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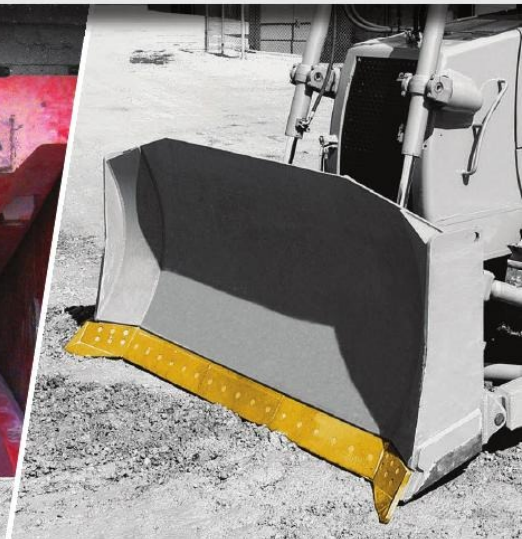
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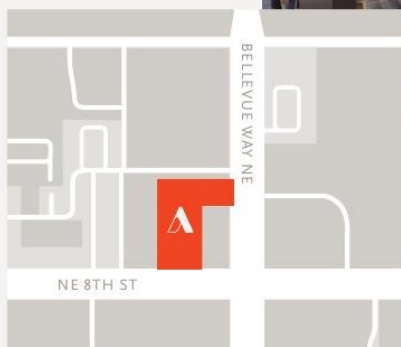
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Brie Larson

Displaying strength and energy, Larson has many of the same qualities as her Captain Marvel superhero alter ego.

By Kathryn Drury Wagner

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Nancy, Zanna, Claudia and their team of scientists and engineers have worked tirelessly with local officials and landowners to understand the geology of Gas Works Park and its complex industrial history. Using this knowledge, they are now working to ensure the long-term health of the park. To learn more about Nancy, Zanna and Claudia and Gas Works Park, visit geoengineers.com/gasworks.

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Brie Larson is a powerful Captain Marvel.

Photo © Marvel Studios.

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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 Hallock**

Editorial Interns **Nancy Burkhalter, Sherry Fisher, Tiffany Lillie, Giulia Szanyi**

Contributors **Barbara Beckley, Renee Brincks, Berne Broudy, Candace Dempsey, Bill Fink, Juan Flores, Catherine Toth Fox, Yvonne Gordon, Bengt Halvorson, Susan G. Hauser, Kristianne Huntsberger, Matt Jaffe, Brad Japhe, Archana Ram, Joshua Rappaport, Jill K. Robinson, Michael Shapiro, Andrea Thomas, Jacob Uitti, Matt Villano, Heather Wadowski, Kathryn Drury Wagner**

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

Associate Art Director **Ellen Ordóñez**

Production Director **Paul Frichtl**

Advertising Production Manager **Theresa Santucci**

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Accounting Manager **Holly L. Genest**

Advertising Data Wrangler **Liz Borovik**

Office Coordinator **Courtney Evans**

Coordinator for Alaska Airlines **Elliott Pesut**

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/
Michigan/Canada: **Clay M. Schurman, ext. 33**

Western Washington/Illinois:
Stephany Angelacos, ext. 13

Oregon/Idaho/Montana/Colorado/Utah/Canada:
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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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Prior to My Best 10, although my health was good, I wasn't in the best physical shape. Being a business owner kept me busy and I wasn't prone to exercising regularly. However, my daughter and I would occasionally work out together and, as she got older, I began to wonder what my energy would be like when I had grandchildren. I realized that I wanted to become more fit so that I'd be able to enjoy my time with them as much as I did with my children.

My Best 10 provided me with a structured program that I could follow. My goals were to lose 15-20 pounds, reset my eating habits, and have better tone all over my body. The program was just what I had expected and more.

I especially liked the weekly meeting with my Registered Dietitian and the regular workouts with my Personal Trainer.

I'm happiest about the inches I lost and the overall improvement in my body composition. My strength has improved significantly, as well as my stamina. The biggest surprise was realizing that I actually like to work out! I always feel that it's my Zen place, regardless of how hard my personal trainer makes me exercise.

What's the secret of my success? Here are a few lessons I learned.

I made sure I had a good support system. The support I received from my husband was a great contributor to my success, in addition to keeping with the plan – from the regular training sessions to being diligent with my eating habits. In spite of being busy, I continued to exercise on the days I didn't work out with my personal trainer and kept healthy snacks at work so I wouldn't be tempted when I was hungry.

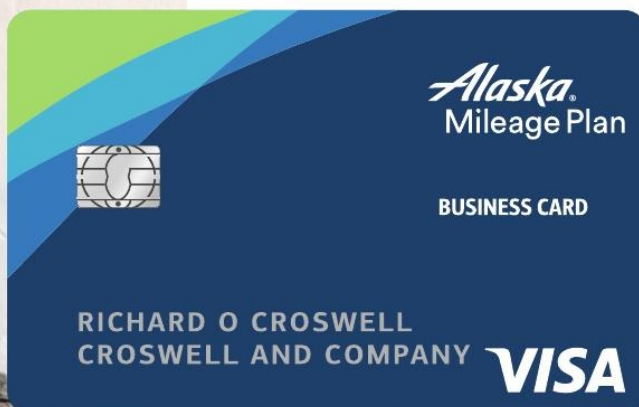
I practiced self-compassion. I learned how to be patient and not beat myself up if there was no weight loss for a week. I simply hit the reset button and realized that I could give myself a longer goal than just the program timeframe.

I learned how to incorporate my life into the program, rather than the program into my life. Having this mindset, along with talking it through with my dietitian and personal trainer, helped me make good choices while out to dinner or traveling to ensure that, after the program, the weight didn't come back. My Best 10 truly became a lifestyle.



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WELCOME»

» Alaska Airlines
First Officer Kim Ford
is working to inspire
the next generation
of young women to
achieve their dreams
in aviation.



Brad Tilden,
Chief Executive
Officer



Andy Schneider,
Vice President,
People

OUR OWN CAPTAIN MARVELS

» *I've asked **Andy Schneider**, our VP of People, to write this month's article. While Andy is characteristically shining the light on others in this piece, she has so much to be proud of herself. A 30-year employee, she has been an extremely important leader at Alaska Airlines and Horizon Air, managing teams ranging from our flight attendants and reservations agents to our airport and customer service employees. And she's done so with skill, tenacity and kindness. Our people love working with her.*

—Brad Tilden

Damsel in distress? Not today. Captain Marvel shatters the image of a weak and powerless woman who needs rescuing. Now the damsel is replaced by a strong, intelligent and conquering woman who is doing the rescuing herself.

What I love about Captain Marvel is that she isn't partnered with or overshadowed by a male hero. She stands in the spotlight alone and wins her battles the same way. Here at Alaska Airlines we have many of our own Captain Marvels, and I couldn't be more proud of the incredible women in our operation,

working in the sky as well as on the ground. To celebrate International Women's Day, on March 8, I would like to highlight some of the concerted efforts we're making in diversity and inclusion, while shining the spotlight on some of our own leading ladies.

When I joined Alaska Airlines in 1989, we had only one woman in a vice president role and one woman on our board of directors. Today, 30 percent of our officers across the company are women. Additionally, 50 percent of our board members are women—we're the only Fortune 500 company on the West Coast to achieve this. Our commitment to creating an airline people love has driven our efforts to cultivate an environment in which our guests and employees feel respected. We believe diversity is one superpower that fuels our innovation and progress.

In May 2018, we had a first at Alaska Airlines. Captain Tara Wright and First Officer Mallory Cave were the first two female African American pilots to fly together in Alaska Airlines' history. Fast forward to 2019: We just signed a Sisters of the Skies pledge to quadruple the number of African American female pilots in our mainline operation by 2025. This commit-

» WELCOME

ment will be fulfilled by creating support mechanisms for current employees and by enhancing mentorship and development opportunities for noncertified pilots and for youth in our community. It's one of the many efforts we're making to encourage girls and women to go after their dreams and break through barriers—just like Captain Marvel.

Charu Jain, our Vice President and Chief Information Officer, is another superhero, one who redefines the role of women in information technology. Throughout our acquisition of Virgin America, she led her team with strength and humility through the integration of more than 400 technology systems. As the executive sponsor of Alaska Women in Tech, one of our diversity and inclusion groups, she provides resources, education and networking to empower individuals to grow careers. Her deep under-

standing of the industry and her dedication to the community make her a perfect fit for our company and a respected leader.

Sangita Woerner, our Vice President of Marketing, is also a heroine with tenacity and fortitude. She breaks barriers, isn't afraid of a little competition, and has given new life to our brand and the characteristics that make Alaska Airlines unique. As a board member for United Way, she supports the communities we serve by making substantive changes.

Charu and Sangita are among 10 women in executive leadership at Alaska Airlines and Horizon Air with whom I'm proud to be associated. It's these women, along with so many others who are everyday superheroes in their jobs here, that set us apart from the rest. We think that's marvelous.

Thanks for flying with us today. —Andy Schneider

» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo



Andy Schneider,
Vicepresidenta,
Gente

NUESTRAS PROPIAS CAPITANAS MARVEL

» *Le pedí a Andy Schneider, nuestra vicepresidenta de gente, que escribiera el artículo de este mes. Si bien en esta sección Andy enfoca la atención en otras personas, como suele hacerlo, tiene mucho por lo cual estar orgullosa de ella misma. Es una empleada con 30 años de antigüedad que ha sido una líder sumamente importante en Alaska Airlines y Horizon Air, y ha gestionado equipos que van desde nuestros sobrecargos y agentes de reservaciones hasta nuestros empleados de aeropuerto y servicio al cliente. Y lo ha hecho con capacidad, tenacidad y bondad. A nuestra gente le encanta trabajar con ella.*

—Brad Tilden

¿Doncella en apuros? Hoy no. La Capitana Marvel derriba la imagen de una mujer débil e indefensa que necesita alguien que la rescate. Ahora, la doncella es reemplazada por una mujer fuerte, inteligente y dominante que rescata a los demás por cuenta propia.

Lo que me encanta de ella es que no necesita estar acompañada ni es eclipsada por ninguna figura masculina: ella es el centro de atención y gana sus batallas por sí sola. Aquí en Alaska Airlines, contamos con muchas de nuestras propias Capitanas Marvel, y no podría estar más orgullosa de las increíbles mujeres que llevan a cabo nuestras operaciones tanto en el cielo como en la tierra. Para celebrar el Día Internacional de la Mujer el 8 de marzo, me gustaría destacar

algunos de los esfuerzos conjuntos que realizamos en cuanto a diversidad e inclusión, así como enfocar la atención en algunas de nuestras mujeres líderes.

Cuando me uní a Alaska Airlines en 1989, solo una mujer ocupaba un cargo de vicepresidencia. En la actualidad, el 30 por ciento de los ejecutivos de toda nuestra compañía son mujeres. Además, el 50 por ciento de los miembros de la Junta son mujeres: somos la única compañía integrante de la lista Fortune 500 que ha logrado esto. Nuestro compromiso de crear una aerolínea que a la gente le encante ha alimentado nuestros esfuerzos para fomentar un entorno en el que nuestros pasajeros y empleados se sientan respetados. Creemos que la diversidad es un súper poder que impulsa nuestra innovación y progreso.

En mayo del 2018, logramos algo inédito en Alaska Airlines: la capitana Tara Wright y la copiloto Mallory Cave se convirtieron en las primeras dos mujeres pilotos afroamericanas en volar juntas en la historia de Alaska Airlines. Avancemos rápido a 2019, cuando firmamos un pacto con Sisters of the Skies para cuadruplicar la cantidad de mujeres pilotos afroamericanas que llevan a cabo nuestras operaciones tradicionales antes de 2025. Cumpliremos nuestro compromiso mediante la creación de mecanismos de apoyo para las empleadas actuales, así como la mejora de oportunidades de tutoría y

desarrollo para mujeres pilotos no certificadas y jóvenes de nuestra comunidad. Es uno de los tantos esfuerzos que haremos para alentar a las niñas y las mujeres a ir detrás de sus sueños y romper las barreras, tal como lo hace la Capitana Marvel.

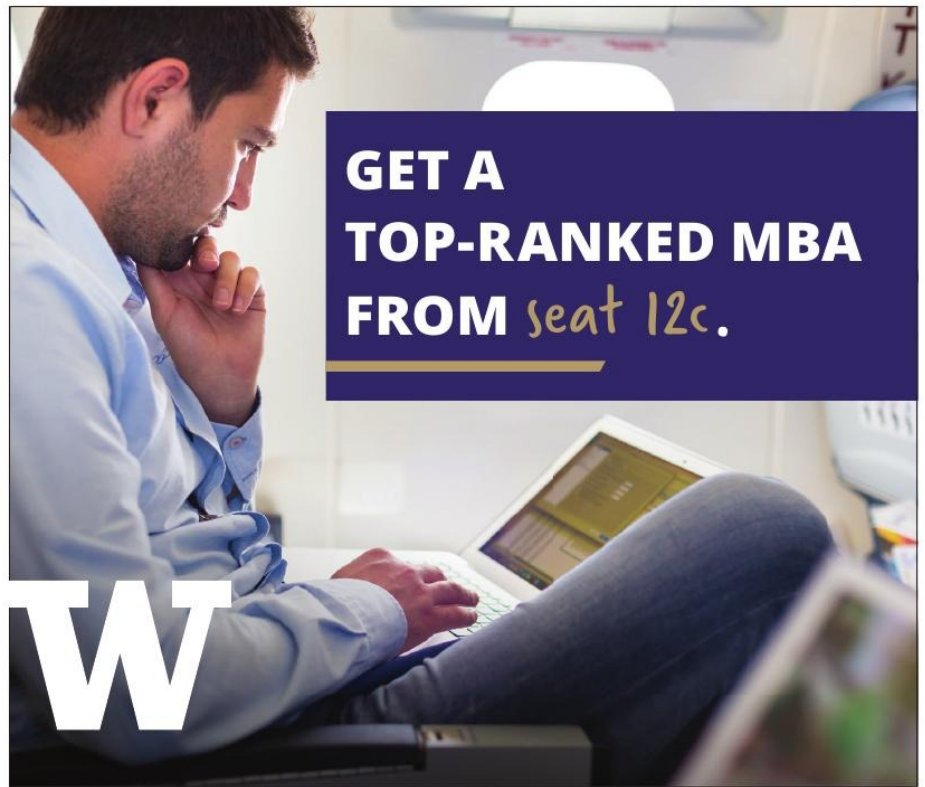
Charu Jain, nuestra vicepresidenta y directora de informática, es otra super heroína que redefine el papel de la mujer en la tecnología de la información. Con la adquisición de Virgin America, cumplió su sueño de integrar más de 400 sistemas tecnológicos con ímpetu y humildad. Como patrocinadora ejecutiva de Alaska Women in Tech (Mujeres de Alaska en la Tecnología), uno de nuestros grupos de diversidad e inclusión, capacita a las personas para que desarrollen sus carreras profesionales al proporcionarles recursos, educación y oportunidades para establecer vínculos. Su profundo entendimiento de la industria y su dedicación a la comunidad la convirtieron en una integrante idónea de nuestra compañía y una líder respetada.

