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MAGAZINE SEPTEMBER 2017

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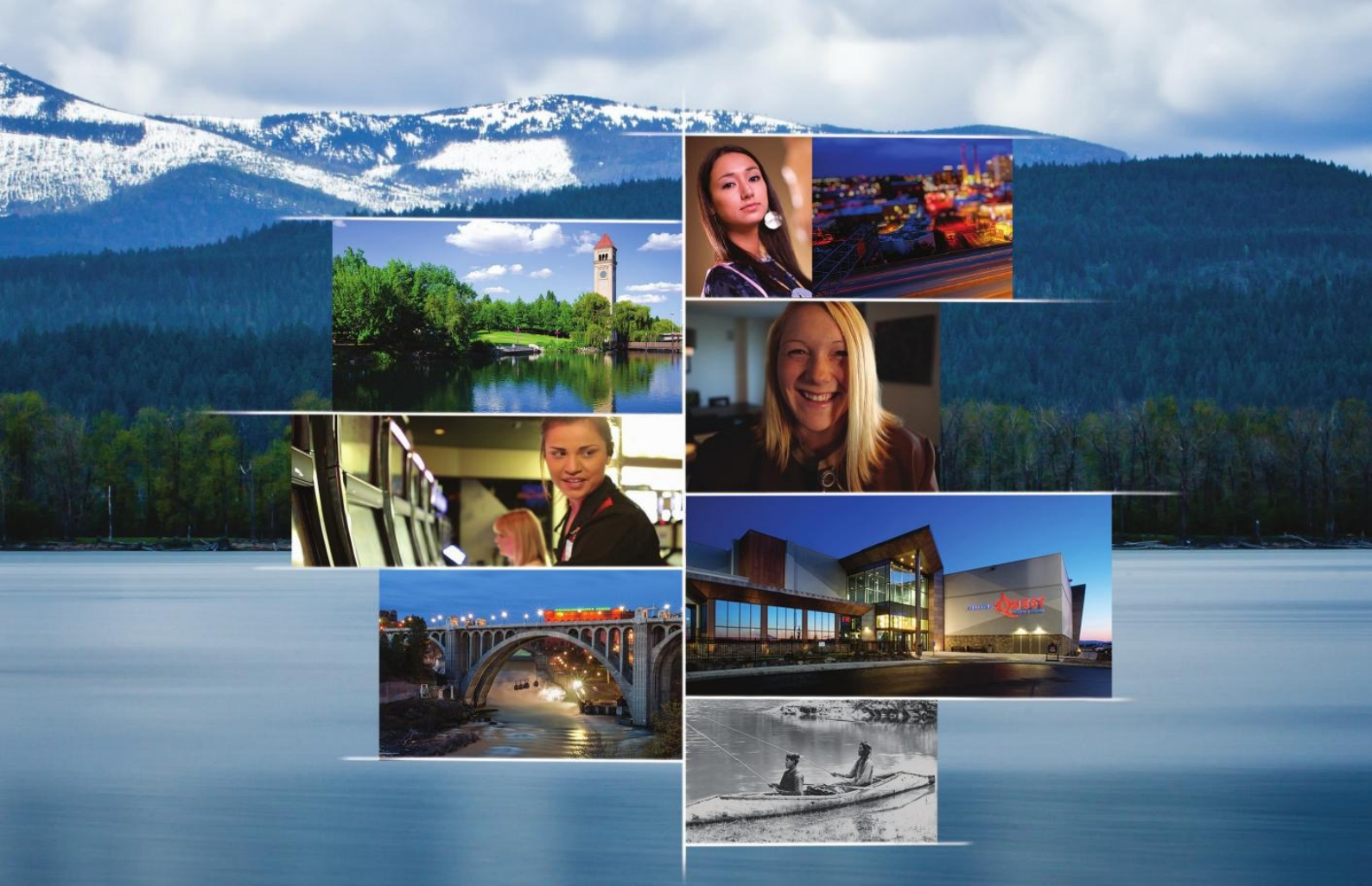
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Russell Wilson engages with
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Museum of Flight in Seattle.

Photo by Ingrid Barrentine.

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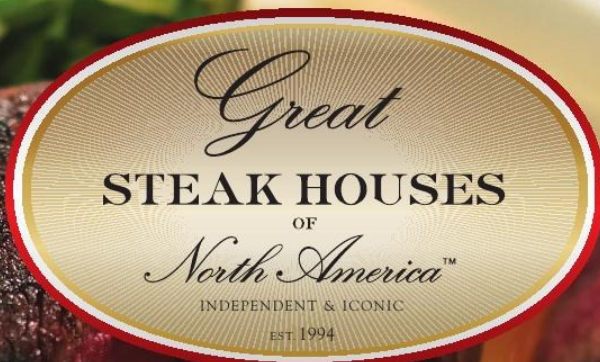
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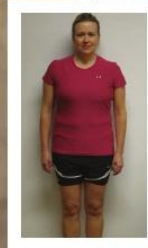
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It wasn't until halfway through the My Best 10 program when I realized that I'm much more effective, and available for my family, when I take care of myself.

Before the program, I was in a bit of a slump. My friend, and workout partner, had moved away, so my motivation to exercise just wasn't there. My body felt "soft." When I got up in the morning and looked in the mirror, I didn't recognize who was looking back at me.

When I read about the My Best 10 program, I knew it was exactly what I needed – and it surpassed my expectations.

I had expected to work hard and lose weight. What I hadn't expected was that the lessons I'd learned during the program would become even more important two years later.

After successfully completing the program and losing 15 pounds, I felt better than ever. However, sometimes, old habits are hard to break. When my weight began to slowly creep back up, I knew it was time to take control again. I have the philosophy that obstacles are not an issue. I simply identify them and climb on over. Challenges keep it interesting and give me a sense of victory.

So I returned to what I'd learned through My Best 10 – protein shakes, lean protein

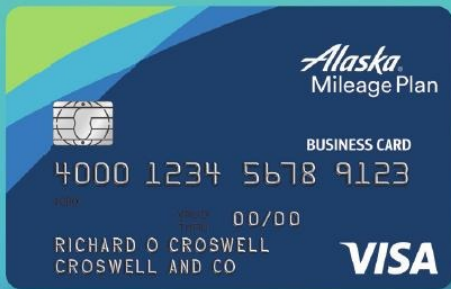
and no cheating. After I lost four pounds in the first week, I knew I was back on track. Personal training had been a key to my success in the program. My trainer provided the accountability I needed to get to my workouts and made me want to work hard. She always had something positive to say about my progress. And, most importantly, she made me feel good about myself again. If someone had told me a year ago that I'd be able to deadlift 145 pounds, I'd have called them insane. But today, I can do it. I'm happier, healthier, more comfortable in my own skin – and in the best shape of my life!

A major improvement in my life after My Best 10 is my energy level. Before the program, it was difficult to get going in the mornings. I felt tired even after getting eight hours of sleep. Now, I get up easily and sometimes even get a workout before the kids go to school. It's amazing how much better I feel now!

I'm a huge fan of MB10! This was the greatest gift I've ever given myself!

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WELCOME»



Brad Tilden,
Chief Executive
Officer

COMING TOGETHER FOR KIDS

» I recently had the opportunity to meet some truly incredible young people at an event that Alaska Airlines hosted in conjunction with The Museum of Flight and Russell Wilson. These kids' enthusiasm for staying in school, doing the right thing, and working to help themselves and their families get ahead was genuinely inspiring.

Many have said that education is the greatest gift you can give to a child. Actually, I disagree. Education is not a gift—it's an imperative. We need to do all we can to give our kids the education they deserve—an education that leads to bright futures, and gives kids a good reason to be positive and feel optimistic about their lives.

We often hear the word "inequity" applied to social issues and education in particular. I think it's a fair term. Health, wellness, happiness, standards of living and much more all

directly correlate with education. Without equity in education, we're not going to have equity in any of these areas. But right now, we're failing a lot of our kids, especially those from less affluent areas.

In the state of Washington, high school graduation rates have climbed steadily over the past decade—improving from 72 percent in 2008 to 79 percent in 2016. However, nearly one in five of our students does not graduate from high school in four years. And, while graduation rates for white and Asian students are above 80 percent, other minority students—on average—graduate at a rate that is as much as 10 percentage points below this average. The same rings true for the state of California.

If indeed our kids are our future, and I'm guessing that nearly every person reading this believes that, then we all need to get involved

» WELCOME

today to improve our system of education. It's not only the right thing to do, it's arguably the smartest thing to do. Businesses, and really society as a whole, are depending on our schools to produce the brightest and most capable students. High-tech businesses, in particular, need students with strong STEM skills to help spark further innovation in our country. But most of these jobs, particularly those that pay well and provide opportunities for advancement, require some type of educational credential beyond high school. Yet in Washington state, only a third of our kids are

getting higher-education degrees today. The result is that many young people who grow up in our local communities are not able to compete for the best jobs.

We'll all be better off, and our kids will be way better off, if we fix this.

The state of Washington has made some strides on the education front by addressing court-ordered education improvements that were mandated as part of the much-publicized McCleary Decision on Public Education Funding and Reform. While a boost in funding will certainly help, there's still a major opportunity

for all of us to be a part of the solution.

Businesses such as Alaska Airlines are doing more to focus on education and introduce kids to exciting careers that are a real possibility for them—like the event I mentioned, which you can read more about on page 16. We're very lucky to have our Chief Football Officer, Russell Wilson, at our side.

Thank you for flying with us today, and thank you for reading this. Please join us in thinking about what we can do, and how we can come together now, to improve the futures of our kids. ✈

» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo

UNIDOS POR LOS NIÑOS

» Recientemente tuve la oportunidad de conocer a algunos jóvenes verdaderamente increíbles en un evento que Alaska Airlines organizó conjuntamente con el Museo de Vuelo y Russell Wilson. El entusiasmo de estos niños por permanecer en la escuela, hacer lo correcto y trabajar para ayudar a sus familias, y a ellos mismos a salir adelante fue realmente inspirador.

Muchos han dicho que la educación es el regalo más grande que podemos dar a un niño. De hecho, no estoy de acuerdo con eso. La educación no es un regalo, es imperativa. Debemos hacer todo lo posible para dar a nuestros hijos la educación que merecen, lo que los conducirá a un futuro brillante, y será la mejor razón para que sean positivos y se sientan optimistas sobre sus vidas.

A menudo oímos la palabra "inequidad" aplicada a las cuestiones sociales y la educación en particular. Creo que es un término justo. La salud, el bienestar, la felicidad, los estándares de vida y mucho más, están directamente relacionados con la educación. Sin equidad en la educación, no tendremos equidad en ninguna de estas áreas. Por ahora, hemos fallado a

muchos de nuestros niños, especialmente aquellos de áreas menos afluentes.

En el estado de Washington, las tasas de graduación en las escuelas preparatorias han subido constantemente en la última década—mejorando de un 72 por ciento en el 2008 a un 79 por ciento en el 2016. Sin embargo, casi 1 de cada 5 de nuestros estudiantes no se gradúan de la escuela preparatoria en cuatro años. Además mientras que las tasas de graduación para los estudiantes blancos y asiáticos están por encima del 80 por ciento, los estudiantes de las minorías—en promedio—se gradúan a una tasa de hasta 10 puntos porcentuales por debajo de este promedio. Lo mismo



INGRID BARRENTINE

Si en verdad nuestros hijos son nuestro futuro, y estoy asumiendo que casi toda persona leyendo este artículo lo cree, entonces todos tenemos que participar hoy para mejorar nuestro sistema de educación. No sólo es lo correcto, sino que es lo más inteligente que podemos hacer. Las empresas, en particular aquellas que están en el creciente campo de la tecnología, dependen de nuestras escuelas para darnos futuros empleados, particularmente aquellos que son fuertes en habilidades ciencia, tecnología, ingeniería y matemáticas (STEM por sus siglas en inglés). Y aún más, los estudios muestran que hasta el 70 por ciento de las futuras oportunidades de empleo requerirán por lo menos algún tipo de educación universitaria, sin embargo, sólo un tercio de nuestros hijos están recibiendo grados de educación superior.

El estado de Washington ha hecho algunos avances en el frente de la educación al abordar las mejoras educativas que, por mandato legal, fueron ordenadas por los tribunales como parte de la muy divulgada Decisión de McCleary. Aunque el impulso financiero sin duda ayudará, todavía hay una gran oportunidad para todos nosotros de ser parte de la solución.

Gracias por volar con nosotros, y gracias por leer este artículo. Yo los invito a que juntos pensemos en lo que podemos hacer, y cómo podemos unirnos ahora, para mejorar el futuro de nuestros hijos. ✈

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PHOTOS BY INGRID BARRENTINE

INSPIRED»

CHASING DREAMS

Russell Wilson and Alaska Airlines challenge graduates to be tireless in developing their talents

» **Recent high school graduates** in the south Seattle area have a lot to think about: university, trade school, entering a competitive job market. But they're encouraged. Enthusiastic even.

No matter what their dreams are, they have what it takes to succeed, Seattle Seahawks quarterback Russell Wilson told them.

In June, some 1,500 seniors from the Highline and Tukwila school districts gathered at The Museum of Flight to not only celebrate achievements, but also to share their visions of what lies ahead. And amid their personal trepidations, they heard encouragement from Wilson as well as from the leaders of the event's sponsor, Alaska Airlines.

The messages: Be passionate about what you want, and pursue your dreams with conviction, one step at a time.

"I always knew what I was going to be," Wilson said of his career, which has included leading the Seattle Seahawks to their first Super Bowl championship. "I knew what I was going to do, and I knew how I was going to get there. It's all the times I woke up early; it's all the hard work. It's all the dedication, the passion and the love for what I'm doing."

Wilson has been a popular speaker among youths (for instance, he's hosted the Nickelodeon Kids' Choice Sports Awards the past three years), and the airline, which calls Wilson its Chief Football Officer, partners with the Seattle celebrity to advance its special focus on education.

For Alaska CEO Brad Tilden, himself a graduate of Highline High School, that focus is about the future of the Seattle area, the aerospace industry and Alaska Airlines. "The world has a lot of needs—our industry, in particular, needs employees who will help our airline grow and serve more guests far into the future. That means opportunities for students such as yourselves."

Alaska will hire at least 3,000 employees in the next year, Tilden said, including pilots, flight attendants, mechanics, dispatchers, programmers, customer service agents, accountants and more. He told the students, gathered on the floor of the museum's massive collection of aircraft and spacecraft, "Nothing would make us happier than to hire people



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from our backyard, from right here.”

Among the other speakers assembled to give the students a boost was Trevor Moawad, a mental-conditioning coach who worked with Wilson to prepare him for the NFL draft, and through the years since has been helping to guide his success on and off the football field. Moawad is also coaching Alaska executives in their quest to make the airline the premier West Coast carrier following its recent acquisition of Virgin America.

Moawad, who was born and raised just south of Seattle, followed in his father’s footsteps as a peak-performance educator. He worked with the IMG Academy in Bradenton, Florida—an academy designed to train the top young athletes in the country. That’s where he met Wilson, a young man who was considered by most in the NFL to be too small and too slow to be the star athlete and leader he became in just his first few seasons.

“We all measure ourselves against others,” Moawad told the group at The Museum of Flight. “As you take these steps, you have to understand that you have enough ability to get to the top of the mountain. You have enough ability to accomplish what you want, if you take one step at a time.”

Success, he emphasized following the event, “is not all about aptitude or education or socioeconomic. It’s the want and drive.” He cited the people on stage with him.

» **Trevor Moawad coaches executives as well as top athletes on mental conditioning.**



INGRID BARENTINE

INVESTING IN EDUCATION

Alaska Airlines is a strong supporter of youths and education, focusing especially on providing opportunities to underrepresented youths from disadvantaged communities. Following are just a few of the organizations the airline supports:

■ The Road Map Project

Alaska has committed to a five-year investment in the Road Map Project, a communitywide education effort aimed at driving improvement in student achievement, from cradle to college and career, in South Seattle and South King County. The goal: 70 percent of the area’s youths earning a college or career credential by 2030.

■ Alaska Airlines Aerospace Education Center at The Museum of Flight

Alaska has committed to a 10-year investment at The Museum of Flight specific to the AAAEC. The hands-on center allows youths of all ages to explore aerospace inventions, STEM (science, technology, engineering and math) activities and new technology. The AAAEC is also a place where kids can learn how to participate in programs and events, and it features resources for college and career planning. The AAAEC opened in March 2015 and has served more than 61,100 young people from disadvantaged communities.

■ CHOICES Educational Group

CHOICES is an interactive decision-making workshop that empowers teens to achieve academic success in pursuit of career and life aspirations. It takes students through real-world exercises in self-discipline, goal setting, and time and money management, and demonstrates the value of staying in school. Alaska’s employee volunteers have worked with every eighth-grader in the Highline school district over the last three years—nearly 3,900 students. Alaska recently launched this program in Portland, as well, with its Horizon Air employees.

■ United Negro College Fund

Alaska’s newest Charity Miles partner—United Negro College Fund—helps students achieve their dreams of going to college. Alaska’s Charity Miles program provides a meaningful way to support a cause through

the donation of miles. UNCF’s mission is to build a robust, nationally recognized pipeline toward underrepresented students becoming college graduates.



LARKIN STREET

■ Larkin Street Youth Services

Larkin Street provides homeless youths, ages 12 to 24, a safe place to rebuild their lives. In 2016, Larkin Street served 3,000 young people in the San Francisco Bay Area by offering housing, education and employment training, and health and wellness support. Alaska and Virgin America support Larkin Street through donated funds and employee giving programs.

■ Alaska Native Science and Engineering Program

In 2015, Alaska Airlines committed to a three-year, \$1 million grant to help transport Alaska students in sixth, seventh and eighth grades to Anchorage to attend ANSEP’s award-winning Middle School Academy program. Held at the University of Alaska Anchorage, the ANSEP Academy promotes STEM education and supports Alaska’s historically underserved students.

Academy students attend classes that include problem-solving, research and communication skills incorporated with biology, chemistry, physics, environmental sciences, Earth sciences, engineering and design concepts, and field excursions.

Since 2015, more than 1,700 students from more than 100 communities have attended the Middle School Academy.

More than 75 percent of Middle School Academy students complete Algebra 1 before graduating eighth grade, compared to 26 percent nationally.

Since the program’s inception in 1995, more than 70 percent of ANSEP students who began a STEM-oriented bachelor’s degree went on to graduate. ✈

» INSPIRED EDUCATION

Tilden and Wilson both had a vision and a plan for what they wanted to do at a young age, he said. “Their achievements didn’t come easily, but they worked at things one step at a time.

“Do the simple things savagely well,” he said. “That’s what works.”

Alaska Airlines seeks to support students’ goals and achievements by providing education-related opportunities not only in the Seattle area, but in the states of Alaska, Oregon, California and throughout the West. The airline supports everything from K–12 programs focused on science, technology, engineering and math (STEM) to programs that recognize achievements in science, business and other academic areas and that encourage creative thinking. One such program is the Alaska Airlines Imagine Tomorrow Competition, created

by Washington State University in 2008 to challenge students in grades nine through 12 to develop enterprising solutions for renewable energy.

Last year, Alaska Air Group and its employees gave a record \$13.5 million in communities the airlines serve, with much of that giving directed toward disadvantaged youths and education. Financial contributions and volunteer efforts benefited more than 35,000 kids last year, and by 2020, the company expects to be benefiting more than 100,000 kids per year.

Much of that support comes from employees who volunteer in programs such as CHOICES, in which employees serve as role models for children in Highline district middle schools, helping the children understand how the decisions they make even at a young age can

“It’s not so much what talents you have. ... It’s how you persevere and do the hard work of cultivating the talents you have,” Enfield says.

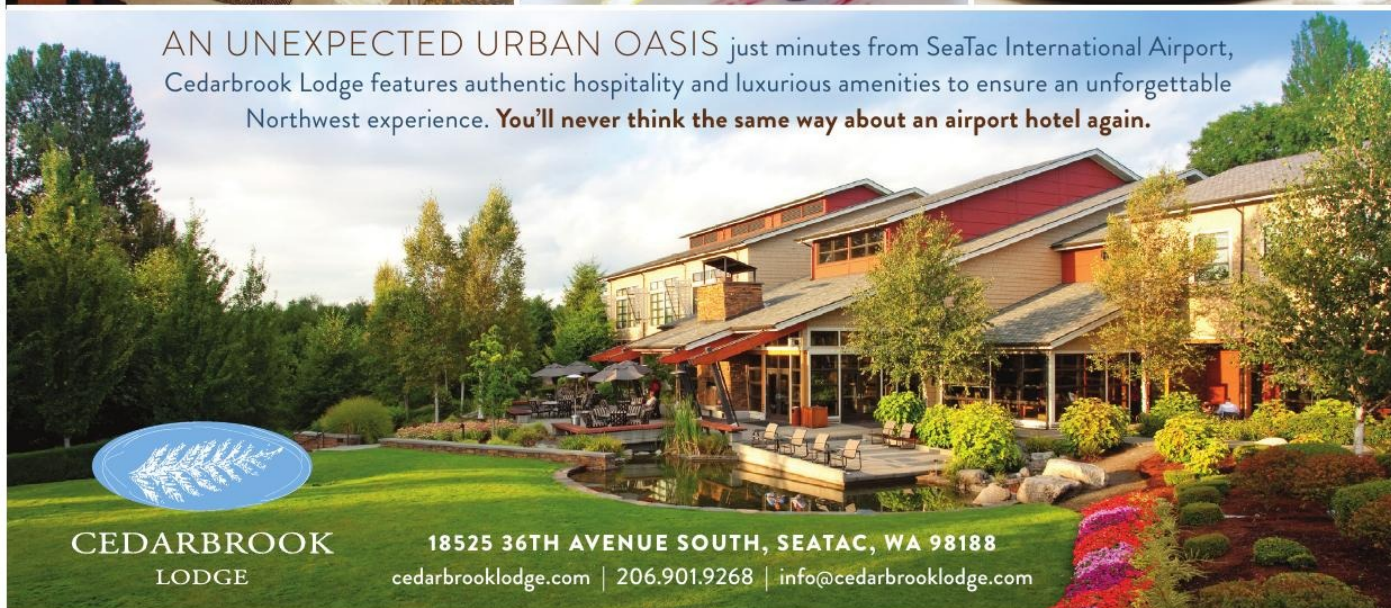
impact life dreams and career paths.


Susan Enfield, superintendent of the Highline district, appreciates Alaska Airlines’ support. She also notes the huge impact a personality such as Wilson can have on 17-year-old students in a district in which many kids deal with challenging circumstances. “It’s not so much what talents you have,” she says. “It’s what you do with your talents. It’s how you persevere and do the hard work of cultivating the talents you have. That’s a powerful message for these kids.” —Paul Frichtl

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"I turned 50 this year and I've never felt better!"

BETTER NOW THAN EVER BEFORE!

Through my mid-20s, I lead a very active life, which included being a varsity track athlete for the University of Alabama. After joining the corporate world, my once-active lifestyle was slowly replaced with a more sedentary one. I began noticing physical issues, like knee and hip pain, which prevented me from biking or simply taking walks with my family. I felt lethargic, tired, unmotivated and overall unhappy with myself. I lacked energy and drive. While I still continued to exercise, my body simply didn't respond the way it used to. I never felt I had a serious weight issue, but I wasn't happy with what I saw in the mirror. Deep down, I knew I could be as good, if not better, than when I was an athlete in college.

Having this belief, I went to my primary care physician who advised me that while I wasn't above average, I was still in the "acceptable range" for someone my age and that I should just accept it and "act my age." Upon hearing this, I knew I needed to make some changes. The first thing I did was to look for another doctor. I wanted to find someone who would look at me as an individual and not a statistic.

After reading an article by Dr. Upton, I decided to attend the free Anti-Aging Seminar at PRO Sports Club. Within the first 10 minutes, I knew that the program was for me. As I sat with Dr. Upton, he listened when I told him that I wanted to be in the best shape of my life at 50. He was quick not to place a set of expectations which was too high, but told me that I could certainly improve my health and fitness considerably. Together we built a plan and my journey began.

The biggest area I was looking to improve was my overall energy. I knew that if it increased, I could push through my other issues. While it didn't happen overnight (it took about six months), I finally started seeing and feeling the benefits of the program.

PRO Sports Club is a very unique place. It has a whole eco-system to help you improve. For me, it starts the minute I check-in. I'm always greeted with a smile and some encouraging words. When I visit the Anti-Aging Center, I'm constantly encouraged and inspired by the entire staff. I also take advantage of other club programs such as personal training and meeting with a dietitian.

While signing up for the Anti-Aging program was the best thing I could have done, partnering with my trainer was the second best thing I did. She has embraced my personal mission, pushes me hard and holds me accountable. My dietitian worked with me to help jumpstart my nutrition. I always walk away feeling like I have an entire team that's dedicated to me and my goals.

I've been most pleased with my workout results. Dr. Upton had said the program would be a benefit, but I had no idea how well my body would respond. This has provided me with so much positive reinforcement and motivation to keep going. This spring, I'll be competing in both the Masters (50+) and Open Emerald Cup Bodybuilding competition.

I attribute my success to placing myself in a positive and supportive environment where I wasn't placed on some Bell Curve and told to simply conform. The program didn't try to force me to "just act my age." Rather, it challenged me to redefine my age.

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Dr. Upton, the Medical Director of the Anti-Aging Center at PRO Sports Club, has been practicing medicine for over 17 years. He became inspired by anti-aging through this extensive experience with preventative medicine.

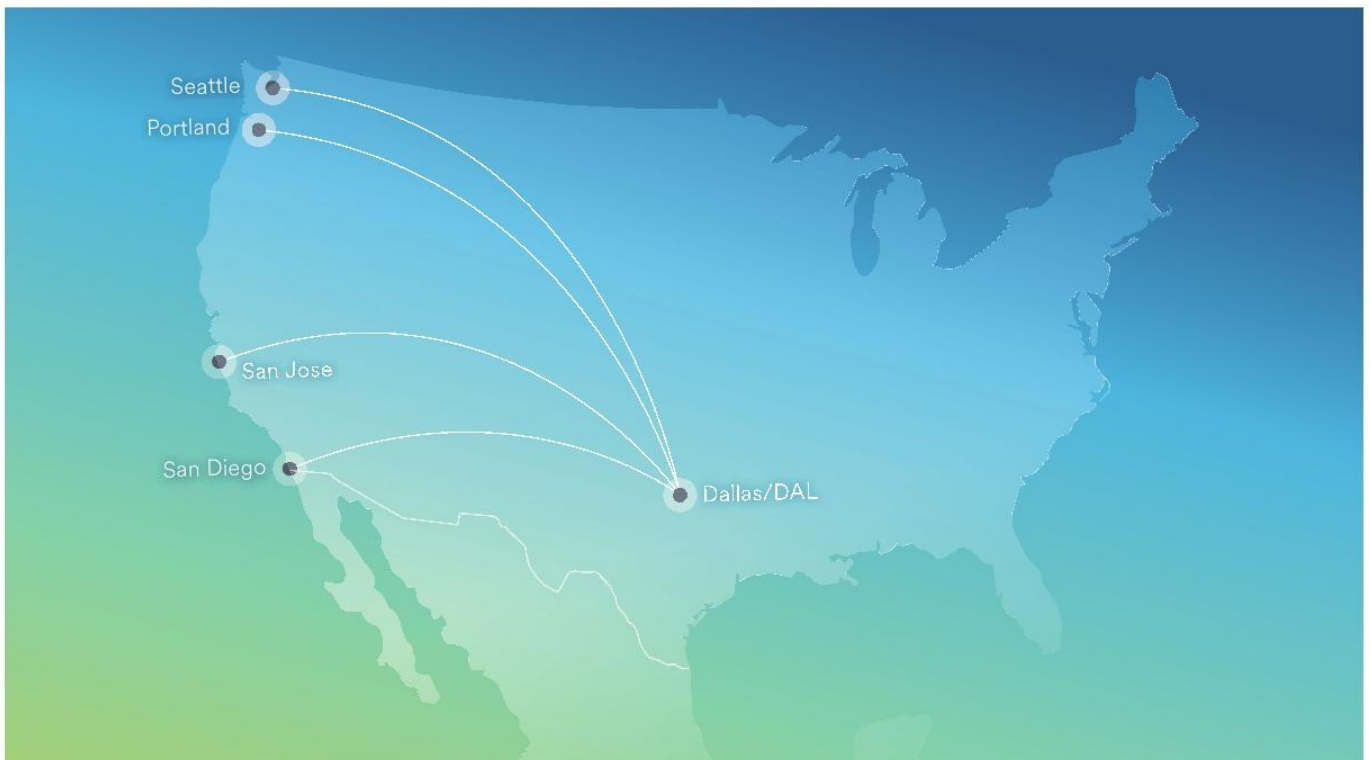
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IN THE KNOW»



WHAT'S NEW ON THE ROUTE MAP: SHARING THE LOVE

» Since merging earlier this year, Alaska Airlines and Virgin America have been at work finding new ways to create an airline people love. In this spirit, the combined company is expanding service through Dallas Love Field, with two new daily nonstop flights to Seattle (launched Aug. 27); one to Portland, Oregon (Aug. 27); and one each to San Diego and San Jose, California (starting Feb. 16, 2018).

With this expansion, Alaska and Virgin America guests benefit from the resources of each airline. In the merger, the company gained Virgin America's valuable gate space at centrally located Love Field. And Alaska's fuel-efficient Embraer 175 jets are optimal for this location.

"Previously, Virgin America didn't have a regional aircraft to take advantage of midsize routes," says John Kirby, Alaska Airlines' vice president of capacity planning. "Our exciting E175 jet is a perfect match for Love Field."

Along with the four new markets, Alaska and Virgin America are reconfiguring their combined route network through Love Field. The fleet changes free up Virgin America Airbus planes formerly used at the location for long-haul flights in other popular markets. And guests enjoy Free Chat, free movies, premium food and beverages, Wi-Fi, and advance seat selection on both Airbus and E175 planes.

"Combining our fleets allows us to streamline our flying, which in turn sets us up for more growth in the future," says Kirby.

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More New Service in September

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San Francisco–Kansas City, MO: Sept. 18
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San Francisco–New Orleans: Sept. 21
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HOLDING THE LINE

Marty Knox, Seattle-based Line Maintenance Supervisor, is a Legend of Customer Service

» Marty Knox has two favorite quotes.

One is from former Alaska Airlines chairman Bruce Kennedy: “Late is a four-letter word.” Another is a line from the 1995 space film *Apollo 13*: “Failure is not an option.”

Each of these sayings is relevant for Marty, who oversees the aircraft maintenance shops at Alaska’s Seattle hangar. For him and his team, timeliness and care with repairs are critical to getting aircraft back into service—and doing so safely.

A 36-year veteran of the airline, Marty loves what he does. “I enjoy working on jets—I always have, and I always will,” he says. “I like that every day is different. I like to get in here, roll up my sleeves, identify a problem, communicate what it is, come up with a plan and implement that plan. It’s very dynamic work, and it’s fun.”

The track record of Marty’s team for keeping planes running on time reflects his success as a problem solver and positive motivator. Under his supervision, Alaska Airlines crews have also been successful in the industry’s annual Aerospace Maintenance Competition, an event that averages around 60 teams from other carriers, organizations and colleges. In 2016, Alaska was the overall champion, and the team placed a very close second overall in April.

Marty attributes his team’s success on the job and in competitions to continuous learning: “Education is part of this business. You constantly have to study and adapt.”

At times in his career, Marty has helped local schools as a way to give back. For his own part, he feels lucky to have been hired on with Alaska right after technical college. Decades later, he says he’s still proud to work for the airline: “I feel like I’ve really been a part of what it has become.” ✕



Marty Knox.

QUESTIONS & ANSWERS

What do you consider a memorable time from your career at Alaska?

Working in Fairbanks. The team there was, and still is, a terrific group of people. I had quite a few great experiences, such as seeing the northern lights at 0400 and ice fog in the afternoon. I can’t forget the mosquitoes and the June solstice!

What are your favorite destinations?

I am partial to Hawai’i. I was raised on an

island west of there—Wake Island—and I have fond memories. The state of Alaska is also a wonderful place to go.

Anything else on your bucket list?

Sure! I want to move to the country and live in a farmhouse with a huge barn. I want to tinker with cars, own a pontoon boat and cruise around the country to see the sights. Plus, I really want to return back to the island life for a while.

KUDOS FROM MARTY’S CO-WORKERS

“Marty is extremely professional, organized and upbeat. He’s a glass-half-full kind of guy who is an awesome leader. When morale is low, and we’re feeling stressed, he’s always encouraging, and he ends meetings with, ‘Have a great Alaska day!’”

—Jim B., Alaska Airlines
Maintenance Technician, Seattle

“Marty is Mr. Alaska. He is positive and [motivates people] to get stuff done ... in the safest way. He’s so motivating that

he once talked me into coming in on Super Bowl Sunday to fix an aircraft.”

—Todd G., Alaska Airlines
Maintenance Technician, Seattle

“What makes Marty a Legend is his professional presence and his commitment to the airline. He exudes positive energy, and he inspires those around him. He is respectful, positive and kind.”

