

Alaska

BEYOND»

MAGAZINE MAY 2017

CELEBRATING

85
YEARS

SALMON:
The ultimate
Alaska catch
PAGE 127

SEATTLE:
Hidden gems and
grand adventures
PAGE 146

LARRY BAER

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BEHIND THE SF GIANTS

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Larry Baer

A major-league innovator leads the San Francisco Giants to success.

By Bill Fink

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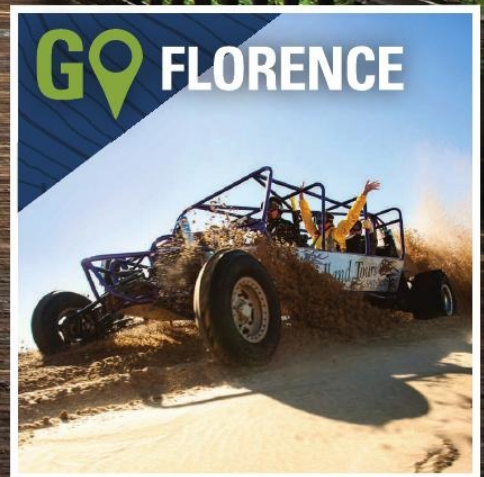
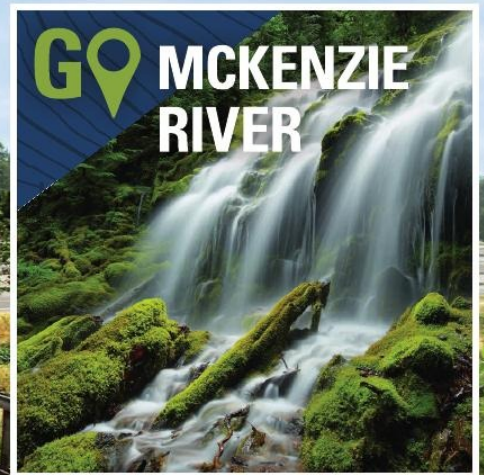
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Larry Baer, San Francisco Giants
CEO, at home in AT&T Park.

Photo by Carlos Avila Gonzalez/
San Francisco Chronicle/Polaris

Volume 41, No. 5

Publisher **Mimi K. Kirsch**

Editor-in-Chief **Paul Frichtl**

Senior Editor **Michele Andrus Dill**

Associate Editors **Jeff Bond, Ben Raker, Andrew Waite**

Assistant Editor **Lara Douglass**

Editorial Interns **Jill Christensen, Amanda Easter, Rachel Lucus, Kara Spencer, Olivia Sullivan**

Contributors **Katherine Cole, Gaylene Donner, Tom Douglas, Samantha Drake, Bill Fink, Ted Fry, Geoff Gulevich, Bengt Halvorsen, Susan G. Hauser, Megan Hill, Johnny Jet, Jeff Layton, Ilma Loomis, Eric Lucas, Scott Mackenzie, Ken Marsh, Will McGough, John Nelson, Nicholas O'Connell, Peter Potterfield, Archana Ram, Jennifer Schaefer, Donna Stonecipher, Andrea Thomas, Berit Thorkelson, Bridget Veltri**

Art Directors **Margaret Elson, Nancy O'Connell, Patty Warkentin**

Production Director **Paul Frichtl**

Advertising Production Manager **Theresa Santucci**

Design & Production Specialist **Ellen Ordóñez**

CEO **Edward B. Kirsch**

Accounting Manager **Holly L. Genest**

Advertising Data Wrangler **Liz Borovik**

Office Coordinator **Brittany Martin**

Coordinator for Alaska Airlines **David Scotland**

SALES OFFICES

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

Advertising Director: **Kenneth J. Krass, ext. 11**

Western Washington/Eastern Washington/
Florida/Canada: **Becca Conversano, ext. 21**

Western Washington/Illinois:
Stephany Angelacos, ext. 13

Oregon/Idaho/Montana/Colorado/Utah/Michigan:
Clay M. Schurman, ext. 33

California/Arizona/Nevada/New Mexico/Texas:
Yael Kallin, ext. 27

Alaska: **Duane Epton, 3705 Arctic Blvd., #452, Anchorage, AK 99503; 907-561-2450, fax 907-344-7262**

East Coast/Mexico: **Kenneth J. Krass, ext. 11**

Hawaii: **Debbie Anderson, 808-739-2200, fax 808-739-2201**



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DARLA LOST 20 LBS & 10 YEARS IN 10 WEEKS

Thank you My Best 10! I feel like I'm 30 years old again! This is the best decision I've made in years. It took me five years to sign up for the program, but when I finally did, life changed for me.

Prior to My Best 10, I focused on everything that was important in my life – my three children, work and family. I went through some tough years, gained weight, didn't feel healthy, had low energy and lost all dedication to me. I loved hiking and would spend time exploring the beautiful mountains in the great Northwest, but that was adventuring, not weight loss. When my children left home and went to college, I had a lot of time on my hands. I knew that I had no excuse but to focus on making the changes I desired.

Everything I'd read about the program inspired me. I knew it would change my life and that once I lost weight, I'd start finding myself again. I wanted to look at myself in the mirror again being happy and content. My goal was to lose 20 pounds in 10 weeks. When I told this to my amazing personal trainer, he loved my determination and dedicated his training to my goal.

After meeting with all my team members, the passion and dedication to my new life became even more exciting. My dietitian was with me weekly, checking in on my food intake. Because of her and the educational videos I watched, I learned all about salt, sugar and fat, and I know I'll never gain my weight back because of this.

My personal trainer not only helped me lose the 20 pounds, but also got me addicted to

working out! The sessions were so fun and focused, they went by super-fast! I lost the weight, got toned and became stronger than I'd ever imagined.

Last, but not least, Dr. Levy and his amazing Medical Spa team gave me the skin I've always wanted. The outcome was incredible! So natural and simple. I'll always go back. It was also fun knowing that after the program was over, I'd have some beautiful photographs that would keep me dedicated. After all, once you find yourself again, why not have a photo shoot, get spoiled with a hair stylist, makeup artist and incredible photographer? The photos were proof of my new self and changed me forever.

When I started fitting back into my favorite jeans and jackets, I was thrilled. I love fashion and was super happy to get that back into my life. I also realized how strong I'd become. When I had to move something heavy, it amazed me that I could do it by myself.

Of course, I have to attribute some of my success to Bo Derek, the iconic actress who starred in the movie "10." She inspired me from the start. If it hadn't been for My Best 10, I wouldn't be where I am today – happy, healthy and living life to the fullest. When you dedicate yourself to YOU, it's amazing what the outcome can be!

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WELCOME»



Brad Tilden,
Chief Executive
Officer

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» By now, I'm guessing that many of you have seen that we decided to keep the Alaska brand name for our new larger airline, which now includes Alaska Airlines, Horizon Air and Virgin America. I want to share more with you about our decision.

This is a subject that many people feel very passionately about. Longtime Alaska flyers and supporters feel very invested in the name "Alaska" and wanted to see us continue with this name. As we've seen in the press, longtime flyers and supporters of Virgin America, including one very important supporter, wanted to see the Virgin America name remain in some form.

We did a tremendous amount of research before making this decision. After surveying 6,000 flyers across the U.S., we learned and categorized what customers want and need

from their airline. We studied the extent to which both Alaska and Virgin America met those needs, and we also looked at the things we believe we're good at—the areas where we have a core competency, so to speak.

At the end of the day, we made two decisions. One, we are going to move forward under the name Alaska Airlines when the merger is complete in 2019. And two, the future of our airline will become a combination of both Alaska's and Virgin America's strengths, plus some fantastic new guest enhancements.

Some new and better things you will see include a focus on connectivity (high-speed satellite Wi-Fi and free texting) and entertainment (a large selection of free premium movies and TV shows). New First Class

» WELCOME

seats and enhanced Main Cabin seats with thoughtful design features such as easy-to-access power and tablet/phone holders. And new and renovated lounges in Seattle, Portland, San Francisco, Los Angeles and New York's JFK. We are also working to build a modern, welcoming West Coast vibe that will include greater use of music, mood lighting, and a food-and-beverage program with fresh, healthy and local offerings.

Most important, though, is that we will

continue to be known as the airline that gives you—our guests—the best service that you'll see on the ground or in the skies. For the 26 years I have been at Alaska, people have continually told me how they like, or even love, Alaska because of the hospitality they receive from our people. I want to tell you today that we know that it is our people who make us who we are, and we are going to continue to empower them, and support them, and give them the tools

they need to make the flying experience great for you.

Thank you for flying with us today, and thank you for supporting us during this year of transition for Alaska. A lot of things are “under construction” at the moment (including several of our airports). All of these investments are being made to make Alaska the best airline we can possibly be for our guests.

Thanks again. —Brad

» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo

EL ESQUIMAL SE QUEDA

(CON UN CAMBIO DE IMAGEN QUE LES VA A ENCANTAR)

» A estas alturas, supongo que muchos de ustedes habrán notado que hemos decidido conservar la marca Alaska para nuestra nueva aerolínea ahora más grande, y que ahora incluye Alaska Airlines, Horizon Air y Virgin America. Me gustaría compartir con ustedes más información acerca de nuestra decisión.

Este es un tema que apasiona a muchas personas. Nuestros viajeros más fieles y quienes continúan brindándonos su apoyo se sienten muy identificados con el nombre “Alaska” y deseaban que continuáramos con este nombre. Como hemos observado en los medios de prensa, los viajeros de siempre y seguidores de Virgin America, incluido un partidario muy importante, deseaban que el nombre Virgin America se conservara de alguna manera.

Realizamos una investigación extensiva antes de tomar esta decisión. Después de encuestar a 6,000 viajeros dentro de los Estados Unidos, descubrimos y clasificamos la información sobre lo que los clientes desean y necesitan de su aerolínea. Estudiamos la medida en la que Alaska y Virgin America satisfacen esas necesidades, y también analizamos los aspectos en los que



creemos que nos destacamos; las áreas en las que poseemos competencias esenciales, por así decirlo.

Finalmente, tomamos dos decisiones. Primero, continuaremos operando con el nombre Alaska Airlines una vez que se complete la fusión en 2019. Y segundo, el futuro de nuestra aerolínea será una combinación de las fortalezas de Alaska y Virgin America además de nuevas y fantásticas mejoras para los clientes.

Algunas de estas mejoras que notarán

incluyen un enfoque en la conectividad (conexión inalámbrica satelital de alta velocidad y mensajes de texto gratuitos) y el entretenimiento (una amplia selección de las mejores películas y programas de televisión gratuitos). Nuevos asientos en Primera Clase y asientos mejorados en la Cabina Principal con características de diseño bien pensadas, como tomacorrientes de fácil acceso y porta tableta/teléfono. Nuevas y renovadas salas de espera en Seattle, Portland, San Francisco, Los Ángeles y JFK de Nueva York. También estamos trabajando para construir una atmósfera moderna y hospitalaria que incluirá un mayor uso de música, iluminación ambiental, y un programa de alimentos y bebidas con propuestas locales, frescas y saludables.

Pero lo más importante es que nos seguirá conociendo como la aerolínea que les brinda a ustedes, nuestros clientes, el mejor servicio ofrecido en la tierra o en el cielo. Durante los 26 años que he trabajado en Alaska, he recibido constantemente comentarios de viajeros sobre cuánto les gusta, o incluso aman, a Alaska por el servicio que reciben de nuestro personal.

Quiero decirles hoy que sabemos que es nuestra gente la que nos convierte en lo que somos, y continuaremos fortaleciéndolos, apoyándolos y brindándoles las herramientas necesarias para hacer que su experiencia de vuelo sea excelente.

Gracias por volar con nosotros hoy y por respaldarnos durante este año de transición para Alaska. En este momento hay muchos proyectos “en construcción” (incluidos varios de nuestros aeropuertos). Todas estas inversiones se realizan para que Alaska sea la mejor aerolínea que podamos ser para ustedes, nuestros clientes.

Gracias nuevamente. —Brad



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PHOTO: Thai Seafood Salad.

Recipe featured in John Howie's *Passion & Palate* Cookbook, page 71. Cookbook available at all John Howie restaurants. Photo by Angie Norwood Browne.



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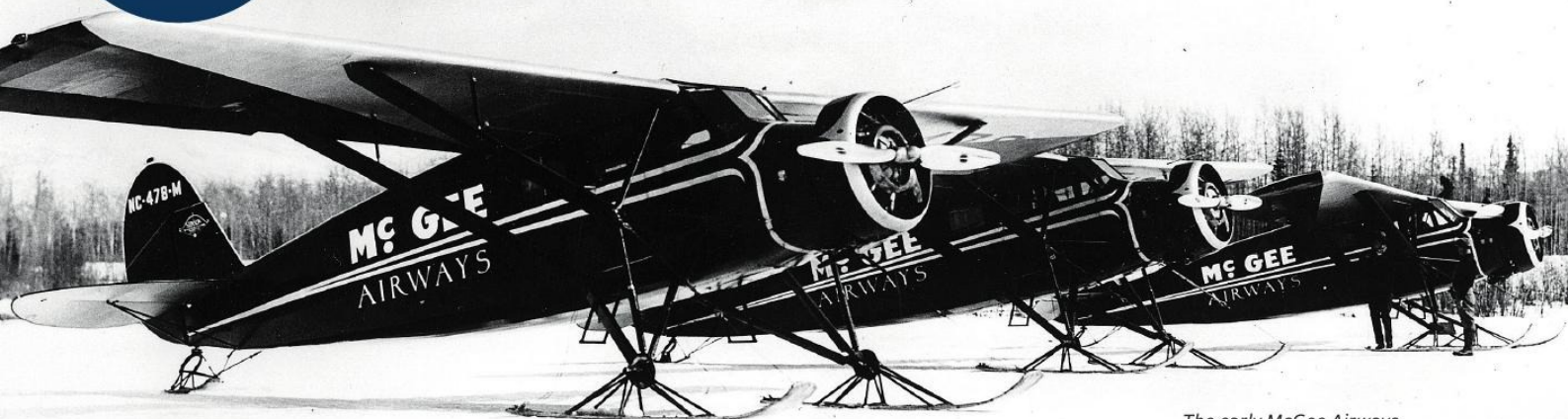


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CELEBRATING
85
YEARS



The early McGee Airways fleet served villages and camps throughout bush Alaska.

A SPIRIT OF ADVENTURE

LIINOUS “MAC” MCGEE ARRIVED IN ANCHORAGE AS A STOW-AWAY, \$1.65 IN HIS POCKET. But the 30-year-old from Indiana was a hard worker with an oversize sense of adventure—character traits that proved key to the success of the company he would found.

Right away, Mac took a job as a dishwasher to pay the fare for his 1929 passage. He then became a fur trader and quickly recognized a need for innovation in transporting goods amid the wilds of the Alaska Territory. That insight led Mac to partner with legendary bush pilot Harvey Barnhill, and in 1932, McGee Airways took flight.

This year we celebrate the storied 85-year journey that has shaped

Alaska Airlines, which has grown from Mac’s single Stinson aircraft to become the top West Coast airline, with nearly 300 aircraft and 19,000 employees operating 1,200 flights a day to 118 destinations.

Alaska Airlines has tipped its wings in many directions over the years, but it has never lost sight of Mac’s ideals—of the remarkable heritage that continues to drive a sense of genuine caring and spirit of adventure. Ingenuity in aviation and a desire to serve a community that has expanded far beyond the airline’s Alaskan roots have propelled Alaska to a new era of thoughtful, welcoming service and feel-good hospitality—a vibrant airline people love.

ALASKA AIRLINES THROUGH THE YEARS

1932

Linioius “Mac” McGee launches McGee Airways in Anchorage with a single three-seat Stinson floatplane.

1944

After many mergers and acquisitions, Alaska Star Airlines incorporates as Alaska Airlines. The airline is operating 50 aircraft covering some 6,000 route miles—all within Alaska.

1948

With charters operating around the globe, Alaska Airlines is the largest nonscheduled carrier in the world.

1951

The federal government grants Alaska permission to fly to Seattle and Portland after the airline spends years trying to expand outside Alaska.

1958

Alaska shows its first movie, a Jerry Lewis comedy, onboard a DC-6.



ALASKA AIRLINES has always been a little unconventional, from a service agent on 8-foot stilts waving to passengers through aircraft windows to elaborate onboard service themes. These have included Alaska Gold Rush—era decor (from 1967 to '72) that featured an onboard saloon, and the Golden Samovar Service, shown above, that promoted charter service to the Russian Far East in the early 1970s.

COMMUNITY SERVICE has been fundamental to the Alaska work ethic, from flying 40,000 displaced Jews from Yemen to Israel in 1949 to the contributions made by dozens of employees who volunteer each year to help dreams come true for Make-A-Wish children. In 2016, employees logged 27,000 volunteer hours on top of Alaska Air Group's \$13.5 million in ticket and cash donations.



ALASKA FIRSTS

- **1940s** First carrier to operate DC-3s on skis to expand access to Alaska villages.
- **1967** First U.S. airline to fly a commercial jet north of the Arctic Circle.
- **1989** First commercial carrier to land a passenger jet in dense fog using the Head-up Guidance System, enabling reliable service to guests in SE Alaska.
- **1995** First commercial airline to book and sell tickets online, making it easier to purchase flights.
- **2014** Biometrics allow convenient guest fingerprint check-in at Alaska Lounges.
- **2016** First to fly jets with environmentally efficient alcohol-to-jet biofuel.

Alaska puts its first jet aircraft into service, flying Seattle-Fairbanks-Anchorage.

Alaska becomes first airline certified to operate 727s on unpaved runways.

Airline Deregulation Act opens doors to competition. With new routes available, Alaska begins campaign to become the dominant carrier flying the West Coast, with rapid expansion into California.

Alaska Air Group acquires Horizon Air, expanding Alaska's Pacific Northwest service.

Jet America merges into Alaska Airlines, increasing the airline's California service.

Alaska operates first commercial passenger flight to use GPS to land.

1961

1967

1978

1986

1987

1996



CREATING AN AIRLINE PEOPLE LOVE

AS WE CELEBRATE ALASKA AIRLINES' 85 YEARS as an innovator in aviation, it's easy to imagine an equally impressive future: You arrive at the airport and are welcomed to a fresh, modern experience. You know that with Alaska you enjoy consistently low fares and more nonstop flights to more destinations from the West Coast than with any other airline. At your gate, you can't help Shazaming songs on the airline's upbeat playlist as you check for updates on your mobile app.

On the plane, you make your way to a comfortable leather seat in a mood-lit cabin. If you're seated in Premium Class, it will include extra legroom and complimentary beverages—and a power outlet to re-charge your devices. For the next three hours, you'll enjoy fresh, West Coast-inspired food; Free Chat; and all the free movies you can watch.

Your airline is unconventional, just like you are.

It's 2019, and this is how we're defining the future of Alaska Airlines.

ALASKA AIRLINES THROUGH THE YEARS

1999

Alaska and Horizon are first U.S. airlines to enable passengers to download and print boarding passes, and to check in online.

2001

Alaska goes coast to coast with its first route east, to Washington, D.C.'s Ronald Reagan Washington National Airport.

2003

Alaska is world's first airline to introduce a portable entertainment system.

2007

Virgin America launches in San Francisco.

2009

Virgin America becomes first airline to offer inflight Wi-Fi on every flight.



LOUNGE EXPANSION

By early 2019, guests will enjoy refreshed and expanded airport lounges in Seattle, Portland and Los Angeles. Alaska also plans to build new lounges in San Francisco and at New York's John F. Kennedy International Airport. Together, the expansions will double the square footage of our existing airport lounges. And don't forget—Alaska Lounge members also enjoy access to more than 60 Global Partners lounges throughout the United States and around the world.

MODERN, WARM AND WELCOMING

You'll begin seeing the new Alaska brand personality come to life this year. Music from new artists will be featured on planes, in airport lobbies and at gates. In 2018, we'll debut an entirely redesigned cabin with new seats and amenities, and we've already started to retrofit Boeing aircraft with expressive blue mood lighting. Modern, stylish uniforms by designer Luly Yang will roll out in mid-2019.

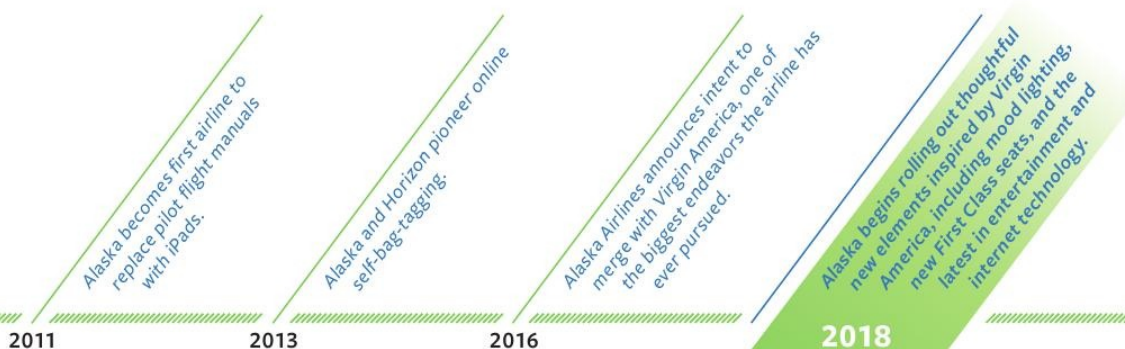


FREE MOVIES

We recently made our entire catalog of more than 200 direct-to-your-device premium inflight movies and TV shows free to guests using their own devices. Free entertainment is now a permanent feature on our Boeing 737 and E175 fleets, and the same library of movies will be added to Virgin America's fleet in August.

NEW EXTRAS

- **More to love.** 36 new routes from California have been announced or launched since last year, bringing more low-fare options to California flyers.
- **Reliable high-speed internet.** In mid-2018, we'll begin retrofitting our fleet with satellite Wi-Fi fast enough for you to use your favorite streaming service.
- **More rewards.** In 2018, Mileage Plan will become the sole loyalty program for Alaska and Virgin America, offering more rewards and an expansive Global Partners network.
- **Free Chat.** Alaska is the first and only U.S. airline to offer Free Chat onboard. The service extends to Airbus flights in August.
- **West Coast-inspired food and beverages.** By this summer, Alaska's First Class guests will be able to select meals before they fly. Main Cabin guests will be able to prepay for meals by early 2018. ✈





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A man with dark hair and a light beard is leaning against a rough, textured stone wall. He is wearing a white, long-sleeved button-down shirt that is untucked and dark navy blue shorts. The background is a wooden wall with many circular holes, possibly from a ship's hull or a rustic structure. The lighting is natural, suggesting an outdoor setting.

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IN THE KNOW»

DEFINING BEYOND

Flight Attendant Carmen Layne is a Legend of Customer Service

» For Carmen Layne, traveling is in her blood. Growing up in a military family, Carmen, her two sisters, her brother and their parents spent a lot of time moving back and forth between the United States and Germany when her dad was periodically stationed overseas. So it is fitting that Carmen excels at a job that mostly takes place in the air.

When guests on Alaska flights describe Carmen, they gush about her being “helpful,” “extremely gracious,” “charming,” “attentive,” “authentic,” “personable,” “warm” and “outstanding.” One person wrote, “Bottle that joy and personality of hers, and make billions!”

Throughout Carmen’s career at Alaska, she has been involved in everything from flight-attendant training and hiring to peer-to-peer support programs.

Carmen was recognized in *The Seattle Times* in 2015 for her volunteer work with visually impaired flyers. During an annual mock-flight event at Alaska’s Seattle hangar, she helped give such passengers the confidence to fly with limited assistance. In 2008, Carmen helped arrange for a young man with a genetic disease to fulfill his dream to visit Disneyland. She has also volunteered on a telephone crisis line.

Among many positive attributes, Carmen is known for her stylishness. At one after-hours event, called “Style & Service,” she volunteered to show flight-attendant trainees how to correctly wear uniforms and maintain a professional appearance.

Carmen’s sense of style, paired with her consistent efforts to go beyond for Alaska employees and guests, have led some co-workers to nickname her “Beyond-say.” Her commitment to excellence is also why she is a Legend of Customer Service. ✈



Carmen Layne.

QUESTIONS & ANSWERS

What’s your favorite part of your job?

My office in the sky! Even on gloomy and gray Seattle days, when I get above the clouds, there is sunshine! Also, having the opportunity to make someone’s day.

What adventure is at the top of your travel to-do list?

I want to go to Bora Bora and stay for 10 days or more in one of those huts over the water that has a glass floor!

What is a memorable recent experience from your work?

On a flight from Honolulu to Seattle, I took care of a customer who suffered from claustrophobia. When she exited the aircraft, she gave me a big hug and thank-you.

What do you consider success at work?

When people get off the airplane and thank me—and sometimes offer a hug. My motto is: “What you put out is what you get back.”

KUDOS FROM CO-WORKERS

“From my initial interview process through my 20th year, you have always been so kind, welcoming and helpful. Whenever I saw your beautiful, smiling face, I knew that I would have a great day at work.”

—Jennifer P., Flight Attendant, Portland

“Carmen Layne lifts others up with her positive attitude and her infectious love of Alaska Airlines and her job.”

—Carmen W., Director, Seattle Inflight Base Operations

“Carmen is one of the kindest human beings I’ve ever met. I’ve never seen her without a smile on her face.”

—Thomas R., Inflight Supervisor, Seattle

“So proud to call Carmen my friend! She hired me 18 years ago. I’ll never forget how comfortable she made me feel during my panel interview. She has a gift of making others feel good. She takes great care in all that she does. What a lovely lady, indeed!”

—Dana N., Flight Attendant, Seattle



EACH YEAR, Alaska Airlines recognizes employees, such as Carmen Layne, as Legends of Customer Service, the airline’s highest honor.

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Bay to Breakers 2016.

A RUNNING LIST

Pack for travel to a race like you were born to run

» Gaylene Donner has worked for Alaska Airlines for 32 years. She captains Team Alaska, a running team for employees, families and friends. With the airline becoming the title sponsor of the Alaska Airlines Bay to Breakers run on May 21 in San Francisco, we asked Gaylene to share her tips on traveling to running events—and knowing how to pack.

I'm a list-maker. Always have been and probably always will be. I don't like to forget things when I travel, and I have specific running essentials. So, whether I'm heading out for a short weekend getaway or venturing out on a longer trip to a running event, I follow a process for packing that helps me remember what I need to stay quick on my feet.

■ **Pack only a carry-on.** When you are traveling for a race, it's helpful to stay light. The first objects into my bag are my running shoes, running clothes and socks. I never pack my running shoes in a checked bag. Alaska Airlines has exceptional baggage service, but I still want to know that in the unlikely event of a bag being delayed, I'll have what I need to hit the ground running.

■ Remember race registration materials.

When I'm traveling to a race, I pack the race packet and/or event's registration receipt—if I've received these beforehand. These days, larger races—such as the Alaska Airlines Bay to Breakers—often have a pre-event expo at which runners pick up race packets or register on-site (provided the race hasn't sold out).

■ **Include the tried and true.** Even if a race location is likely to have, for example, my favorite energy gels, I still pack go-to items to ensure that I have what works for my running needs. I like to explore the surrounding area on the day before a race, to acquaint myself with local flavors and to check out products and services from expo sponsors. But a race is not a place I try something new!

■ **Remember essentials.** Shoes. Socks. Shorts or tights. A running shirt. Underwear. Those energy gels. A hat. Gloves. Lip balm. Chargers for my phone and GPS watch. A waist pack that carries a phone, money, ID and water. Safety pins (which can be used to secure a car key or fix a wardrobe malfunction). And sunglasses—I'm always hopeful!

» Enjoy a San Francisco Classic.

The 12K Bay to Breakers run—a 106-year tradition that now has Alaska Airlines in its name—is unique to San Francisco, and it's one of the most memorable races I've run. The scenery is exquisite, and racers often wear costumes. I remember that once, while I waited for the starter gun, the sky came alive with tortillas flying like Frisbees. I'm not sure where the idea to do that came from, but I bet the birds loved it! At any rate, it's a really fun event that I recommend for any runner. Keep on running! —G.D.

■ **Throw bags in your bag.** I love large, sealable plastic bags. They fit everything I need for a trip that involves running. I also toss in a garbage bag (to use as a disposable cover-up or as a poncho when weather is iffy). And I often bring a drawstring bag to gather goodies if I'm sightseeing or going to an expo with vendors distributing samples. On one trip, I even raced with a drawstring bag on my back, when I knew I'd have to jump into a taxi postrace to get back to the airport. On some running trips you have to move even faster than on others! —Gaylene Donner



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Our comfortable and versatile Embraer 175 takes flight this month

» **It's a simple case** of buying the right tool for the right job. The new Embraer 175 for Alaska Air Group's carrier Horizon Air fits a niche perfectly, and it promises to get its job done efficiently. And who doesn't love getting a really cool new set of tools—in this case, a brand-new jet airplane?

On the morning of March 17, hundreds of Horizon Air employees gathered at Portland International Airport to watch their first E175 touch down and taxi into Horizon's hangar—like pulling a new car into the driveway for the first time, turning off the engine and just sitting there for a minute. Multiply that moment by the hundreds of people gathered who will maintain, schedule, load and fly the planes. There's a feeling of satisfaction and a sense of anticipation as the airline prepares to put the first installment of its \$2.8 billion investment to work.

The aircraft—tail No. N620QX—is one of 33 E175s on order with the Brazilian aircraft manufacturer. The all-new fleet of 76-seat jets is expected to help open doors for new midcontinental markets, allowing greater flexibility for growth for parent company Alaska Air Group.

"With the arrival of our first E175 jet, our

future starts now," David Campbell, Horizon Air President and CEO, told the Horizon team.

For Alaska customers, the new fleet means more destinations and greater frequency of flights throughout the Alaska network. The aircraft allow the company to accelerate growth in California, in particular, by offering service to markets that cannot initially be supported on the company's larger Boeing 737 or Airbus A320 series aircraft.

"With Horizon getting E175s this year, it's a lot easier to deploy our strategy of matching the right aircraft to the right market," says John Kirby, Alaska's Vice President of Capacity Planning. "As we saw with Seattle–Omaha and LAX–Loreto, the E175 allowed us to grow these markets so we could then move to 737s to accommodate greater demand."

The first five routes for Horizon's E175 jets that will arrive this spring include:

- Portland–St. Louis, starting in May.
- Portland–Dallas/Fort Worth, June.
- Seattle–San Luis Obispo, June.
- Seattle–Colorado Springs, July.
- Seattle–Santa Barbara, July.

Exact service start dates and frequencies are still being finalized—and these five routes are only the beginning. Horizon

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will have up to eight E175s in service by the end of summer, with a total of 13 new jets to be delivered in 2017.

"This is just a snapshot of where our network can go, because there is so much potential between having our new jets on board and taking advantage of a growing Alaska network," Campbell says. "Our growth is real, and the future is here."

—Paul Frichtl

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Horizon Air Captain Jim Roberts works with Boy Scouts at last year's Aviation Day in Seattle.

LEARNING TO FLY

Aviation Day seeks to inspire new careers in aviation

» **Inspiration goes a long way** toward launching careers, and this month, Alaska Airlines' aircraft hangars in Seattle and Portland are alive with budding dreams of flight. More than 1,000 students are meeting with some 500 airline employees and other aviation professionals for Aviation Day, a chance to learn what a career in aviation and aerospace is all about.

Now in its ninth year, Aviation Day invites students to get an up-close, hands-on look at careers in aviation. Some of the day is spent learning about the science of flight; much of the day is spent meeting directly with professionals from a wide range of jobs, not only with the airline, but with Boeing, the Port of Seattle and other organizations. Students get an opportunity to torque down bolts, to see nondestructive testing on the aluminum skin of wings, and to look inside

engines and the flight deck of a 737. Flight attendants simulate an evacuation in Alaska's cabin trainer, in which students even get to test out the emergency slide. Alaska pilots are available to give tours of a variety of aircraft, and a number of volunteers fly their own private aircraft in for the day.

The kids range in age from 11 to 18 and are part of organized groups, typically including Boy Scouts and Girl Scouts, Boys & Girls Clubs, and local high school classes.

Alaska has many enthusiastic volunteers for Aviation Day. It takes about 350 people for the Seattle event, held May 6, to help with check in and to serve as greeters, guides, food servers and instructors. Another 150 employees volunteer for the Portland event, held May 19 and 20.

"Aviation Day is truly one of a kind because it allows employees to make a difference in

the lives of young adults," says First Officer Allen Cassino, who is the Seattle Aviation Day project manager. "These volunteers are people who want to share their passion for aviation and the lessons they've learned in a variety of careers.

"Not only do they give their own time to make this event a success, but those real-life stories really have an impact on students," Cassino says.

Aviation Day also serves as an outreach for an industry concerned about keeping a flow of qualified people coming its way—from mechanics to pilots to engineers to schedulers. "Maybe they will think it's cool to work in aviation," Cassino says.

Aviation Day appears to be working. Alaska has hired a line aircraft technician who found out about the airline at its 2011 Aviation Day.

—Paul Frichtl



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CHRISTENING A NEW ERA

» While **Alaska Airlines** got its start in 1932 flying small planes on skis and floats into Alaska's remote villages and mining camps, it began transitioning into mainline commercial aviation in 1945 with its growing fleet of "Starliners"—World War II surplus Douglas DC-3s, DC-4s and Curtiss-Wright C-46s. Above, the twin-engine DC-3 *Starliner Fairbanks* is christened into the Alaska fleet with a traditional champagne-bottle celebration. ✈



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ON POINT»



» The arrival of the year's first Copper River salmon in Seattle, shipped via Alaska Air Cargo, starts a celebrated season for chefs such as Tom Douglas, shown grilling near Pike Place Market.

FISH TALES

The start of Copper River salmon season is a West Coast tradition

By Tom Douglas



» During the month of May, I renew my long-standing commitment to wild salmon from Alaska, and the history and tradition that this fish represents. The fish's season officially starts when an Alaska Air Cargo plane touches down at Seattle-Tacoma International Airport, loaded with the first-of-the-season Copper River salmon. Camera crews, reporters, chefs and other guests gather to celebrate, cook and taste the glistening, red-fleshed 50-pound king at the annual opening of what is perhaps the most celebrated fishery in the world.

My love for salmon goes way back. In the early days of my career, my fellow chefs and I would stroll through the fish stalls at Seattle's Pike Place Market and size up what was going to be our special each evening—based on which seafood looked freshest. I was 19, new in the city and feeling feisty in my starched chef whites branded with my name on the

upper left pocket. The fishmongers hawking their catch would stop and whistle at us.

It didn't take long for us to ditch our chef's garb and get real, not only in what we bought, but whom we bought from. We learned to differentiate those sellers who baited out-of-towners and those whose products were of a quality worth more than bait.

The funny thing is, I only realized later that many of us—buyers, sellers and chefs—underestimated the incredible treasure we had in front of our noses.

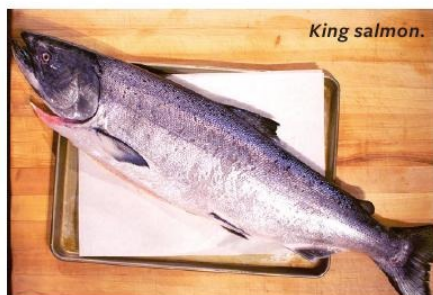
At the time, our noses were our main tool for judging the fish. We could ask how long a fish had been on the shelf or out of the ocean, and hope "our fish guy" would not lead us astray. We could check the fish eyes for clarity, or note that a lack of scales indicated that the fish had been roughly handled. What we didn't really consider were the questions we could ask about the lineage of the fish

» ON POINT FRESH TAKES

and, ultimately, the story we could tell our restaurant guests.

All that changed in 1983, when the Copper River salmon was recognized for its amazing omega-3 fattiness and, in turn, its flavor. The Copper River is 300 miles long, and it has many rapids. Salmon instinctively know to pack on the fat before undertaking their tortuous trek on this waterway. Their journey is a sacred one, heading upstream to spawn in the headwaters.

My love affair with salmon really picked up when the Alaska fishing industry started thinking outside the can. Former Alaska fisherman Jon Rowley convinced some of his Copper River colleagues to bypass the canneries and try their hand at selling their remarkable catch directly, fresh to the marketplace. The rest is history. Rowley's marketing prowess catapulted beautiful red-fleshed kings, sockeyes and cohos into the kitchens of



King salmon.

Seattle's best restaurants and, subsequently, across the country.

It was Rowley who first taught us chefs the importance of how these beauties had been caught, cleaned, iced and rushed to market. He emphasized how diminishing quality corresponded to the time they had been out of the water. At a time when canned salmon ruled and air freight was unquestionably too costly, rushing to get the fish to canning-processor plants and bulk-freezing operations was the norm. The rise of Copper River salmon, in my mind, created a brand around the fresh-fish market and increased the value of that market

for fishermen. This made it possible to afford air freight and helped the seafood industry tremendously.

My favorite way to cook these exceptional fish is to lightly steam fillets over aromatics. Leeks, orange peels, star anise, ginger and some Washington state Chardonnay make a great base. My goal is to cook the fish until it has a translucent core. Serve with brown rice, green onions and soy sauce.

As I sometimes have to remind people, including my chefs, this is such a remarkable fish that to respect its quality, you should just get out of the way and let the fish shine! 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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PERSONAL CONNECTIONS

Finding common ground, above ground

By Bridget Veltri



» When I was a preteen traveling to various places with my mom, there were a couple of times we ended up with seats that weren't near each other. I'll never forget the fellow passengers who graciously switched seats so that Mom and I could sit together.

On another occasion, in my excitement to be heading to Holland at age 24, I accidentally spilled my drink on the phone of the man seated next to me. He was traveling for business, and he was very kind. Instead of expressing annoyance at my *I Love Lucy*-type antics, he ordered me another drink (it's worth noting that his phone was fine).

I'll also always remember the tall passenger who offered to help 5-foot-2 me retrieve my luggage

from the way-over-my-head bin—thanks again, wherever you all are.