Sangita Woerner, nuestra vicepresidenta de marketing, también es una heroína que ha demostrado tenacidad y determinación. Rompe las barreras, no le teme a un poco de competencia, y ha renovado nuestra marca y las características que hacen única a Alaska Airlines. Como miembro de la Junta de United Way, respalda a las comunidades a las que prestamos servicios mediante cambios sustantivos.

Charu y Sangita son unas de las 10 mujeres que integran la dirección ejecutiva de Alaska Airlines y Horizon Air, organizaciones de las cuales me enorgullece ser parte. Son estas mujeres, junto con muchas otras que son súper heroínas diariamente en sus puestos con Alaska Airlines, quienes nos distinguen del resto. Creemos que eso es maravilloso.

Gracias por volar con nosotros.

—Andy Schneider



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Artist Liz Tran, a native to the Pacific Northwest, has exhibited her vibrant mixed-media work across the country, as well as internationally.

A Bookstore Embracing The Pacific Northwest's Vibrant Artists

By Michelle Bufano, Executive Director of Chihuly Garden and Glass

At the heart of Seattle is the Seattle Center, a 74-acre park built for the World's Fair in 1962. It is rich with opportunities for locals and visitors to engage with renowned arts organizations like Seattle Opera, Pacific Northwest Ballet, Seattle Repertory Theatre, SIFF and The Vera Project.

As Chihuly Garden and Glass prepared to join the Seattle Center campus in 2012, we recognized we had the opportunity to not only showcase the work of artist Dale Chihuly, but also introduce the work of other Pacific Northwest artists to the 12 million people visiting Seattle Center every year.

Just inside the doors of the Exhibition, you will find the Bookstore, a unique space designed by Dale Chihuly. Vintage tin materials and steel juxtaposed with live edge wood tables allow the Bookstore's most distinctive characteristic – the array of one-of-a-kind handmade work from local artists – to shine.

We currently feature more than 60 Pacific Northwest artists and makers in the Bookstore and more than 130 since opening day. The unique items

are carefully curated from the rich talent in our community and include metalsmith jewelry, laser engraved wood objects, textiles, and more.

Through a partnership called the Design Line, we commission local artists to create work inspired by their visit to

Chihuly Garden and Glass. The work is then transformed by the Bookstore's talented team into beautiful items like scarves, messenger bags, lanterns, yoga mats and more. To date, we have commissioned three artists. Most recently, we worked with Liz Tran, a Seattle-based artist whose work includes painting, installation, sculpture, ceramics, printmaking and video.

"If pop art, expressionism and straight-up kid art had a baby, we'd be getting close to my style as an



Current Design Line products include water bottles, scarves, yoga mats, clothing and more.

Seattle is rich with creatives and we're a fairly tight-knit community – although we do tend to hibernate during the grey days of winter.

artist," said Liz Tran. "I loved wandering through Chihuly Garden and Glass during closed hours, evoking the feeling of a kid in a candy shop. As a rainbow-hued, completely immersive environment, the Persian Ceiling immediately drew me in and became my prime inspiration for my painting."

Our goal with the Design Line product collection is to tell a story about each local artist and share their talent with Seattle Center's many visitors. It is a part of our commitment to celebrate the vibrancy of arts in our community. Plus we love sharing unique objects with our guests, helping them take away a unique memory of Seattle.

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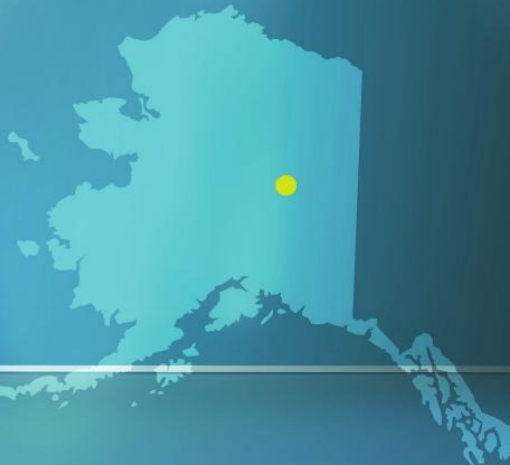
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ETA: 9:30 - 11:30 A.M.

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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IN THE KNOW»

WHAT'S NEW AT SEA-TAC'S NORTH SATELLITE

» Five brand-new gates opened recently

at Seattle-Tacoma International Airport's North Satellite, signaling the first phase in significant enhancements to this section of Alaska Airlines' hometown hub. And additional changes are underway.

The new gates feature fully powered seating areas, with outlets at each seat; panoramic mountain views of the Olympics and Cascades; and improved technology for customer service agents to streamline the boarding process.

"The opening of the five gates will help to establish a new standard for guest experiences at Sea-Tac," says Tom MacVicar, Alaska's Managing Director of Station Operations in Seattle.

As the sole tenant in the North Satellite, Alaska has partnered with the Port of Seattle on the facility's renovations. The gate openings are the result of planning and construction work that began more than eight years ago.

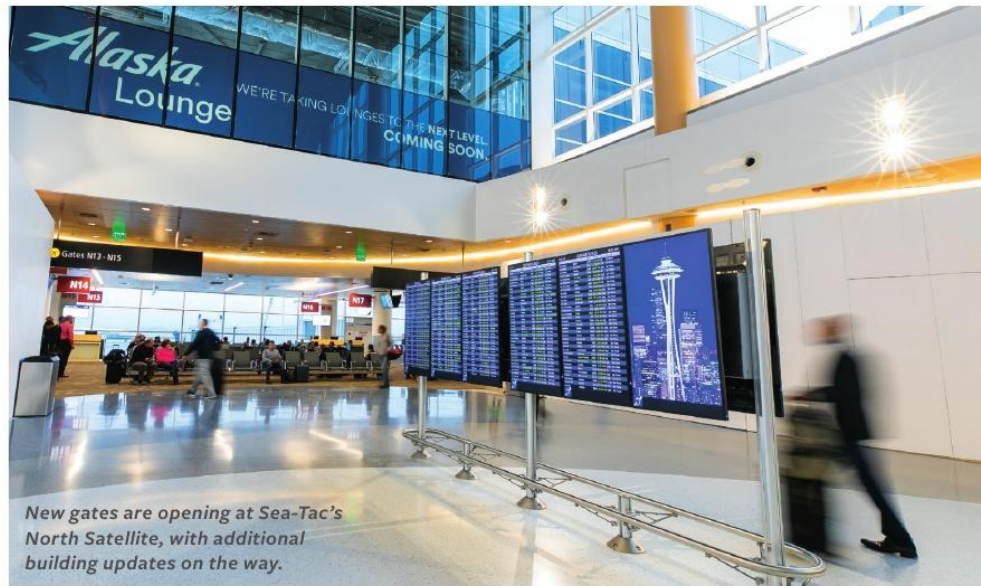
The North Satellite also saw new concessions spaces begin to open in February, and more are expected this month. Emphasizing a Northwest vibe, the concessionaires include Seattle-based Caffé D'arte, a coffee shop with

artisanal espresso drinks and pastries; Skillet, a locally based restaurant known for its high-quality comfort food; and Bambuza Vietnam Kitchen, a Portland-based restaurant serving fresh Vietnamese cuisine.

Eventually, Alaska will operate 20 gates at the North Satellite, a dramatic expansion over the satellite's original 11 gates. Other planned elements include a new 15,800-square-foot flagship Alaska Lounge, a new customer service center, and features inspired by the Northwest environment, such as a "living wall" of plantings. Updates are being conducted so the

North Satellite can achieve LEED Silver certification from the U.S. Green Building Council upon the scheduled completion of renovations in 2021.

"We are excited about the first important steps in the transformation of the North Satellite into a world-class facility that our guests will enjoy," says Shane Jones, Alaska's Vice President for Airport Real Estate and Development. "We look forward to our continuing close partnership with the Port of Seattle to complete the remaining phases of construction."



New gates are opening at Sea-Tac's North Satellite, with additional building updates on the way.



ALASKA'S NEWEST THEMED AIRCRAFT IS A MARVEL

» The superhero **Captain Marvel**, aka Carol Danvers, started out as a U.S. Air Force pilot. So it seems only fitting for her to get her own plane.

In February, Alaska unveiled a decorative livery decal on a Boeing 737-800 that features the hero of Marvel Studios' *Captain Marvel*, which opens in theaters March 8. The aircraft is flying with the decal for a limited time.

The decoration covers approximately 970 square feet of the plane and required heroic effort to install—it took six Alaska technicians nearly 230 hours during a three-day period to apply its 63 panels. Visit the Alaska Airlines Facebook page for more about the first flight of the customized aircraft (left) from Sea-Tac to John Wayne Airport in Orange County, California. ✈

■ Turn to page 52 to read our profile of Brie Larson, who stars as Captain Marvel in the new film from Marvel Studios opening this month.



I don't ever remember a time when I didn't struggle with my weight. Beginning at the age of four, I went on and off all kinds of diet plans. In my senior year of high school, I started getting migraines, which became progressively frequent until I felt debilitated. I was in so much pain that my biggest joy was eating whatever junk food I wanted. This sent my weight soaring to 335 pounds.

When I moved to the Seattle area, my doctor recommended 20/20 LifeStyles. All the diets I'd done over the years only addressed what I ate. 20/20 LifeStyles was the first program to attack my weight and health from all angles. The comprehensive scope of the program included a PRO Registered Dietitian, Personal Trainer, Counselor, and Physician who worked together. While I'd tried these pieces individually before, the integration of all these experts working together was life-changing.

Another feature unique to 20/20 LifeStyles was the compassion and kindness I experienced from everyone from the very start. When all you hear your whole life is, "You need to lose weight," it's easy to blame yourself. Instead, the 20/20 staff tried to absolve me and focused on the physiological processes that had led to the weight gain.

I learned so much about myself and my relationship with food throughout the 20/20 LifeStyles program, particularly through counseling. I'd always believed that I overate just because food tastes good. Over time, I realized that I was using food as a coping mechanism or as an act of rebellion against perceived restrictions. By the end of the program, I had a good sense of what my triggers are and had learned strategies to help manage my temptations to overeat.

It's freaking amazing that I've lost over 150 pounds from my heaviest weight! I feel like I'm in uncharted territories. I don't ever remember being smaller, even as a kid! It's surreal and wonderful!

I think what surprised me most is that I really could do it. I didn't think I'd ever be below 200 pounds, but I am. The weight loss has slowed tremendously, but I'm still chipping away at it. It hasn't been quick, easy, consistent, or without its setbacks, but it has been an incredible journey and I'm grateful to have had this opportunity. Losing 150 pounds was once a preposterous dream goal, but I did it. Who knows what else is in store for me?



HEATHER LOST 150 POUNDS

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 A photograph of a person's feet standing on a scale, with a stethoscope resting on the scale.

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BEST WISHES FROM ALASKA

Customer Service Agent Tim Satre is a Legend of Customer Service

» At Fairbanks International Airport, Tim Satre helps make wishes come true.

Satre, a 40-year Alaska Airlines Customer Service Agent, is known for leading efforts to decorate the boarding area when Alaska partners on a flight with Make-A-Wish Alaska and Washington. This organization grants wishes—such as travel experiences—for children with critical illnesses. Satre and co-workers dress up departures with the theme of a child's wish, including a *Beauty and the Beast* setup with a costumed “Beast” checking tickets. If possible, Satre also arranges for certain planes, such as Alaska's Disney-themed jet, to make the flights.

“The kids are amazing,” Satre says. “When they get a wish, you can see the joy it brings.”

Satre works hard to engage with *all* guests—from newcomers to regulars. Some flyers are famous. Over time, Satre has posed for photos with sports stars, celebrities and politicians. He has met former heads of state President Jimmy Carter and Queen Sofia of Spain.

He also figures he's watched three generations of some families travel through Fairbanks.

A third-generation Alaskan himself, Satre first worked for the airline as a teenager in 1965. Twice a day he'd ride his bike to the docks in his hometown of Juneau to make sure ferries were stocked with the airline's brochures.

Satre later attended the University of Alaska Fairbanks, graduating with a business degree. But his true love was the airline industry. He has worked for Alaska since 1978.

Satre credits his job with connecting him with his local community. He's on the board of directors of the Fairbanks Summer Arts Festival and participates in charity walks and events.

Known as a fixture at the airport, Satre has been heartily congratulated on his Legend award. And now this agent who has posed with luminaries is experiencing something new: Everyone wants to pose with him. —Ben Raker



Tim Satre.

QUESTIONS & ANSWERS

What do you like most about your job?

The people I work with are the best. The guests we work with are terrific, too. The airport has a dynamic force of its own, and there's always something going on.

What do you strive for in your service?

You need to be the best you can be and as fair as you can be. You can't satisfy all people all the time, but at the end of every conversation I want people to feel I've done everything I can do to help them.

What travels have been your favorites?

I love Hawai'i—I've been to the Islands more than 130 times. But my best trips have been with family on my brother's boat, the *Alaska Quest*. On one trip, near Juneau, we rescued four deer from icy waters. Our story and pictures went viral!

Do you have any travel tips?

When I'm packing, I often take a quick photo of what I bring, so I'll have a starting point for what to bring on my next trip.

