) battery pack. So if you remember to charge your ELR every day at home—or to plug it in at work—you




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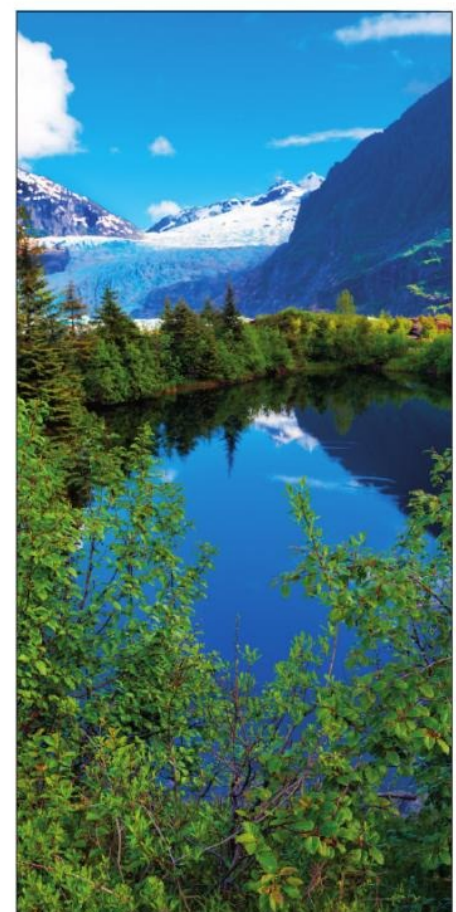


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[WWW.UNSEENALASKA.COM](http://WWW.UNSEENALASKA.COM)

Juneau is  
Alaska's capital  
city, one of the  
most scenic in  
the country.

Called the "gateway to the glaciers," Juneau offers access to many spectacular glaciers by air, land and water. Visitors may also enjoy fishing, hiking or a walking tour of Juneau's scenic downtown and waterfront.

might only hear that engine start up when you drive farther on the weekend, or on an unplanned errand once in a while that takes you farther away. Altogether, what matters is that while keeping your ELR charged yields the benefits of an electric car, you don't need to worry about it. After the charge is used up, the ELR has a driving range of more than 300 miles from its 9.3-gallon gas tank.

Charging the ELR is quite easy. Under the floor there's a T-shaped, 16.5-kWh lithium-ion battery pack that, through a charge port located just ahead of the driver's door, charges up to full in around 15 hours with a standard 120-volt U.S. AC socket, or in just under five hours with a (public or home) 240-volt charging station. With a smartphone app and a display from the car advising how long it'll take to reach a full charge, it's easy to plan that out.

During the time I had an ELR this past spring, I did a series of midweek errands, charging up whenever I could by plugging in at home and elsewhere, and staying completely on electric power. The ELR arrived at my place with 17 miles of indicated range remaining, and since I only have a 120-volt socket at my driveway, I took the ELR to a Blink 240V charging station in my Portland neighborhood, topping the ELR off with a three-hour charge.

On the weekend, I took the ELR out on a longer road trip, pushing past the transition when it changes to gasoline mode. While the ELR, operating in gas mode, doesn't have the same kind of magically quiet confidence, it does the job, in comfort, and with fuel economy numbers above 30 mpg. Technically the ELR is about a second quicker to 60 mph after it runs out of battery power, but the difference is indistinguishable.

The ELR provides a basically conventional driving experience. There's a normal shift knob at the center console, with the usual "PRNDL" layout, and the drive system is calibrated to coast like an automatic-transmission car. But click the shifter into the "L" position and you'll get more regenerative braking (the recovering of coasting and braking energy) than some might prefer. Also with a flick of the steering wheel paddle shifter, you can engage maximum regenerative braking for long downhill runs.





**THE EXOTICS HAVE RETURNED!**

Join exotic car owners and enthusiasts at Redmond Town Center every Saturday until Fall, from 9am - 11am, to admire some of the most beautiful cars on the road today.

Lamborghinis, Maseratis, Ferraris, Porsches, and a selection of Vintage and Muscle Cars.

Check the website each week to see if the weather allows the cars to be showcased outdoors. Go to: <http://www.exoticsat.com>.




There wasn't a surplus of headroom in front for this 6-foot-6-inch driver, but there was enough to be comfortable and have a relatively upright driving position. The ELR's backseat isn't adult-size, although a couple of kids would be just fine back there.


On the outside, the ELR is a very good-looking coupe—with a design that's unique on the market. It's remarkably close in appearance to the Converj concept car first shown at the Detroit Auto Show five years ago, yet it also incorporates just enough of the chiseled look, high shoulders and sharp angularity that made the previous Cadillac CTS Coupe so distinct on the road. Don't let all those sharp edges throw you off, though; the ELR is one of the most aerodynamic luxury cars on the road.

The ELR might be one of the greenest luxury cars on the market, too. But at about \$76,000 baseline, and \$82,000 for the one I test-drove, the ELR seems pricey. It also sparks an immediate comparison to Tesla. The ELR turns heads, but it doesn't seem to invite the oohs and aahs that products from the Silicon Valley automaker conjure. The ELR is refined and responsive, but in a different way than a Tesla Model S. The electric-only Model S, with the top 85-kWh battery pack, an impressive 265-mile driving range and Supercharger rapid-charging capability, starts at a comparable \$79,995.

Of course, with any all-electric car, you do need to plan for charging. But if you want to have all the advantages of an electric car—the lower running cost, the lack of tailpipe exhaust and that quiet, responsive side of the ELR's personality—without having to deal with “range anxiety,” then the ELR is a great gateway to being green without having to change your lifestyle.


In all, the ELR is more a statement than a fully realized luxury car good for all driving. But with owners of the Volt and many plug-in hybrids demonstrating that they prefer to operate off their batteries to a greater extent than automakers originally expected, ELR buyers similarly will be enjoying their vehicle as a futuristic, personal-luxury EV for the commute. ▲

*Bengt Halvorson is an independent automotive journalist writing from Portland, Oregon.*



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- Government Contracting
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**LEADER In All We Do**





# DISCOVER ALASKA AIRLINES FEATURES & AMENITIES

We know why you travel. It's not just to get somewhere. It's to learn, to explore and experience new things. It's to see the world from a fresh perspective. Not just to pass time, but to live life fully. That's what Designed to Explore™ is about. It's why we put time and attention into dozens of different aspects of your flight. Throughout this section, and your flight, you'll experience things we've designed to make your trip better, richer and easier.