My journeys across the globe have caused me to realize that plane pleasantries are not only polite, they can lead to cordial connections in a world that sorely needs them. Something like a simple smile can make a difference in someone's day.

I happen to be inherently friendly—I've gotten to know my neighbors at home, so it's only natural that I befriend (if they are willing) the people sitting beside me on a plane, at least on a basic, "Hi, how's it going?" level.

I've found that finding common ground, while above ground, is fairly easy, and often offers a reward in addition to the frequent-flyer miles you're

» ON POINT VIEW

racking up while chatting. For starters, making an effort to connect could result in instant insider tips on what to see or where to eat once you reach your destination. On a flight to Boston for a friend's wedding, I commented on a guy's T-shirt that read, "Maine." Turns out his apparel represented his home state. When I said, "Hey, I'm driving up there from Boston in a few days," he recommended some great breweries and a lunch spot.

Airline connections might even lead to a deeper relationship. A friend of mine began dating a guy she met on a flight to Montana, and although their romance didn't last, it's possible that your seatmate could wind up being your soul mate.

Realizing how other flyers have helped me and brightened my day, I've looked for opportunities to do the same. On a flight to Utah, I played peek-a-boo as a successful attempt to de-fuss a 6-month-old seated two rows ahead of me. His parents, preschool-age sister and other passengers were appreciative.

When seated beside a stranger, you never really know who is next to you or what their story is. You know where they are going (at least presently), but have no idea where they've been. It's easy to provide a congenial greeting and then go from there—respecting their preference for privacy or engaging in conversation if they welcome it.



And knowing that even small gestures can make a difference in someone's day, keep in mind that if you didn't say "Hi" to your neighbors, you've still got time to wish them well when you say "Goodbye." ✈


Realizing how other flyers have helped me and brightened my day, I've looked for opportunities to do the same.


Bridget Veltri is a blogger for The Bold Italic: thebolditalic.com/@BVeltri.

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



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

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

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

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

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

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

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

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



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ESSENTIAL TRAVEL APPS

By Johnny Jet

» It seems everyone travels these days with a smartphone in hand every step of the way. I'm one of those people, and like most, I carry my phone not just for security reasons, to stay in touch and to take photos, but also to use apps that make my travels smoother.

I could easily list dozens of applications that I use every time I step away from my house, but we don't have the space or time for that. You would probably land before I could finish! Of course, there are the mainstream apps that are already incredibly popular. Some of them are **Google Maps**, **Instagram** and **Facebook**.

When we talk about innovation in travel, you can't leave out **Skype**, **Uber** and **Google Translate**. It's mind-boggling that I can pick up my phone and Skype someone for free as long as we both have Wi-Fi or a data connection. With Skype, there are also options to buy credit and make voice calls to landlines or friends who don't have Wi-Fi. This is something that my friends and I would fantasize about while growing up in the '70s and '80s ... and today it's real. The other interesting thing about Skype is that it's kind of changed the culture of travel: With constant connection, travelers are no longer alone, which is cool, but they're also less likely to interact with fellow voyagers, which means we run the risk of missing out on some unique travel experiences.

Google Translate has no doubt made it easier to visit a far-flung land. Thanks to this app, you can translate to and from 103 lan-



guages. The app also has a ridiculously cool function that allows you to translate signs or menus, using your phone's camera. Speaking of menus, one of my favorite apps to use in dark restaurants where you can barely read the menu is **MagLight+**. It turns your phone's camera into a magnifying glass and automatically turns on your light for improved visibility.

In the old days, I used to go to sleep with earplugs if I was in a noisy hotel or one with thin walls/doors. Now I go to sleep listening to a thunderstorm or summer rain by using the **RainSound** app. I sleep so much better, and if, heaven forbid, there was ever a fire alarm or intruder, I would still be able to hear them.

I rarely go on a trip without using **Uber** or **Waze**. Uber has made catching rides so much easier because you don't need to have local currency on hand, and you don't have to worry about not being able to communicate with your driver. It's all in the app. And if I'm in a taxi or renting a car, I always use the **Waze** app to make sure my driver isn't taking me the long way, or to help find alternative routes if we hit traffic. The negatives? Waze can sometimes take you on routes that might not be the safest or can make you take more turns than you would really like.

Another app I use every day when I travel is **Nest**. I have Nest cameras and our Nest thermostat connected to the app, so if I forget to turn off the air conditioner or I want to pop it on so the house is nice and cool when I return home, I can do it all from my phone. It also gives me peace of mind because it alerts me of any motion in the house.

The same goes for our **Ring** doorbell. Thanks to the Ring app, I know when packages are dropped off or if we have visitors. And with a simple push of the button within the app, I can communicate with the person who is at the door, whether I'm upstairs at home or by the pool in Bali.

There are a lot of apps to choose from, and if someone told me I could only have 10 on my phone, that would be hard. But you can bet the ones listed above would be in the running. How about you? What are your favorite travel apps? Let us know on Facebook (facebook.com/alaskaairlines) or Twitter (twitter.com/alaskaair). ✈

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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MY START AS A FREQUENT FLYER

By Scott Mackenzie

» I've been writing my travel blog for several years, and it continues to surprise my regular readers that I got my frequent-flyer start as a graduate student studying neurobiology. I had a research job that afforded me the time to travel whenever I wanted, so long as I made progress in my research. With that kind of schedule, I was always able to travel often and to pick the cheapest times to fly.

I'm the kind of guy who has an intense desire to understand how things work. While I was enjoying the journeys, I found that understanding airline ticketing systems made it easier for me to earn miles and achieve elite-flyer status on the cheap—which I leveraged into greater rewards. A new career was beginning to take shape.

As I looked into airline loyalty programs, I noted several different kinds. Some operate a type of rebate system in which rewards are linked directly to the money spent, but this didn't work well for me since I was trying to book cheap tickets. Another kind, which is used by Alaska Airlines, let me earn a mile for every mile flown. That was more appealing. I learned to use specialized search engines such as ITA Matrix to find the most inexpensive flights that traveled the longest distance: It's known as a "mileage run." (Hipmunk and Google Flights share some of the same features.) And as the miles accumulated, I also earned first-class upgrades, making long flights more comfortable.

I used mileage runs to visit family, to see old college friends and to take some of my first international trips. When a fare sale means that a flight to London costs the same as one to New York, who wouldn't prefer Europe? Watching for such opportunities made it easy for me to spend more time traveling. My sister and I jumped on a \$300 fare to Madrid and spent a month touring Spain, redeeming points for nicer hotels than our student budgets allowed. I used miles to surprise my wife with her first trip to Hawai'i, where I proposed at sunrise on the summit of Haleakalā. Our honeymoon—including first-class flights and a private villa in Bali—would have cost more than \$30,000 had we paid cash. With miles and points? Just a few hundred dollars in taxes.

Not everyone wants to be a frequent traveler, even if they want to receive the perks that come with it. However, anyone can learn to optimize their travel by reading blogs and participating in communities



such as FlyerTalk. One of the most valuable skills I learned is how to price my own tickets by combining published fares and flight inventory, usually using a subscription service called ExpertFlyer. This is called "fare construction" and is what websites such as alaskaair.com do now. Honestly, using the airline's search engine works well 99 percent of the time. By understanding how things work I have the certainty when I buy a ticket that there are no better options available.

Good background knowledge is also extremely helpful when booking award travel. The number of miles required and the rules of the loyalty program are freely available, so no subscription is needed. All I need to do is find the inventory of flights and piece the trip together. Often searching for individual flights and combining them is the best approach, especially for international travel. The price won't change as long as these flights satisfy the rules.

No one can make cheap flights magically appear, but if you do your own homework, you might find some enticing options. ✈

Scott Mackenzie is founder and editor of the loyalty-programs blog travelcodex.com.



FINANCIAL UPDATE

ADVERTISEMENT

BY SHANE BOEHM, SVP and Investment Services Director for HomeStreet Investment Services
shane.boehm@homestreet.com 206-264-4288

Simple Steps to Avoid a Retirement Crisis

In all my years as an investment advisor, I continue to be surprised by how many people are intimidated by the process of preparing for retirement. In 2016, Time Magazine published a report that stated that 1 in 3 Americans have yet to begin saving for retirement. Furthermore, a report in the Washington Post noted that 71% of Americans say they do not have enough saved to retire. But what is the root cause for this lack of preparedness?

My experience tells me that the reasons for not preparing for retirement run the gamut from not knowing who to trust to simply being scared of thinking about the future. Consumers also still fear another stock market collapse like the one we experienced in 2008, not knowing if the highs of today's market are a bubble waiting to burst. But there is a simpler reason for the lack of retirement savings: people are unwilling to sit down and actually plan what they want in the future.

Where do you want to live? Do you want to travel? Do you want to help your children and grandchildren through college? The only way to conquer your fear of the future is to prepare for it. Fortunately, no matter where you are in your professional career, a plan can be developed to help you reach your retirement goals.

Gone are the days when talking with an investment advisor was intimidating.

These days, retirement planning should begin with a simple conversation. HomeStreet Bank, like any customer-centric bank, has investment advisors available to assist you at your local branch. Your advisor should be able to answer all of your questions and educate you on all of the options available to meet your retirement goals. You should be comfortable with the concept that your advisor works for you; they are there to guide you through this process and put you at ease.

Here are a few other tips to keep in mind as you begin your retirement planning:

- 1. Do the simple things first.** If available, join your company's 401K retirement plan to the maximum amount that the company matches. In the investment industry, company matching is known as 'free money,' yet the number of employees that withhold the full amount of company matches is stunningly low. This is particularly true among younger, first-time employees who have the most to gain by starting early.
- 2. If you are self-employed, start a Roth IRA account.** Developed in 1989, the Roth IRA is a flexible retirement vehicle that uses pre-tax dollars. That means when you use that money in retirement, no tax will be withdrawn. Don't be fooled or influenced by political winds when considering



tax implications; put away as much pre-tax dollars as you can. You should know, however, that Roth IRAs limit the amount you can invest in a given year. In 2017, that amount is \$5,500 for those under 49 years of age. If you are over 50, the amount is \$6,500. Not everyone can contribute to a Roth IRA, so work with your advisor to understand if you are eligible.

- 3. Advocate for enhanced retirement options at your company.** Ask your human resources department to investigate if your company's 401K can be enhanced with a Roth IRA component. Alternatively, if you don't like your company's 401K plan, consider opening an IRA at your local bank. HomeStreet offers multiple IRA options through its retail bank and through HomeStreet Investment Services.

Planning for retirement shouldn't be intimidating. Don't be afraid to face the future—embrace it. It is important to find out which options will help you meet your retirement goals. A simple conversation with an advisor can lead to future financial preparedness. Financial investment options evolve, but advisors are always there to guide you through the process. With the help of an advisor fortifying your portfolio, your retirement years can be the best years of your life.

Shane Boehm is Senior Vice President and Investment Services Director for HomeStreet Investment Services.

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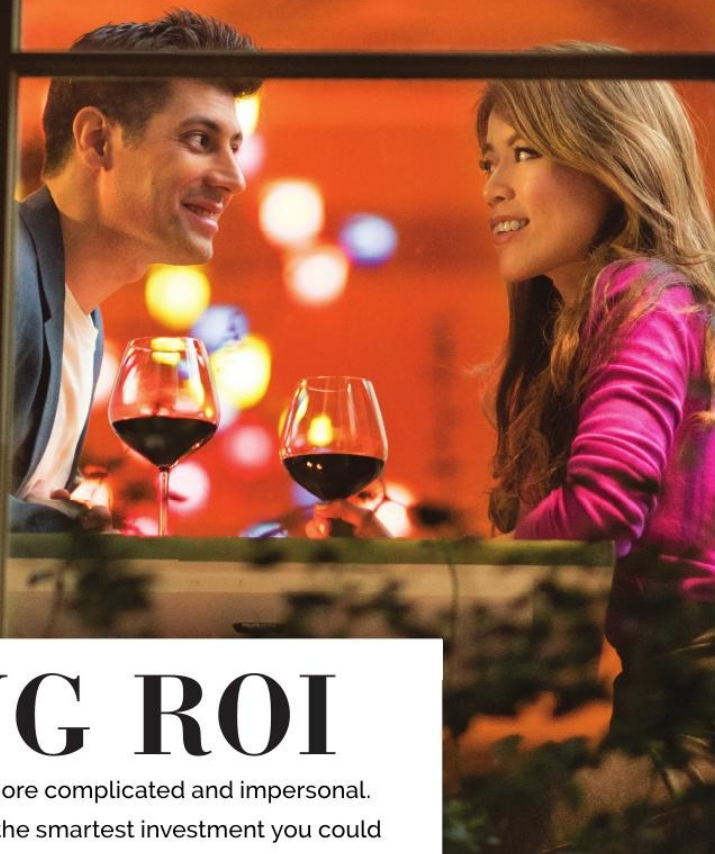
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jogging with dog

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 25 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**.

It's Just Lunch Matchmakers



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JULIE LOPEZ

DATING STATS:

30 MIN

or less. Time it takes a majority of singles to decide if they want to see a "first date" again.

2/3

Of singles prefer to date someone who works in another industry.

56%

Of singles prefer not to talk about work on a date.

4 OUT OF 5

Singles are open to a kiss on a first date.

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GLASS GLOWING

Once the sun sets, incandescent sculptures are lit from all angles and become glowing beacons of color. “Chihuly,” at the New York Botanical Garden through October 29, is a magical exhibit, night and day, featuring nearly 20 installations by famed artist Dale Chihuly. The exhibit includes new artworks emphasizing the garden’s water features as well as drawings that give insight into Chihuly’s creative process. The Tacoma, Washington, native’s art can also be found in Alaska Lounges in Seattle and Los Angeles airports. For more information, visit nybg.org.

—Kara Spencer



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MAKING AN IMPRESSION

» In *Nymphéas* (1916–1919), French painter Claude Monet (1840–1926) evokes lily pads floating on water that reflects nearby trees.

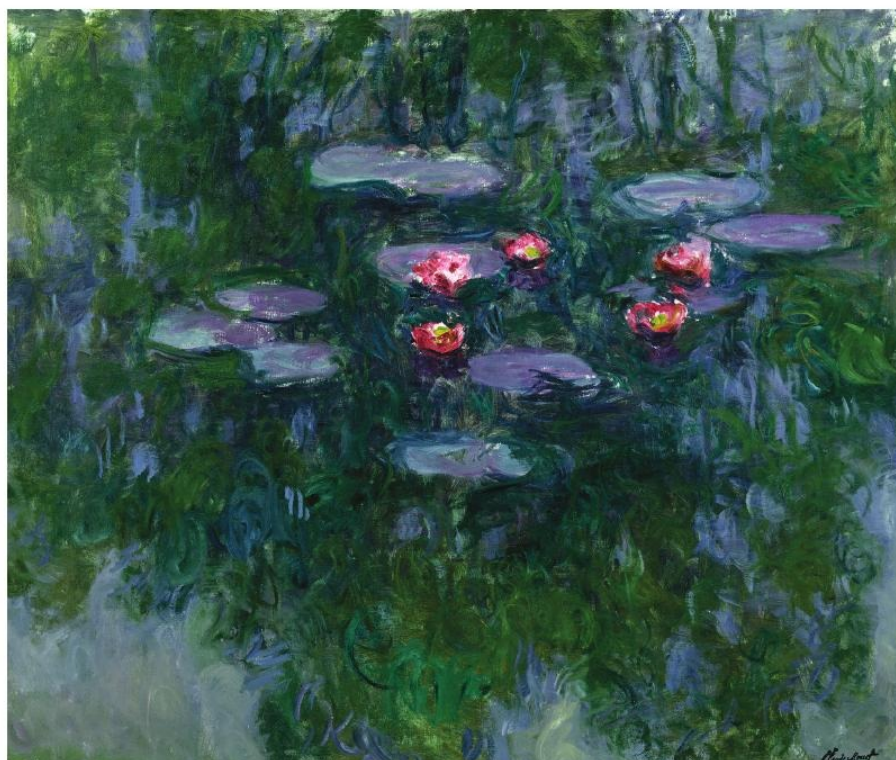
Through rapid brushstrokes, Monet, whose painting *Impression: Sunrise* (1872) gave name to Impressionism, conveys the way light constantly plays on the landscape.

Visitors to “Claude Monet’s Secret Garden,” June 24–October 1 at the Vancouver Art Gallery in British Columbia, can see firsthand the artist’s groundbreaking aesthetic approach.

The exhibit’s 38 works—which include five pieces from the “Water Lilies” series and span the length of Monet’s career—will showcase his use of color, perspective and light. Monet’s technique let him capture the essence of a scene, and shaped the course of modern art.

The paintings also represent the diversity of Monet’s work, from his depiction of 19th century life in his early figure studies to his experiments with light in his later landscapes.

A highlight of the exhibit is sure to be



the series of paintings Monet completed in his famous gardens in the French village of Giverny, where he lived from 1883 until his death. The Vancouver exhibit will be the only showing of “Claude Monet’s Secret Garden” in North America.

Visit vanartgallery.bc.ca for more information. —Rachel Lucas

» *Nymphéas*, part of Claude Monet’s famous “Water Lilies” series, will be one of 38 pieces on display at the Vancouver Art Gallery from June 24–October 1.



Michael Francis.

A MONTH OF MOZART

Listening 24 hours a day, nonstop, to all of Wolfgang Amadeus Mozart’s more than 600 works would take more than a week. Perhaps it makes sense then that the 29th Mainly Mozart Festival, running June 2–25 in San Diego, will take nearly a month exploring Mozart’s journey through music. Mozart’s work will be performed by some of the nation’s most distinguished musicians at eight venues across the city, including five concerts featuring the All-Star Festival Orchestra led by internationally known British conductor Michael Francis.

Mozart was a child prodigy, completing his first minuet at age 5 and mastering the piano, organ and violin at an early age. On that note, the Mainly Mozart Youth Orchestra, ages 3 to 23, will play on different days throughout the month.

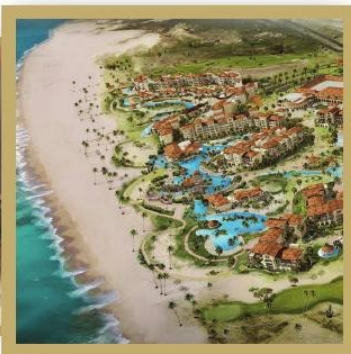
During the festival’s “Music & the Mind” seminar, June 9–11, international experts in neuroscience research will explore music’s role in psychological healing.

For more information, visit mainlymozart.org. —Kara Spencer



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WE COULD BE HEROES

» **Unleash your inner superhero** in the “Hall of Heroes” at Exploration Place in Wichita, Kansas, where guests can go beyond simply learning about their favorite heroes.

From May 20 through the end of the year, the interactive and immersive exhibit lets visitors create their own origin stories as they test their grip strength and balancing abilities, participate in memory and mind games, and race against the clock in speed and agility trials designed to unlock and test their special powers.

At the end of the exhibit, guests can use the palm-activated Identification Station to get sorted into one of the key superhero disciplines highlighted throughout the hall, from powers of the mind or body to mastery of gadgets or elements. The hall also features props, costumes and histories of heroes from the 1930s to the present day. Heroic installations include a life-size Ironman suit, a classic phone booth used for Superman’s speedy wardrobe changes, and a licensed half-replica of the Batmobile, shown above, built into a 24-foot re-creation of the 1966 TV show version of the Batcave. For travelers who need more than just a cape to fly, Alaska Airlines now offers nonstop service between Seattle and Wichita. Visit exploration.org/exhibits for more information on “Hall of Heroes.”

—Amanda Easter



“WIN” COUNTRY

Like a nice red wine, some athletes improve with age. At the Sonoma Wine Country Games, June 2–18, in Sonoma County, California, about 1,400 athletes ages 50-plus will compete in nearly 20 different sports, including pickleball and swimming. Put on by the Council on Aging Services for Seniors, the games promote healthy lifestyles, which can include sampling varietals at Sonoma County’s more than 425 wineries. Visit winecountrygames.com for more information. —Rachel Lucus



ROAD SHOW

If you drove it, you understood it. “Route 66: The Main Street Through St. Louis” at the Missouri History Museum in St. Louis, showing through July 16, explains how self-discovery and adventure were obtained by taking the slow road.

Also known as the “Mother Road,” Route 66 was an east-west highway running more than 2,400 miles across eight

states—including about 300 miles through Missouri—from Illinois to California. Often considered the Main Street of America, the road earned mystique as a place for personal journeys and chance encounters. Although the complete two-lane highway as built in 1926 no longer exists, visitors can still get their kicks as the exhibit steers them through features of the road, including a replica of a drive-in theater and real neon billboards that once led the way to roadside attractions.

A 12-minute video presents the sounds and sights of Route 66, including the gas pumps, road signs and other artifacts from the highway’s past. Visit mohistory.org for more information. —Kara Spencer



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FEELING CRABBY

Kodiak, Alaska, gets cracking as it celebrates its plentiful seafood resources during the Kodiak Crab Festival, which dates back to 1958. The festival, May 25–29 this year, is stocked with quirky competitions, including the Norm Holm Memorial Survival Suit Race in which competitors don their suits, race down the docks, dive into the harbor and swim to life rafts. Another event worth catching is the annual fish toss, which places slippery cod into the hands of two-person partnerships. After each successful toss, team members take one more step back. Activities help attendees work up an appetite for crab and festival-favorite Bruin Burger, a delicacy made of hamburger meat and gooey cheese wrapped in dough and deep-fried. For more, visit kodiakchamber.org. —Kara Spencer

NIGHT AT THE MUSEUM

The “Cheers! Art and Beer Tour,” offered every second Thursday of the month at the Indianapolis Museum of Art, begins with a sampling of beers from the award-winning Sun King Brewing. Then it continues with a docent-led tour of some of the museum’s best beverage-related pieces, including a silver pitcher and beaker set crafted by Paul Revere.

After the tasting and tour, guests board the bright green Indy Brew Bus and are shuttled to two additional breweries for more samplings from the city’s renowned beer makers. Onboard the converted school bus, a tour guide serves up answers and expertise about all things beer.

Starting May 11, hop on a nonstop Alaska Airlines flight between Seattle and Indianapolis. For more beer tour details, visit imamuseum.org/cheers. —Amanda Easter



PAINT THE TOWN

» In **Santa Barbara**, a Renaissance tradition lives on.

At “I Madonnari,” taking place May 27–29 this year, more than 150 artists will use chalk to color streets near the Santa Barbara Mission with designs ranging from 3-D portrayals of people, animals and landscapes to intensely colorful abstract works. The event started in 1987 as America’s first Italian street painting festival.

The tradition of Italian street painting dates back to the 16th century when traveling artists would collect coins by drawing dry pastel portraits of the Madonna (Virgin Mary) outside cathedrals. These artists became known as Madonnari.

In 1972, Grazie di Curtatone, Italy, east of Milan, revived the tradition by creating the Italian International Street Painting Competition, which served as the inspiration for “I Madonnari.” For more information, visit imadonnarifestival.com. —Rachel Lucas



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Tasting Kaua'i Food Tours.



The most popular item at Porky's cart is a pork sausage with k̄lua pork, pineapple and other toppings.



Nom Kauai's signature burger, The Nom.



Owner-chef Matthew Oliver shows off poke bowls at Makai Sushi.

KAUA'I'S EMERGING FOOD SCENE

By Will McGough

» **Restaurants on the Garden Island** are exploring Kaua'i's bounty like never before. Supported by a wealth of farms, Kaua'i's farm-to-table movement has led to a wave of foodie-driven, locally sourced restaurants.

Historically, Kaua'i has lagged behind other Hawaiian islands in culinary acclaim. The isle earned a reputation for blandness during its plantation era—with gummy white rice and fried beef stew as a dish of choice—and it carried this bad rap into the present decade.

However, says Marta Lane, founder of **Tasting Kaua'i Food Tours**, a new focus on ingredients from local farms, combined with an influx of chefs, saw things start to improve. By 2013, Lane had seen great growth in the industry, and she launched her tours to showcase emergent farms, chefs and restaurants.

This year, the food world also took notice. In January, Yelp released its "Top 100 Places to Eat for 2017," an annual ranking of U.S. restaurants based on online reviews. Three Kaua'i establishments made the list: **Porky's**, a hot-dog cart based in Waimea that specializes in juicy pineapple-pork sausage; **Makai Sushi**, a high-quality sushi bar in Po'ipū; and **Nom Kauai**, a breakfast-and-burger stand in Kapa'a lauded for using locally sourced meat.

Restaurants from high-end to humble are exploring Kaua'i's abundance. Recent fine-dining openings include Jean-Marie Josselin's **JO2 Natural Cuisine** in Kapa'a and Roy Yamaguchi's **Eating House 1849** in Kōloa. Yet the Yelp picks are down-to-earth food stands.

Thomas Fuquay, co-owner of Nom Kauai, believes it's time to push the boundaries and

OTHER ISLANDS' OPENINGS

- **Piggy Smalls**, Honolulu, O'ahu.
- **Humble Market Kitchen**, Wailea Beach Resort—Marriott; Wailea, Maui.
- **Senia**, Chinatown, Honolulu, O'ahu.
- **Ōhelo Cafe**, Volcano, Hawai'i Island.

get away from an era of Hawai'i cuisine that overdid it on coconut shrimp and macadamia-nut-encrusted fish.

"When I got here, I saw the abundance of fresh produce and fish and island-raised beef, only to find that every menu had sort of the same thing," Fuquay says of his arrival eight years ago. He is encouraged by the recent shift: "A lot of new chefs here are trying to do something different." ✈



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DAY 1

» We started off our time in Bend with a mellow hike to see Tumalo Falls.



No trail is too tough for professional mountain biker **Geoff Gulevich**. Residing in Vancouver, B.C., Geoff is an outdoor enthusiast who always travels with his fiancée, Brianna, and his GoPro. He recently rolled into Bend and posted these sweet shots. For more #WeekendWanderer posts, follow @alaskaair on Instagram.

blog.alaskaair.com

AROUND THE BEND

» **Bend, Oregon, was running** on young energy, and we couldn't get enough! We started our trip with a quick hike to Tumalo Falls to loosen up our legs, and kept it going from there.

On a day without a cloud in the sky, we took in the amazing vistas on Broken Top Trail. We continued the adventure by rafting the "Big Eddy Thriller" on the Deschutes River with Sun Country Tours.

Later, we made our way to Mount Bache-

lor to play some disc golf and check out the mountain-bike park.

On our last day, we created our own brewery tour—Bend has one of the highest breweries-per-capita rates in the country. Brianna and I wrapped up our journey with a flavorful dinner at 900 Wall, an upbeat restaurant in the heart of town.

What an action-packed weekend full of stunning views, delicious food and great rides. Cheers, Bend!

DAY 2

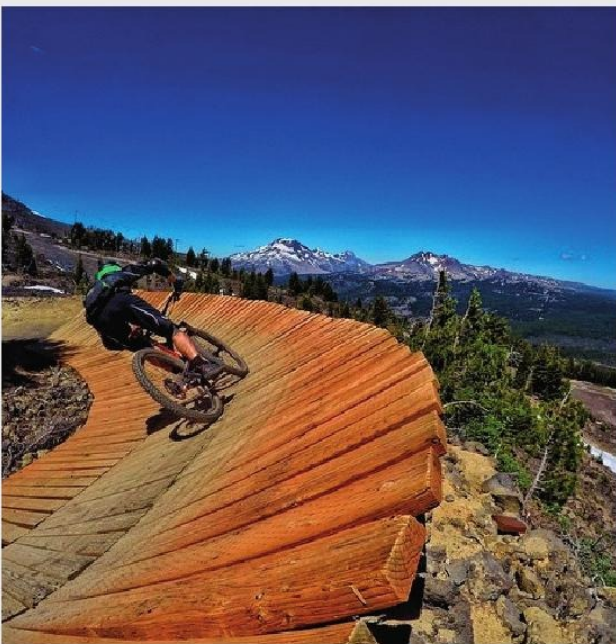


⤴ Hiking the Broken Top Trail was worth every step to the summit's glacial lake, with water so still, you could have mistaken it for a mirror.

» River rafting down the "Big Eddy Thriller" was a blast! Nothing to be nervous about, but it had enough screams and splashes to wake anyone up.



DAY 3



⤴ We had a full weekend of awesome adventure, but we could have spent the whole time lounging at Smith Rock State Park.

« It's easy to see what makes @mtbachelor a difficult bike park. Hard to focus on the trail when there are views like this grabbing your attention.

Thanks, Bend! We'll be back. See visitcentraloregon.com for more.

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ALONG THE SEAWALL

Much of Vancouver's waterfront can be covered on foot

By Eric Lucas

» The recreational path known as the **Vancouver Seawall** that sweeps around the perimeter of Vancouver's Stanley Park, and extends outside the park on each side, is one of the best-known seaside trails in North America. In total, the seawall constitutes 13.7 miles (22 km) of multiuse path along the scenic waterfront. A memorable urban promenade, it wends its way past several of the city's top attractions.

I like to start out walking the seawall near the south end of Denman Street, at **English Bay Beach Park**, where palm trees affirm Vancouver's mild marine climate. From here I head northwest to start a clockwise walk around **Stanley Park** (though bike traffic, especially, is routed counterclockwise).

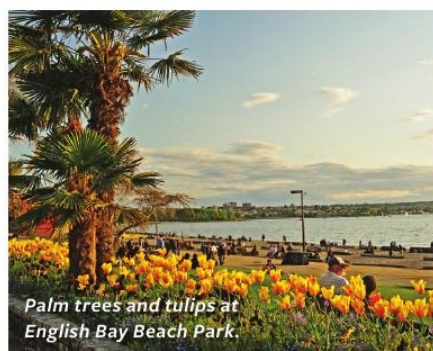
The lifework of stonemason James Cunningham is represented in the seawall portion around Stanley Park. He started his work in 1917 and supervised building the seawall until his death in 1963. The seawall around the park was finished in 1971.

Northwest of the Park Lane entrance, my favorite place to pause is **Third Beach**, a golden-sand strand frequented by swimmers in July and August; nearby is **The Teahouse in Stanley Park**, an elegant place to dine. About 500 yards north of Third Beach is scenic **Siwash Rock**, a sea stack that plays a part in First Nations legend.

After that, the path bends northeast and passes beneath the soaring **Lions Gate Bridge**. The route then trends southeast, and eventually passes **Variety Kids Water Park**, popular in summer, and the **Girl in a Wetsuit** statue on a shoreline rock. Near Brockton Point—Stanley Park's east end—is a famous collection of totem poles from around British Columbia. Inland from these



Totem poles in Stanley Park.



Palm trees and tulips at English Bay Beach Park.



Siwash Rock.

is the **Vancouver Aquarium**, one of the premier aquariums in North America. The path heads west from Brockton Point. After you pass the Vancouver Rowing Club, you can find the Lost Lagoon Path inland to complete a 5.6-mile loop of the park, or continue southeast to sail-topped **Canada Place**, which contains **Vancouver Convention Centre East** and "**FlyOver Canada**," a virtual-flight ride. End your jaunt along the waterfront in this area, with its exceptional urban attractions. ✈

VANCOUVER SEAWALL DETAILS

- The 5.6-mile Stanley Park loop takes an hour or so biking, two hours walking.
- The path is easily reachable on foot from most downtown hotels.
- The area near the park along Robson Street has many Asian restaurants—Japanese, Chinese, Thai and more.
- The seawall path winds southwest to Kitsilano Beach Park. A bike trail extends on to the University of British Columbia.

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A hiker nears the top of the Grouse Grind.

SUCH GREAT HEIGHTS

Adventures in the North Shore Mountains near Vancouver

By Peter Potterfield

» Anyone seeking a memorable hike near downtown Vancouver will likely end up in the North Shore Mountains. These six peaks rising above Burrard Inlet are at the south end of British Columbia's glacier-clad Coast Mountains, which run into Alaska and the Yukon in the north. The peaks close to town offer rich hiking opportunities replete with dense forests, alpine meadows and stunning views.

Perhaps the obvious choice is the famous and infamous **Grouse Grind**, an iconic hike that goes almost straight up the face of Grouse Mountain, with hardly a switchback

in 2,800 feet of elevation gain. Often called "Mother Nature's StairMaster," the roughly 2-mile route starts just 25 minutes from downtown. Stop nearly anyone in Vancouver to ask about their Grouse Grind experience, and they will give you an earful. Most hikers require two hours to climb it; the record is less than 30 minutes, set by athletes at a run.

While not your average day hike, this cult-classic climb is outrageous fun to accomplish, a true workout, and only part of a broader experience. Hikers are prohibited from walking down the trail, so once they're at the top of 3,700-foot Grouse Mountain, most people stroll along the ridgetop, or grab a beer or lunch at The Observatory restaurant, before taking The Skyride, Grouse's impressive aerial tram, downhill. If you prefer to forgo the aerobic exertions, take the tram up as well as down; you'll still have a great time—and experience astonishing views.

HIKING DETAILS

North Shore Mountain trails may be passable May to November, but a snowy spring can push the season back. Check trail conditions in advance. Learn more about Grouse Mountain at grousemountain.com and about Lynn Headwaters Regional Park at metrovanvancouver.org.

Hikers seeking a more traditional day hike can try the trail up 3,021-foot-tall **Lynn Peak**. This 5-mile round-trip route gains 2,365 feet, passing through majestic forest and over rocky alpine terrain to a ridgetop with views of Vancouver, Grouse and Seymour mountains, and, on a clear day, even the United States. The trailhead is about a half-hour drive from downtown Vancouver, near the parking lot at Lynn Headwaters Regional Park, which can be accessed by public transportation. ✈



HOME OF LIBERTY

Philadelphia tells the story of our nation's fight for independence

By Samantha Drake

» **Experience the drama** of a war battlefield, examine one of the best collections of period weapons in the country, and observe General George Washington's actual sleeping and office tent at the Museum of the American Revolution, which opened its doors in Philadelphia last month.

By using interactive technology, the museum's extensive collection of artifacts comes alive, giving a deeper sense of the challenges

faced by our founding fathers on the road to independence. It discusses the setbacks and triumphs of this war and explains many aspects of the nation's history before and after the Revolutionary period.

The museum is just the latest attraction in Philadelphia's Historic District, which is filled with fascinating places that tell the story of the creation of the United States.

One starting point for exploring this area is



original draft of the Constitution.

Close by is the Liberty Bell Center, which houses the bell and a museum exploring its significance. Historically, there were actually two bells. The one famous today was cast in 1753 and cracked soon after it was installed. The bell became a symbol of freedom during the Revolutionary War and then later, among those working to end slavery. Exhibits include the history of the 2,080-pound bell's crack, along with X-ray views of the defect and the bell's inner workings.

At the mall's north end is the National Constitution Center, the only museum in the country dedicated to the historic document. The center has exhibits that help bring the Constitution to life, including *Freedom Rising*, a multimedia theater-in-the-round experience that retired Supreme Court Justice Sandra Day O'Connor has called "the best 17-minute civics lesson in the country."

Only a few blocks from the park, you'll find the Museum of the American Revolution and a variety of galleries and historic sites, including the United States Mint, which offers a free self-guided tour. There is also the Betsy Ross

» *The new Museum of the American Revolution, left, is an exciting addition to Philadelphia's Historic District. The Liberty Bell, above, is an icon of the American Revolutionary War.*

House, home of the woman who sewed the nation's first flag. An exhibit called "Historic Threads: 250 Years of Flag Making in Philadelphia" explores the city's flag-making history, from Ross' 1777 creation to the presidential flags still hand-sewn today. Near the Delaware River is Elfreth's Alley, one of the oldest continuously inhabited city streets in the United States. It offers a picturesque glimpse into the city's working-class colonial past.

Also located here is the Christ Church Burial Ground, where adopted son Benjamin Franklin is laid to rest, and the Benjamin Franklin Museum, celebrating the life and legacy of one of the Founding Fathers. The museum features interactive displays and collections that illustrate Franklin's wide-ranging work as an inventor, printer, diplomat and public servant. ✈

Independence National Historical Park, which is located in the heart of Philadelphia. The park includes the must-see landmarks of Independence Hall and the Liberty Bell Center, both located at the south end of the park's Independence Mall. Literally the birthplace of the United States, the hall showcases the room where both the Declaration of Independence and the U.S. Constitution were signed. Its collection of artifacts includes an

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A tender, flavorful ribeye with garlic and thyme is one of the sumptuous sous vide dishes you can make at home.



SUPPER SOUS VIDE

By Megan Hill

» Thanks to a rising technology, home chefs are discovering there's more than one way to cook a steak. **Sous vide**, French for "under vacuum," is an increasingly popular technique that involves sealing food in a plastic bag (or, in some cases, a canning jar) and immersing it in a water bath that cooks the contents at a precise temperature. The method also helps seal in moisture and flavor, and cooks food evenly.

"Sous vide eliminates the need to time cooking perfectly, so the food always comes out just how you like it," says Chris Young, co-founder and CEO of Seattle-based food and technology company ChefSteps. "And, for the adventurous and frugal cooks, sous vide makes it possible to take tough, less-popular cuts of meat and transform them into remarkable meals."

Based in the city's famous Pike Place

Market, ChefSteps concentrates mainly on recipe development and online classes, but also recently produced an at-home sous vide machine called Joule. The machine makes the process approachable for the amateur chef.

Sous vide has gained popularity around the country. In Charleston, South Carolina, chef Marc Collins uses sous vide at fine-dining restaurant Circa 1886. Collins has seen the rise of the technique in other restaurants and, with growing at-home use, the increasing understanding of it among his diners.

Collins likes the "set it and forget it" aspect, which allows him to package a pork belly or duck confit and let it cook for eight to 24 hours at a precise temperature. He can also tweak the timing, experimenting with results. "Sous vide allows us to play around with the final product, giving us different nuances on the plate," he says. "It works wonders." ✈

PERFECT PORK CHOPS

Timing: 1 hour 15 minutes

Yield: 2-4 servings

Ingredients:

2-4 pork chops, 1 in. thick each
Salt, as needed
Pepper, as needed
Olive oil, as needed

Equipment:

Joule or other sous vide machine
Ziploc-style bag, 1 gallon

Directions:

Heat sous-vide machine to 144 F / 62 C. Season chops generously with salt and pepper. Transfer to the bag and add a glug of oil. Remove air from bag and seal. Cook 1 hour. Remove cooked chops from the bag and pat dry with a paper towel. Coat a skillet with oil and heat on high. When pan is very hot, add chops. Sear 1 minute per side. Serve immediately. *Recipe provided by ChefSteps.*

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TECHNOLOGY ON TAP

By Ben Raker

» One of the things I enjoy about homebrewing is being able to approximate beers I can't easily try locally. Short of traveling to the source for a new brew, making something like it at home can be the next best thing. The trouble is, homebrewing always takes effort.