KUDOS FROM TIM'S CO-WORKERS

“Tim engages with guests like he's talking with old friends. He ensures that guests know they're in good hands.” —Boram Y., Customer Service Agent, Fairbanks

“Tim doesn't seek attention, yet his attention to the details of caring for others is genuine.” —Cheri W., Customer Service Agent, Fairbanks

“Tim's knowledge of the company and its history are amazing. His kindness toward passengers, and his ability to help them, is

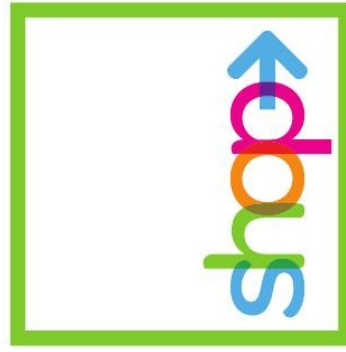
always above and beyond.” —Terri B., Customer Service Agent, Fairbanks

“He'll go out of his way to delight guests and make sure they get where they're going and get what they need.” —Tess G., Customer Service Agent, Fairbanks

“Tim is one of the most knowledgeable people I know. He's second to none that I know of in customer service. I consider myself honored to have him as a co-worker and friend.” —Tom V., Captain, Anchorage



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SEATTLE-TACOMA INTERNATIONAL AIRPORT

CROWNING ACHIEVEMENTS

Flight Attendant Holly Crown is a Horizon Air Pathfinder

» When flight attendant trainees are ready for their first Horizon Air inflight experience, they are often paired up with one of the best mentors possible. Portland-based Flight Attendant Holly Crown has worked for 22 years at Horizon and has spent 18 years as an inflight trainer. She's known for the dedication she brings to her teaching role, as well as for the skill with which she conducts her own inflight service. New hires have four weeks of ground training prior to flight, Crown says, but they still need on-the-job coaching on how to check themselves in, find a plane, do preflight checks, set up service and, finally, serve guests.

"I love the fact that I'm giving someone that little push toward their dream," Crown says of her training duties. "It keeps me fresh, too."

Growing up near Los Angeles, Crown had early dreams of an airline career, inspired by an aunt who was a flight attendant. Instead, Crown went into adult education and worked for years as a teacher's assistant in California.

After she and her husband moved their family to Portland in the 1990s, Crown found a job with Horizon's Fleet Services. She worked there for a year before becoming a flight attendant. In 2000, she joined the Inflight Training department, when she saw an opportunity to make use of her background and expertise.

"I thought it was so cool that I could be a mentor and still do the job I love," she says.

Crown has a knack for putting interests and skills to use. A soccer fan who watched her son and two daughters play growing up, Crown found a side job a few years ago working in stadium guest services with the Alaska Airlines-sponsored Portland Timbers. Due to her service expertise, she was moved to the suite level and often greets co-workers attending games.

Given how many years Crown has helped her colleagues, it's likely that some of these fans she meets are also fans of hers. —Ben Raker



Holly Crown.

QUESTIONS & ANSWERS

What do you like about inflight work?

It may sound corny, but I just like getting to know people and making their trips enjoyable. Everybody has a fabulous story. Also, you get to be part of their adventures.

How do you make guests feel welcome?

I talk to people as though they were family, just striking up conversation about their trips, joking lightly when it makes sense, and being personable.

How do you measure success at work?

When you get smiles from guests. If they are joking with you as they leave the plane, you know you've made those people's flights more enjoyable.

What was the best trip you've taken?

I'm a Mexico fan. My husband and I went to Cancún in 2006. On that trip, we met the people who became our best friends.

What do you always take on flights?

My flight attendant apron is like a utility belt that holds many handy things. On this I wear a Portland Timbers pin, a crown pin for my last name and a jeweled plane that was a gift for my 20-year work anniversary.

What is your best advice to new hires?

I tell students in the flight attendant training classes, "This is not just a job. It's a lifestyle." It requires you to invest yourself deeply, but there are great payoffs.

PRAISE FOR HOLLY

"The excitement and infectious joy that Holly displays as a flight attendant is echoed in her training role.


In fact, many of our best flight attendants credit Holly with having instilled in them the passion for and dedication to serving our guests that they bring to the job each day.

As we think about Horizon's future, the experience and wisdom Holly is passing along each day to the next generation of flight attendants leaves me confident we are in good hands.

Holly Crown is a true star on our team."
—Kieran W., Horizon Managing Director of Inflight, Seattle



HORIZON AIR EMPLOYEES such as Holly Crown are the reason for our service excellence. Join us in creating an airline people love. Visit horizonair.jobs.



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— Michelle Watson
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EXPANDING HORIZONS

Alaska Airlines is launching service from Everett, Washington

By Jacob Uitti

» A new era is dawning for Paine Field—Snohomish County Airport, in Everett, Washington. Alaska Airlines expects to begin regular commercial flights in March from the airport, located about 25 miles north of Seattle.

Alaska is starting 18 daily nonstop flights from the airport to eight destinations: Las Vegas, Los Angeles, Orange County, Phoenix, Portland, San Diego, San Francisco and San Jose. The flights will greatly increase the convenience for passengers in the northern Puget Sound area by trimming their drive times and simplifying the terminal experience.

The company Propeller Airports built Paine Field's new \$40 million passenger terminal to offer a hotel-quality experience, featuring two fireplaces, comfortable seating, a state-of-the-art technology system and complimentary high-speed Wi-Fi.

Beecher's Handmade Cheese is operating the food concessions, serving a variety of items, including sandwiches, hot soups, various snacks and Beecher's famous macaroni-and-cheese dish. Passengers can also enjoy Caffè Vita's signature lattes and Upper Case Bar's top-flight wines and cocktails.

"Snohomish County is an incredibly beautiful region, and we are thrilled to be bringing commercial air service back to Paine Field," says Diana Birkett Rakow, Vice President of External Relations at Alaska Airlines.

In addition to the shorter travel times for north Puget Sound passengers to arrive at the airport, commercial flights from Paine Field are also expected to help spur economic development by increasing visitors to the Everett area and drawing new businesses to the region.

"Commercial flights from Paine Field are a game changer for Everett and the region, opening up potential for new private investors,

family-wage jobs, and visitors from near and far," says Everett Mayor Cassie Franklin. "Flying into and out of Everett offers both recreational and business travelers a convenient, efficient and more affordable way to connect to a variety of popular destinations and vacation spots around the country. We are grateful that Alaska Airlines and Propeller Airports recognize our unique competitive advantages and chose to invest in our community."

Opened in 1939, Paine Field was originally intended to be a commercial airport. However, the airport ended up becoming a U.S. military base during World War II and the Korean War.

» Paine Field's new passenger terminal, top, has kiosks for quick check-in. The facility also offers a comfortable waiting area, above, which includes two fireplaces.



In 1967, the Boeing Company built its Everett production facility just north of Paine Field, becoming the airport's main client. In recent years, various local residents, business owners and government officials have advocated for Paine Field to include a commercial terminal and to offer travelers an alternative to Seattle-Tacoma International Airport.

That plan is now becoming a reality, with commercial airlines joining Boeing and other aviation-related companies in using Paine Field.

Patrick Pierce, president and CEO of the Economic Alliance Snohomish County, says the new commercial terminal will be a fantastic addition to this burgeoning region.

"Paine Field will offer attractive options for businesses and residents north of Seattle," Pierce says. We can't thank Alaska Airlines and Propeller Airports enough for their support of our community." ✈



Brush better without the baggage

The perks of sky-high travel tell us that more is more, like extra legroom, snacks, and sips. But when it comes to oral care, a “little” goes a long way. The quip electric toothbrush starter set (from \$25) makes it simple with a slim design that travels light and lasts 3 months on a single charge. To keep you jetsetting in style, there's a nifty cover that sticks to mirrors at home and hotels, and slides over your bristles to stow away in your carry-on.

quip also features timed sonic vibrations with 30-second pulses to guide a first-class clean, and it's one of the first electric brushes accepted by the American Dental Association. Subscribe to get your first refill free,* and we'll automatically refresh your old brush head and battery for \$5, and optional toothpaste (\$5 more) every 3 months with free shipping, and zero delays. Now buckle up, and give your bite the oral health upgrade it deserves.

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SAVORY SWEETNESS

By Chef Joshua Rappaport

» In the United States, we often think of cooked breakfast as a plated affair. Pancakes or omelets, for example, aren't usually piled into a bowl.

In many places, however, bowls are the preferred vessels for bringing together breakfast components. In Japan, these might include miso broth, tofu, seaweed, fish and rice. And surfers in Australian beach towns fuel up on sauteed greens, whole grains and veggies, topped with a soft-cooked egg. Variations on the breakfast bowl are endless, but they are commonly flavor-rich, loaded with nutrition, and fresh.

In our version, being served in First Class on select flights through mid-March, tender roasted sweet potatoes play delightfully against a robust foundation of sauteed Tuscan kale and spinach. A roasted baby bell pepper adds brightness, and the richness of poached egg pulls it all together. Garnished with tart, velvety Greek yogurt and toasted pumpkin seeds, this recipe combines nutrition, hearty flavor and savory sweetness—in a single bowl.



SWEET POTATO BREAKFAST BOWL

(Recipe makes four bowls.)

Use instructions below to prepare components. Start roasting sweet potatoes, then cook kale/spinach. Poach eggs just before serving. Yogurt can be made in advance. With all items ready, layer bowls with greens first, then sweet potato. Spoon egg on top. Garnish with yogurt, seeds and bell pepper.

■ Roasted Sweet Potatoes

- 2 large sweet potatoes, peeled and diced into ½-inch cubes
- 3 tablespoons olive oil
- Kosher salt and black pepper
- 4 baby bell peppers

Preheat oven to 375 F. Combine sweet potatoes, oil and seasoning in stainless steel bowl. Toss to coat evenly. Spread on baking sheet. Roast until sweet potatoes are tender (about 20 minutes), adding peppers after about 10 minutes.

■ Kale & Spinach Sauté

- 1 bunch Tuscan (lacinato) kale
- 2 tablespoons olive oil
- 8 ounces baby spinach
- Kosher salt and black pepper

Trim tough ends of kale stems, and discard. Cut each leaf in half lengthwise. Slice leaves into rough two-inch squares. Bring large pot of salted water to boil. Prepare a large bowl of ice water. Blanch kale by quickly boiling then shocking in ice water. Drain thoroughly, and squeeze kale to remove moisture. Heat oil in large sauté pan over low heat until oil shimmers. Add kale, and sauté 2–3 minutes until tender. Add spinach and continue cooking just long enough to wilt it. Remove pan from heat. Drain excess liquid, and season to taste.



■ Poached Eggs

- 3 tablespoons distilled white vinegar
- 4 whole eggs

Combine 2 quarts cold water and vinegar in medium pot with straight sides. Bring to a simmer, with no bubbles breaking the surface (just small ones clinging to sides of pot). Crack each egg into a small cup or bowl. Get egg as close as possible to water's surface before gently tipping it in. Space eggs evenly. As their whites set, eggs should rise toward surface. Cook eggs about 3 minutes, adjusting heat to keep water at bare simmer. Remove each egg with slotted spoon. Blot eggs with paper towel or napkin to absorb excess water before serving.

■ Yogurt & Pumpkin Seeds

- 2 cups whole-milk Greek yogurt
- 1 whole lemon
- ½ cup shelled pumpkin seeds

Scoop yogurt into nonreactive bowl. Use fine grater to add lemon zest to yogurt. Cut lemon in half, and squeeze juice into yogurt, watching to avoid seeds (consider using a tea strainer or cheesecloth). Mix juice and yogurt. Refrigerate until needed. For final garnish ingredient, toast pumpkin seeds in pan over medium heat. ✕



Joshua Rappaport, based in Seattle, is Executive Chef, Menu Design, for LSG Sky Chefs. He partners with Alaska on bold inflight menu options such as the Sweet Potato Breakfast Bowl.



Alaska Airlines'
Sweet Potato
Breakfast Bowl.

» OUR SEASONAL MENUS ARE TO-FLY-FOR! In mid-March, watch for refreshed food options, including Lemongrass Chicken Chopped Salad (Main Cabin) and Seared Top Sirloin (First Class).



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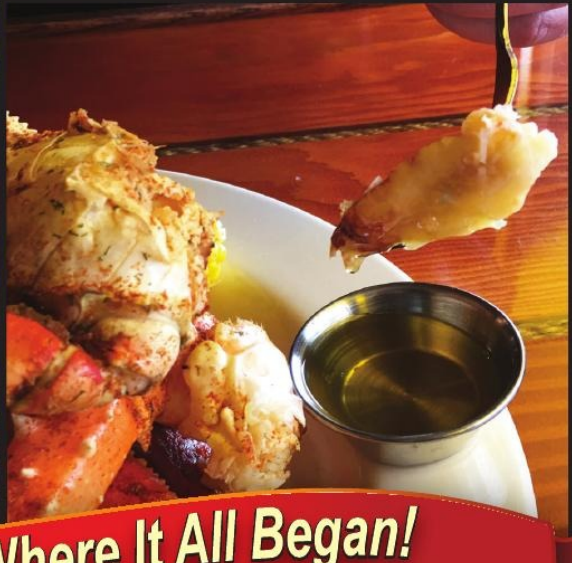
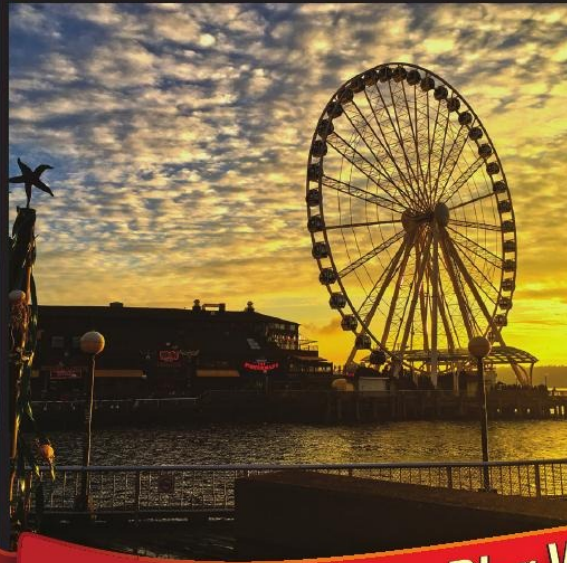
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THE FEED»

PUPPY LOVE

» **We call them man's best friend** and consider them part of the family. But why do dogs and humans share such a special bond? "Dogs! A Science Tail," at the California Science Center in Los Angeles, March 16–Jan. 5, explores the science behind this powerful chemistry via interactive installations in a 9,000-square-foot exhibit.

Many of the displays are designed to help visitors perceive the world the way dogs do. Peer through a giant dog head fitted with special lenses to see through Fido's eyes. Place your head in a diorama to hear sounds the way Rover would hear them.

By role-playing an archaeologist and dusting sand off fossil replicas, visitors can discover how dogs evolved from wolves into humans' cuddly companions. Guests can also perfect their dog care by grooming a life-size dog model and communicating with a virtual dog to practice speech and gestures that professional trainers use.