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# Discover what Alaska Airlines can offer you

**MILEAGE PLAN** Easy sign-up at [alaskaair.com/mileageplan](http://alaskaair.com/mileageplan).

## WHERE YOUR MILES CAN TAKE YOU



**Starting at 7,500 miles (one way)** anywhere within one state, including Alaska, California, Idaho, Montana, Oregon and Washington.



**Starting at 12,500 miles (one way) or 25,000 (round trip)** Fly anywhere Alaska Airlines flies in continental U.S. and Canada.



**Starting at 17,500 miles (one way) or 35,000 miles (round trip)** to Mexico.



**Starting at 20,000 miles (one way) or 40,000 miles (round trip)** to Hawai'i.



**Money and Miles Awards** Reduce the price of your ticket by up to 50% while still earning Mileage Plan™ miles.



**Partner Airlines** Redeem your hard-earned miles with any of our 15 airline partners and travel to over 700 destinations worldwide.

## HOW TO GET THERE



**Earn flight miles on Alaska Airlines and all our airline partners.**



**Purchase onboard products,** vacation packages or tickets for travel on Alaska Airlines, or send shipments with Alaska Air Cargo, using the Alaska Airlines Visa Signature® card, Alaska Airlines Platinum MasterCard® and Alaska Airlines Visa® Business card.



**Purchase an Alaska Airlines Vacation package** at [alaskaair.com](http://alaskaair.com). Receive an automatic 1,500 Bonus Miles, your actual miles flown and triple miles on every dollar spent with an Alaska Airlines Visa card. Choose from more than 75 destinations and 5,000 hotels.



**Sign up for the Alaska Airlines Visa Signature® card.** Earn 25,000 miles when you are approved for the card. Plus earn triple miles on Alaska Airlines purchases and one mile per dollar spent on everyday purchases made with the card. Also, receive a Coach Companion Fare every year.\*



**Rent a car, buy flowers or go out to dinner** and earn Mileage Plan™ miles with our many non-airline partners.



## ALASKA AIRLINES VISA CARD

\*Yearly Coach Companion Fare from \$118 (\$99, plus taxes and fees from \$19). For every dollar you spend with your card, you'll earn one Bonus Mile. Ask a flight attendant or visit [alaskaair.com](http://alaskaair.com) for details.

## AIRLINE PARTNERS—TRAVEL THE WORLD ON YOUR WAY TO ELITE STATUS

Mileage Plan Miles earned on all our international partners will count toward elite status qualification. Travel throughout the world on the following partners while earning miles and elite status in the Mileage Plan Program.

American Airlines

DELTA

FIJI AIRWAYS

Emirates

BRITISH AIRWAYS



CATHAY PACIFIC

AEROMEXICO

AIRFRANCE

KOREAN AIR

KLM

LAN

Ravn ALASKA

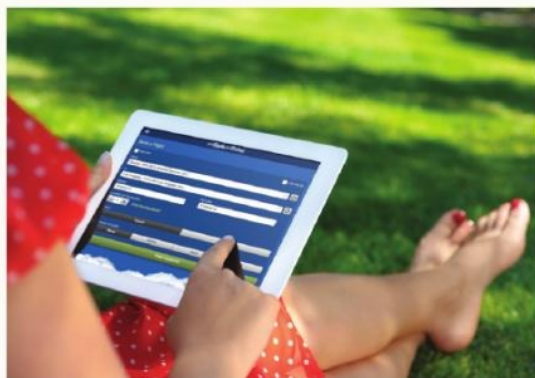
Peo Air

\*Not applicable for international Elite Qualifying Miles.



# START EVERY TRIP AT ALASKAAIR.COM

Sign up for the Insider Newsletter to receive great travel deals and information.



On alaskaair.com, you can:

- Always find the lowest fares, guaranteed
- Plan and book your flight, car and hotel
- Purchase, change or cancel and redeem miles
- Check in and print boarding passes
- View Mileage Plan activity and access My Account

Access to alaskaair.com is free on flights with Inflight Wi-Fi.



## WE'RE MOBILE

We constantly work on new features for our iPhone and Android apps and our mobile site, m.alaskaair.com. Get the app or visit the site to:

- Purchase tickets
- Track your trip details
- Access Mileage Plan information
- View and change seat assignments
- Check in and access your mobile boarding pass



## FLIGHT STATUS ON THE GO

If you have a flight scheduled to depart in the next 24 hours, use the mobile phone listed in your reservation to text MY FLIGHT to 252752 (ALASKA), and we'll send you up-to-the-minute flight status. Or use any mobile phone to text a flight number to 252752 for flight status.

*Message and data rates may apply.*

## JET TEXT MOBILE 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/1hUeTdd>.*



## LET'S BE SOCIAL

Connect with us on Facebook and Twitter.



## MVP, GOLD AND 75K STATUS

We know what it takes to be a road warrior, so the more you fly with us, the more we can take care of you and make your experience as comfortable as possible.

### Gold and 75K benefits include:

- Unlimited complimentary upgrades
- Express security lines
- Initiation fee waived for Board Room membership
- Bonus Flight Miles
- One complimentary alcoholic beverage per flight

### Elite status level miles/year:

<b>MVP</b>	20,000
<b>MVP Gold</b>	40,000
<b>MVP Gold 75</b>	75,000



## BOARD ROOM

Become a Board Room member or purchase a One-Day pass for access to our award-winning airport club rooms. Enjoy complimentary snacks and adult beverages, private workstations, free Wi-Fi and our personalized service.



## ONBOARD AMENITIES



### For Purchase \$6 USD

Miller Lite  
Budweiser  
Sauza Tequila  
Dewar's White Label Scotch  
Jack Daniel's Black Label  
Crown Royal  
Baileys Irish Cream

### Premium Liquor \$7 USD

Sun Liquor Vodka  
Sun Liquor Gin  
Sun Liquor Rum  
Crater Lake Hazelnut Espresso Vodka  
Courvoisier Cognac

### Complimentary

Coca-Cola, Coke Zero, Diet Coke  
Sprite, Sprite Zero & Fanta Orange  
Seagram's Ginger Ale, Seltzer & Tonic  
Athena® Bottled Water  
Juices: Orange, Tomato, Cranberry, Apple and our special blend of Passion, Orange and Guava\*  
Bloody Mary Mix  
Tazo® Awake® black tea  
Tazo® Wild Sweet Orange herbal infusion (caffeine-free)  
Proudly serving Starbucks®  
Pike Place® Roast

### Premium Wine \$7 USD

Canoe Ridge Exploration Merlot  
Canoe Ridge Exploration Pinot Gris



### Premium Beer \$7 USD

Alaskan Summer Ale  
Corona (to/from Mexico)  
Kona Longboard Island Lager (to/from Hawai'i)



The Meals & Snacks card in your seatback pocket displays all our food and beverage options.