A few recently released devices aim to reduce the work. Among the most beginner-friendly is the Pico by PicoBrew. The Pico (\$799; a cheaper, simpler version is expected this fall) works like an espresso machine, taking raw ingredients and producing a freshly brewed beverage. This automated, Wi-Fi-connected appliance streamlines the homebrewing process and comes with kegs and accessories to prepare 5 liters (about 1.3 gallons) per batch. Bonuses: The Pico has a sous vide adapter; an adapter for distilling oils and other liquids is also forthcoming.

The ingredients for each beer come in a PicoPak—a segmented, biodegradable tray prepacked with grains and hops (yeast is packed separately). Users visit the PicoBrew website to order from a variety of PicoPaks—many of them licensed by craft breweries from around the country. You might try Stingray IPA from San Diego's Coronado Brewing Co. or Renaissance Wit from Harlem Brewing in New York. Or you can customize a PicoPak, within certain parameters.

When I tested the Pico, I chose Dead Guy Ale, created by Rogue Ales in Oregon in the fashion of a German *maibock*—a malty style enjoyed in May. Despite my initial concern at the Pico's number of parts and lengthy user manual, setup and brewing went smoothly. After a short rinse cycle, I added water to the Pico and put in a PicoPak. The machine recog-

nized an RFID tag on the pack, and really did take the brewing from there. Eventually, I left to do other things and returned after the approximately 2.5-hour brewing process. At the end, the beer was in the fermenting keg.

One thing the Pico can't eliminate is fermentation time. I added yeast after the keg cooled and fermented the beer for 10 days (a week may have worked). Carbonation took another day. Another still-necessary step is cleanup. Bottom line: The process isn't work-free. But it is simpler than traditional homebrewing. Plus, it's fun to watch the Pico work.

And the ale I brewed turned out well. Most tasters could tell the machine-made from the commercial Dead Guy Ale—but everyone enjoyed both. Next, I'll sample a style I can't find in Seattle ... and let the machine enable a tech-enhanced form of beer tourism. ✕

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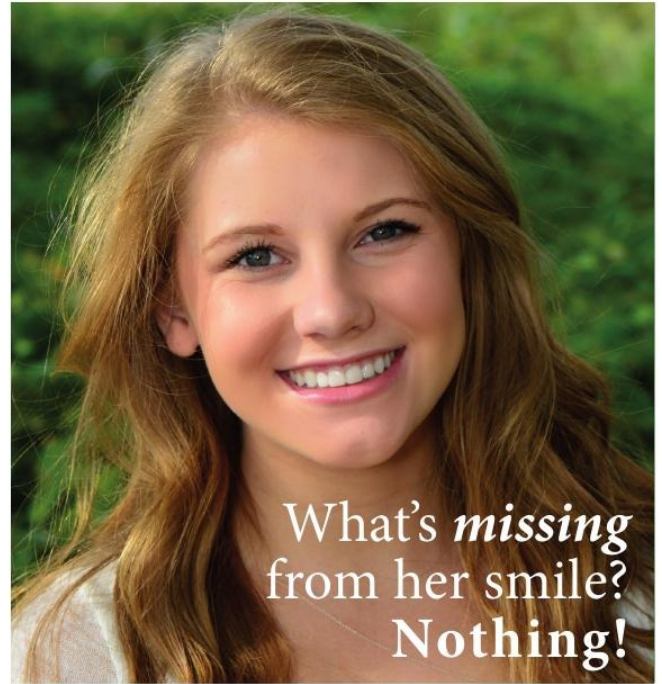
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"Dr. Keller changed my life!"

- Jordan

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RUN THE WORLD

Add a little spring in your step with running gear for the season

By Andrea Thomas

» Many runners agree that going for a jog is one of the most fun and healthy ways to explore new areas while traveling. And with warmer weather and lengthening days, spring is an excellent time to take to the streets and trails. Find your stride and discover new sights in this innovative running gear, which is designed to look great and perform even better.



A yoga pant-inspired wide waistband enhances streamlined running shorts in the **Roga Short by Oiselle**. This hybrid creates a no-pinch, flattering and comfortable fit. The built-in briefs stay put while you're in motion (\$48; oiselle.com).

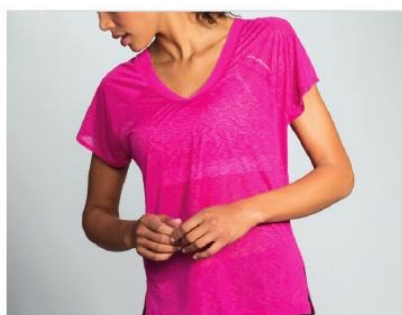


The new **Balega Silver** no-show socks encapsulate silver ions in moisture-wicking yarn to prevent growth of fungi and bacteria—and their associated odors. In addition to contributing to fresher feet and shoes, the socks are constructed for a snug, supportive fit around the heel and arch without being tight in the toes (\$15; balega.com).



If runs lead you to rugged terrain, find your footing in **Salming Elements trail shoes**. The nubby, durable rubber soles grip muddy, uneven and wet surfaces for traction on any terrain (\$150; salming.com).

Spring showers shake off with the **Columbia Montrail OutDry Ex Light Shell**. This featherweight, breathable waterproof jacket disperses moisture across its surface for faster evaporation. The hood, cuffs and hem can be adjusted for your perfect fit, and it's reflective for predawn runs (\$200; columbia.com).



You won't be haunted by heat in **Brooks Sports' Ghost Short Sleeve Running Shirt**. Its featherweight, wicking, soft fabric and relaxed fit keep air flowing around your skin for fast, continuous drying. The women's model features a semi-sheer heather pattern in bright shades. Men's styles come in a range of solid colors or a graded graphic pattern (\$45–\$50; brooksrunning.com).

The **Saucony Freedom ISO** may be the next best thing to running in custom-made shoes. An extra cushioning layer close to your soles is designed to allow the energy you put into each step to be better recovered during rebound, helping legs feel strong for miles. A lightweight but supportive mesh upper adapts to the shape and motion of each runner's foot (\$160; saucony.com).



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Frank Lampard's disallowed goal during a 2010 World Cup match was the impetus for soccer to embrace new goal-line technology.

AN EYE ON THE ACTION

By Jeff Layton

» **Frank Lampard's uncounted goal** during the 2010 FIFA World Cup match between England and Germany would end up changing international soccer forever.

The England midfielder's kick hit the upper crossbar of the goal post and crossed the goal line before bouncing out. However, game officials didn't count the shot as a goal and they allowed play to continue.

Germany won the game 4-1, but the egregious gaffe became the impetus for change, convincing FIFA, the World Cup's governing body, to finally embrace goal-line technology.

Today, the technology is used in many soccer leagues, including FIFA tournaments and The Champions League in Europe. Two main methods are used, including magnetic

field systems, with cables running around the frame of the goal and buried under the goal-line turf to read a sensor hidden within the ball. When a shot breaks the goal's magnetic field, a signal is sent to the referee's watch. Another method is the Hawk-Eye tracking system, which uses up to seven cameras trained on each goal to create a visual triangulation to detect scores.

Using technology to more accurately call a game is a growing trend among most sports. An early example of such technology was in 1980 when tennis introduced the use of Cyclops, an electronic line judge that used infrared horizontal beams to determine whether a serve was in or out. In 2002, tennis introduced the Hawk-Eye system that is now

used in soccer. The NBA and the NHL employ similar technologies in their leagues.

The NFL first adopted instant replay as a tool for referees in 1986. NFL broadcasters are now experimenting with placing cameras inside the foam goal-line markers. The tiny cameras have captured terrific footage of players leaping for touchdowns, and they've also been useful when reviewing plays.

One of the latest adopters of new technology has been baseball, which started using instant replay only in 2008 to challenge certain types of umpire calls.

The technology exists for computers to call balls and strikes. However, purists of the game and the umpire's union are likely to resist this idea for many years to come. ✕

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OUTLIERS

Some vehicles defy classification

By Bengt Halvorson

» **Bucking convention** and showing new combinations of styling, form or function, niche models don't have to be sales successes to be successful in their missions. The payout for a niche nameplate probably won't come from the sales of that model itself but from what the model cultivates: brand visibility and reputation. When your head gets turned by a brand's more extroverted messenger—or its models that appeal to enthusiasts in the know—you might be more likely to check out what else that brand has to offer.

Not every vehicle fits into an existing competitive set, and that's definitely a good thing. Here are a few such outliers.

Range Rover Evoque Convertible

The Evoque Convertible isn't the only SUV that's a convertible—the Jeep Wrangler is probably the most ubiquitous example—but the Evoque is one of the most unusual (and stylish). It already fits well in the city, as it has perky performance and the parking footprint of a subcompact sedan. Even with its power-folding top tucked away, there's enough cargo space for a weekend trip. The luxury brand is also calling the Evoque “a convertible for all seasons,” and boasts that it can still tackle off-road trails or deep snow, ford small streams and churn through sand.



Tesla Model X

The Model X devotes its most exotic feature—if you don't count the all-electric powertrain—to backseat passengers. The Falcon Wing doors are double-jointed versions of what are termed “gull-wing” doors in some other sports cars—hinged near the middle of the roof, motorized, and equipped with a suite of sensors to let them operate gracefully in tight spaces.

Reviews are definitely split on whether they're worth the complexity, but to some, having a lightning-quick SUV that can spread its wings and draw a crowd is worth this model's six-digit price tag in its best-equipped versions.



Chevrolet SS

“Sleepers” are vehicles that pass by unnoticed but actually have tremendous performance capabilities. The Chevrolet SS is the epitome of that. On the outside, it's an ordinary four-door sedan that all but savvy car enthusiasts might mistake for a rental car.

Rear-wheel drive, magnetic ride control, strong Brembo brakes and sport-sedan roots assure this is different, though—and that's even before considering that under the hood is the big 415-hp, 6.2-liter V-8 used by the previous-generation Chevy Corvette and Camaro. The outlier SS is a remnant of a bygone era when unassuming sedans packed outrageous firepower.



Volvo S60 Cross Country

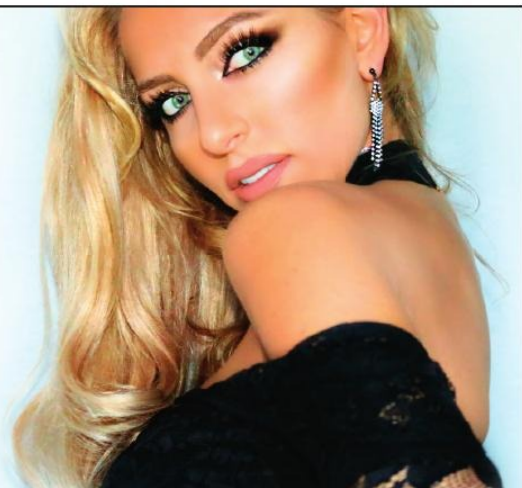
As a sedan in physical form imbued with the driving capabilities of an SUV, the Volvo S60 Cross Country is in a class of one.

There have been a few attempts at this before: Subaru added a sedan counterpart, called the SUS (sport-utility sedan), to its strong-selling Outback wagon some years ago, and you might remember the AMC Eagle sedan. But none of those quite caught on, and today the off-road-capable sedan is one that remains a niche among niches. At a time when SUVs are selling better than ever and many households are abandoning their sedans for them, Volvo is looking to find success off the main trail. ✕

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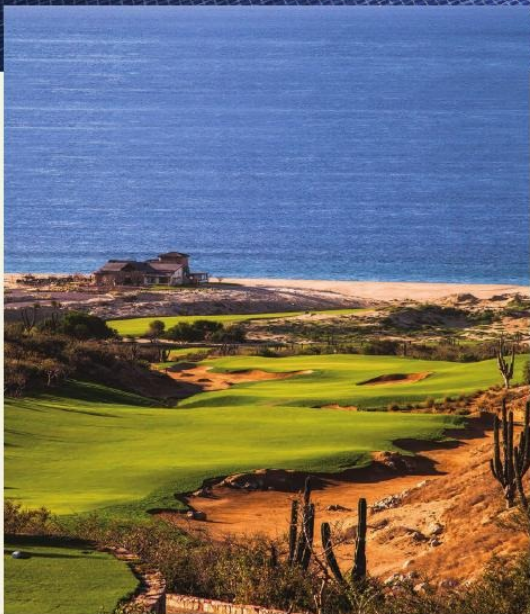
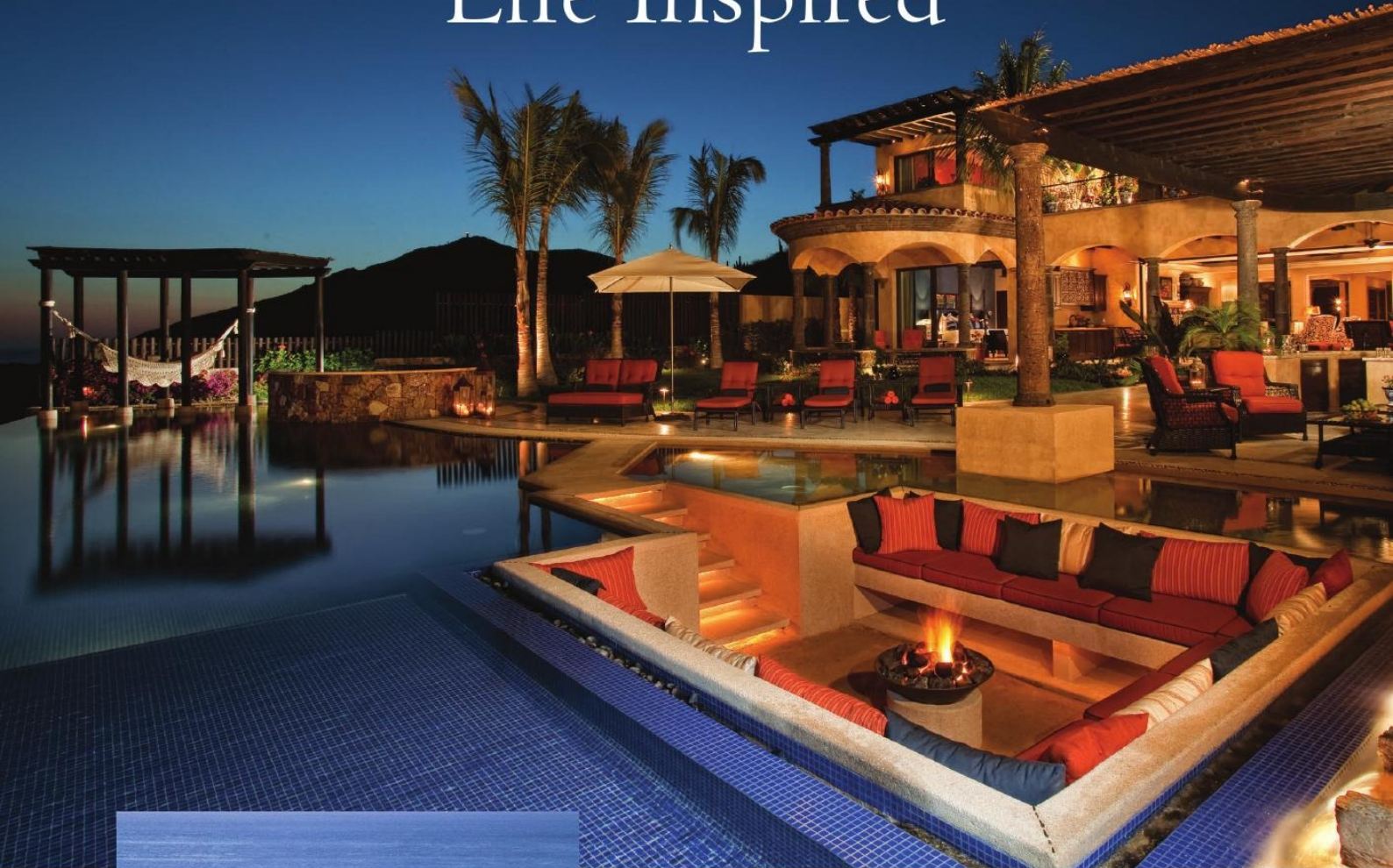
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After winning three World Series championships since 2010, and continuing to set attendance records at iconic AT&T Park, the San Francisco Giants might be satisfied to just let things roll. But that's not how President and CEO Larry Baer's mind works. "We have to keep innovating," Baer says. "We have an intensity to succeed."

As the ink dried on the Giants' new free-agent signings for this season, Baer was also leading the Giants' business team in several initiatives intended to lift the franchise to greater excellence off the field. The team's Ballpark Pass experiment seeks to attract a new segment of spectators, while the Junior Giants community program develops a new generation of fans. And, just outside the stadium, the hugely ambitious multibillion-dollar Mission Rock real estate development led by the team is what baseball announcers might call "a whole new ballgame." Such projects are emblematic of a visionary leader who never stops striving to improve on an already wildly successful baseball experience.

A HISTORY WITH THE GAME

Sitting in a conference room in the Giants corporate offices within AT&T Park, and wearing his massive, diamond-encrusted 2014 World Series championship ring, Baer is far from his beginnings in the sports world. In 1977 he began doing play-by-play as a UC Berkeley student working for the university radio station. Even then, Baer showed deal-making initiative. He called Oakland A's owner Charles O. Finley directly, appealing to his sense of civic responsibility to negotiate rights for the student station to broadcast games from the 1978 A's season for a total of \$0.

Bay Area baseball was different in the late 1970s. The A's were coming off three recent World Series Championships, while the mediocre Giants played before what





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seemed like mostly gulls at the remote, chilly, windswept Candlestick Park across the bay. For four consecutive seasons, the Giants ranked dead last in the league for attendance. One bleak game in 1974 attracted only 748 paying customers.

Graduating from Berkeley in 1980, with Phi Beta Kappa honors and a degree in political science, Baer might have seemed destined for a law firm or government agency. But he had grown up as a baseball fan, aspiring first to be a player and then a broadcaster. He followed his passion for the game and signed on with the Giants as their director of marketing, trying to lure people to Candlestick with slogans such as, “Take a Giant Step and Go!”

Baer became intrigued by the intersection of sports, business and entertainment, and he decided to leave the team after three years to pursue an MBA at Harvard and a career in the broadcasting industry. Eventually he became the assistant to the CEO of CBS, Laurence Tisch—a “fascinating guy, a billionaire, a philanthropist, and someone who foresaw the changing nature of the industry,” Baer says. Tisch’s ability to innovate across multiple entertainment platforms inspired Baer and continues to influence his vision for the Giants.

One day in 1992, Baer’s life took a turn. While working in New York, Baer heard the disturbing news that the Giants were planning to move to Florida to play for a new owner.

“As a fourth-generation San Franciscan who had grown up going to Giants games, it was just incomprehensible to me that they’d leave,” Baer says. “Once you lose a team, you rarely, if ever, get it back.”

Baer took the bold step of trying to assemble a group of San Francisco investors to buy the team and keep it in town. He started with contacts from his Giants marketing days, including Peter Magowan, chairman of the Safeway supermarket chain and a member of the Giants’ board of directors. Baer talked Magowan into making the initial investment, and the two of them found another six core investors who were good matches not only for the team, but also for one another. “We looked for investors who felt that keeping the team here was their civic duty. We couldn’t promise near-term profits. The Giants were losing \$12 million to \$15 million a year.”

Within the year, the group’s \$100 million offer for the team was accepted. Magowan was named managing general partner, and he asked Baer to join the Giants as executive vice president.

“The good news was that we bought the team; the bad news



MIKULECKY / S.F. GIANTS

● Under Larry Baer’s leadership, the San Francisco Giants have created a ballpark experience with varied entertainment that appeals to a broad spectrum of die-hard and casual fans.

was ... that we bought the team,” Baer recalls one investor saying. “We had a very real and impending risk of total business failure.” The team was losing fans, losing money and losing interest in the decrepit Candlestick Park.

A NEW HOME

“Our first challenge was Candlestick,” Baer recalls. “It was an unpleasant place to go see a game. So our first slogan was, ‘Shut up and play ball.’ We wanted people to focus on the team first, not the stadium.”

Baer’s team needed to create what he calls “operating credibility.” During the 1992 offseason, the organization elected to go deeper into debt, signing defending National League MVP Barry Bonds to a huge free-agent contract. The payoff was nearly immediate. In 1993, the Giants won 103 games (nearing a franchise record), making them a legitimate team to watch. Serious baseball fans took note.

But the Giants were losing money nearly as fast as Bonds was hitting home runs—\$110 million in operating deficit in the first seven years after the purchase, Baer

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says. Casual fans weren't showing up to Candlestick in the numbers needed to make the business work. "We needed a new stadium to survive," he says.

Giants ownership wanted to build a stadium with a unique, old-school feel, with clean sightlines to the field. They sought a downtown destination near neighborhood bars and restaurants, with public-transit access and bicycle lots. They wanted fans to feel that they were part of San Francisco.

The challenge was finding \$350 million to pay for it: Voters had already denied public funding four times. But with the Giants' newfound credibility, the team was able to secure bank loans. It launched a program to generate upfront revenue from naming rights and sponsorships, and from the relatively new concept of "personal seat licenses," in which fans pay a fee for lifetime rights to season tickets.

With funding secured, Baer had the park designed to include a "carnival" of entertainment for even casual fans—with a fuzzy-seal mascot, bobblehead giveaways, and high-tech scoreboard features and replays. It has a huge kids' slide and mini baseball diamond, and a full-size, bell-ringing cable car. Baer refers to the park's "offbeat" nature, shown in everything from Dungeness



● In 2014, the Giants celebrated their third World Series Championship of the decade, having also claimed the title in 2010 and 2012.

crab sandwiches at concessions to promotions such as Grateful Dead Tribute Night, and from a free viewing area behind the right-field fence to the kayakers who paddle after home-run balls hit out of the park and into the bay.

The Giants' new stadium—first called Pacific Bell Park and then SBC Park before becoming AT&T Park in 2006—

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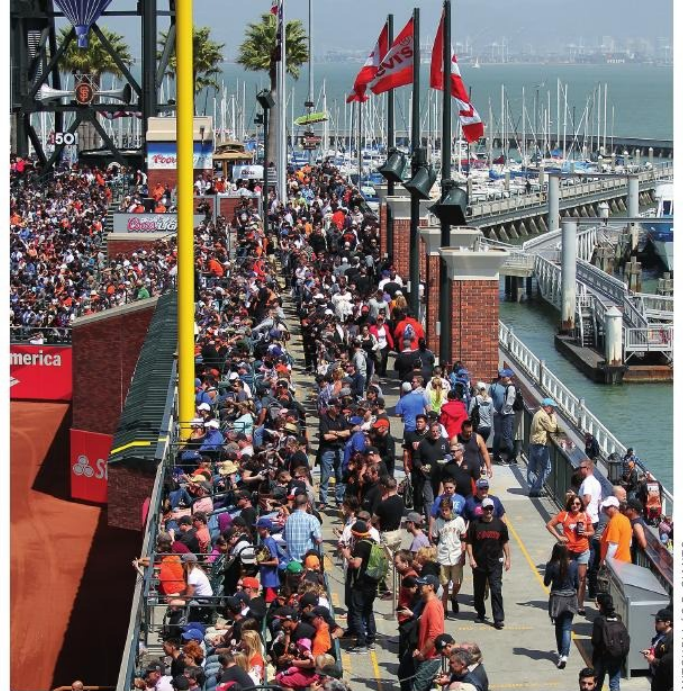
opened to massive fanfare in 2000, setting a single-season attendance record of 3.2 million, a more than 50 percent increase over the prior year in the larger Candlestick Park, and a world away from the 500,000 attending per season in the mid-1970s.

While the new stadium was a success, Baer knew the enthusiasm wouldn't necessarily last. He had seen attendance related to new stadiums in Baltimore, Denver and other cities drop precipitously after the "honeymoon" period of the first couple of years. Thus was born Baer's mantra, "Defeat the Honeymoon."

The Giants needed to keep the passion alive. Baer resolved to focus on customer service, catering to both casual and die-hard fans. He knew he had to continue to provide a quality on-field product, as well, and sought to hire top people to run player operations, giving them the space to make their own decisions.

As CEO, Baer authorizes the player contracts, which totaled an incredible \$360 million in guaranteed money committed in the busy offseason of 2015. "I have a lot of small heart attacks signing these," he jokes. "But it's a well-thought-out process with our investors and our management team selecting players not only for their skills, but for their team-oriented character."

This strategy has, of course, paid off fabulously, with World



MITCHELL/S.F. GIANTS

● AT&T Park has endearing features such as Levi's Landing, above the right-field wall, where fans watch home runs soar overhead into the bay.

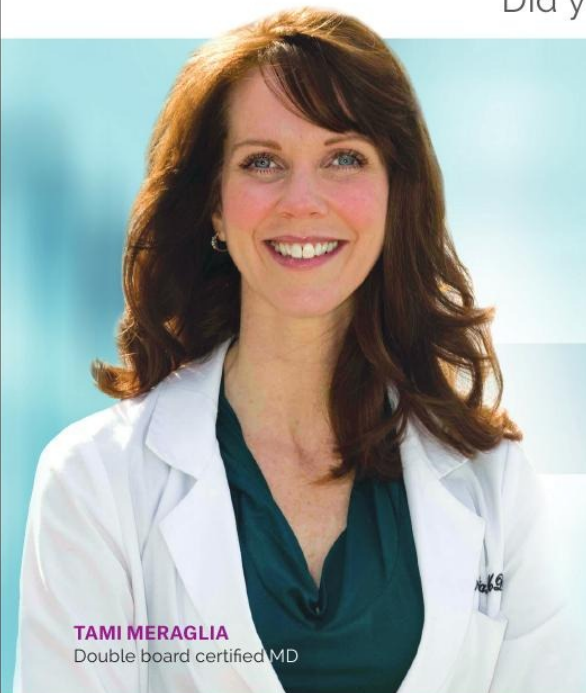
Series wins for the Giants in 2010, 2012 and 2014.

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that are used in the sports business.

The Giants were also one of the first teams to adopt the secondary market for ticketing. Starting in the year 2000 and with the opening of the new ballpark, a team-managed electronic resale system allowed all-important season-ticket holders to purchase an 81-game package, knowing they could resell the tickets. For 18 years, the Giants' full season-ticket count has remained constant at about 30,000.

The Giants have enjoyed success on and off the field since moving to AT&T Park, yet they also face consistent new challenges: Their local fan base is changing. Modern fans are increasingly technology-oriented, accustomed to fast, online stimuli. It can be a challenge to get them to watch a game that can last more than three hours.

This season, Baer and the Giants continue to innovate with pilot programs such as the "+1 Ballpark Pass," a 13-game standing-room-only two-ticket package for \$99. It's aimed at millennials working nontraditional hours at nearby tech companies—casual fans who might want to visit the park for an hour to grab a beer and socialize. The team hopes they'll get hooked on the game and maybe even purchase season tickets some day. The first month of the program sold out before the season began.

Baer, who is married with four kids, cites the Junior Giants program as another important initiative. Any organization can give money to local groups, but Baer also considers how these programs align with the team's overall business strategy. Junior Giants supports 25,000 kids in youth leagues, with a focus on underprivileged neighborhoods, building new ballfields, supplying equipment and holding skills clinics. This is a great

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civic service, and it makes sense for business. “The single biggest factor for a person to become a baseball fan is whether they played the game as a kid,” Baer says. “We’re helping to create another generation of baseball fans—hopefully Giants fans.”

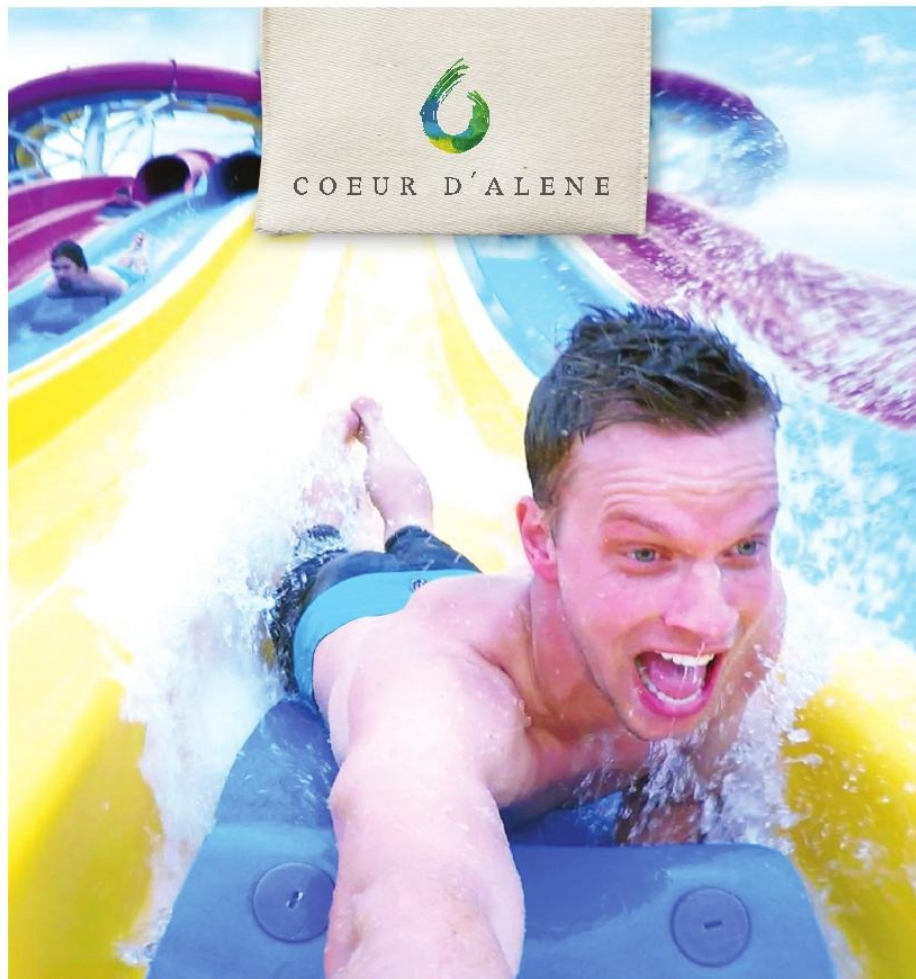
EXTENDING THE FAMILY

When some baseball-team owners say they will “build a community” of fans, they might start a new cheering section at the ballpark. When Baer says it, he means that the Giants are literally going to build a community around the stadium.

The Giants’ new \$2.5 billion Mission Rock real estate project (which Baer leads) is slated to include 1,500 residential units, a new Anchor Brewing facility, and an array of retail stores, restaurants, parks and other attractions—all in a “curated” neighborhood experience just south of the stadium. Mission Rock, breaking ground in 2018, is designed to make the area around the stadium even more of a destination for baseball fans as well as casual visitors.

For future generations growing up with the stadium in their backyard, and for visitors coming to stroll the parks and see a game, Larry Baer is helping ensure that the Giants’ success story in San Francisco will continue for years to come. On-field, the team continues to be a perennial contender. And that initial \$100 million investment Baer gathered? The franchise is now valued at well over \$2 billion, with expectations for plenty of good days ahead—for players, for owners, for fans and for the greater community. ✈

Writer Bill Fink has attended Giants games since their Candlestick days. Virgin America is the official airline of the San Francisco Giants.



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PRINCELY TWIN CITIES

Minneapolis and St. Paul
celebrate a legendary native son

By Berit Thorkelson

» Prince was a beloved musical star who was larger than life to his fans, especially those living in his hometown of Minneapolis and nearby St. Paul.

The Purple One's memory continues to be celebrated in the Twin Cities more than a year after his April 21, 2016, passing at the age of 57. On that day thousands of his fans gathered outside of First Avenue, the legendary Minneapolis music club where a young Prince rocketed to fame in the early 1980s and later filmed scenes for his motion picture *Purple Rain*. Crowd members gave away purple flowers and balloons, raspberry-colored berets and little red

Corvettes, to celebrate famous Prince hits. The street outside the club developed into an all-night dance party, making the downtown resemble New York's Times Square on New Year's Eve. Twin City bridges and buildings were lit with purple lights, and city officials programmed the Minneapolis City Hall bell tower to play Prince songs.

Later, there were tribute concerts, and Minneapolis and St. Paul mayors declared a Prince Day. The NHL's Minnesota Wild changed their goal song to *Let's Go Crazy*, and the NFL's Minnesota Vikings hung a portrait of Prince at U.S. Bank Stadium.

NEAR & FAR»



» Clockwise from left: The atrium at Paisley Park features various images of Prince. The musician performs at Minneapolis' First Avenue nightclub in 1983. A Minneapolis mural that was painted in Prince's honor. Fans leave tributes and mementos of the entertainer outside Paisley Park in Chanhassen, Minnesota.

Experience Paisley Park

Today, the Twin Cities area continues to celebrate the famed entertainer. Fans visiting the region can explore places where he lived, performed and recorded his music. Paisley Park, Prince's large compound in Chanhassen, a small town about 20 miles southwest of Minneapolis, has become Minnesota's Graceland. In fact, Graceland Holdings, the company managing Elvis' former home in Memphis, now manages Paisley Park.

It was Prince's wish that the facility, which includes his recording studio, would be open to the public. There are three tour options at the large compound. The 70-minute version gives you a look at production spaces, rehearsal rooms and lots of artifacts, plus the experience of listening to an unfinished track to an untitled album in the very studio where Prince was recording it.

The 100-minute VIP tour includes more



behind-the-scenes locations as well as the chance to get a photo of you in Paisley Park. (Prince's rule of banning cameras or recording devices otherwise stands.)

Other VIP perks depend on the day of the week. On Thursdays, for example, you can record live vocals over a Prince track. Saturday evenings, Paisley After Dark tours include either a dance party, with a DJ, or a screening of rare Prince performance footage, as well as films in which he appeared.

Prince's Minneapolis

For a more comprehensive experience, try WaconiaVille Tours, which offers a three-

hour shuttle trip to Prince's boyhood neighborhood, the site of his first concert, as well as Paisley Park and many other places associated with the entertainer. You can also create your own self-guided tour with a map of Prince sites and a proposed itinerary on Meet Minneapolis' website, Minneapolis.org (search "Prince's Minneapolis").

Make sure to visit First Avenue, the nightclub where Prince was often seen standing in the same second-floor spot, generally accompanied by an entourage and a bodyguard.

Just around the corner on Hennepin Avenue, there is a trio of beautifully re-

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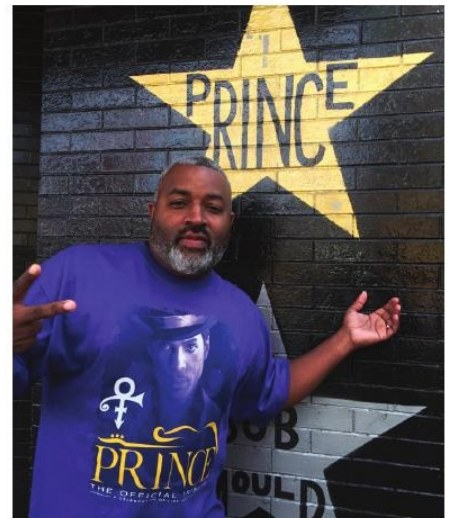
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» The Walker Art Center, right, is a visual, performing and media arts center in Minneapolis. A Prince fan on the WaconiaVille Tours, far right, stands before the musician's star outside the First Avenue nightclub. Lake Harriet Park, below, is known for its bandshell, which offers a great setting for summer concerts.



stored historic theaters—the State, the Pantages and the Orpheum—whose stages regularly host a mix of famous bands, Broadway plays, comedians, authors and more. Some backstage shots in *Purple Rain* were actually filmed at the Orpheum.

Prince also had a regular table at the nearby Dakota Jazz Club, the Twin Cities location where he played three consecutive nights to an overflow crowd in 2013.

It's an upscale club and restaurant combination that attracts touring artists such as David Sanborn and Lucinda Williams, and serves sustainably sourced dishes with a New Orleans flair, such as gumbo and po'boys.

Murals of Remembrance

Members of the Twin Cities arts community celebrated Prince in their own way, including creating murals featuring Prince. One of note in Minneapolis has the Purple One's profile, and includes the "Love Symbol," which he used to identify himself for a short time, and doves. It was completed at the corner of 26th Street and Hennepin Avenue shortly after his death.

Another, much older mural is the building-size sheet music at 10th Street and Marquette Avenue. The mural was the backdrop for a famous early portrait of Prince, which was taken by photographer Robert Whitman.

DETAILS

Dining

■ Prince's personal chefs were a husband-and-wife team who launched the restaurant chain **People's Organic**, with five locations around the city. Try the burgers made from local bison.

■ When in St. Paul, dine at **Meritage**, an award-winning French bistro located in the heart of downtown, which offers dishes such as Minnesota Magret Duck Breast à l'Orange.

Lodging

■ The luxurious **Loews Minneapolis Hotel** has sleek, comfortable guest-rooms and suites, including the Performer Suite, with a grand piano and a portrait of Prince.

■ In Minneapolis, the new flagship **Radisson Red** hotel is geared toward the tech-minded guest, with a touch-screen video wall serving as a concierge and smartphone keyless room entry. It has flat-screen TVs to which guests can stream Netflix, Spotify and other apps.

■ **The Saint Paul Hotel** has been the address for luxury and style since 1910. The downtown hotel, near the shores of the Mississippi River, is known for its St. Paul Grill restaurant; five-course, two-hour afternoon teas; and etiquette classes for children. —B.T.