Other features include a program space where real rescue and service dogs show off their agility and capabilities, and the *Superpower Dogs* IMAX 3D film, which details the heroics of service dogs. For more, visit californiasciencecenter.org/exhibits/dogs-a-science-tail. —Giulia Szanyi



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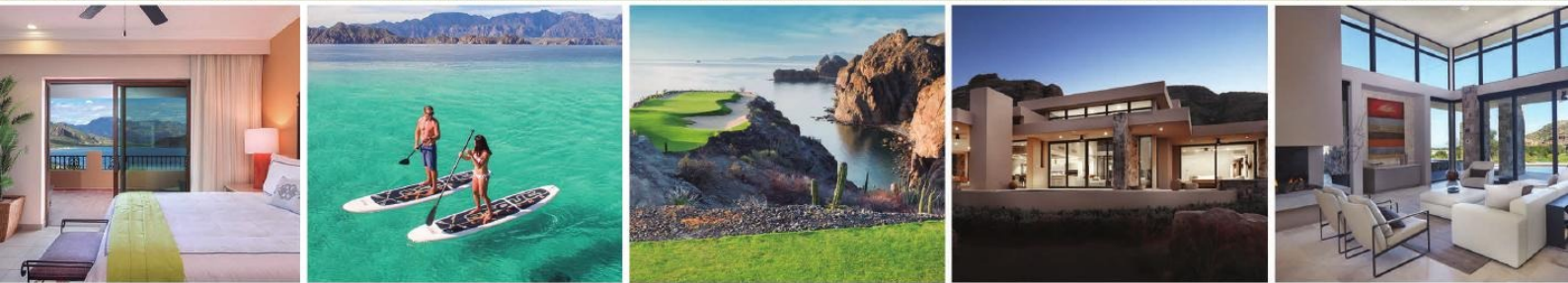
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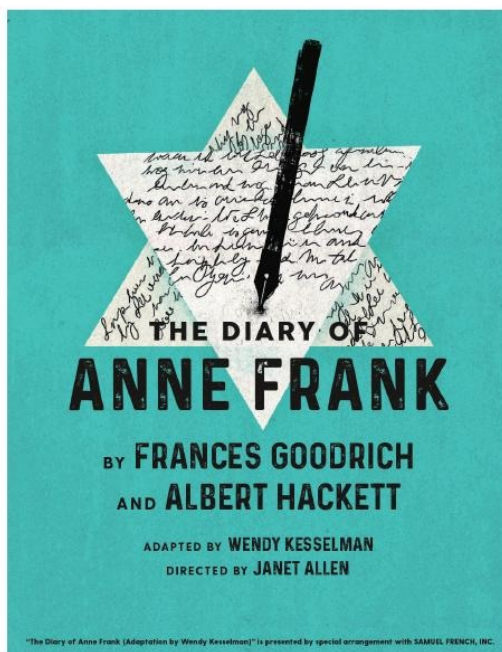
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A THOUGHTFUL PRODUCTION

» Meaningful insights into Holocaust victim **Anne Frank** are provided in *The Diary of Anne Frank*, being staged at Seattle Children's Theatre, April 4–May 19 (sct.org). SCT is located at Seattle Center.

The play gives audiences an in-depth sense of Anne, including her failings and frustrations, says SCT Artistic Director Courtney Sale. “This production reminds us of Anne’s very real needs and feelings as a teenager. It is a time in life of tremendous change where we long for freedom and the agency to build our own versions of ourselves. Anne faces that evolution in hiding. It amplifies the extreme pressures placed upon her as a young person, and on her family.”

At the same time, Sale notes, the play reflects Anne’s view that “in spite of everything, I still believe that people are really good at heart.”



Sale feels it is more important than ever to share the play with young audiences. It portrays one of the dark moments in world history, and “we feel it is a moral imperative to produce works such as *Anne Frank*,” she says. “The play can be an introduction to the Holocaust for young people, leading them to further their understanding and to fight against injustice today.”

A co-production with Indiana Repertory Theatre, where it was performed in January and February, the play includes Indianapolis and Seattle actors. In both the IRT and SCT stagings, Miranda Antoinette Troutt, a 2016 graduate of Seattle’s Cornish College of the Arts, plays Anne Frank.

SCT is also partnering with the Holocaust Center for Humanity in Seattle to publicize the center’s new permanent exhibit, “Finding Light in the Darkness.” The exhibit includes a virtual-reality tour of the Anne Frank annex, plus stories and artifacts related to Washington state Holocaust survivors (holocaust-centerseattle.org). —Michele Andrus Dill



PLAY BALL!

» First, the **Seattle Mariners and Oakland Athletics** open the season in Japan on March 20. Then all 30 Major League Baseball teams play on Thursday, March 28, marking the earliest-ever Opening Day.

The Boston Red Sox, who won 108 games last season, are well-positioned to defend their World Series championship title as they return with a largely unchanged roster, including last year’s World Series MVP, Steve Pearce, shown at left. The Los Angeles Dodgers, last season’s National League champions, could be in line for another deep postseason run, especially after re-signing three-time Cy Young Award winner Clayton Kershaw. Other teams expected to contend in 2019 include the New York Yankees, who bolstered their pitching rotation by signing former Seattle Mariner James Paxton, and the Houston Astros, who have one of the game’s most well-rounded teams. Elsewhere in the American League West, the Athletics, who surprised many with a strong surge during the second half of last season, and the Los Angeles Angels, who still have one of the game’s best players in Mike Trout, could challenge the Astros. The Mariners are energized by the signing of Japanese pitcher Yusei Kikuchi, and by Edgar Martínez being elected into the National Baseball Hall of Fame. —Nancy Burkhalter

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ART WITH SYMBOLISM

» In a society that's obsessed with smartphones, people are accustomed to visual shorthands (think emoji) used in communication. Matt Mullican explores this idea in his art by including symbols meant to convey larger ideas.

Visitors to San Francisco's de Young Museum can experience the American Venezuelan artist's work in the installation "Matt Mullican: Between Sign and Subject," showing in the museum's atrium, March 9–Jan. 26.

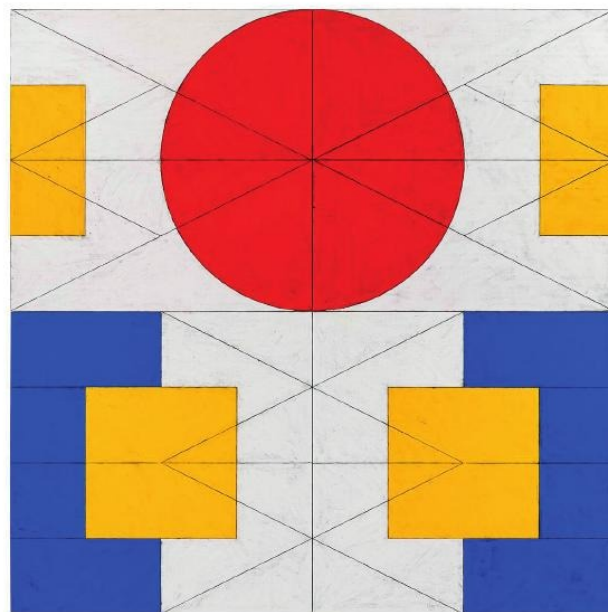
The installation features 50 works, including *Untitled (Center Subject over Center Language)*,

2016, shown at right.

Mullican's art incorporates geometric shapes, numbers, letters and bright colors, which he uses to represent different facets of the world. For instance, yellow represents culture and science. His art features household objects, comics, studio drawings and charts.

Other pieces on display include *Untitled (Computer Project) (detail)*, from 1989, which is a series of light boxes created with computer graphics.

Visit deyoung.famsf.org for more information. —Sherry Fisher



SAY CHEESE

■ On farm tours during the California Artisan Cheese Festival, March 23–24, visitors can meet animals; see how curd can be made by hand; get a close look at cheese-making equipment; and learn about the stirring, cooking, brining and *affinage* (aging) processes.

These tours are just one aspect of the Santa Rosa, California, event, which supports artisans and educates consumers about artisanal methods. Nearly two dozen cheesemakers, plus dozens of other artisans from area farms, creameries, wineries and breweries, are offering delicious and educational opportunities.

The festival features docent-guided bus tours; seminars hosted by cheese experts; a marketplace with artisanal products such as cider, chocolate, spirits and cheeses; and a chef-hosted brunch that includes a cooking demonstration. Visit artisancheesefestival.com for more. —Tiffany Lillie



BLUES MOVES

» At Pittsburgh's **Steel City Blues Festival**, dance until

5 A.M., attend cultural seminars that detail the history of blues dance and learn blues-dancing techniques from some of the best performers in the country.

The event, March 15–17, welcomes attendees of various skill levels from across the globe and includes instructors such as Adam and Krystal Wilkerson, first-place winners of Signifyin' Blues' 2018 Open Strictly competition in Los Angeles.

Blues dance, dating to the 1920s, is a combination of dance moves and traditions that grew

out of the popularization of blues music and its lively rhythms.

The festival's main venue is the Rangos Ballroom at the Jared L. Cohon University Center on the Carnegie Mellon University campus. The event features performances by local musicians such as Eugene Morgan and The Nightcrawlers. For more, visit steelcityblues.com. —Tiffany Lillie



DATING CONNECTIONS

It's Just Lunch Clients ➔

RICK SWANSON
Technology
Partner
EDUC: MS,
Computer
Science, VA
Tech
INTERESTS:
Cooking,
travel, tech

KRISTINA KERN
Founder,
Stella's
PopKern
EDUC: BBA,
UKY
INTERESTS:
Travel, skiing,
food

DATING. UNPLUGGED!

CLICK, TAP, SWIPE, REPEAT. IT'S ALL SO... IMPERSONAL. ONLINE DATING WAS SUPPOSED TO MAKE FINDING SOMEONE EASIER, SO WHY DOES IT FEEL LIKE SUCH A CHORE?

▶ With a career that took up a lot of his time and energy, online dating had begun to feel like Rick Swanson's second job. He spent hours filtering through online dating profiles but time after time, the spark just wasn't there. That's when Rick saw an ad for It's Just Lunch (IJL) in an airline magazine and decided to give matchmaking a try.

Today, Rick credits It's Just Lunch with introducing him to the love of his life, Kristina.

Life before It's Just Lunch?

Kristina: I just found the whole online dating thing completely unmanageable and daunting. I wanted someone who knew me to "fix me up" and when a friend suggested IJL, I did some research and found it to be the right "match" for me.

It's Just Lunch Matchmakers:



MELISSA BROWN



SARA DARLING



JULIE LOPEZ

What was working with a matchmaker like?

Rick: The interview process was really valuable. Sandra, my matchmaker, was genuinely interested in learning about me. She really wanted to understand what I was looking for in a woman, what I found attractive, what I found interesting, what intrigued me. We talked about my work, my outside interests, etc. When someone is leading you through the process, it makes you think. Sandra got me to reflect honestly on what I was looking for.

Best part of the IJL experience?

K: It was super easy because IJL arranged the dates. All I had to do was get ready and meet at the restaurant. And unlike online dating, I felt that my dates were interested in meeting quality people, not one-night stands. Your matchmaker calls you up with a

match and then gives you the details of the date. All you have to do is show up and have fun!

What makes you two a great match?

K: He's comfortable in his own skin. He loves the fact that I am confident! I can just be who I am, and I've never felt so at ease with anyone else.

Advice for singles considering IJL?

R: Dating is a real challenge in our fast paced, always connected, and frequently impersonal world. Having a real person on your side, helping to find the right partner is a huge plus.

The success of It's Just Lunch is built on creating high quality matches in low pressure situations. **In 27 years, they've set up millions of first dates. Get in touch at 800-858-6526 or itsjustlunch.com.**

"Finding a match takes a lot of work – but let it be my job. Then you can go have the fun." —Melissa Brown

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DATING TRENDS

16%

Of singles know immediately if they want to see a first date again.

1.5X

Men are 1.5X more likely to "friend" someone within one week of a first date.

3/4

Of singles love getting a text after a good first date.

44%

Of singles wait until after a first date to do online research on their potential partner.

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WESTERN WORKS

» **Spreading soil on paper** is not what most people call art. Montana artist Diana Roen begs to differ. She utilizes a technique in which various types of soil are crushed, sifted and mixed with a binder, and then painted on watercolor paper.

Roen discovered the technique, which is used above in *Riding for the Brand*, in a chance encounter. A woman requested that Roen paint a scenery picture—in soil. After Roen learned the technique from the customer, she was amazed at how it affected her. “I look at ditches differently now,” Roen says. “The earth can be a lot of different colors: yellow, red, orange.”

Roen is showcasing her work at the Western Heritage Artists Footprints on the Trail Art Show, which is part of Western Art Week, March 20–24, in Great Falls, Montana. The event celebrates Western culture and the artists who continue to practice the region’s long-standing artistic traditions as well as new styles.

The week features more than 15 shows and about 800 artists, who produce pieces ranging from watercolors and oils to bronze sculptures and leather boots. Events include the Runway Show at the Paris Gibson Square Museum of Art and the Western Collectibles & Antique Show.

Visit westernartweek.com for more information. —Sherry Fisher

AN EXHIBIT TO ROAR ABOUT

» Paleontology research

indicates that, at birth, *Tyrannosaurus rex* babies were no more than the size of a turkey. But in 21 years, by gaining more than 4.5 pounds a day, they would become the size of a truck, weighing between 6 and 9 tons.

“*T. rex: The Ultimate Predator*” at the American Museum of Natural History in New York, March 11–Aug. 9, details the life of the famous dinosaur through interactive installations informed by modern science. For instance, a life-size model includes patches of feathers, which scientists now believe adorned the *T. rex*.

The exhibit also features fossils and casts, videos, and even a virtual-reality experience that lets visitors collaborate to assemble a *T. rex* skeleton.

Hands-on activities include a game that challenges visitors with putting magnetic versions of the tyrannosaur family into the right time period. A “roar mixer” lets visitors imagine what the *T. rex* might have sounded like, and a projector beams onto the floor a movie of a *T. rex* skeleton coming to life.

For more information, visit amnh.org. —Giulia Szanyi



» THE FEED
THE MIX

SOUTHWEST FLAVORS

■ Dean Strober and his wife, Lena, were at a wine festival in Albuquerque when inspiration struck: With Dean’s background in New York City theater production and their mutual love of chocolate and coffee, the couple could put on their own festival.

The inaugural Southwest Chocolate & Coffee Fest in 2010 drew 38 vendors and 6,000 people. This year’s event, March 16–17, expects about 140 vendors and 19,000 attendees.

Visitors can learn how coffee and chocolate are made, perfected and used, all while enjoying delicious samples.