Beverage service may vary due to time of day and flight-segment time limitations. Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. Government warning: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

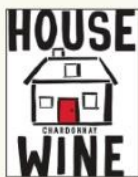
\* On flights to Hawai'i only.

## FIRST CLASS

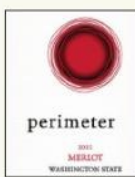
Passengers seated in First Class are always treated to our special brand of customer service. Enjoy our distinctive menus, a dedicated flight attendant, a convenient lavatory and complimentary use of an Inflight Entertainment Player when available.

### WINES OF THE MONTH

First Class passengers enjoy fine wines from West Coast vineyards. This month, we're pleased to feature the wines below.



**House Wine Chardonnay**  
Washington  
Aromas of vanilla and ripe pear invite a sip that is followed by a sumptuous array of peach, pear and green apple flavors with vanilla and hints of toast.



**Perimeter Merlot**  
Washington  
This Merlot leads with cherry and vanilla, is spiced slightly with clove, and lingers with strawberry on the finish.



### ONBOARD RECYCLING

Please join our effort to reduce our environmental footprint by separating recyclable paper, cardboard, plastic, glass and aluminum, and passing these items to flight attendants for recycling. Thank you.



## INFLIGHT ENTERTAINMENT

Put Hollywood in the palm of your hand

Enjoy our portable inflight entertainment system, including more than 50 movies, plenty of TV shows, sports, music, discounted Internet access and more.



### BLOCKBUSTER HITS



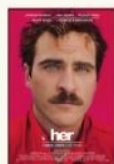
#### Mr. Peabody and Sherman

PG; 1:36 (available with English subtitles)  
Mr. Peabody and his mischievous boy, Sherman, use their time machine to go on outrageous adventures. But when Sherman tries to impress his friend Penny, they wreak havoc on the most important events in world history.



#### Winter's Tale

PG13—edited; 1:58 (available with English subtitles)  
Set in a mythic New York City and spanning more than a century, *Winter's Tale* is a story of miracles, crossed destinies and the age-old battle between good and evil.



#### Her

R—edited; 2:05  
Theodore is a complex, soulful man who makes his living writing personal letters for others. He becomes intrigued with an operating system featuring "Samantha," a female voice who is insightful and surprisingly funny.



#### Muppets Most Wanted

PG; 1:24  
Starring Ricky Gervais, Ty Burrell and Tina Fey, Disney's *Muppets Most Wanted* takes the entire Muppets gang on a global tour where they find themselves unwittingly entangled in an international crime caper.



#### The Lego Movie

PG; 1:41 (available with English subtitles)  
Emmet, an ordinary, rules-following Lego minifigure is mistakenly identified as an extraordinary person key to saving the world. His fellowship of strangers embarks on an epic quest to stop an evil tyrant.



#### Gravity

PG13—edited; 1:30 (available with English subtitles)  
Disaster strikes on a routine spacewalk, leaving two astronauts tethered to nothing but each other. As fear turns to panic, they realize that the only way home may be to go farther out in the terrifying expanse of space.

### MORE THAN 50 POPULAR MOVIES

- Adventure
- Comedy
- Drama
- Romance
- Oscar Winners

### NETWORK AND PREMIUM TV

- 20 Network Favorites
- House of Cards
- The Newsroom
- TV About Movies
- How I Met Your Mother
- Big Bang Theory
- Justified
- Dexter
- The White Queen
- Broadchurch



### MORE

- Music & Music Videos
- Discover Hawai'i
- Sports
- Health
- Discover Alaska
- Internet Access (\$7.95)

### PRICING

- Flights scheduled 4.5 hours or longer: \$10 onboard
- Flights scheduled 3.5–4.5 hours: \$8 onboard
- Reserve at [alaskaair.com](http://alaskaair.com) 24 hours prior to departure
- Complimentary—First Class on flights scheduled 3.5 hours or longer

## INFLIGHT WI-FI



Gogo® Inflight Internet is available on nearly all Alaska Airlines 737 aircraft, including all aircraft flying transcontinental routes. With Gogo you can

- Surf the Web, check email and access social media sites such as Facebook and Twitter
- Access your VPN
- Enjoy free access to [alaskaair.com](http://alaskaair.com)

In the air or on the ground, visit [gogoair.com](http://gogoair.com) for flexible pricing options. Flight attendants will indicate when Gogo is available.

\* Gogo Inflight Internet is not available on flights to/from Hawaii or when aircraft are flying over Mexico.



# U.S., HAWAII AND MEXICO

Alaska Airlines is proud to serve more than 90 locations throughout the United States, Canada and Mexico. We serve many other cities with our codeshare partners, American Airlines, American Eagle, Delta Air Lines and Delta Connection.

On routes that require a connection to one of our partners, we strive to ensure a smooth transition, which includes the ease of purchasing your ticket with just one call or a visit to [alaskaair.com](http://alaskaair.com), taking care of your bag transfer, and providing assistance at any stage of your journey should you have questions.

What's more, all our codeshare partners are also Mileage Plan partners, allowing generous opportunities to earn Bonus Miles. And with reciprocal elite-status benefits, you can enjoy several enhancements to your journey. Learn more at [alaskaair.com](http://alaskaair.com).