—Kurt K., Alaska Airlines Vice President,
Maintenance & Engineering, Seattle



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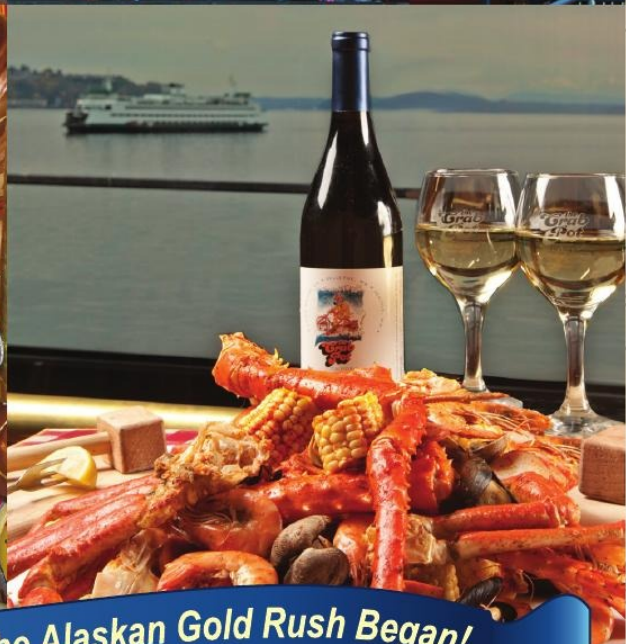
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ONE GOOD TURN

Preparing an incoming aircraft to depart again is a concerted effort

» **Fifty-five minutes.** At Sea-Tac Airport, that's the average time Alaska Airlines expects it to take from a plane's arrival at a gate to its departure for a new flight. That "turn" time can be longer or shorter depending on the airport, the size of the plane, the number of people it carries and its destination. Yet even under the simplest and most routine conditions, there are numerous jobs to complete within this window, and many people play roles in getting an airplane turned around safely and quickly.

"Executing an aircraft turn is a complicated process that involves a lot of people doing their part at the designated point on the timeline," says Christopher Kim, a director of System Operations Control (SOC) in Seattle.

Even before the turn (a few hours before departure), dispatchers are checking weather and other factors, and planning the flight route and fuel requirements for the departing flight. Up to 90 minutes before departure, load planners receive input about how much weight to expect and make a plan for how to load it—a plan they relay to ramp agents. Meanwhile, the incoming flight crew might also communicate about a discrepancy they notice that might need a repair. And, from an off-site location, SOC may adjust plans to gain time if scheduling is running behind. As flight time approaches, customer service agents at the gate communicate with SOC and flight crews to coordinate unloading and reloading passengers.

"We have a timeline for everything," says Jonette Gregory, who also works as a director of SOC in Seattle.

Before a plane lands, ground equipment is staged around the gate to be ready for action. Various sets of employees prepare for "attack mode," as Gregory puts it, referring to the many actions that happen at once, each group with its own countdowns and checklists.



Between a plane's arrival and its next departure, a pilot inspects it, flight attendants prepare the cabin, and ramp service agents load cargo.



Flight crew

Once the cabin door is open, flight attendants help passengers deplane. Some crew members may remain with the plane, while others swap to different flights. Flight attendants continue on help prepare the cabin and get ready to greet new passengers as they board.

The first officer of the departing flight conducts a walk-around to inspect the plane's exterior. A maintenance technician may also do a walk-around, if there is a scheduled check or if a repair is requested. After the external inspection, the captain and first officer will review their plans and go through preflight checklists.

Fleet services

As departing passengers deplane, fleet service workers start to clean the cabin and the lavatories. This is done before new passengers board.



Ramp agents

Once the plane is at the gate, employees working "below the wing" offload cargo onto carts bound for baggage claim or other flights. They then reload the hold according to plans, so that weight is distributed and well organized for the next offloading. Meanwhile, fueling gets underway near the wings of the plane, according to plans set out in advance.

Catering

Food service workers restock the plane through galley doors so that this can happen at the same time passengers are loading.

Ultimately, all of these groups are watching countdowns and working to keep the process moving safely toward an on-time departure.

"Everyone is crucial in an aircraft turn," says Gregory. "Everyone plays a role." —Ben Raker

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» *Brady's Alaska Airlines-themed birthday party included personalized signs, pilot-style caps, wings, an Alaska-themed cake and a "check-in" gift-drop area.*



BIRTHDAY CAPTAIN

A junior flyer's wish comes true

By Lara Douglass

» While many toddlers might ask for a party theme of dinosaurs or superheroes, Brady had only one wish for his third birthday this summer: an Alaska Airlines-themed party.

The 3-year-old is quite the frequent flyer. He took his first flight—on Alaska, to visit cousins in Boise—at the age of 8 weeks old, and he's since flown more than 30 times. He joyfully recognizes Alaska planes in the air, and loves meeting the pilots when he flies. When his mother Hannah recently informed him she was taking a quick trip on Alaska, he immediately requested that she "say hi to the pilot!" for him.

So perhaps it wasn't so unexpected when Brady asked his parents for an Alaska-themed birthday party, and they were happy to oblige. Hoping to purchase a handful of branded cups and napkins from the airline, Hannah's wife, Britt, sent an after-hours email to Alaska's vice

president of marketing, Sangita Woerner.

Britt received a response within an hour.

"We love surprising our guests," says Woerner. "The Alaska team saw the opportunity to make the birthday one to remember."

The packages Brady's family received over the following weeks exceeded expectations, says Britt: Along with the cups and napkins were items such as personalized signs, inflight-style snack packages, and gift bags with toy planes, pilot hats and wings. Brady was ecstatic to play captain for the day, donning a hat and asking friends to be his passengers while handing them wings. To top it off, a family friend baked a chocolate cake decorated with Alaska planes and iced images representing Brady's best trips. The junior jet-setter is still flying high about his birthday, and looks forward to his next Alaska vacation—to Aulani, a Disney Resort & Spa, on O'ahu. ✈



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JET-AGE MATH

» In July 1961, Alaska Airlines took possession of its first jetliner, this 96-seat Convair 880, shown flying near Denali. The aircraft reduced the flight time between Seattle and Fairbanks from six hours to three. The airline's marketers got a little extra mileage out of the aircraft, as well: Always looking for ways to compete with larger carriers, Alaska promoted "Four Jets" daily from Seattle to Anchorage, cleverly concealing that the jets were the four engines on that single aircraft, which operated one flight a day between the two cities. ✈

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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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LEARNING TO SIZZLE

Developing culinary confidence and signature dishes

By Tom Douglas



» **Are you a great cook?** What dish do you own?

You know what I mean. What dish makes you feel confident enough that you would happily serve it to the mayor, your senator, a date you are trying to impress, or—most important—friends and family?

Maybe it's a lasagna layered with milky ricotta, fennel sausage-tinged meat sauce and garlicky broccoli rabe that sets you apart from everyone else in South Philly. Perhaps you fry Ipswich clams so sublimely that everybody in Boston covets an invite to your house for a crispy morsel dipped in a tangy dill-pickle tartar sauce. Or it could be that you live in Los Angeles, and everyone aspires to your perfect California-style pizza, with local-produce toppings and thin crust that darkens into mahogany goodness

when kissed by applewood flames in your backyard brick-lined oven.

For me, it's definitely duck. I don't mean to boast—or, well, maybe I do. My duck is so good, I don't think Jacques Pépin would want to make duck again once he tasted it. My duck is so delicious, beauty pageant contestants might choose my dish over world peace. My duck is so tasty that Donald or Daffy wouldn't dare stroll through my neighborhood. Just saying.

OK, I may be exaggerating my swagger, but confidence is very important in the kitchen. And for the outcome of your efforts to be as good as your intent, it does help to feel great about a dish.

So, how does one develop that confidence? Practice, of course. And possibly a cooking class. In fact, I

» ON POINT FRESH TAKES

think that developing confidence is one of the central things to be gained in cooking schools and courses.

At the Hot Stove Society, the cooking school that is part of our restaurant group, we definitely attempt to instill or reinforce confidence in participants—and I think other schools around the country do the same. We offer classes as simple as basic knife skills and as esoteric as “Dinner with Mr. Darcy”—an exploration of what English gentry from Jane Austen novels might enjoy for dinner. There’s one thing these wide-ranging classes share: They offer a chance to acquire and hone skills—and maybe to learn techniques that will help you take a special dish into a different stratosphere.

Back to my bird. If you can’t get to a class for cooking duck, I have some tips. I’ve been making rotisserie duck on my Weber grill for 30 years, and I’m totally confident in the process. First, get a 5-pound beauty and remove

the neck, gizzards, heart and liver for stock and pâté. Next, generously salt and pepper the entire duck. Stuff it loosely with a few aromatics, such as oranges, shallots and thyme sprigs. Then skewer the bird onto a spit and secure it firmly. Start a charcoal fire and, when the coals are barely ashen, move them to the outer edges to create indirect heat. Then load the duck on the spit over the grill. Put a pan of egg-size Yukon gold potatoes to rest on the grill and under the bird so the spuds collect umami drippings over the four hours it will take to spin the duck.

During these glorious hours, I pour a few fingers of whiskey over ice and sip the bird to tenderness. When the duck skin is rendered fully, and you can feel ease of movement in the leg joints, it’s time to pull the duck off the heat. Then it’s important to let it rest for 45 minutes before carving. My last special touch is to put the carved breast, legs and thighs skin side

down in a fry pan just before serving to get the skin nice and crisp.

So, that’s the dish that I’ve practiced and that fills me with confidence. But as someone who loves seeing other cooks learn and earn their own bragging rights, I ultimately want you to own *your own* distinctive recipes and techniques. When you have confidence in the kitchen, your dinner invitees cherish your dinner invitations. When you take the time to practice cooking, or take a class to learn how to cook, you are adding arrows to your culinary quiver, creating a repertoire of recipes that are well-practiced and full of your time-tested tricks. Cheers! 🍷

James Beard Award-winning chef Tom Douglas owns Tom Douglas Seattle Kitchen, a group of 23 food-based businesses. He partners with Alaska Airlines to bring his iconic flavors to the inflight experience.



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» ON POINT
VIEW



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THE WORLD AS A CLASSROOM

Culmination of college project is enlightening and rewarding

By Bridget Veltri



» **The June day in Panama** was hot and humid, with an overcast sky that held the promise of rain. It was 2010, almost a year to the day after I'd graduated from college. I found myself in a jungle about 25 miles north of Panama City, climbing into a dugout canoe, with a motor attached to the back, with 11 other Cal Poly alumni, as well as our senior project adviser and her 7-year-old daughter. We were not the first travelers to head up the Chagres River to visit an Emberá village. The people of the community had embraced tourism since they migrated from a remote region of Panama's Darién jungle many years ago. What made our journey different was that in one of our canoes we had a wheelchair for a young villager.

All students at California Polytechnic State University in San Luis Obispo, California, are required to do a senior project, which can vary depending on major and interest. For mine, I became one of the media-relations managers for Cal Poly's chapter of the nonprofit Wheelchair Foundation. The foundation works to deliver wheelchairs worldwide and to

raise awareness about the needs of those with physical disabilities internationally. An estimated 100 million people need wheelchairs but can't afford them, according to the foundation.

Most people travel to Panama to see the Miraflores Locks and wave at ships passing through the famous Panama Canal. They tour Panama City to learn about its history. They sample *sancocho* (typically a chicken stew), along with other delicious local foods. They visit the San Blas or Bocas del Toro islands, and the Fort San Lorenzo UNESCO World Heritage site, built by the Spanish Empire during the 17th and 18th centuries.

We, too, were able to have many of these wonderful experiences while in Panama, but because we were there first and foremost to deliver wheelchairs, we were privileged to see deeper into the country. With the help of Panama's Fundación Pro-Integración, the majority of the 110 wheelchairs we brought were distributed to large groups of people in the cities of Chitré and Penonomé, but

» ON POINT VIEW

we took a few wheelchairs directly to recipients' homes. The visit to the Emberá village on the Chagres River was one of these deliveries. We stopped and hiked through mud to take a quick swim in a waterfall before setting back out on the river. We enjoyed being surrounded by the lush green jungle and its exotic sounds for our last and most remote delivery.

The villagers welcomed us warmly, waving and waiting as we unloaded and made our way up the hill. We were given a tour, and a lunch of fish and rice—each serving wrapped in a bright-green leaf—as we watched a performance of traditional music and dance.

Then it was time to deliver the wheelchair we'd brought with us for a little boy. He was too young to really grasp the entirety of the situation and what it meant for him, but his parents did. As he sat quietly in the chair, he was surrounded by his family, who beamed with joy and gratitude. Watching them, I knew

that his parents would have carried this little boy around in their arms forever, no matter how big he grew, but as I glanced around the tiny village with its thatched roofs and dirt floors, I also knew that this shiny red wheelchair with its light frame and durable tires was synonymous with independence for this young man.

Being part of the Cal Poly Wheelchair Foundation chapter during my final year of college opened my eyes to the worldwide need for wheelchairs. It showed me how one quality wheelchair can drastically improve a life. As I helped unload and unwrap wheelchairs and met their recipients, I found myself thinking about my senior project and everything that went into it my last year in school—from the press materials and coordination to the fundraising events and a research paper—all culminating in this final wheelchair delivery. Doing media relations for the chapter allowed me to

take everything I'd been taught in my journalism and public-relations classes at Cal Poly and apply it. In Panama I was able to witness the results firsthand. It felt both empowering and humbling.

And I realized something: When traveling, we all get a little glimpse of life in another place—near or far, similar or foreign. It can be a glimpse that enlarges our concern for the world and the people in it. Reuniting with my senior project team in Panama a year out of college reminded me that the world itself is a constant classroom ... and it taught me more about characteristics that are essential in life: perspective, resilience, respect and compassion. While the wheelchairs allowed their new owners mobility, I was the one who left Panama truly moved. ✈

Bridget Veltri is a San Francisco-based freelance writer and blogger.

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TRAVEL WISELY

By Johnny Jet

» I have a lot of friends who have taken their kids out of school to travel—some for an extra day, some for a whole year! Their reasoning (and their teachers seem to agree) is that there's no better education than travel. But you don't need to be a kid to learn while exploring. In fact, I've been traveling the world for two decades, and I learn something new every time I step off a plane. Along the way, I've picked up some tips that can help make all of us more educated travelers.

Research

If you are able to plan your trip well in advance, then do your research. I like to get a good guidebook, and some publishers, such as **Lonely Planet**, offer free content on their websites. It's important to make sure the guidebook you're using is up-to-date, but even an old guidebook from the library will give you the lay of the land and some practical information, including the history of the destination. I also recommend downloading informational apps in advance. The **TravelSmart** app, for instance, offers features such as a list of emergency numbers in other countries and a medication dictionary to find international names for common drugs. The new **Google Trips** app syncs with your email to provide similar emergency-number information for upcoming or current voyages, as well as transportation options and itinerary suggestions.



Take a tour

A variety of operators offer educational tours. I've gone on tours where they've had historians such as Ken Burns give lectures, but they're pricey. A more affordable option is **Road Scholar**. They're the not-for-profit leader in educational travel since 1975, offering 5,500 learning adventures in all 50 states and 150 countries. Another option is the range of useful city-tour apps available, such as **PocketGuide**, which suggests guided walks and provides audio information about popular stops, such as landmarks.

Sign up for a class

Depending on your destination and interests, it can be fun to take a class during your stay. For example, if you're going to Buenos Aires, you might want to enroll in a tango class, since dance is an important part of the culture. If you're in Italy, France or Thailand, consider a cooking class. There are companies that offer single classes, or weeklong and monthlong courses. I've always wanted to go to a language school in Mexico to really get immersed in the destination and come out speaking Spanish. You can find options by reading guidebooks, looking online or asking hotel concierges.

Live like a local

One of the best ways to learn about a destination is to rent an apartment or a house for your stay. This will give you a real sense of place, and it's helpful if you're planning a longer stay. If you aren't comfortable being on your own, there are companies out there such as **The Remote Life** that will help you work remotely anywhere (you have to already have a virtual job) by supplying housing, office space and meals for a fee. ✈

Johnny Jet is a Los Angeles-based travel expert who visits 20 countries each year. Read more of his travel tips at johnnyjet.com.

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THE FEED»

COLORS COORDINATED

» **Color Factory** was originally planned as a short-lived pop-up installation, promoted to in-the-know Instagram users who follow Jordan Ferney and her party-decorating company, Oh Happy Day. But since the immersive installation includes a room filled with 10,000 colored ribbons and another room with person-size green pens that visitors can use to draw on walls, it's no surprise word spread quickly.

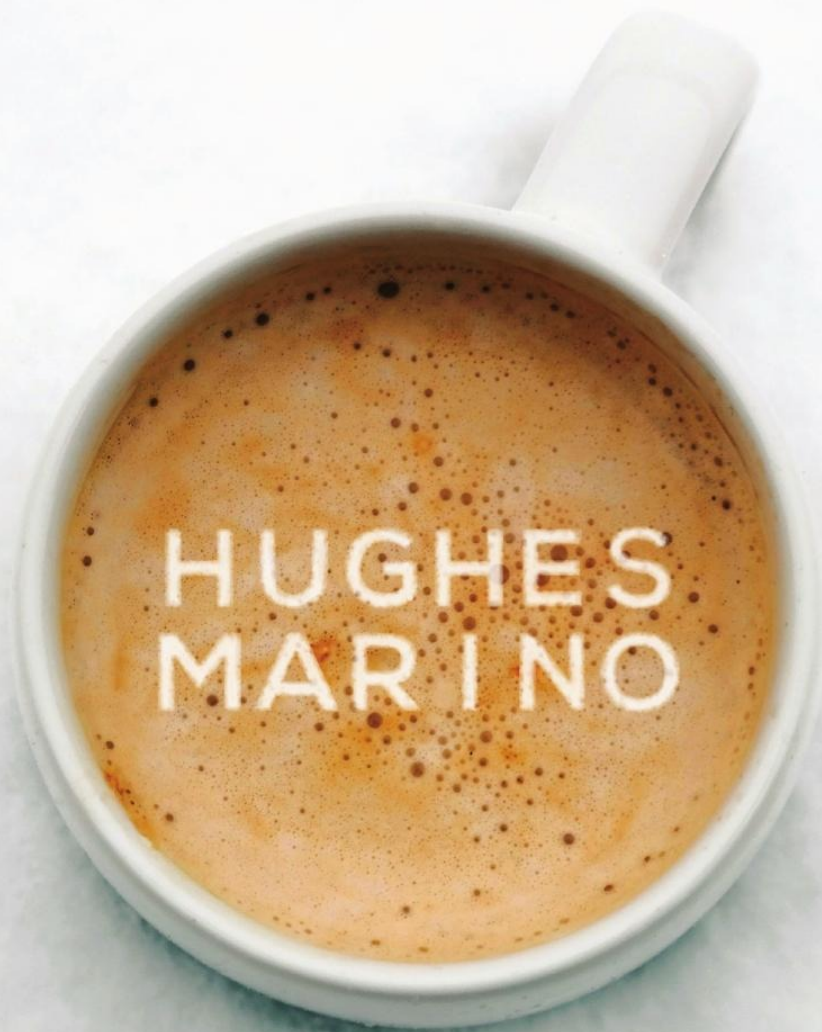
Created by Ferney, artist Leah Rosenberg and designer Erin Jang, Color Factory is a two-story series of vibrant, whimsical rooms located two blocks from San Francisco's Union Square. The installation is open through September.

One glass-walled room, developed in partnership with Alaska Airlines and Jihan Zencirli's Geronimo Balloons, features over-size balloons hung to create a blue cavern. Music plays as disco balls spin from the ceiling and reflect a glittery floor.

Colorful tastes, from green and pink macarons to miniature cones of vanilla-banana-swirl soft-serve ice cream are also part of the experience.

In keeping with the installation's social media roots, cameras are mounted above a pit filled with 207,000 yellow balls. With an app, visitors can use the cameras to take pictures perfect for their feeds. For more, visit colorfactory.co. —*Johanna Werther*





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NIGHT LIGHTS

» Thousands of twinkling lights and dozens of illuminated sculptures will turn Triangle L Ranch in Oracle, Arizona, northeast of Tucson, into an ethereal landscape intended to be reminiscent of another world.

Described as “a nighttime art experience,” Glow! aims to bring the unexpected to the high desert, and it encompasses art forms including live music, performance and multimedia installations. Each evening, Sept. 9 and 30 and Oct. 6–7, will have a different theme, including Steampunk Night on Sept. 30, which will feature a musical performance by The Mission Creeps of Tucson, and Fantasy Night on Oct. 6, in which guests are encouraged to dress up as fairies and wizards. (Attendees are welcome to dress in bright garb all four nights.) Glow! also features an interactive theater experience in which guests can paint a mural in fluorescent colors under a black light. In addition, attendees can explore winding lighted paths lined with vibrant pieces of art. Visit trianglelranh.com/glow!.html for more information and to purchase tickets. —Kacie Kaufman



ALLIED ART

In one image, a Frenchman clings to the top of a lamppost and waves his hat with a hearty cheer for the procession of American soldiers in a Paris street. This image and 29 others like it, on display through Oct. 15 in “Vive l’Amérique” at the National World War I Museum and Memorial in Kansas

City, Missouri, were drawn by French schoolboys after the United States joined the Great War in 1917. The boys’ teacher had asked the 8- to 13-year-old students, who attended school in Paris’ Montmartre district, to reflect on the war with drawing and writing—two essays are also on view at the exhibit. The students created hundreds of compositions.

In their work, the boys wove threads of patriotism with the use of blue, white and red, and conveyed themes of history and politics through drawings that depicted scenes such as relief workers supporting widows and orphans and a child thanking President Woodrow Wilson after his declaration of war on Germany.

The most common theme, though, is celebration of America’s entry into the war. The exhibit’s subtitle reads, “French Children Welcome Their American Ally,” and the boys portrayed the open arms with which the French embraced American assistance. Indeed, at this exhibit, the warmth and optimism can still be seen, even 100 years later.

For more information, visit theworldwar.org. —Olivia Madewell

PLANES TO SEE

Experience a different kind of bird-watching. At the 2017 Aviation Roundup, Oct. 7–8, the skies above Minden, Nevada, east of Lake Tahoe, will be graced by the U.S. Air Force Thunderbirds, shown below, the U.S. Navy Tac Demo Team, and the parachuting U.S. Army Golden Knights, among many other airborne acts, as the Minden-Tahoe Airport celebrates its 75th anniversary.

The event will also display several aircraft, including the World War II North American B-25 Mitchell and the CH-47 Chinook helicopter.

Attendees can even book rides in select aircraft, such as a P-51 Mustang Man’O’War.

Visit aviationroundup.com for more information. —Kacie Kaufman



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SADDLE UPTOWN

» **Against the backdrop** of New York City skyscrapers, some of the world's best equestrians and emerging riders will compete at the fourth-annual Rolex Central Park Horse Show, Sept. 20–24, as Wollman Rink becomes an equestrian arena.

Kent Farrington and McLain Ward—who both won silver medals as members of the U.S. Show Jumping Team at the 2016 Rio Olympic Games, and are the top two jumpers in the world, based on Fédération Equestre Internationale rankings—will soar over hurdles along with other Grand Prix standouts to compete in the U.S. Open FEI 3* Grand Prix. Junior and

amateur-ranked riders will compete in the Under-25 Grand Prix Show Jumping event.

Riders will participate in disciplines such as *puissance*, a high-jump competition for stadium-jumping riders; *dressage*, which features intricate communication between the horse and rider; and Arabians, which will display the beauty of the breed through arena presentations.

Tickets are required for all shows, but Family Day, on Sept. 24, offers free and public activities including equestrian demonstrations, face painting and hobbyhorse riding. For more information, visit cphs.coth.com. —Leah Allen

» **ARABIAN HORSES** are known for their speed, stamina and beauty. They stand about 60 inches tall and weigh between 800 and 1,000 pounds.



HIDDEN NATURE

Cambodian artist Sopheap Pich's 25-foot-long *Rang Phnom Flower* is made from hundreds of strands of rattan and bamboo. It's the centerpiece of "Hidden Nature: Sopheap Pich," at Dallas' Crow Collection of Asian Art through Jan. 7, 2018, and is modeled on a cannonball tree, which in Southeast Asian culture is linked to the sal tree under which the Buddha is believed to have been born. Visit crowcollection.org for more. —Olivia Madewell

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MOVING LIGHTS

Starting at sunset on Sept. 14, Philadelphia's Benjamin Franklin Parkway becomes an urban field of "fireflies." As part of a new public display, artist Cai Guo-Qiang will direct a carefully synchronized performance. The fireflies themselves are actually hundreds of handmade lanterns in shapes such as stars and spheres attached to 27 pedicabs. The moving lights of "Cai Guo-Qiang: Fireflies" are intended to evoke the image of the elusive insects flashing at dusk.

The following evening, the public can participate in the artwork—commissioned by the Association for Public Art—by taking approximately 1-mile rides in the pedicabs between Sister Cities Park and Iroquois Park. The pedicabs will be available Thursday through Sunday evenings until Oct. 8, which is the last day of the display.

Cai, who served as director of visual and special effects for the opening and closing ceremonies of the 2008 Olympic Games in



» Cai Guo-Qiang stands amid "Fireflies" at a warehouse in Philadelphia.

Beijing, drew inspiration for "Fireflies" from traditional Chinese lantern festivals. The paper lanterns were handcrafted in Cai's hometown of Quanzhou, China, and the various shapes reflect the diversity of people and ideas that come to the United States. The installation is Cai's largest public-art project in the United States since his 2003 "Light Cycle," which was part of the 150th celebration of New York's Central Park. For more information, visit associationforpublicart.org. —Kacie Kaufman



A LOT TO JUGGLE

» **As a student** at Reed College in Portland, Oregon, in 1980, Stuart Celarier took juggling to satisfy his physical education requirement. Nearly 40 years later, he's teaching the class. What's more, he's the president of the Portland Jugglers and founder of the Portland Juggling Festival. The event, in its 25th year, will be held at the Reed College Sports Center, Sept. 29–Oct. 1. Attendees can choose from three dozen workshops, watch performances of professionals, such as the Mud Bay Jugglers from Olympia, Washington, above, juggle everything from rings to clubs, and listen to special-guest panels on topics such as street performing and comedy writing. The festival welcomes everyone, whether they can juggle baseball bats while riding a unicycle or have never juggled at all. For more, visit portlandjugglers.org. —Leah Allen

OUT FOR LAUGHS

Longtime stand-up comedian Jim McCue, who has appeared on Comedy Central and in 2008 competed on NBC's *Last Comic Standing*, co-founded the Boston Comedy Festival in 2000. The goal was to bring the best comedians in the country to New England to introduce people to stand-up as a form of joy as well as a form of art. Over its nearly two-decade run, the festival, Sept. 20–24 this year, has more than accomplished that goal. Big names such as Louis C.K., the late Joan Rivers and Bill Burr are some of the past participants. This year, Judah Friedlander, pictured, of NBC's *30 Rock*; Chad Daniels, who has appeared on Comedy Central; and Ms. Pat, who has appeared on the TV Guide Network, will be among the approximately 100 performers putting on about 50 shows at venues around the Boston area. For more information, visit bostoncomedyfest.com. —Leah Allen



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THE WORLD STAGE

» **Listen to the sounds** of a skilled musician picking a *kora*, a West African harplike stringed instrument. Learn about the *changgo*, an hourglass-shaped drum featured in Korea's traditional music.

Albuquerque's iGlobalquerque! World Music Festival, Sept. 22–23, at the National Hispanic Cultural Center, combines international music with food and activities from around the world.

Musical acts include Chile's Pascuala Ilabaca, a singer-songwriter who performs with an accordion; Trad.Attack!, which blends traditional Estonian folk music with their own modern sound; and Venezuelan singer Betsayda Machado.

At the Global Village, vendors sell everything from the African-Caribbean fusion dishes of Jambo Cafe to the beers of Santa Fe Brewing Company.

In August, Alaska Airlines added Orange County, California, to the destinations



already served from Albuquerque.

For more on iGlobalquerque!, visit globalquerque.org. —Kacie Kaufman

» **Chile's Pascuala Ilabaca, above, will perform at the iGlobalquerque! World Music Festival this month.**



WOODWORK FOR A CAUSE

At Hawaii's Woodshow, Sept. 23–Oct. 8 at the Honolulu Museum of Art School, there are two rules of particular importance: The piece must be composed predominantly of Hawai'i-grown wood, and the wood cannot come from rare or endangered species. The show, in its 25th year, was created by the Hawai'i Forest Industry Association to promote sustainable forest management and foster an appreciation for Hawai'i-grown wood, which includes wood from trees such as koa, mango

and kamani. Hawaii's Woodshow features about 100 works created by professional and emerging artists from around the world. Pieces range from a rocking chair to a music stand to a sculpture resembling the quills of a porcupine. Before the exhibition opens, three jurors select winners for the Best of Show Award as well as winners in categories including furniture, accessories and musical instruments. A separate panel chooses The Kent Award, given to the most promising artist under 18, and the Spirit of the Show Award, which goes to the entry that best demonstrates use of underutilized Hawai'i-grown wood. Attendees can vote on their favorite pieces, one of which will be proclaimed the People's Choice winner at the end of the show. For more information, visit woodshow.hawaiiiforest.org. —Leah Allen



PERVASIVE POETRY

Printed on napkins at local restaurants. Scratched in chalk on sidewalks. Even attached to bikes parked around Charleston, South Carolina. Poems written by students during workshops with poets including Charleston's first poet laureate, Marcus Amaker, above, will be seen across the city during the month-long Free Verse Festival in October. Several readings are also scheduled. Visit freeversefestival.com for more information. —Olivia Madewell

DAY 1

» We started our trip to Mammoth Lakes with an early morning soak at Wild Willy's Hot Springs.



At the age of 17, Caleb Diaz picked up his first camera and has never looked back. As a film student and photographer in Los Angeles, Caleb knows how to capture the pure essence and beauty of everything he sees. He visited Mammoth Lakes, California, as part of Alaska Airlines' #WeekendWanderer series and posted these adventures. For more, be sure to follow @alaskaair on Instagram.

blog.alaskaair.com

MEETING MAMMOTH LAKES

» **Have you ever** spent three days traveling with a near stranger? Well, I did just that.

When Alaska Airlines asked me to pick a buddy for my #WeekendWanderer trip, I decided to do something different: I reached out to a friend of a friend named Florence. When we'd met in a group setting, Florence had shared that she was seeking more spontaneity in her life. And so we found ourselves in Mammoth Lakes, California.

We began the trip with sunrise at Wild Willy's Hot Springs, not too far from the Mammoth Yosemite Airport. Later, we went to the Hot Creek Geologic Site, where from a ridge, we watched bubbling water that's the result of hot magma deep below ground.

The next day, we left early for sunrise at

Glacier Point in Yosemite National Park, which is in Mammoth Lakes' backyard. We easily made it in time to watch the iconic granite Half Dome gleam with the new day. Our morning start gave us ample time to explore the majestic park, and we spent sunset at Taft Point, where purple light bathed the distant cliffs.

Our last day was dedicated to Mammoth Lakes itself. We rode the scenic gondola up Mammoth Mountain and spent sunset in a nearby lake. The area has so much to offer all times of the year.

As far as my travel companion? Getting to spend time with someone new was one of the best parts of the trip. Despite Florence and I arriving as strangers, this experience created a friendship that will last a lifetime.

DAY 2



⏏ We searched for geysers at Hot Creek Geologic Site, where the Sierra Nevada creates a beautiful backdrop.



⏏ We saw the sunset at Taft Point in Yosemite National Park—not a bad place to celebrate my birthday!

DAY 3



⏏ Convict Lake in the eastern Sierra is a beautiful place to go fishing or simply get out on the water.



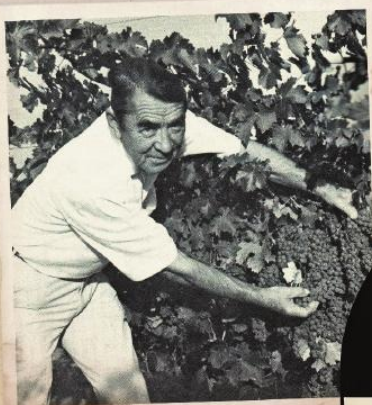
⏏ We took a gondola ride, courtesy of @MammothMountain. During the skiing off-season, you'll find people cycling down the mountain.

Thank you, @alaskaair, for this wonderful adventure.



The winery THAT LAUNCHED AN ENTIRE wine region.

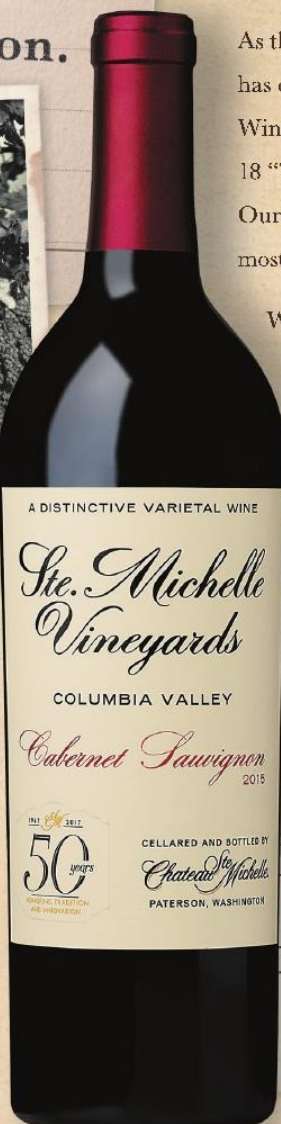
The legendary
André Tchelistcheff
helped bring our first
vintage to life in 1967.



In 1967, Ste. Michelle Vintners produced its first Cabernet Sauvignon, with guidance and support from the legendary international winemaker André Tchelistcheff.