Coffee makers include New Mexico Piñon Coffee, which flavors coffee with piñon nuts. Chocolate makers include Eldora Chocolate, which uses cacao beans imported from Guatemala, the Dominican Republic, Tanzania, Venezuela and Mexico to create bars mixed with flavors such as tart cherry, 10-spice mole and pumpkin spice.

The Albuquerque festival also features a live cow-milking demonstration, a virtual-reality tour of a coffee plantation, culinary demonstrations and a baking contest that attendees can watch or enter.

Visit chocolateandcoffeeevent.com for more information. —Tiffany Lillie

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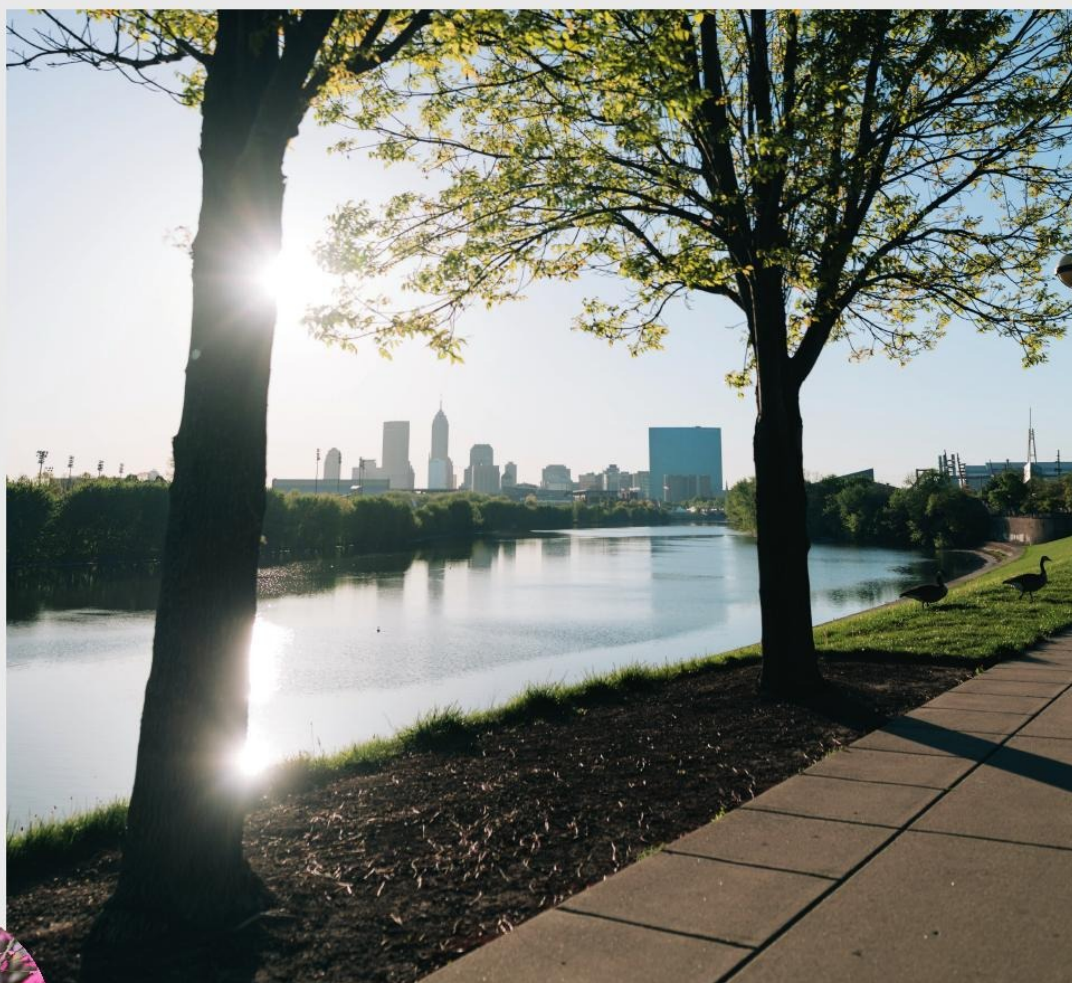
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DAY 1

» A stroll in White River State Park provides a scenic glimpse of Indianapolis' skyline.



Juan Flores is a born-and-raised Hoosier. He relies on his upbringing near Lake Michigan and his fondness for architecture when documenting Indianapolis' natural and urban landscapes. Flores explored his hometown as part of Alaska's #LocalWanderer series. For more, follow @alaskaair on Instagram. blog.alaskaair.com

INVITING INDIANAPOLIS

» **White River State Park** meanders out of the southwest corner of downtown Indianapolis and offers a mix of green spaces and cultural attractions—from the White River Gardens to the Indianapolis Zoo; from the Indiana State Museum to the NCAA Hall of Champions. I've lived in this city for more than a decade, and what I love is that history and the arts are just as accessible as the outdoors.

One of my favorite sites is the 1888 Indiana Statehouse. The ornate building—made of Indiana limestone and featuring a stained-glass dome, marble floors and steps, and granite columns—is home to the Indiana State Senate, the Indiana House of Representatives and the

Indiana State Supreme Court, among other offices and chambers.

Even from the capitol, open space is not far away. More than 80 percent of the land in Indiana is farms, forests and woodlands, according to the Indiana State Department of Agriculture. I love leisurely afternoons and evenings spent driving amid the farmland or hiking beautiful trails in places such as Eagle Creek Park, just northwest of town.

Another highlight in Indianapolis is Monument Circle, which is ringed with food options ranging from barbecue to chocolate. In the middle stands the 284.5-foot *Soldiers and Sailors Monument*, a symbol of Indiana.

DAY 2

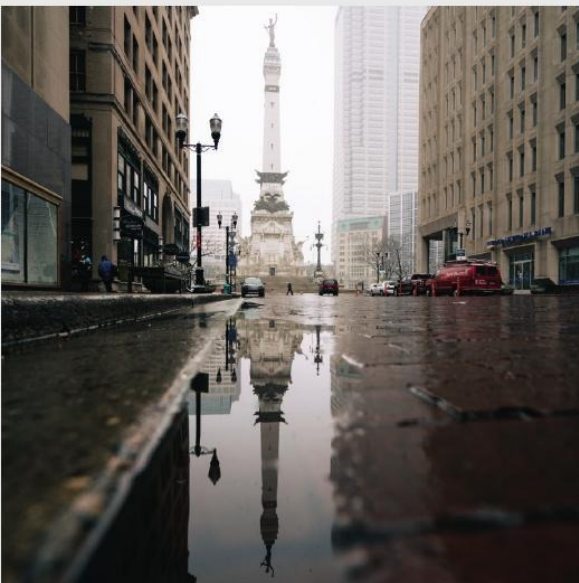


🏡 Completed in 1888, the Indiana Statehouse pays homage to the Parthenon and features architectural motifs of the Neoclassical style.

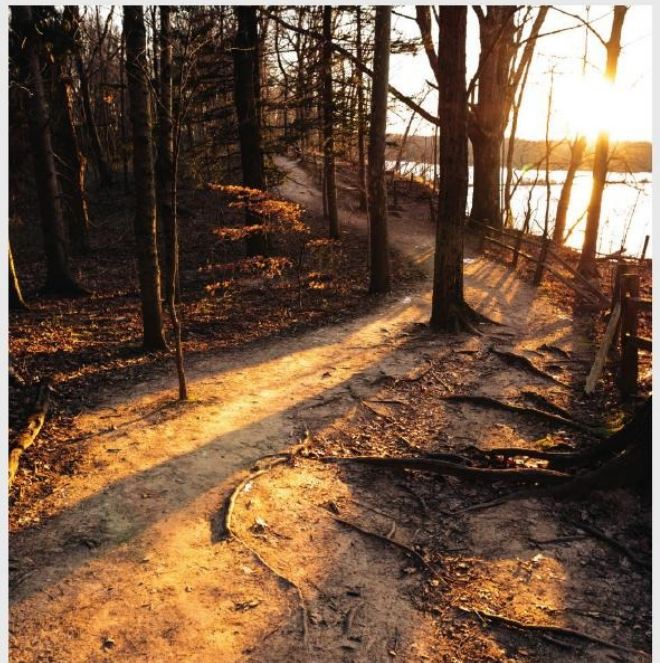


🏡 Stars twinkle above farmland. The state has 14.7 million acres' worth, according to the Indiana State Department of Agriculture.

DAY 3



🏡 It takes 331 steps to reach the observation deck of the Soldiers and Sailors Monument, which honors Hoosier veterans.



🏡 I watched the sun set from Eagle Creek Park, which offers about 10 miles of trails less than 20 miles northwest of town.

SPRINGTIME IN THE SONORAN DESERT

Cultural and recreational gems shine in famously sunny Phoenix

By Renee Brincks



Enjoying the view of the Phoenix area from Camelback Mountain.

» Early on a cloudless March morning,

I stop outside monOrchid gallery in downtown Phoenix to see one of the city's increasingly popular sights.

It's a mural, titled *The Garden*, on the building's west-facing wall, and it centers on a red-haired boy emptying a watering can. Before the droplets touch the ground, they transform into birds that soar across the structure and curl around a quote by Mother Teresa, a Catholic saint who spent her life helping India's poor. The quote states, in part, that at the end of life, we won't be judged by how financially successful we were, but by how well we took care of those who are homeless.

Artist Brian Boner partnered with the I Have a Name Project to create the work as part of a campaign to bring attention to homelessness. It's one of many striking murals in the Roosevelt Row Arts District. Studios and small businesses line the streets of this pedestrian-friendly Phoenix neighborhood that's also known for gallery walks and art events held on the first and third Fridays of each month.

After photographing a few other murals in the area, I swing by the beautiful Phoenix Public Market Cafe for tea and a cinnamon roll to go. I've got a baseball game to catch.

The center of Major League Baseball's Cactus League, the greater Phoenix area is home to 15 baseball teams that gather here to play their spring-training games. The league annually draws about 1 million fans to watch games at 10 stadiums located in the region. This year's spring training runs to March 26. The regular season begins March 28 for all Cactus League teams except the Oakland Athletics and the Seattle Mariners, who open the season March 20 by playing each other in Tokyo.

Once the season begins, baseball fans can watch the Arizona Diamondbacks play their regular-season home games at Chase Field in downtown Phoenix. The NBA's Phoenix Suns and the WNBA's Phoenix Mercury play at the adjacent Talking Stick Resort Arena.

The Phoenix area also is full of cultural attractions, including the Arizona Science

THIS PAGE: NIEBRUGGE IMAGES / ALAMY STOCK PHOTO; FACING PAGE CLOCKWISE FROM TOP: JOHN ECCLES / ALAMY STOCK PHOTO; SARAH SACHS / ARIZONA DIAMONDBACKS; GETTY IMAGES; AGE FOTOSTOCK / ALAMY STOCK PHOTO

Center, which offers hands-on science activities, a planetarium and touring exhibitions. “Mummies of the World: The Exhibition” is on display through September 2, and features 40 real human and animal mummies found in various countries. The Children’s Museum of Phoenix, located a block away, is full of family-friendly activities, such as exploring an inside climbing apparatus and building with blocks.

The Valley Metro Light Rail system links downtown with cultural institutions such as the Phoenix Art Museum, a world-class visual arts center with more than 19,000 pieces that include works by European artists Monet and Rodin and by contemporary Chinese artist Sui Jianguo. The light rail also passes near the Heard Museum, which is dedicated to the advancement of American Indian art and collaborates with many tribal communities. Highlights include Hopi *katsina* dolls and Navajo and Zuni jewelry.

In the Camelback East Village, north of downtown, you’ll find the tiki-themed bar UnderTow, which has been a hit since opening in 2016. The tiny, reservations-recommended lounge is accessed from a stairway inside the Sip Coffee & Beer Garage. The stairs lead to the floor below and the UnderTow’s front door. Postino, a wine lounge with Italian food, and Le Grande Orange, a spacious culinary hub that’s part cafe, part pizzeria and part retail market, are located nearby.

To the north, in the Desert Ridge South neighborhood, the Musical Instrument Museum showcases nearly 7,000 instruments from around the world. The exhibit “The Electric



Guitar: Inventing an American Icon,” on display through mid-September, features guitars played by Pete Townshend of The Who and Keith Richards of The Rolling Stones.

Spring is the perfect time for getting outdoors here, and one of the best places to explore is the 1,500-acre Papago Park to the east of downtown. The park’s wildflowers reach their peak from mid-March to late April. Visit the park’s Desert Botanical Garden, where you can explore the Sonoran Desert plant life on the garden’s 140 acres and see about 4,400 flower, tree and cactus species.

Camelback Mountain, a Phoenix icon, is located farther north. The popular hiking spot features challenging trails climbing nearly 1,300

feet in elevation to the mountain’s 2,707-foot peak, offering spectacular views of the area. More moderate trails wind through the rugged, rocky landscapes at Dreamy Draw Recreation Area in the Phoenix Mountains Preserve, northwest of Camelback.

Such parks show the beauty of this desert landscape, and offer one more reason to make a visit to the Valley of the Sun. ✕

Renee Brincks writes from the Bay Area.

Alaska Airlines (alaskaair.com) offers service between Phoenix (PHX) and Anchorage (ANC), Portland (PDX), San Francisco (SFO) and two Seattle-area airports (PAE and SEA).

» **Papago Park’s Desert Botanical Garden, above, contains a variety of cactus species. A bronze statue, right, titled Intertribal Greeting, stands outside the Heard Museum. Arizona Diamondbacks pitcher Archie Bradley, far right, signs autographs for fans.**



LAND OF UMPQUA DELIVERS OUTDOOR ADVENTURE

There is a long list of reasons people are wild about Roseburg and the Land of Umpqua. At the top of that list is a combination of the natural, unsurpassed beauty, unlimited outdoor experiences and a premier wine region.

Located in Southern Oregon, Roseburg is the heart of a scenic recreational paradise known as the Land of Umpqua—it's a one-stop recreation spot ideal for hiking, fishing, biking and so much more.

Ask anyone who's into hiking or mountain biking and chances are they've heard of the North Umpqua Trail System. Affectionately referred to as "the NUT" by outdoor enthusiasts, the trail system boasts 79 miles of trailhead ranging from easy to difficult and is a must-do for anyone looking for endless trails with plenty of variety.

Epic rides aren't just for on the ground, in the Land of Umpqua they're on the water, too. The gorgeous North Umpqua River offers whitewater rafters and kayakers challenges for every skill set. The five segments of the river offer novice to expert action on class I to class IV rapids. There's also world-class fly fishing on the North Umpqua River, though we don't recommend you try them at the same time.

Looking for some outdoor time that's a bit more casual? You'll find dozens of pristine waterfalls along the Rogue-Umpqua National Scenic Byway on the way to Crater Lake National Park—one of the most breathtaking sights in America.