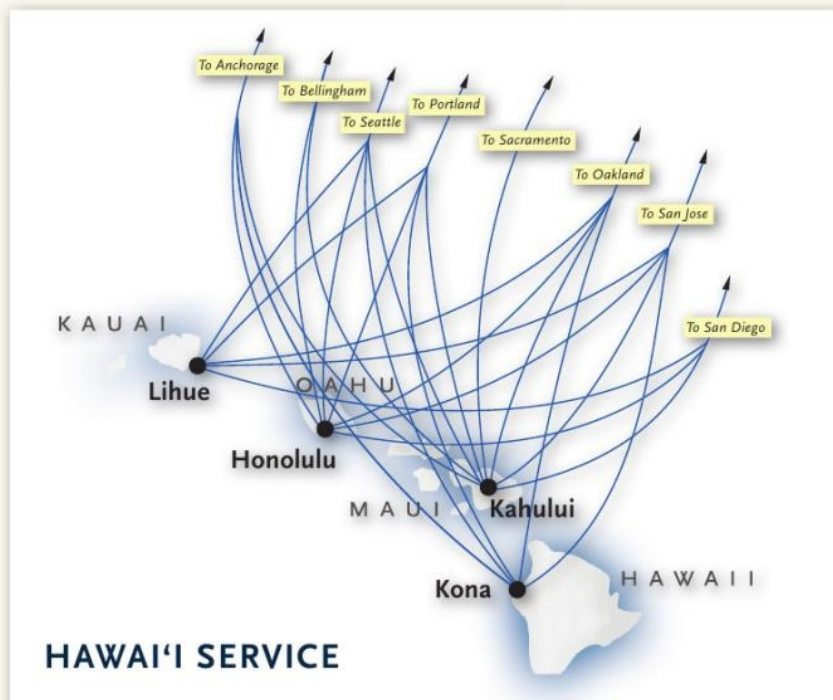
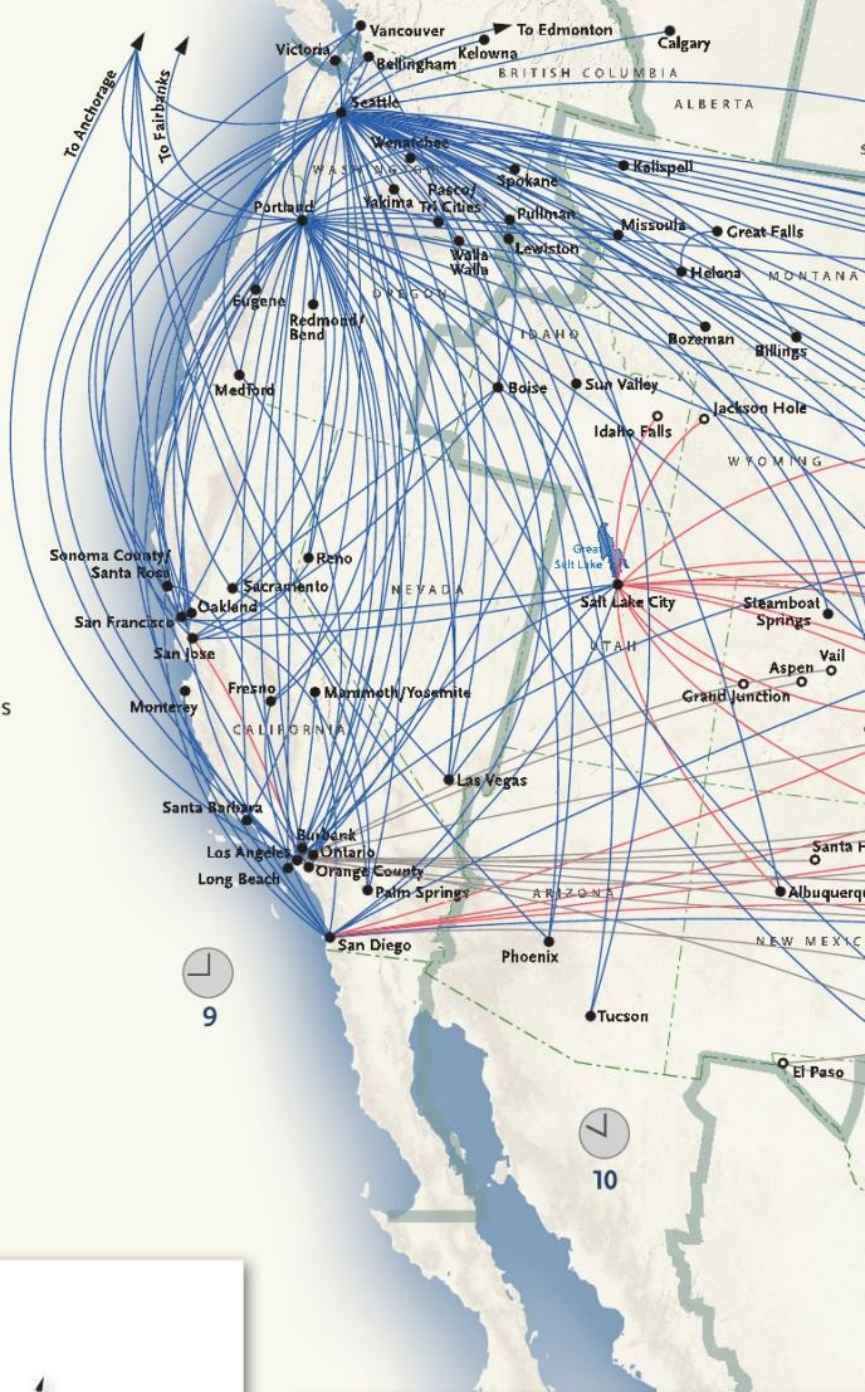
## LEGEND

Routes served by:

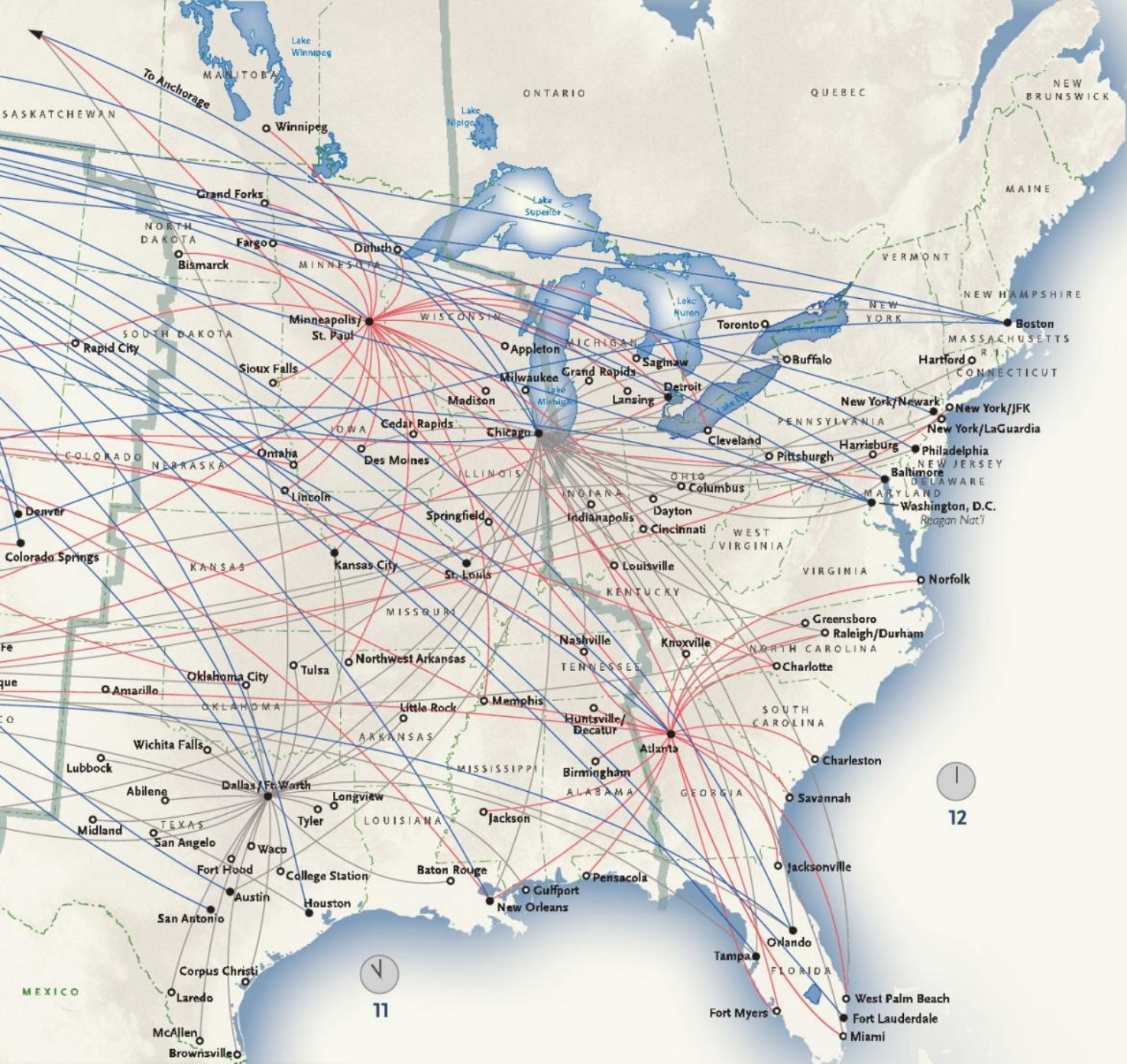


Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.







## U.S. MILEAGE

Between	Mileage
Seattle &	
Boston	2496
Denver	1024
Fort Lauderdale	2697
Honolulu	2677
Los Angeles (LAX)	954
New York City/Newark	2401
Orlando	2553
Phoenix	1106
San Francisco	678
Washington, D.C.	2306
Between	Mileage
Portland &	
Los Angeles (LAX)	834
San Diego	933
San Francisco	550

Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket.

## UPCOMING NEW SERVICE

Route	Service Begins
Salt Lake City–Portland	June 9, 2014
Portland–Kalispell	June 9, 2014
Salt Lake City–San Diego	June 10, 2014
Salt Lake City–Los Angeles	June 11, 2014
Seattle–New Orleans	June 12, 2014
Salt Lake City–San Jose	June 12, 2014
Salt Lake City–Boise	June 16, 2014
Salt Lake City–Las Vegas	June 16, 2014
Salt Lake City–San Francisco	June 18, 2014
Seattle–Tampa	June 20, 2014
Seattle–Baltimore	September 2, 2014
Seattle–Detroit	September 4, 2014
Seattle–Albuquerque	September 18, 2014
Seattle–Cancún	November 6, 2014



# ALASKA



## ALASKA MILEAGE

Between	Mileage
<b>Anchorage &amp;</b>	
Cordova	160
Kodiak	252
Fairbanks	261
King Salmon	289
Dillingham	329
Bethel	399
Nome	539
Kotzebue	549
Juneau	571
Prudhoe Bay	627
Ketchikan	776
Dutch Harbor	792
Seattle	1448
Portland	1542
San Francisco	2045
Los Angeles	2375
Honolulu	2776
Chicago	2847

Between	Mileage
<b>Fairbanks &amp;</b>	
Barrow	503
Seattle	1533
Chicago	2785
<b>Between</b>	<b>Mileage</b>
<b>Juneau &amp;</b>	
Sitka	95
Petersburg	123
Yakutat	199
Ketchikan	235
Seattle	909
<b>Between</b>	<b>Mileage</b>
<b>Ketchikan &amp;</b>	
Wrangell	83
Sitka	185
Juneau	235
Seattle	679

Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

## AIRLINE PARTNERS

Make easy connections throughout Alaska with our partner airlines.



Some routes shown operate seasonally.  
† Dutch Harbor–Anchorage service operated by PenAir.





Amy, Customer Service Agent, San Francisco

## 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](http://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 "A su servicio".

## OUR BAGGAGE SERVICE GUARANTEE

We're proud to offer a Baggage Service Guarantee. If your baggage is not at baggage claim within 20 minutes of your plane parking at the gate, you're entitled to a \$25 Discount Code for use on a future Alaska Airlines or Horizon Air flight, or 2,500 Alaska Airlines Mileage Plan bonus miles. If we don't meet our 20-minute guarantee, simply see an Alaska Airlines or Horizon Air Customer Service Agent in the baggage claim area for your voucher.

- One voucher per qualified passenger, for one or more checked bags.
- Restrictions apply. See [alaskaair.com](http://alaskaair.com) for full terms and conditions.



## A NEW WAY TO GIVE FEEDBACK

Visit [alaskalistsens.com](http://alaskalistsens.com) at any point in your journey

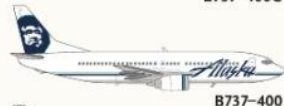
Alaska Airlines has a new, easy way for customers to provide instant feedback on their travel experiences. At any point in your journey, visit [alaskalistsens.com](http://alaskalistsens.com) from any device to take a fast, two-minute survey—



even inflight, where access to [alaskalistsens.com](http://alaskalistsens.com) is free if your flight offers Inflight Wi-Fi. Your feedback will enable Alaska to provide feedback directly to employees you interact with. Give it a try at [alaskalistsens.com](http://alaskalistsens.com).