It was the release that put the Washington state wine industry on the map. Still, there were skeptics in those days. “*Wine from Washington?*” sniffed one sarcastic critic. “*What side of the Potomac do the grapes grow on?*”

Undeterred, the early pioneers of Washington wine understood the state’s potential—with growing regions that share the same latitude and similar terroir as the great French Bordeaux vineyards. Fifty years later, Washington is the nation’s No. 2 producer of premium wine with more than 50,000 acres planted, nearly 1,000 wineries in operation and 14 designated appellations.

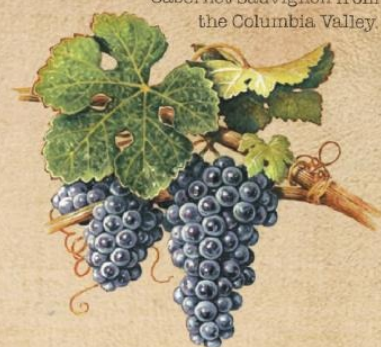


The 50th Anniversary
Special Bottling.



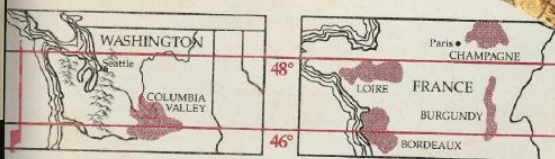
Chateau Ste. Michelle

Cabernet Sauvignon from
the Columbia Valley.



As the state’s leading winery, Chateau Ste. Michelle has enjoyed considerable acclaim with 22 “Top 100 Wineries of the Year” honors (*Wine & Spirits*) and 18 “Top 100 Wines” designations (*Wine Spectator*). Our landmark chateau near Seattle is one of the most visited wineries in the world.

We’re flattered, but we don’t spend a lot of time polishing our medals. Our goal is to blend craftsmanship with innovation to create exceptional wine experiences. Whether it’s a connoisseur opening a bottle of 93-point Cabernet Sauvignon from our Canoe Ridge Estate at a dinner party, or a newbie discovering a Columbia Valley Riesling at our Summer Concert Series.



Washington state’s terroir shares similarities with the great wine-producing areas of France.

So let’s toast our first 50 years. But only as motivation to produce even more remarkable Chateau Ste. Michelle wines, moments and memories in the next 50.

Cheers. The best is yet to come.

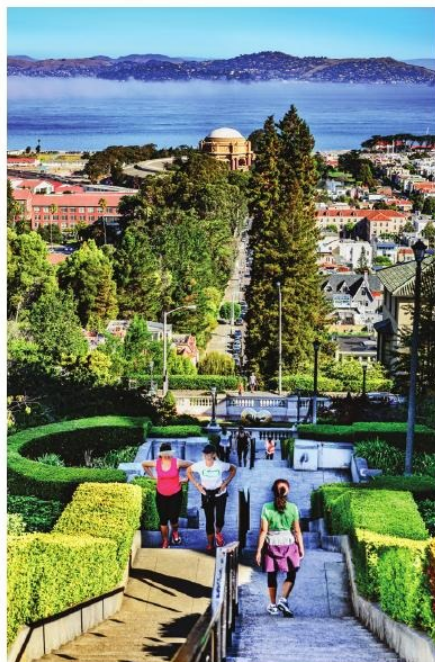
THE STAIRS OF SAN FRANCISCO

By Marlene Goldman

» San Francisco's famed hills are often in the spotlight, but the city's 600-plus stairways that climb the slopes also reveal the hidden wonders of neighborhoods—whether those stairs are single flights shrouded by trees or multilevel staircases leading to epic views.

The **Filbert Steps** climb Telegraph Hill from their base near Sansome Street, with a first section passing through a potpourri of plantings. A quick side trip on wood-plank Napier Lane leads to the Grace Marchant Garden, whose namesake moved to the area in the 1940s and, over decades, upgraded the spot from a dumping ground for trash to a treasure of Telegraph Hill.

Higher on the stairs, above Montgomery Street, find views back toward downtown and San Francisco Bay. A final set of steps leads to Coit Tower and a 360-degree panorama. Try ascending the Filbert Steps and descending the tree-lined, red-brick **Greenwich Steps**, which also run between Sansome and Coit Tower.



Near the tower, you might hear the avian stars of the film *The Wild Parrots of Telegraph Hill*. These birds also frequent nearby Russian Hill, home of the **Vallejo Steps**. Start these steps near Vallejo and Mason streets, climb through bay-vista-blessed Ina Coolbrith Park, and come to a landing at the landmark House of the Flag (which survived the city's 1906 earthquake fire). En route, terraces have bay and city vistas. The final steps above Taylor Street lead to broader perspectives north, east and south.

The **Lyon Street Steps**, in upscale Pacific Heights, have wide-open views and draw sightseers, as well as joggers doing cardio loops from the base near Green Street. A manicured garden above Vallejo Street features artist Hung Liu's golden *Migrant Heart* sculpture. Looking north, one can see the Palace of Fine Arts, with the bay as a backdrop. Above the stairs are more bay views, pricey homes along

» The colorfully tiled **Lincoln Park Steps**, above, lead to the scenic **Lands End** area. Sightseers and exercise enthusiasts alike enjoy the **Lyon Street Steps**, left.

Broadway ("Billionaire's Row") and a trailhead leading into the parklands of The Presidio.

One of the most recent additions to the city's inventory of

stairs, the art-tiled **Lincoln Park Steps** (near California and 32nd Avenue) opened in 2015, following a seven-year rehabilitation of this stairway that likely dates to the early 1900s. Today its tiles are a mosaic of plants, flowers and other nature symbols. The stairs lead to the Mile Rock Beach Lookout Trail, with access to the labyrinth at Lands End Point and to the site of a historical swimming complex known as the Sutro Baths. This area has yet more viewpoints, reached via earthen stairs, of the Golden Gate Bridge and the Pacific at the city's west edge. ✈

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Napa's Riverfront features elegant architecture and a foot-friendly promenade.



DOWN BY THE RIVER IN NAPA

By Matt Villano

» **It's a summer evening** in downtown Napa, and the walkways along the Napa River are teeming with life. Along the west bank, the renovated buildings of the Historic Napa Mill and the newer Riverfront buildings are filled with laughter and live music—evidence of good times at places such as The Corner in Napa restaurant and bar, Silo's Napa, and Frati Gelato Cafe. Around a bend in the river, a small crowd gathers around a jovial busker, while families play on a newly constructed meadow.

These are the vibrant scenes in a town experiencing full-on revitalization. Thanks in part to the nearly 20 years of renovations of the Napa River/Napa Creek Flood Protection Project, the once flood-prone riverfront is hopping.

Most of the development in recent years has centered on the east side of town, with Napa's riverfront promenade and the modern

buildings that flank the refurbished 1884 Hatt Building in the old mill complex. North of there is Oxbow Commons—a plaza and green space completed in 2015 that spreads beneath the Soscol Avenue and Napa Valley Wine Train bridges. This is a key piece in the flood-control project: When necessary, the commons serves as a spillway for water; during drier times, it's a recreational space.

My parents live in Napa, and visiting them is an excuse to try something new by the riverfront. I recently discovered the great international whiskey collection at The Corner in Napa. Nearby, Morimoto Napa has fresh sushi and a terrific sake selection. I also love Oxbow Public Market, and all the wines, ciders and other goodies available there, near the commons.

More options are arriving. Down the street from Oxbow Public Market, The Culinary Insti-

WALKING IN ST. HELENA

Napa isn't the only town in the river valley with a walkable downtown. St. Helena's Main Street is lined with shops and restaurants. Visit sthelena.com.

tute of America's newest facility, CIA at Copia, is filling out its calendar with food-oriented classes and demos for kids and adults. In spring 2018, craft-beer leader Stone Brewing will open a brewery and restaurant in the historic Borreo building across the river from the promenade.

Napa's location about 50 miles north of San Francisco makes it a terrific destination for a day trip or a weekend excursion. It is also easily accessible to travelers flying in via Charles M. Schulz–Sonoma County Airport, less than 50 miles northwest. Learn more about Napa at napariverfront.com. ✈

ICONIC DINING LANDMARKS

BY THE SEA

KINCAID'S *Burlingame, CA*

Located a few miles south of the SFO airport, Kincaid's Burlingame offers unmatched views of the Anza Lagoon and San Francisco Bay. Featuring a traditional steak and chophouse menu with a contemporary spin, you go there for the views but come back for the food and beautiful vintage bar.

www.kincaids.com



SIMON & SEAFORT'S

Anchorage, AK

Simply known as "Simon's," the Anchorage landmark boasts a stunning panoramic view overlooking Cook Inlet, Mount Susitna and the Alaska Range. This classic grill has been artfully serving quality steaks as well as fresh and innovative seafood since 1978. Enjoy a weekend brunch, a special business function, or a romantic celebration in the warm and inviting dining room.

www.simonandseafort.com

SKATES ON THE BAY

Berkeley, CA

Aptly named "Skates on the Bay," this historic gathering place is known for fresh seafood and beautiful views of the San Francisco Bay and Golden Gate Bridge. Originally opened in 1984, the recently renovated Skates has a modern and stunning decor, Raw Bar and chic Private Dining Room. From elegant brunches to romantic dinners, Skates offers something for everyone.

www.skatesonthebay.com





A Field & Vine Events dinner at Terra Vina Wines.

DINE BY THE VINES

By Danielle Centoni

» As I walk up the gravel road to Villa Catalana Cellars' expansive hilltop winery in Oregon City, 15 miles south of Portland, a large pond ringed with willow trees comes into view. My first thought ("This is gorgeous!") is quickly supplanted by an urge to take a dip. Though it's after 5 p.m., the late-summer sun is still heat-wave hot. But relief comes in the form of a smiling, plaid-shirted **Field & Vine Events** staffer, who hands me an icy glass of Grenache Rosé and directs me farther up the hill, where I find a cooling breeze and about 200 smiling attendees mingling amid rows of tables draped in white tablecloths.

Field & Vine will present more than 30 dinners this year, held at small farms and acclaimed wineries across Oregon's Willamette Valley. Clearly, even though many Northwest restaurants promote farm-to-table cuisine, people still have an appetite for sitting down

at a table on a farm.

It's easy to see why. The settings are beyond stunning, the food is superfresh, and the wine is delicious and varied. "We see a lot of familiar faces here tonight—a lot of you keep coming back," chef-owner Pascal Chureau announces to nods and cheers as I and the other diners savor grilled baguette slices topped with lemony chicken rillettes and tiny, teardrop-shaped sweet peppers—the first of seven courses that will be served over the span of two hours. "Actually, we're seeing a lot of you coming back with people you met at a previous event."

This doesn't surprise me. As we pass around platters of chewy farro salad studded with toasted hazelnuts, juicy grapes and creamy chèvre, we strangers become friends, swapping stories, finding common ground.

A Portland food-scene pioneer and the owner of the venerable Allium Bistro in nearby

NORTHWEST FARM DINNERS

■ **Kruger's Farm** on Sauvie Island, north of Portland, hosts Farm-to-Plate dinners every Friday and Saturday through September (krugersfarm.com).

■ The **Our Table in the Field** events are a venture of the Our Table co-op of farms in the Sherwood area southwest of Portland (ourtable.us).

■ **Red Rabbit Farm** on Orcas Island in Washington hosts BYOB dinners using local ingredients, through September (redrabbitfarm.com). —D.C.

West Linn, Chureau already has a platform for his seasonal Northwest cuisine. Why add three seasons of farm dinners to his plate?

"I wanted to really connect with these farmers and producers," he tells us. "And I wanted you guys to connect with them, too." ✈



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HARVEST REDS

By Kerry Newberry

» As the leaves take on saffron hues and the season turns to sweater weather, it's time to revisit the earthy Pinots and robust reds that define the Pacific Northwest. Not only do these autumnal wines cozy up a brisk evening, they pair perfectly with wild-mushroom dishes—which begin to frequent seasonal restaurant menus and weekend dinner parties.

"Many very close friends of mine are experienced foragers for mushrooms, predominantly morels—and rarely will they share their favorite hunting grounds," says Bill vonMetzger, the winemaker for Washington's **Walla Walla Vintners**. "However, they will always share their bounty as long as I provide the wine."

One bottle vonMetzger pulls for weekend feasts is his Walla Walla Vintners Bello Rosso, a versatile Super Tuscan-inspired blend of 50 percent Cabernet Sauvignon and 50 percent

Sangiovese. "The bright acidity from the Sangiovese offsets the creaminess of mushroom risotto, and the backbone of Cabernet Sauvignon stands up to steak hot off the grill and covered in sautéed mushrooms," he says.

Chris Mazepink, winemaker for **Archery Summit Winery** in Dayton, Oregon, says a fall family favorite is homemade pizza. "We love making a rustic pizza with some pancetta and chanterelles on it," he says. The wine pairing? Oregon Pinot Noir, of course. "I tend to like aged Pinot Noir with wild mushrooms," says Mazepink, "because there are more aromas of forest floor and leather and tobacco, and even sliced porcini, that come off the wine."

One Pinot he leans to is the Archery Summit Whole Cluster Cuvée Pinot Noir. It's made with a large percentage of whole clusters (which means that during fermentation, the berries

WILD ABOUT MUSHROOMS

Chef Chris Czarnecki calls the Pacific Northwest's persistent precipitation "mushroom sunshine." At his restaurant the **Joel Palmer House** in Dayton, Oregon, dishes feature Oregon truffles and wild mushrooms. Bonus: The restaurant's 600-plus wines all come from Oregon. —K.N.

and stems are left intact). "This tends to bring a lot of savory and spice character to complement the sweet fruit early on in a wine's life," he says. "In some cases, you get an aromatic lift that adds an almost framboiselike quality."

Pinot with pizza makes the winemaker think of comfort. "And for me, that's fall—pulling back out the flannel shirts and boots, and walking through the vineyard." ✈



TOURING THE CITY OF FOUNTAINS

Kansas City is known for its cool jazz and hot barbecue

By Toni Lapp

» **Located in the heart of the United States** and straddling the Missouri-Kansas state line, the Kansas City Metropolitan Area is known for its jazz music, food and fountains. In fact, the city's nickname is The City of Fountains, with about 200 of them around the area.

Visitors will find that a good way to tour the city center is by the KC Streetcar, a 2.2-mile light-rail line that runs primarily north and south on Main Street and connects the River

Market District to the Crown Center neighborhood and Union Station.

The River Market District, near the Missouri River, is where you'll find the Arabia Steamboat Museum, which has artifacts from the paddle-wheel boat that sank in 1856. Many items on board were preserved and are on display, giving a glimpse into the life of settlers at the time. A few blocks south is The Phoenix, a top jazz club.



» Clockwise from left: Families play at The Nelson-Atkins Museum of Art. The KC Streetcar is an efficient way to see the downtown. Kauffman Stadium is home to the Kansas City Royals baseball team.

Midway along the streetcar route is the Power & Light District, a lively nine-block neighborhood offering nightclubs and restaurants. It is also home to the Kansas City Convention Center and the Sprint Center, where top acts perform. A great local venue is Howl at the Moon, a bar with live music and dancing.

The streetcar line ends near the National World War I Museum and Memorial. Dedicated to exploring The Great War and its impact on

global affairs, the museum features an extensive collection of items and is home to the Liberty Memorial Tower, a 217-foot-tall structure that commemorates World War I and provides great views of the area.

Art lovers will want to visit The Nelson-Atkins Museum of Art, located about 3 miles south of the World War I museum. The facility has beautiful lawns, a reflecting pool and a sculpture garden, which includes the famous

work *Shuttlecocks*, by Claes Oldenburg and Coosje van Bruggen. The museum will also be the only U.S. venue to feature the exhibition “Through the Eyes of Picasso” (October 20–April 8, 2018).

Sports fans will enjoy the Negro Leagues Baseball Museum, located in the historic 18th & Vine Jazz District, which tells the history of the Negro Leagues from the late 1800s through the 1960s. Next door is the American Jazz Museum, which showcases the musical form with exhibits, films and performances.

Major League Baseball’s Kansas City Royals, who won the 2015 World Series, play at Kauffman Stadium, about 8 miles southeast of downtown. The ballpark is known for its large outfield fountains. Next door is Arrowhead Stadium, home to the NFL’s Kansas City Chiefs.

No visit to Kansas City is complete without trying the local barbecue. Some of the best can be found at Arthur Bryant’s Barbecue, Fiorella’s Jack Stack Barbecue and Joe’s Kansas City Bar-B-Que. The dishes are so good they may be worth a trip to KC all by themselves. ✈

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ROOFTOP TOASTS

By Leah Allen

» **There is still time** this month to enjoy the sun, and what better way to soak up those rays than on a roof, with a drink, some great food and a grand vista to admire? The following bars range from luxurious to fun and festive, while providing breathtaking views that are worth a toast with friends and loved ones.

The Nest, Seattle: Sip a drink 12 stories up while watching ferries traverse the waters of Elliott Bay, the Seattle Great Wheel slowly turn on the waterfront, and the sun set behind the Olympic Mountains.

El Techo, San Francisco: Enjoy the view of the city skyline from this festive restaurant and bar six stories above the Mission District. It serves great Latin-influenced food and cocktails. Margaritas can be ordered by the pitcher, so bring your friends.

Mama Shelter Los Angeles Rooftop Bar: This colorful bar at the trendy hotel Mama

Shelter in the heart of Hollywood is one of LA's best. From the roof of the sixth floor, patrons have 360-degree views of Los Angeles, including the iconic Hollywood sign and, on clear days, the Pacific Ocean.

Altitude Sky Lounge, San Diego: Sitting 22 stories up on the roof of the San Diego Marriott Gaslamp Quarter, the bar offers mood lighting, lavish pub fare, weekend DJs and views of sunsets over Coronado Island.

St. Cloud Social Rooftop, New York: Situated 17 stories above bustling 42nd Street at The Knickerbocker Hotel, the St. Cloud boasts Big Apple glamour, with plush private sitting areas and striking views of the city that never sleeps.

Lookout Rooftop Bar, Boston: Drink in style amid cozy couches and heated lampposts on the seventh floor of The Envoy Hotel. The spectacular views allow you to watch the city's

» **Altitude Sky Lounge, left, offers great views of San Diego's skyline. Top of the Gate, above, in Washington, D.C., has great food in a historic setting.**

impressive skyline and the ships coming and going from Boston Harbor.

Top of the Gate, Washington, D.C.: First-class food and drinks in a historic setting make this bar

above the 15th floor a must-see. From the top of The Watergate Hotel, you can ooh and aah at views of the Potomac River, the Washington Monument, the Kennedy Center and more.

VooDoo Rooftop Nightclub & Lounge, Las Vegas: Dance under the stars and take in the views atop Rio All-Suite Hotel & Casino, 50 stories above the city. For a real thrill, ride VooDoo ZipLine more than 800 feet, from the VooDoo Lounge to the hotel's Ipanema Tower and back, at a height of 400 feet. ✈

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Matching lids to containers at 6 A.M. can be frustrating. The one-piece **Yumbox** Panino offers bento-style leakproof compartments for a sandwich, dip, veggies and fruit (yumboxlunch.com).



Ooly erasers come in a festive array of adorable options, including ice cream cones, dinosaurs and Lil Juicies. Other items include the fox-shaped Woodland Writing Pal, which is an eraser and sharpener all in one (ooly.com).



Yoobi's pencils, patches, stickers and organization gear are almost as fun as recess. Try the Color-In Zip Pencil Case, above (fabric markers not included), or the Panda Pencil organizers. For every item purchased, a Yoobi item is donated to a U.S. classroom in need, according to the company (yoobi.com).



The **Cotopaxi** Montero 20L Backpack offers colorful (Tahoe blue) and subdued (black) color options that grow with kids right into college. The bag features an internal laptop sleeve and pockets for small stuff—stickers, for example. Purchases support Cotopaxi's grants toward worldwide poverty relief (cotopaxi.com).

BACK TO SCHOOL COOL

Stylish supplies for students

By Lora Shinn

» If smile emojis remind you of a certain song from 1988 (*Don't Worry, Be Happy*) or you ever traded scratch 'n' sniff stickers, this year's scholastic bounty may trigger nostalgia. Check out these blasts from the not-too-distant past, ready to school a new generation.



Middle schoolers and high schoolers can show off a favorite subject with Bookworm, Mathlete, Pencil Me In or Relatively Cool (with equations and images of Albert Einstein) from Portland-based **Sock It to Me** socks (sockittome.com).



Stash snacks or sammies in this dishwasher-safe, BPA-free Velcro **LunchSkins** Reusable Sandwich Bag, in playful patterns such as bears. The company says each reusable bag can be used up to 500 times (lunchskins.com).

WELCOME

COMFORT MEETS WELLNESS



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LEARNING GEAR

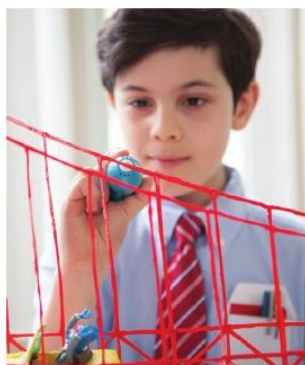
Tools to encourage young minds during the back-to-school season

By Olivia Madewell

» **Research has shown** that fun learning is effective learning. The following toys and products can bring a new energy to education and add a little teaching into playtime. With these hands-on innovations and the activities they inspire, kids might hardly realize they're learning outside of school. Note: Ages below are as recommended by each product's maker. Parents can review recommendations for child media use issued by the American Academy of Pediatrics (aap.org).

3Doodler Start Essentials Pen

Set: Why be limited to 2-D drawing when you can doodle in 3-D? This kit's special pen uses what the company describes as eco-plastic (nontoxic, kid-safe) strands that leave no mess. The kit includes a project booklet and stencils to kick-start young artists' imaginations (\$49.99; ages 8+; 3doodler-start.com).



Sphero SPRK+: Kids can program this durable, waterproof and round robot's movements by using an accompanying app, compatible with many standard smartphones and tablets. Children learn coding skills through activities and challenges. They can also collaborate with other learners worldwide (\$129.99; ages 8+; sphero.com).

LEARN BY MAIL

These subscriptions deliver kits for hands-on learning. Prices are for one month.

Dream Delivered: Activities, materials and a magazine to explore various careers (\$29.00; ages 5–11; dreamdelivered.org).

The Preschool Box: Materials for activities that teach phonics, writing and counting skills (\$29.95; ages 3–6; thepreschoolbox.com).

StemBox: Geared for girls; subscribers receive a monthly STEM-themed experiment tied to a video highlighting a female STEM professional (\$25–\$30; ages 7–12; mystembox.com).



Tech Will Save Us Mover Kit:

This set teaches kids about coding and encourages active play. Kids snap together a wearable device and then use visual coding software to program it to respond to different movements they can make while they wear it (\$79.99; ages 8+; techwillsaveus.com).



Marbotic Smart Kit:

These tactile, wooden numbers and letters—which interface with standard electronic tablets using free apps—help kids learn basic alphabet, vocabulary and math skills (\$89.99; letter kits and number kits are also sold separately; ages 3–6; marbotic.fr).



ThinkFun Circuit Maze:

With this logic-game set designed by the award-winning puzzle creator Wei-Hwa Huang, players select one of 60 tricky challenges and learn about electronics as they create electrical circuits to light up designated beacons (\$29.99; ages 8+; thinkfun.com).

IT'S JUST LUNCH
CLIENTS ▶

LAWRENCE CHIARELLI
Regional Sales Director:
Tech start up

EDUC: BS, Bloomsburg Univ

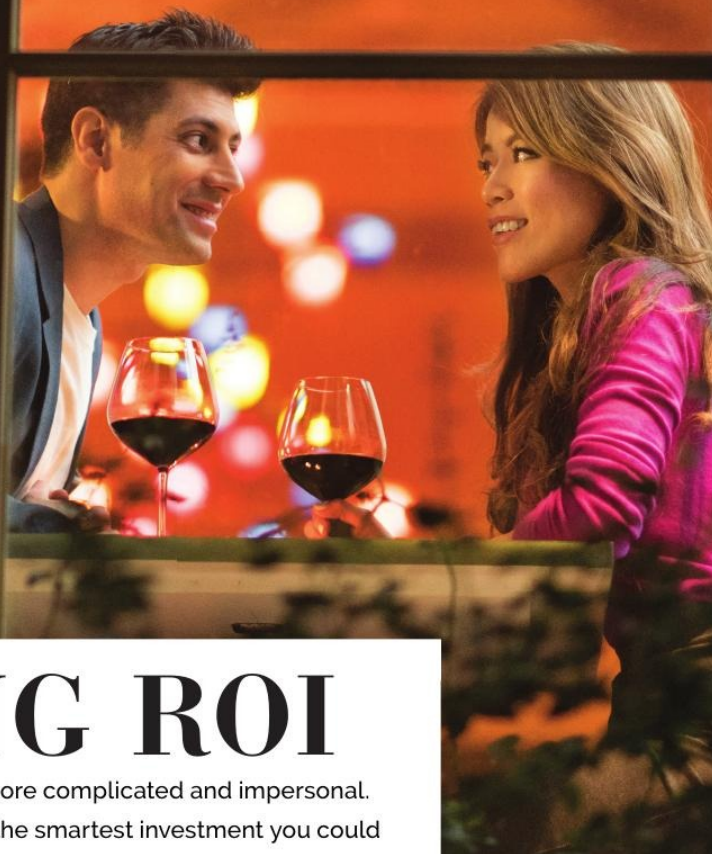
INTERESTS: Golf, running,
travel

PING MA

Owner of RollingPing:
Custom Cakes

EDUC: MS, Columbia Univ

INTERESTS: Travel, wine,
jogging with dog



DATING ROI

Technology has made dating more complicated and impersonal. Hiring a matchmaker might be the smartest investment you could make in your personal life. ▶

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

What was your dating life like before joining It's Just Lunch?

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

Why did you decide to join It's Just Lunch?

Ping: I fly frequently for work and for

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

What did you enjoy most about the It's Just Lunch process?

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

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

L: Easy and convenient. At the time the company I was working for was going through a merger so I was away from home quite a bit in all day meetings. I'd finish my day and there would be a voicemail from my matchmaker telling me about my next match. I'd call back, get the details and run through my availability. The next thing I knew I was in front of an interesting woman having a great conversation.

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

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

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

The success of It's Just Lunch is built on creating high quality matches in low pressure situations. In 26 years, they've set up millions of first dates. Make meeting someone special a priority. Get in touch at **800-858-6526** or **www.itsjustlunch.com**.

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JULIE LOPEZ

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30 MIN

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Singles are open to a kiss on a first date.

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Seattle wide receiver Doug Baldwin wears a Vicis Zero1 helmet during the 2017 training camp.

A NEW KIND OF HELMET

By Jacob Uitti

» **Probably the greatest challenge** facing American football is the growing number of concussions suffered by players.

That issue led in 2013 to the launch of Seattle startup Vicis, which has developed a new kind of football helmet that the company says will better protect players from hard hits to the head.

The company was founded by CEO Dave Marver; Chief Medical Officer Dr. Samuel Browd, a pediatric neurosurgeon at Seattle Children's Hospital; and Chief Technical Officer Per Reinhall, chair of the department of mechanical engineering at the University of Washington.

"We thought there had to be a lot of people working on this issue," Marver says. "But there weren't many startups attacking the problem."

After three years of research, Vicis released the Zero1 helmet in 2016. It works differently than traditional helmets that have a hard outer shell with padding inside. The Zero1 has a softer outer shell that is designed to absorb some of the energy from a hit. "It behaves differently in a collision," says Marver of the Zero1 helmet. "It is almost like a car bumper or a crumple zone, except our helmets are designed to withstand thousands of collisions."

The helmet also has a series of layers underneath the shell that work together to absorb the impact of a collision, including a columnar layer that reduces linear and directional forces, an internal hard shell, and a special liner next to the head of the athlete that offers comfort and optimizes fit.

In 2016, the University of Washington and

the University of Oregon football teams used the helmets during training camp and offered the company feedback that led to design modifications. This year, the helmet earned the top ranking by the NFL and NFL Players Association in tests to see which football helmet reduces head-impact severity the most.

Company officials say 30 NFL teams and many of the top 25 NCAA programs used the helmets during the 2017 training camp. Half of the NFL teams have placed orders for the Zero1, and are expected to wear the helmet during the regular season.

Vicis, which has raised more than \$40 million, plans to keep innovating. "We're committed to using science, engineering and medicine to solve this very important public health concern," Marver says. ✕



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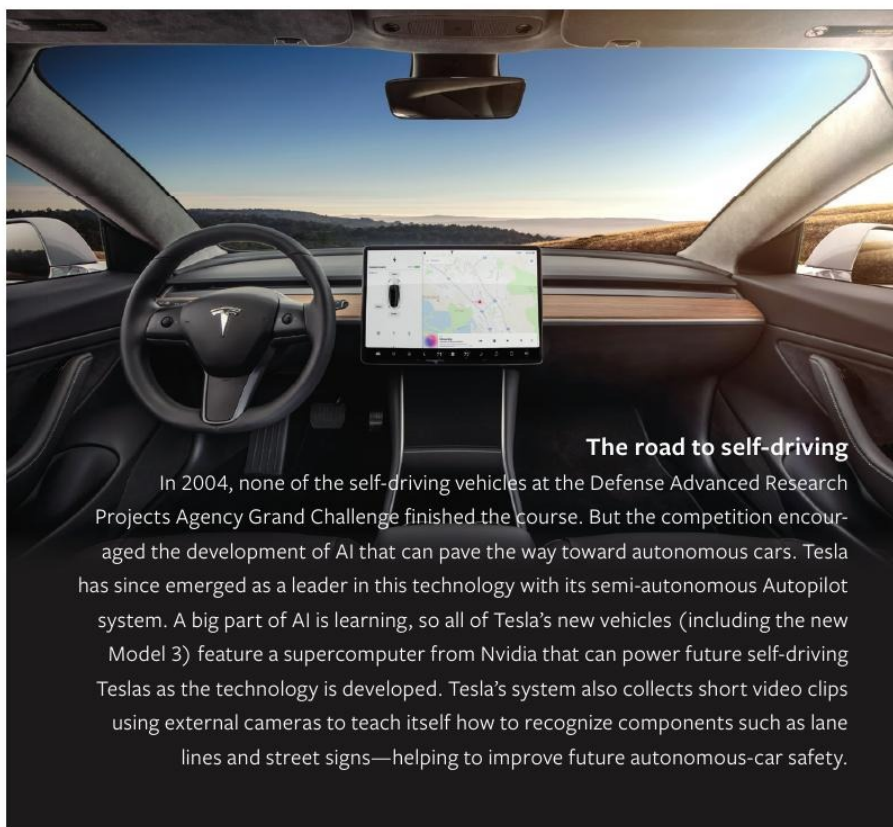
STREET SMARTS

From automated steering to improved transmissions, AI is changing the way we drive

By Bengt Halvorson

» **A Google search or translation.** Voice commands given to Siri or Alexa. Email filters to ward off spam. Artificial intelligence—technology developed to learn, adapt and problem-solve beyond simple logic loops—is already part of our everyday lives.

In vehicles, however, AI systems are still relatively rare. But according to a report from IHS Markit, a global consulting firm, AI in cars is likely to be widespread within the next five years. Here are several examples of how AI is being used—or soon will be used—with the goal of making our lives in the car safer, smoother and more productive.



The road to self-driving

In 2004, none of the self-driving vehicles at the Defense Advanced Research Projects Agency Grand Challenge finished the course. But the competition encouraged the development of AI that can pave the way toward autonomous cars. Tesla has since emerged as a leader in this technology with its semi-autonomous Autopilot system. A big part of AI is learning, so all of Tesla's new vehicles (including the new Model 3) feature a supercomputer from Nvidia that can power future self-driving Teslas as the technology is developed. Tesla's system also collects short video clips using external cameras to teach itself how to recognize components such as lane lines and street signs—helping to improve future autonomous-car safety.



Say what you want

If you've ever had to memorize the complex tree structures to use your car's voice-based menus, AI should be a welcome development. Newer voice-based menus equipped with AI are designed to understand you in the context of what you're likely to be asking while in the car. Nuance Communications' Dragon Drive automotive assistant, which is included in the latest BMW 7 Series and will be included in more vehicles soon, understands free-form commands and flexible word order. BMW's system even has other AI technology that recognizes specific hand gestures.



More control

Automakers continue to add more gears to automatic transmissions to boost performance and fuel economy, but the tradeoff can be clumsy drivability. AI can help.

Mercedes-Benz's current 9G-Tronic nine-speed automatic transmission uses AI software developed by the automaker to measure inputs such as temperature and internal wear, as well as driving factors such as how sharply you take a corner. By measuring a wide range of details and letting the software controls "learn" how to react to driving habits, the results are smoother shifts and better control.



Free hands

Inching down the freeway in slow-moving traffic will soon be something you can leave to your car. Audi's AI Traffic Jam Pilot system, slated to debut in the 2019 Audi A8, uses cameras, radar, lasers, ultrasonic inputs and AI-based processing to take full control of the car—starting, steering, accelerating and braking—when driving up to 35 mph in traffic jams. The system is certified by the U.S. Department of Transportation as autonomous level 3, meaning when it's on, drivers don't even need to touch the wheel. But drivers do need to be alert to take over if needed.



LEARNING TO INNOVATE

How college programs are preparing students
to be versatile business leaders BY LORA SHINN

Dana Buice wanted to help the athletic-apparel industry solve one of its most pressing problems—waste.

After working in the medical-device field for four years, Buice, now 28, decided to combine her love of the outdoors with her interest in being an entrepreneur and enroll in the University of Oregon's Sports Product Management (SPM) program in its first year in 2015.

She wanted to help the outdoor athletic-apparel and equipment industry decrease its contributions to the waste stream and landfills.