It's all in the Land of Umpqua and Roseburg is in the center of it all; the perfect destination to combine your favorite activities and adventures while discovering new ones.

Call (800) 440-9584 for a free visitor guide or go to www.VisitRoseburg.com.



ROSEBURG, OREGON: A WINE DESTINATION

From everyday enthusiasts to connoisseurs—wine lovers know Land of Umpqua wines deliver variety and excellence

Once considered to be the best kept secret of Oregon's wine industry, the wines from the Umpqua Valley AVA in Southern Oregon are no longer a secret. Grown in popularity and exposure, wines from the region are receiving international acclaim for diversity and excellence.

Unlike most of Oregon's wine regions known solely for their Pinot Noir, the Umpqua Valley has yet to find a varietal it cannot grow. The unique range of growing conditions, soil types and micro-climates has propelled the extensive list of varietals grown by Umpqua Valley wineries beyond most every other region in the United States.

While still producing exceptional Pinot Noir, the region's growing list of vintners produce an array of award-winning wines, including: Baco Noir, Tempranillo, Cabernet Sauvignon, Syrah, Maréchal Foch, Merlot, Sauvignon Blanc, Grüner Veltliner, Malbec,

Chardonnay and Riesling, and a number of others.

As the region's wine industry continues to see rapid growth, it maintains a humble, small-town feel while crafting top quality wines and earning prestigious awards. The unrivaled natural beauty of the area and the warm hospitality of local winemakers provides an idyllic destination for wine enthusiasts.

Umpqua Valley wines are captivating wine lovers

Roseburg is where to stay for those planning a wine tasting excursion in the Umpqua Valley. Wine goers will have their pick of more than 30 wineries—all within 30 miles of Roseburg and I-5.

Whether you're in the mood to visit a historic winery or a chic, urban winery, visit Roseburg, Oregon, where there's a style and flavor for every palate. Find a full list of Umpqua Valley wineries online at www.VisitRoseburg.com.

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Jewel restaurant's
*Wild Mushrooms en
Papillote*, which features
wheat beer.

BREW FOODS

By Brad Japhe

» Last year, Americans consumed approximately 6.3 billion gallons of beer. It's so popular, in fact, that beer enthusiasts are figuring out ways to incorporate it into food. Sure, a pint of beer goes great with just about any meal. It turns out, though, beer works pretty well in many meals, too.

In the hip Los Angeles neighborhood of Silver Lake, the restaurant Jewel is making a splash with its plant-based, seasonally focused fare. Chef Jasmine Shimoda leans heavily on earthy ingredients during the colder months. Her *Wild Mushrooms en Papillote* (in parchment)—a dish that typically uses white wine—instead features a light and bright ale, along

with lemon and fresh yeast to lift the heavier notes of the mushrooms. “This dish is an elegant use of beer because it calls for a lemony wheat beer, such as hefeweizen, to balance all the umami and lift the flavors,” she explains.

Shimoda is also fond of the presence of brews in rich broths, such as in her *Beer and Butternut Soup*. “Beer and cheddar are old friends,” she notes. “This recipe is a fresh take on the classic pairing using butternut squash instead of cheese. A medium-bodied lager achieves a perfect interplay between sweet, bitter, salty and smoky.”

Phillip Frankland Lee, owner of The Monarch in the Santa Barbara County town of Montecito, positions pale ale as a perfect foil to spice. He builds a broth around locally brewed Vortex IPA from Captain Fatty's Brewery. “We're stewing local mussels with market fresh

Calabrian chiles,” describes the former *Top Chef* Season 13 contestant. “You usually get them bathed in white wine. But the IPA adds an unexpected element; cutting through the spice while also heightening bitter notes of blood orange and herbes de Provence.”

At The Brewer's Table in Austin, Texas, the menu is influenced by the restaurant's on-site brewery. “Beer and food are natural best friends,” says founder Jake Maddux. “It's not about how they pair together; it's how they are the same thing.” For dessert, for example, chef Zach Hunter mills spent beer grain into flour, which is used to make a waffle cone. Brewer's yeast is used in a caramel sauce; toasted barley is infused into the ice cream. “The whole thing is topped with hop honey and hop salt,” he describes. “It's basically beer in food form, and it works magically.” Cheers to that. ✈

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Brian Pribyl, head distiller at Rogue Ales & Spirits.

STOUT SPIRITS

By Brad Japhe

» Whiskey and beer share a common upbringing.

In fact, you can't make the former without the latter: before distillation, whiskey begins its life as a fermented grain beverage referred to as "distiller's beer." Now, a handful of distilleries are connecting the two further by using various processes to imbue whiskeys with the bold beauty of stouts.

On the scenic coast of Newport, Oregon, Rogue Ales & Spirits is the only place in the country where you'll find a brewery, a distillery and a cooperage on the very same property, according to Brian Pribyl, head distiller. It makes sense that a stouted whiskey especially suited to beer drinkers would be crafted here.

"Rolling Thunder Stouted Whiskey is twice-aged," Pribyl explains. "First it ages in new Oregon oak barrels for one year. Then the whiskey goes into barrels that formerly aged Rolling Thunder Imperial Stout, where [the whiskey] ages for another two years." The resulting liquor carries the same roasty, caramel-laden notes of a stout, providing a balanced blend of beer and whiskey.

Corsair Distillery, in Nashville, Tennessee, creates an Oatmeal Stout whiskey by using a different production method: Oatmeal stout is brewed as a distiller's beer and used as a base to create the spirit. "I wondered why there was such a long history of oatmeal being used in beer, but virtually no history of it in whiskey," says owner Darek Bell. So he experimented, and came to a wondrous conclusion: "A beer that first tasted like a milkshake developed a rich mouthfeel when it was turned into whiskey." It's been something of a cult classic ever since, says Bell.

Using a similar process, Seven Stills in San Francisco produces a range of whiskeys from craft beers. For instance, Chocasmoke is a whiskey that is distilled from smoked chocolate stout and incorporates peated malt. The spirit boasts a lengthy finish, steeped in notes of coffee and campfire.

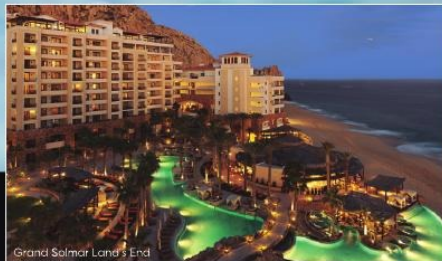
There's a growing band of adventurousness in the world of whiskey these days, and if you enjoy bold, full flavors, stouted whiskey might just be the dram of your dreams. ✈



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TOP SPOTS FOR SPRING BREAK

By Nancy Burkhalter

» In early spring, many people begin to think about getting away to the beaches of Mexico and Hawai'i, the theme parks of Florida, and the ski slopes of Squaw Valley and Park City. If you're planning your escape from the winter doldrums, the following options offer adventure for everyone from couples to college students to families.



» **Couples:** For those seeking romance, Cabo San Lucas beckons with its balmy March temperatures. On the tip of the Baja Peninsula, Cabo is exciting, romantic and unforgettable. Take a water taxi to Lovers Beach (*Playa del Amor*) located right at the very end of the peninsula. You also can play a round of golf, hike up 446-foot Mount Solmar and end the day with a sunset sail, complete with champagne.

America's French heritage lives on in New Orleans. Embrace the city's food, customs, Creole language, architecture and jazz for a truly unique experience. Take a streetcar to one of the city's festivals featuring genres such as music, art, dance and film. *Laissez les bons temps rouler*.



» THE FEED
LIKES

» **Skiers:** Squaw Valley-Alpine Meadows, above, is one of the largest ski resorts in the United States. Located in Northern California, it offers powdery spring skiing, tubing, snowboarding and sledding. There are groomed trails for all skill levels. Head back to the cozy Village for an après-ski beverage, and enjoy the many boutique shops, restaurants and galleries.

Park City, one of Utah's highest-ranked skiing and snowboarding destinations, has spring skiing at its best. You can also try snow biking, dog sledding, snowmobiling and snowshoeing. Located about 25 miles southeast of Salt Lake City, Park City hosts a variety of U.S. Olympic training facilities, including Nordic ski jumping, bobsled, skeleton and luge.




» **College students:** Beautiful beaches, resorts and nightlife? Cancún has it all. Located on Mexico's Yucatán Peninsula, Cancún boasts warm, turquoise waters and beautiful beaches. You can take a yoga class, visit ancient Mayan ruins and mountain bike along jungle paths.

Miami Beach is a perennial favorite for students wishing to relieve the stress of exams. Relax by the shore and attend pool parties during the day, and visit the city's many famed nightclubs when the sun sets.



» **Families:** Orlando, Florida, one of the top vacation destinations in the United States, offers something for the whole family, from Walt Disney World Resort to Universal Orlando Resort to nearby Kennedy Space Center.

The Island of Maui is another crowd pleaser. Home to some of the best beaches in Hawai'i—including unusual black-sand beaches—Maui is a center for snorkeling and whale watching. You also can zipline, enjoy a pineapple plantation tour and see the sunrise from the summit of Haleakalā. ✈



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SEDAN SHIFT

The classic form still has an exciting future

By Bengt Halvorson

» Last year, a series of announcements fueled speculation that the long-standing popularity of the sedan—the classic low-set “three-box” shape with hood, roomy cabin and trunk—might finally be over. Ford revealed plans to phase out all of its traditional sedans over the next few years, and GM made big cuts that will write many sedan nameplates out of its future.

In truth, this is nothing sudden. A decade ago, sedans, coupes and other kinds of passenger cars made up well over half of the United States’ vehicle market. But in 2014, utility vehicles passed sedans as the most popular vehicle body style, according to the IHS Markit think tank. Several analysts expect utility vehicles to make up half of the market by 2020. Amid this shifting automotive landscape, the expectations for what sedans should be have been changing rapidly. Shoppers want them to be more stylish and distinctive, and to offer more leading-edge technology—both under the hood and inside the cabin.

Affordable sedans have largely become the domain of import brands—probably because of their ability to spread the cost of manufacturing out over multiple markets. But sedans aren’t gone for good. And in fact, new models might just be better than ever.



■ Nissan Altima

The Altima is stylish and sculpted on the outside. But what makes the fully redesigned Altima truly stand out are two key mechanical upgrades: all-wheel drive that’s now widely available throughout the lineup, and a new 248-horsepower variable compression turbo (VC-Turbo) engine. For now, the only asterisk is that you can’t currently get both of those upgrades in the same car. Starts at \$23,900.



■ Volkswagen Jetta

Volkswagen has kept the Jetta’s styling conservative, although the profile is now a little more sloped and coupe-like. Inside you can get VW’s latest 8-inch infotainment screen and a Digital Cockpit gauge display that looks like it could be in a much more expensive car. No, this isn’t a sport sedan, but the Jetta has firm, supportive seats and a pleasant, quiet ride. You can even get a six-speed manual gearbox, and the standard Jetta 1.4T earns great 40-mpg highway ratings. Starts at \$18,745.



■ Toyota Corolla

The Corolla has been around for more than 50 years. But now Toyota’s given the new Corolla the most radical redesign in decades. The cabin promises to be more comfortable, and tech includes Amazon Alexa integration, in-vehicle Wi-Fi and available 800-watt JBL audio. This is also the first Corolla that Toyota has offered with its hybrid system—which is transplanted directly from the Prius—so expect versions that get more than 50 miles per gallon. Starts at \$19,630 (outgoing model).

■ Mazda3

Mazda likes explaining the new Mazda3 from the inside out, as it’s the first car developed with the Japanese automaker’s new human-centered strategy—meaning that Mazda created this vehicle first and foremost around the seats and driving positions; the motions occupants experience; and minimizing neck, shoulder and back strain. Likewise, you won’t find touch screens inside, but a head-up display, instead. The side profile is handsome, with the hood and trunk kept low, and available all-wheel drive may convince those with snowy driveways or plans for ski weekends to steer away from SUVs. Starts at \$21,895. ✈

THE FIRE IN OUR BELLY IS HOTTER THAN LAVA.

Professor of Geology Jackie Caplan-Auerbach doesn't run from fire, she runs to it. Along with a team of students, she is studying an erupting underwater volcano in Hawaii (talk about hands-on learning). Through seismometer readings, they hope to better understand the nature of volcanoes and how to protect the regions that surround them.



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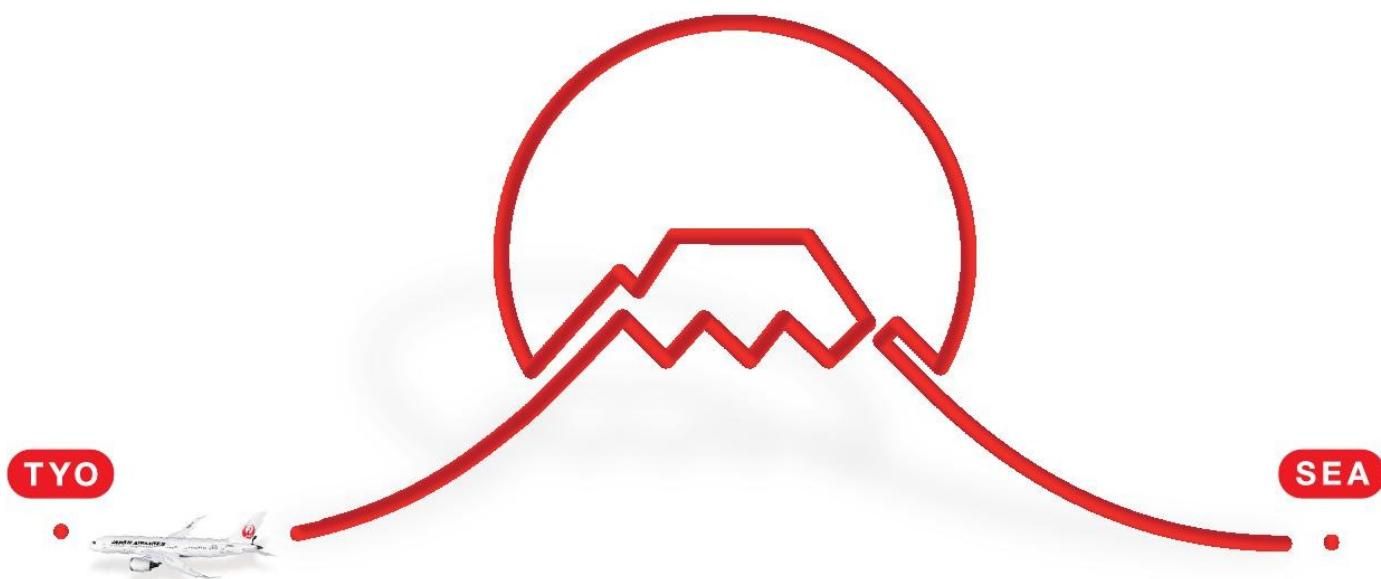
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MODERN MARVEL

DISPLAYING STRENGTH AND ENERGY, BRIE LARSON SHARES MANY OF THE SAME QUALITIES AS HER SUPERHERO ALTER EGO. LARSON TALKS ABOUT SUITING UP AS CAPTAIN MARVEL FOR THE NEW BLOCKBUSTER FILM ★ BY KATHRYN DRURY WAGNER

★ Academy Award winner Brie Larson stars in the new Marvel superhero movie Captain Marvel, in theaters March 8.