## OUR FLEET

Alaska maintains a fleet of more than 125 Boeing aircraft. Our newest, the 737-900ER, features custom-designed Recaro seats and the Boeing Sky Interior, featuring sculpted overhead bins and mood lighting designed to provide a more spacious cabin experience.





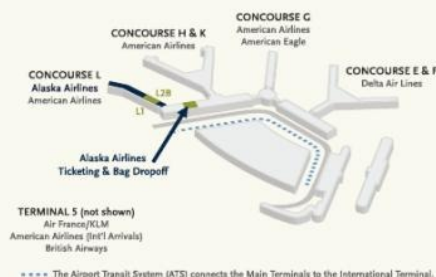
# HELPING YOU FIND YOUR WAY

A quick guide to help you make easier connections.

## Anchorage International Airport (ANC)



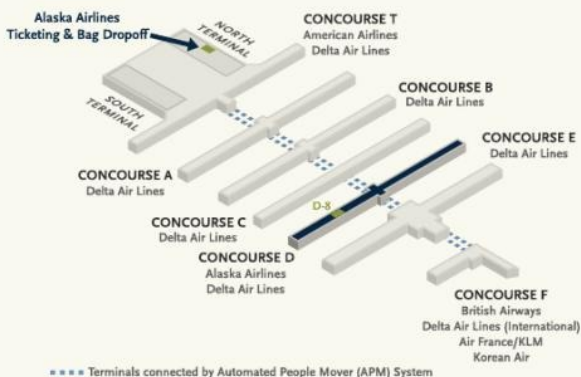
## Chicago O'Hare International Airport (ORD)



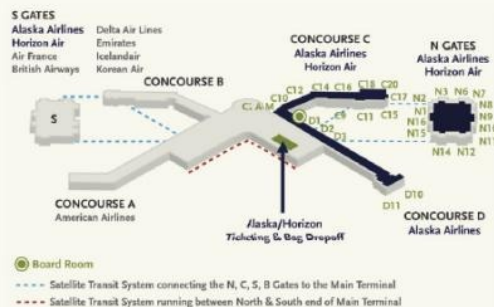
## Los Angeles International Airport (LAX)



## Atlanta International Airport (ATL)



## Seattle/Tacoma International Airport (SEA)



## Portland International Airport (PDX)



## San Francisco International Airport (SFO)



### Helpful tips upon landing at SFO from Mexico:

- If necessary, clear all checked baggage through U.S. Customs.
- After clearing Customs, exit to the right through sliding glass doors.
- Pack all duty-free liquids securely in your checked baggage to avoid confiscation by the TSA. Then recheck your baggage with an Alaska Airlines Customer Service Agent at the baggage recheck point in the San Francisco International Terminal.
- Proceed directly down the hall and turn left to the connecting hallways leading to Domestic Terminal 1.
- Continue in the same direction and turn right at the signs for Gates 20-36: Alaska Airlines uses Gates 20 and 22.
- Average time from landing to Gate 20 is 40 minutes.

### Datos de ayuda a su llegada de México a San Francisco:

- De ser necesario, pase por aduana de los EEUU con su equipaje que documentó.
- Después de pasar aduana, prosiga por la puerta de vidrio corrediza y a su derecha.
- Empaque seguramente todos los líquidos que adquirió en la tienda libre de impuestos (duty-free) en su equipaje documentado, para evitar ser confiscados por Seguridad (TSA). Después entregue su equipaje al agente de Alaska Airlines en los mostradores, justo afuera de aduana en la Terminal Internacional.
- Proceda directamente al fondo del pasillo y de vuelta a la izquierda hacia los pasillos de conexiones de la Terminal Doméstica 1.
- Deberá llegar hasta donde se encuentran las indicaciones para las salas 20 a la 36. De vuelta a la derecha y deberá pasar por seguridad. Alaska Airlines usa las salas 20 y 22.
- El tiempo estimado para el recorrido hacia la sala 20 desde que usted aterrizó, es de 40 minutos.



# CUSTOMS AND IMMIGRATION

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

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

## TO THE UNITED STATES

### U.S. CUSTOMS DECLARATION

*Who must complete this form?*

All travelers

#### Helpful tips

- One form per person or one per family with same address
- Lines 5, 6—If not using a passport, leave these lines blank
- Line 9—Enter "AS" for Alaska Airlines
- Sign at the "X"

### DECLARACION DE ADUANA

*¿Quién debe completar esta forma?*

Todos los pasajeros

#### Datos de ayuda

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



## TO MEXICO

### MEXICO CUSTOMS DECLARATION

*Who must complete this form?*

All travelers

#### Helpful tips

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

### DECLARACION DE ADUANA

*¿Quién debe completar esta forma?*

Todos los pasajeros.

#### Datos de ayuda

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



## TO CANADA

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

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



### FMM

*Who must complete this form?*

All travelers except citizens of Mexico

*¿Quién debe completar esta forma?*

Todos los viajeros, excepto los ciudadanos de México



### FEM FOR MEXICAN NATIONALS

*Who must complete this form?*

Citizens of Mexico

### FEM PARA MEXICANOS

*¿Quién debe completar esta forma?*

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

#### Datos de ayuda

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



### MEXICO STATE CODES

City / State	State Code
Guadalajara / Jalisco	JAL
Ixtapa, Zihuatanejo / Guerrero	GRO
Loreto, La Paz, Los Cabos, San Jose / Baja California Sur	BCS
Manzanillo / Colima	COL
Mazatlán / Sinaloa	SIN
Mexico City / Distrito Federal	D.F.
Nuevo Vallarta, Bucerías and north / Nayarit	NAY
Puerto Vallarta, Mismaloya / Jalisco	JAL

*Please use all capital letters with blue or black ink.*

*Por favor use letra mayúscula en tinta azul o negra.*



# A GUIDE FOR AIR TRAVELERS

The Federal Aviation Administration (FAA) and Alaska Airlines have set the following rules and regulations to assure your safety and comfort:

- 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.
- 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.
- 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.
- 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.
- 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.
- 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 Players, etc.
- 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.
- Smoking is not permitted on any Alaska Airlines flight.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.
- Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal air purifying devices.
- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

## IMPORTANT PHONE NUMBERS

### CUSTOMER CARE:

800.654.5669  
(Mileage Plan, Web Support, Customer Relations)

### Toll-Free Reservations Within the U.S. and Canada:

800.ALASKAAIR  
(800.252.7522)

(TTY 800.682.2221)

En Español:  
800.858.5525

From Mexico:  
001.800.252.7522

Alaska Airlines Vacations:  
800.468.2248

## USING YOUR DEVICES

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

### Allowed on the Ground and in the Air



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

### Not Allowed During Flight



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



from page 59 value, though one is infinitely more accessible than the other—a trek to Pack Creek is a roughly \$700 day trip from Juneau by floatplane.