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Twin Cities Art and History

Prince was part of a thriving arts and cultural scene that includes must-see galleries and museums.

Among the area's top art attractions is the Minneapolis Institute of Art (Mia), which houses an eclectic collection of sculptures, furniture, paintings and artifacts. The works include African and Asian art, and works by European masters, such as El Greco and Rembrandt.

The Walker Art Center, which focuses on the visual, performing and media arts of our time, is featuring the multimedia exhibit "Merce Cunningham: Common Time" through July. The exhibit presents the work of the renowned choreographer and artist and that of his collaborators through film and examples of decor and costumes, as well as dance productions.

Adjacent to the Walker Center is the Minneapolis Sculpture Garden, home to the iconic *Spoonbridge & Cherry* sculpture by Claes Oldenburg and Coosje van Bruggen. The garden and its more than 40 sculptures will reopen to the public next month after undergoing a renovation project that has expanded the garden's size and reconstructed much of its landscape.

One of the area's most striking facilities is the Weisman Art Museum, situated on a bluff above the Mississippi River on the University of Minnesota campus. The modern art museum, with more than 20,000 works, may be most famous for the building designed by Frank Gehry that features a stainless steel facade in Cubist shapes.

The region's past is on display at St. Paul's Minnesota History Center, which features exhibits that focus on the people and events that helped shape the state. Visitors can go down



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into an iron ore mine, and imagine what life was like in a sod house on the prairie. You can also sit in a modern teepee, and learn about Dakota history and culture.

St. Paul's Science Museum of Minnesota is a fun trip for the whole family, offering a nine-storey Imax Omnitheatre and exhibits that include a dinosaur display with the world's largest complete Triceratops specimen.

Explore the Outdoors

Visitors to the Twin Cities will want to enjoy the region's great outdoors, and that often means visiting one or two of the state's 11,842 lakes. Minneapolis' chain of five city lakes offers popular beaches, great walking and biking trails, plus watercraft rentals and restaurants. Lake Harriet has a bandshell that creates an exquisite summer concert setting.



» St. Paul's Science Museum of Minnesota includes the Dinosaur and Fossils Gallery, which is home to an 82-foot-long plant-eating Diplodocus.

In both cities, visit the Mississippi National River and Recreation Area, a 72-mile-long river park on both sides of the Mississippi, where you can canoe, fish and boat. Rental equipment is available at various locations in the park. The area also offers plenty of trails for hiking, biking, bird-watching and picnicking. ✈

Berit Thorkelson is a freelance writer living in Minneapolis.

Alaska Airlines provides regular flights to the Twin Cities, including new service from San Francisco, starting July 18. For information on flights to the Twin Cities area, visit alaskaair.com.

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FASCINATING FRANKFURT

A blend of new and old adds to the charm of this thriving German city

By Donna Stonecipher

Fly Condor Airlines

■ This month we welcome **Condor Airlines** as our newest Mileage Plan Global Partner, serving Frankfurt from nine Alaska Airlines cities.

» I'm walking up the charming, tree-lined Berger Street in central Frankfurt, surrounded by sidewalk cafes and boutiques, when I'm surprised to hear my name called. It's a friend of mine from Berlin, Hannah, who I learn is here visiting her parents. I join the table at a cafe where she's sitting with her mom, Ashley, having slices of cake and coffee in the sun.

Ashley is a recent transplant to Frankfurt, and she spends the next half-hour raving about everything she loves about the city. Frankfurt has changed dramatically in the past 20 years or so, she says. The city famously home to Germany's major bank headquarters and biggest trade fair sites has quietly been transforming into a magnet for lovers of culture,



with its museums and concert venues and lively sidewalk cafes.

I've been living in Germany for more than a decade but have never spent more than a day in Frankfurt, when I attended its world-renowned book fair (which will take place October 11–15 this year). But the opportunity came up to spend a few days here, and I'm eager to see what I've been missing.

An American traveler might feel strangely at home in Frankfurt, with its skyline of glass and steel skyscrapers, so unusual in Europe. Through some architectonic sleight of hand, the skyscrapers stand next to the narrow streets of the historical old town, so that, while winding through medieval lanes, you might look

up and find a gleaming glass tower looming over you. The city was badly damaged by Allied bombs in March 1944; of the 2,000 half-timbered houses that used to make up the old town, just one house survived the ensuing fires. For many years after the rubble was cleared, there were simply large empty spaces in the city center. Then, in the 1970s, a movement began to rebuild the Römerberg, the central square of old Frankfurt. The result was the reconstruction of six half-timbered houses on the east side of the square, called the *Ostzeile* (eastern row).

As I continue my walk around central Frankfurt, which is compact enough to cover easily on foot, I arrive at the Römerberg and sit down to rest on a bench next

» **Historical Frankfurt** areas such as the *Römerberg*, with its statue of Lady Justice, left, and the *Katharinenkirche*, center, are tucked among towering skyscrapers. Visitors also enjoy the lovely river bank, top right, and eclectic street art, above.



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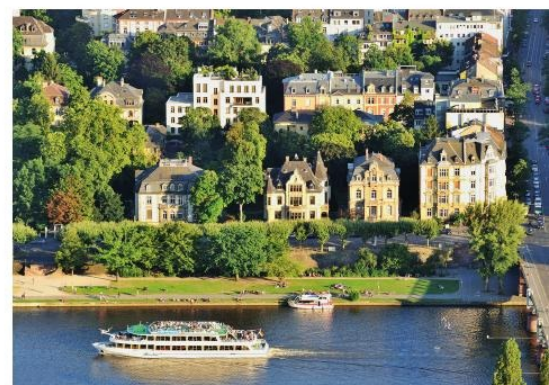
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to a well-dressed man who soon initiates a conversation. He is from Frankfurt, he says, and he likes to come to the Römerberg to meet visitors from other countries and practice the many languages he knows. He feels like he's traveling, he says, without having gone anywhere. He smoothly lists off all of Frankfurt's must-sees, and it's clear I've stumbled upon a trove of Frankfurt lore. The rebuilding of the Ostzeile was controversial, he tells me; some people in Frankfurt found it too inauthentic. But the enclosed square with its medieval proportions is pleasant and cozy, whether the surrounding buildings are original or not.

Just beyond the Römerberg, he tells

me, is the red-brick neo-Gothic Frankfurt Cathedral, or the Dom, which miraculously survived the war. Frankfurt was an important city in the Holy Roman Empire, which began in the early Middle Ages and was dissolved in 1806; from 1562 to 1792, emperors-elect were crowned at the Dom.

On the way to the Dom, I see the Schirn art gallery, which is showing an exhibition of paintings by the wonderful Belgian surrealist René Magritte through June 5. I can't resist. After an hour of looking at paintings that play with human perception, including the famous painting of a tobacco pipe under which is written, "This is not a pipe," I realize there's something slightly surreal about Frankfurt's

» Popular Frankfurt attractions include the Dom with its vaulted ceilings, top left; the Schirn exhibits, such as "Magritte. The Treachery of Images," top right; and the Museumsufer (row of museums) along the Main River, above.

Green Sauce and Apple Wine

■ People in Frankfurt are proud of their local culinary specialties, and two of the most beloved are *grüne soße*, or green sauce, and *apfelwein*, or apple wine. A number of restaurants, especially in the cobbled Alt-Sachsenhausen area across the Main River from downtown, offer these treats in lively public settings.

Green sauce—made with seven herbs: parsley, chives, chervil, borage, sorrel,



garden cress and salad burnet, with a base of sour cream, oil and salt—is often eaten with hard-boiled eggs and boiled potatoes.

Apple wine, my Frankfurt friends assure me, is an acquired taste. I find it to be delicious, like cider, but slightly more tart. It is even drunk from its own special ribbed glass called a *gerippte*. —D.S.

German apple wine is poured into a *gerippte* glass.



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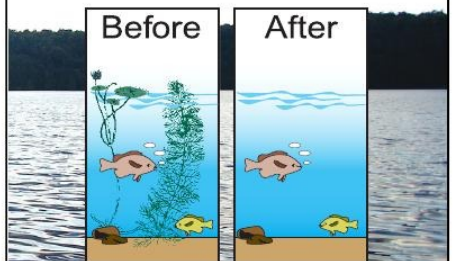
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old town: "This is not an old town" could be written over the Römerberg, and yet it is an old town. Wandering through downtown Frankfurt feels like wandering through a collage made up of historical buildings, entirely new buildings and remnants completed with new structures.

Frankfurt is also the birthplace of Johann Wolfgang von Goethe, one of Germany's most famous writers, who was also an artist, building and landscape designer, botanist, geologist and color theorist. In short, a towering figure. The next morning, I arrive early at the Goethe-Haus, in the city's central district. Goethe was born in this house in 1749. He wrote his celebrated novel *The Sorrows of Young Werther* at a stand-up desk in his room on the top floor, which has kelly green walls. Though the house was mostly destroyed in the war, it has been so skillfully rebuilt

that the casual visitor wouldn't notice.

It is a gorgeous day, and though I now have a long list of art museums and historical sites to visit, I can't resist the lure of the Palmengarten, an oasis of green a little more than a mile northwest of the city center. Both a botanical garden and a lovely, expansive park, the Palmengarten has been soothing and delighting people in Frankfurt since 1871. As I wander amid the blooming magnolia trees and crowds



HANS GEORG ROTH / GETTY IMAGES

» Groups lounge on the southern bank of the Main River, connected to central Frankfurt by the green Eiserne Steg pedestrian bridge.

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of daffodils, I notice a sign for a "Goethe Garten"—a memorial garden erected in 1999 to celebrate the 250th anniversary of Goethe's birth. I wander over to the garden, which features metal sculptures with quotes from his works. I read on a plaque that the garden is located on the same plot of land where Goethe's mother once kept an orchard.

After perusing the garden, I head back to the city center for a bite to eat. I soon arrive at the Kleinmarkthalle, a large covered market in the middle of the city. Beloved by people in Frankfurt, it dates back to 1879. The hall is filled with stands selling everything from fresh fruit and vegetables to Persian spices to hand-made pasta. There is a very popular wine bar on the upper level, and the conviviality emanating from the open terrace above me sounds like a convocation of happy spring birds.

After eating a delicious samosa from a stand selling Indian food, I walk back through the Römerberg and on to the Eiserner Steg, a green iron pedestrian bridge over the Main River that leads to the Sachsenhausen district. Half of Frankfurt, it seems, is enjoying the pathways that line the Main—there are families having picnics, young men practicing their juggling skills and plenty of bikes cruising by. Along the south bank of the river is the Museumsufer, which is a series of excellent museums in former town houses. There's the Museum of Applied Arts, the German Film Museum and the Museum of German Architecture, among others. I've chosen to visit the Städel Museum, which has paintings and sculptures from the early Renaissance to the present day. On the second floor, I'm greeted by Johann Heinrich Wilhelm Tischbein's famous portrait of Goethe in Italy.



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Goethe spent a couple of years studying antiquities in and around Rome, as was the fashion at the time. This portrait, of Goethe lounging like a Roman god, contributed much to his idealization. After visiting the museum, I head behind it to the cobbled Alt-Sachsenhausen to meet some friends and try some Frankfurt specialties (see sidebar on p. 105).

On my last day in the Frankfurt area, I explore another old town, Höchst, which is about 10 minutes by S-bahn train from Frankfurt's central station. I stroll through cobbled lanes to Höchst Castle, a small white fairy-tale castle surrounded by a moat overgrown with greenery.

Höchst was its own city until 1928, when it merged with Frankfurt, and most of its tiny historical houses were built after a fire in the 16th century—it was largely untouched in World War II. There

Skyscrapers

■ **Frankfurt is the only city in Germany**, and one of the few in Europe, with many buildings more than 100 meters (328 feet) tall. "Mainhattan," the city is sometimes called, after the river that is part of its name in German (Germans call it Frankfurt am Main to distinguish it from a second Frankfurt in Germany, Frankfurt an der Oder). The first skyscrapers went up in 1966, with new ones added seemingly every year. Often the actual tower is tucked behind a five- or six-story street-level facade that is the same height as its neighbors, so that the skyscrapers visible from a distance seem to disappear when one is in the city. Germans have a penchant for giving buildings nicknames, and my favorite is Deutsche Bank's pair of tall, lean towers, which people in Frankfurt call "Debit and Credit." —D.S.



Frankfurt's modern OpernTurm (opera tower) sits across from the circa-1880 Old Opera House.

ANDREAS WECKER / GETTY IMAGES



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Hotels

■ The modern, inviting **Hilton Frankfurt City Centre**, near the Old Opera House, is built amid a lovely park. Rooms are arranged on 12 floors around an airy central atrium, and the view as the glass elevator rises gets better and better. A half-size Olympic pool on the ground floor looks out onto the greenery (hilton.com).

■ **Roomers**, near the central train station, is a uniquely designed hotel in which every detail has been lovingly considered. The entire hotel is done in sumptuous dark shades, and the back rooms look out over a bar in the garden (roomers-frankfurt.com).

—D.S.

are sidewalk cafes spilling onto the old town square in front of the castle, and as I walk past them I hear a child ask his mother, pointing to the castle: “Mama, is that where witches live?”

Mom: “There’s no such thing as witches, dear.”

Child: “I know, but if there were, is that where they would live?”

Mom, giving in: “Yes.”

Höchst is dynamic and changing, too, with streets populated by many international visitors. The neighborhood is yet another example of the fact that in Frankfurt, tradition and change are held in equal esteem. It is this fascinating balance between old and new that makes this such a vibrant city. ✈

Donna Stonecipher writes from Berlin.

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A BIKE BASTION

Portland takes its quirky bike culture seriously

By Susan G. Hauser

» As a Portland resident, I'm proud of our city's unique cycling culture. After all, where else would you find a three-day film festival featuring bicycle-focused short films from around the world? We also are home to the Unipiper, the world's only flaming-bagpipe-playing, kilt-and-Darth-Vader-mask-wearing unicyclist.

If that doesn't convince you, then how about the fact that Portland has the world's only Pedal Powered Talk Show, whose host sits at a custom-made desk attached to a cargo bike that is pedaled by another person.

According to the Portland Bureau of Transportation, residents like their bikes. In fact, 7.2 percent of local commuters—about 17,000 people—use bicycles to get to



work. That is the highest percentage of any large city in the United States.

Such fervent bicycle devotees have helped make Filmed by Bike such a successful festival. Starting in 2003 as a way to raise money for the Multnomah County Bike Fair, the festival has grown from a small gathering to a major arts and culture event, with 80 short films being shown this year at Portland's Hollywood Theatre, May 5–7.

The event includes an opening-night party and a Sunday-afternoon bike ride with some of the filmmakers. The films are at most 20 minutes in length, and hail from 18 countries. "There's no way that someone can leave the theater without being inspired to ride their bike more,"

» Boaz Frankel, above left, is host of Portland's Pedal Powered Talk Show. Frankel has interviewed many of the city's most interesting people, including the Unipiper, left, a kilt-wearing unicyclist who dons a Darth Vader mask and plays a flaming set of bagpipes.

says festival director Ayleen Crotty.

However, if you miss the films in Portland, the festival may come to you. Groups can rent all 80 films through the Filmed by Bike On Tour program. Previous festival collections have been shown in Turkey, Australia, England, Hong Kong and all over the United States and Canada.

One of the most easily recognizable personalities to emerge from Portland's ever-evolving cycling culture is the Unipiper, aka Brian Kidd. For the past decade he has been enlivening city streets by playing a flaming set of bagpipes while wearing a kilt and a Darth Vader mask, and riding a unicycle. The Unipiper has become as much an ambassador for fun on wheels as the various bike clubs

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around town that fill the calendar at Bike-Portland.org with events such as bicycle chariot racing. One popular group is the loose-knit Grilled by Bike club. Since 2014, they have cleverly attached barbecue grills and other items to their bikes for a unique kind of roving group picnic.

The Unipiper and other local characters are welcome guests on the *Pedal Powered Talk Show*. Since 2011, host Boaz Frankel has interviewed entrepreneurs, artists and other interesting people while he is sitting at a desk attached to a cargo bike. The bike's builder, Phillip Ross of Metrofiets Cargo Bikes, is the pedal power as Frankel interviews guests. The nearly 70 episodes can be seen online at pedal-talkshow.com.

Ross remembers the interview with the Unipiper as one of the more perilous, especially when flames started shooting

out of the bagpipe. "It singed me just a little bit," he says.

Frankel seeks out what's amazing and odd in Portland and the state of Oregon, such as the retired diplomat who works as an Abraham Lincoln impersonator. But Portland residents are accustomed to outrageous things, so the show barely receives a second glance.

"In Portland I sort of forget that it's novel," says Frankel. But when he and Ross took the show on the road to Seattle recently, he says a common reaction was, "What? A bike talk show! This is the craziest thing I've ever seen!" ✈



JOEY SCHUSLER

» The film *Flashes of Altai* is part of the 15th-annual *Filmed by Bike* film festival, held May 5-7 in Portland. The film chronicles three friends as they bike to the western corner of Mongolia.

OREGON WINES COME OF AGE

In celebration of Oregon Wine Month, a longtime wine writer marvels at the industry's continued development

By Katherine Cole

» When I began covering the wine beat for *The Oregonian* newspaper 15 years ago, the local wine industry was about as luxurious as a covered-wagon ride on the Oregon Trail.

At the time, if you could set a credit-card reader on an upended wine barrel (this was before Square, people) and offer a functioning guest bathroom, you had a "tasting room." More often than not, I sampled wines in drafty barns piled high with teetering towers of barrels.

Oregon Wine Country offered few, if any, limousine tours. The Allison Inn & Spa didn't exist. There was no Painted Lady Restaurant. Thankfully, we did have Tina's and The



JOHN MCANULTY/GETTY IMAGES

Spring at Ponzi Vineyards in Oregon Wine Country.

Dundee Bistro in the town of Dundee, and Nick's Italian Cafe in McMinnville.

My how times have changed. Today, the Willamette Valley is being called Oregon's Napa Valley. Visit a "Pinot pioneer"—such as Ponzi Vineyards or Sokol Blosser—and you'll find yourself in a sleek hospitality center

designed by a top architect.

Visitors travel from around the globe to luxuriate in the Willamette Valley, which was named the international "Wine Region of the Year" for 2016 by *Wine Enthusiast* magazine.

The popularity of the state's wines have continued to grow. Oregon wines command

WHERE TO SIP IN THE CITY

» In addition to visiting wineries and vineyards to celebrate Oregon Wine Month, you can also visit various Portland locations to enjoy the state's best wines. Try a silky, fragrant Willamette Valley Pinot Noir, an Umpqua Valley Tempranillo, a Rogue Valley Viognier, or a Columbia Gorge Gewürztraminer. The following are a few of my favorite city spots for sipping.



Noble Rot

1111 E Burnside St.;
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■ Noble Rot, at left, which turns 15 this month, offers epic views of the city, terrific food (with produce sourced from an organic rooftop garden) and a constantly rotating bottle list highlighting a dozen Willamette Valley Pinot Noirs at a time. Choose from six Pinot Noirs available by the glass, plus other varieties, during Oregon Wine Month.

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» **HERE & NOW**
PORTLAND

SE Wine Collective

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sewinecollective.com

■ Due to rising real estate prices in the Willamette Valley, various determined young urban wine-



SE WINE COLLECTIVE

makers lease vine rows from vineyard owners and share small-production spaces in Portland, where walk-in customers can enjoy the fruits of their labor. SE Wine Collective is adjacent to restaurant-heavy Southeast Division Avenue. The collective's wine bar is especially busy in May, when each week features a different Oregon wine variety flight, including Cabernet Franc, Chardonnay, Gamay and Syrah.

Oregon Wines on Broadway

515 SW Broadway;
oregonwinesonbroadway.com

■ With its painted-brick floor and time-worn wood bar, this downtown institution is the place to go for classic, understated local labels such as Cristom, Broadley, Hamacher, J. Christopher and Patricia Green Cellars.

There are typically more than 100 Oregon Pinot Noir labels in stock, as well as a large rotating list of Oregon whites and reds (including 30 Pinots) available by the glass. Try the rosé flight this month. —K.C. ✈

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In the 1960s and 1970s, such accolades and attention would have been unthinkable. Oregon's early winemakers, such as David Lett of The Eyrie Vineyards, Dick Erath of Erath Winery and David Adelsheim of Adelsheim Vineyard, toiled in relative obscurity.

They often had other careers to pay the bills, while making wine on the side. Sometimes they had trouble producing a viable wine-grape crop thanks to a mix of bad weather, production problems and a fundamental lack of resources in the local wine industry.

However, these pioneers persevered and helped establish Oregon as a wine center. What followed were restaurateurs, hoteliers and merchants who believed in the industry and built an economy around it.

I must admit that I sometimes miss the grit of my early years of following Oregon's fledgling winemakers, who pursued their passion with little hope of making money.

However, they found satisfaction in knowing that they had sacrificed in pursuit of something fleeting but beautiful, a liquid marker of history that would be bottled, consumed, then disappear into the ether.

It wasn't easy. That's why people like me continue to toast to their hard-won good fortune. ✈

For information on events during Oregon Wine Month or to learn more about Alaska Airlines Mileage Plan members checking a case of Oregon wine for free on flights from Eugene, Medford, Portland and Redmond, visit oregonwine.org.

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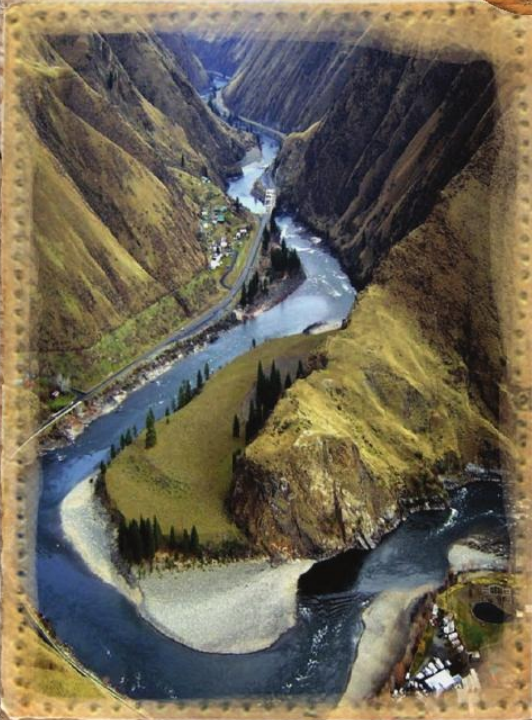
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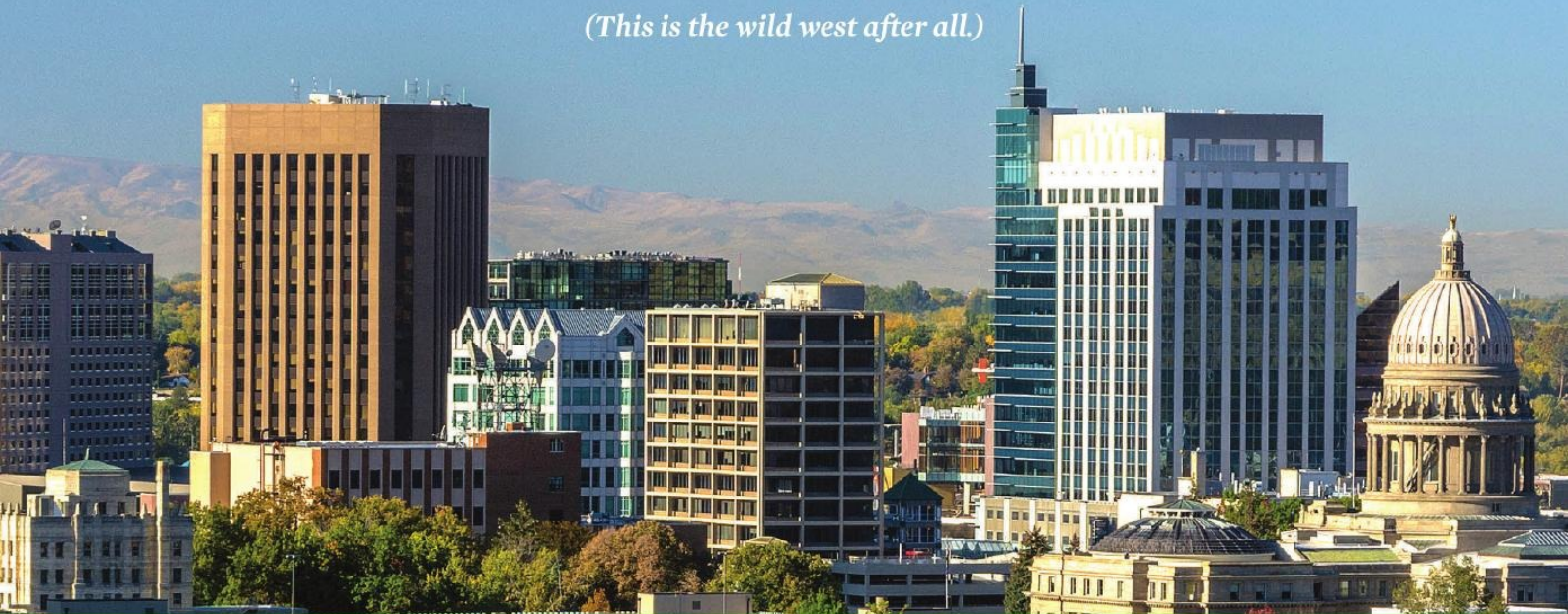
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• BOISE IS WAITING & WE LOVE •
EXPLORERS

(This is the wild west after all.)



Looking to get away and explore a new city? The Boise area is waiting for you! Whether you're traveling with your family, significant other, buddies or looking for some fun on your own, the next few pages will serve as a blueprint for your weekend of adventure.

Fast facts about Boise

Boise metro area population: 652,000

Idaho population: 1.6 million

State nickname: The "Gem State"

Boise name origin: A French word meaning "wooded," Boise came into use early in the Nineteenth Century among French-Canadian fur hunters as a name for the Boise River.

Number of blue turfs: 1

Number of time zones in the state: 2 (Boise is in the Mountain Time Zone)

Number of potatoes: Too many to count (and we're darn proud of that!)

Weather: Boise is in the high desert, which means a dry, warm climate during the summer with low humidity.

Major Airport: Boise Airport (BOI), about four miles from downtown, has nonstop service to 20 destinations on six different airlines.



CHOOSE YOUR OWN BOISE ADVENTURE

Family

Boise Trolley Tours

First things first, you'll want to get a lay of the land. One of the best ways to accomplish this is by taking a downtown historical tour ride, courtesy of **Boise Trolley Tours**.

Check out all kinds of Boise landmarks, including the **Old State Penitentiary** and **Egyptian Theatre**.



13th Street Pub & Grill

Head over to **Hyde Park**, a small section of the North End neighborhood with several popular eateries and specialty shops. Grab a patio table at 13th Street, and don't miss out on tasting some locally-raised Snake River Farms "American Wagyu" beef.



Camel's Back Park

Just down the street from Hyde Park is **Camel's Back Park**, well worth the 120-foot hike to the peak—the views of the city are out-of-this-world. With two paths up to the top you can take one up and another one down, or run right down the middle.

Couple

Boise River Greenbelt

Pick up a few bikes (most hotels have them to borrow, or you can rent a **Boise Green Bike** from multiple stops), and head over to the Greenbelt path to keep getting those bearings and enjoy a 25-mile paved path that you can hop on or off of at any time. Check out **Boise State University** (and catch a glimpse of that famous turf), and see a giraffe poking its head over the fence at **Zoo Boise**!

Fork

Dedicated to creating an authentic Idaho experience, **Fork** created their own "Local to Loyal" pledge, sourcing many key ingredients from local Boise and Northwest farmers, ranchers, bakers, etc. and a whopping 75% of their beer, spirits and wine come from the Northwest region. Make sure to order the celebrated local dish, Idaho Rainbow Trout.



Bodovino & Bardenay

Want to find a nightcap (or two)? A few of our favorite patios to grab a late-night drink (it stays light until almost 10 pm) include **Bodovino**, a wine bar in the BoDo district of downtown and **Bardenay**, the nation's first restaurant distillery, where you can grab a Huckleberry Lemon Drop!

Weekend Warrior

Whitewater Park Blvd.

If water sports are your thing, **Whitewater Park Blvd.** is the place you want to be, whether it's stand-up paddleboarding on **Quinn's Pond**, or surfing or kayaking at **Boise Whitewater Park**. If you need gear or lessons, nearby **Idaho River Sports** is your expert outfitter.



Sandbar Patio Bar & Grill

Take a short ride on the Greenbelt over to the **Riverside Hotel**, and find the **Sandbar** patio on the Boise River side of their property. Grab a drink, some Finger Steaks—an Idaho tradition—and listen to live music!



CHOOSE YOUR OWN BOISE ADVENTURE

Family

Capital City Public Market

Between tamales, crepes and tiny donuts (among other choices), grab breakfast at the **Capital City Public Market** that takes place every Saturday morning. Check local artisan stalls, and get the kids to the "Two Bits Kids Club" tent—a free program that encourages kids to learn about ecology, how to plant seeds and make art from food. Added bonus: a second market, **Boise Farmers Market**, runs a few blocks away on 10th and Grove Streets.



Boise River

Go for a float! When the temperature rises in Boise, locals know to hit the water. The drop-in point for floaters is **Barber Park**; that's where you park, rent some tubes, life jackets and get the party started. The float itself takes 2-3 hours depending on the river flow; take out is at **Ann Morrison Park**.

Flatbread Pizzeria

A great bet for dinner with kids is **Flatbread**, a local pizzeria with a downtown location at 8th & Main. Flatbread sources many of its ingredients locally and offers their younger patrons a build-your-own pizza option, which tends to be a big hit.

Couple



Sunnyslope Wine Trail

Lucky for you, Boise is located only 45 minutes from the heart of the **Slope River Valley AVA**, in an area known as **Sunnyslope**. While there are plenty of wineries making lots of award-winning varietals, we recommend grabbing a few tastes at **Huston Vineyards** and **Hat Ranch Winery**.

Idaho Shakespeare Festival

This isn't your local amateur production. The festival has a permanent home right off the Greenbelt in southeast Boise that includes a 770-seat state-of-the-art outdoor amphitheater and dedicated habitat reserve.

Weekend Warrior

Boise Foothills & Richard the Mule

Do as the locals do and head into the Boise Foothills. With over 190 miles of trails, there are plenty of options for whatever adventure you want to embark on. Before you hit the trail be sure to look up where **Richard the Mule** will be providing **Foothills Coffee Service** (yes, an actual mule that gives out free coffee trailside—with the help of his handler).

Basque Block

Ride your bike down to the Basque Block, located at 6th and Grove Streets. Boise has one of the largest concentrations of Basque populations outside of Spain—they came over as sheepherders—and the culture is alive and well (even the Boise mayor is Basque!). Grab lunch in this area and also check out the **Basque Museum & Cultural Center**.

Day Trips from Boise

Whitewater Rafting

Idaho has over 3,000 whitewater river miles—the most of any U.S. state! Book an excursion with **Cascade Raft & Kayak** or **Salmon Raft**.

Bruneau Dunes State Park

Ever been sand sledding? Then don't miss the Bruneau Dunes, located about an hour outside Boise, featuring North America's highest single-structured sand dune (470 feet).

McCall

This resort town a few hours north of Boise is the perfect place to get your outdoor recreation on. Take a cruise with **McCall Lake Cruises**, fly fish, or go mountain biking at **Brundage Mountain** or **Jug Mountain Ranch**.

CHOOSE YOUR OWN BOISE ADVENTURE

Family

Couple

Weekend Warrior

Brunch on 8th Street

A good bet for brunch is to head over to 8th Street in the heart of downtown. One of our personal faves is **Red Feather**, which features an array of mimosas and fresh-made beignets with a warm butterscotch sauce. Another top choice is **Juniper**, which spotlights local products like farm-fresh eggs, cheeses and meats.

Idaho Botanical Garden and Old Pen

Located in the **Old Penitentiary Historical District**, the garden is dedicated to preserving Idaho native plants for generations to come. While in the area, stop at the **Old Pen**, which opened its doors in 1872 to some of the West's most desperate criminals. Experience over 100 years of Idaho's unique prison history with a visit to solitary confinement, cell blocks, the gallows and over 25 other buildings and exhibitions.



Lunch at Bown Crossing

With a slew of top-notch restaurants available in **Bown Crossing**, you'll have plenty of places to choose from. Local chain **Boise Fry Company** is always a great pick; they serve up multiple varieties of potatoes in all kinds of cuts with locally-sourced bison burgers "on the side."

Where to rest your head

Boise is a family-friendly town, and has many lodging choices to reflect that. As anyone who travels with their kids knows, it's nice to have separate bedrooms for parents and kids, and a small kitchen facility, where available. With that in mind, why not try the **Boise Guest House** located in the North End neighborhood, or the brand new downtown **Residence Inn by Marriott** opening in July 2017.

Where to rest your head

When you're planning a special weekend for the two of you, you're going to want something luxurious. **Inn at 500 Capitol** is a brand-new upscale boutique hotel. Another top spot is **Hotel 43**, where you can order the famous "Ten-Minute Martini" from their on-site restaurant, **Chandlers**.

Where to rest your head

If you want to be outside, a hotel on the Greenbelt is where it's at. The newly renovated **Riverside Hotel** is about as close as you can get without actually being in the Boise River. **The Modern Hotel** is also a great choice for a modern take on an old Travelodge (with some of the best cocktails in town).

**Almost all of these hotels have complimentary airport shuttle pick-up, just call ahead to reserve.*

Start planning your adventure now!



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RIVER GAMES

Playing salmon in the Great Land

By Ken Marsh

» I found the fish late that afternoon lurking in the frog water (angler's slang for languid sloughs, stagnant creek mouths), a dozen or more cruising slowly, prowling. That's typical of silver salmon. Determined as they are to reach sacred gravel, they're notorious dawdlers, drawn to shady backwaters, where they loiter like truants in dark arcades.

I kneeled on the bank across from them, stripping line from my reel, gauging the distance. I figured I could hit them after one false cast, maybe two, followed by a double haul to extend my reach. My fly would plop onto the surface just ahead of them. And then, well, that was the question.

Called coho by many, silver salmon are adored by Alaska anglers for their willingness to crush baits, lures and flies. Not all Pacific salmon are so accommodating.

Silvers spend two or three years at sea, feeding voraciously on herring, needlefish, sand lance—nearly any bright, flashing, living thing they can jam into their toothy mouths. That instinct never leaves them; those hunter reflexes remain even after they stop feeding and enter natal streams to spawn.

Almost ready, I inhaled deeply, focusing. Then my rod tip was up and I was into my backcast, eyes locked on those torpedo silhouettes. Beyond the fish and the frog water was

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the Goodnews River, a southwestern Alaska beauty, and I could hear it and see it in my mind dashing coal-black from its source high in the cloud-veiled Ahklun Mountains.

Over five decades, I've tackled silvers in many places in many ways. I've played them on fly rods in far-flung Bering Sea tributaries, stuck them with saltwater gear while they mooched herring outside the port of Seward. I've pulled them leaping and flopping from Alaska's famous Kenai River and from streams throughout the Susitna Valley, enticing them with bucktails, spinners and cured-roe baits. And one steamy summer 20 years ago on British Columbia's Vancouver Island, I wrangled "feeders" in a rocky bay, where hunting salmon were marked by squalls of needlefish leaping ahead frantically to escape.

This time was different, though. I planned to ask the fish, aggressive as they can be, to leave the safety of darkness to strike a fly presented where the water meets the sky. That's asking a great deal of any salmon. My rod fell forward, pointing toward the fish, and floating fly line rocketed through the guides. At the last second, I gripped the reel and lifted my rod tip, halting the fly's trajectory, letting it fall as lightly as possible onto the water.

The fly was a Pink Pollywog—a ridiculous assemblage of hot-pink saddle hackle, clipped deer hair and sparkling tinsel—and it landed with an audible splash. The salmon winced, halting midcruise, and for a moment the world seemed to stop.

The fish looked nervous, their lidless eyes glaring. I twitched my rod tip, and the Pollywog strutted sharply toward me, leaving a tiny wake. I expected the salmon to bolt, but they remained, transfixed.

Another twitch and the fish—the entire bunch—eased in unison toward my fly. I began twitching my rod in short continuous pecks, causing the fly to break the surface in little splashes.

And that's all it took. An 11-pound buck with a faint ruddy blush attacked so swiftly that I scarcely had time to react. Pow! Leap-

ing 2 feet into the air, haloed by a galaxy of droplets, the fish resembled an exploding star.

Today that image lingers, tribute to a question asked and an answer received in a game played by men like me, whose lives are defined by rivers. ✈



CHRISTOPHER MILLER

Salmon fishing on the Copper River.

SALMON SEASONS

Alaska's five Pacific salmon species enter streams to spawn in a succession that runs throughout the ice-free months. Generally, the sequence goes like this:



MAY–JUNE: Chinook, locally called "king" salmon, are the first to leave the ocean for natal creeks and rivers.



JUNE–JULY: Sockeye—often called "reds" for their scarlet spawning colors—come next.



JULY: Pink salmon follow—their regional moniker is "humpy" for the humped back developed by spawning males.



JULY–AUGUST: Chum—Alaskans call them "dog" salmon, since these fish were historically harvested and dried to feed sled dogs—appear in late July and early August.



AUGUST–SEPTEMBER: Coho, or "silver" salmon, are the final fish to appear in many Alaska streams, running in August and continuing well into September.

Run times vary by region. For more information, visit the Alaska Department of Fish and Game at adfg.alaska.gov. —K.M.

» HERE & NOW ALASKA

GREEN OPENING

By Amanda Easter

» **Opened on Earth Day**, April 22, the Nursery Greenhouse is helping the Alaska Botanical Garden in Anchorage lower its environmental impact. Not only is the 1,200-square-foot greenhouse equipped with eco-friendly technology, such as a geothermal heating system, the greenhouse also helps the botanical garden achieve more sustainable growing practices. Thanks to the greenhouse, the garden can now propagate perennials and grow annuals for hundreds of species, including ostrich fern and toad lily, instead of importing seeds and starters from the Lower 48 as it had done previously.