"The apparel and outdoor industries are ripe for change, and companies are interested in incorporating sustainable practices," Buice says.

Assisted by mentors from corporate leaders such as Nike, Intel and others, Buice teamed up with other UO classmates in the SPM program to learn about the different aspects of how outdoor and athletic products are created, and to design her own product idea.

The team she joined included students from different disciplines, such as geology and sustainability. It also benefited from Buice's background in biomedical engineering.

Her team ended up creating a changeable backpack system that meets different needs—such as a cycling bag, a photography bag and a bag suitable for water sports—by using the same internal frame. With the idea of keeping the backpack out of the landfill, they designed prototypes, came up with a brand concept and found a factory to produce the packs.

Today, Buice is the CEO of Oddlot Labs, a Portland startup she formed with schoolmates Tim Sherry and Andrew Wheatley. Together, they took the product they developed in the SPM program, refined it further, and now manufacture backpacks with specially designed frames that can be used with different-size packs. After launching on Indiegogo in August, they are planning to seek their first round of seed funding later this year.

SPM is one of many college and university programs created to help educate students and workers looking for more skills to meet the needs of specific industries. From athletic apparel to technology to personal skills, many university programs are offering a practical and

University of Oregon Sports Product Management graduates Andrew Wheatley, Dana Buice and Tim Sherry, left, are the founders of the backpack manufacturer Oddlot Labs, which manufactures specially designed frames and a variety of packs.



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“Businesses want to hire people who already know how to give and take and innovate as a team.”

comprehensive education in growing industries. In the process, these programs are preparing students for long-term careers by using interdisciplinary approaches, industry—as well as community—input and employment trends.

With an SPM education, graduates can go into diverse fields such as product merchandising, brand management or materials management. Buice says the different courses in the SPM program were key to understanding the business world of sportswear.

For example, her human-performance class included lectures on exercise, the science behind training, the science behind sweating, and how to increase economy of movement. The professor also gave head-scratching challenges such as “Design a product to help someone run 100 miles through the desert.”

“It was a really creative and great way to learn,” Buice says. “You figure out a real problem for athletes, then create a solution.”

THE SPM DIFFERENCE

Creating solutions is what spurred longtime Nike executive Ellen Schmidt-Devlin and University of Oregon Professor Emeritus Roger Best to begin developing the SPM program five years ago. After working at Nike for 28 years in various executive roles, Schmidt-Devlin co-founded the university’s graduate SPM program to focus on creating an innovative athletic apparel-industry workforce. Best and Schmidt-Devlin conducted an “industry blitz” in which they interviewed more than 150 athletic-apparel executives to identify their corporate needs and challenges.

Luckily, the two instructors didn’t have to go far for their interviews. Large U.S. firms, including Columbia Sportswear, Nike and Under Armour, have offices in the Portland area, which has become a leading sportswear hub. Best and Schmidt-Devlin found that for

VIRTUAL-REALITY STORYTELLING

Enrolled in the University of Oregon’s masters in multimedia journalism program, Rachel Bracker learned new approaches to storytelling.

“We’ve all seen the traditional news package where a reporter stands in front of a scene and narrates the action,” says the 2016 graduate. “But video journalism today is about embracing a more creative and engaging style of reporting that doesn’t necessarily have to fit into that strict format.”

Bracker and her fellow students learned to tell a story using video, data visualization, audio recording and other tools of the modern age. As part of the program, Bracker was introduced to the nascent field of virtual reality (VR) as a storytelling approach.

In her last quarter, Bracker designed her own elective, an internship with 360 Labs, a Portland-based VR firm, where she learned how to film and edit 360-degree immersive panoramic images and videos. For an example of how the nascent field of VR stories would be different, Bracker points to recent VR news articles from *The New York Times* that utilize a VR headset. The audience can see locations that are filmed in 360 degrees, offering a more immersive experience. Another *Times* VR article explores sight loss by using visual images and sounds to create a man’s journey through blindness. Such examples are just the beginning for this new type of storytelling that is still being explored and discovered.

After graduating last year, Bracker now works for 360 Labs as a VR editor and producer. The University of Oregon’s School of Journalism & Communication purchased VR cameras, headsets and editing software, and Bracker looks forward to sharing her knowledge of VR with future classes at the university.

“As an alum, I want to contribute back to the program that gave so much to me,” she says. —L.S.



Portland-based 360 Labs is creating virtual-reality stories and experiences.

360 LABS

these companies to stay competitive, they needed the right employees who understood the company’s entire production process. “If a company is getting beat, it’s because someone got to market before them with an innovation that they could’ve gotten to market sooner if they had the right people,” Schmidt-Devlin says.

Today’s employees need to know every aspect of creating footwear, apparel and equipment products, she says, from the initial concept to the product on store shelves.

The first class of SPM students, which enrolled in 2015, graduated this past spring.

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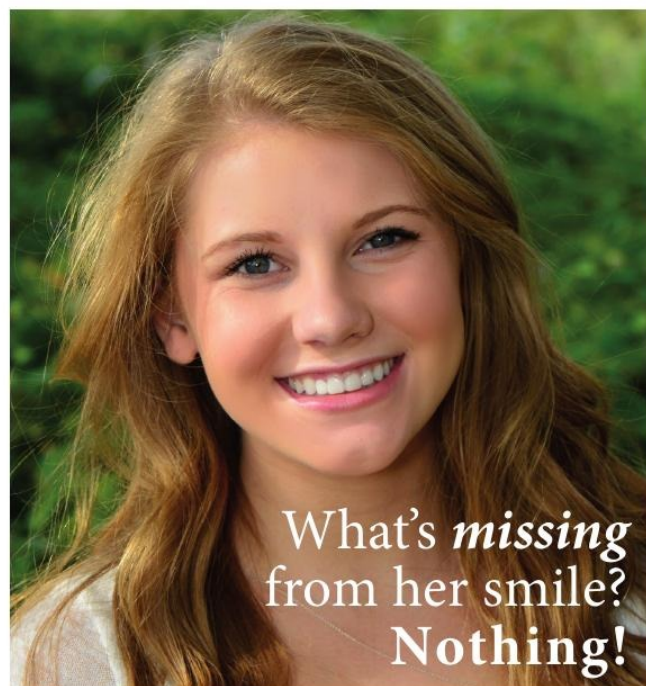
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Jordan's Story

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

Then she learned about Dr. Shawn Keller, the first dentist in Washington to offer CeraRoot metal-free implants. These ceramic zirconia implants are 100% metal-free and are as strong as they are beautiful. She was hesitant, having seen traditional implants with dark lines at the gum that did not look natural. She also heard implants could be painful, took many visits and over 6 months to heal, and were expensive. Then she met with Dr. Shawn Keller. With many options offered, treatment was made affordable with a payment plan. Jordan wanted to improve the look of the rest of her smile and with Dr. Shawn's advanced sedation, she had the implant placed and cosmetic rejuvenation done at one visit, all while she slept peacefully. Thanks to the stem cell therapy used during the procedure, she had no discomfort and her beautiful smile was completed in the same day. Now Jordan is proud to smile with the peace of mind that her healthy new teeth will last a lifetime.



"Dr. Keller changed my life!"
- Jordan

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Part of their college work involved the students developing a product through multiple versions, visiting manufacturing facilities in Southeast Asia and attending industry trade shows.

Shoe design is a hot career goal, but in most companies, there's only one designer for every 100 business-focused employees, Schmidt-Devlin says. So SPM teaches students to be prepared to take on other roles, such as operations coordination and brand management.

The interdisciplinary approach is key to the program, Schmidt-Devlin notes. Classes draw on a number of areas of learning, including human physiology, sports design, sustainability, storytelling and marketing.

Varied backgrounds and nationalities create interesting team dynamics. "To create a great product, there has to be, and will be, tension," Schmidt-Devlin says. "Businesses want to hire people who already know how to give and take and innovate as a team."

For example, SPM seeks sustainable solutions for the industry's waste issue. Local firms, including Nike, are working to find new and cost-efficient ways to keep athletic products out of the waste stream. The firm is hoping to draw on the school's research and education to help solve that issue. She says e-commerce and technological advances are transforming industries in every field. "If we educate correctly, we are preparing students to help lead the change in industry," Schmidt-Devlin says.

SKILLS FOR A CHANGING WORLD

Washington State University's Athletic Training (AT) program is educating students about a different set of sports issues. Students in the program will be able to earn a master's degree in the field of athletic training, which is a form of health care that specializes in prevention, diagnosis and rehabilitation of athletic injuries, along with providing emergency care.

Athletic training at WSU was previously limited to a bachelor's degree. However, the new graduate program, which is waiting for final administrative approval, is expected to begin this year "in response to changes in health care," says Kasee Hildenbrand, director of WSU's AT program.



"If we educate correctly, we are preparing students to help lead the change in industry."

She says there are increasing needs for primary care assessments, as well as preventive care for the general population, which is broadening the client base for athletic trainers to include large companies, military installations, performing-arts groups and even orthopedic offices. The new master's degree program will include practical clinical education in areas such as wound closure, patient advocacy and even working with electronic medical records, so students are ready for a variety of work settings.

UCLA Extension is another school that is developing specific classes for industry needs. Part of UCLA, the program educates working adults, college students and lifelong learners with credit and noncredit courses. This school year, it has launched a set of new certificates as a result of an ongoing dialogue between school officials and the technology industry.

Bruce Huang, director of the extension's Digital Technology Department, spoke with IBM executives to identify "what kinds of skills are most needed, and how could the university

Working on athletic injuries, above, is only part of the expanding field for athletic trainers. To meet the needs of this growing industry, Washington State University will offer a master's degree in athletic training.

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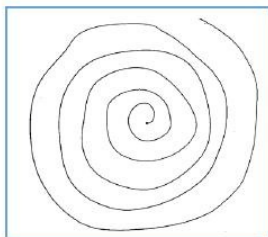
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align its course content with industry needs,” says Rosemarie Piccioni, the director of UCLA Educational Futures, which builds alliances for enhancing the learning experience. Employers said they were seeking (but not finding) employees with skills in cybersecurity, big-data, mobile-development and cloud-computing technologies.

So UCLA Extension decided to create programs that will offer certificates in all four categories within the next few years, including the launch of this fall’s Certificate in



NEST LABS

The University of Washington’s Master of Science in Technology Innovation program will help students develop connecting-technology products such as Nest Cam IQ, above, which connects to other home security devices, thermostats and smoke alarms via the Nest app.

Cybersecurity. Graduates of the program will earn two IBM badges, the company’s digital credentials for recognizing and authenticating knowledge and skills.

The program will cover network security, cryptography, database and network risk management, and regulatory policies, along with hands-on training on network-security penetration testing and defensive strategies.

The cybersecurity program doesn’t have an age minimum or

INNOVATE

prerequisite classes—even high school students can enroll. Piccioni says they expect students in the program to come from a variety of backgrounds, including those who already have a bachelor's or master's degree and are hoping to pivot to other fields or industries.

NEXT-GENERATION DEVICES

The latest technology advances are connecting devices in our homes, factories and environment. Think of Amazon's Echo or Google's Nest Learning Thermostat, which learns and adapts to a family's needs.

In Seattle, the University of Washington will educate the next generation of technologists creating this connected world, by launching the Master of Science in Technology Innovation degree this year.

The program is an interdisciplinary degree that is offered by the UW's Global Innovation Exchange. It includes various faculty from UW departments that range from the Computer Science & Engineering program to the Foster School of Business to the School of Law.

Students will design, develop and launch connected devices. They also will draw from business and technology development processes. Those participating in the program will research all aspects of the field, from identifying a market need to creating a prototype, as well as understanding corporate law.

"Even those with deep expertise need to learn how to collaborate effectively with other disciplines to bring a product to market," says Linda Wagner, the University of Washington's director of academic programs for the Global Innovation Exchange. "You need a breadth of skills, and an ability to go broader than your specific role to be a suc-

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The goal is to develop the founder of the next great tech startup.

cess. You need to be resilient, adaptive and an effective collaborator.”

According to Wagner, the demand for a workforce educated in the fields of science, technology, engineering and mathematics (STEM) is increasing. The university is responding by taking part in a faculty-industry dialogue via advisory boards to help understand what businesses will need from workers in the future. Businesses are also taking part by becoming mentors, providing career advice and sponsoring projects.

Industry representatives can offer practical advice about student initiatives, helping to assure that an academic project has real-world applications, Wagner says.

COMBINING DEGREES

The University of California, Berkeley is also working to meet the needs for interdisciplinary learning in the technology field.

Business leaders at technology companies typically earn an engineering degree, get hired at a firm and then, later, return to school for an MBA. Berkeley's new Management, Entrepreneurship, & Technology (M.E.T.) program is unique in that it allows students to earn both business and engineering degrees at the undergraduate level, thereby jump-starting the management careers of program graduates. While the students may still decide to go back for an MBA, they will have a better foundation from which to begin their professional careers. This year, the program's first 40 students started classes.

“We want our students to learn

INNOVATE

business from a big-picture perspective and to learn technology in a deep way," says M.E.T. Executive Director Marjorie DeGraca. "Companies are seeking this type of student because they can hit the ground running from day one."

Venture-capital firm Kleiner Perkins has offered an interview to its engineering fellowship program for every interested M.E.T. student in the inaugural class.

"The tech industry affects every business, from Ford to Walmart," says Michael Grimes, managing director of Technology Investment Banking at Morgan Stanley, and the M.E.T. Advisory Board's chairman.

M.E.T.'s 17-member board includes industry insiders, such as the founder of the *Guitar Hero* video game series. They provide ideas and support, and offer mentorship and career guidance.

The challenging program isn't for every student, and getting in is very difficult. Nearly 2,500 students applied for the program this year, and 40 started classes this fall. "There are certain kinds of students who know early in their careers or lives that they're passionate about both business and engineering, and don't want to be forced to pick one major," DeGraca says.

Grimes explains that tech executives have voiced a desire to recruit students with this type of education, perhaps even during their sophomore or junior years. The goal, he says, is to develop the founder of the next great tech startup or the next CEO of a traditional company.

"She's going to come out of this program, and roll the clock forward 20 to 30 years," Grimes says. "She's going to change an industry." ✈

Lora Shinn is a Seattle-based writer.



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HISTORIC BEANTOWN

Enjoying the sights of Boston

By Stephen Jermanok

» When relatives come to visit me in Boston, I like to pick a favorite spot or neighborhood along the 2.5-mile Freedom Trail, a red-brick line embedded in the sidewalks of Boston that meanders its way to 16 historic sites around the city.

The sites, which played pivotal roles in American history, range from Boston Common in the south to the community of Charlestown's Bunker Hill, the scene of a famous battle in the Revolutionary War, in the north. More than likely, I'll choose one of the oldest standing structures in Boston, a small house on cobblestoned North Square that was once home to Paul Revere. Remarkably, the two-story dwelling Revere bought when it was already 90 years old is still intact and, from the square, incredibly picturesque. You can walk up the spiral staircase to see the bedroom where Revere would have slept.

Revere's house is located in the North End, the lively Italian community that dates back to Boston's founding in 1630. Nearby is my favorite Italian restaurant in town, Artú, where the eggplant parmesan is thinly sliced, lightly fried, and topped with melted mozzarella and a sublime homemade tomato sauce. One bite and you'll understand why I tend to take visitors to this section of the Freedom Trail.

The true genius of the trail, which dates back to 1951, is that it's not cut off from the rest of the city. On the contrary, it is the city.

You can follow the distinctive line to reach some of Boston's most cherished neighborhoods—Beacon Hill's century-old brownstones and village squares, North End's winding streets, and Charlestown, which is home to one of America's most



celebrated ships, the *USS Constitution*. Built mainly with pine and oak, the heavy frigate earned the nickname "Old Ironsides" during the War of 1812, when it defeated five British warships and captured many other enemy vessels.

History abounds

The history of America's independence is woven into the fabric of present-day Boston. This is a city where the John

Hancock Tower stands about a mile from the grave of John Hancock himself, who lies alongside Paul Revere and Samuel Adams in the Granary Burying Ground. Two of the most important sites of the American Revolution are nearby: the Old South Meeting House and the Old State House. On December 16, 1773, some 7,000 citizens came to the meeting house, spilling out into the streets to protest the Tea Act. When the governor refused for the

NEAR & FAR»



» Clockwise from left, The Old State House of Massachusetts; the famous Swan Boats of Boston Public Garden; it's popular to touch the foot of the statue of John Harvard for luck; the painted brick line of the Freedom Trail.

final time to send the tea back to England, Samuel Adams rose and said, "Gentlemen, this meeting can do nothing more to save the country." Adams went on to help plan the Boston Tea Party, in which his colleague Paul Revere took part.

A tragic moment that helped set the stage for revolution took place just outside the Old State House on March 5, 1770. Known as the Boston Massacre, five colonists were killed when a group of British

officers mistakenly fired into a group of protesters.

We like to think of Boston as America's best walking town, and one reason for that is that parts of downtown's infrastructure of rotaries and one-way streets were designed with the horse and buggy in mind. The result is that it can be best to see Boston on foot. Walk from Paul Revere's former home to the Old North Church, where Revere's good friend Rob-



The cannoli at Mike's Pastry in the North End.

CLOCKWISE FROM LEFT, JORGE SALCEDO / SHUTTERSTOCK; BETTY WILEY / GETTY IMAGES; JORGE SALCEDO / SHUTTERSTOCK; GIORGIO FORNASEATO / STOCKS/COM

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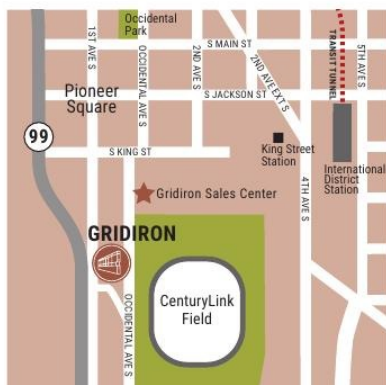
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» **Boston's Museum of Fine Arts is home to many famous works, including John Singer Sargent's portrait The Daughters of Edward Darley Boit, right. Architect Frank Gehry designed the fascinating Ray and Maria Stata Center, far right, located on the Massachusetts Institute of Technology campus.**



ert Newman was instructed to hang lanterns from the steeple windows to tip off how the British redcoats were arriving: "One, if by land, and two, if by sea." Today's parishioners still use the same tall box pews colonists used to help ward off the cold in the years before there was central heating.

If you're feeling in need of a break, walk over to a Boston institution, Mike's Pastry on Hanover Street, for chocolate-chip cannoli and rich pistachio macarons. We won't tell anyone if you don't quite finish the Freedom Trail.

Other noteworthy attractions

Next to Boston Common is Boston Public Garden, a beautiful park known for its statue of George Washington on horseback and for a picturesque pond. Pause

atop the small bridge to gaze at the willow trees that grow near the pond's edge. Then take the kids on the famous Swan Boats for a tour of the pond and a close-up view of actual swans.

Northwest of the heart of downtown is the Museum of Science, a great family museum that spans the Charles River. Children can experience the lightning show in the Thomson Theater of Electricity, explore the galaxy at the Charles Hayden Planetarium and watch IMAX films at the Mugar Omni Theater.

The museum includes permanent exhibits on dinosaurs, energy, human life, nanotechnology and natural mysteries, to name just a few.

About 3 miles southwest of the Museum of Science is the stately Museum of Fine Arts, which in 2012 completed its

HIGHER EDUCATION CENTER

■ **Home to 35 colleges** and about 150,000 college students, the Boston area is one of the nation's top centers of higher learning. Among the schools in the city is Boston University, located in the Fenway-Kenmore and Allston neighborhoods, along the Charles River. With 33,000 students, the university is one of the city's largest employers.

Across the Charles River in the city of Cambridge is the prestigious Massachusetts Institute of Technology (MIT). Be sure to visit the school's intriguing Frank Gehry-designed Ray and Maria Stata Center. An amalgamation of brick, stainless steel and painted aluminum, the Stata Center houses about 800 scientists and is built in a variety of bending and whimsical shapes.

About 1 mile north of MIT, along Massachusetts Avenue, is renowned Harvard University. Enter Harvard Yard and stop at the statue of the university's namesake, John Harvard, where visitors touch his shiny shoe for luck.

Harvard has three art museums housed in the same building. They include the Busch-Reisinger, the Arthur M. Sackler and the Fogg, which has an excellent collection of pre-Raphaelite works. The Harvard Museum of Natural History houses a variety of world-class specimens. —S.J.

» **Did you know?** Boston's nickname "Beantown" was coined during colonial times when sailors spending the night were served a Yankee dish of baked beans, cooked in molasses. Try the dish at Durgin-Park restaurant in the Faneuil Hall Marketplace. First opened in 1827, Durgin-Park is known for its seafood and large prime-rib entrees.



[I GROW]

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When growing herbs and vegetables, either during the summer or year round, many gardeners tend to plant and grow only what they will be able to consume while the garden is fresh. Otherwise, they are faced with an overabundance of produce they end up either giving away or tossing into the compost. Sunlight Supply® has the "lid" on the solution to preserving your bountiful harvests that is simple, easy and anyone can do it!

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When vacuum sealing to preserve, don't over stuff your bags or fill them to the brim in one vacuuming. For best results, only add the amount of veggies or fruits you will use at one time. These portions will last for over six months and will eliminate any food waste.



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\$345 million Art of the Americas Wing, a four-story building with adjoining pavilions on either side to house the 53 new galleries.

Walk into the glass-enclosed courtyard, and then journey through three millennia of art from North America, Central America and South America, with works ranging from pre-Columbian gold pieces on the ground level to the paintings by Georgia O'Keeffe on the top floor. Highlights include galleries devoted to the works of John Singer Sargent and John Singleton Copley.

There is also the unique Roswell Gleason parlor and dining room, two mid-19th century period rooms taken intact from a house in nearby Dorchester.

The galleries on early American works include Gilbert Stuart's famous portrait of a debonair George Washington. Also on display is John Singleton Copley's painting of fellow revolutionary and famous silversmith Paul Revere. Next to Revere's portrait is a large collection of his own silver creations.

Another of my personal favorites is John Singer Sargent's *The Daughters of Edward Darley Boit* (1882), a wonderful



A fan catches a home run ball on top of the Green Monster at Boston's Fenway Park.

portrayal of childhood, in which the four girls are scattered around the canvas exhibiting their own unique responses to the artist.

A 10-minute walk across the Frederick Law Olmsted-designed park called "The Fens" (named for the Fenway neighborhood and part of the designer's famous "Emerald Necklace," a collection of parks and green spaces around Boston) will bring you to the home of the Boston Red Sox and one of country's most storied

stadiums, Fenway Park. Fans of the national pastime can tour the 1912 park year-round to see where Babe Ruth played, along with other Red Sox greats Ted Williams, Carl Yastrzemski, and "Big Papi" David Ortiz.

You can walk through the dugouts and sit on the seats atop the 37-foot-tall left field wall, better known as the "Green Monster." If you're lucky, you might even be able to sit in one of the seats on the Green Monster for a baseball game.

Where to Sleep

■ **Hotel Commonwealth:** Within easy walking distance of Fenway Park and a favorite for alums of nearby Boston University, Hotel Commonwealth offers nearly 245 rooms, which include themed suites, such as the Fenway Park Suite, which overlooks the Green Monster, and The Loft, where the tall walls showcase works from local artists and from Boston University students.

■ **The Charles Hotel, Cambridge:** The premier property in Harvard Square, the hotel is within an easy walk of the Charles River, the Harvard campus, and all the restaurants and shops in the neighborhood. It is home to the cherished Italian restaurant Benedetto, as well as Henrietta's Table, which is known for its use of local produce, cheese and fish.

Where to Dine

■ **Liquid Art House:** It's not just the ambiance in this art gallery turned restaurant that wows diners. A pan-seared halibut or a New York strip steak cooked to perfection by talented chef Johnny Sheehan helps create a memorable evening.

■ **Eastern Standard:** With its long marble bar, vaulted ceiling and large storefront windows, Eastern Standard offers one of the best dining experiences in the Kenmore Square neighborhood. Enjoy bowls of fresh mussels in a savory broth, seared Maine salmon or a serving of rib-eye steak that is big enough to satisfy even a New England Patriots offensive lineman.



Shōjō's pig bao.

■ **Shōjō:** Tucked away in a small space in Boston's Chinatown, the restaurant, with wildly colorful murals, serves tantalizing plates such as tender ribs covered in Thai peanut sauce, and salt-and-pepper calamari. The cocktails are as good as the food. Make a reservation to secure one of the coveted tables. —S.J.



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» NEAR & FAR BOSTON

Waterfront renaissance

In recent years, Boston has dramatically transformed its waterfront area, known as the Seaport District. While once neglected, the waterfront began to change when the Institute of Contemporary Art opened in a gem of a building on the edge of the harbor in December 2006.

Today, the waterfront has become a prominent location for visitors, and everywhere you look, there are new condominiums, office buildings, hotels and restaurants.

Enjoy a drink on the rooftop bar at the Yotel Boston hotel, which boasts one of the city's best views of the Boston Harbor. Then stroll along the Harbor Way and visit the Rose Kennedy Greenway, a 1.5-mile-long area of parks recently created on the former site of Interstate 93. The freeway has been moved underground in this area following the decadelong tunnel construction project known as the "Big Dig."

Opening this past June was the Trillium Garden on the Greenway, a beer garden featuring acclaimed craft beers by Boston's Trillium Brewing Company.

Step up to the counter and order one of their eight beers on tap. Walk over to one of the communal tables and have a swig of the brand that some have ranked among the best in the world.

As I sip my beer and look out at the greenway, I have a feeling that the founding fathers would be proud of how the city has progressed. ✈

Stephen Jermanok is a Boston-based travel writer.

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AUTHENTIC SINGAPORE

Discovering the city-state's cultural treasures

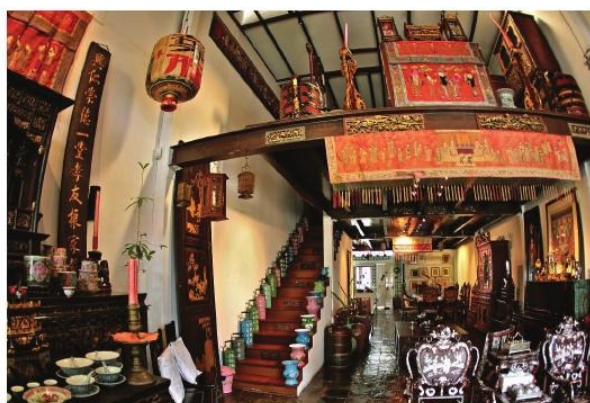
By Denise Li

» On a quiet street in the Katong neighborhood in eastern Singapore, I very nearly miss what I'm looking for. From the outside, The Intan museum looks like other terrace houses except for the small sign bearing its name. Its interior, however, sings a completely different tune.

The moment I step in, I am surrounded by Peranakan Chinese artifacts (pieces belonging to people of mixed Chinese and Malay/Indonesian heritage): rosewood chairs inlaid with mother-of-pearl; round tiffin carriers—a kind of lunch box commonly used in Southeast Asia—suspended from the ceiling in the kitchen and lining

the staircase going up to the loft; and numerous porcelain vases and plates displayed in ornate carved cabinets.

Like most Singaporeans, I'm proud of the many things Singapore is lauded for, including its status as an international trading and financial center—despite its small size, it ranked No. 12 on *Forbes'* list of Best Countries for Business this year—as well as the city's cultural diversity, safety and world-class airport. But I also am aware of the fact that the city-state often seems to get reduced to easy clichés: Yes, it's clean, we speak English, and you can't chew gum here, but there's much



» The Katong neighborhood is lined with colorful houses, above, including The Intan museum with its Peranakan relics, left.

more to Singapore than that. What is the true Singapore? That's the question I've set out to answer.

And so I find myself at The Intan to pick owner Alvin Yapp's brain and learn more about the history of Katong, a neighborhood that has long been associated with the Peranakan culture so unique to this part of the world. I grew up in Katong yet realize that I know little about it—and I find that the wealth of material culture housed at The Intan makes it an ideal place to start.

There are a few theories about how the Peranakan Chinese—also known as the

Straits Chinese—came into existence. The most plausible story, according to Yapp, is that sometime between the 15th and 18th centuries, Chinese male immigrants came to this region to seek fortune, and ended up marrying local women. Their descendants adopted aspects of the indigenous lifestyle—wearing the traditional Malay style of dress, for instance—while retaining Chinese beliefs such as ancestral worship. Peranakans in Singapore also speak a unique language known as Baba Malay, a creole that mixes the Malay language with that of Hokkien, a Chinese dialect.

Yapp is Peranakan, but when he began

collecting artifacts, it wasn't with the intention of running a private museum.

"When I was a teenager, I attended a Peranakan play that was performed entirely in Baba Malay, and I was embarrassed by the fact that I didn't understand any of it," he remembers. "After I got my first job, I started collecting Peranakan antiques as a means of gaining a deeper understanding of my culture. Every piece I acquire comes with a story that's told to me by its previous owners."

For instance, the museum showcases a pair of ornately embroidered and beaded early 20th century slippers, which the Peranakan bride embroidered as a gift for her husband, Yapp says.

Today, he runs by-appointment-only tours at The Intan. In sessions lasting between an hour and 90 minutes, Yapp hosts guests—local and foreign alike—and shares his knowledge about Peranakan culture as they enjoy *kueh* (bite-size snacks) and a cup of green tea brewed on-site by Yapp's mother.

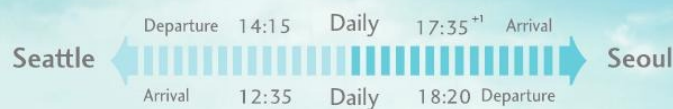
With morning or evening tours available, it's a good place to start or end your exploration of Katong, which Yapp says



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GETTING AROUND SINGAPORE

Singapore is a tiny island, and its attractions are incredibly accessible and affordable via **Mass Rapid Transit, or MRT** (the equivalent of the metro/subway system), which will take you practically anywhere on the island.

For those looking to cover the most ground in a day or two, the **Hop-On, Hop-Off Bus Tour** will take you to most of the city's attractions, while allowing you the freedom of deciding how much time you would like to spend at each. —D.L.

was used as a weekend retreat for wealthy Peranakans before it was developed into a suburb in the early 20th century.

The distinctive stuccos and floral-motif tiles on carefully preserved facades are on full display in the Peranakan shop houses that line the streets of Katong. Most still function as they did more than a century ago—with a shop downstairs and living quarters on the second floor.

Unique Chinatown

A few days after my visit to The Intan, I make my way to Chinatown. Located close to the Singapore River, and the island's old trading port, this historic area is also home to revived, lively streets. But I must confess that I typically only find myself here when I'm eating at one of my favorite food stalls at the Chinatown Complex Food Centre.

I've made it my mission to find out one thing I've always wanted to know about the area. So I meet with tour guide Karen Zheng and pose the question: "Why is it that there's a Hindu temple—Sri Mariamman Temple—and a mosque—Masjid Jamae—in our Chinatown?"

She tells me that the movement of Chinese and Indian immigrants during

» In Chinatown, top left, the Buddha Tooth Relic Temple and Museum features Buddhist artifacts, above, and a Tang dynasty-style facade, below.

the 19th century led both to settle in the area close to the Singapore River, where Chinatown is located. The city grew and developed, and the

British colony moved the three major ethnic groups—Chinese, Malay and Indian—into three areas around the island.

The area now known as Chinatown

became the Chinese enclave, she says. "Despite those efforts, the Chinese and Indians managed to find a way to live and work side by side in the space we now know as Chinatown. And that's the reason the Indians eventually came to build their places of worship here."

Since Singapore separated from Malaysia to become an independent state in 1965, the government has taken steps to ensure that tension between the ethnic groups in Singapore is kept to a minimum, and when I was growing up, maintaining these peaceful relations was emphasized in school.

I've walked past the Sri Mariamman





Nightlife at the Clarke Quay.

WHAT TO DO ALONG THE SINGAPORE RIVER

Singapore's 19th century trading port along the Singapore River is now a place where you can sample some of the best nightlife the city has to offer. Three quays—Boat Quay, Clarke Quay and Robertson Quay—are connected by an underpass that takes you to a wide selection of bars and clubs, as well as five-star hotels and budget hostels.

—D.L.

Hindu temple many times, but I've rarely paused to look at it. Today, I do. I gaze upon the numerous sculptures of deities and characters built into its six-tiered tower entrance, and I find myself entranced by its intricacy and beauty. The temple is closed this afternoon, but welcomes visitors from 6:00 A.M. to noon, and 5:30 P.M. to 9 P.M.

Three blocks away, the Buddha Tooth Relic Temple and Museum gets its name from what is believed to be one of Buddha's teeth, which visitors can see from a public viewing area. Along with public visiting hours, this temple-and-museum complex provides guided tours that will take you through the ornate rooms—including the Hundred Dragons Hall, which houses a hundred Buddha statues—and to view the museum's collection of Buddhist art.

INSIDER TIP:

Enjoy Social Hour at the **Marina Bay Sands** resort, 6–9 P.M. each Tuesday. Its restaurants, including Spago, which has photo-worthy 57th-story views of the skyline, offer up to 50 percent discounts. —D.L.

Old meets new in Tiong Bahru

A mere 10-minute taxi ride from Chinatown is the Tiong Bahru neighborhood, which is characterized by its three- to five-story whitewashed apartment blocks, designed in a Streamline Moderne style. The area was built as Singapore's first housing project during British colonial rule. Today, it's a hip area with plenty to attract a young crowd, and a place I find myself visiting time and time again.