Mendenhall, by comparison, is just minutes from downtown Juneau, and all those thousands of visitors constitute the largest bear audience in the United States. “We serve more people by far than all other bear-viewing locales put together,” Neary reports.

“Either way, at Pack Creek or Mendenhall, the current popularity of bears illustrates a sea change in public perception of wild animals,” Neary says. “When I first entered this profession, bears were widely considered either great dangers or obnoxious pests. Now millions of people consider them creatures of wonder.”

#### IN MY MANY JOURNEYS TO ALASKA

I have seen “whales trying to fly,” as Lynn Schooler puts it; bears catching salmon; bull caribou browsing on tundra scrub at Denali; a peregrine falcon soaring over the Arctic marsh at Barrow; thousands of



Wolves are elusive sights in Alaska. This one was photographed in Denali National Park.

COURTESY: DENALI NATIONAL PARK & PRESERVE

salmon struggling up a coastal cascade; eagles fetching herring from quiet coves; and hundreds of other memorable sights. One spring I saw a raft of 80 sea otters in Sitka Sound, a mass of marine beauties all clinging together in the indigo water. Did you know that sea otters live in matriarchal societies, and when you see such a raft of otters, it is usually one large extended family?

Still, the experiences that have lodged in my memory most are the bears at Pack Creek—and the midwinter chickadees in Fairbanks.

It's easy to understand the majestic

impression coastal brown bears make, seen up close, with easy-to-grasp lives as they thrive on bountiful salmon. But I often reflect on the delight those chickadees brought me. Why? The best I can say is that these tiny birds are, as Lynn Schooler puts it, the real magic show. Their distant ancestors were the dinosaurs that “ruled the earth,” to use an entirely human phrase. Now they are adapted to a rugged but fruitful existence in a harsh and beautiful environment, collaborating as a community to survive winter nights and working hard each day as individuals. Graceful, dainty, finely shaped and vigorous, they are a wonderful reflection of the bustling spirit of life on our planet, there for anyone to see and love as I have. ▲

Eric Lucas is a contributing editor at Alaska Airlines Magazine.

Alaska Airlines serves communities throughout the state of Alaska. For more information or to book tickets, go to [alaskaair.com](http://alaskaair.com) or call 800-ALASKAAIR.



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- Potable hot and cold drinking water lines
- Potable water distribution mains
- Industrial pressure applications
- Compressed air systems
- Process pipes
- Hydronic systems (air and water) heating and cooling lines

- Fire suppression sprinkler systems
- Natural gas and petroleum product lines
- Electrical conduit
- Collection, Hold and Transfer (CHT) systems in maritime vessels
- Water Mains

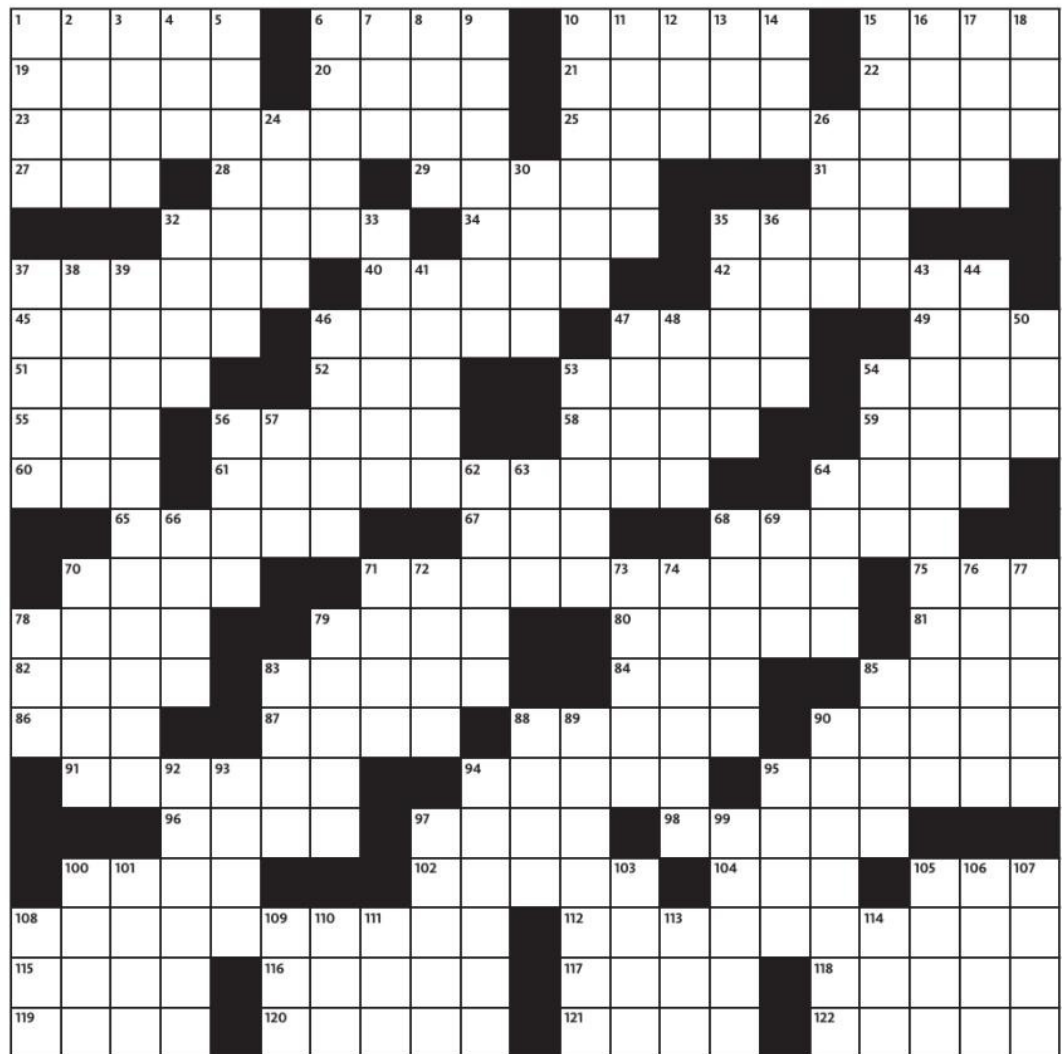
- Distribution Mains
- Storm Drains
- Rain & Roof leaders
- Drain and sewer lines
- Vertical & vent stacks
- Industrial pressure applications
- Repair broken pipes