Paid for by the Rasmuson Foundation, M.J. Murdock Charitable Trust and individual donations, the greenhouse was built with an angular shape that maximizes sunlight energy and with south-facing glazed-glass windows that give visitors a floor-to-ceiling view of the



The Nursery Greenhouse opened April 22.

RENDERING TAMÁS DEÁK, KPBB ARCHITECTS

plants growing indoors. Those plants support the botanical garden's community-education, youth-outreach and research programs.

In addition to the Nursery Greenhouse, the Verna E. Pratt Memorial Greenhouse will open this fall and serve as a secondary growing space and an additional site for education and research.

Beyond the greenhouses, the Alaska Botanical Garden is home to 110 acres of themed gardens, trails and nature loops that celebrate northern horticulture. For more information, visit alaskabg.org. ✈

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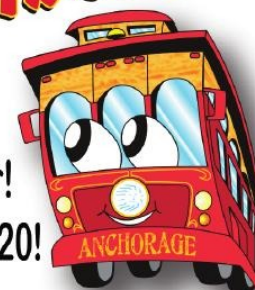
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BRINGING THE ARCTIC TO SEATTLE

» **Downtown Seattle** may be about 1,500 miles south of the Arctic Circle, but on April 13 and 14, the city felt a whole lot closer. For the fourth year in a row, the Arctic Encounter Symposium brought together Arctic residents, Congressional leaders, ambassadors, world-renowned scientists, business innovators and indigenous leaders from around the globe to discuss issues of living and working in the far north.

The Arctic Encounter is the largest annual gathering of its kind to take place in the United States. "Our goal each year is to gather together experts and stakeholders in order to engage challenges and debate solutions for responsible development, sustainable environments and healthy communities across the Arctic region,"



says Rachel Kallander, founder and executive director of the Arctic Encounter. "This is no easy feat in a world of shifting geopolitics and climate change, but this symposium tackles these issues head-on."

The symposium convened political leaders, experts and artists from Alaska, Canada, Norway, Greenland and other communities for two days of policy debate, business development, and visual arts and musical performances.

"We have an opportunity and a responsibility to raise awareness for this incredibly important region and

the people who live there," says Kallander. "We are in a time and place in history in which we must innovate and advocate for the best future possible."

Alaska Airlines was an Arctic Encounter host partner. To learn more about the symposium, visit arcticencounter.com. ✈

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Welcome to the California Less Traveled



In SLO CAL, life's too beautiful to rush. Nestled on the Central Coast of California halfway between Los Angeles and San Francisco SLO CAL, or San Luis Obispo County, feels a world away from all the stress and noise of big-city bustle. Escape to SLO CAL and discover miles of beautiful beaches, over 250 wineries, wide open spaces, outdoor adventures, welcoming cities and a friendly, laid-back culture that's just your speed.

The Best of the Beach — From Sea to Spoon

Visitors seeking a sun-and-sand retreat free from the crowded beaches of Los Angeles and San Diego will enjoy SLO CAL's 80 miles of picturesque Pacific coastline. There may be no coastal California drive as famous as the stretch of Highway 1 that winds up the coast through San Simeon. Meandering through SLO CAL's many friendly, coastal communities like Cambria, Cayucos, Morro Bay, Avila Beach and Pismo Beach, visitors are greeted with an array of beach experiences, ranging from rugged cliffs and secret coves to classic surf towns and sandy beaches. Beyond the beaches, the coastal magic of SLO CAL comes to life with an elephant seal rookery, glass-bottomed boat tours, and whale watching expeditions.

With a stop at each of these seaside locales you'll soon discover a shared passion for the ocean's bounty and a sea-to-

spoon culinary style that's as fresh as it is delicious. Farm-to-table foodies will feel right at home as they stroll through any one of the 13 farmers' markets that pop up in various cities and beach towns throughout SLO CAL.

Wine Tastings and Trails

If wine tasting is your happy place, then Paso Robles will be good for your soul. This rustic city was named Wine Enthusiast's Wine Region of the Year in 2013 and offers wine trails and welcoming tasting room experiences that cover more than 250 wineries. Here you'll taste Rhône varieties of Grenache and Viognier on the trails along Highway 46, traveling both east and west, as well as bold Bordeaux reds such as Cabernet Sauvignon and fantastic Rosés if you stick to the scenic back roads of the Adelaida District. The tasting continues in the vineyards of Edna Valley, less than an hour's drive south, and the flowering fields of Arroyo Grande Valley, offering up award-winning, cool-climate Pinot Noir and Chardonnay.

The best way to experience SLO CAL's vast network of wineries is by bike, with a dozen open trails to cycle down, each offering picturesque views of either the coast, vineyards or rolling hills.

These routes also make fantastic hikes. So grab your boots, take in the scenery and sip a little vino. There's even a zip-line

wine experience for those looking to take their tastings up a notch.

Distilling has also become a growing trend amongst SLO CAL's wineries, which transform their premium grapes into high-end vodka, gin, brandy and whiskey spirits. And for even more chances to raise a glass to your SLO CAL escape, there are 15 local craft breweries, and counting, to sample.

Always An Adventure

For the adventurous types, you can rent a dune buggy or all-terrain vehicle and head for the Oceano Dunes at Pismo Beach State Park, home to one of the few drive-on beaches in California. Not only are the views amazing, but the fact that you can also sandboard down these incredible dunes will have you second-guessing what planet you're on.

The Art of Luxury

Be sure to stay in one of SLO CAL's full-service spa resorts and take in a show at the Little Theatre or the San Luis Obispo Symphony. At Hearst Castle, the crown jewel of San Simeon, guests can peruse a collection of fine and decorative arts.

SLO CAL has a vibrant music scene, from classic and

contemporary music festivals to intimate gigs at the smaller SLO Brew. Meanwhile, the Vina Robles Amphitheatre in Paso Robles is a stunning outdoor venue for world-class concerts and the Pozo Saloon, built in 1858, adds a touch of old-California charm.

History and Culture

For an engaging glimpse of SLO CAL's history, pay a visit to the city center, Mission de Tolosa, founded in 1772, or explore the 18th-century rustic Mission San Miguel, a local treasure and national landmark still standing after 200 years. At either end of SLO CAL's coastline lies the Piedras Blancas Light Station, in the north, and the Port San Luis Lighthouse on the southern tip of Whalers Island. Both historic lighthouses are open for docent-led tours.

If a historical tour isn't enough to keep the little ones entertained, head to Atascadero for a visit to the Charles Paddock Zoo. Dedicated to the conservation of both local and exotic species, the zoo is home to the rare Malayan tiger, playful spider monkeys, meerkats, and a beautiful aviary filled with numerous exotic birds.

In SLO CAL, life's too beautiful to rush. So don't. Give your life the attention it deserves with an escape to SLO CAL on California's Central Coast.



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The Highway 1 Discovery Route

Along California's famous Highway 1, through SLO CAL, are an amazing number of 'must-see' and 'must-do' destinations. With ten uncrowded beaches, 12 state parks, and three bountiful wine regions, this stretch of Highway 1 offers everything you could want for a relaxed and inspiring vacation. Experience incredible farm-to-table cuisine; explore unique wildlife habitats and take in the awe-inspiring Hearst Castle before settling in to one of 500 lodging choices. Wherever you roam along the Highway 1 Discovery Route, you will find the best of Highway 1!

Explore Highway One through SLO CAL

This 101-mile span of prime Pacific coastline in SLO CAL offers diverse artisan towns, charismatic seaside villages, scenic countryside rich in character and history, and two world-class wine regions complete with amazing outdoor adventure, boutique shopping, delicious restaurants, and a dazzling roster of food, wine and cultural events. Leaders in Stewardship Travel deemed the next step in eco-tourism, the California Highway 1 Discovery Route offers 70 activities like restoring park trails, protecting wildlife on the beach, or planting native trees, as well as cause-related donation opportunities that help visitors feel good while doing good on vacation.



Celebrating Coastal Stewardship

Each year, the 10 towns along the California Highway 1 Discovery Route celebrate Coastal Discovery & Stewardship Month, offering special lodging packages, activities, events and movies throughout the region.

10 Fantastic Destinations

Find enriching multi-day tours filled with fun, meaningful, and relaxing itinerary ideas that create one fantastic vacation throughout these 10 destinations: San Simeon, Ragged Point, Cambria, Cayucos, Los Osos & Baywood Park, Avila Beach & Valley, Edna Valley, Arroyo Grande Valley, Oceano, and Nipomo.



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Your Maverick Playground

Paso Robles is nestled in the rolling foothills of SLO CAL in Central California. Named “Best Wine Country Town” by *Sunset Magazine* and “Best Wine Region of the Year” by *Wine Enthusiast Magazine*, Paso offers visitors an inspiring collection of off-the-beaten-path experiences, award-winning wineries, and a bounty of farm-fresh cuisine combined with a refreshingly vibrant local spirit that brings out the trailblazing maverick in all of us.

A Wine Lover's Paradise

Paso Robles boasts more than 40,000 vineyard acres and over 200 wineries. It's renowned for being a winemaking frontier—where innovative wines are the result of Paso's maverick spirit.

Although the region is largely known for its stellar Rhônes, the area produces more than 40 wine grape varieties, including the area's heritage variety Zinfandel. Wine lovers can visit a vast array of tasting rooms, many of which offer picnic areas and specialty winemaker dinners.

A Gourmand's Playground

Paso Robles is quickly being recognized for its culinary scene. With a wealth of farm-fresh grown and handcrafted ingredients, chefs are able to produce some of the most awe-inspiring

culinary creations in the state. Paso's craft beverage movement is also attracting attention and accolades—driven by innovative brewers, distillers and cider makers eager to expand on traditional techniques, developing their own unique libations.

A Plethora of Activities

Paso Robles offers a wide variety of options for visitors who want to roll up their sleeves and get back to nature. With abundant hiking, biking, horseback riding, golfing and everything in between (including skydiving), Paso is the place where outdoor enthusiasts can venture out and relish the scenery with gusto. Adventurous visitors can climb on board for an exhilarating and authentic stagecoach ride, attend rodeos and horse shows, or just spend a day learning the life of a rancher.



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Pismo Beach is Classic California

Pismo Beach is SLO CAL's classic California beach town, famous for its miles of beautiful white sand beaches and outstanding accommodations only minutes away from rich wine regions. Pismo Beach is quickly becoming visitors' favorite Wine & Waves™ destination in California. Other notable activities include surfing waves, kayaking the coastline, riding the dunes on horseback or an ATV, shopping in town and at the nearby Pismo Beach Premium Outlets®.

With its central location, Pismo Beach is a good jumping off point for exploring the numerous nearby attractions the area has to offer. From the historic Hearst Castle, less than an hour's drive, are the rich wine regions of Edna Valley, Paso Robles and to the south the Santa Barbara and Santa Ynez wine regions made famous by the movie Sideways. Pismo Beach is just minutes from the San Luis Obispo airport making it easily accessible on flights coming into the area.

You'll find a wide variety of lodging to meet everyone's needs and budget. Oceanfront hotels with stunning vistas, affordable motels, family-friendly vacation rentals or award-winning RV parks are all available. Also, be sure to bring your four-legged family member – Pismo Beach offers several options that are dog friendly, too!



There are restaurants with original new cuisines or time-honored menus and several annual food and wine events in Pismo Beach each year.

Every October brings the annual Clam Festival. It is a 3-day party with food and fun the entire family can enjoy.

Be sure to mark your calendar for Wine, Waves and Beyond where you will enjoy three days of unforgettable events that embrace the love of California's traditional surfing lifestyle and culture along with exceptional wine and food. Experience Central Coast wines, artisan brews, local California farm-fresh and seaport-inspired cuisine, as well as great music, art, and the amiable coastal community

It's all here waiting for you—a gentle climate, where sand, sun, sea and sky converge to create the ideal getaway. California's golden past is alive and well in Pismo Beach.

Pismo Beach
Classic California

ClassicCalifornia.com [f](#) PismoBeachCa [i](#) PismoBeachCa



A Taste of the SLO Life

First-time visitors to San Luis Obispo won't have to search long to see why locals take pride in "The SLO Life." A charming downtown, picturesque peaks and a much-envied climate offer a quick taste of this idyllic retreat. Anyone who stays awhile will learn how the many outdoor recreation activities, family-friendly events and entertainment opportunities make this the Happiest City in America.

The Wine and Spirit of SLO

Historic Mission de Tolosa remains the cultural hub of this enclave. Just outside its doors, the Concerts in the Plaza series launches summer weekends with a free street party Friday nights. Other plaza events include Barrels in the Plaza (Thursday, June 22), featuring over 50 wineries and restaurants offering local world-class wines and savory, chef-prepared meals.

Rolling vineyards are found in and around the city. But SLO also features an emerging craft beer scene, highlighted by numerous breweries. Local wine and beer are also offered in SLO's cozy downtown restaurants, which provide a perfect place to relax after a day of shopping. SLO's quaint downtown features a variety of stores, from local favorites, like Boo Boo Records, to more familiar names, such as Urban Outfitters.

The Great Outdoors

Thursday nights, the delicious aroma of grilled tri-tip will lure you to the bustling Downtown SLO Farmers' Market, featuring locally grown produce, dinner items and live music. The market is one of many family-friendly outdoor activities here. Hikers enjoy dozens of picturesque trails, and the city has made safe and scenic bicycle paths a priority. Meanwhile, skaters enjoy a new 15,500-square-foot modern skatepark.

Under the Roof

For indoor fun, theater productions can be seen at Cal Poly and the charming SLO Little Theatre. Music can be enjoyed at Cal Poly and the iconic Fremont Theatre. And families can get inspired to learn and play at the San Luis Obispo Children's Museum, located near the San Luis Obispo Museum of Art.

Leaving San Luis Obispo won't be easy. But you'll find this happy place on your itinerary again soon.



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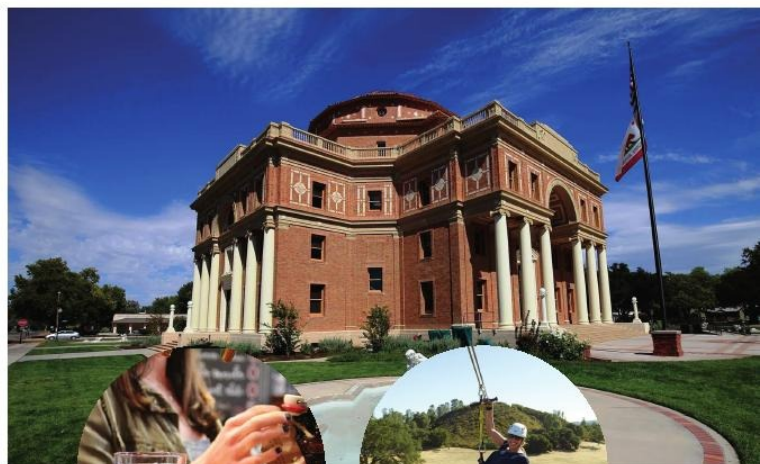
Visit California as it Used to Be in Atascadero

Experience the simply genuine in Atascadero. With its rolling pastures, starry skies, majestic oak trees and down-to-earth charm, this small California town is reminiscent of a simpler time.

Right in the heart of SLO CAL, Atascadero is conveniently located on California Highway 101 with easy access to world-class wineries, craft breweries and ocean fun!

A variety of charming and affordable hotel, motel and bed-and-breakfast accommodations make Atascadero an ideal stop while on a road trip or just to get away from the hustle and bustle of metropolitan areas. Here you'll enjoy the variety of outdoor activities including hiking, biking, ziplining, golfing, equestrian trails, and the only zoo on the Central Coast.

Visitors looking for organic farm-to-table food and hand-crafted beverages need look no further. Atascadero has gained a reputation for its booming craft beer and cider scene. Here, families gather for delicious meals served without pretense, and friends spend warm summer nights in conversation over local brews. For just a few days, let life move at a slower and sweeter pace.



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Put Life on Coast in Morro Bay

This thriving seaside fishing village with bustling waterfront and shopping districts filled with restaurants, wine bars, and antique shops offers travelers a picture-perfect getaway, amidst a sustainable small-fleet fishing community that provides the freshest locally caught seafood around.

Considered a Bicycle Friendly Community by the League of American Bicyclists, outdoor activities are a way of life. From oceanside golf, kayaking, and sailing to kite flying, hiking, surfing and biking along miles of unspoiled beaches, there is something for everyone. Sitting majestically along Highway 1, between the beach and boat-filled harbor, is the unmistakable Morro Rock where people gather to watch fishing boats return to harbor; surfers and paddleboarders soaking up the sun; and a record number of sea otters swimming, foraging and grooming themselves and their pups.

Just minutes from world-renowned Hearst Castle, Montana de Oro State Park and vineyards from Paso Robles to Edna Valley, Morro Bay is a destination designed to fit any style and budget for families, couples or groups. Morro Bay also offers a myriad of year-round events including triathlons, food, wine and music festivals, art fairs and car shows unique to the town.

TECH-TREKKING IN CALIFORNIA

By Jennifer Schaefer

» As I admire the glimmering waters of Tomales Bay with the sun on my face, I can't believe I'm working.

Usually I'm at my office at the Googleplex in Mountain View on a Thursday morning, but this is not an ordinary Thursday. I've come to Tomales Bay State Park, on the Point Reyes Peninsula, on a mission, along with a half-dozen co-workers. We're here to collect 360-degree imagery of the park's main trails with the Google Street View Trekker, a backpack used to take Google's space-agey Street View camera into pedestrian-only places. The plan is for me and my co-workers to take turns hiking with the pack while its 15 lenses capture photos every 2.5 seconds—pictures that will be stitched into panoramic images to give Google Maps users a taste of what it's like to experience Tomales Bay.

We start at Heart's Desire Beach, a crescent of golden sand that's nearly deserted on this mild day. In a brave or possibly foolish move, I volunteer to take the first Trekker shift. My officemate Steve hoists the 42-pound behemoth onto my back, and I stagger a bit while I fasten the straps. *Support it with your hips, not with your shoulders*, I remind myself, recalling a line from the training manual.

Finding my stride, I give the rest of the group a wave and proceed to nearby Jepson Trail, named for the pioneering California botanist Willis Jepson. To avoid appearing in photos, my colleagues will let me get a football field's length ahead before they follow.

Once I reach the trailhead, I activate the camera with an Android phone. Then I'm off at a steady—if slow—pace, as the trail gently ascends.

The next 45 minutes pass in a blur of coastal scenery and occasional awkwardness, as I maneuver to keep the towering Trekker away from branches and overhanging brush. I spot several spindly bishop pines, which grow naturally in only a few places along the Pacific Coast. At one point, I'm startled by a red-headed turkey vulture. Luckily, I don't pass other hikers—I've been told by more-experienced Trekkers

» The writer used Google Street View Trekker to capture images of Tomales Bay State Park. The screenshot below shows visuals from this area that are now found online.



that passersby often have questions about the camera and how it works, and that I should avoid stopping to chat, to keep the footage as seamless as possible. The hike offers stunning bay views. And, as unwieldy as the pack is, I'm sad to pass it on to the next volunteer.

My co-workers and I spend a fun day traversing the park, then refuel in the relaxing outdoor picnic area of Hog Island Oyster Co., celebrating our successful excursion with shellfish raised in Tomales Bay.

One of the best things about the trip is that I can relive it by visiting Google Maps. I also love that I've

» HERE & NOW CALIFORNIA

helped bring a magical California location to life for others. I know that many prospective travelers, myself included, often preview a location online.

Two-plus years later, I continue to help Google users connect with destinations both new and familiar as the content strategy lead for the company's travel products. I enjoy using these products, too. For example, Google Flights and hotel-search tools let me quickly and easily focus my options for travel with ultrafast searches, while also providing valuable data insights such as when a flight price is expected to go up and which hotels are available at a discount.

I recently used the Destinations tool to help decide when to go to Hawai'i. Destinations helps people research and compare places when they plan a trip. Users can browse an area's top sights, suggested itineraries, average weather and more.

The Google Trips app aids traveling by gathering info in one convenient place and making it available, even offline. It's great being able to access reservations, activity ideas and food-and-drink suggestions with or without an internet connection.

As I scroll through the footage we took that day in Tomales Bay, I contemplate the other cool places technology can help people explore—in California and beyond. Whatever the next travel innovation may be, I'll be among the first to volunteer to try it out. ✈



Seaside Relaxation in SoCal

By Archana Ram

» I left Manhattan for San Diego four years ago in search of two things—great food and the great outdoors. Thanks to San Diego's recent proliferation of polished restaurants, plus every outdoorsy activity imaginable—hiking, biking, surfing, kayaking, running and yoga in natural settings—it's been easy to check both boxes.

Many coastal neighborhoods now have rows of hip coffee shops and artisanal everything, as well as many temptations for outdoor enthusiasts. These picturesque and thriving communities are popular for good reason.

Yet I often crave classic SoCal, with its mellow, wetsuit-clad surfers and beaches open to do-nothing enjoyment. For this type of experience, I opt for Imperial Beach.

This community, just north of the U.S.–Mexico border, is one of the last vestiges of the iconic San Diego beach life, with its no-frills eateries, surf-friendly waters and emphasis on the beach above all else. But it's during the area's Friday farmers market that IB comes alive. Lines of produce and prepared-food vendors set up beside the beach, selling everything from organic fruit to lemonade with chile-dusted rims. With occasional live music, plentiful rollerbladers, and scores of kids and pets, it feels like a block party with an ocean backdrop. It's also one of the city's best—and most under-the-radar—spots to catch a sunset. ✈

More SoCal Beaches



Coronado Beach: The historic Hotel del Coronado sits on this public stretch of coast, lined with mica-dotted sand that sparkles in the sun.

La Jolla Shores: This popular span of sand is lined with gentle waves for surfing newbies and kayaking tours.



Moonlight State Beach: Amenities that include a snack stand and a playground make this Encinitas beach ideal for families.

Ocean Beach: Walk the West Coast's longest concrete pier at this beach that adopts its neighborhood's carefree surfer vibe.



Torrey Pines State Beach: After hiking the trails of Torrey Pines Natural Reserve—during low tide—head to the beach to rest your feet on the cliffside sands. —A.R.



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Emerald City Hidden Gems

Experiences to treasure in and around Seattle | By Jeff Layton

Our 28-foot wooden sailboat, made with Northwest cedar, is approaching 100 years old and still going strong. The wind is picking up, and I'm learning how to navigate the restored antique watercraft amid kayakers and seaplanes on Lake Union, north of downtown Seattle.

My turn at the tiller is taking place in conjunction with one of Seattle's best traditions: the free Sunday Public Sail at The Center for Wooden Boats. Every Sunday for more than 25 years, volunteers

have offered approximately hour-long rides aboard historical wooden boats so that visitors can sample the rich nautical culture of the Puget Sound region. I'm with a dozen fellow visitors aboard the *Admirable*, a gillnetter that was once part of a salmon-fishing fleet.

The five to 10 boats used for the Sunday sails also include a steam-powered vessel and an electric-motor watercraft. From the water, our group has fantastic views of downtown skyscrapers, Gas Works Park, compact house-

boats and commercial fishing boats. The *Admirable's* billowing ivory sail provides visual and aural accompaniment.

In addition to the public sail, the center (cwb.org) rents sailboats, rowboats, canoes, kayaks and pedal boats by the hour, and it's a great place to learn the art of wooden-boat restoration.

Wherever I travel, it's easy to find well-known attractions, but when I dig deeper, I usually find hidden gems that provide an enhanced, locally authentic experience. Here are four more hidden gems worth discovering in the Puget Sound area:



ience. Here are four more hidden gems worth discovering in the Puget Sound area:

New Smith Tower Tour

Upon entering Smith Tower, I'm transported back in time to 1914,



Far left: The *Admirable* on a Center for Wooden Boats' Sunday Public Sail. Center: Smith Tower's speakeasy-inspired bar at the Observatory, and the 1914 Otis elevator that serves the Observatory. Above and right: The Boeing Red Barn and one of its several craftsman-sculpture exhibits.



when the 522-foot-tall building was the tallest skyscraper west of the Mississippi. Nowadays, a new self-guided "The Legends of Smith Tower" tour winds through ornate hallways and to switchboard and radio-room exhibits—where flapper-era voices crackle on speakers—and then goes up to the Observatory, which has a new speakeasy-inspired bar.

During my tour, I learn several fun facts about the building. For instance, in 1922, a one-armed stuntman parachuted off the tower, which at the time was also the fourth-tallest building in the world. In addition, during Prohibition the Bootleg King—Roy Olmstead—and his wife, Elsie, had a broadcasting studio in the tower.

As "Aunt Vivian," Elsie read bedtime stories—broadcasts purported to contain secret messages.

One of the most fun parts of my visit to the Neoclassical-architecture tower, which was developed by typewriter and firearms magnate L.C. Smith, is the ride in a 1914 Otis elevator. It clangs open, and I'm greeted by a smiling elevator operator who whisks me 35 floors to the open-air observation deck, with views of Puget Sound and of attractions such as the Space Needle.

The nearby speakeasy bar, filled with ornate wood decor, was formerly the Chinese Room, and it has retained the Wishing Chair, rumored to have been a gift to Smith, many years before comple-

tion of the tower, by China's Empress Dowager Cixi. Legend holds that if you are single and you sit in the chair, you will be married within the year.

The speakeasy is a serene setting for a drink, and the Smith Tower's Prohibition-era roots add to the feeling that I'm in on a secret. I sip my craft cocktail—Aunt Vivian's Bedtime, featuring locally produced rye whiskey, Foro Amaro, lemon juice and ginger shrub—as I watch the ferries docking below me. I'm delighted that my panoramic view comes with a stylish lounge, a sofa and a fun beverage. On my next visit, I vow to dress the part in a fedora and wax my moustache (smith-tower.com/observatory.php).

Boeing Red Barn

The Wright brothers may have been first in flight, but the Boeing Red Barn is where aviation really got off the ground. Located in a quiet area of The Museum of Flight (museumofflight.org) between Seattle and Sea-Tac Airport, the two-story, gable-roofed barn was the birthplace of Boeing, and its original airplane factory.

In 1975, the 16,000-square-foot building—now on the National Register of Historic Places—was barged 2 miles up the Duwamish River to become part of the museum, where the Red Barn exhibits tell the story of early flight. The 1909 building was originally part of a shipyard, which



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William Boeing purchased for \$10 in 1910, when he was 28. He bought it to house construction of his yacht, according to the National Park Service (www.nps.gov/nr/travel/seattle/s36.htm), but in 1916, after his interests “shifted from the sea to the air,” he established the engineering offices and manufacturing plant of his fledgling aerospace company in the barn.

The company’s first plane, the 1916 B&W (Boeing and Westervelt) seaplane, was assembled by a team that included shipwrights along with carpenters, cabinet-makers and seamstresses, according to the park service website.

The 27.5-foot-long, two-crew seaplane, made with wood, linen and wire—with a cruising speed of 67 mph and a range of 320 miles—was sold to the New Zealand Flying School, becoming Boeing’s first international sale, notes The Boeing Company website. In 1917, the company got a big order to construct 50 Navy training aircraft.

I wander around the antique table saw and jointer in the Red Barn while the sounds of wood-working flood the room, reminding me that airplanes were once routinely made from wood and canvas. From other displays, I learn about the harrowing adventures of trailblazing airmail pilots (Boeing’s first airmail-carrying plane dates to 1919).

The Red Barn is the place to ponder the romantic years of air travel, when flying was still so novel, then continue on to the museum’s other spaces to see fighter planes, spy planes and an actual Space Shuttle Trainer—part of the museum’s collection

of more than 175 aircraft and spacecraft. You can also try out your own flight skills in a simulator.

Vashon Kayaking

Harbor seal heads pop up all around me as my kayak skims over the calm waters of

Vashon Island’s Quartermaster Harbor. A trip to Vashon Island is a scenic adventure from the Fauntleroy ferry terminal on the West Seattle mainland, which is approximately 10 miles from downtown Seattle. After about a 20-minute water crossing, the Washington State Ferries boat drops you at a forested bedroom community with fabulous waterfront homes and inlets.

Our group paddles over carpets of translucent moon jellyfish, then we scoot up Judd Creek to a half-submerged houseboat guarded by chatty kingfishers, which makes me feel like a character in the *Scooby-Doo!*



Parsons Gardens.



JEFF LAYTON

Kayaking by Vashon Island.

and the *Sunken Ship* adventure.

This fusion of urban and wild kayaking is offered by Vashon Watersports (vashonadventures.com), which also guides summer full-moon tours, as well as providing rentals and classes.

It also provides drop-off/pick-up services for self-guided overnight and multiday camping trips, and—when the conditions are right—for self-guided kayaking along the length of the west side of Vashon on the exiting tide through narrow Colvos Passage.

Only experienced paddlers should do this tide ride, which is known as the “Colvos Flush,” according to Vashon Watersports.

Parsons Gardens

When I was in college, Kerry Park was my go-to on a first date. If you buy a postcard of Seattle’s skyline, there’s a good chance the photo was taken from this overlook atop Queen Anne Hill north of downtown Seattle.

But after that obligatory first stop, I would guide my date out of the crowds, and we would stroll five blocks west to Parsons Gardens (seattle.gov/parks), where we’d find ourselves enveloped in

the lush foliage and fragrant perennials of this hidden park less than a half-acre in size.

A dense canopy of green branches waved in the breeze above rhododendrons, camellias, hydrangeas and hellebores, creating the sense of a secret garden.

Then, rounding the corner and traveling a sidewalk north along Eighth Avenue West, we would enjoy a vintage promenade featuring early-1900s mansions on one side of the street, with ornamental streetlights and the setting sun ducking behind the Olympic Mountains on the other. A simple stroll was all a poor college student needed to impress his date. ✕

Jeff Layton is always on the lookout for hidden gems in his home state. For more information on Puget Sound-area recreation, see visitseattle.org, visitbellevuewashington.com, explorekirkland.com, seattlesouthside.com, traveltacoma.com and experiencewa.com.

Alaska Airlines (alaskaair.com) provides regular service to Seattle, including daily nonstop service to/from Indianapolis starting May 11.

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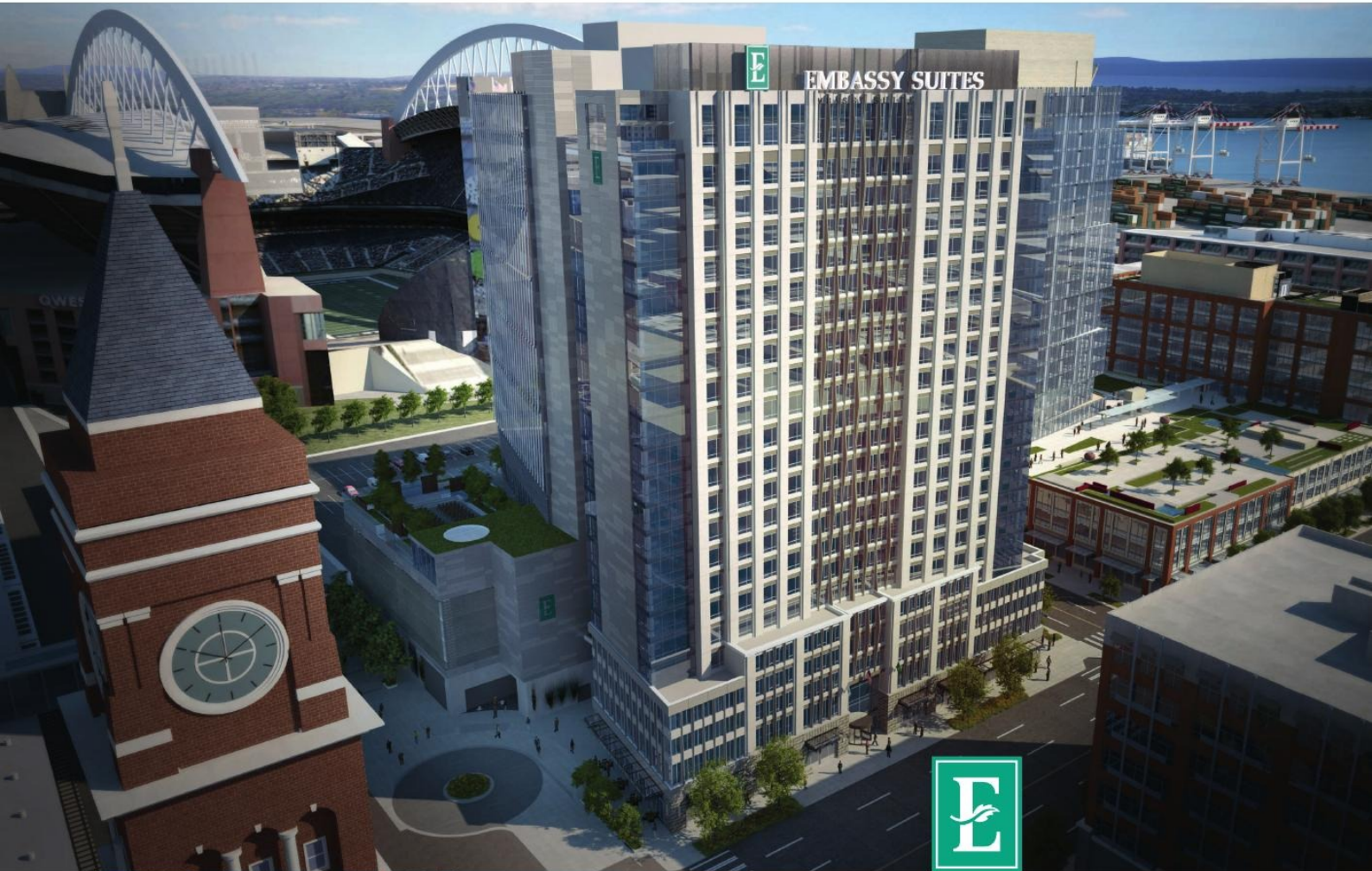
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Sharing the Pleasures of Hospitality

Master Sommelier Shayn Bjornholm always keeps the customer in mind | By Nicholas O'Connell

When Shayn Bjornholm talks wine, people listen. As the examination director for the Court of Master Sommeliers, America, an exclusive group of less than 200 top wine experts, Bjornholm is privy to the latest trends in wine. Publications ask for his advice and list his favorite vintages.

Even with such wine expertise, Bjornholm focuses his attention on the customer. He explains that the Court of Master Sommeliers, America, “sets the global standard of excellence for beverage service within the hospitality industry, with integrity, exemplary knowledge and humility.”

Bjornholm does this by keeping in mind the real reason for his job. “The endgame has always appealed to me,” he says. “You’re doing your utmost to make guests’ lives better.”

The one-time actor never set out to become a sommelier. He grew up in Lexington, Massachusetts, and attended the University of Virginia, where he majored in architecture.

However, Bjornholm found he was more interested in acting and moved to New York City to pursue his passion. He supported himself by working in restaurants. During the early 1990s, he came to Seattle to join its theater scene. But after several years, Bjornholm

grew disenchanted with the actor’s life, and, instead, fell in love with wine. He got a job at a now-closed local restaurant where he developed his expertise for combining wine with food.

“I realized I wanted to be in the sommelier game,” Bjornholm says. “So I got up at 4 A.M. every Monday and drove up to Vancouver, B.C. to attend the eight-hour course to obtain the Canadian Sommelier Guild Diploma, and then drove back to Seattle. I got really good at tasting and spitting [wine].”

When the Canlis restaurant’s legendary sommelier Robert Bigelow moved on to a new job, Bjornholm was hired as the new sommelier in 2000. He later went on to earn his Master Sommelier Diploma in 2005.

Bjornholm found the process fascinating and knew the training would challenge him and build on his intellectual understanding of wine and the factors that help determine how wines taste.

Today, Bjornholm works full-time as the examination director for the Court of Master Sommeliers, America. He also promotes the enjoyment of wine around the world.

While he could live anywhere, Bjornholm and his family have chosen to live in the Seattle area, giving him a front-row seat to the local wine and food culture.



“Seattle is an astounding gastronomic destination,” he says. “There are supremely talented chefs and sommeliers creating with some of the greatest local foodstuffs in the world. Our scene is sophisticated, authentic, imaginative and delicious.”

Bjornholm and his family live on Bainbridge Island, which he says is the perfect place to raise kids. “Bainbridge Island is my soul spot,” he says. “This quiet, idyllic, rural area, just a 45-minute trip from one of the more exciting cities in the United States, is hard to beat.” ✈

Nicholas O'Connell writes from Seattle.

SHAYN BJORNHOLM'S SEATTLE-AREA FAVORITES:

- Eating Sunday brunch at Café Campagne located in Pike Place Market. The *Oeufs en Muerrette* is a perfect dish.
- Kayaking with my daughters on Lake Union to see the floatplanes fly right over our heads.
- Taking the Winslow Ferry to Seattle so that my 5-year-old daughter can see the Seattle Great Wheel, the aquarium and the “big loud city.”

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SEATTLE

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Fun shots of the Emerald City, taken and curated by the magazine staff



The Giant Shoe Museum, Pike Place Market.



Go, Sounders!



International Fountain and the Space Needle, Seattle Center.



Simultaneous sun and rain shower—very Seattle.



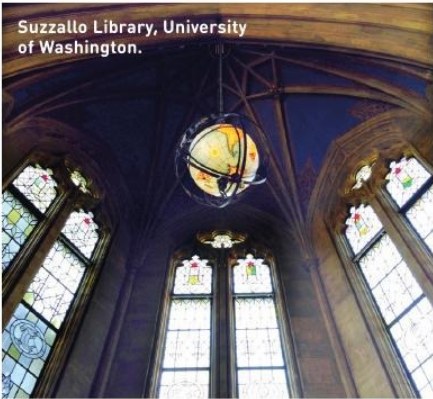
Georgetown neighborhood.



Melrose Market, Capitol Hill neighborhood.



Seattle Aquarium.



Suzzallo Library, University of Washington.