One neighborhood mainstay is the Tiong Bahru Market and Food Centre.



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» **Tiong Bahru** has a selection of hip shops. Stop for an espresso, far left, or peruse *BooksActually's* literature collection, left.

The first floor includes a “wet market” where locals come to buy produce, while the second floor has food stalls that offer items such as *wanton* (pork dumpling) noodles, fried Hokkien mee (noodles fried in a shrimp stock, and served with shrimp and pork bits) and Hokkien prawn mee (noodles stir fried in a prawn sauce).

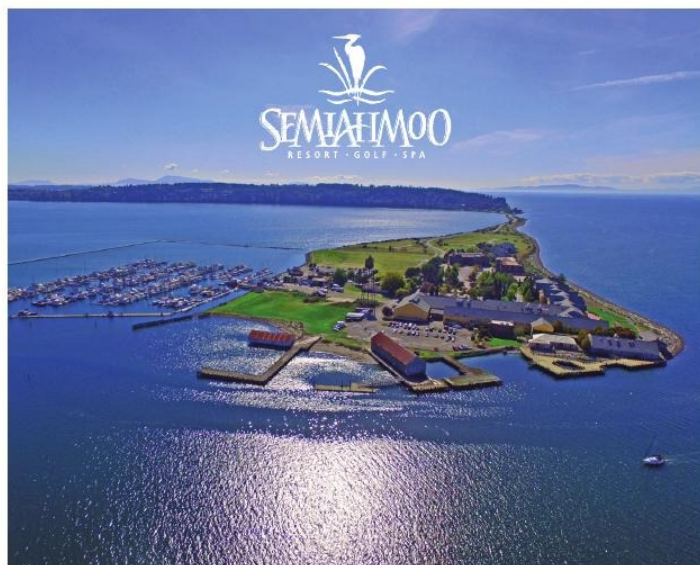
In recent years, a number of trendy

cafes, coffee shops and other small businesses have opened in Tiong Bahru. I can spend a languid afternoon on one street in particular—Yong Siak—as it has a variety of great spots situated within a few blocks: Yoga Movement, a popular yoga studio; Forty Hands, a cafe that serves delicious espresso; and BooksActually, a small independent bookstore that has a

sizable collection of literature, especially Singaporean.

I wonder what the neighborhood's older residents think of the area's transformation into a bustling hipster enclave. Longtime Tiong Bahru resident Thomas SS Lim doesn't see it as a bad thing. “I think the area is as charming and vibrant as it's ever been,” he says. “The

LEFT, DIMA SKORSKY / SHUTTERSTOCK.COM; RIGHT, BOOKSACTUALLY



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» NEAR & FAR SINGAPORE



EUGENE TANG / ALAMY STOCK PHOTO

SINGAPORE ATTRACTIONS

Esplanade—Theatres on the Bay: Affectionately called “The Durian” due to its spiny facade, the performing-arts complex hosts live theater and music.

Gardens by the Bay: 250 acres of gardens, featuring a Cloud Forest, a Flower Dome and a Supertree Grove with artful steel “trees” up to 50 meters tall.

Helix Bridge: Opened in 2010, the distinctively DNA-shaped pedestrian bridge links Marina Centre with Marina South.

Singapore Zoo: Visitors can see animals such as the red panda, and enjoy a night or river safari.

Sentosa Island: Ride a Singapore Cable Car to the resort island to enjoy sandy beaches, theme parks and an aquarium.

opening of new establishments here has injected life into the area without really altering its laid-back ambience,” he says.

Singapore is a city that is constantly in flux. It's a place where there's ongoing negotiation between the old and new, between the familiar and the novel, and between the people and the government. It's a city that's constantly defining and redefining itself. ✈

Denise Li writes from Singapore.

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TAKE IN CULTURE, FOOD AND FUN AT FESTIVALS YEAR-ROUND ACROSS THE HAWAIIAN ISLANDS

BY TIFFANY HILL

Silence falls over the crowd gathered in the grassy meadow of Kōke'e State Park, in the hills above the clawed cliffs of Nāpali on Kaua'i's west side. "Queen Emma" descends a trail into the park, the folds of her skirt spread across the hindquarters of a beautifully dignified horse. She is accompanied by her lady-in-waiting and a trusted guide, both also on horseback. The three are skillful re-enactors who were chosen to portray the arrival from Waimea of the beloved real-life queen and her court to Kaua'i in 1871, and the reception is no less reverent 146 years later. The performance is part of the annual *Eo e Emalani i Alaka'i* Festival, which will be held this year in October.

In the much more urban setting of Waikīkī, on O'ahu, 100-plus parade floats and displays—such as a unicorn made of balloons, a giant red stiletto, and a bear that appears made from papier-mâché—

make their way down Kalākaua Avenue in a surge of color and noise. Thousands of people converge on Waikīkī in October for the annual Honolulu Pride Parade and Festival celebrating Hawai'i's LGBT community.

About 200 miles from bustling Honolulu is Hawai'i Island, epicenter of the state's booming agritourism industry. Here, Kona coffee is king. The Kona Coffee Cultural Festival, being held this year in November, spotlights the coveted beans with coffee tastings, a cupping competition, a nighttime parade, an art walk and coffee-farm tours.

These are just three of the dozens of *ho'olaule'a*, or celebrations, that take place across the Aloha State throughout the year. These festivals are as diverse as the experiences on Hawai'i's different islands, and they honor Hawai'i's rich cultural mosaic—with modern and historical connections.

ABOVE: TONY NOVAK; CLIFFORD: OPPOSITE PAGE, TOP, COUPLE CUPS; OPPOSITE PAGE, BOTTOM, WAIKIKI SPAIN JAM



The Hawaiian Islands host a variety of festivals, including the Kapalua Wine & Food Festival (opposite left) on Maui, the Kona Brewers Festival (left) on Hawai'i Island and the Waikiki Spam Jam (below) on O'ahu.

ATIONS



They also provide a glimpse into Hawai'i's local communities, which thrive with hula dancers, artisans, *paniolo* (Hawaiian cowboys), *taiko* drummers, master chefs and more. Some festivals, such as the Kapalua Wine & Food Festival on Maui, draw visitors from around the world. Others, such as the East Maui Taro Festival, are mainly local celebrations, though they are open to all and provide visitors with authentic cultural experiences.

With world-class epicurean events, street parties, hula performances, rodeos and celebrations where you can cheer top surfers, there's a festival for everyone who visits Hawai'i—at nearly any time of the year, across all of the major islands. Plan your travel to align with some of the following festivities, this year and next.

FALL FESTIVITIES

As distinct as the festivals across Hawai'i are, many fall celebrations have one thing in common: Hawai'i pride. The **Eo e Emalani i Alaka'i Festival**

(October 14) commemorates the historic 1871 trip to Kaua'i by Queen Emma to honor her late husband, Alexander Liholiho, aka Kamehameha IV.

The queen and her royal court of roughly 100 dancers, assistants and cooks sailed from Honolulu to her beach home in Lāwa'i in south Kaua'i. From there, they made a several-day journey northwest to the Kōke'e area and the nearby Alaka'i Swamp. Today's festival, sometimes known as the Emalani Festival, commemorates the historic journey of a resilient queen. Dancers from about a dozen hula



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The *Eo e Emalani i Alaka'i Festival* (left), on Kaua'i, honors one of Hawai'i's most beloved historical figures, Queen Emma. The *Honolulu Pride Parade and Festival* is a celebration of Hawai'i's LGBT community.



KELLI BULLOCK

hālau (hula schools) perform in the queen's honor, just as her royal court did long ago. There's also Hawaiian music, hands-on cultural demonstrations and Kaua'i-made crafts at the festival, which is distinguished in part by its upland setting.

"Kōke'e can be anything from sunny to misty and chilly—you're 3,600 feet up in the mountains, so you're in a different place," says Chris Faye, director of the nonprofit Hui o Laka, which hosts the festival. "It's a chicken-skin experience being up in that atmosphere," Faye says, using a phrase people use in Hawai'i to describe getting goose bumps from excitement (or also possibly mountain air). "You're almost stepping back in time here."

The **Honolulu Pride Parade and Festival** (October 21) also has a dedicated following. It features one of O'ahu's most vibrant parades. Expect to see people dressed in rainbow-hued outfits—last year more than 1,000 people participated in the parade—as well as creative floats, and lots of balloons and flags.

"We have people from all parts of the community celebrating," says Joe Bock, vice chairperson and director of the Hawai'i LGBT Legacy Foundation. "One of the fun things about the parade is that it goes through the heart of Waikiki, so you get people who live here, but also people who are visiting, participating. It's an international audience."

The festival ends near Kapi'olani Park, where the party continues with live music, community booths and food. Alaska Airlines is a sponsor of the Honolulu Pride Parade and Festival.

Alaska Airlines is also a sponsor of the **Kona Coffee Cultural Festival** (November 3–12) held on Hawai'i Island—a celebration with its own depth of culture and tradition. It is believed that coffee may have first been brought to O'ahu in 1813 by Spanish physician Don Francisco de Paula Marín. About 200 years later, the aromatic beans are a mainstay crop in the Kona area, whose unique climate and soil contribute to its renowned beans. There are 600 to 700 coffee farms in the area, says

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the festival's president, Valerie Corcoran.

"The festival is an experience that is surrounded by the different cultural heritages that make up Kona coffee history," Corcoran says.

Highlights of this year's 47th-annual festival will include an evening parade in which crimson *chochin* lanterns (bamboo-frame paper lanterns) light the streets of Historic Kailua Village (once a retreat for Hawaiian royalty); an art stroll through the village of Hōlua-loa, where early-1900s storefronts have been converted into galleries; the Miss Kona Coffee Scholarship Pageant; and a Kona coffee recipe contest. There will also be ample opportunities to taste some of the area's world-famous coffee and to meet farmers and roasters during the annual cupping and barista competitions. For visitors who want a hands-on coffee experience, local farm tours will also be available.

WINTER AND COOL SEASON

The cooler months in Hawai'i—which are generally November through April (spanning winter)—bring impressive natural phenomena to celebrate: monster waves and the migration of humpback whales.

For many locals, winter on O'ahu's picturesque North Shore means one thing—big-wave season.



The Kona Coffee Cultural Festival (left) pays tribute to Hawai'i Island's flavorful beans with a wide variety of events. Top athletes enjoy Oahu's big-wave season in the Vans Triple Crown of Surfing on O'ahu.

Skilled watermen and waterwomen take on waves 10 feet and taller during the annual **Vans Triple Crown of Surfing**. While it may not be a typical "festival," the excitement surrounding this sporting event is about as festive as things get, and it celebrates a culture all its own. The competition comprises three surfing contests at North Shore locations—the Hawaiian Pro (at Hale'iwa Ali'i Beach Park), Vans World Cup of Surfing (at Sunset

Beach) and Billabong Pipe Masters (near 'Ehukai Beach Park at the Banzai Pipeline).

"All three venues deliver career-making and career-breaking performances that can be witnessed from the beach, and it doesn't take a seasoned surf fan to appreciate the drama that ensues each winter," says Lauren Rolland, media and communications manager for the event's coordinator, the World Surf League, Hawai'i/Tahiti Nui.

A few thousand people attend the contests each day, so spectators should get there early to get a good spot, adds Rolland. Many spectators also bring binoculars and beach chairs or towels. Each contest in the Vans Triple Crown of Surfing is free to watch and runs on the four days when the surf is at its best and biggest. Dates under consideration run from November 12 through 24 for the Hawaiian Pro, November 25 through December 6 for the Vans World Cup of Surfing, and December 8 through 20 for the Billabong Pipe Masters.

Around the time that O'ahu's giant waves begin

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diminishing, familiar sights begin appearing near the Valley Isle. January through March is the peak of whale-watching season around Maui, as humpback whales make their annual migration to Hawai'i's warm waters. The nonprofit Pacific Whale Foundation celebrates this journey with a series of events during the annual **Maui Whale Festival**, which will run throughout February in 2018. One of the highlights of the festival is the Run & Walk for Whales, with a block party at the Maui Harbor Shops. There's also live music, vendors and community booths. Other events include a film festival and benefit gala. The festival culminates in the Great Whale Count, a one-day, communitywide multiple-site effort that contributes to a long-term study of the graceful marine mammals.

On O'ahu, don't miss the opportunity to remember fallen heroes with a trip to the Pearl Harbor Visitor Center. About 1.8 million people visit this venue through the year. Visiting on December 7 makes for an even more solemn experience. Most years, the National Park Service and the U.S. Navy host a joint memorial ceremony at the Pearl Harbor Visitor Center commemorating the anniversary of the attack on Pearl Harbor. This year marks the 76th anniversary. **National**



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ABOVE, SELKET GUZMAN; OPPOSITE PAGE, LISA FERDINANDO



The Maui Whale Festival (opposite) celebrates cetaceans during their winter migration. National Pearl Harbor Remembrance Day (above) commemorates a pivotal moment in history and the people involved in it.

Pearl Harbor Remembrance Day includes special keynote addresses, tributes to Pearl Harbor survivors and World War II veterans, aircraft flyovers and, often, the ringing of the freedom bell. In addition to visiting the USS *Arizona* Memorial and the USS *Bowfin* submarine, visitors can tour the Battleship *Missouri* Memorial, the USS *Oklahoma* Memorial and the Pacific Aviation Museum Pearl Harbor.

SPRING CELEBRATIONS

Springtime in Hawai'i brings enjoyable food-and-drink festivals with connections to the earth. The **Kona Brewers Festival** (March 10, 2018) devotes itself to local beers and sustainability. Held on the shores of Kamakahonu Bay in the Kailua-Kona area on Hawai'i Island, the festival features more than 40 Hawai'i and U.S. mainland brewers. The cost of a ticket includes a commemorative mug and scrips to try tasty fare from numerous food booths. The festival also includes the Run for Hops, a home-brewers' competition and a fashion show that makes use of trash. The festival raises more than \$100,000 each year to benefit nonprofits. Alaska Airlines is a sponsor of the Kona Brewers Festival.

The **East Maui Taro Festival** (April 21, 2018) celebrates Hawai'i's most sacred food staple: taro. Believed to be the "elder brother" of all Native Hawaiians, the root plant is the star of this one-day festival. The festival features 20 food booths, each one selling dishes made with taro, and vendors



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This second-annual fest is all about Hawaii's rare and distinctive birds. It features film screenings, talks, a gala dinner and other events centered in the Kailua-Kona area. There are also birding field trips along the Hawaii Island's Coast to Coast Birding Trail.

OCT. 5–8, 2017

95TH MAUI FAIR

A festival mainstay in Wailuku, the Maui Fair features traditional carnival games and rides, food and craft booths, chili- and pie-making contests, live music and the always lively Maui Fair parade.

OCT. 7–8, 2017

21ST-ANNUAL COCONUT FESTIVAL

This festival takes place at Kapa'a Beach Park on Kauai's east side. Attractions include live entertainment, Kauai-made crafts, coconut-themed contests and games, food booths, cooking demos, and cultural displays.

NOV. 19, 2017

HAWAIIAN SLACK KEY GUITAR FESTIVAL "KAUA'I STYLE"

Fall in love with the melodic sounds of the Hawaiian *kī hōʻalu*, or "loose key," at the Hawaiian Slack Key Guitar Festival. The Kauai festival is part of a larger, multimonth festival with events taking place on Maui, O'ahu and Hawaii Island.

JUNE 8–10, 2018

PAN-PACIFIC FESTIVAL

This festival celebrates Pacific Rim cultures with a block party, local-performer showcases and a parade down Kalakaua Avenue, on O'ahu.

JULY 21–22, 2018

HALE'IWA ARTS FESTIVAL

Visit O'ahu's North Shore during this annual festival and find works by talented local painters, photographers, glassblowers, jewelers and more. There are food booths from 'ono (delicious) restaurants. —T.H.

selling poi (pounded taro), flowers and plants. If you've never had taro or poi, this is the place to try it. Festivalgoers can also learn how to pound the sticky, starchy vegetable themselves or weave a bracelet from *lauhala* (hala tree leaves). Local musicians and hula dancers treat the crowd to performances throughout the day.

"Along with the hands-on activities, food is a big draw—especially for visitors," says festival organizer Judy Kinser. "Sometimes they don't even know what poi is!"

The celebration of a less traditional Hawaiian staple also occurs in April. The fact is: Hawai'i loves Spam. The iconic canned meat was introduced in the Islands during World War II, and roughly seven decades later, the state still holds the record for the food's highest rate of consumption. In fact, it's estimated that Hawai'i residents consume more than 6 million cans of Spam annually. Such devotion resulted in the **Waikiki Spam Jam** (April 28, 2018), an O'ahu festival for all things Spam. It's

In springtime, the Kona Brewers Festival (right) offers up suds and a focus on sustainability. The East Maui Taro Festival features hula, music and hands-on activities.



become one of most popular food festivals in the state. The block party on Kalākaua Avenue features local food booths that incorporate the preserved meat in creative ways—think Spam hot dogs, Spam



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fries, egg rolls and ice cream sandwiches with Spam. For those who want to take their fondness for the processed protein even further, the festival has Spam logo wear, kitchen gadgets and photo opportunities with the costumed mascot, Spammy.

SUMMERTIME SHINDIGS

Only in the Islands can you—all within a span of two months—enjoy festivals focused on savoring exclusive foods and wines, listening to renowned ‘ukulele players and watching paniolo in a rodeo.

For oenophiles, the **Kapalua Wine & Food Festival** (June 7–10, 2018) is considered *the* premier wine event in the Islands. Held at the idyllic oceanside Kapalua Resort on Maui, the festival gives attendees the chance to taste rare vintages, learn about the wine industry and sample foods made by local chefs.

Festivalgoers who want to *kanikapila*, or “make music,” need look no further than the **Ukulele Festival Hawaii**, with the main event in Waikiki, O‘ahu, on July 15, 2018 (associated events happen Oct. 15, 2017, on Maui, and March 3, 2018, in Waikoloa, on Hawai‘i Island). Master player and teacher Roy Sakuma started the festival, now in its 47th year. It offers free ‘ukulele lessons and chances to win one of 50 donated instruments. The O‘ahu festival is

ABOVE: WAIKIKI SPAM JAM; OPPOSITE PAGE, COURTESY UKULELE FESTIVAL HAWAII / PHOTO BY TINA MAHINA



Waikiki Spam Jam (left) is essentially a giant street party centered on Hawai'i's favorite canned meat. A performance by hundreds of young strummers is a highlight of the Ukulele Festival Hawaii.

also a daylong concert featuring acts by local and visiting musicians, and a special performance with 800 of Sakuma's students, many of them children.

"It's a wonderful day in the park surrounded by Waikiki Beach and Diamond Head, a cool breeze, blue sky and music," says Kathy Sakuma, of Roy Sakuma Productions.

Kōloa Plantation Days (July 20-29, 2018) offer visitors a glimpse into history in the area that held Hawai'i's first commercial sugar plantation, established in 1835 in south Kaua'i. Laborers from Japan, China, Portugal and the Philippines immigrated to Kaua'i to work in the sugar fields, and they later

established themselves as part of Hawai'i's diverse community. The festival is inspired by the history and the multicultural roots of the plantation. Festivities include cultural demonstrations, food events, films, tours and rodeos.

Throughout the year in Hawai'i, there's always something going on to highlight the Aloha State's vibrant cultures. Whether it's a ho'olaule'a honoring a queen, a poi-pounding event, a Spam-centered block party, or a big-wave surfing contest, these festivals showcase Hawai'i's unique ways of life. ✈

Tiffany Hill, based in Honolulu, specializes in travel, culture and business writing.

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SEATTLE

UNIVERSITY DISTRICT

Neighborhood bustles with activity, on campus and off

By Jeffrey Heer

» As I enter **Cafe Solstice** near the University of Washington, Soundgarden's dynamic *Outshined* is complementing the buzz of conversation and laptop key-tapping as students and some of my fellow university faculty members jump-start their day with a cuppa joe.

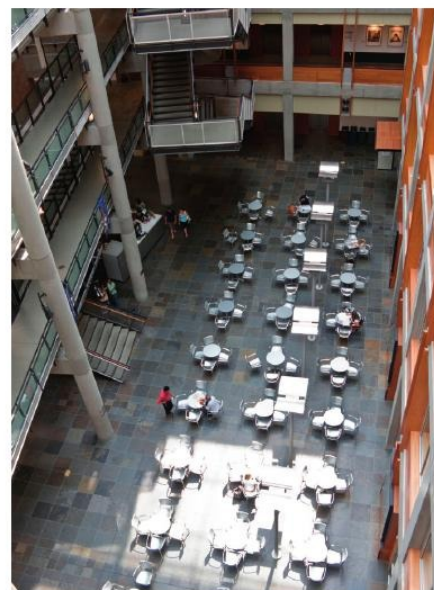
I often fuel my mornings with the cafe's soy latte, featuring Lighthouse coffee, roasted in Seattle. The latte pairs nicely with my usual housemade cheddar-jalapeño scone, and I carry my mini-breakfast to one of the wooden tables, from which I enjoy a view of colorful abstract oil paintings by local artists. Cafe Solstice uses its lime-green and brick-red walls as a gallery, rotating new art creations. The cafe is part of the diverse array of coffeehouses, restaurants and nightlife spots on and around



University Way (aka "The Ave"), running from approximately the Boat Street area, on the shores of Portage Bay, up to Cowen Park.

After my daily coffee, it's on to the UW campus itself, where I teach and conduct research in the Paul G. Allen School of Computer Science & Engineering. My research group, the UW Interactive Data Lab, creates new ways to show data to people—ways that help them more easily draw conclusions and see new aspects of the data.

When the university opened in downtown Seattle in 1861—with one room, one instructor and 30 students—the members of the territorial government probably never imagined anything like the Allen School, or the university's growth to its current number of 50,000-plus students. In 1895, the campus moved to its



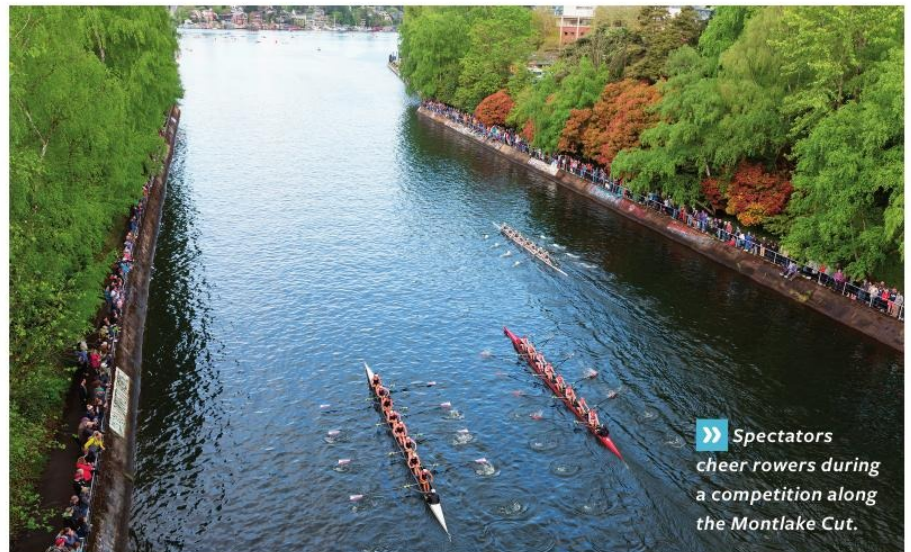
» Clockwise from top: **Shultz's German-style bierhaus on The Ave.** **The atrium in the Paul G. Allen Center for Computer Science & Engineering.** **Coffee and a snack at Cafe Solstice.**

HERE & NOW»

present 703-acre location along Lake Washington—partly because the school needed more acreage, and partly to keep the growing student body away from the “excitements and temptations incident to city life and its environments,” according to the UW website.

As far as I know, the students and faculty members in our lab have not been corrupted by any serious temptations, but creating new interactive experiences is demanding as well as invigorating, so it’s important for us to get out and have some fun. On the vibrant UW campus, we can decompress with excellent exhibits at the Henry Art Gallery. Or we can hang out with natural history at the Burke Museum (where the first dinosaur fossil found in Washington state—the 80 million-year-old partial left femur of a meat-eating theropod—is on display). Or we can watch engaging performances by groups from around the globe at the Meany Center for the Performing Arts.

On the sports side of recreation, it’s always



» Spectators cheer rowers during a competition along the Montlake Cut.

exhilarating to cheer for the Washington Huskies football team, and to watch the UW’s men’s and women’s rowing teams practice along the Montlake Cut. The cut was created during construction of the Lake Washington

Ship Canal (connecting three bodies of water), which is celebrating its 100th anniversary.

For our own rowing excursions, seasonal canoe and rowboat rentals are available at the university’s Waterfront Activities Center, while off campus, just a few minutes’ walk takes us to Portage Bay, where we can set out on a kayak trip from Agua Verde Cafe and Paddle Club. Kayak rentals are available March 1 to Oct. 31.

Northeast of campus, at the University Village shopping center, we enjoy an actual brick-and-mortar Amazon Books store, along with dueling shops from Apple and Microsoft. Sometimes when we pass time wandering among the shops, it’s because we’re waiting for a table at the village’s true gem: Din Tai Fung. This Taiwanese chain is famous for its delectable *xiaolongbao* (pork soup dumplings). They’re definitely worth the wait.

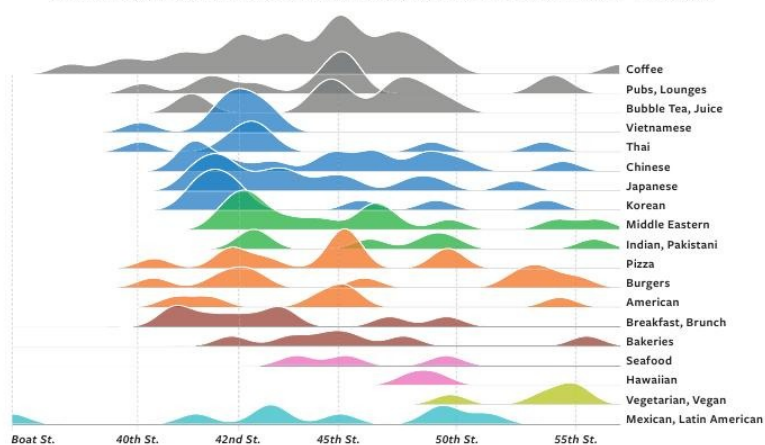
The goals of early university administrators notwithstanding, the University District, with its diverse cuisine, student hangouts, artistic expression and intellectual atmosphere, has no shortage of “excitements and temptations.” ✈

In June, UW associate professor Jeffrey Heer received the prestigious Grace Murray Hopper Award from the Association for Computing Machinery. The award recognizes an outstanding young computer professional. He is also a co-founder of Trifacta, which provides interactive software for working with huge datasets.

VISUALIZING THE FOOD SCENE ON “THE AVE”

This chart plots the prevalence of various cuisines, starting from the south end of the U District at Boat Street and heading north along University Way N.E. (“The Ave”) to 55th Street. Each colored area represents a category of food or drink, with height indicating the distribution of nearby businesses. As befits a college neighborhood, we see that wherever we go, we are almost always near a coffee shop! Beverages of all kinds (in gray) peak near busy 45th Street, while restaurants offering East Asian cuisines (blue) congregate around 42nd Street. (Data Sources: Yelp, Google Maps.) —Jeffrey Heer, director, UW Interactive Data Lab

A MILE-LONG GLOBAL FOOD MARKET: MAPPING CUISINE FROM “THE AVE”



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the Husky Clipper shell used by the Olympic champions (washingtonrowing.com/tours).

■ Part of the scenic, approximately 21-mile **Burke-Gilman Trail** runs through campus (kingcounty.gov and seattle.gov).

■ Great global-cuisine spots include **Korean Tofu House**, for bibimbap and spicy soups (koreantofuhouseuw.com), and **Saigon Deli** for tasty Vietnamese *bánh mì* (206-634-2866; no web).

■ The *pupusas* at **Guanaco's** are great Central American comfort food (guanacostacos.com).

■ **Shultzys** features European and Northwest brews, along with Bavarian staples such as bratwurst (www.shultzys.com).

■ **The District Lounge** has drinks such as the Luxe Manhattan, with a Washington-made bourbon (the-districtloungeseattle.com). —J.H.

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ON THE BALL AT THE UW

By Craig Hill

» **Falling one win shy** of the national championship game fuels Keishawn Bierria.

When the Washington Huskies senior linebacker thinks about the 7-24 loss to Alabama in last season's Peach Bowl, he wants to work harder. "I think, 'I need to do some more pushups right now,'" Bierria says. "I need to watch more film. I know I can push myself to further limits, and I know my team can."

Coming off their best season in 16 years, the Huskies have big plans for an encore. "The national championship is always the goal," says Bierria.

Many experts think that goal is realistic for a team bringing back two of the Pac-12 Conference's top players. The UW was listed in the preseason top 10 by entities such as Athlon Sports (4th), the coaches poll in *USA Today* (7th), *Sporting News* (8th), *Sports Illustrated* (9th) and ESPN (9th).

Quarterback Jake Browning and running back Myles Gaskin, both juniors, have been mentioned as Heisman Trophy candidates and are the nucleus of a powerful offense. Last season, Browning threw for 3,430 yards and 43 touchdowns, while Gaskin rushed for 1,373 yards and 10 touchdowns.

"But last year doesn't have anything to do with this year," UW coach Chris Petersen says. "There is no picking up where you left off. Every year you are a new team. We lost some significant seniors and four juniors to the NFL draft. That dramatically changes your team."

Petersen is calling for everybody on the team to improve this season. "If you don't improve, you are going backward," he says.

He adds that while "our young players will improve dramatically," it won't be so easy for accomplished players such as Bierria, Browning and Gaskin because their games have reached a level where it's hard to get much better.

"For them, it is going to take more work, more hours, more preparation than any of our



Jake Browning.

young guys just to move the needle slightly," Petersen says, "but they have to, because if their game is the same, somebody is going to pass them by."

Bierria, who was second on the team last year in tackles, with 70, spent all spring trying to defend Browning and Gaskin. "They are a lot better," he says. "It used to be somebody would have to say, 'Yo, you need to lead this offense.' Now it doesn't have to be said. They already know what they have to do."

The Huskies return 15 starters (eight on offense and seven on defense), but many of the departed were elite players. Receiver John Ross, one of the fastest players in the country, was the ninth player selected in the NFL draft. Petersen is looking for players such as sophomores Andre Baccellia, Aaron Fuller and Quinten Pounds to help fill the void Ross leaves behind. UW also has back last season's second- and third-leading receivers. Senior Dante Pettis caught 53 passes for 822 yards and 15 touchdowns last season. Junior Chico McClatcher had 574 yards and five touchdowns on 31 catches.

"Chico McClatcher has done some good things for us in the past," Petersen says. "For us to be where we want to be as a team, we need guys like him to take the next step."

On defense, there are big shoes to fill in the secondary, where three stars (Kevin King, Budda Baker and Sidney Jones) are gone, all selected early in the second round.

Last season, the Huskies allowed opponents



Keishawn Bierria.



Myles Gaskin.

fewer passing yards (182.9 per game) and achieved more interceptions (19) than any other team in the Pac-12. Players such as junior Jordan Miller, sophomores Myles Bryant and Austin Joyner, and freshman Byron Murphy will be counted on to help anchor this year's secondary.

"We lost some really good players, but when you look around, you can see we still have something really special," Bierria says. "We're going to be good. We want to be great, and that's what we are working toward."

He doesn't see any reason this season can't have a happier ending than last season.

"We've got a special group of dudes," he says. "The sky is the limit." ✕

Craig Hill writes for The News Tribune in Tacoma, Washington. Alaska Airlines is the official airline of the University of Washington and the sponsor of Alaska Airlines Field at Husky Stadium.

EVERYONE'S INVITED TO THIS PARTY

By Michele Andrus Dill

» When it comes to entertainment, the “biggest party in the state”—the Washington State Fair (thefair.com), Sept. 1–24 this year—has something for just about everyone, including live music, jugglers, hypnotists and comedi-



ans. Headliners at the 2017 fair, which takes place in Puyallup, south of Seattle, include Lady Antebellum, with special guests Kelsea Ballerini and Brett Young; Thomas Rhett, with special guest Michael Ray; Earth, Wind & Fire; and Jason Aldean, with special guest Kane Brown.

The Washington State Fair Rodeo will be Sept. 7–10, while in various fair showcase areas, visitors can see prized animals, photos, quilts, baked goods, preserved foods, works of art and crafts. Chefs will give cooking demonstrations, and artisans will demonstrate crafts such as woodcarving, calligraphy and egg artistry.

The fair's 75 midway rides range from thrilling roller coasters to a Ferris wheel, while a Sillyville section has rides for little ones starting at age 2. And the Giant Insect Adventure, new this year, has huge insect replicas such as a 19-foot praying mantis, as well as animatronic dragonflies that fairgoers can operate. ✈

THE FAIR BY THE ANNUAL NUMBERS

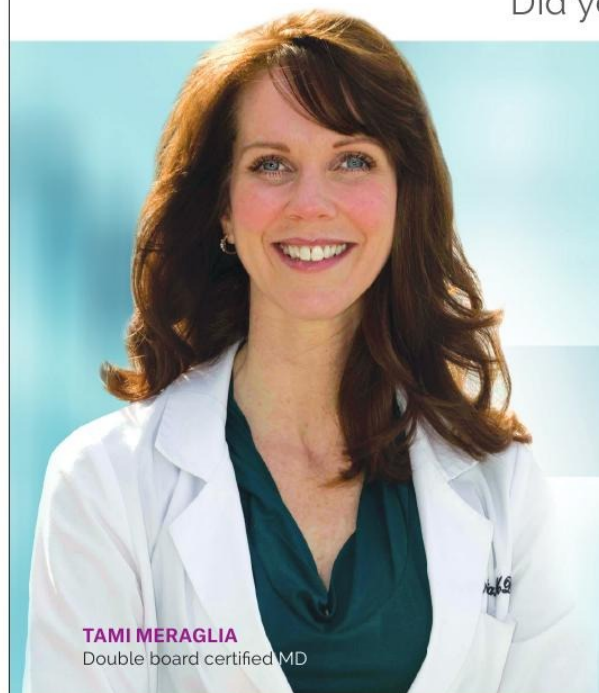
- 1.3 million** fair scones served.
- 12,000** cones of cotton candy enjoyed.
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- 904** floral entries.
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—Numbers courtesy the Washington State Fair, based on 2016 tallies.