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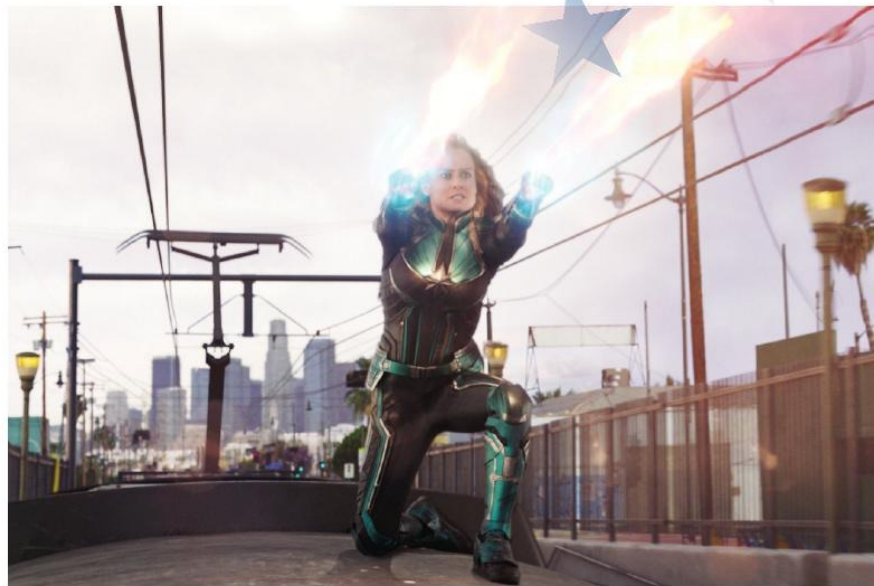


JAPAN AIRLINES

BRIE LARSON ISN'T THE KIND OF WOMAN who takes the easy way out. Case in point: For her new film, *Captain Marvel*, she transformed herself physically as well as mentally to tackle the role of Carol Danvers, aka Captain Marvel. Modern action movies tend to offer up spectacular CGI effects, thrilling the eye with otherworldly locations and sometimes transforming human actors into different species entirely. But Larson didn't rely on digital muscles: She sought to have the genuine mindset—and physical prowess—that would befit a galactic heroine.

"We had about three years between the moment I said yes to the role and when we started filming, so I used that time to scour the Marvel archives, read everything I could on the character, deep dive into fan-site conversations, chat one-on-one with experts [on Danvers] worldwide, and physically train for about nine months," Larson says. "It was the most intense prep I've ever done for a character, between the physical and research elements."

In the nine months leading up to shooting the movie, she put in three to four hours a day, five days a week, drilling in boxing, kickboxing, judo, wrestling and jiu-jitsu, with stunt training on top of that. "It was important to me to feel strong, not just look strong," she says. "Part of it was the mental preparation for playing the character; part of it was visual; and part of it was having the sheer stamina to run and fight for 16 hours a day." When shooting began, Larson was able to deadlift about 225 pounds, hip-thrust 400 pounds and pull a Jeep down a road. "I never would have believed this body could do



that," Larson says. "The experience of prepping for this role empowered me in so many ways."

For those unfamiliar with the character Carol Danvers, she is, according to Marvel HQ, a "bold leader who doesn't sugar-coat." Danvers was a fighter-jet pilot who had an accident and wound up in an alien world, where she acquired her superpowers: She has exceptional strength, and has the ability to fly and the ability to shoot photon blasts from her hands.

In other words, she is a supremely powerful being, worthy of fighting the forces of evil.

Even though she was in top physical shape, pulling on the Captain Marvel supersuit wasn't like donning the usual movie costume for Larson. First of all, Marvel fans are fervid, so the level of scrutiny on her is more intense than, oh, the radiation beam thrown off a Kree Psyche-Magnitron. Carol Danvers



has layers of backstory: She first appeared in comic books in the 1960s and rose to get her own Ms. Marvel comic book in 1977. Along the way, Danvers has been many things—magazine editor, Avenger, Superhuman Liaison for the Department

of Homeland Security—so distilling her essence and embodying her on the big screen called for a formidable actor. Larson was ready for the challenge.

BECOMING CAROL

Born in Sacramento, California, Larson started acting as a child. When she was young, her favorite superhero was *Star Wars*' Princess Leia, whom Larson calls "smart, strong, fierce, complicated—a timeless icon." Larson was homeschooled until she graduated high school, though at age 6, the family added a twist: Larson studied at the American Conservatory Theater in San Francisco, where she was the

★ Larson as Captain Marvel in action (above). Captain Marvel as depicted in Marvel Comics.

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★ **Larson's acting career took a big turn with *Room*, which earned her a 2016 Academy Award. She's also a sought-after speaker for groups such as *Women in Film* (below).**

youngest student ever to do so. By the time she was 12, Larson had started landing roles with the Warner Brothers and Disney channels, among others. She earned critical acclaim for her role as Kate in *The United States of Tara* (2009) with Toni Collette, and in the film *Trainwreck* (2015), in which she played Amy Schumer's sister.

She stole the scene as a rock singer in the quirky action comedy *Scott Pilgrim vs. the World* (2010) and got terrific notice in the indie drama *Short Term 12* (2013).

Larson also sings. At 13, she signed a record deal with Universal Records, and she went on tour in 2005 with her first release.

But it wasn't until the success of the film *Room* (2015), for which she won the 2016 Academy Award for Best Actress, that she became a household name.

Larson says she had no inkling of the impact that *Room* would have. She played a woman raising



her son while both are held in captivity. It was an independent film, she says. "It just felt like an on-set family pouring their heart into a story that was both difficult and tremendously fulfilling from a creative standpoint. In general, I'm not invested in expectation—I love the process of making art, and then it goes out into the world to be

watched, felt and received by an audience. That part is out of anyone's control."

Deciding to play Carol Danvers was an intuitive move for the actor, who says she has no set process for evaluating which roles to accept. "The simple answer is that I read the script, and if the character and story feel right at that moment in my life, I'll pursue it," Larson says. "After completing a role, I'll reflect and usually find a thread leading back to a question in my own life that I was seeking to answer at the time."

The cast of *Captain Marvel* includes a slew of powerhouse actors, including Samuel L. Jackson, Annette Bening, Ben Mendelsohn, Gemma Chan and Jude Law. The film is set in 1995, and temporal references such as a Blockbuster video store and old-school pagers are already delighting fans, even those too young to have experienced the joys of CD-ROMs,



A REAL-LIFE HERO

Brie Larson is equally dynamic in her pursuit of justice off-screen.

"Activism has become an important element of my day-to-day," she says, "in part because it's a way to shore up a growing spotlight and do good with it, and in part because I'm coming into myself as a woman nearing

her 30s, with a better understanding of the world and the values that are important to me."

Here's what she's doing:

Speaking out about the lack of diversity among film critics. Ac-

cording to a 2018 study from the University of Southern California's Annenberg Inclusion Initiative, white male movie critics in 2017 wrote top-100 film reviews at a rate of nearly 27 times that of their underrepresented female counterparts. The Los Angeles Online Film Critics Society recently honored Larson with its

Trailblazer Award for her work spearheading change on the issue.

Boosting women creators during her *Captain Marvel* publicity tour. She worked to ensure an equal number of male and female journalists are participating. "I'm also wearing primarily female designers, using female photographers for magazine cover shoots, guest-editing publications so that I can contribute to what and who are being covered. With *Captain Marvel*, specifically, I wanted to use this tremendous platform to shine a light on new and

underrepresented voices."

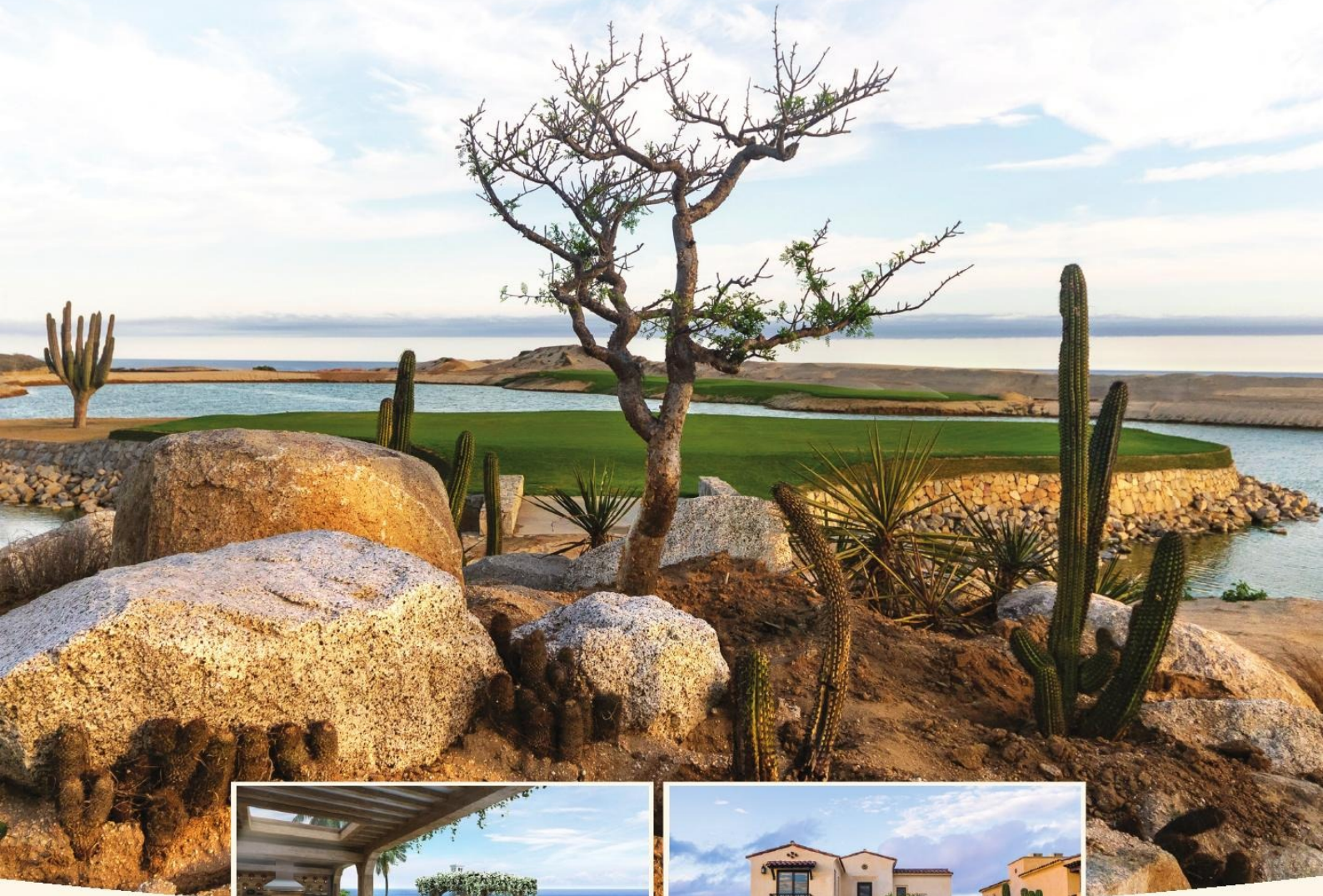
Amplifying the fundraising efforts of groups such as Girls Inc. of Greater Los Angeles to take girls from various backgrounds to screenings of *Captain Marvel*. The group noted the movie "has multiple female characters in the film that enforce diversity of women in race, careers and talents."

Supporting the Time's Up Legal Defense Fund, which aids people who have experienced discrimination or abuse in the workplace by connecting them with more than 800 attorneys who've agreed to help. —K.D.W.

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★ In preparing for her role as Carol Danvers, Larson went to Nellis Air Force Base and met with Brigadier General Jeannie Leavitt (above right), who was one of the building blocks of the character.

Weezer and “The Rachel” hairdo. Because her character is a pilot, Larson stretched her wings at Nellis Air Force Base in Nevada, where she learned about the Air Force’s F-16 fighter jet and met with military leaders. That included Brigadier General Jeannie Leavitt, who has degrees in aerospace engineering and aeronautics, became the Air Force’s first female fighter pilot in 1993, and was the first woman to command a USAF Combat Fighter Wing. Larson studied the backgrounds and experiences of Leavitt and others who became essential building blocks for the character of Danvers. Larson even had the opportunity to go up in a fighter jet.

“To experience G-force for myself and to do complicated training maneuvers deepened my respect and gratitude for what they do daily,” she explains.

EMERGING CHANGE

Since *Captain Marvel* was announced, much has been made of the film’s being a superhero flick

starring a woman in the lead role, a badass who can hit Mach 3 and manipulate energy. The character of Danvers, Larson says, has an unapologetic confidence. “She owns her strengths and has a healthy ego. I try to channel that element of her every day, some days more successfully than others.” The film is also co-directed by a

woman, Anna Boden, teaming with Ryan Fleck.

One might think that in the 21st century there would be little resistance to the idea of a powerful female protagonist, but online comments suggest there are a few movie fans who would prefer to stick with the status quo of dude-in-cape. Larson is unfazed.

“With *Captain Marvel*, I ultimately wanted to represent a

woman on-screen who would empower young women,”



ALASKA SUPERHERO

★ *Captain Marvel*, which hits theaters March 8, has been flying Alaska Airlines for more than a month now as the airline’s newest decorative livery.

Brie Larson, as the latest Marvel superhero on the big screen, can be seen stretching along the length of one of Alaska’s 737-800 aircraft,

Larson says. “There were many conversations with the execs at Marvel to make sure Carol Danvers articulated the multifaceted experience of being a woman coming into her own, albeit one with superpowers. Captain Marvel isn’t the answer to feminism, but if she’s one small step on the path to representation, within the context of a conversation that has existed for centuries before and will continue for centuries after, it is an honor to play her.”