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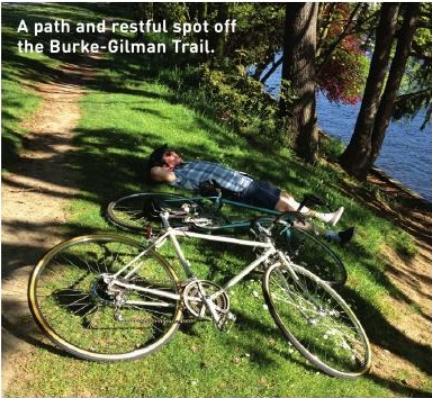
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BRIAN

LOST 72 POUNDS



My son is the primary reason I joined 20/20 LifeStyles. When he was born, I wanted to be around for a long time to watch him grow up and, more importantly, I wanted to be a role model so he'd learn healthy habits. I also just wanted to feel better and healthier so I can keep up with him and all the activities he'll want to pursue in the future.

I've struggled with my weight my entire life. By my mid-30s, I was starting to battle the health effects of being overweight. I was on medication for high blood pressure and acid reflux, and had started to notice new issues with cholesterol levels. I knew my diet was unhealthy but, no matter how many times I resolved to change my ways, it just wouldn't stick. I might exercise more, but wasn't taking the steps to improve my diet. I saw that my poor eating habits were impacting my wife's eating choices too. Something had to change.

When I began the 20/20 LifeStyles program and started learning about proper nutrition, it was eye-opening! I discovered that even the "healthy" fruit smoothies I'd been making for breakfast


were having the opposite effect. I learned so many little tips and tricks, but what stood out the most for me was the theme of mindfulness. By just stopping for a moment to think about what I was eating and, more importantly, why I was eating it, has changed my view on food forever. I no longer snack mindlessly. I make each meal count. If it's "on plan," then I want the right fuel to get me through to my next meal or carry me through an activity. If it's "off plan," then it needs to be delicious. I won't waste calories on comfort food like pizza unless it's a pizza I'll really enjoy, and even those moments have become fewer and fleeting. I don't overindulge. It's all about being present and mindful, choosing what I eat and not letting the food choose me.

My personal trainer was also a huge part of my success. When I was younger, I despised running and couldn't string together two miles without a lot of motivation. Once I got into shape, exercise became fun! Now, I routinely run 5-6 miles, three or four times a week. I recently completed the Seattle Half Marathon in 2 hours and 20 minutes, far exceeding my own expectations! I routinely run 5Ks and

10Ks and have signed up for four more half marathons in 2017. I also plan to run my first full marathon next October. I used to make excuses for not exercising. Now, I look forward to working out, hitting the workout room or running on the road six days a week. I also swim, cross-train and plan to get back into hiking and yoga, as well as try skiing for the first time next winter and kayaking over the summer. I'm also trying Pilates for the first time.

Exercise is great for busting stress and staying in shape, but exercise alone won't fix the problem. You have to have diet and exercise in harmony. Even now, I see my trainer and dietitian regularly to get my diet dialed-in to support my level of activity.

Biggest changes? I could list so many, but what I love the most is that I have more energy, feel so much more confident, and love wearing clothes from stores I couldn't have set foot in before. It's a lifestyle change, not a diet. I'll be working on my lifestyle for the rest of my life. At least now, I have the tools to get it right most of the time.




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Attractions, hotels and restaurants in the Puget Sound region

| By Michele Andrus Dill

We can feel the wind sweeping by as we fly behind a giant “spirit eagle” over Cape Flattery, the northwesternmost point in the contiguous United States. As we glide low over Skagit Valley tulip fields, we catch the fragrance of flowers. And spray mists our faces as we descend toward the splash of a breaching orca in the San Juan Islands, then skim Snoqualmie Falls and zoom over hydroplane roostertails on Lake Washington during Seattle’s summer Seafair festival.

It’s all part of **“Wings Over Washington: A Flying Ride,”** next to the Seattle Great Wheel at historic Miners Landing on the Seattle waterfront. “Wings Over Washington,” which opened in August, is an immersive high-definition-film experience, featuring a curved screen, seat rows that rise and dip in concert with the flight path, and sensory involvement as you cross the state to visit 14 iconic sites from the perspective of an eagle in flight.

In the Olympic National Forest, our feet seem to touch the tree-tops and we smell evergreens before we swoop low over mountain bikers. A breeze brushes past as we float amid hot-air balloons above a Walla Walla vineyard. We hear the roar of football fans as we dart over the University of Washington’s Husky Stadium. At Mount

St. Helens, we dive right toward the heart of the snowy crater and into the rising steam cloud.

“We’ve never made it out to Mount St. Helens in person, but now we’ve even seen the crater,” my husband, Michael, raves. He knows his comment won’t disturb the people around us, because they’ve been punctuating the entire experience with cries of “Whoa!” “Awesome!” and “Wow!”

Including a pre-ride introduction—which features a separate video presentation by Ranger Jesse; five wooden, Native-inspired animal masks, from bear to raccoon, that move and make the appropriate creature sounds; and a walk through a holographic fire to enter the theater—the experience lasts about 15 minutes.

“If you go into the night sky when the stars are burning their brightest,” Ranger Jesse told us, “the spirit of the thunderbird [eagle] will take you on a magical journey to reveal the spirit of Washington.” That certainly describes our aerial adventure over Evergreen State wonders over [Evergreen State wonders](http://wingsoverwa.com) (wingsoverwa.com).

The following are also among the many new attractions, hotels and restaurants in the Puget Sound area.

Attractions

KidsQuest Children’s Museum (kidsquestmuseum.org): KidsQuest moved into a new 13,500-square-foot location in



Top: “Wings Over Washington: A Flying Ride” is an exciting and fun immersive experience that showcases Evergreen State scenery and icons. Above: The Pike Place MarketFront at famous Pike Place Market is scheduled to open the end of June and will include new artisan vendors.

downtown Bellevue in January, doubling its exhibit space. Exploration areas range from a climbing feature to a Water Gallery.

Living Computers: Museum + Labs (livingcomputers.org): The museum reopened in November after an expansion that created hands-on opportunities in areas such as robotics and virtual reality.

The Museum of Flight “Apollo” exhibit (museumof-flight.org): Starting May 20, the museum will offer the first permanent public display of Apollo 12

and 16 F-1 rocket engines that launched astronauts to the moon.

Pike Place Market MarketFront (marketfront.org): The grand opening of this Pike Place Market expansion, which includes a viewing deck and new vendors, is scheduled for June 29.

SODO Track (sodotrack.com): Fifty artists are creating a 2-mile-long street-art corridor, with 32 painted walls, on Fifth Avenue South between Royal Brougham Way and Spokane Street.

Space Needle Digital Experiences (spaceneedle.com): Seattle’s most recognizable icon is offering several digital experiences, such as the free “Space Needle 360°” virtual-reality app, with options such as walking on the Needle’s outer edge and flying over the city in a floatplane.

Upstream Music Fest + Summit (upstreammusicfest).



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com): Founded by Paul Allen's Vulcan Inc. company, the May 11–13 event will include more than 300 bands, as well as speakers and breakout sessions.

Lodging

Thompson Seattle

(thompsonhotels.com/hotels/seattle/thompson-seattle):

The sleek, luxury boutique hotel, which opened last summer near Pike Place Market, boasts water and mountain views, The Nest rooftop bar, and the gourmet Scout PNW restaurant.

Upcoming openings:

Embassy Suites by Hilton

Seattle Downtown—Pioneer Square

(hiltonworldwide.com): The hotel is expected to open in January 2018 in the new 1.5 million-square-foot Stadium Place mixed-use development near Seattle's football and baseball stadiums. The local 13 Coins restaurant group, known for dining rooms that are open 24/7 and that offer more than 100 menu choices—will open a restaurant in the hotel.

Hotel Theodore (hoteltheodore.com): A historic hotel downtown is being reborn this summer as “a refined urban escape.”

Hyatt Regency Lake Washington at Seattle's Southport (lakewashington.regency.hyatt.com): Expected to open in June, the upscale hotel in Renton, south of Seattle, will offer water and Seattle-skyline views, with the Water's Table restaurant featuring alfresco dining and Northwest seasonally inspired cuisine.

Moxy Seattle South Lake Union Marriott (marriott.com): Marriott is expected to bring its “spirited and fun” Moxy hotel



concept to Seattle's South Lake Union neighborhood this summer.

SLS Seattle (sbe.com/hotels/locations/sls-seattle): The downtown hotel, slated to open this summer, is in The Mark building, with food and beverage offerings presided over by prominent local chef Gavin Stephenson.

W Bellevue (wbellevue.com): Scheduled to open June 15, the modern hotel, with a new contemporary Northwest restaurant, The Lakehouse, by local chef Jason Wilson, is part of the 1.5 million-square-foot Lincoln Square Expansion in The Bellevue Collection east of Seattle.

Dining

Circadia (circadiaseattle.com): The decor of this new downtown restaurant evokes the glamour of Hollywood, and the creative menu features classic dishes with a modern twist and world flavors.

Heartwood Provisions (heartwoodsea.com): Showcases unique food and beverage pairings, and both artful and rustic cooking methods.

Kiki Ramen (kikiramen.com): This restaurant by chef Josh

Above: A guestroom at The Hyatt Regency Lake Washington at Seattle's Southport. Right: The Library at W Bellevue.

Henderson, in the South Lake Union area, features traditional ramen dishes.

mbar (mbarseattle.com): This indoor/outdoor rooftop space in the South Lake Union area has a menu inspired in part by Italian, Spanish and Middle Eastern flavors.

Minamoto Japanese Cuisine (facebook.com/minamotobellevue): Minamoto provides a fine-dining experience in Bellevue.

No Anchor (noanchorbar.com): One of the two Seattle restaurants named a James Beard Foundation 2017 Best New Restaurant semifinalist, No Anchor is located in the Belltown neighborhood.

Rhein Haus Tacoma (rheinhaustacoma.com): The fun Bavarian-inspired restaurant/beer hall in Tacoma, south of Seattle, also has four indoor bocce ball courts.

RN74 (michaelmina.net): New executive chef Ben Godwin, whose credits include the three-



Michelin-starred The Fat Duck, is combining his world culinary expertise with local ingredients at this downtown restaurant.

Upper Bar Ferdinand (barferdinandseattle.com): The other Seattle restaurant named a James Beard Foundation 2017 Best New Restaurant semifinalist, it is located in the Capitol Hill neighborhood.

Young American Ale House (youngamericanalehouse.com): Launched by Maria Hines, who was the James Beard Best Chef: Northwest winner in 2009, the Ballard neighborhood gastropub offers creative takes on American classics and comfort food. ✈

Michele A. Dill is the senior editor.

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Favorite Puget Sound-area attractions | By Michele Andrus Dill

Dave and Veronica, visiting from the New York area, stand enthralled by the Puget Sound panorama visible from the 902-foot-tall Sky View Observatory on the 73rd floor of the Columbia Center. “This view is gorgeous!” Veronica enthuses.

She points across today’s calm aqua waters to Bainbridge Island, which the couple explored the day before, then gestures toward the 605-foot Space Needle, built for the 1962 World’s Fair and now likely Seattle’s best-known attraction, and the 175-foot-tall Seattle Great Wheel on the waterfront. “You can see so many iconic things—it’s just so expansive,” she says.

Billed as “the highest public observatory in the Northwest”—the aerie-height space offers a view that extends west to the Olympic Mountains, south to Mount Rainier and north to Mount Baker. And an expansion scheduled to be finished in early June will complete the observatory’s “necklace of views,” allowing visitors to stroll in a 360-degree

circle for a broader vista of landmarks to the east such as Lake Washington and the Cascade Range.

Interpretive panels identify various sites visible from the observatory and provide additional information. For example, one display explains that the term “flying saucer” was popularized in 1947 after a mysterious sighting near Mount Rainier was reported by a man named Kenneth Arnold.

Northwest wines and craft beers are available from the Sky View Cafe by Ravishing Radish, whose food menu includes “Picnic in the Sky”—an array of French Brie, herbed salami, Tillamook sharp white cheddar, fresh grapes, spiced almonds and rosemary crackers—to accompany the spectacular view.

Tickets to the observatory (skyviewobservatory.com) allow in-and-out privileges all day (10 A.M. to 8 P.M., or 8 A.M. to 11 P.M., depending on time of year), so you can come back to enjoy the city’s sparkling night lights.

Here are some more of the many popular attractions in the Puget Sound area:



Top: The Sky View Observatory provides a breathtaking view of downtown Seattle and Puget Sound. **Above:** Chihuly Garden and Glass, showcasing glass art such as *Pacific Sun*, shown here, is one of the spectacular attractions at Seattle Center.

Archie McPhee (archie-mcpheseattle.com): Novelty items from a toy/gift/craft/party-supply shop that prides itself on being weird.

Bellevue Botanical Garden (bellevuebotanical.org): Celebrating its 25th anniversary in June. Boasts more than 50 acres of gardens, woodlands and wetlands.

The Bellevue Collection (bellevuecollection.com): Shops

such as ExOfficio, restaurants, 365 by Whole Foods Market, cinema, nightclubs, comedy, bowling, billiards, hotels such as the excellent Hyatt Regency Bellevue, and more.

Bill & Melinda Gates Foundation Visitor Center (gatesvc.org): Exhibits tell the stories of work being done to improve people’s lives, and activities show how each person can make a difference.

Bill Speidel’s Underground Tour (undergroundtour.com): Entertaining history-and-culture walking tour. Fun fact: A TV movie pilot for *Kolchak: The Night Stalker* was filmed in the Underground.

Brewery Tours (seattlebrewerytour.com): Visit three Seattle breweries in three hours, led by Road Dog Tours. Also enjoy:

One-hour Redhook Woodinville Brewery tours (redhook.com).

Chambers Bay (chambersbaygolf.com): This scenic 7,585-yard traditional links course on Puget Sound shoreline hosted the 2015 U.S. Open.

Children's Museum of Tacoma (playtacoma.org): Playscapes from "Voyager" to "Invention."

Cruises: Among the many options, cruise Puget Sound on the **Blake Island/Tillicum Excursion with Argosy Cruises** (argosycruises.com) to enjoy the scenery, a Native storytelling show and a buffet meal with alder-fire-roasted fish. Also: Cruise **Lake Union and Lake Washington** for brunch or a sunset dinner with

Waterways Cruises and Events (waterwayscruises.com).

Dunn Gardens (dunngardens.org): Century-old gardens with a lovely 7.5-acre Olmsted Brothers design; guided tours, by reservation, select days and times, April–July and September–October.

Emerald Downs Racetrack (emeralddowns.com): Exciting thoroughbred racing through Sept. 17 this year.

Emerald Water Anglers (emeraldwateranglers.com): Guided fly-fishing trips on area rivers and Puget Sound.

Hiram M. Chittenden Locks (ballardlocks.org): Watch boats transfer between freshwater and saltwater, and June to September, watch salmon on the fish ladder.

LeMay—America's Car Museum (americascarmuseum.org): Vintage vehicles, modern marvels, simulators and special events.

Museum of History & Industry (mohai.org): Seattle-area history enlivened by interactive exhibits and intriguing objects.

Nightlife: Many options, such as **The Crocodile** live music; **Foundation Nightclub** electronic dance music; **Muckleshoot Casino** live music, comedy and DJ dance parties; **The Triple Door** live music; and the **Tractor Tavern** live music.

Point Defiance Park (pointdefiancepark.org): Sweeping water and mountain views, and Point Defiance Zoo & Aquarium.



The Seattle Monorail passes Hotel Five.

Seattle Center (seattlecenter.com): Numerous attractions, such as the Space Needle; Museum of Pop Culture (MoPOP); Chihuly Garden and Glass; KeyArena; Pacific Science Center; Seattle Children's Museum; International Fountain; KEXP Live In-Studio performances; and ballet, opera and theater companies. Alaska Airlines is a sponsor of Seattle Center.

Seattle Monorail (seattlemonorail.com): Built for the 1962 World's Fair, the monorail provides a two-minute ride between Westlake Center downtown and a Seattle Center station near the



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Space Needle and Museum of Pop Culture (MoPOP), along the way passing sites such as the flagship cafe of the locally based Top Pot Doughnuts group, and the hip red neon sign on the side of fun and funky Hotel Five Seattle, part of locally based Pineapple Hospitality.

The Shops at the Bravern (thebravern.com): High-end shops, plus restaurants such as the lauded John Howie Steak.

Starbucks Reserve Roastery & Tasting Room (roastery.starbucks.com): Some of the world's rarest coffees are roasted and brewed in this fascinating space that also serves specialty espresso and tea.

University of Washington (washington.edu/discover/visit):

Waterfront Activities Center canoe and rowboat rentals; Meany Center performing arts; and attractions such as the **Burke Museum** (burkemuseum.org), which features cultural and natural-history specimens and artifacts.

Washington State Ferries (wsdot.wa.gov/ferries): Scenic routes such as sailings to Bainbridge Island (museums, restaurants, wine-tasting rooms, Mora Iced Creamery) and Bremerton (USS *Turner Joy* naval-ship tours, fountain parks, and restaurants such as Anthony's at Sinclair Inlet).

Washington State History Museum (washingtonhistory.org): Exhibits bring the state's past to life and show how history connects communities and resi-

dents. "Gridiron Glory: The Best of the Pro Football Hall of Fame" will be on view May 27–Sept. 10.

Wing Luke Museum of the Asian Pacific American Experience (wingluke.org): Features intriguing items

such as a Chinese opera costume and the Mahjong room in a historic hotel. Also: guided walking tours.

Woodinville Wine Country (woodinvillewinecountry.com): More than 100 wineries (including Chateau Ste. Michelle) and tasting rooms, representing every Washington appellation.

Woodland Park Zoo (zoo.org): More than 1,000 animals—including four Asian small-clawed otters born in December—represent 300-plus species from around the world. ZooTunes concerts take place June through August each year. ✈

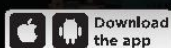
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Playoff Potential

Seattle teams are poised for a strong year

With a solid mix of veteran players and new talent, the Seattle Mariners, whose sponsors include Alaska Airlines, should be a fun team to watch this season at Safeco Field.

The nucleus of All-Stars second baseman Robinson Canó, designated hitter and outfielder Nelson Cruz, pitchers Félix Hernández and Hisashi Iwakuma, and third baseman Kyle Seager, remains intact for 2017. To complement this group, the Mariners have added speed and athleticism with players such as outfielders Jarrod Dyson and Mitch Haniger and shortstop Jean Segura.

The team also boasts the young and talented closer Edwin Díaz, whose fastball can reach 100 mph. If this mix of veteran leadership and new athleticism clicks, the Mariners could be playoff bound.

The team's season-long 40th-anniversary celebration is being sponsored by Alaska Airlines (mariners.com).

Seattle Sounders FC

The Sounders are out to prove that their MLS Cup Championship last season was no fluke.

Superstar forward Clint Dempsey, who has been central to the team's attack in recent years, was sidelined for much of last season with an irregular heart-beat. However, he made a spectacular return to the pitch this spring with the U.S. Men's



All-Star second baseman Robinson Canó, above, is expected to lead the Mariners' offensive attack this season. Coming off her WNBA 2016 Rookie of the Year season, the Storm's Breanna Stewart, left, is continuing to improve her game in 2017.

Seattle Reign FC

The Reign FC soccer team is regrouping after a difficult off-season, which saw top players retire or leave, including high-scoring Scottish midfielder Kim Little, who has returned to her former English club, Arsenal Ladies FC. Reign FC is counting on veteran Megan Rapinoe and co-captains Jessica Fishlock and Lauren Barnes to lead the retooled team back to the playoffs (reignfc.com).

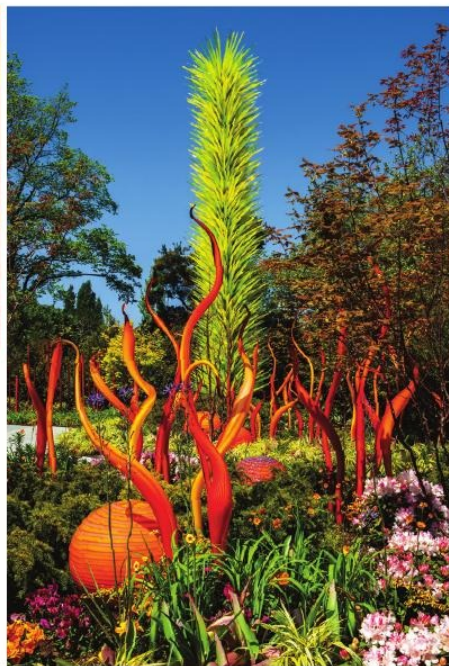
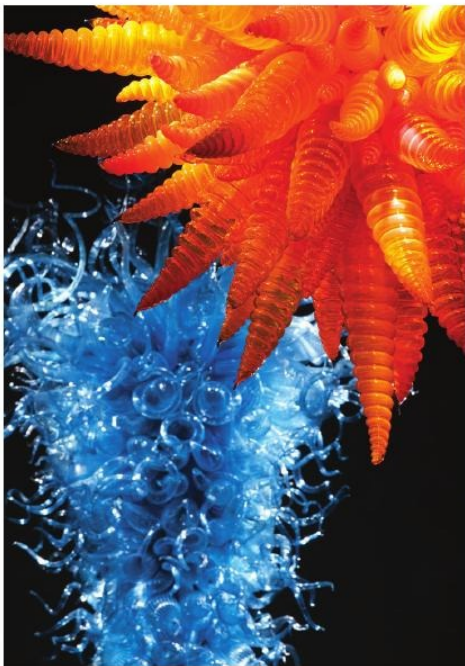
Seattle Storm

Led by forward Breanna Stewart, the 2016 WNBA Rookie of the

Year, and guard Jewell Loyd, the Storm are ready to make another run at the postseason. Last season, Stewart was a force under the rim, and Loyd developed into one of the league's best backcourt players. If the two continue to progress, Seattle will have one of the league's most potent combinations. Veteran guard Sue Bird is expected to be back for her 16th season (stormbasketball.com).

Seattle Seahawks

While questions about the team's offensive line persist, the Seahawks are still the odds-on favorite to win their division, as long as quarterback Russell Wilson (Alaska Airlines' Chief Football Officer) is healthy and protected. The team's defense remains one of the best units in the NFL, and coach Pete Carroll continues to get the most out of his players (seahawks.com). —Jeff Bond



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A Whale of an Excursion

Experiencing the mighty mammals in the Salish Sea | By John Nelson

I am standing on the deck of the *Chilkat Express*, a whale-watching boat, staring at the Puget Sound waters in hushed anticipation.

The other passengers and I know that gray whales are nearby, since we earlier saw the spray from their spouts as our boat, the Puget Sound Express company's high-speed foilcat, cruised through the area. However, we haven't actually gotten a look at the huge creatures just yet.

Suddenly, as if by magic, an enormous gray head rises straight up out of the chilly Puget Sound waters close to our boat, and it seems to stare right at us.

"Ooooh!" the passengers say in happy unison at the whale's "spy-hopping" display. We are all overjoyed to end up being the ones watched by the whale.

For the next 45 minutes, we stay with three grays—two males and a female—as they search for ghost shrimp off Hat Island in the waters west of Everett, Washington. It is fascinating to observe these mammals, which can grow to be 45 feet in length, as they swim in the shallow waters near the island. Eventually, we say goodbye as the whales swim north into deeper waters.

Every spring, about 20,000 gray whales travel 5,000 miles from the Baja Peninsula in Mexico to the Bering Sea in Alaska. In the fall, they turn around and head back to Baja. This is one of the longest

migrations of any mammal in the world. A special subgroup of about 12 gray whales makes a side trip into Puget Sound every spring to snack on the local seafood.

"This is the only group of gray whales that visits the Puget Sound, and nobody knows why," says Renee Beitzel, marine naturalist onboard the *Chilkat*, one of three vessels in the whale-watching tour company's fleet, which is based in Edmonds and Port Townsend, Washington (pugetsoundexpress.com).

Unlike orcas, which travel in pods and can be seen year-round in this area, gray whales don't have formal groupings. This contingent returns to Puget Sound every year because it feels some connection, almost like a social club going to an annual reunion, Beitzel says. "They tend to form loose associations or friendships," she explains.

Whale watching has long been a popular pastime in what has become known as the Salish Sea, comprising coastal waterways that stretch from Puget Sound north into British Columbia. The region's dozens of whale-watching operations form a loose-knit group that shares information on where whales can be seen and which way they are headed.

Orcas are a commonly seen mammal in the Salish Sea and are most prominent from late April to early October. The best-known "resident" orca group is J Pod,



Top: Passengers on the deck of the Puget Sound Express boat the *Chilkat Express* watch as a group of orcas swims by. Above: Two orcas breach at the same time in the Salish Sea. Orcas are commonly seen during whale-watching tours in the waters around the San Juan Islands.

about 30 feet in length, is sometimes seen during whale-watching tours. Other whale species in the area include the humpback whale.

While still endangered, the humpback's numbers are on the rise and some members of the species have made a return to the Salish Sea, where they spend the summer. They are most often seen in and around the Strait of Juan de Fuca, between Port Townsend and Victoria, British Columbia. "We've seen some incredible displays with the humpbacks," Hanke says, as he pilots the *Chilkat Express* back to our starting point in Edmonds. We dock, and 41 happy whale watchers disembark the ship.

"This was a good trip," Hanke says, smiling as our excursion comes to an end. "We pinch ourselves every day that we get to do this for a living." ✈

24 whales that live in the waters around the San Juan Islands. While resident pods are primarily salmon eaters, transient orcas—which may roam from Southern California to the waters of Alaska—are increasingly venturing into the Salish Sea to hunt for seals and sea lions, says Pete Hanke, owner of this family business and the captain of today's whale-watching cruise.

Another year-round resident of the Salish Sea is the minke whale. This species, which can grow to

Outdoor Experiences

Adventurous ways to enjoy the Greater Seattle area | By John Nelson

Seattle is one of the nation's most outdoorsy cities for a reason. Within the metropolitan area, you'll find gorgeous hikes, watery playgrounds and scenic cycling routes. And just a short drive away are wilder adventures and some of America's favorite national parks. Here's a sampling:

Bike the Burke-Gilman Trail: The 27-mile paved multiuse recreation trail is perfect for cyclists traveling from Ballard east to Lake Washington and then north to

Bothell. The trail passes through many picturesque neighborhoods and park areas.

Stand-up paddleboard in West Seattle: Survey the often bustling beach area from your paddleboard, available for rent at places along Alki Beach.

Explore Green Lake Park: Rent a pedal boat, a kayak or a small sailboat at this urban lake in North Seattle. You can also swim at a kid-friendly beach, as well as run, walk or skate on the lovely



GREGG BAGEL / GETTY IMAGES

Green Lake Park offers a variety of outdoor activities.

2.8-mile paved path around this popular lake.

Bike Discovery Park: Enjoy a network of multiuse trails that are great for biking and hiking.

Canoe Mercer Slough: Paddle into a wetland ecosystem filled with birds, beauty and quiet waterways, located just south of

Bellevue. You can pick berries at the Mercer Slough Blueberry Farm mid-July to early September.

Go to the Alps: The Issaquah Alps, that is, where trails take hikers to the summits of Cougar, Squak and Tiger mountains.

Dive in Edmonds: The Edmonds Underwater Park includes

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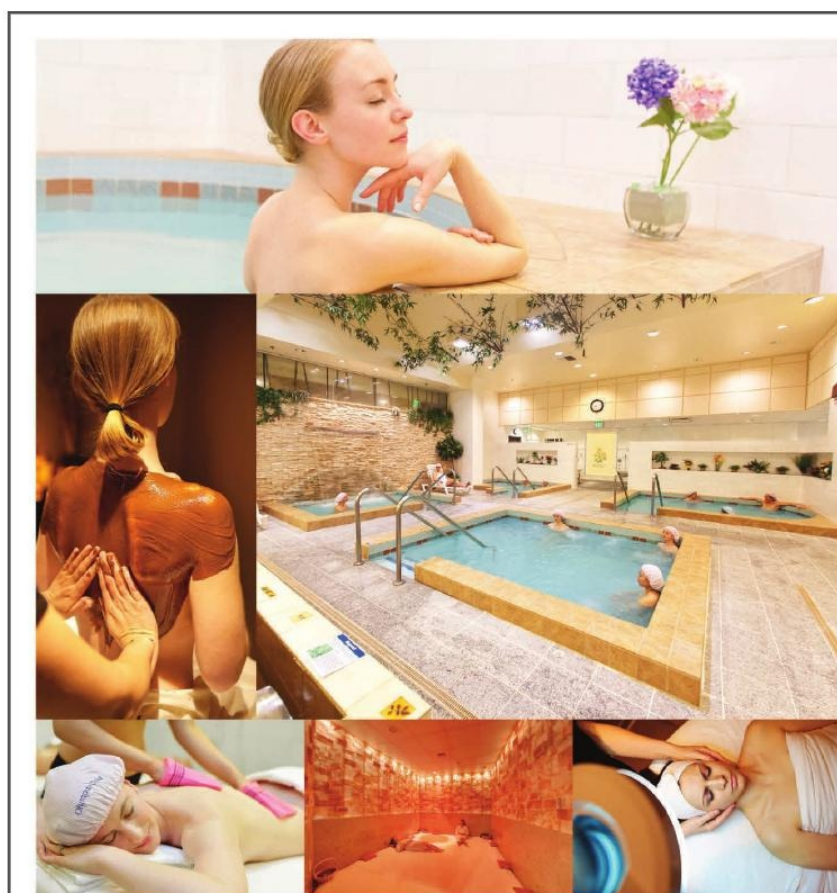
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various sunken ships at different stages of decomposition, a man-made reef of concrete blocks and other items, and a network of guide ropes anchored to the bottom for easy movement through the 27-acre park.



Cyclists enjoy picturesque Discovery Park.

AURORA PHOTOS / ALAMY

Fish the Snoqualmie River:

Cast your flies near Carnation and you might hook a steelhead; go farther upstream on the Middle Fork of the Snoqualmie for trout.

Mountain bike the John

Wayne Pioneer Trail: Starting

near North Bend, follow a former railway roadbed that is now a gravel path as it runs east through the Cascade Range.

Summit Mount Si: Hike 3,100

vertical feet in 4 miles on this mountain trail for amazing views of the area's rugged landscape.

Hike the Pacific Crest Trail:

Go north from Snoqualmie Pass into the Alpine Lakes Wilderness to explore one of the most scenic sections of the PCT.

See local national parks:

Experience Mount Rainier National Park from every angle on the 93-mile Wonderland Trail. Hike the breathtaking landscape in the Mount St. Helens National Volcanic Monument. And visit Hurricane Ridge on the northern



Stunning views abound when hiking in Mount Rainier National Park.

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side of the Olympic Peninsula, where you can see amazing views of Olympic National Park. ✈

John Nelson writes from Seattle.

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

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

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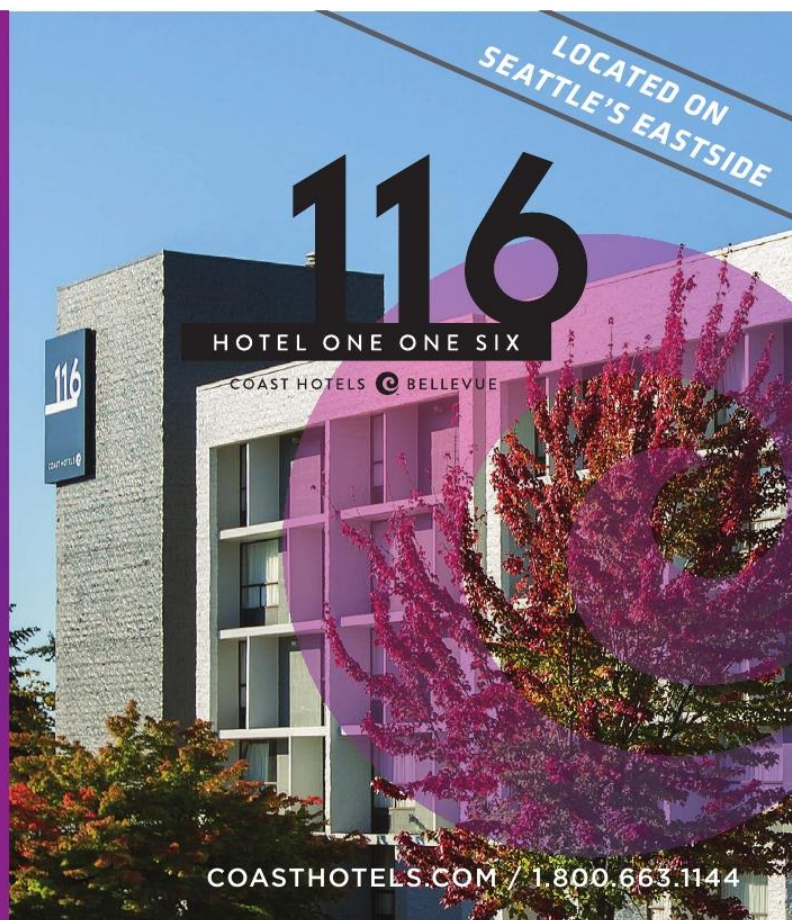
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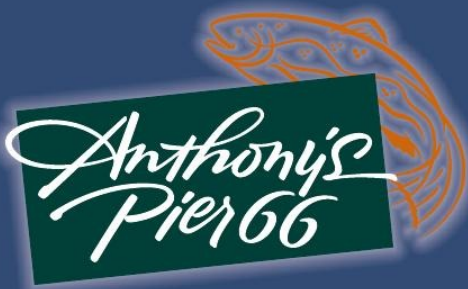
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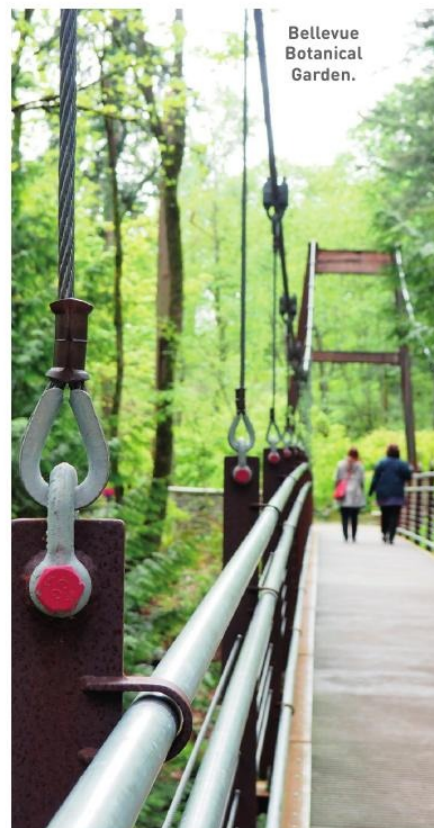
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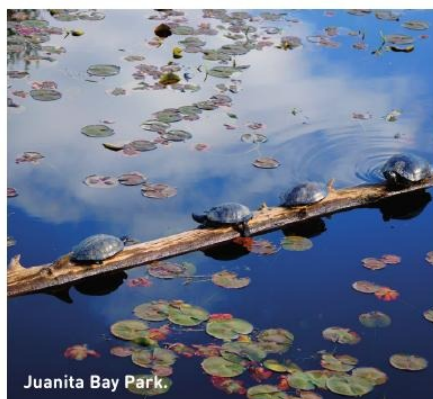
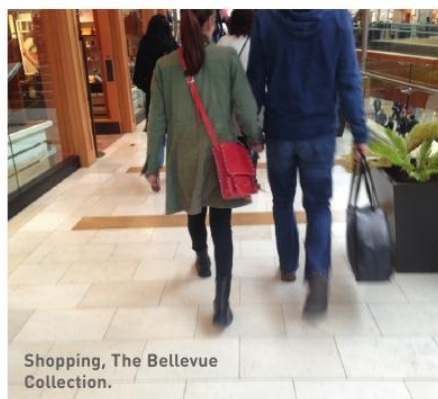
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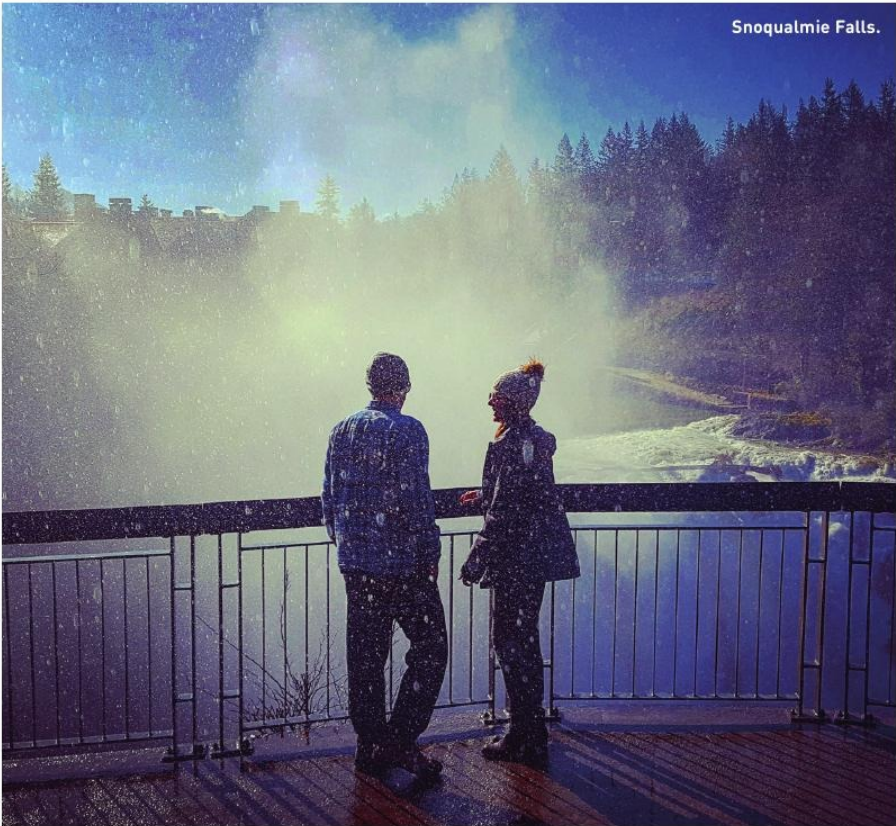
Carillon Point.