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GO TO: Ballard Locks

» **Get a close-up look** at Chinook, coho and sockeye salmon on their way to spawning beds as they climb the fish ladder at the Hiram M. Chittenden Locks in the Ballard neighborhood, north of downtown Seattle. Salmon migrate June–November. The last two weeks in September typically offer the best viewing for coho (www.nws.usace.army.mil/Missions/Civil-Works/Locks-and-Dams/Chittenden-Locks).

FALL BEER FESTS

» **Craft beers from Germany, Rome and the Czech Republic** will be among the 80 or so brews available for tasting at this year's **Fremont Oktoberfest** (fremontoktoberfest.com), Sept. 22–24, in Seattle's free-spirited Fremont neighborhood. The festival also showcases craft beers from the Northwest and other parts of the United States.



Less than a 135-mile drive east of Seattle, the Bavarian-themed town of **Leavenworth** also hosts an acclaimed Oktoberfest (leavenworthoktoberfest.com), on Sept. 29–30, Oct. 6–7 and Oct. 13–14 this year. In addition to a dozen or so German beers, and foods such as bratwurst and German-style kuchen cake, the festival includes four venues with live entertainment (including bands from Germany), keg-tapping ceremonies, and a special Kinderplatz area with activities and entertainment for kids. ✈

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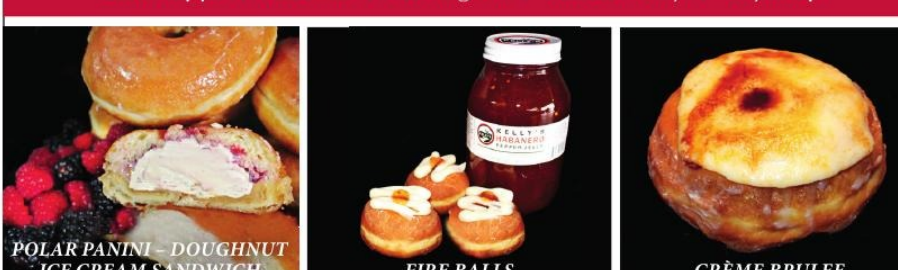
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CALENDAR

■ Up to 2,000 blown-glass pumpkins, gourds, leaves and other items will be on display in each of nine **glass-pumpkin patches** at various Puget Sound locations between Sept. 2 and Oct. 28 (northwestglasspumpkins.com).

■ The 17th-annual **DjangoFest Northwest**, one of the country's longest-running gypsy jazz festivals, takes place Sept. 20–24 on Whidbey Island, north of Seattle. The festival showcases prominent artists from Europe and North America (djangofestnw.com).

■ **Pike Place Market** has its first bean-to-bar chocolate factory



DAVE EGGLESTON

with the opening of the **indi chocolate Factory, Cafe and Gathering Space** in the new MarketFront building. Through glass windows, visitors can watch chocolate being made from cacao beans sourced directly from farmers (indichocolate.com).

■ **Teatro ZinZanni** will perform “Love, Chaos, and Dinner”—featuring trapeze, singing and other entertainment with your meal—at King County’s Marymoor Park in Redmond, east of Seattle, Oct. 19 to April 29 (zinzanni.com/seattle).

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WATERFRONT | Sammamish, WA
Redefined waterfront living situated on the tranquil shores of Pine Lake. Ideal southwest-facing exposure, timeless finishes and romantic sunsets await from this ultimate lakeside retreat. \$2,750,000. MLS# 1156222.
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5 bedroom, 4 bathroom, 3,087 sq. ft. 1 house from ocean bluff in La Jolla/Bird Rock. Walk to all! \$2,495,000. MLS# 170016313. 5251chelseastreet.com
HebertMcMahonRealtyGroup.com
Rhonda Hebert · 858.945.0644 · WRE/H&E



NEW LUXURY HOMES | Bothell, WA
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Destination Refined. 2009 contemporary 5 bedroom, 6 bathroom fully complements 1/2 acre+ and 147± ft. of level lakefront. \$7,600,000. MLS# 1118081. [SouthpointeWaterfront.com](https://www.southpointewaterfront.com)
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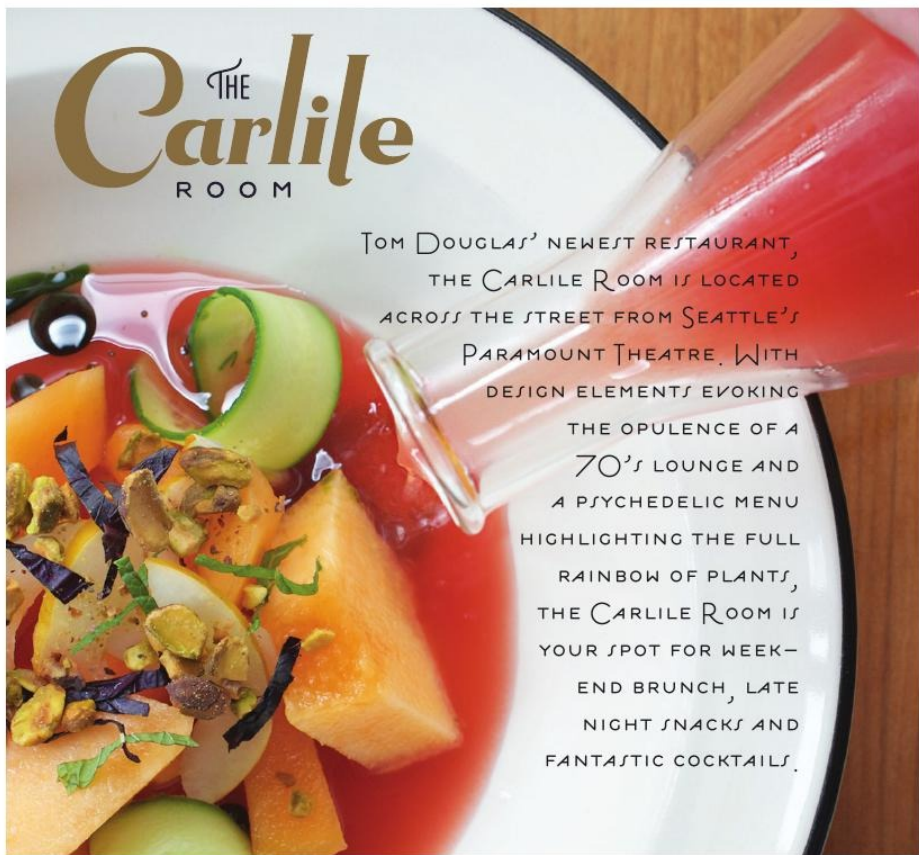
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» **The Multnomah Native tribe,** which lived in and around the Portland area, knew the mountain as Wy'east, one of the sons of the Great Spirit. Captain George Vancouver's discovery expedition named the peak Mount Hood—after British Admiral Samuel Hood, who never set foot in the Northwest.

Today, we Oregonians simply call it “the mountain.” When the spring clouds part in Portland to reveal its grand, glacier-caked peak, we proclaim that the mountain is out. When wet winter storms roll in off the Pacific, we gleefully spread the word that it's snowing on the mountain. On the clear days of summer, we share plans about going up to the mountain to hike among the wildflowers or cool off in an alpine lake.

While you can marvel from Portland at other peaks—from certain vantage points, snowy volcanic summits from Rainier to Jefferson can be seen rising above the Cascade Range—none is more impressive than Mount Hood. Less than 50 miles from Portland, Oregon's tallest peak rises 11,240 feet—a lone, magnificent pyramid of rock and snow with its lower flanks shrouded in forests of fir and hemlock. Showy Mount Hood can blush pink in the light of dawn, glow peach in the evening sun.

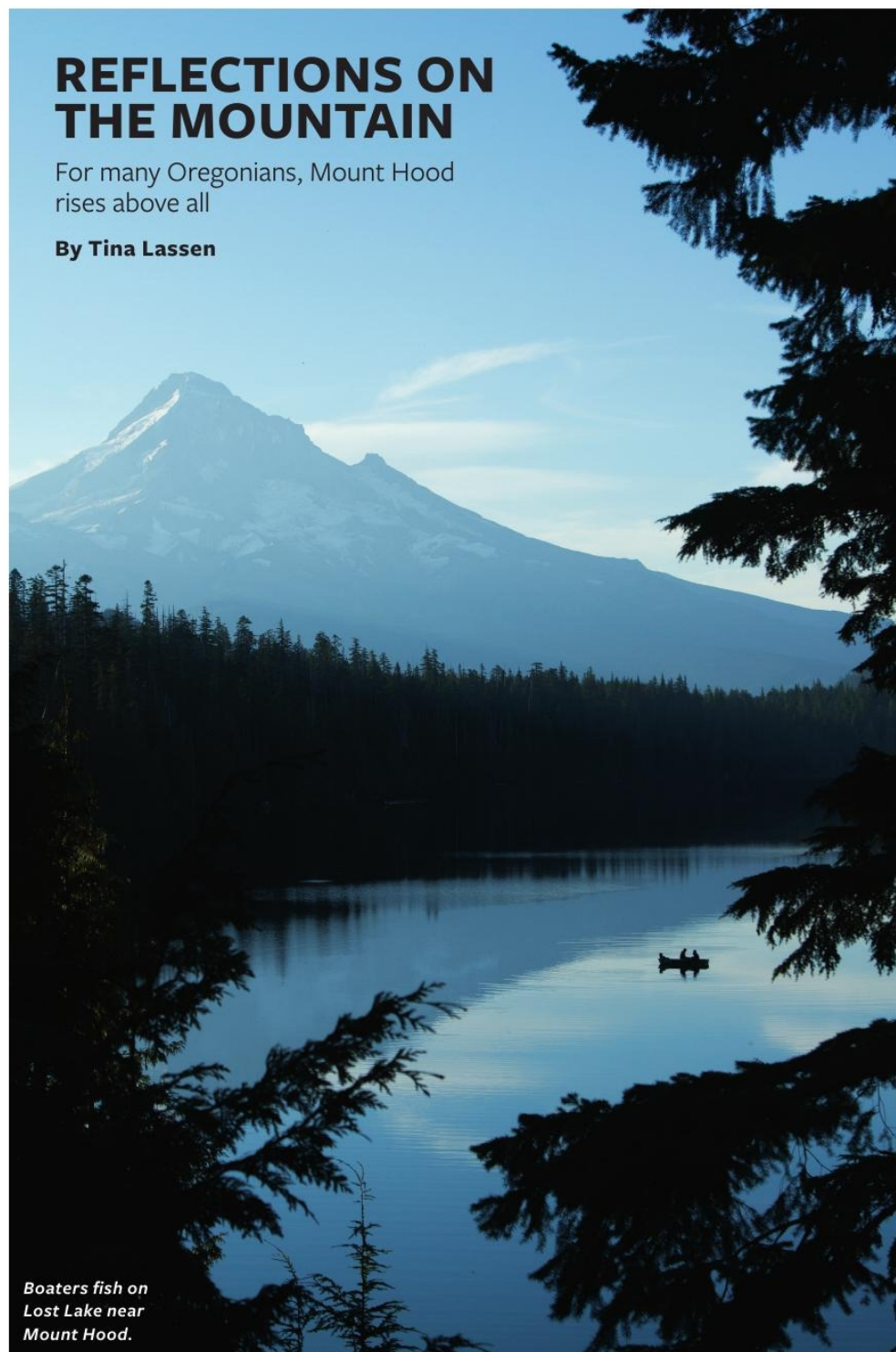
Yet for all its majesty, Hood is a remarkably accessible mountain. Drive east on U.S. Route 26 from Portland and you can be nudging up against the peak's southern flanks within an hour.

The highway roughly follows the old Barlow Road, a wagon route that was an infamously daunting stretch of the Oregon Trail. Government Camp, founded as a cavalry post along the trail, today is one of the mountain's

REFLECTIONS ON THE MOUNTAIN

For many Oregonians, Mount Hood rises above all

By Tina Lassen



Boaters fish on Lost Lake near Mount Hood.

premier recreation hubs, hosting visitors with a variety of lodging and dining. Trails and forest roads spin off into the surrounding Mount Hood National Forest, leading to

tucked-away campsites and lakes.

From Government Camp, a 5-mile paved road corkscrews up the mountain's side like a theme-park ride. The road tops out at 5,960 feet, where the

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Timberline Lodge, built in 1937, sits against a backdrop of high-alpine meadows, old lava flows and a looming, snow-custed summit. The lodge anchors a 1,415-acre ski resort that often operates year-round, thanks to the large Palmer Snowfield.

In summer, the place hums with ski and snowboard camps. Mountaineers have completed their ascents from Timberline to the summit by early June and backpackers begin hiking the Timberline Trail, a sublime 40-mile route that circumnavigates the mountain somewhat at tree line (with plenty of elevation change, by the way), skirting below the 12 glaciers that ring the peak.

The mountain's other notable resort area, Mt. Hood Meadows, lies east of Timberline, off Highway 35, and offers wonderful twisting and rolling runs through the woods and gentle basins that provide plenty of family fun. It also offers summer mountain biking and hiking.

A web of rivers and streams spills down all sides of Mount Hood's big rocky cone, including the Salmon and the Sandy rivers, which attract anglers and boaters, and the Hood River, which irrigates the fruit orchards and vineyards of the Hood River Valley. Other creeks and rivers trickle and tumble their way north toward the Columbia River Gorge, where they eventually plummet off the basalt rim as waterfalls, wowing visitors along the Historic Columbia River Highway.

I have my own favorite spot, with a postcard view of Newton Clark Glacier, alongside a rushing creek where monkey flower plants nod in the current and huckleberries grow ripe in the high-altitude sun. Old Admiral Hood never even knew what a jewel he missed. But we Oregonians treasure this mountain every day. ✈

AVIATION-INSPIRED COCKTAILS TAKE OFF

By Susan G. Hauser

» When bartender Aaron Zieske's wife and his in-laws talk about piloting aircraft, it can sound like a foreign language.

"Pilot speak is a real thing," says Zieske, whose wife, Sara Zieske, is a pilot for Horizon Air, while her father, John Knierim, and uncle, Erik Knierim, are both pilots for Alaska Airlines. "When they get to talking, they're dropping all these acronyms and using all these terms. I have to ask, 'What is that? A deadhead? Are you talking about going to a Grateful Dead concert?'"

So Zieske started writing down such terms and their definitions (e.g., deadhead: a crew member flying as a passenger to his or her next assignment) whenever he heard family members slip into pilot talk. "I had an idea to incorporate some of these terms into my work," he says.

Zieske always carries a small notebook that he fills with ideas for cocktail recipes and names. He maintains that naming a cocktail is as much an art as creating one.

"A good name can elevate a great cocktail," Zieske says. "I think it's just as important to make sure that the name on the paper is as exciting as



Bartender Aaron Zieske in action at Little Bird Bistro.

the drink in the glass."

Hence, the cocktail menu at Portland's Little Bird Bistro, where Zieske is bar manager, is peppered with aviation terms. There's the Chandel, a fruity tequila cocktail that Zieske offers as a martini alternative. It's named after an aircraft maneuver that combines a figure eight with steep climbs. Pan-Pan is another tequila cocktail. Its name means an urgent call when there is no immediate danger.

And then there's the Stick & Rudder, a citrusy, gin-based cocktail. The term is slang for a pilot's skill, as in, "That kid's got a good stick and rudder," Zieske explains. Since the cocktail requires a careful blending of flavors, he thought the term



Pan-Pan

1 oz. mescal
1 oz. tequila
1 oz. lemon juice
1 oz. maple syrup
2 dashes cardamom bitters

Serve the drink in an Old-Fashioned glass, with three green cardamom pods resting atop an ice cube.



Stick & Rudder

1 1/2 oz. Plymouth gin (soft gin)
1/2 oz. Tanqueray gin
3/4 oz. Aperol
1/4 oz. Yellow Chartreuse liqueur
Pinch salt

Serve the drink in a Nick & Nora glass with a sprig of rosemary.



Chandel

3/4 oz. Lillet Blanc, a French aperitif wine
2 oz. blanco tequila
1/2 oz. Cointreau, an orange-flavored liqueur
1/2 oz. Clear Creek Pear Brandy
2 dashes orange bitters

Serve in a coupe glass with a twist of orange peel.

» HERE & NOW PORTLAND

was a fitting name for the drink.

Zieske and his wife met in 2001 when they were students at California Lutheran University, near Los Angeles. After Sara Zieske got her pilot's license, their dates sometimes featured short flights in her family's Cessna. "We'd fly out to the coast or fly to Catalina Island for a burger and fly back. It was like, 'Where do I sign up?'" he says.

Today, the couple are parents of 3-year-old Margot and live in Portland. Sara Zieske says she likes the convenience of being able to fly out of Portland. Aaron Zieske says he is honored to be working with chef Gabriel Rucker, who is co-owner of the very successful restaurants Le Pigeon and now Little Bird. Rucker is one of Portland's most acclaimed chefs and a two-time James Beard Award winner.

Zieske's cocktails, aviation-themed and otherwise, have been a big hit, as well. In fact, patrons would probably agree that the kid's got a good stick and rudder. ✈

THE GREAT GAME COOK-OFF

■ The civic rivalry between Portland and Seattle has always been friendly. However, when teams of chefs from each city square off in a cooking competition at Nicky USA's Wild About Game event on October 8, the fur may fly.

Now in its 17th year, the event is held at The Resort at the Mountain in the town of Welches, on the western slopes of Mount Hood, less than 50 miles east of Portland. It is billed as the "Meatiest Celebration in the Northwest," with chefs creating meals from antelope, guinea hen, rabbit and wild boar.

Portland chefs Jose Chesa (Ataula restaurant), Matt Sigler (Renata restaurant), Sarah Schafer (Irving Street Kitchen) and Phil Oswalt (Multnomah Athletic Club) will compete for the coveted Overall Winner prize against Seattle chefs Paul Osher (Porkchop & Co.), Jason Stratton (Mbar restaurant), Andrew Gregory and Ricardo Valdes (The London Plane) and Chris Lobkovich (Quinn's Pub). Their dishes will be judged by a panel of experts.

Attendees can try samples from more than 40 food and beverage booths in the Artisan Marketplace, which will include Portland's Bull Run Distillery and Salt & Straw Ice Cream. Washington state artisans will include Olympia's Chelsea Farms Oyster Bar and Seattle's Hardmill Company, makers of quality kitchen goods. —S.G.H.



Chef Gregory Gourdet, of Portland's Departure restaurant, cooks during the 2016 Wild About Game event.

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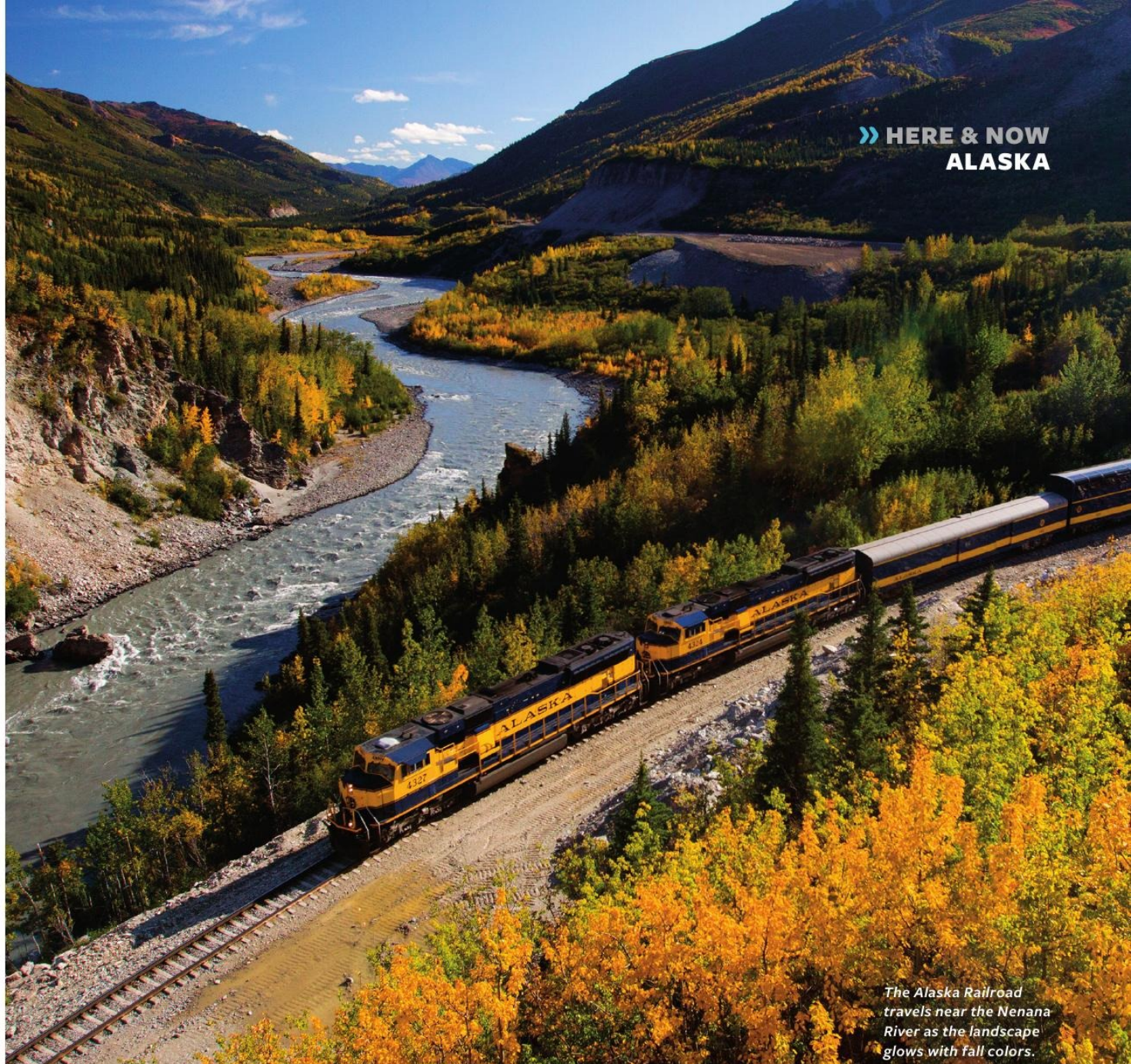
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The Alaska Railroad travels near the Nenana River as the landscape glows with fall colors.

AUTUMN ABOARD

Riding the Alaska Railroad provides stunning views of fall foliage

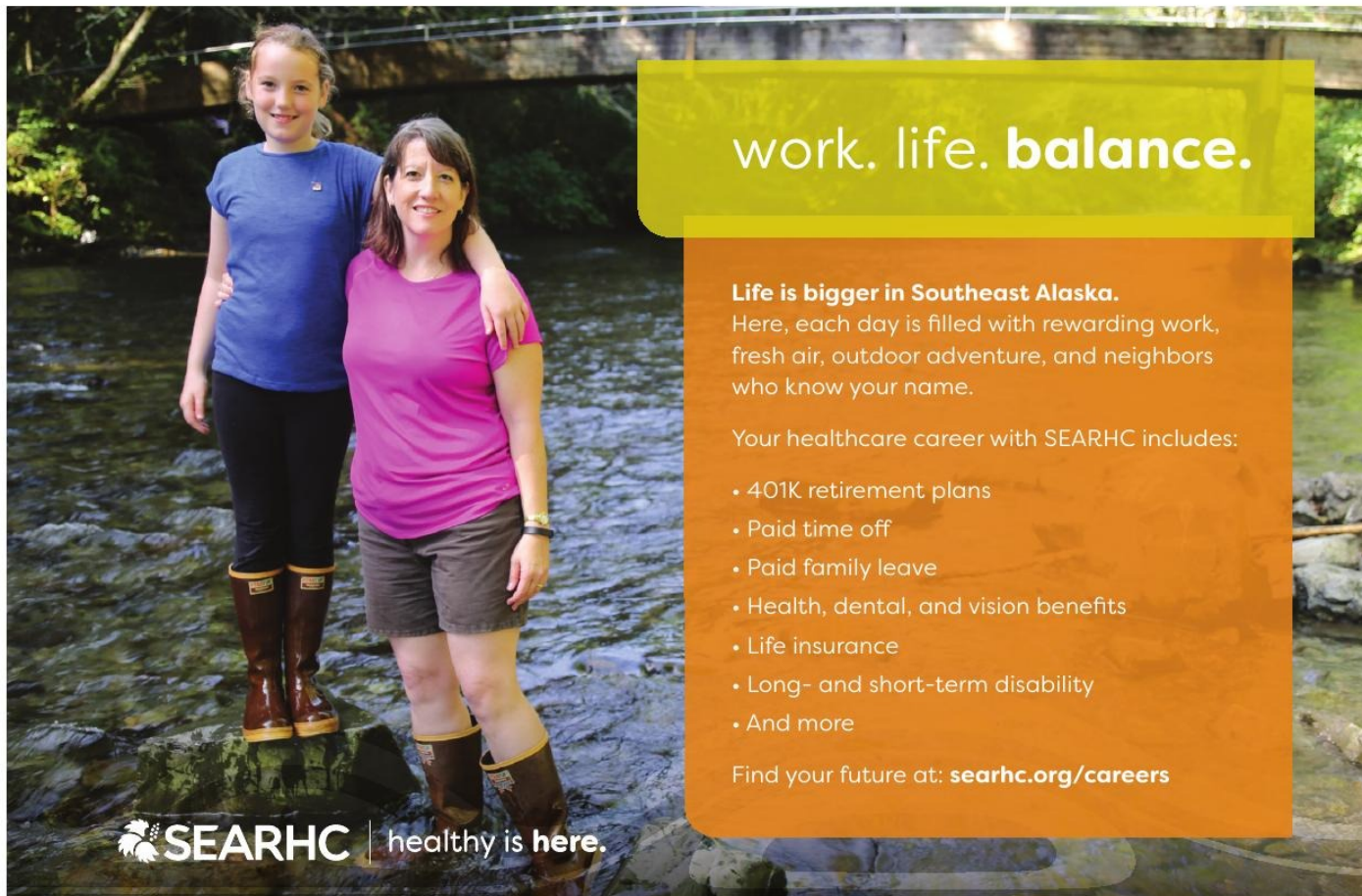
By Eric Lucas

» From Seward to Fairbanks, the Alaska Railroad traverses nearly 500 miles—and almost every mile runs along deep boreal forests of birch, aspen and cottonwood. That makes autumn journeys on the train among the most colorful and vivid in North America, when these northland trees turn rich shades of gold, butterscotch, ruby and apricot. It's a magnificent spectacle, and all you have to do is sit back, relax and watch.

The show opens just about the time that travel in Alaska begins its journey into off-season quiescence; autumn colors in the sub-Arctic start to burst at the end of August

and reach their peak in mid to late September. While nature's palette up here is not quite as kaleidoscopic as you'll find in New England, the experience is more pronounced because the backdrop is incomparable and the cast of characters impressive indeed.

Will you see a bull caribou outlined against a ruby-and-gold aspen stand on the flanks of a glacier-clad peak? Perhaps. Will Denali's 20,310-foot bulk soar above a copse of cottonwoods colored butterscotch along the Susitna River? Possibly. Will a grizzly rumble along a hillside carpeted carmine with the fall color of wild blueberries? Uncertain but not impossible.



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» *The Alaska Railroad off-season service provides a link to the wilderness for winter-sports enthusiasts.*



checks,” he says as the train trundles across the 918-foot-long Hurricane Gulch Bridge, almost 300 feet above its namesake creek.

Alaska Railroad trains operate daily through late September. In the fall, winter and spring, they provide weekend service between Anchorage and Fairbanks, with select midweek trips from December to March. These trains include flag-stop service between Hurricane and Talkeetna. A special flag-stop train also runs between Anchorage and Hurricane on the first Thursday of the month. These winter trains serve resident skiers and wilderness trekkers, as well as intrepid travelers from Outside. For more, visit alaskarailroad.com.

“This is almost a fantasy. Hard to believe,” marvels a train traveler near me who has come from New Orleans to take pictures.

Nature’s wonders are always on display in Alaska, but off-season railroad journeys open entirely different windows on the land. When the birch woods sing gold and snow starts to fall, everything seems more distinct and clear, and the train journeys into a new dimension of the North that few travelers see. ✈

What is certain is the landscape’s majesty and the unique perspective the state-owned railroad, first completed in 1923, affords: With the railbed largely separate from the highway, the train passes through remote wilderness and is only in sight of “civilization” during brief stretches in Fairbanks, the Mat-Su Valley, Anchorage and around the Denali National Park & Preserve entrance.

When cold and snow descend, typically after October, a trip on the train yields subtler

but equally magical experiences: Moose browse winter willows in sweeping taiga bogs. The ivory-clad landscape is tinted lavender by afternoon’s angled light. Sun dogs, the snow season’s rainbows, flirt with the ice clouds. In winter, Denali is frequently visible, high in the distance above low banks of clouds.

The conductor enlivens my nearly 12-hour journey from Fairbanks to Anchorage with interpretive commentary, colorful history and occasional jests: “We’ll stop here for safety

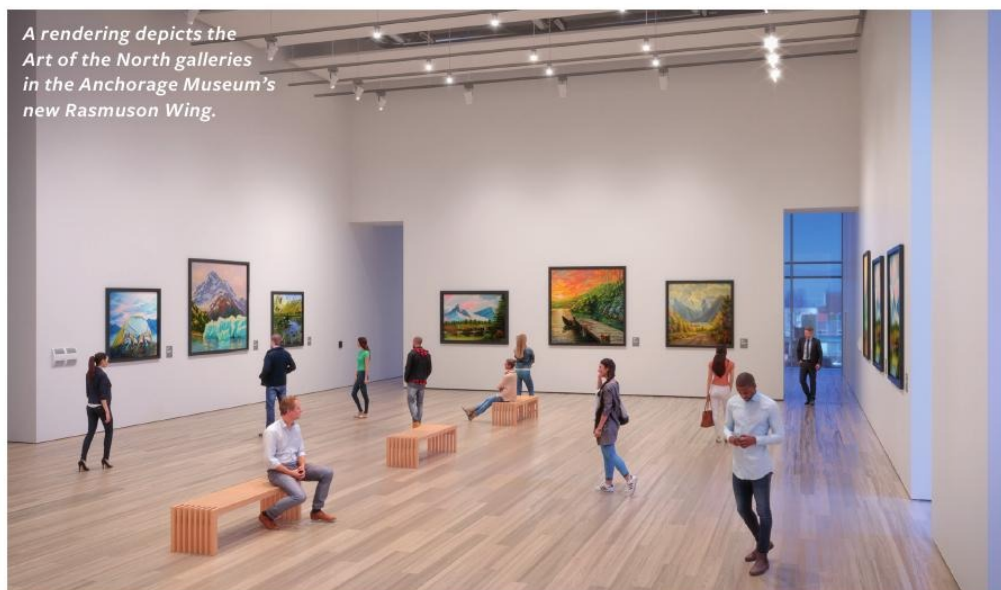
THE ANCHORAGE MUSEUM’S NEW FRONTIER

By Erin Kirkland

» **Elevator doors open** and deposit me into a cavernous, echoing space in the Anchorage Museum’s new wing. Aside from a small collection of tools and brown paper posters marking which displays go where, it’s empty—for now. But soon it will be filled with artworks that provide a compelling narrative of life in the North.

A fixture of 49th state culture, history and education since 1968, this downtown facility has served visitors through a variety of media, and now it’s continuing its evolution. Here on the third floor, the new Rasmuson Wing is being built to enhance the visitor experience through a 21st century upgrade that features

A rendering depicts the Art of the North galleries in the Anchorage Museum’s new Rasmuson Wing.



» HERE & NOW ALASKA

improved technology, natural lighting and a space designed to more fully engage guests.

The 31,000-square-foot addition, due to open September 15, is the Anchorage Museum's fourth addition, and it will provide even more for the 200,000 annual visitors to see.

I recall my previous visits to the museum; the exhibits seemed colorful and comprehensive, but not quite keeping up with tech-savvy patrons, especially younger ones who flock here for school field trips and family vacations.

That will change with features such as the "Alaska" exhibition, which is a 12,000-square-foot interactive timeline walking visitors from the first Alaska Native groups more than 10,000 years ago to the U.S. purchase of the territory from Russia in 1867, and continuing through the development of Anchorage as a railroad city and the creation of the Trans-Alaska Pipeline System in the 1970s.

Immersive installations feature video,

soundscapes, moving images and cinematic narratives with opportunities for hands-on learning. The center of the gallery will be a site for performances, readings and more.

The new wing will also host the Art of the North galleries, a nod to the relationship between culture and landscape. The galleries will feature more than 200 pieces, ranging from oil paintings such as Sydney Laurence's Alaska landscapes to contemporary sculpture that will be brought out of storage for display.