## ACROSS

- 1 Abominable Snowmen  
 6 Singe  
 10 South American language  
 15 Turnpike exit  
 19 Skirt style  
 20 Capital of Togo  
 21 Humiliate  
 22 Hipbone parts  
 23 Yo-yo trick  
 25 Kind of show  
 27 Vane reading: abbr.  
 28 Afternoon social  
 29 Cavalry weapon  
 31 Unfold  
 32 Ladd and Hale  
 34 Riga native  
 35 Window-frame part  
 37 Not as messy  
 40 Hair curl  
 42 Moves slowly  
 45 Sacred cows  
 46 Upward shove  
 47 Gospel author  
 49 Western Indian  
 51 Table supports  
 52 Tentacle  
 53 Gauchos' cords  
 54 RBI, e.g.  
 55 Eurasian crow  
 56 Buying event  
 58 Move aimlessly  
 59 Corrida creature  
 60 Lynne's band: abbr.  
 61 Frankfurter holders  
 64 Sugar source  
 65 Passes over  
 67 Stimp's cohort  
 68 Perspective  
 70 Round cheese  
 71 Sirius, familiarly  
 75 Bad thespian  
 78 Ambulance attendants: abbr.

- 79 Native Canadian  
 80 Russian stockade  
 81 Woolly mama  
 82 Ernie's pal  
 83 Publish  
 84 Hassle  
 85 Hebrew month  
 86 Pollen carrier  
 87 Hospital tests: abbr.  
 88 Curbs  
 90 Saw wood  
 91 Dispatch again  
 94 Ferocious  
 95 Varies  
 96 Ray of *We're No Angels*  
 97 Marsh bird  
 98 Parisian school  
 100 Toy-gun ammo  
 102 \_\_\_ de menthe  
 104 Tattler  
 105 \_\_\_ mode  
 108 Swam, in a way  
 112 Burrowing rodent  
 115 Concerning



- 116 Foolish  
 117 Shade sources  
 118 French student  
 119 Honey quaff  
 120 Called with a beeper  
 121 Actor Johnny \_\_\_  
 122 Gets up

## DOWN

- 1 Show fatigue  
 2 Verve  
 3 Flooring square  
 4 Scribe's fluid  
 5 Colonizes  
 6 Spotless  
 7 Mortar trough  
 8 *Good Times* star  
 9 Entertains lavishly  
 10 West Pointers  
 11 Cancel a space launch  
 12 Joplin product  
 13 "Rose \_\_\_ rose..."  
 14 Golfer Hogan  
 15 Undulate, as water

- 16 African shrub  
 17 St. Paul's site: abbr.  
 18 Earnings  
 24 \_\_\_ *My Song*  
 26 Hand (out)  
 30 Prime  
 32 Feels poorly  
 33 Stashed  
 35 Get lost!  
 36 Bothers  
 37 Grammatical character  
 38 Model  
 39 Tiny-flowered plant  
 41 Romantic fellow  
 43 Act snobbishly  
 44 Fixed look  
 46 Simpson son et al.  
 47 \_\_\_ Unit Zappa  
 48 Oh, woe!  
 50 Ike's command: abbr.  
 53 Actor Kirby  
 54 Ollie's buddy  
 56 Metal wedge  
 57 Poker kitty

- 62 Welcome  
 63 River bottom  
 64 Caution  
 66 Schooner part  
 68 Male elks  
 69 Racing circuit  
 70 Islamic ruler  
 71 Branch of math  
 72 Coop females  
 73 Italian seaport  
 74 Fasten, as paper  
 76 Knowing  
 77 Ponds  
 78 Subside  
 79 Formula of belief  
 83 Await judgment  
 85 Heche of *Psycho*  
 88 Withered  
 89 Marched heavily  
 90 Having more sodium chloride  
 92 Drained  
 93 Ms. Lanchester  
 94 Crossed a stream

- 95 Laugh loudly  
 97 Spectacle  
 99 Brittle  
 100 Geometric figure  
 101 Taj Mahal's locale  
 103 First name in mystery  
 105 Summer beverages  
 106 Jennifer \_\_\_ Hewitt  
 107 Eons  
 108 \_\_\_ sum  
 109 Party food  
 110 Genetic letters  
 111 Linger  
 113 Part of a stereo  
 114 Yale grad

SOLUTION ON PAGE 76.

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# THE FUTURE IS NOW

2014 F-150



B	H	E	C	S	T	S	F	K	T	C	P	Q	C	F
Z	U	V	R	Y	L	G	A	S	L	A	B	B	N	O
I	O	L	U	U	W	U	O	A	Y	E	A	W	Y	G
C	Q	Y	I	A	X	O	A	L	I	D	S	E	S	L
Q	T	G	S	T	B	V	O	H	V	R	L	R	R	A
G	K	V	E	O	F	A	J	A	K	X	I	C	O	M
Z	X	R	C	K	D	O	M	M	W	M	N	R	W	P
V	P	E	O	B	A	C	R	A	L	U	G	E	R	S
B	N	A	N	W	E	R	G	D	B	R	L	P	D	B
N	D	G	T	T	N	H	K	C	T	Z	N	U	U	H
R	W	Y	R	L	O	W	M	G	B	O	K	S	K	Q
Y	W	A	O	L	G	C	O	S	R	S	U	H	O	A
F	C	P	L	Q	Z	Z	R	E	G	S	G	G	O	R
S	U	P	E	R	C	A	B	N	W	C	O	G	H	F
U	M	Z	C	G	Z	X	Z	W	S	L	E	D	O	M

## Ford F-150 Word Search

### HOW TO PLAY:

The words listed all appear in the puzzle.  
CIRCLE THE WORDS BELOW

### FIND THESE WORDS:

Advancetrac, Builtfordtough, Cruisecontrol, Ecoboost, Foglamps, Hauls  
Models, Payload, Regularcab, Supercab, Supercrew, SYNC, Weownwork

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