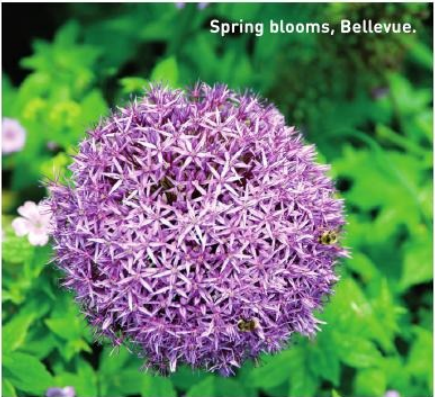
Hiking, Cascade Range.



Parasailing practice, Marymoor Park.



Snoqualmie Falls.



Spring blooms, Bellevue.



Rooster, Maltby.



Kirkland Library, wall detail.



Marsh Park on Lake Washington.



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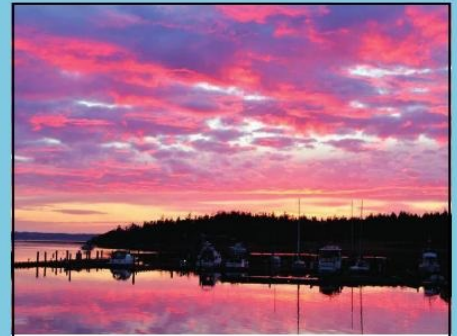
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Exhibiting Excellence

Artwork offers inspiration | By Ted Fry

Striding into the Seattle Art Museum, I quickly was struck with awe as I marveled at the 105-foot-long replica of a 140-year-old western hemlock that was hanging high above my head.

The new installation, titled *Middle Fork*, by John Grade, is a naturalistic wonder created by first using a plaster cast to replicate an old-growth specimen that still stands somewhere in the Cascade Range, then weaving together precision-cut, inch-long pieces of salvaged cedar to mimic the tree's trunk and branches. The sculpture is a breathtaking apparition of life-size magical realism. It spans the museum's Brotman Forum, a soaring foyer that's part gathering place and part exhibition space for large-scale installations that are suspended from the ceiling.

I've been a SAM fan for more than 30 years, starting when it was housed in a stately Art Deco structure in Volunteer Park. The magnificent original structure became a sister site as the Seattle Asian Art Museum, now undergoing its own massive makeover for a 2019 debut.

I was delighted along with the rest of the city when SAM opened the 9-acre outdoor Olympic Sculpture Park, which became home to an ever-expanding collection of large artworks, such as renowned sculptor Richard Serra's 300-ton iron piece, *Wake*.

A new sunset-hued indoor

installation, *The Western Mystery*, by Spencer Finch, also is on view, inside the park's Paccar Pavilion.

I've found inspiring moments in SAM's permanent collections as well. For instance, Albert Bierstadt's dramatic oil-on-canvas evocation of Northwest atmosphere, *Puget Sound on the Pacific Coast*, and the angular intensity of Morris Graves' gaze in his *Self-portrait* stay vivid in my memory. So does the sublimity pervading paintings such as



Top: *Middle Fork*, by John Grade, in the Seattle Art Museum. **Above right:** *En Paysage dans l'Île Saint-Martin*, by Claude Monet, at SAM. **Above left:** *The Western Mystery*, by Spencer Finch, inside the Olympic Sculpture Park's Paccar Pavilion.

Claude Monet's *En Paysage dans l'Île Saint-Martin*, in "Seeing Nature: Landscape Masterworks from the Paul G. Allen Family Collection," SAM's featured exhibit through May 23.

SAM's legacy endures as it continues to enthrall—now more than ever, under the sweep of a majestic tree beckoning visitors to grow alongside the city's art. ✈



ADDITIONAL EXHIBITS

- **Bellevue Arts Museum**, Bellevue: "The Contact: Quilts of the Sierra Nevada by Ann Johnston," through June 11; "Future Machine," through Sept. 10; "Emerge/Evolve 2016: Rising Talents in Kiln-Glass," May 26–Oct. 1.
- **Cascadia Art Museum**, Edmonds: "Botanical Exuberance: Trees and Flowers in Northwest Art," through June 25; "Northwest Sculpture: Five Decades of Form and Innovation," through Sept. 24.

- **Chihuly Garden and Glass**, Seattle: Includes glass art, drawings and stunning installations by Dale Chihuly.

- **Frye Art Museum**, Seattle: "Between the Frames: The Frye Art Museum Collection After 1952," through July 23; "Frye Salon," through Jan. 21; "Amie Siegel: Interiors," May 20–Sept. 3.

- **Museum of Glass**, Tacoma: "Art Deco Glass from the Huchthausen Collection," through Aug. 13; "Into the Deep," through Aug. 20; "Linda MacNeil: Jewels of Glass," through Oct. 1; "Ispirazione: James Mongrain in the George R. Stroemple Collection," through Oct. 15.

- **Tacoma Art Museum**, Tacoma: "Cultural imPRINT: Northwest Coast Prints," through Aug. 20; "Familiar Faces & New Voices: Surveying Northwest Art," May 13–Summer 2019.

- **Online maps** are available for **self-guided art tours** of Seattle (seattle.gov), Kirkland (explorekirkland.com) and Bellevue (visitbellevue-washington.com).



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Crowd Connections

Fostering community through film | By Ted Fry

Sarah Wilke has been a fan of the Seattle International Film Festival (SIFF) since she first attended with her parents in the 1990s. “Film was a primary art form in my family,” she says. “It was a real shared experience in terms of how we gained empathy and started thinking about how to see the world.”

This year, as SIFF’s executive director, Wilke is guiding the film festival, May 18–June 11, with a more-important-than-ever mandate to manage an inclusive experience for one of the most vibrant film communities anywhere. This year, especially, emphasis is on bringing together the diverse populations in the Seattle area through the inherent connection moviegoers share.

Wilke, who led the estimable Seattle theater organization On the Boards for 12 years, says she’s grateful to be helping another organization with such a heralded reputation. SIFF showcases more than 400 films from more than 80 countries in 25 days. Hence the excited queues in front of theaters all over town.

“The conversations that are happening in line? Those are life-changing,” says Wilke. She’s overheard “everything from reunions to recommendations for the festival and beyond.”

A sense of anticipation is among the most memorable parts of the festival for SIFF audience members. Being on the edge of our seats during a film—or per-

haps jumping out of our seats—may be when we’re most aware of the collective feeling of immersive participation.

“The first thing I want to do when I have a strong response in a movie theater is look to the person to the left and to the right, and have that as a shared experience,” Wilke says. “It’s fun to see the way other people react, and remember that my reactions are part of a larger conversation.”

Wilke’s mission is getting a boost from the massive influx of new people in the area searching for community. “We need to be able to meet the needs of people who are coming in with their own diverse experiences and abilities to expect a wider conversation,” she says. “It’s a huge opportunity for SIFF, especially since we’re bigger than just the festival.”

SIFF operates several year-round theaters, curates an array of educational and community-outreach programs and offers filmmakers opportunities to grow in a city known for film lovers.

When people in Seattle come to SIFF, they really engage in the film experience, she says. “We don’t have to teach the audience to be that way; we just get to help foster it.” ✂

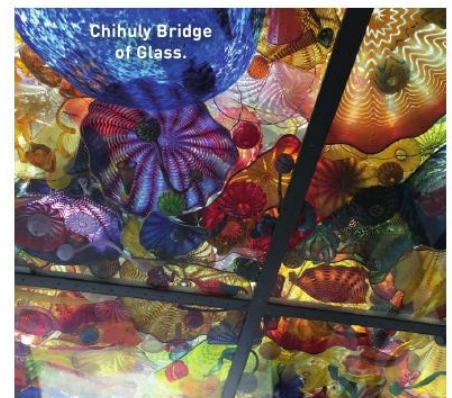
Ted Fry is a Seattle-based writer.

The Seattle International Film Festival (SIFF), May 18–June 11, showcases more than 400 films from 80-plus countries. Alaska Airlines is a sponsor of SIFF.



SARAH WILKE'S SEATTLE-AREA FAVORITES:

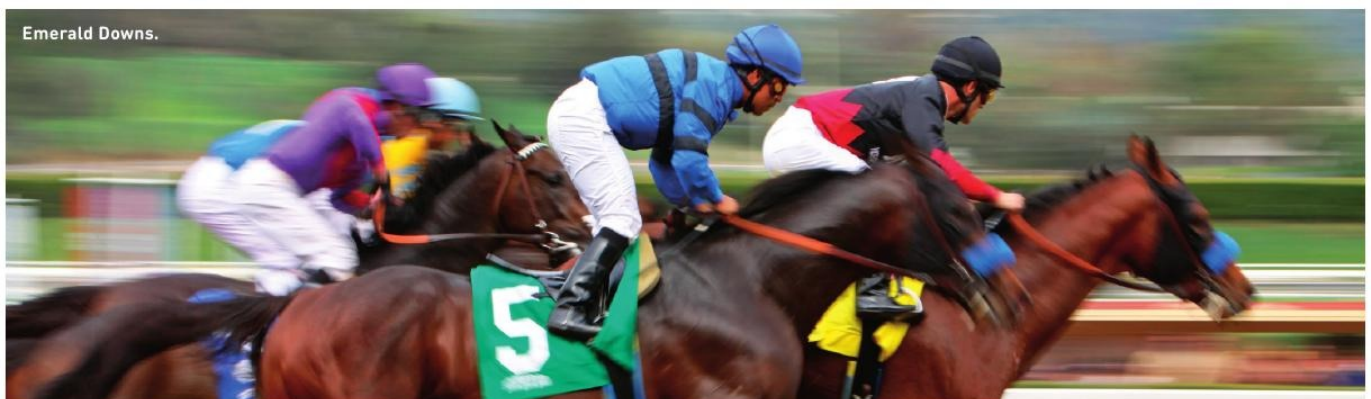
- Carkeek Park. I love combining the forest and the beach in a single hike. It’s by my house, and I am there at least once a week.
- Low-tide days are my favorite days in Seattle. I explore the usually hidden sea creatures. Green shrimp are still my favorite find. I think the best spot is near the Fauntleroy ferry dock.
- My favorite quiet spot is Shrine of the Blessed Virgin Mary at St. James Cathedral on First Hill. When all the candles are lit, it is particularly amazing.
- When I have a free night, I always look at the Town Hall Seattle website (townhallseattle.org).
- I really like any Danish bakery, but Larson’s Danish Bakery in Ballard and Nielsen’s Pastries in Uptown are my favorites. Nielsen’s famous potato pastry is worth a taste.



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PHOTO SAFARI

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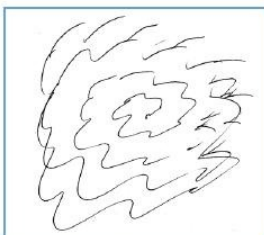
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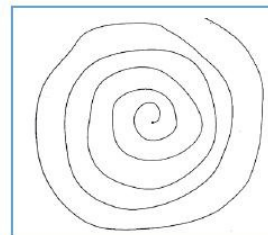
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● **Flying Heritage & Combat Armor Museum** (flyingheritage.com): More than 25 aircraft—many of them WWII planes from five different countries—along with tanks and other rare artifacts, are on display in two large hangars on Paine Field in Everett; also special events throughout the year. The collection is owned and displayed by Seattle Seahawks owner/Microsoft co-founder Paul G. Allen.

● **Future of Flight Aviation Center & Boeing Tour** (futureof-flight.org): See Boeing's production line in Everett during North America's only publicly available tour of a commercial jet-assembly plant; also hands-on activities such as digitally designing an airplane.

● **Gig Harbor** (gigharborguide.com): Go fishing, scuba diving, boating, golfing or bicycling, or take a guided beach walk with **Harbor WildWatch**, in this delightful maritime area. You can also peruse boutique shops, relax with a local beer or cocktail, and savor water-view dining.

● **Leavenworth** (leavenworth.org): Known for its Bavarian-themed village and shops, this picturesque region amid the Cascade Range also offers wineries, breweries, distilleries, restaurants, and myriad outdoor activities, from horseback riding and whitewater rafting to Nordic skiing and dogsledding.

● **North Bend & Snoqualmie:** This month Showtime launches its



Top: Hiking in the Mount Baker-Snoqualmie National Forest in the Bellingham area. Above: Dancers in Bavarian-themed Leavenworth. Above right: A horse-drawn carriage in front of the Parliament Buildings in Victoria, BC.

limited-event *Twin Peaks* TV series, based on the early 1990s original, which was set in a fictional Northwest town; filming locations included the North Bend (northbendwa.gov) and Snoqualmie (cityofsnoqualmie.org) areas, making this a great time to visit. In addition to seeing landmarks such as **Twede's Cafe** ("home of Twin



● **San Juan Islands** (visitsanjuans.com): These internationally acclaimed islands offer recreation ranging from cycling and hiking to kayaking and whale-watching (plus **The Whale Museum**, whalemuseum.org). Also enjoy village-

Peaks cherry pie"), enjoy outdoor activities, view Snoqualmie Falls, and take a train ride offered by the Northwest Railway Museum.

● **Olympia-Lacey-Tumwater** area (visitolympia.com): Attractions include tours of the 1928 **state capitol**; the **Thurston Bountiful Byway** agritourism self-tour; the **South Sound Wine Trail**; distilleries; one of the world's largest collections of beads, at **Shipwreck Beads**; kayak rentals; and trails in the **Billy Frank Jr. Nisqually National Wildlife Refuge** (www.fws.gov/refuge/Billy_Frank_Jr_Nisqually).

es; artist studios; boutique shops; local wine, beer, cider and spirits; farm visits; and the **San Juan Islands Scenic Byway**, which includes ferry and driving routes.

● **Victoria, BC** (tourismvictoria.com): Options for visiting British Columbia's charming capital include the **Victoria Clipper** ferry (clippervacations.com) from Pier 69 in Seattle. It's about a 3-hour trip on the Salish Sea, and overnight packages also are available. Victoria's many attractions include the **Royal BC Museum**, the **Parliament Buildings**, **The Butchart Gardens**, horse-drawn carriage rides and afternoon tea. —*M. Dill*

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Jim Henson exhibit

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Calendar



Summer Fun at Seafair

This popular festival, June 14–Aug. 20, includes events such as the Alaska Airlines Rock 'n' Roll Seattle Marathon & 1/2 Marathon, the Alaska Airlines Seafair Torchlight Parade, hydroplane races and the Boeing Seafair Air Show. For a complete schedule of events, visit seafair.com.

—Kara Spencer

Additional Events

- **Cirque du Soleil's Luzia**, Marymoor Park, Redmond: A mesmerizing and magical experience, through May 21; cirquedusoleil.com/luzia.

- **Holocaust Center for Humanity**, downtown: "The Journey That Saved Curious George: The True Wartime Escape of Margret and H.A. Rey" exhibit, through May 24; holocaustcenterseattle.org.

- **Nordic Heritage Museum**, Ballard: "Marimekko, With Love," through July 9; nordicmuseum.org.

- **Pacific Science Center**, Seattle Center: The world-premiere exhibition of "Terracotta Warriors of the First Emperor," whose local sponsors include Alaska Airlines, through Sept. 4; pacsci.org.


- **Chihuly Garden and Glass**, Seattle Center: "Yoga Under Glass" in the beautiful Glasshouse, May 6 and 21; chihulygardenandglass.com.

- **Town Hall Seattle**: "Tommy Caldwell: Climbing 'Beyond the Limits,'" May 31; townhallseattle.org.

- **Museum of Pop Culture**

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"Terracotta Warriors."

(MoPOP), Seattle Center: The world-premiere exhibit of "The Jim Henson Exhibition: Imagination Unlimited," May 20-Jan. 3; mopop.org.

- **KeyArena at Seattle Center:**

"Stars on Ice," May 20; Alaska Airlines is a sponsor of the arena; keyarena.com.

- **Kirkland Performance Center,**

Kirkland: Tony award-winner Laura Benanti gives a solo singing performance, May 20; kpcenter.org.

- **Northwest Folklife Festival,**

Seattle Center: Cultural celebration, May 26-29; nwfolklife.org/festival.

- **Chateau Ste. Michelle 2017**

Summer Concert Series, Woodinville: This year's series, June 1-Sept. 15, is part of the acclaimed winery's 50th-anniversary celebration; ste-michelle.com.

- **Meydenbauer Center,** Bellevue:

The Bellevue Jazz and Blues Festival, June 2-3; bellevuedowntown.com/events/bellevue-jazz-blues-festival.

- **Bite of Seattle,** Seattle Center:

Features samples from 60-plus restaurants, July 21-23; biteofseattle.com.

- **Pacific Northwest Scottish**

Highland Games and Clan Gathering, Enumclaw: Includes traditional sporting events and music, July 28-30; sshga.org.

- **Bumbershoot,** Seattle Center:

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- **Seattle Children's Theatre,**

Seattle Center: *Fire Station 7*, through May 21. Upcoming plays include *Go, Dog. Go!*, Sept. 28–Nov. 26; sct.org.

- **General Theater:**

ACT, *Chitrangada*, through May 20 (acttheatre.org).

The 5th Avenue Theatre, world premiere of *Romy and Michele's High School Reunion: The Musical*, June 8–July 2; *Fun Home*, July 11–30; and more, including the world premiere of *Intermission! The Musical!*, Feb. 2–25; Alaska Airlines is a sponsor of The 5th Avenue Theatre (5thavenue.org).

Paramount Theatre, *The Curious Incident of the Dog in the Night-Time*, July 25–30, and others, including *Hamilton*, Feb. 13–March 18 (stgpresents.org).

Seattle Repertory Theatre, *Here Lies Love*, through May 28 (seattlerep.org).

Seattle Shakespeare Company, *A Midsummer Night's Dream*, May 3–21 (seattleshakespeare.org).

Taproot Theatre Company, *Busman's Honeymoon*, May 17–June 24 and *Persuasion*, July 12–Aug. 19 (taproottheatre.org).

- **Additional Performing Arts:**

Pacific Northwest Ballet, *Pictures at an Exhibition*, June 2–11 (pnw.org). **Seattle Opera**, *The Magic Flute*, May 6–21 (seattleopera.org).

—M. Dill and Kara Spencer

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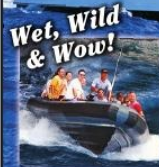
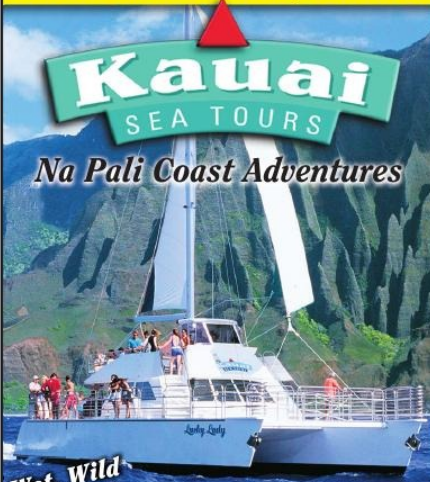
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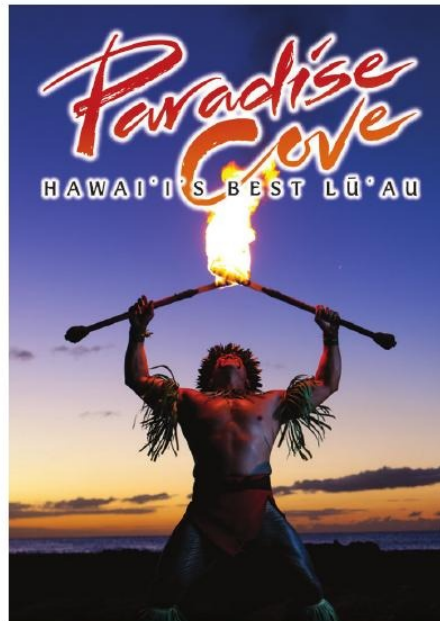
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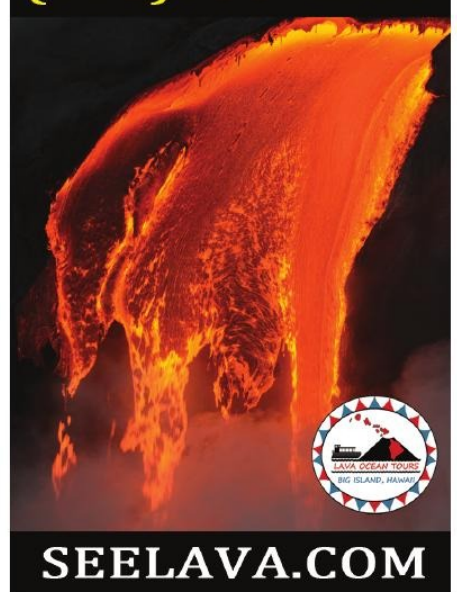
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HAWAI'I MIND BODY SPIRIT

Finding healthful rejuvenation in the Aloha State By Ilima Loomis

I can smell the fresh herbs and flowers from the garden outside as I slide into the tub for a soak. I scoop up the blue silk sachet that's been left to steep in the warm water. Bath salts dissolve between my fingers and blend in the water with powdered 'awa, a Hawaiian medicinal root used for relaxation, and a coiled stalk of lemongrass, which I've been told has rejuvenating properties.

I close my eyes and let the warm water unwind my sore muscles as my mind drifts into a meditative state enhanced by the melody of softly playing Hawaiian slack-key guitar music.

This little chamber of tranquility can be found at Ho'omana Spa, a boutique day spa and massage school tucked away in the lush mountain forests of Pi'iholo, Maui. Inspired by her Native Hawaiian heritage, and trained in traditional healing techniques such as *lomilomi* massage (which involves long strokes with the forearms) and Hawaiian herbal medicine, founder and spa director Jeana Iwalani Nalua'i offers treatments rooted in the Islands, with bath soaks and body butters made on-site and incorporating ingredients harvested from the spa's garden of Native Hawaiian plants.

While Hawai'i may have a reputation as a tropical playground, and certainly has its share of adventure activities, many visitors also come to the Islands in search of healing, wellness and rest. A variety of spas, retreats, classes and activities offer opportunities to improve your health and well-being, with options for nearly every budget and level of interest—whether you are ready to immerse yourself in bodywork and personal development, or you are just looking to center yourself and recharge for an afternoon. Whatever your interests, here are some Islands-style ideas to nurture your mind, body and spirit.

SPAS

From saunas to scrubs, few things feel more luxurious than indulging in a spa treatment in Hawai'i.

NAUPAKA SPA & WELLNESS CENTRE

Four Seasons Resort O'ahu at Ko Olina, O'ahu

It would be easy to spend many hours in this four-floor day spa, which includes 17 treatment rooms, hot and cold plunge pools, a sauna, a steam room, an outdoor lap pool and a whirlpool. Naupaka's "Hā (Breath of Life) Ritual" includes exfoliation and foot reflexology with a guided breathing meditation in one of the spa's two Himalayan salt chambers. Specialized services include "Hawaiian Hula Princess" makeovers for *keiki* (children). There is also a classic men's barbershop (fourseasons.com/oahu/spa).

THE SPA WITHOUT WALLS

Fairmont Orchid; Kohala Coast, Hawai'i Island

Get outdoors and relax in the fresh air at one of this spa's waterfall or oceanfront treatment spaces. In addition to a variety of massages, the spa offers body treatments such as "Kahinu," in which warm coconut oil is massaged into the hair and scalp, and "Papaya Pleasure," a dry-brush exfoliation followed by a papaya-enzyme body mask treatment. The spa's wellness center also offers daily yoga and meditation classes, such as "floating yoga" practiced on anchored stand-up paddleboards (fairmont.com/orchid-hawaii/spa).

HO'OMANA SPA MAUI

Pi'iholo, Maui

From healing chants and prayers to herbal medicine and traditional massages, all treatments at this spa are based in Native Hawaiian healing practices. Guests can

MORE SPA OPTIONS:

SPA GRANDE

Grand Wailea Resort;
Wailea, Maui;
grandwailea.com/experience/spa

MAUNA LANI SPA

Mauna Lani Bay Hotel & Bungalows;
Kohala Coast, Hawai'i Island;
maunalani.com

walk the property and help gather the herbs used for treatments. "Four hand" massage (with two therapists) and Hawaiian back walking (in which the therapist walks barefoot on the guest's back) are among the specialized services. In addition to treatments and massages, the spa is a massage school that offers training in lomilomi. Private classes are available for individuals as well as for couples (hoomanaspamaui.com).



RETREATS

To jump-start practices such as meditation or yoga, or to fully immerse yourself in holistic rejuvenation, try a retreat.

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Ho'omana Spa Maui, opposite, provides varied massages. The grounds of Hawaii Island Retreat, above, host healthful classes.

Beyond a variety of yoga styles suitable for all levels, classes at Lumeria include qi gong (the ancient Chinese healing art), Tibetan-bowl sound healing, hoop dance, martial arts and Feldenkrais somatic movement. In addition to a full slate of spa services, Lumeria's wellness center offers a range of niche therapies, such as meditation with primordial sound mantras, channeled readings on an amethyst crystal biomat and quantum healing

hypnosis therapy. An organic garden supplies the retreat center's on-site restaurant. Evening classes and special seminars are open to the community and include relationship workshops and cultural lectures (lumeriamauui.com).

HAWAII ISLAND RETREAT

Hawi, Hawai'i Island

Packages at this retreat area include the "Return to Self," which features daily fitness classes and meditation, as well as spa treatments, organic farm-to-table meals, a tour of the area's cultural sites and a complimentary notebook for daily journaling. This luxury retreat center offers rooms and suites on 50 acres overlooking the lush North Kohala Coast and is 100 percent sustainable and off the grid, thanks to solar and wind power. Individual classes offer instruction in yoga, *chi gong* (better known as qi gong), medita-

tion and hypnotherapy. There are also special classes, talks and seminars on personal development and relationships. In addition to wholesome meals at the on-site restaurant, guests can take classes in organic gardening, vegetarian cooking and healthy menu planning (hawaiiisland-retreat.com).

WOOD VALLEY TEMPLE & GUEST HOUSE

Pāhala, Hawai'i Island

For a back-to-basics spiritual escape in a serene setting, this rustic retreat offers simple lodging at a Tibetan Buddhist monastery in a remote part of Hawai'i Island. The temple holds a daily service at 8 A.M., as well as a weekly chanting and meditation practice at 10 A.M. Sundays. Participation is voluntary, and you don't have to be Buddhist to stay here. A multipurpose room can be used for classes or



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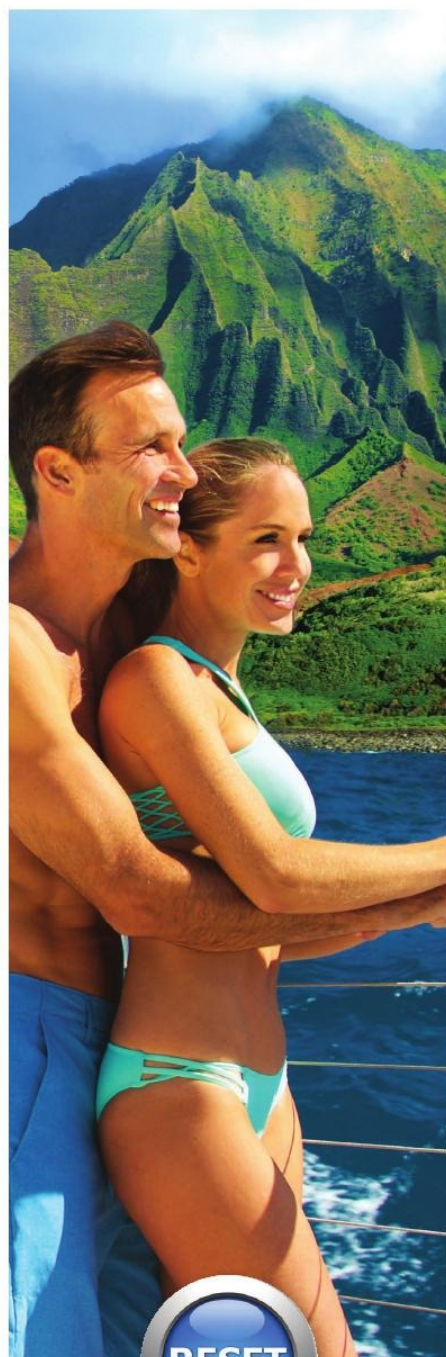
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meetings, making the temple an option for small-group retreats. Guests prepare their own meals. The location offers opportunities for scenic walks around a wooded valley and for exploring nearby Kīlauea volcano (nechung.org).



Wood Valley Temple & Guest House, above left, offers lodging at a Buddhist monastery. Classes from Kauai Yoga on the Beach, above right, take place in unforgettable settings.

MORE RETREAT OPTIONS:

KALANI Pāhoa, Hawai'i Island;
kalani.com

ALA KUKUI Hāna, Maui;
alakukui.org

CLASSES

Whether you're on a journey to rediscover yourself or want to get a brief introduction to a topic, a la carte classes offer a quick and affordable way to tap into the energy of the Islands.

KAUAI YOGA ON THE BEACH

Multiple locations, Kaua'i

Greet the morning with an outdoor yoga class accompanied by ocean breezes and the sounds of crashing waves. Group classes are based in Kapa'a, Līhu'e and Po'ipū, and are open to all levels. A monthly full-moon yoga class includes a balancing yin yoga (slow-paced) session, a crystal mandala workshop and an exercise in intention-setting for the coming month. Teachers are also available for private instruction and "wedding yoga"

events, which can include group yoga classes for an entire wedding party to settle nerves on the big day. Additional offerings include a Hindu temple tour (kauaiyogaonthebeach.com).

MAUI YOGA SHALA

Pā'ia and Wailea, Maui

This full-service studio with locations on Maui's north and south shores offers classes in a variety of yoga styles for all levels, as well as special classes such as "Happy Hour" yoga, a keiki yoga class for

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MORE CLASS OPTIONS:

YOGA KAI PADDLE YOGA

Honolulu, O'ahu;

yogakaipaddleyoga.com

BODHI TREE DHARMA CENTER

Honolulu, O'ahu;

bodhitreehawaii.com

kids, and candlelight yoga. Movement classes include African dance, belly dance and ballet. Yoga teacher trainings are also very popular. Monthly retreats include packages that feature luxurious accommodations and daily yoga classes, as well as meditation, surfing or hiking options (maui-yoga.com).

DOWN TO EARTH

ORGANIC & NATURAL

Multiple Locations, O'ahu and Maui

This all-vegetarian grocery and health food store offers monthly cooking classes at its locations in Honolulu and Kailua on O'ahu, and in Kahului on Maui. Classes are vegetarian or vegan; themes have included healthy picnics, nourishing soups and detox diets. A recent home fermentation class taught how to make kimchi, kefir and kombucha. Instructors feature seasonal local ingredients when possible (down-to-earth.org/recipes/cooking-classes).

Back at Ho'omana Spa, I'm adrift in the salt and 'awa bath when a gentle knock on the door signals that it's time for my massage. Today I've booked a "Hawaiian Healing Herbal Bath" and the "Ho'omana Signature Lomi Lomi." I towel off, already feeling warm and mellow as I stretch out on a table. My massage therapist, Meggie, quietly enters and suggests beginning with a traditional chant. She rests a hand on my back as she intones the words, then she begins to knead my shoulders.

I may have come in to get relief for my sore back, but as I surrender to the gentle pressure of the lomilomi, I feel more than just my muscles relax. Surrounded by the scents of flowers and the songs of birds, I make the conscious decision to save my worries for later. Soon enough, I'll drive the winding road down from the mountain and step back into the bustle of my regular life. But when I do, I'll do it with my back a little straighter, my shoulders a little looser and a lingering coconut-and-lavender scent on my skin. ✈

Ilima Loomis writes from Ha'ikū, Maui.

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MARYHILL WINERY
www.maryhillwinery.com

OREGON WINE BOARD
www.oregonwinesflyfree.org

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WILLAMETTE VALLEY WINERIES
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www.alaskamint.com

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www.exofficio.com

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www.akdiamondco.com

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Flyer guide

Your overview of the Alaska experience.

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Everything Alaska

A look at all we offer.

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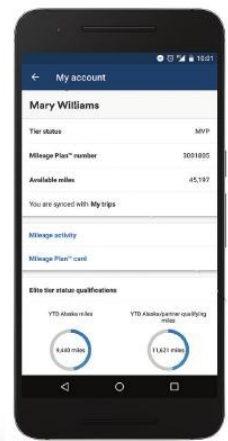


- Always find our lowest fares, guaranteed
- Check out our weekly flight deals
- Plan your whole trip with hotel, car and vacation packages
- Manage your Mileage Plan™ account and use miles
- Check in, print boarding passes and baggage tags
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- Access Mileage Plan information
- Pre-reserve meals



The Alaska Lounge is your sanctuary.



Enjoy access to our five lounges, in Seattle, Los Angeles, Portland and Anchorage, and more than 60 affiliated lounges worldwide. Warm pancakes at breakfast, and soups, salads and snacks are available throughout the day, plus a fully stocked bar and Starbucks® coffee. Visit us at alaskaair.com/lounge.

Alaska's Boeing 737 fleet.



B737-900/900ER

Number in fleet: 69
Range: up to 2,720 miles
Seats: 181, or 178 with Premium Class

B737-800

Number in fleet: 61
Range: 2,920 miles
Seats: 159

B737-700

Number in fleet: 11
Range: 2,985 miles
Seats: 124

B737-400

Number in fleet: 7
Range: 2,000 miles
Seats: 144

B737-400C ("combi")

Number in fleet: 3
Range: 2,000 miles
Seats: 72, plus 4 cargo containers

B737-400F (freighter)

Number in fleet: 1
Range: 2,000 miles
Capacity: 9-10 cargo containers

You'll find Boeing's new Space Bins, offering 48% more stowage space, on many of our 737-900ER aircraft. All -900ERs will feature Space Bins by the end of 2017.

Alaska's regional fleet.



Bombardier CRJ-900

Number in fleet: 52
Range: 1,114 miles
Seats: 76
Operated by Horizon Air



Embraer E175

Number in fleet: 23
Range: 2,150 miles
Seats: 76
Operated by Horizon Air and SkyWest Airlines

Virgin America's fleet.



Airbus A319

Number in fleet: 10
Range: 2,986 miles
Seats: 119
Operated by Virgin America

Airbus A320

Number in fleet: 53
Range: 2,855 miles
Seats: 146-149
Operated by Virgin America

Airbus A321neo

Number in fleet: 1
Range: 3,072 miles
Seats: 185
Operated by Virgin America

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Enjoy the journey.

Our three travel classes all feature great perks

What can you expect aboard an Alaska Airlines flight? You'll find a variety of comfortable seating choices and a tasty selection of food and drinks. We have power outlets to keep you charged, Wi-Fi to keep you connected, and entertainment options to captivate you. And as always, our warm, friendly flight crew is ready to help you however they can.



First Class

Choose First Class for spacious seating, plentiful food and beverage choices, and our dedicated flight attendants.

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- ✓ Power outlets at every seat, on most aircraft
- ✓ Two bags checked free



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More space, more perks and early boarding: Treat yourself to our Premium Class experience on your next flight.

- ✓ 4" more legroom than Main Cabin seats
- ✓ Board early and get settled
- ✓ Drinks are on us
- ✓ Power outlets that are easy to access



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Enjoy our Main Cabin seats with a complimentary snack and beverages.

- ✓ Power outlets at every seat, on most aircraft
- ✓ Over 200 free movies and TV shows on Alaska Beyond Entertainment
- ✓ Tom Douglas-inspired meals for purchase
- ✓ Award-winning service

Enjoy a drink

Refreshing selections, for free or for purchase.

COMPLIMENTARY BEVERAGES



Sodas

Coca-Cola
Coke Zero
Diet Coke
Sprite
Sprite Zero
Seagram's Ginger Ale
Seagram's Seltzer
Seagram's Tonic



Coffee

Proudly serving Starbucks®
Pike Place® Roast

Other

Bottled Water
Orange Juice
Tomato Juice
Cranberry Juice
Apple Juice
Our special blend of Passion, Orange and Guava
(on flights to Hawai'i)
Bloody Mary Mix
Tazo® Awake® black tea
Tazo® Sweet Orange hot herbal tea (caffeine-free)

The menu card
in your seatback
pocket displays
all our food and
beverage options.

PREMIUM WINE



Canoe Ridge Exploration
Red Blend

Canoe Ridge Exploration
Pinot Gris



BEER

Premium Beer \$7
Alaskan Amber
Alaskan Icy Bay IPA
Kona Longboard Island
Lager (to/from Hawai'i)
Modelo Especial (to/from Mexico)
Imperial (to/from Costa Rica)

Domestic Beer \$6
Miller Lite
Budweiser

All prices in U.S. dollars.

NEW:



La Marca Prosecco \$8



Woodford Reserve Bourbon \$7

LIQUOR



Craft \$7
Sun Liquor Vodka
Sun Liquor Gin
Sun Liquor Rum
Crater Lake Hazelnut
Espresso Vodka

Classic \$7
Sauza Tequila
Dewar's White Label Scotch
Jack Daniel's Black Label
Crown Royal
Courvoisier Cognac
Baileys Irish Cream

First Class Wines

Featured wines this month.



Chateau Ste. Michelle
Washington
Indian Wells
Cabernet Sauvignon

A ripe, jammy style with dark-fruit aromas and flavors; Syrah adds richness.



Chateau Ste. Michelle
Washington
"Mimi" Chardonnay

Made in a lightly oaked style; offers apple and pear fruit character with bright natural acidity.

Beverage service may vary due to time of day and flight-segment time limitations. Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. Government warning: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

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Nearly every flight offers Alaska Beyond Entertainment, our streaming entertainment system that features hit movies and episodes from your favorite TV networks—like HGTV and Travel Channel—as well as new discoveries, including new musicians on Seattle’s independent record label, Sub Pop.