Other changes include the renovated two-story atrium with a new cafe and seating, as well as the renovated patio, with the relocated Athena Tacha public artwork, *Ice Walls*.

As a longtime patron, I feel energized simply seeing all the exciting changes taking place at the museum, as if a blast of cool mountain air has suddenly blown my direction, calling to me. Please visit anchoragemuseum.org for more information. ✈

At the Anchorage Museum

■ "David Pettibone: Year with a Tree"

Drawings, watercolors and oils investigate a single tree at the Eagle River Nature Center; Oct. 6–Jan. 15, 2018.

■ "Points of View: Perseverance"

A personal exploration featuring Alaska Native art and artifacts; through Feb. 15, 2018.

■ "Pop: The Art of Fandom"

Through collectibles, contemporary art and fandom subculture, the exhibit explores popularity in mass culture; Oct. 13–May 18, 2018.

■ "Cruisin' the Fossil Coastline"

The story of an artist and a paleontologist spending 250 days in search of fossils along the North American coast; Sept. 15–Sept. 1, 2018.



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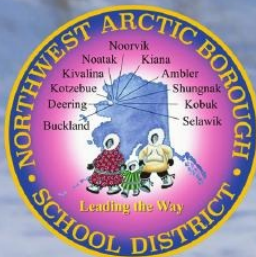
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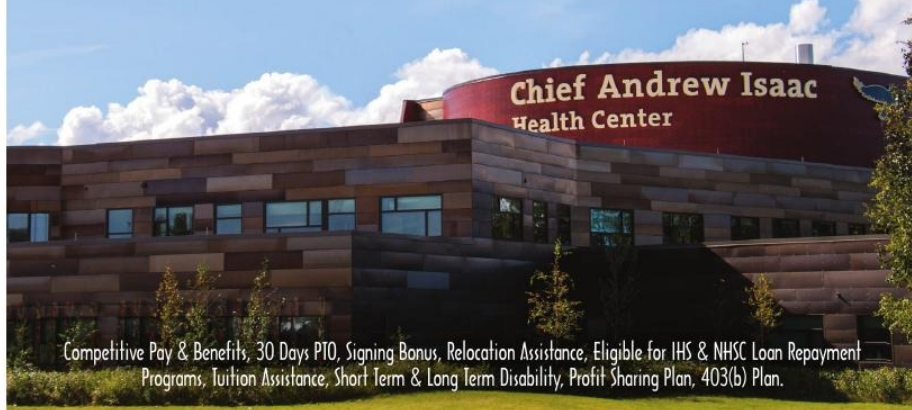


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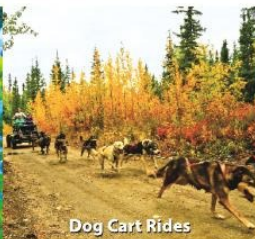
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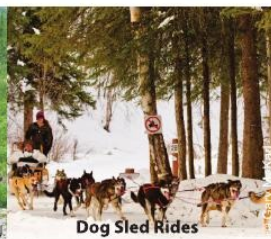
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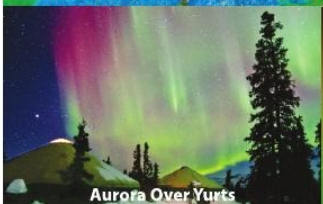
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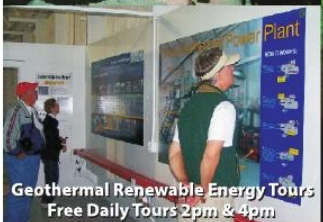
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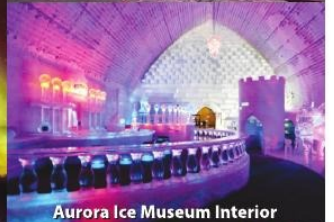


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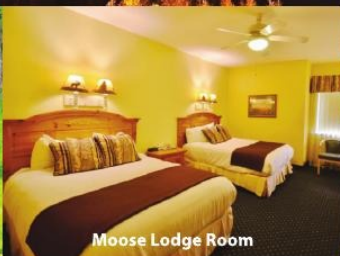
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Hot Springs Lake (ages 18+)

The Golden Gate Raptor Observatory has open-to-the-public Raptor Releases when it returns hawks to the wild after banding.



RAPTOR RAPTURE

Watching bird migrations from above the Golden Gate

By Allen Fish

» One of my most memorable birding experiences came shortly after I took a position as director of the Golden Gate Raptor Observatory, based in the Marin Headlands just north of San Francisco. It was 1985, and I was watching the skies with some of our volunteers, doing the daily hawk count that runs from August through November. My binoculars were trained on 300 band-tailed pigeons—big, husky, West Coast pigeons—that stretched overhead in a nearly linear flock. All of a sudden, they “balled up” strangely, right over our vantage point just north of the Golden Gate Bridge.

What was that about? I wondered.

“Look!” yelled one of the watchers on the hill, a normally shy, quiet man. “Look at that!”

A peregrine falcon, the first many of us had ever seen, flew in from the north and stopped in midair, right in the center of what had been the pigeon flock—except that the pigeons had burst into motion, flying in every direction.

What happened next made my jaw drop. The falcon seemed to take aim at one desperate pigeon that was flapping wildly, on a line-drive trajectory south. The falcon gave chase.

Within half a minute, the pursuer had nearly caught up, with both birds still hundreds of feet above the waters of Golden Gate Strait. Suddenly, the pigeon stopped flapping and dropped. Had it died in midair?

“It’s tumbling!” said one old-timer. It seemed the pigeon, very much alive, had one stunt left. It had pulled in its wings and was falling like a stone. We kept our eyes on this maneuver,

born of survival instinct, as the would-be prey fell to within a hundred feet of the water. Then, seemingly from nowhere, the falcon swept in, from underneath and to the side. It plucked the pigeon from the air with its talons as neatly as a wide receiver grabbing a spiral pass.

The one watcher who had kept her eyes on the predator told us the falcon had descended in a helix around the tumbling pigeon, passed it on the vertical and then swept in. Bam!

We watched as the falcon carried her prey, tucked near her tail, to an out-of-view ledge.


I started paying serious attention to birds in the late 1970s, when species were still suffering from the impacts of DDT use. So I’d had little hope of ever seeing a wild peregrine. Yet there it was: Soon after starting to watch above the Golden Gate, I’d seen one—in a raw display of predator prowess, no less. It’s a testament to the amazing things that happen at this location.

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» **Volunteers count birds of prey from Hawk Hill, just north of San Francisco.**

About 125,000 vehicles per day, on average, cross the iconic Golden Gate Bridge. And on some autumn days, hundreds if not thousands of birds also cruise over this riveted roadway. They fly high above. They flit and flap, steer and stoop, glide, soar, kite and hover.

Each fall, 19 species of hawks, falcons, eagles, ospreys, vultures, kites and harriers—collectively known as raptors—migrate over the Golden Gate, as these birds of prey have likely done for tens of thousands of years. They head roughly south, with some species coming in from as far as Alaska, and some traveling to places as distant as Argentina.

As might be expected, bird lovers also migrate in from all over the country to see the raptor passage at Hawk Hill—a 900-foot-tall perch at the southern end of Marin County.

Raptor-migration thoroughfares similar to the Golden Gate are found around the world in places such as Corpus Christi, Texas; Veracruz, Mexico; and Eilat, Israel. These geographical funnels—formed by coasts, ridges, large rivers and long peninsulas—effectively channel migrations into squeeze points. For, in addition to being predatory and sharp of vision, raptors are flight-efficient. They prefer flying over land (where air generally heats and rises midday) to flying over water (where air sinks), unless they happen to be fish eaters, such as ospreys.

Every autumn since 1984, volunteer citizen scientists working for the National Park Service have counted, banded, radio-tagged and even

satellite-tracked birds of prey, operating under the auspices of the Golden Gate Raptor Observatory, a long-term program of the Golden Gate National Parks Conservancy. Along with four GGRO staff members and up to five seasonal interns, 300-plus volunteers annually contribute more than 45,000 work hours—the

equivalent of more than 22 full-time employees.

The volunteers are part of a proud tradition. None other than Rachel Carson highlighted the importance of monitoring raptor migrations when she wrote about bald eagles at Hawk Mountain, Pennsylvania, in her groundbreaking 1962 book *Silent Spring*. A quarter-century of eagle counts there had revealed downward trends in eagle populations, connected to DDT use, starting in 1948. And the count rates for young eagles were lower than for adult eagles, reflecting a reproductive issue: DDT binds to calcium molecules, making eggshells thinner and eggs less likely to last until hatching.

At the GGRO, hawk counts started in the mid-1980s, which means that we've tracked the recovery of some raptors, post-DDT. For example, we counted peregrines on average once every 250 hours in 1985. By 2016 we averaged a peregrine every other hour of every day.

The Golden Gate migration stretches from late summer through early winter, with species flying on different schedules. Ospreys pass through in early August and September. Late September sees an activity spike of forest hawks (aka accipiters), rarely seen, even in their woodsy nesting habitats. Peregrine falcons and golden eagles tend to hang out throughout October, gathering food in the area while the hunting is relatively good. And rough-legged hawks, which nest in the tundra and make the longest of the trips to the Bay Area, make brief showings in late October and November.

You can see this magnificent migration for yourself. Hawk Hill, our primary spotting spot, is an easily found overlook on *To page 150*

“LA/LA” IN LA LA LAND

» **View gold artifacts** from the ancient Americas. See Mexican-American murals captured on film before their destruction. Wonder at the vibrant colors of folk art. A wide range of historical and contemporary art is now on view in “Pacific Standard Time: LA/LA,” a set of exhibitions taking place at art institutions in Los Angeles and across Southern California. “LA/LA” is an arts initiative of the Getty that emphasizes international art with pieces from Latin America as well as by Latino artists. The initiative features a broad collection of



» **Hector Hernandez, *Bulca* (2015).** Appearing in “Mundos Alternos: Art and Science Fiction in the Americas,” at the UCR ARTSblock in Riverside, California.

80-plus exhibitions, film series and public programs running Sept. 15–Jan. 31, 2018.

Museumgoers can choose from an array of diverse exhibitions. “Mundos Alternos: Art and Science Fiction in the Americas,” at the UCR ARTSblock in Riverside (Sept. 16–Feb. 4, 2018), examines how themes of science fiction relate to and influence art. “Found in Translation: Design in California and Mexico, 1915–1985,” at the Los Angeles County Museum of Art (Sept. 17–April 1, 2018), explores connections between Californian and Mexican design.

In conjunction with the exhibits, more than 65 galleries, including Gagosian in Beverly Hills and Regen Projects in LA, will show works linked to the theme of Latin American and Latino art in the LA area. Visit pacificstandardtime.org. —Kacie Kaufman

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■ **Wine Country Film Festival,** Sept. 21–24, at Sonoma Valley locations: Features international and independent films at small-town venues and underneath the stars; wcff.us.

■ **San Diego Restaurant Week,** Sept. 24–Oct. 1, at participating locations: Includes offers and events at more than 180 restaurants across San Diego County; sandiegorestaurantweek.com.

From page 149 Conzelman Road in the Marin Headlands, only a few minutes' drive from a Golden Gate Bridge exit. Starting at noon on fog-free September and October weekends, GGRO docents offer public Hawk Talks, as well as Raptor Releases that allow you to see recently banded hawks returned to the wild.

Hawks fly in greatest numbers in September and October, during midday hours, and hawk counters are out from 10 A.M. to 3 P.M. (weather permitting). These trained watchers are happy to help you see hawks for yourself—so long as you can pull your eyes away from other great views: of the bridge, the city, the bay, the ocean and the headlands.

And if you decide you're serious about scanning the skies above, keep an eye out for volunteer opportunities in the future. Following in the footsteps of generations of citizen scientists, you too can join us on Hawk Hill. Learn more at ggro.org. ✈

Allen Fish has served as the director of the GGRO for more than three decades.

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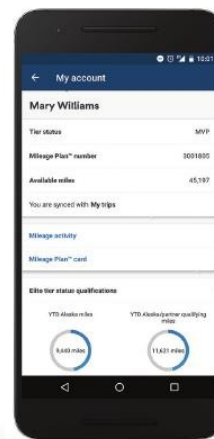


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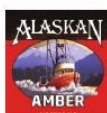
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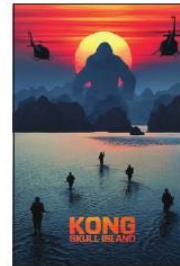
Gifted



The Boss Baby



Snatched



Kong: Skull Island



Logan

Plus, TV shows from:



OUR COMPLETE MOVIE LINEUP:

- Alvin and the Chipmunks: The Road Chip
- Avatar
- Baggage Claim
- Barbershop: The Next Cut
- Batman v Superman: Dawn of Justice
- Beasts of the Southern Wild
- Beetlejuice
- CHiPs
- Creed
- Diary of a Wimpy Kid: Dog Days
- Dodgeball: A True Underdog Story
- Enough Said
- Epic
- Exodus: Gods and Kings
- Fantastic Four
- Far from the Madding Crowd
- Gifted
- Going in Style
- He Named Me Malala
- Hidden Figures
- Hot Pursuit
- How to Train Your Dragon 2
- Ice Age: Continental Drift
- In the Heart of the Sea
- Joy
- Kong: Skull Island
- Kung Fu Panda 3
- Little Miss Sunshine
- Logan
- Max
- Maze Runner: The Scorch Trials
- Me and Earl and the Dying Girl
- Midnight Special
- Moulin Rouge
- Mr. Peabody & Sherman
- Mrs. Doubtfire
- Pan
- Paper Towns
- Parental Guidance
- Penguins of Madagascar
- Percy Jackson: Sea of Monsters
- Point Break (2015)
- San Andreas
- Sideways
- Snatched
- Son of God
- Star Wars: A New Hope
- Table 19
- Taken 2
- The 33
- The Book Thief
- The Boss Baby
- The Croods
- The East
- The Fault in Our Stars
- The Goonies
- The Intern
- The LEGO Batman Movie
- The Martian
- The NeverEnding Story
- The Other Woman
- The Peanuts Movie
- The Secret Life of Walter Mitty
- The Way, Way Back
- The Wolverine
- Turbo
- When Harry Met Sally
- Willy Wonka & the Chocolate Factory (1971)
- Wilson
- X-Men: Days of Future Past

Like our tunes?

Take a look at this month’s boarding music playlist:

Artist	Song
Joshua Radin	Stay
Fences	Buffalo Feet
Chastity Brown	Wake Up
Coast Modern	Dive
Current Swell	Staying Up All Night
The Head and The Heart	Library Magic
Will Stratton	Some Ride
Matt Nathanson	All We Are

Plus, check out our featured Sub Pop album of the month

Iron & Wine
Beast Epic

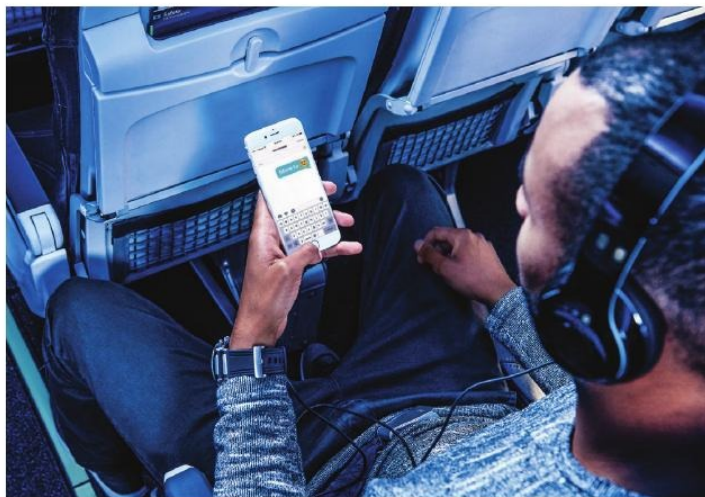
Sam Beam is a singer-songwriter who has been creating music as Iron & Wine for about 15 years, capturing the emotions and imaginations of listeners with distinctly cinematic songs. This is Iron & Wine’s sixth collection of new material.



Stay connected with Free Chat™.

Never miss a thing. Free Chat allows you to send messages to friends and family from your smartphone using iMessage, Facebook Messenger and WhatsApp. Please keep in mind:

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



Go online.

Gogo® Inflight Internet is available on all of our Boeing 737 and Embraer 175 aircraft, excluding five half cargo/half passenger aircraft.

- Inflight Internet is not available on flights to/from Hawai'i or when flying over Latin America.
- In the air or on the ground, visit alaskaair.com or gogoair.com to view flexible pricing options.

TIPS FOR MAKING THE MOST OF INFLIGHT WI-FI:

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

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

Rent one of our premium entertainment tablets.

On most flights over 3.5 hours, you can rent one of our inflight entertainment tablets featuring the newest movies onboard, plus recent hits. Each tablet is preloaded with 25 to 30 movies (depending on the month), plus TV shows, Xbox games, music and digital magazines.

Tablets are free in First Class, and available to rent for \$8-\$10, depending on flight length.



NEW MOVIES ON THE TABLET:



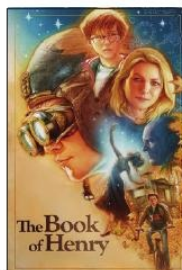
Pirates of the Caribbean: Dead Men Tell No Tales



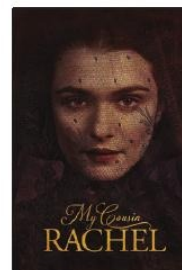
King Arthur: Legend of the Sword



The Mummy



The Book of Henry



My Cousin Rachel

Alaska Airlines Mileage Plan™

Welcome to a world of rewards.

Earn miles on hotel stays, car rentals, and everyday purchases, too.



See the world and earn miles doing it.

Earn or redeem miles on every Alaska flight and flights to more than 900 destinations worldwide with our airline partners.



The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.*

MVP

(20,000 miles flown on Alaska)

- Priority check-in
- Two free checked bags
- Eligible for complimentary First Class upgrades
- 50% bonus miles and more

MVP GOLD

(40,000 miles flown on Alaska)

- All MVP® benefits, plus:
- Waived ticket change fees on Alaska
 - Four annual guest upgrades
 - 100% bonus miles and more

MVP GOLD 75K

(75,000 miles flown on Alaska)

- All MVP Gold benefits, plus:
- Complimentary inflight entertainment player
 - Four Alaska® Lounge day passes
 - 125% bonus miles and more

*Miles flown on PenAir and Ravn do not count toward elite status qualification.



LONDON, ENGLAND



Carry the card for even more rewards.

Limited-time offer: Buy 1 ticket, get 1 for just the taxes and fees with Alaska's Famous Companion Fare™ offer.

• **30,000 bonus miles** after qualifying purchases.

• **Free checked bag** for up to six people on the same reservation.

Learn about all card benefits at alaskaair.com. The benefits above apply to Visa Signature® accounts only and different benefits apply to

Platinum Plus® accounts. Card type is determined by creditworthiness.

Cardholder perk: There's no limit to the number of miles you can earn.

Apply at AlaskaOffer.com or ask your flight attendant.

For information about rates, fees, other costs and benefits associated with the use of this card or to apply, visit the website referenced above. The Visa Signature® card benefits described herein are subject to certain restrictions, limitations and exclusions. This credit card program is issued and administered by Bank of America, N.A. Visa Signature is a registered trademark of Visa International Service Association, and is used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of Bank of America Corporation.

Big adventures for fewer miles. NEW

You can now book nonrefundable one-way award travel within the continental United States and Canada starting at just 5,000 miles.*

New starting price*	Previous starting price*	Distance each way	Sample routes
5,000 miles	7,500 miles	Less than 700 miles (intrastate)	San Jose–Orange County
5,000 miles	12,500 miles	Less than 700 miles	Seattle–San Francisco
7,500 miles	12,500 miles	701 to 1,400 miles	Los Angeles–Portland
10,000 miles	12,500 miles	1,401 to 2,100 miles	Portland–St. Louis
12,500 miles	12,500 miles	More than 2,101 miles	New York–Seattle

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

We're taking Mileage Plan benefits to the next level. Learn more at alaskaair.com/gamechanger.

Join today and start getting rewarded. alaskaair.com/mileageplan

Mileage Plan gives you the world

Earn and redeem your Alaska Airlines miles to more than 900 destinations worldwide.

Find tips on how to earn and use miles on our global partners at blog.alaskaair.com/mileage-plan.



Explore more with Mileage Plan.



London, England
British Airways



Frankfurt, Germany
Condor



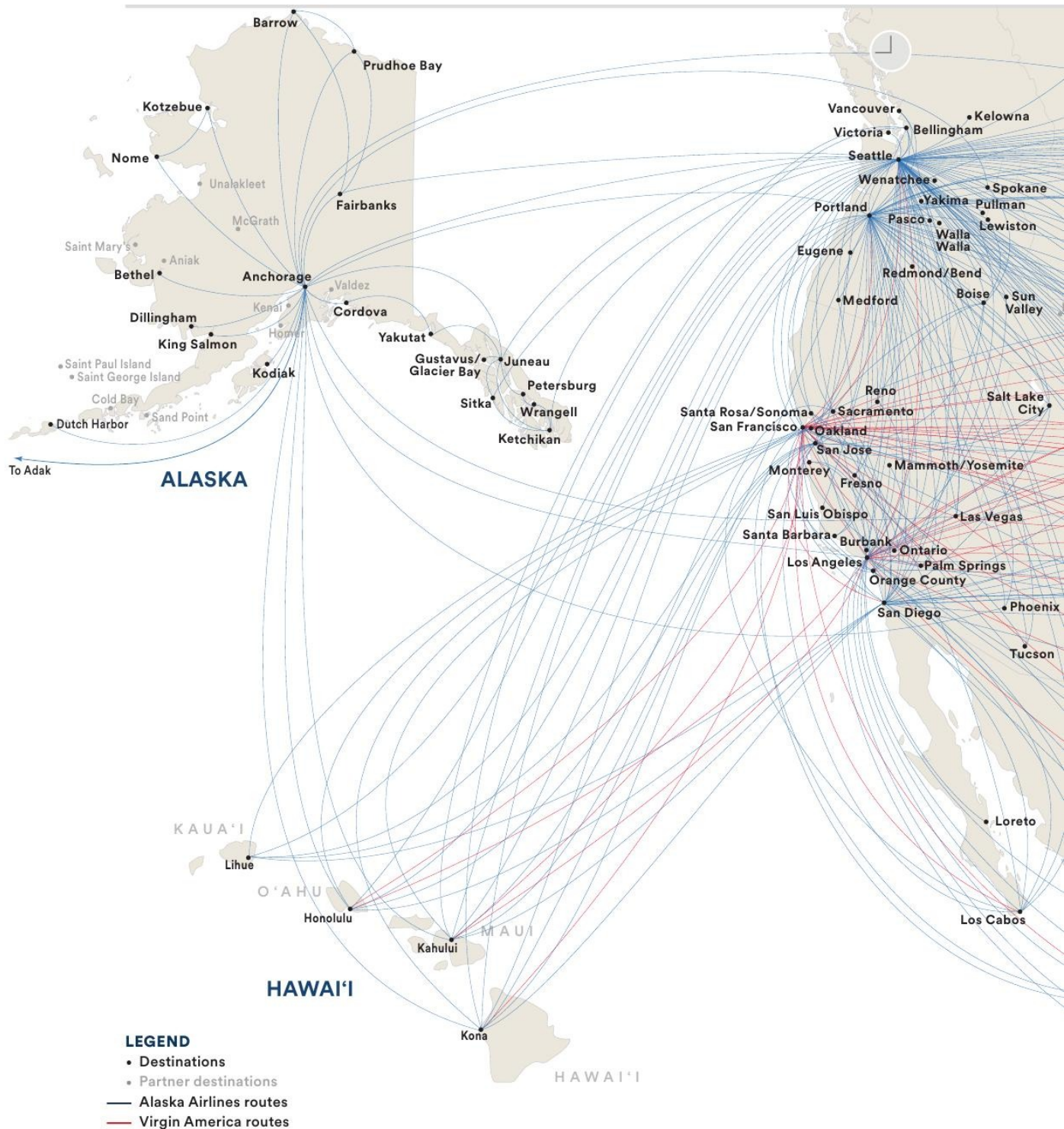
Tokyo, Japan
Japan Airlines



Dubai, UAE
Emirates

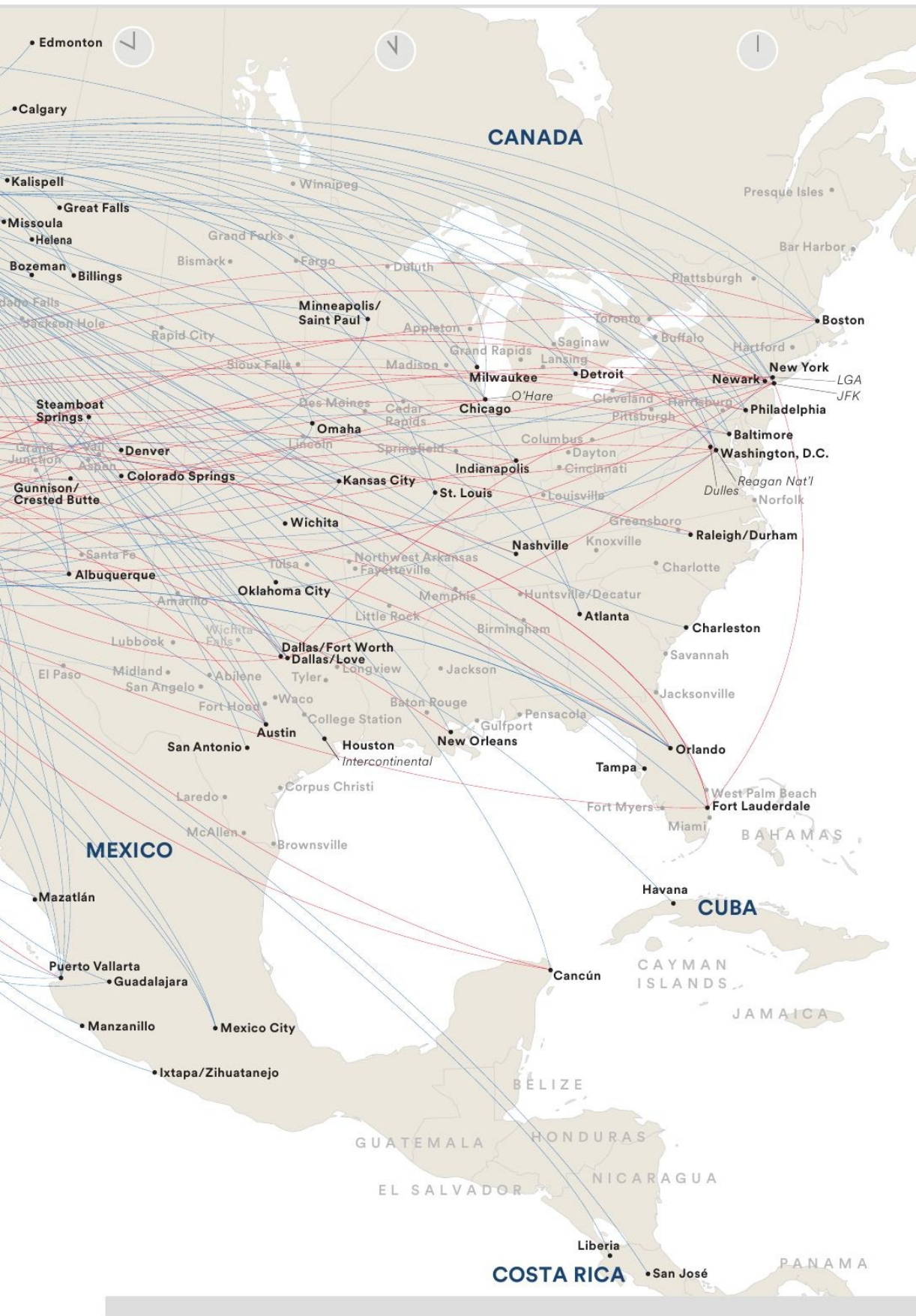
Where we fly

118 destinations and counting.



UPCOMING NEW SERVICE

Route	Service Begins
San Francisco, CA—Nashville, TN	September 5
San Francisco, CA—Albuquerque, NM	September 18
San Francisco, CA—Kansas City, MO	September 18
San Jose, CA—Los Angeles, CA (LAX)	September 18
San Francisco, CA—New Orleans, LA	September 21



Some Alaska Airlines service operated by Virgin America, Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.

Airport terminal maps

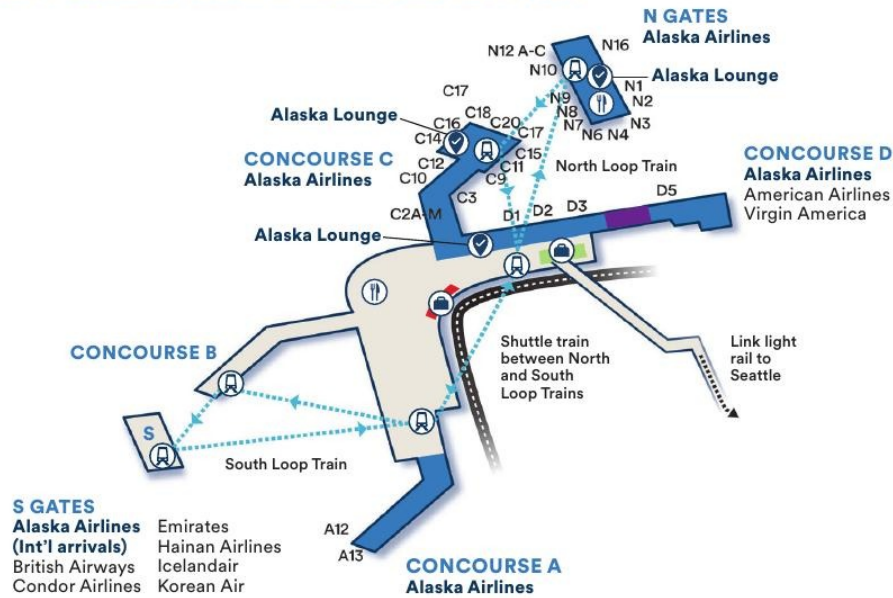
SEA Seattle/Tacoma International Airport

Tip:

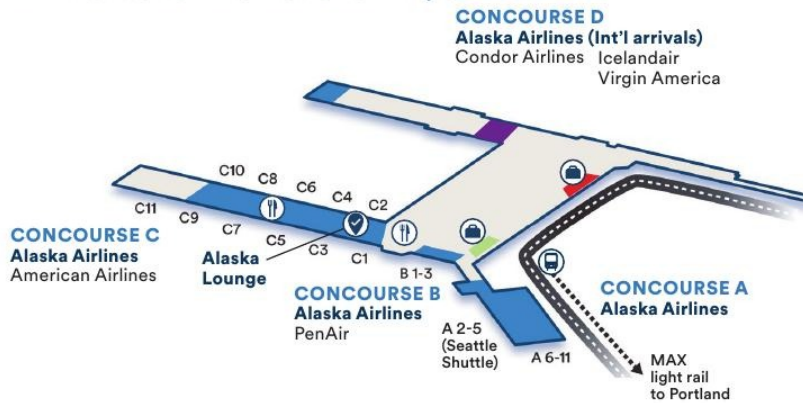
Connecting to an Alaska Global Partner? You'll need to take the shuttle train to the South Loop Train to get to the S gates.

Tip:

Our new Alaska Lounge opened in the C Concourse: Raise your "preflight" game. We have complimentary food, premium drinks, Wi-Fi and great views.



PDX Portland International Airport



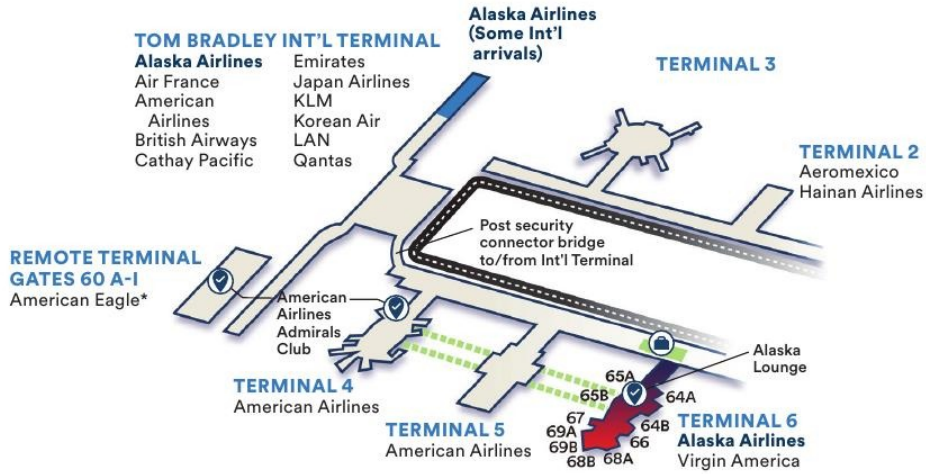
SFO San Francisco International Airport

Tip:

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



LAX Los Angeles International Airport

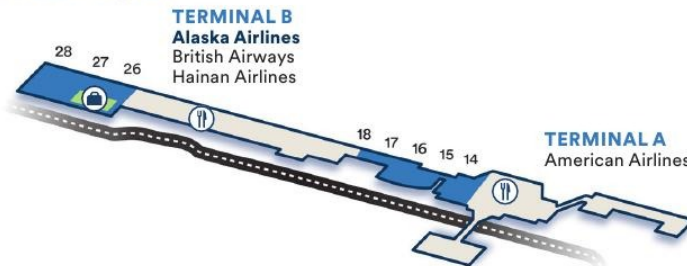


Tip:
Virgin America has moved to Terminal 6. Virgin America Loft has closed: Please visit the Alaska Lounge at Terminal 6.

ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



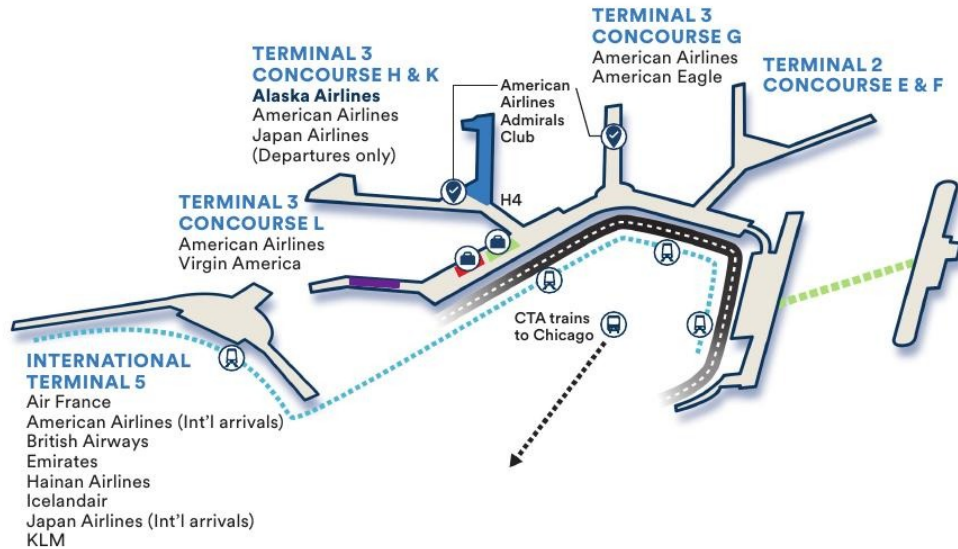
Global Airline Partner terminal maps

ORD Chicago O'Hare International Airport

American Airlines 

From Chicago, American Airlines serves 122 destinations in 11 countries, with convenient connections to Europe from the West Coast.

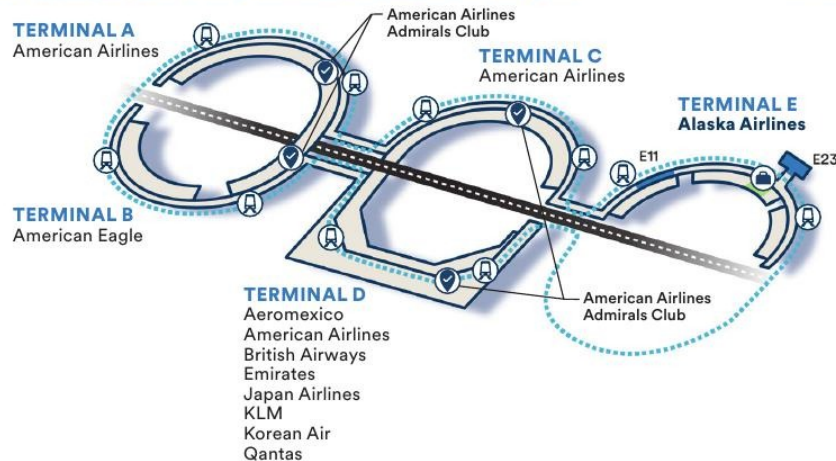
Tip: Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.



DFW Dallas/Fort Worth International Airport

American Airlines 

Headquartered in Dallas, American serves 197 destinations in 29 countries including Latin America, the Caribbean and Europe from DFW.

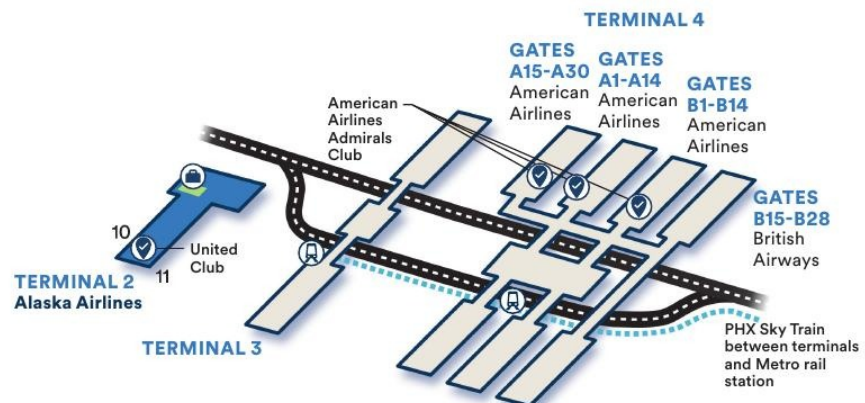


PHX Phoenix Sky Harbor International Airport

American Airlines 

From Phoenix, American flies to 81 cities with over 300 flights.

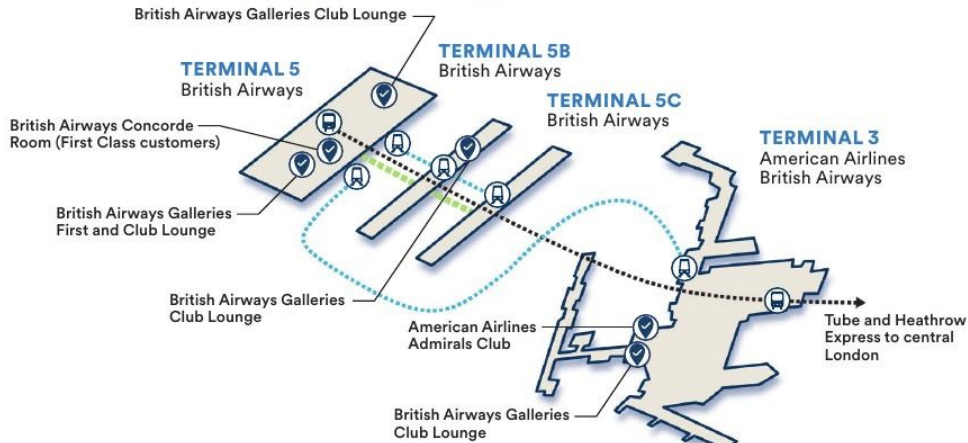
Tip: Alaska Lounge members have access to the United Club across from gate 10 at Sky Harbor when flying on Alaska.



Legend:



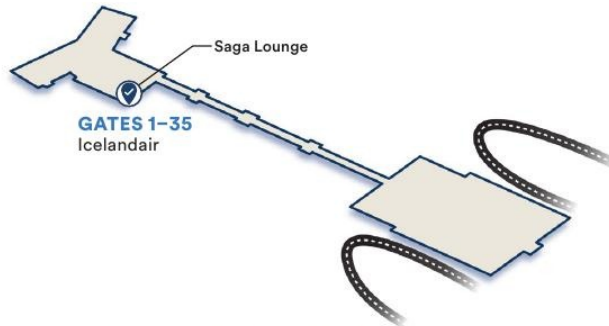
LHR Heathrow Airport, London, England



British Airways' London hub offers convenient connections from the West Coast to cities throughout Europe.

Tip: MVP Gold & MVP Gold 75K members receive complimentary access to British Airways' Galleries Club Lounge in Terminal 5.

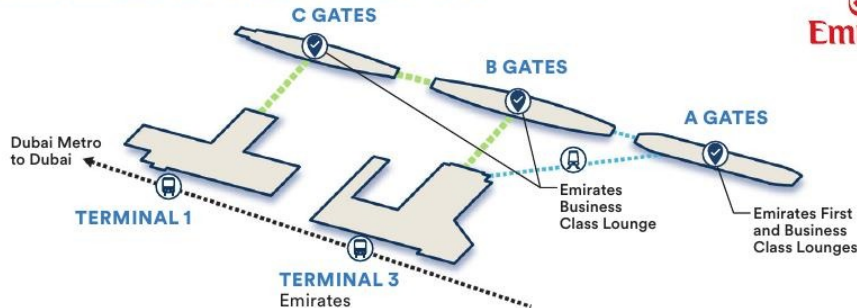
KEF Keflavík International Airport, Reykjavík, Iceland



Tip: MVP Gold and MVP Gold 75K members receive complimentary access to Icelandair's Saga Lounge.

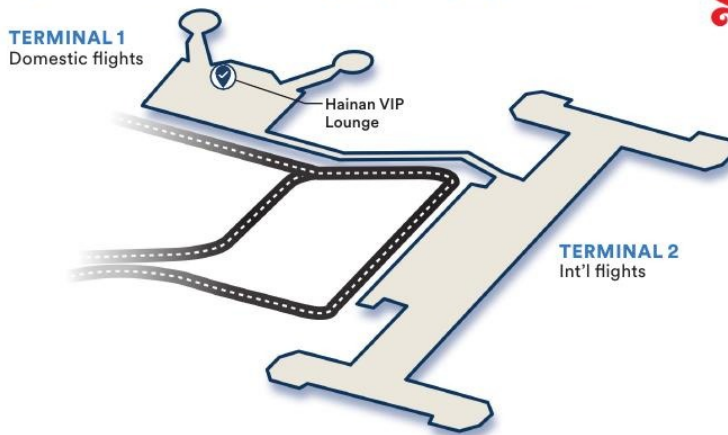
Icelandair's Reykjavík hub makes for easy connections to the airline's 20+ destinations throughout Europe. Icelandair offers free stopovers in Iceland.

DXB Dubai International Airport, Dubai, UAE



Emirates' Dubai hub offers connections to 100+ destinations on 6 continents, all featuring the airline's world-class service.

PEK Beijing Capital International Airport, Beijing, China



Tip: MVP Gold and MVP Gold 75K members receive complimentary access to Hainan's VIP Lounge.

With gateways in Seattle and San Jose, earn miles traveling to Beijing, Shanghai and to other destinations throughout China.

Customs and immigration

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

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



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

TO THE UNITED STATES PASSPORT CONTROL KIOSKS

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

Helpful tips

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

U.S. CUSTOMS DECLARATION

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

Helpful tips

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

INTERNATIONAL TRAVEL TIPS TO MEXICO

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

TO COSTA RICA

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

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.

QUIOSCOS DE CONTROL DE PASAPORTES

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

Datos de ayuda

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

DECLARACION DE ADUANA

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

Datos de ayuda

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

CONSEJOS DE VIAJE INTERNACIONALES A MEXICO

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

A COSTA RICA

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

Your safety and comfort

SEATS

- Your seat belt must be fastened whenever the “FASTEN SEAT BELT” sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

CARRY-ONS

- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

LAVATORY

- Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.

CREW SAFETY

- Interference with crew members’ (including flight attendants’) duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer’s behavior.

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 and Bluetooth headphones
- Cellphones (prior to door closure only)

DEVICES

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

PETS

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

ALCOHOL AND TOBACCO

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

OTHER PROHIBITED ITEMS

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

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

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

CONTACT US

Customer care:
800.654.5669
(Mileage Plan, Customer Care)

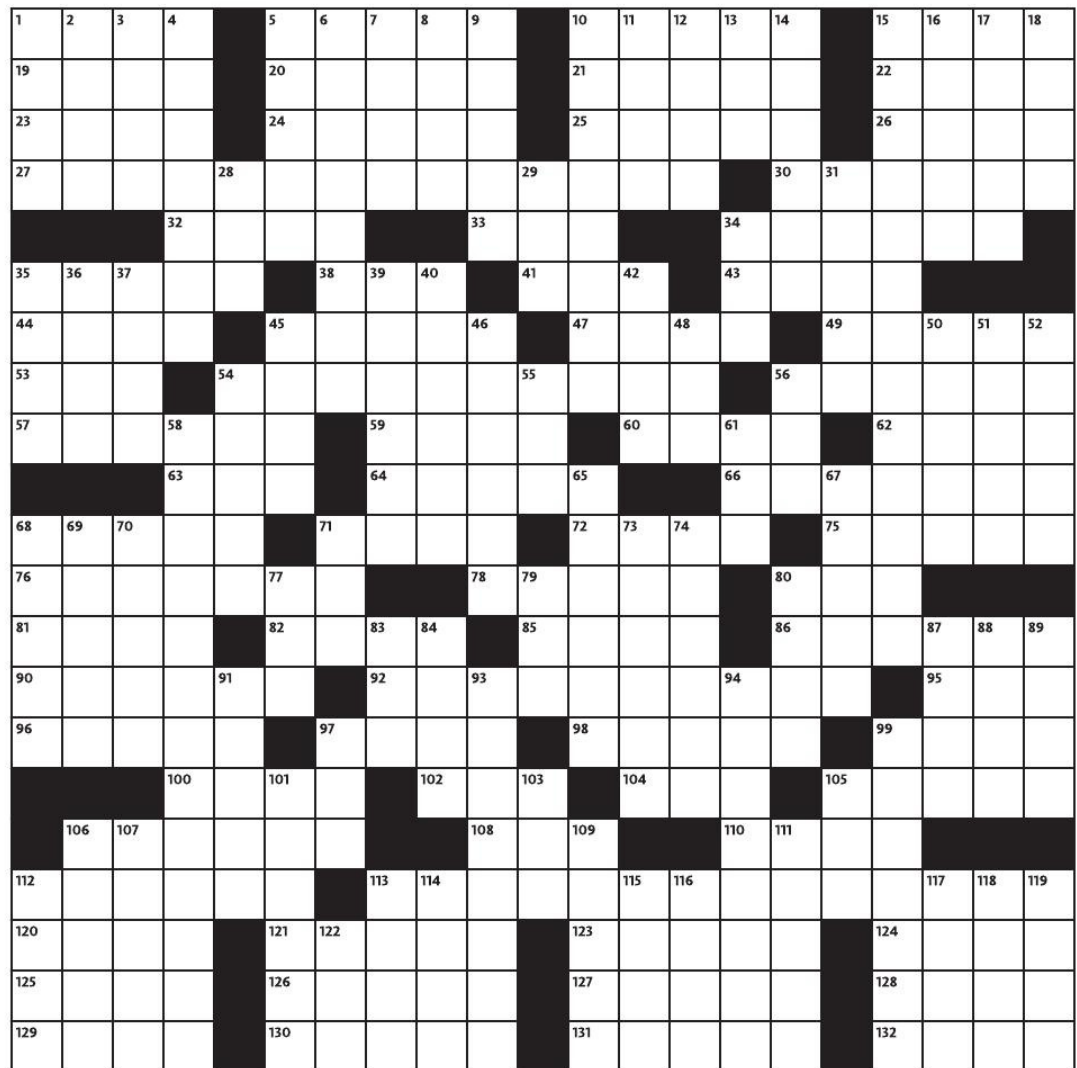
Toll-free
reservations:
Within the U.S.
and Canada:
800.ALASKAAIR
(800.252.7522)
(TTY 800.682.2221)
alaskaair.com

En Español:
800.858.5525
From Mexico:
001.800.252.7522

Alaska Airlines
Vacations:
844.762.0087
vacations.alaska-air.com.

ACROSS

- 1 Gray-green mineral
5 Headress
10 Microwave button
15 Look over
19 Indian nursemaid
20 Clarence, e.g.
21 Babe Ruth specialty
22 Pull some strings?
23 Take off
24 Temper tantrum
25 Realm
26 Gymnast Korbut
27 Bruce Lee film
30 Sharp
32 Smote
33 Child's play?
34 Wine cooler?
35 Diminutive dogs
38 Alternative words
41 Disencumber
43 Legendary ship
44 Merchandise condition
45 Canadian Indians
47 Make
49 So far
53 Scot's refusal
54 Football maneuver
56 Work on shoes
57 Surrender
59 General Bradley
60 Foundation
62 A Prayer for ____
Meany
63 Letters from Greece
64 Antitoxin
66 Mark
68 Mint family herb
71 British sand hill
72 Vegas quote
75 Think-tank products
76 Touched
78 Beneficiary
80 Fair mark
81 Pueblo people
82 Pin-like?
85 Ululate
86 Crossword direction
90 Revolved
92 Consideration for investors
95 Edible seed
96 RBIs, etc.
97 Baby-sitter, often
98 Battle of the ____
99 Fight for two
100 Singer James
102 Diddy ditty
104 Michael Collins actor
105 Old hat
106 Water under the bridge
108 Lamb's cry
110 Crop
112 Cloth maker
113 Snail's trait
120 Place for a thimble
121 Croc cousin
123 The Thinker sculptor
124 Mosque prayer leader



- 125 It may be red
126 Ecole attendee
127 Endangered layer
128 Five after four
129 Cold comfort?
130 Clocked
131 Suitable material?
132 High spirits
- DOWN**
- 1 Weight allowance
2 Ugandan dictator
3 ____ hurrah
4 Gouda and Edam
5 Refinement
6 Looper
7 The Morning Watch writer
8 Shred
9 With it
10 More messy
11 Corrida beast
12 Congregation response
13 Stimp's buddy
- 14 Merchant
15 Investor's protection
16 Mea ____
17 Vex
18 Close
28 Literary initials
29 Swiss river
31 Pond growth
34 Sardine holder
35 Hunger ache
36 Mr. Morales
37 Chicken ____
39 Lie down
40 Sailors
42 Put on paint
45 Mugs
46 Trapped
48 Transfer ____
50 Ouch!
51 Ms. Verdugo
52 Portable shelters
54 Put together
55 Ms. Joanne ____
56 Sleep letters
- 58 Departing worker's debriefing
61 Part of the fam
65 Single-celled organisms
67 Cake cut
68 Thailand currency
69 Circa
70 Above: pref.
71 ETO commander
73 Winter need at O'Hare
74 Sumptuous
77 Bolt remnant
79 Night flyer
80 Cleveland pros
83 Naval yes
84 Stadium component
87 Numbered work
88 Dates
89 Store sign
91 A Lauder
93 Captivated
94 Making a face, perhaps
97 Highland headgear
99 Emerging
- 101 Aim for
103 Cat's-____
105 Where to make notes
106 Attack
107 Shoe shade
109 Hairstyles
111 Walk Away ____
112 Soaks
113 Pipe part
114 Tennis term
115 Seep
116 Onion feature
117 Pianist Gilels
118 Uncertifiable?
119 Hook character
122 The Greatest

SOLUTION ON PAGE 178.

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BIGGEST POKER ROOM IN THE NORTHWEST!

Set your destination for Muckleshoot Casino and discover 32 poker tables featuring Texas Hold'em to Omaha High-Low Split. Enjoy more games and more ways to win! Play here for your chance at \$200 every 20 minutes weekly with Rise-N-Shine! And, try your hand at two new gaming experiences, off-track betting kiosks or EZ Keno.

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Present your airline ticket stub (paper or electronic) or bring this ad to the Players Club for your Free Play offer!



Limit one Free Play redemption per guest per month. Not to be combined with other publications, promotional offerings and holidays. Must be or become a Players Club member to participate. Membership is free! Offer expires October 14, 2017. Free Play may not be available on all machines. For Free Play limitations, rules and details, see Players Club. Promotions are subject to change without notice. Management reserves all rights.

» GAMES BRAIN BOOSTERS

LADDERGRAM

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

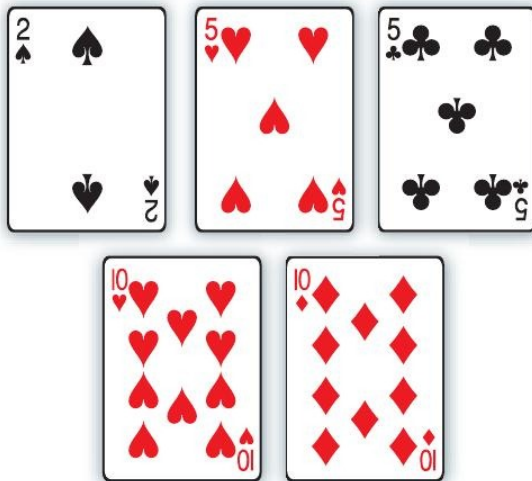
	1.	2.	3.	
	4.	5.	6.	
	7.	8.	9.	
	10.	11.	12.	
	13.	14.	15.	
	16.	17.	18.	
	19.	20.	21.	

DEFINITIONS

- Mealtide prayer
- Show concern (for)
- Spike of corn
- Baltimore baseballer
- Refueling ship
- Make angry
- Mountain wildcat
- Load of goods
- Steep, rugged rock
- Bolt of lightning
- Glide on a frozen pond
- Do an ushering job
- President Van Buren
- Choo-choo
- Talk wildly
- skiing, event for Lindsey Vonn
- Undecorated
- Beach bucket
- Archer's goal
- Shred (cabbage)
- Glum drop

CARD SENSE

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



- The diamond isn't adjacent to the two.
- The tens aren't adjacent.
- The bottom card isn't red.
- The club is adjacent to both hearts.

ANAGRAM MAZE

The diagram contains 36 words, 21 of which are anagrams of other everyday words. Start at the top arrow and anagram MEAL. While solving, move up, down, right or left to the only adjacent word that can be anagrammed. Continue until you arrive at the bottom arrow. There is only one path through the maze.

1 DUMB	2 SEWN	3 DOSE	4 SNOW	5 SCAR	6 MEAL
7 FERN	8 WENT	9 YOKE	10 ZINC	11 BOLD	12 PERT
13 SOCK	14 KEEN	15 STUN	16 COLA	17 CURL	18 JINX
19 MYTH	20 VOLT	21 PULL	22 TIED	23 FATS	24 NAVE
25 THAW	26 CAME	27 CHUM	28 HIGH	29 ROAR	30 SPAR
31 TIME	32 FARM	33 LYRE	34 RAID	35 PIER	36 PACE

SOLUTIONS ON PAGE 179.

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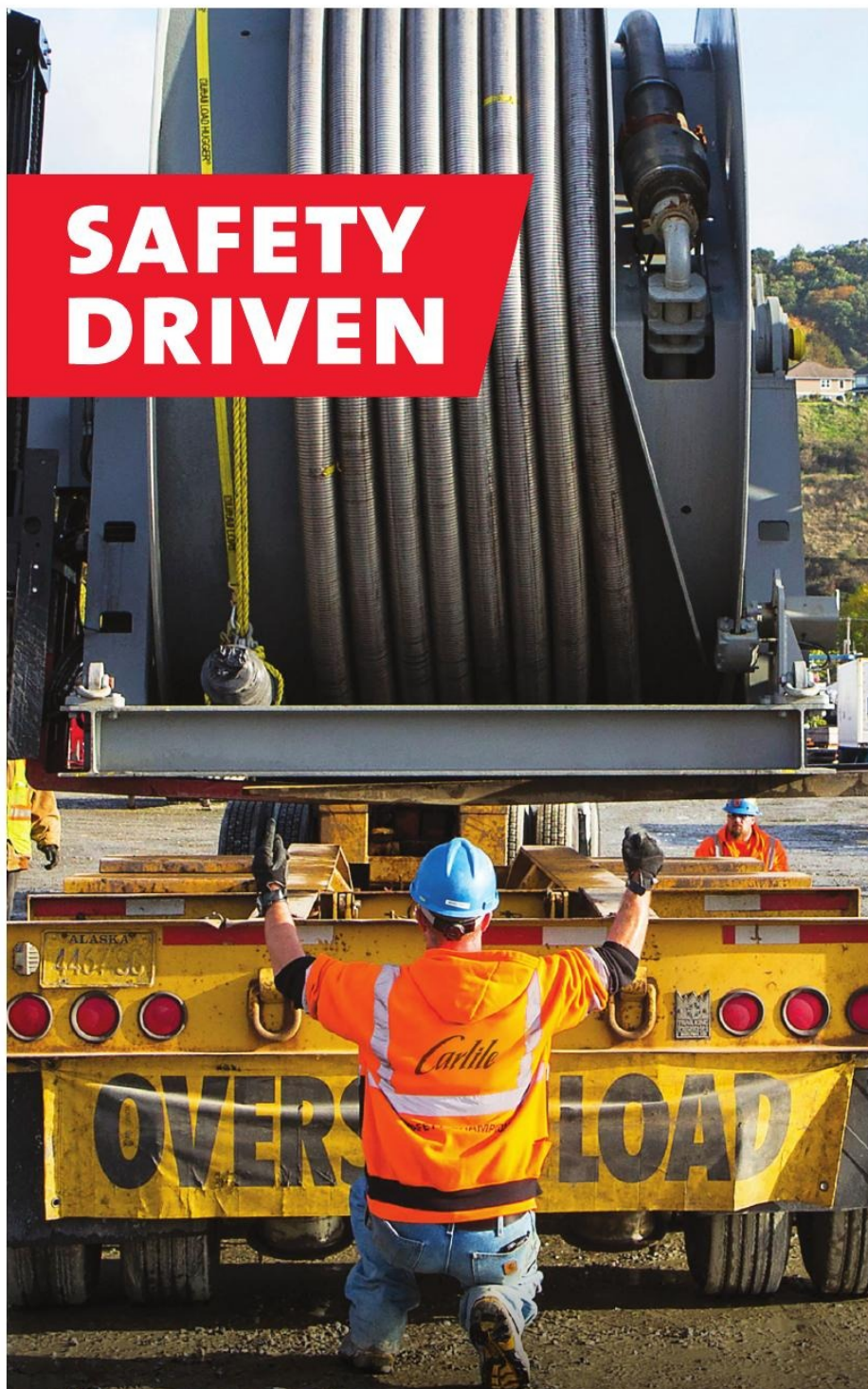
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» GAMES SUDOKU

Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions on page 178.**

DIFFICULTY: **EASY**

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

DIFFICULTY: **MEDIUM**

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

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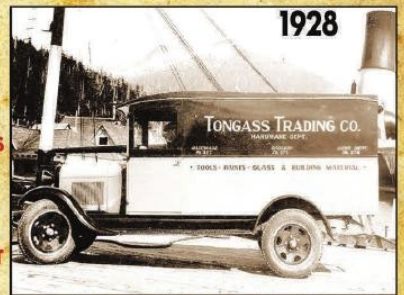
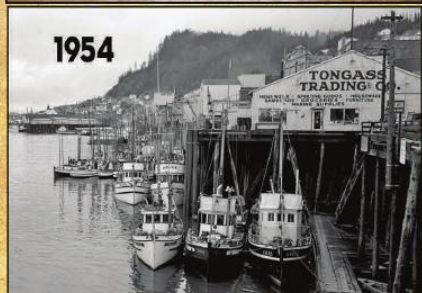
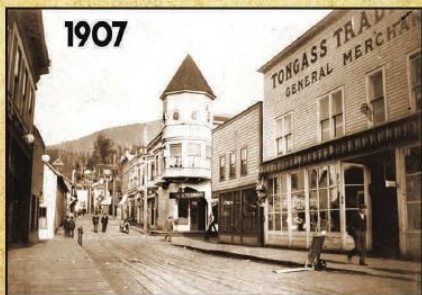
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SUDOKU ON PAGE 176.

DIFFICULTY: EASY

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

DIFFICULTY: MEDIUM

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

CROSSWORD ON PAGE 172.

TALC	TIARA	START	SCAN
AMAH	ANGEL	HOMER	TUNE
RISE	SCENE	ARENA	OLGA
ENTER	THE	DRAGON	DAPPER
	SLEW	TAG	CELLAR
PEKES	ORS	RID	ARGO
ASIS	CREES	EARN	ASYET
NAE	BUMP	AND	RUN
GIVE	UP	OMAR	BASE
	XIS	SERUM	IMPRINT
BASIL	DENE	ODDS	IDEAS
ABUTTED	DONEE	CEE	
HOP	INEAT	WAIL	ACROSS
TURNED	YIELD	CURVE	PEA
STATS	TEEN	SEXES	DUEL
	ETTA	RAP	REA
STREAM	MAA	CRAW	
WEAVER	SLOW	FOOTED	NESS
ETUI	GATOR	RODIN	IMAM
TAPE	ELEVE	OZONE	NINE
STEW	TIMED	SERGE	GLEE

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- Electrical conduit
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- Drain & sewer lines
- Vertical & vent stacks
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BRAIN BOOSTER PUZZLES ON PAGE 174.

LADDERGRAM

G	1. GRACE	2. CARE	3. EAR	C
O	4. ORIOLE	5. OILER	6. RILE	O
U	7. COUGAR	8. CARGO	9. CRAG	O
R	10. STREAK	11. SKATE	12. SEAT	K
M	13. MARTIN	14. TRAIN	15. RANT	I
E	16. ALPINE	17. PLAIN	18. PAIL	N
T	19. TARGET	20. GRATE	21. TEAR	G

CARD SENSE

The card on the bottom isn't a heart or the diamond (clue 3) or the club (clue 4), so it's the two of spades. The fourth card from the top isn't the ten of diamonds (clue 1) or the five of clubs (clue 4); it's either the five of hearts or the ten of hearts. By clue 4, then, the third card from the top is the five of clubs and the second card from the top is either the five of hearts or the ten of hearts. By elimination, the top card is the ten of diamonds. Since the second card from the top isn't the ten of hearts (clue 2), it's the five of hearts. By elimination, the ten of hearts is fourth from the top. In summary, from top to bottom: ten of diamonds, five of hearts, five of clubs, ten of hearts, and two of spades.

ANAGRAM MAZE

The path through the maze, with just one anagram given for each, is: 6. lame; 5. cars; 4. owns; 3. does; 2. news; 8. newt; 14. knee; 15. nuts; 16. coal; 22. diet; 23. fast; 24. vane; 30. raps; 36. cape; 35. ripe; 34. arid; 33. rely; 27. much; 26. mace; 25. what; 31. emit.

	2	3	4	5	6
	8				
	14	15	16		
			22	23	24
25	26	27			30
31		33	34	35	36

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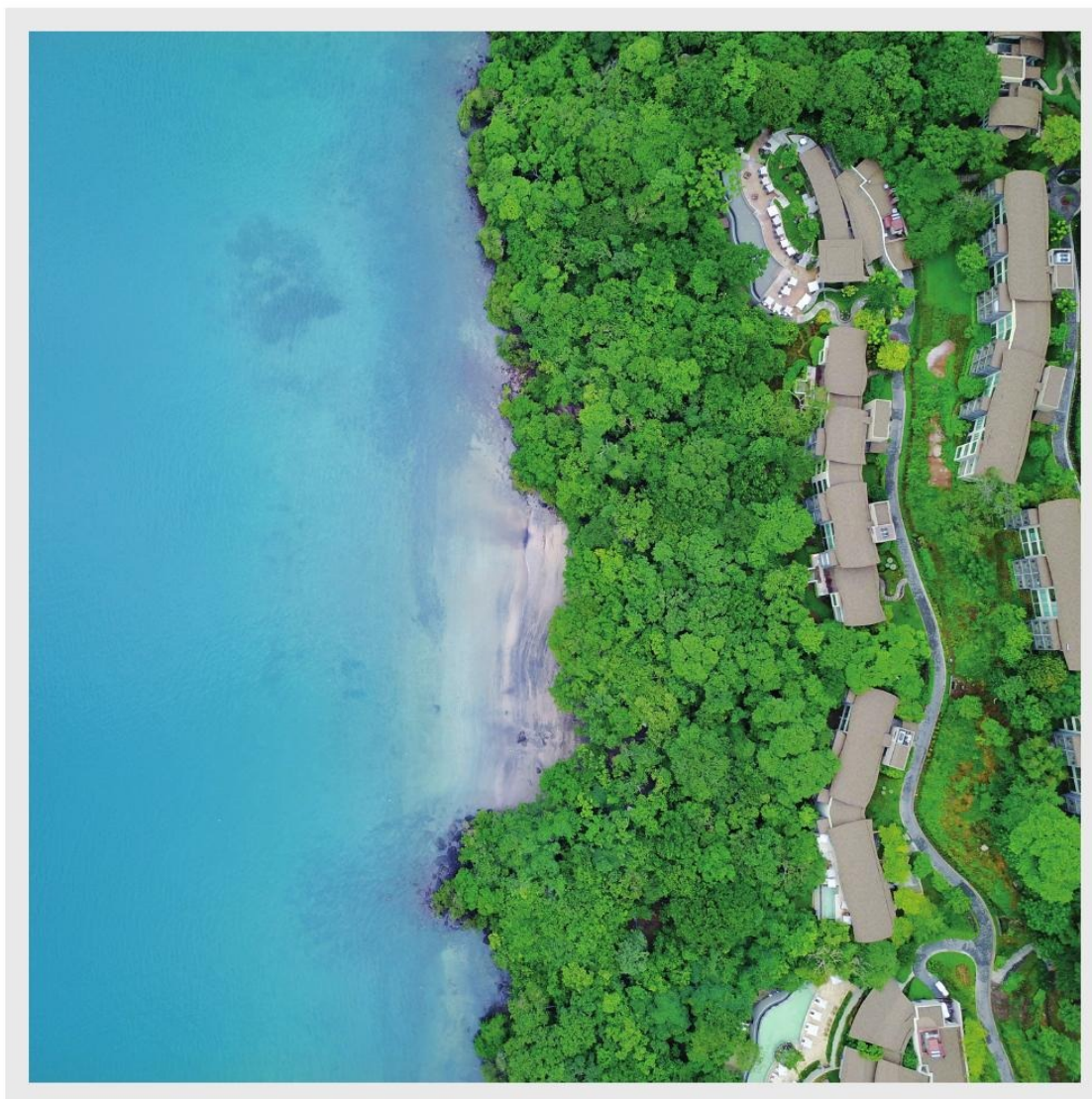
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