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

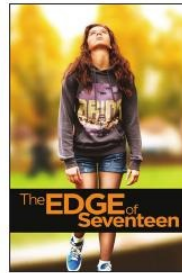
HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:



La La Land



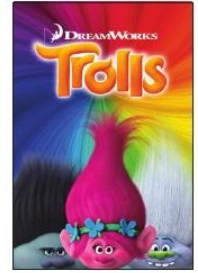
Moonlight



The Edge of Seventeen



X-Men: Apocalypse



Trolls

OUR COMPLETE MOVIE LINEUP:

- Alvin and the Chipmunks: The Road Chip
- Barbershop: The Next Cut
- Batman v Superman: Dawn of Justice
- Birdman
- Birth of a Nation
- Black Mass
- Central Intelligence
- Collateral Beauty
- Creed
- Hail Caesar!
- Hitman: Agent 47
- Jem and the Holograms
- Ice Age: Collision Course
- Jackie
- Joy
- Keanu
- Keeping Up with the Joneses
- La La Land
- Mad Max: Fury Road
- Maze Runner: The Scorch Trials
- Me Before You
- Mike and Dave Need Wedding Dates
- Miss Peregrine's Home for Peculiar Children
- Moonlight
- My Big Fat Greek Wedding 2
- Night at the Museum: Secret of the Tomb
- Penguins of Madagascar
- Pitch Perfect 2
- Popstar: Never Stop Never Stopping
- Race
- Ride Along 2
- Rules Don't Apply
- Secret Life of Pets
- Sisters
- Spy
- Star Wars: A New Hope
- Steve Jobs
- Storks
- The Accountant
- The Boss
- The Edge of Seventeen
- The Huntsman: Winter's War
- The Intern
- The Legend of Tarzan (2016)
- The Martian
- The Nice Guys
- The Peanuts Movie
- The Revenant
- Trolls
- True Story
- Wild
- X-Men: Apocalypse

PLUS, 150+ EPISODES FROM SOME OF TV'S BEST NETWORKS:



SUB POP ALBUM OF THE MONTH:



Father John Misty
Pure Comedy

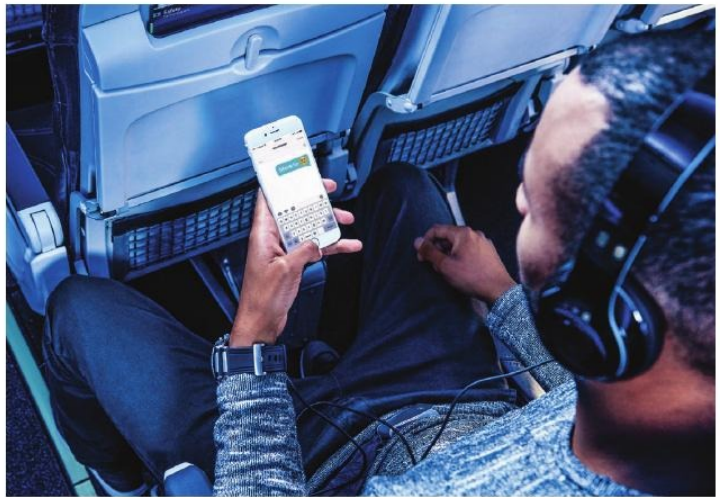
Get started now. See the “Movies & Wi-Fi” card in your seatback pocket.

We've included helpful tips on the back of this card.

New: Stay connected with Free Chat.

Never miss a thing. Free Chat, exclusively on Alaska Airlines, 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.



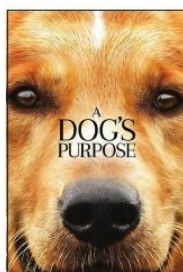
NEW MOVIES ON THE TABLET:



Rogue One: A Star Wars Story



La La Land



A Dog's Purpose



Hidden Figures



Live By Night

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Partner miles flown also count toward elite status qualification.*

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 - Four annual guest upgrades
 - 100% bonus miles and more

MVP GOLD 75K

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- 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



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- Alaska's Famous Companion Fare™ offer—because traveling is more fun with a friend.
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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.

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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.

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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.

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

miles to more than 900 destinations worldwide.

A map showing flight routes between Asia, North America, and Australia. The map includes the following airline logos and their respective routes:

- ASIA:**
 - HAINAN AIRLINES:** Routes from Beijing to Los Angeles, San Francisco, and San Diego.
 - KOREAN AIR:** Routes from Seoul to Los Angeles, San Francisco, and San Diego.
 - JAPAN AIRLINES:** Routes from Tokyo to Los Angeles, San Francisco, and San Diego.
 - CATHAY PACIFIC:** Routes from Hong Kong to Los Angeles, San Francisco, and San Diego.
- NORTH AMERICA:**
 - Alaska Airlines:** Routes from Anchorage to Seattle and Portland.
 - AEROMEXICO:** Routes from Mexico City to Los Angeles, San Francisco, and San Diego.
- AUSTRALIA:**
 - QANTAS:** Routes from Sydney to Los Angeles, San Francisco, and San Diego.
 - FIJI AIRWAYS:** Routes from Nadi to Los Angeles, San Francisco, and San Diego.

ALASKA BEYOND MAY 2017



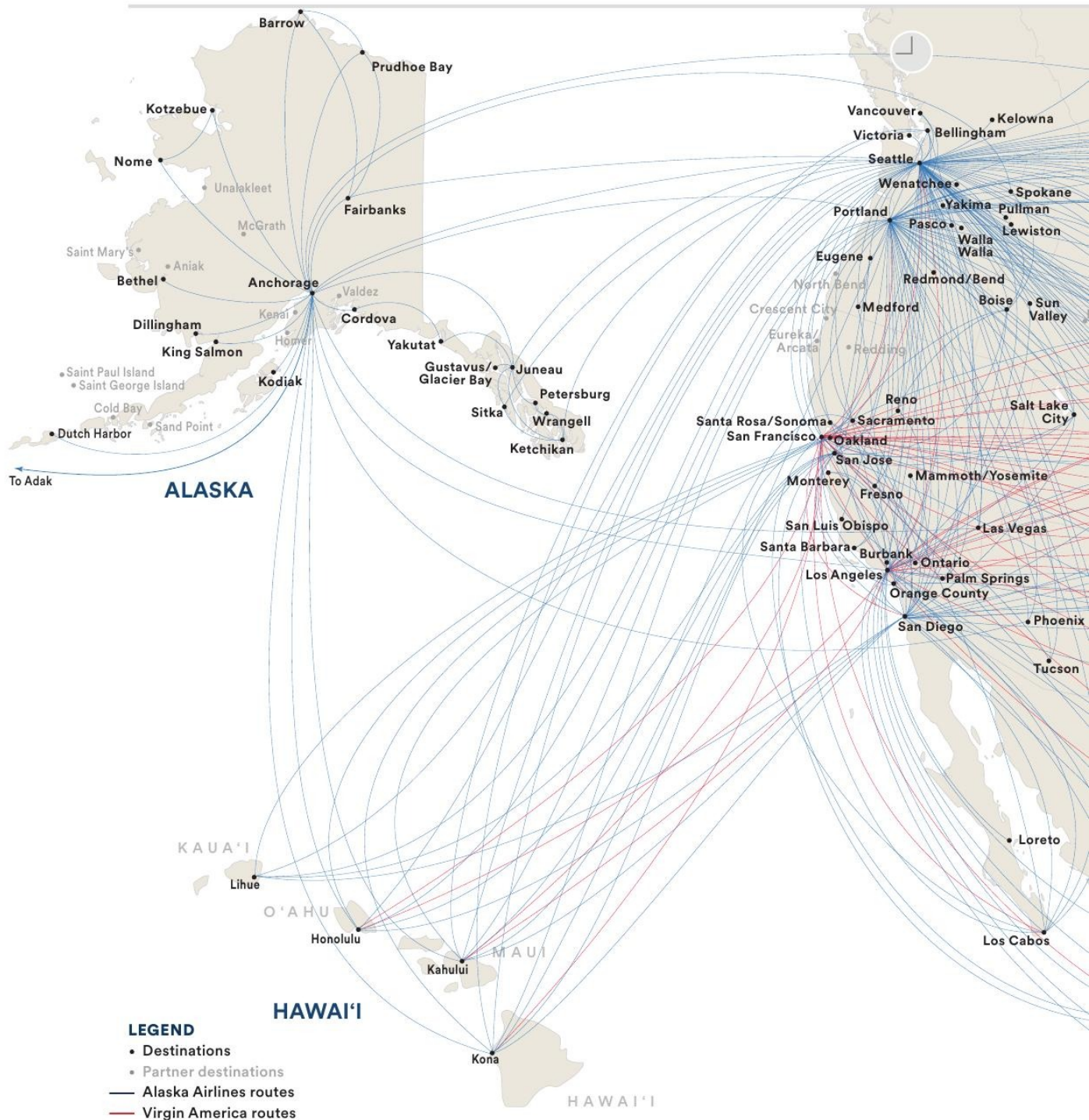
Beijing, China
Hainan Airlines



Dubai, UAE
Emirates

Where we fly

118 destinations and counting.

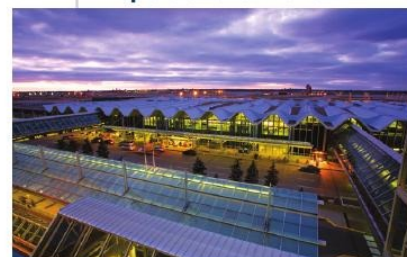




Some Alaska Airlines service operated by Virgin America, Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.

Airport of the Month



Minneapolis–St. Paul International Airport

Location: Minneapolis, MN

Airport code: MSP

Served since: 2008

Daily flights: 4

Cities served: Seattle and Portland

Notable: The MSP site was originally an auto-racing track known as Snelling Speedway. The racing venue was not very successful and was sold to the Minneapolis Aero Club, which redeveloped the land to accommodate airmail service, and named it Speedway Field.

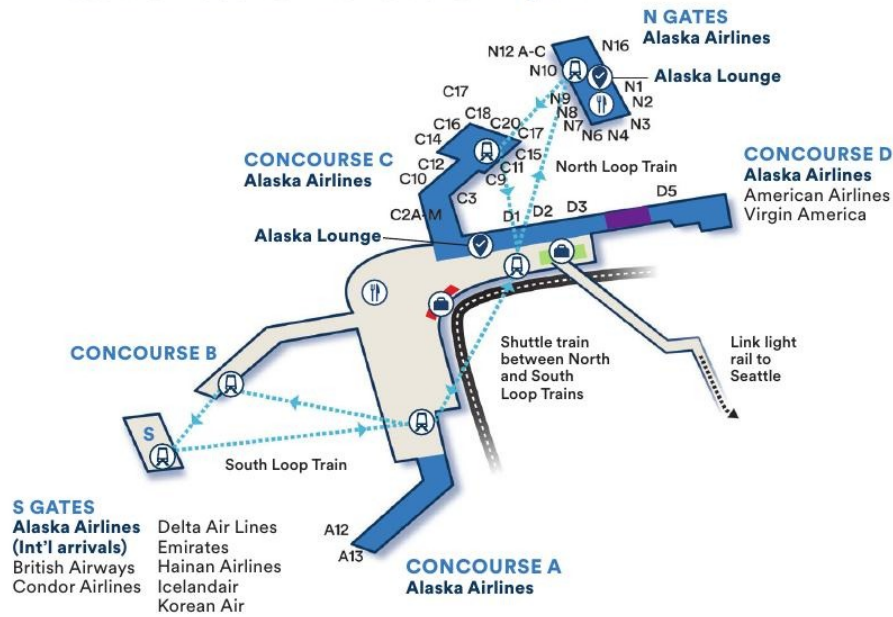
Insider info: Twice-daily flights between MSP and San Francisco start July 18 on Alaska's new fleet of E175 jets (operated by SkyWest Airlines).

***Subject to government approval*

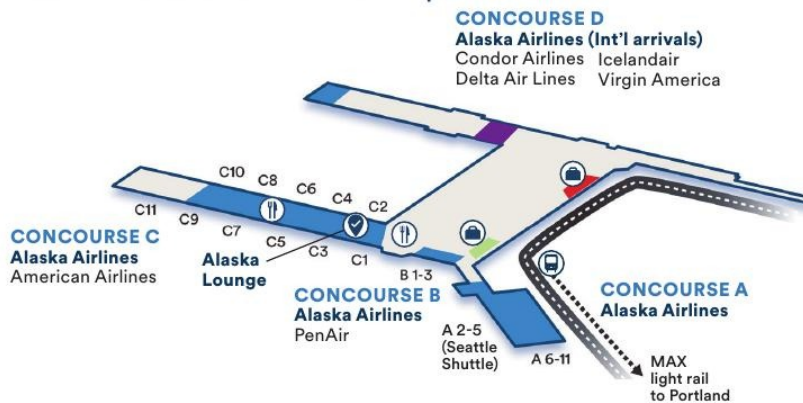
Airport terminal maps

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.



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.



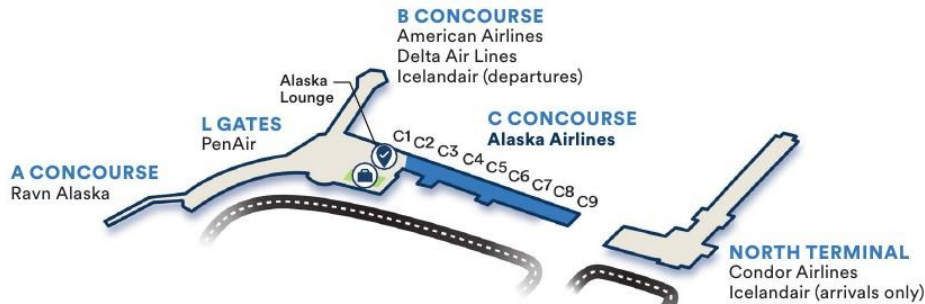
- Legend:**
- Lounge
 - Dining Options
 - Alaska Airlines check-in
 - Virgin America check-in
 - Public transportation
 - Airport transportation
 - Underground walkway

LAX Los Angeles International Airport

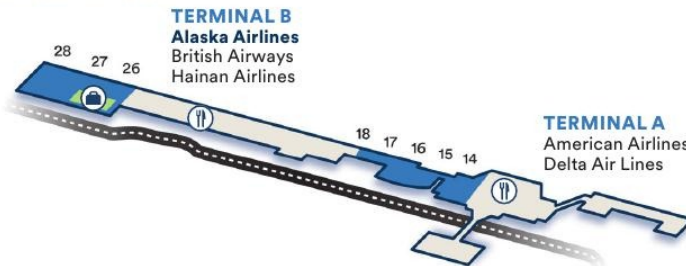


Tip: Virgin America will move to Terminal 6 beginning May 12, 2017. Virgin America Loft will close on May 10, 2017. Please visit the Alaska Lounge at Terminal 6.

ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



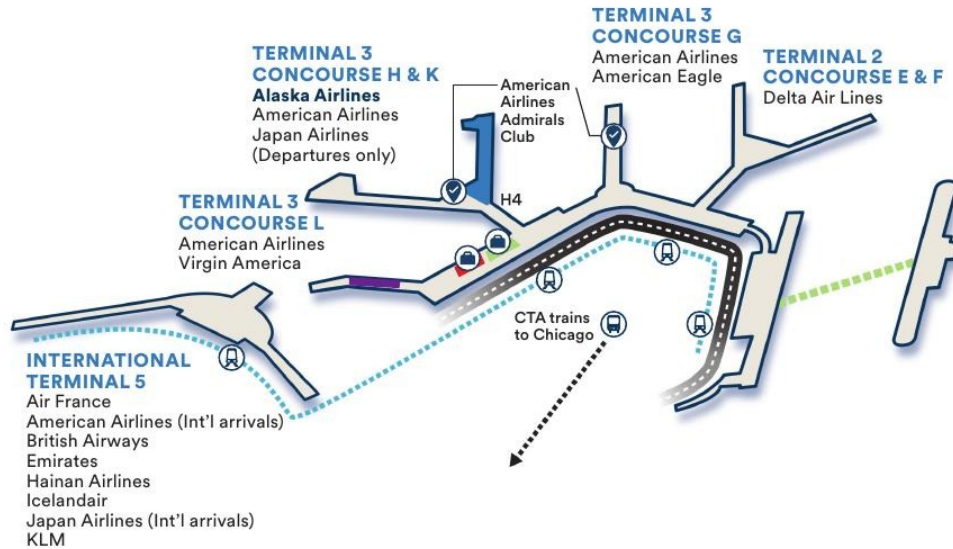
Global Airline Partner terminal maps

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.

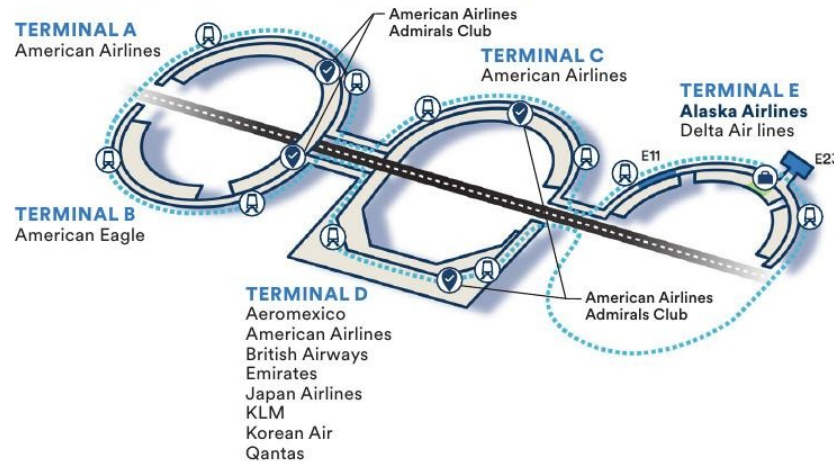
Tip: Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.



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.

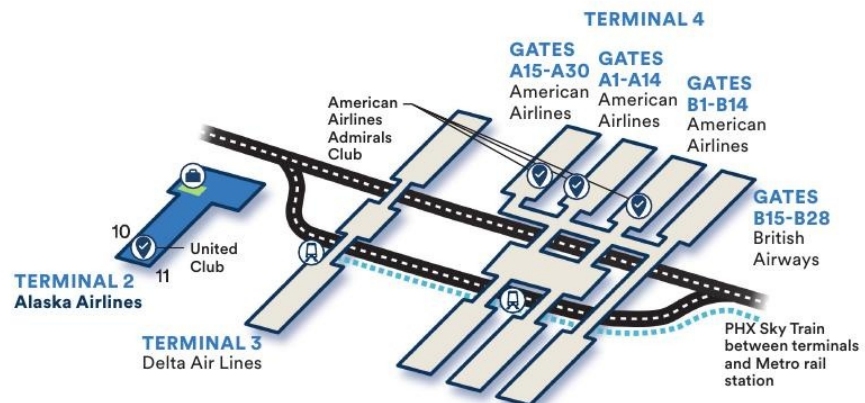


PHX Phoenix Sky Harbor International Airport

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:

Lounge

Dining Options



Alaska Airlines check-in



Virgin America check-in



Public transportation

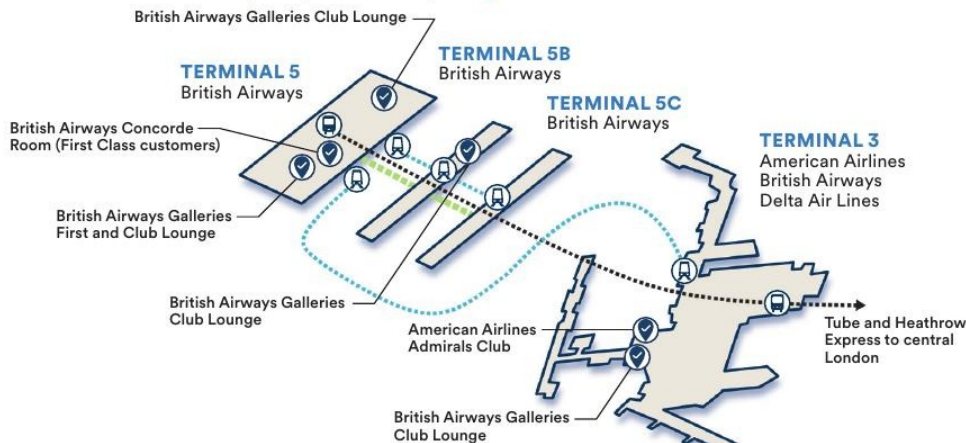


Airport transportation

Underground walkway

LHR Heathrow Airport, London, England

BRITISH AIRWAYS

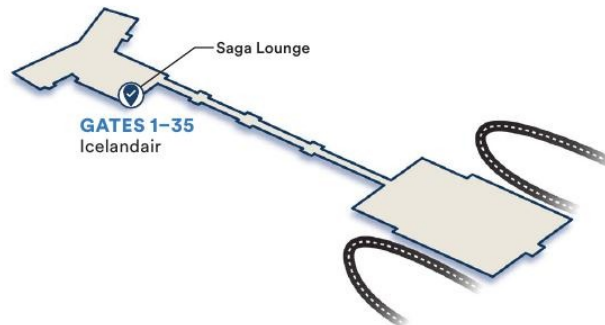


British Airways' London hub offers convenient connections from the West Coast to cities throughout Europe.

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

ICELANDAIR

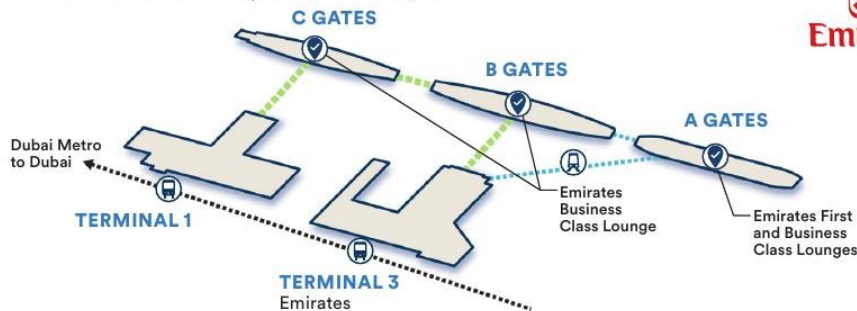


Tip:
MVP Gold and MVP Gold 75K members receive complimentary access to Icelandair's Saga Lounge.

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

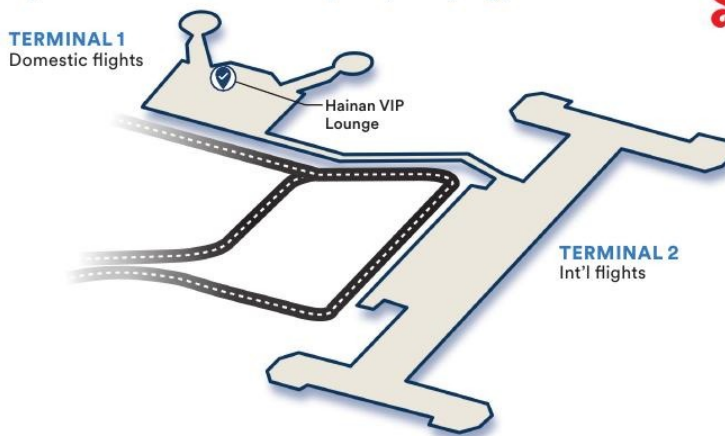
Emirates



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

HAINAN AIRLINES
Cherished Experience



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; uno 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.

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En Español:
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Great Staff

We know you're in a hurry. Our friendly, energetic staff will meet you at your car, help with your bags, and hustle you to the airport; all while offering you complimentary bottled water.

BRAIN BOOSTER PUZZLES ON PAGE 222.

LADDERGRAM

A	1. MIRAGE	2. GRIME	3. GERM	I
P	4. CARPET	5. TRACE	6. RATE	C
P	7. TEMPER	8. METER	9. TERM	E
L	10. CALLED	11. DECAL	12. DALE	C
E	13. BOTHER	14. THROB	15. BOTH	R
P	16. PLEASE	17. EASEL	18. SEAL	E
I	19. DIANE	20. DEAN	21. END	A
E	22. AMORE	23. ROAM	24. OAR	M

CARD SENSE

By clue 1, the red cards are in the second and fourth positions from the top. The bottom card is not the ten of clubs (clue 2) or the king of spades (clue 4); it is the queen of spades. By clue 3, the king of spades is third from the top and the jack of hearts is second. By elimination, the seven of diamonds is fourth from the top and the ten of clubs is on top. In summary, from top to bottom: ten of clubs, jack of hearts, king of spades, seven of diamonds, queen of spades.

ANAGRAM MAZE

The path through the maze, with just one anagram given for each, is: 6. fats; 12. lake; 18. cafe; 17. stud; 16. page; 10. lain; 9. goat; 3. lion; 2. arch; 1. dubs; 7. coin; 13. bear; 14. went; 20. cats; 21. owns; 27. care; 33. lone; 32. star; 31. jest.

1	2	3			6
7		9	10		12
13	14		16	17	18
	20	21			
		27			
31	32	33			

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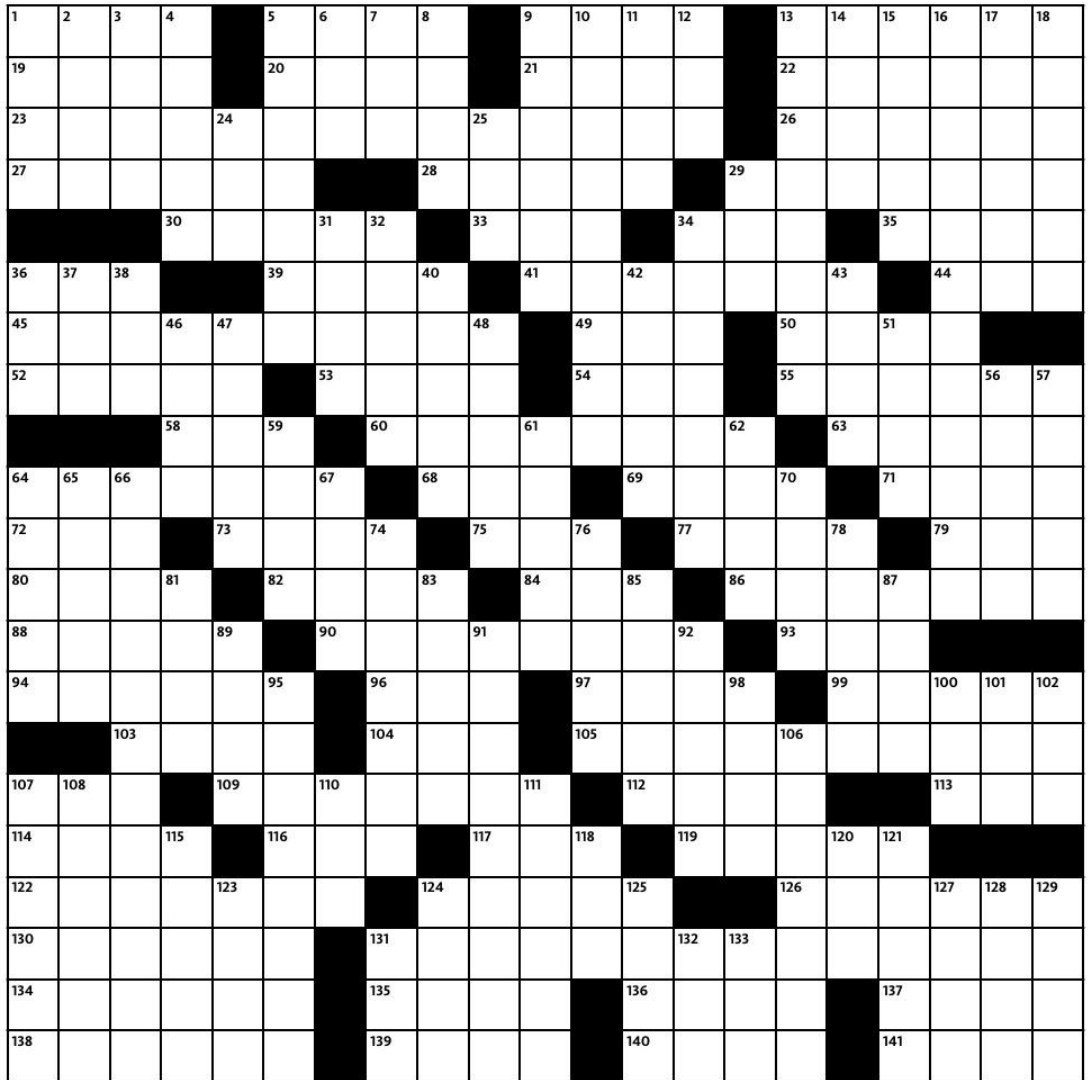
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ACROSS

- 1 Mottled mount
5 Ms. Chanel
9 Crack and roughen
13 Microfilms
19 Incantation start
20 For the lady
21 Socks
22 Iroquoian tongue
23 Philosophers' hangout?
26 Tiger, at times
27 Elder
28 Bracelet site
29 Most crowded
30 Province
33 Slender runner
34 Poor notice
35 Exxon, once
36 Male delivery
39 Sudden transition
41 Competing with
44 Smoke solids
45 Casual Friday complement?
49 Recently ripped off
50 Hebrides isle
52 Group character
53 Whopper
54 Sample
55 Canea native
58 Gist
60 Ascetic
63 Expatriate
64 Tried over
68 Avg.
69 Med. course
71 Lacquered metal
72 Simian swinger
73 Sainted pope
75 Gravity, e.g.
77 Foie ____
79 Head signal
80 Overflow
82 Miller and Blyth
84 Sci. funders
86 Clerics
88 Garden succulent
90 Lily plant
93 Purpose
94 Inn worker
96 Debt letters
97 Small combo
99 Norse works
103 At hand
104 Ring feat
105 Armor outfit?
107 Had a little lamb
109 Ice-cream favorite
112 Zip, to Zapata
113 Charlemagne's dom.
114 Albanian coins
116 Dropout's deg.
117 Dictionary abbr.
119 Large asteroid
122 Note group
124 Draw forth
126 Deprive



- 130 Director's directive
131 Pilose patroness?
134 Assay anew
135 Ain't right
136 Classical theaters
137 Sasquatch's cousin
138 Modes
139 Dowels
140 Cut
141 Tabula ____

DOWN

- 1 Bowl cheers
2 Shawm, updated
3 Graceland name
4 It's the pits
5 Bach specialty
6 Atop, in verse
7 TV component
8 Safety gp.
9 Jodhpur's kin
10 Sty illumination?
11 Tennis legend
12 Especially cherished

- 13 Used in court
14 Privy to
15 Knock it off
16 Employment offices?
17 Mesopotamian city
18 Tailor
24 Rival
25 Switch options
29 Football's Marino
31 In case
32 Polite address
34 Feeling sorry for
36 Haggard novel
37 Stable bit
38 Utmost
40 Spanish port
42 Blood conduit
43 Zipped
46 Shade
47 Regular's order
48 Streisand film
51 Barber's call
56 Divvy up
57 Lacks

- 59 California town
61 "A Bell for ____"
62 Goldfish, e.g.
64 Role for Dustin
65 Duel tools
66 Lion tamer's motto?
67 Madrid title
70 Biblical weed
74 Flat
76 Shoe statistic
78 Muscle
81 Slipper
83 Overindulge
85 Graceful wader
87 Byrnes et al.
89 Producer Griffin
91 Enchanted by Attila?
92 Fragrant shrub
95 Lab substances
98 Shoppe adjective
100 "That's obvious!"
101 Common gas
102 Holy fem.
106 Crew member

- 107 Hitching posts
108 Poetic threesome
110 Bottom line
111 Scrubs
115 Sales pitch
118 The blue above
120 WWII command
121 Sylvan deity
123 Shake
124 Facility
125 Inner selves
127 Daughter of Gaea
128 Verifies
129 Assam silkworm
131 Trendy
132 Seraglio room
133 Early drops

SOLUTION ON PAGE 190.

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» 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.

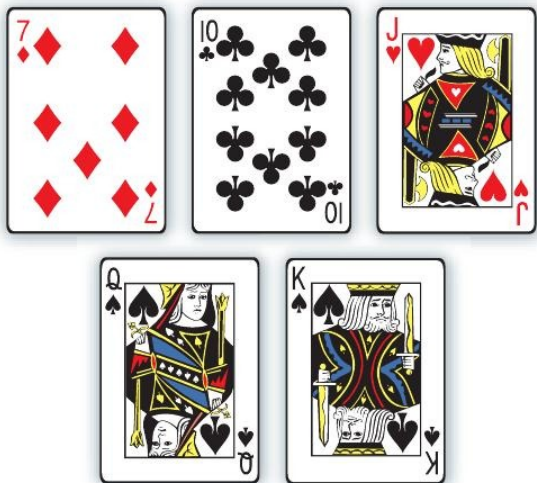
1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	
22.	23.	24.	

DEFINITIONS

- Desert illusion
- Sooty dirt
- Disease-causing microbe
- Wall-to-wall covering
- Copy (over) a diagram
- Hotel-room price
- tantrum, brat's blowup
- Parking gauge
- School semester
- Telephoned
- Window sticker
- Chip's cartoon partner
- Pester; annoy
- Pulse steadily
- One and the other
- Polite word of request
- Artist's drawing stand
- Playful mammal
- Sawyer or Keaton
- College dignitary
- Conclude
- Love: Italian
- Wander about
- Rowing blade

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 black cards are not adjacent.
- The ten is somewhere above the diamond.
- The jack is somewhere above the king.
- The king is not on the bottom.

ANAGRAM MAZE

The diagram contains 36 words, 19 of which are anagrams of other everyday words. Start at the top arrow and anagram FAST. 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 BUDS	2 CHAR	3 LOIN	4 DUMB	5 ZINC	6 FAST
7 ICON	8 HIGH	9 TOGA	10 NAIL	11 HOWL	12 KALE
13 BARE	14 NEWT	15 CURL	16 GAPE	17 DUST	18 FACE
19 MEMO	20 ACTS	21 SNOW	22 JOLT	23 COMA	24 FORK
25 BUFF	26 PRAY	27 ACRE	28 FOOT	29 WAGE	30 KIWI
31 JETS	32 RATS	33 NOEL	34 BEET	35 CAVE	36 FURY

SOLUTIONS ON PAGE 220.

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 190.**

DIFFICULTY: **EASY**

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

DIFFICULTY: **MEDIUM**

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

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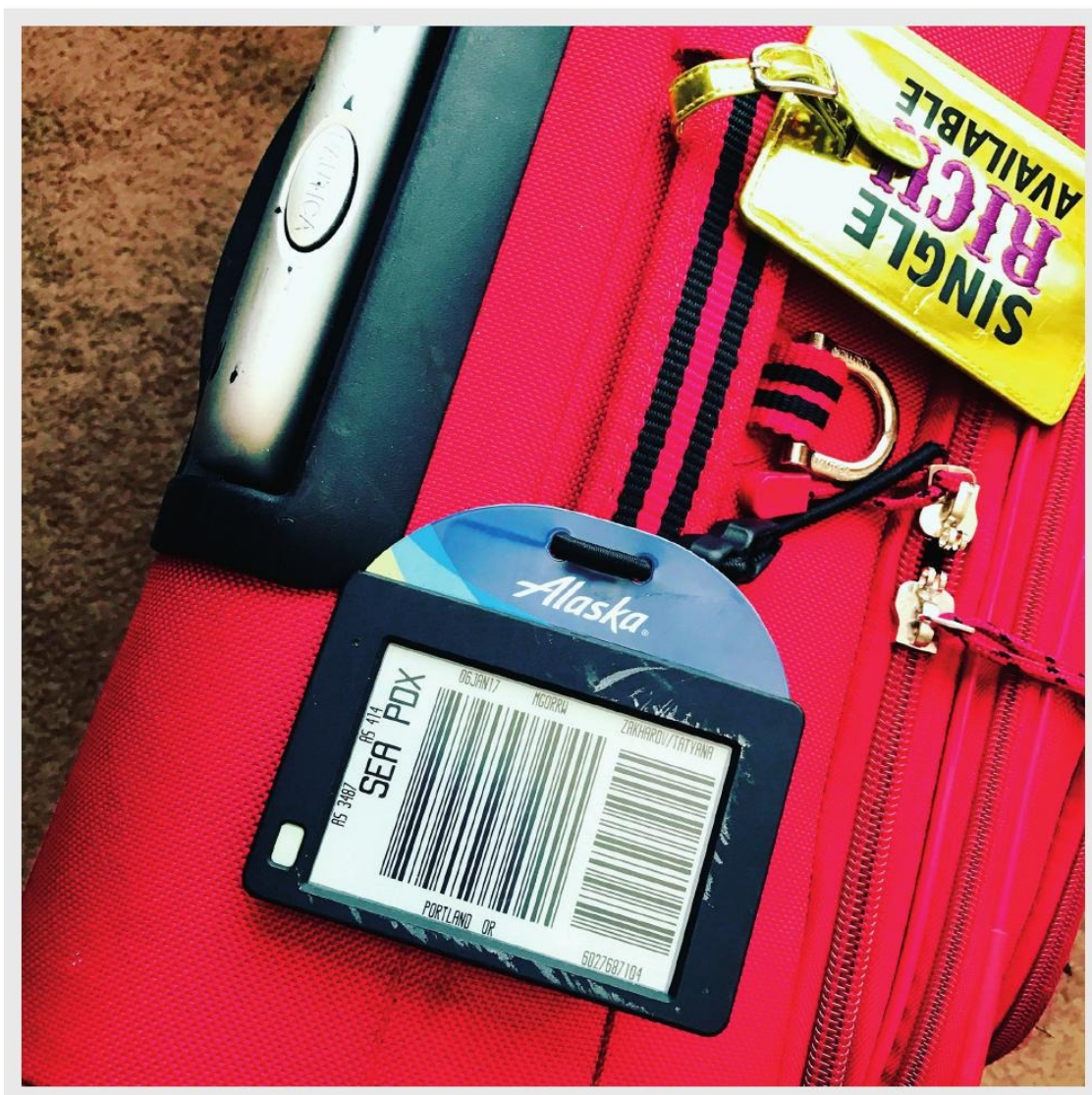




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