This type of on-screen character is actually quite impactful to young women, according to 2018 research from BBC America and the Women’s Media Center, which released a report called *Super-Powering Girls: Female Representation in the Sci-Fi/Superhero Genre*. It found that gender-neutral casting in film and TV can make girls feel brave, inspired and motivated. The study also noted that girls aren’t the only audience; boys and their parents were also wanting to see more female heroes in the sci-fi/superhero genre.

“While I was filming *Captain Marvel*, my friends, family and co-workers kept telling me I’m much stronger than I think I am,”

flying throughout the airline’s flight network.

Look for the *Captain Marvel* trailer on Alaska’s Inflight Entertainment, and find several Marvel films as part of the streaming entertainment in March.

If you’re lucky enough to fly aboard the *Captain Marvel* plane, don’t miss Goose (above), as well.



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Larson recalls. "It was annoying at the time, on the days I felt overwhelmed and exhausted. But by the end, I realized they were right. I've come out of this experience mentally and physically stronger and more self-confident than ever. Carol has inspired me in ways that I hope to carry with me for years to come."

WHAT'S NEXT?

In the future, we may see more of Larson working behind the camera. She's proved she has the chops—co-writing and directing *The Arm*, which took home a Special Jury Award for Comedic Storytelling at the 2012 Sundance Film Festival.

More recently, she directed the film *Unicorn Store*, which premiered at the Toronto International Film Festival in 2017 and was recently picked up by Netflix. She called directing the film, which she also produced and starred in, "one of the best experiences I've had. I can't wait to do it again, soon."

But come March 8, the Academy Award winner will be kicking butt in an interstellar war, and audiences are psyched.

What is it about these superhero films that so capture our imagination? After all, *Captain Marvel* is the 21st film in the Marvel Cinematic Universe, so the plots and characters clearly resonate with movie fans.

"I think we connect to the humanity within the superhero," Larson muses. "Their struggles are at the core relatable, just on a much larger, more mythical scale. They're questing to discover who they are, protect their loved ones, fulfill their destiny—isn't that all of us?" ✈

Kathryn Drury Wagner is a frequent contributor to Alaska Beyond.

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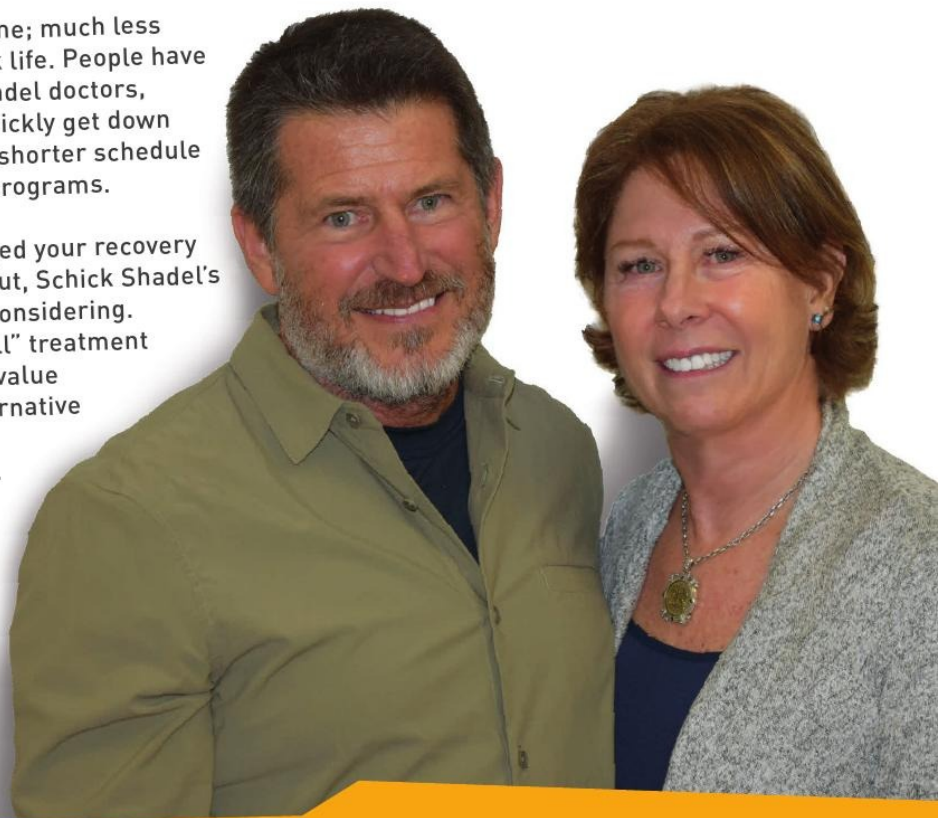
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NOTES: A 2016 Presidential Award winner. Active in the Big Brothers Big Sisters of Alaska. Big Brother to 2nd Lieutenant Pedro Peña, USAF, since he was 8 years old. Lives happily with his wife Nancy and their cats, Princess and Abby.

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Alaska Airlines provides regular service to destinations throughout California. Visit alaskaair.com.

Pismo Beach.

SONOMA & NAPA COUNTIES

From wine to wildlife

By Matt Villano

● “The joy is in the playing,” *Peanuts* character Schroeder once wisely stated. The comic’s late creator, Charles M. Schulz, who was a resident of the town of Sebastopol, likely appreciated Sonoma and Napa counties’ many recreational options.

The region known as wine country boasts vineyards that line the countryside like corduroy, a wine history that stretches to the 19th century, and more than 400 wineries

in each county. And the area also is a great spot for families, with vast stretches of pristine wilderness and museums with kid-friendly exhibits.

Main attractions

Charles M. Schulz Museum:

The Santa Rosa museum celebrates Snoopy creator Charles M. Schulz, who spent the second half of his life in Sonoma County.

The CIA at Copia: Sign up for a cooking class at The Culinary Institute of America in Napa.



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Hot springs of Calistoga: Take to the luxurious pools at Solage and Indian Springs Calistoga.

Oxbow Public Market: Indulge the senses with delicious oysters and other snacks, craft beer and locally roasted coffee at this urban food hall in downtown Napa.

Wine-tasting: In Sonoma County, visitors can enjoy sparkling wines at Breathless Wines in Healdsburg, taste crisp whites at Kunde Family Winery in Kenwood, and sip wine or juice and dip in the pool at Francis Ford Coppola Winery in Geyserville. Wine Road, an association of nearly 200 wineries and more than 50 lodgings in Northern Sonoma County, provides maps for self-guided wine tours on its website.

In Napa County, hike or bike 12.5 miles on the paved Napa Valley Vine Trail, from downtown Napa to Yountville, and stop to sample the offerings of local wineries such as Laird Family Estate in the town of Napa. To shop for luggage designed to transport wine on the plane, visit FlyWithWine, also in Napa.

Alaska Airlines Mileage Plan members can check their first case of appropriately packaged wine free on flights from many California wine destinations, including Santa Rosa. For details, see alaskaair.com/wine.

Lesser-known local favorites

Rail Arts District Napa: Marvel at the giant murals in this outdoor gallery, which stretches nearly 2 miles along the train tracks through downtown Napa and in the Oxbow District.

Historical Downtown Petaluma: Stop at the city's Visitor Center, located inside a 1914 train depot, then shop at the local boutiques.

Regional beers: Visit local craft breweries such as the new Russian River Brewing Company outpost in Windsor and Bear Republic Brewing Company's newest brewpub in Rohnert Park.

Outdoor recreation

Burn serious calories on the approximately 10-mile roundtrip hike to the summit of 4,327-foot **Mount Saint Helena**, which offers panoramas of Napa Valley.

Fun family activities

Kids can learn through play with interactive exhibits at the indoor/outdoor **Children's Museum of Sonoma County** in Santa Rosa. Or visit **Connolly Ranch** in Napa. Its programs and camps offer children the opportunity to tour the ranch and meet the resident animals, such as chickens, goats, pigs and sheep. At the **Safari West** wildlife preserve outside of Santa Rosa, visitors can see



giraffes, zebras, rhinos and more on a tour through the "Sonoma Serengeti."

For history buffs

Learn all about the history of handheld cooling devices at the tiny **Hand Fan Museum** in Healdsburg. On any given day, there are dozens of fans on display.

For lovers of literature

At the **Robert Louis Stevenson Museum** in St. Helena, learn about the life of the *Treasure Island* author and one-time Napa Valley resident.

Great places to shop

Gourmet foods such as special mustards, oils and vinegars are on offer at **Napastāk**, an epicurean boutique in downtown Napa. ✈

Matt Villano writes from Healdsburg. For more information on Sonoma County, see sonoma-county.com. To learn more about Napa Valley, go to visitnapa-valley.com.

Alaska Airlines (alaskaair.com) provides regular service to Santa Rosa (STS) from cities such as Los Angeles (LAX) and Seattle (SEA).

From top: The Charles M. Schulz Museum celebrates the Peanuts cartoonist; visitors can enjoy craft foods at Oxbow Public Market; Kids can interact with chickens and other animals at Connolly Ranch.





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SAN FRANCISCO

Lively and welcoming

By Michael Shapiro

“One day if I do go to heaven, I’m going to do what every San Franciscan does who goes to heaven: He looks around and says, ‘It ain’t bad, but it ain’t San Francisco!’” noted longtime *San Francisco Chronicle* columnist Herb Caen to a crowd gathered for a 1996 celebration in the Pulitzer Prize-winning writer’s honor.

San Franciscans are rightfully proud of their city. It’s fun-loving and boisterous, cultured and elegant ... and breathtaking—literally. Walking up the city’s steep hills can make you gasp.

The city is diverse and welcoming, as well.

In the 1936 film *San Francisco*, Jeanette MacDonald sang, “San Francisco, open your golden gate; you’ll let no stranger wait outside your door.” More than 80 years later, that spirit of acceptance and friendliness endures, making the Bay Area a place where visitors from all over the world feel at home as they discover outstanding recreational options.

Main attractions

Alcatraz: Known as “The Rock,” this island in San Francisco Bay housed a federal prison from 1934 to 1963 (inmates included Al

Capone) and was immortalized in films such as *Escape from Alcatraz*. Ferry tours leaving from Pier 33 can be booked up to 90 days in advance and fill up quickly. Tours include the opportunity to walk into prison cells.

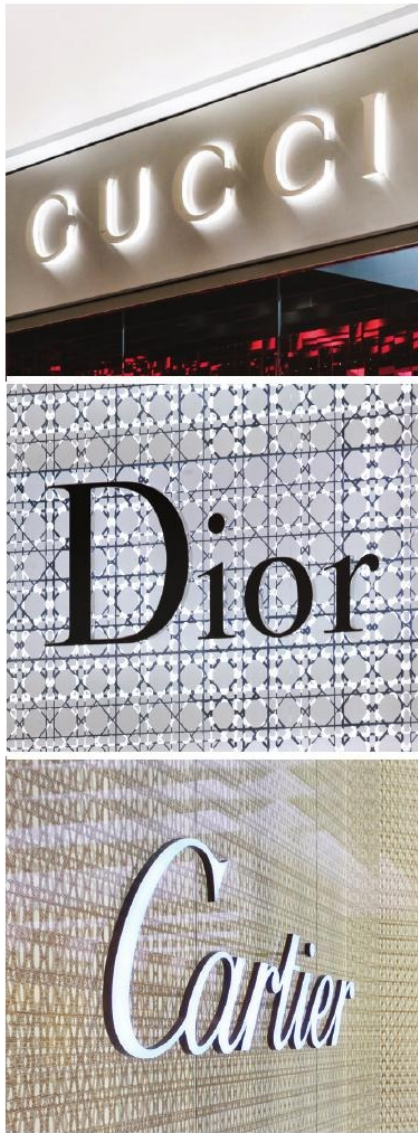
Cable cars: Since the 1870s, cable cars have traveled San Francisco’s hills, so a ride is an alfresco journey into the past. Grab a pole and listen to the clanging bell as your car sets out on one of the three routes. To see historical cable cars, visit the Cable Car Museum in the Nob Hill area.

Fisherman’s Wharf neighborhood: Enjoy

attractions such as Aquarium of the Bay, Madame Tussauds San Francisco, Ripley’s Believe It or Not, the Sea Lion Center and numerous shops. The wharf also dishes up fresh Dungeness during crab season, typically early November through the end of June. In addition, outdoor vendors on Taylor Street and restaurants throughout the district serve clam chowder in sourdough-bread bowls; buskers provide entertainment; and you can take a turn on Pier 39’s storied carousel, which was handcrafted in Italy.



The Golden Gate Bridge is a popular photo opportunity.



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Golden Gate Bridge: Completed in 1937 to link San Francisco and the North Bay, the stylish bridge has become the city's premier landmark. Vista points near the north and south ends of the bridge provide sweeping views of the city of San Francisco and San Francisco Bay.

Oracle Park: Home of baseball's San Francisco Giants, the ballpark has views of downtown high-rises, the Bay Bridge and Oakland. Sluggers sometimes hit home runs over the right-field fence, and the balls splash into the bay. Even if you're not a baseball

fan, the park is a dazzling place to spend a couple of hours.

Presidio: This site was a military post for more than 200 years before becoming an approximately 1,500-acre urban park 25 years ago. Visitors can enjoy hiking and cycling trails, public art, historical buildings, scenic viewpoints and sites such as Baker Beach.

Quirky local favorites

Camera Obscura: Perched on a cliff along San Francisco's northwestern coast is a popular attraction in the Lands End area of the Golden Gate National Recreation Area. The 1946 Camera Obscura building does, indeed, look like a camera. Outside the structure, you can see views of the ocean and Lands End. Inside the building, a rotating lens projects an image of outside scenery onto a 6-foot-diameter table.

Lotta's Fountain: This cast-iron landmark with lion's head spigots was commissioned and gifted to



From top: Ride one of San Francisco's famous cable cars. Look for Dungeness crab at Fisherman's Wharf. Visit Camera Obscura and Baker Beach.

the city in the 1870s by vaudeville and stage performer Lotta Crabtree. It still stands at the intersection of Market, Geary and Kearny streets.

Musée Mécanique: With more than 300 coin-operated antique items, including arcade games,

this "museum" has devices ranging from pinball machines to music boxes that you can play for 1 cent to \$1.

Stairway walks: Some pathways in the city are simply steep stairways. They're open to all and reveal a unique slice of SF life. Among the most popular are the Filbert Steps (listen for wild parrots) and the Greenwich Steps near Coit Tower, and the 16th Avenue Tiled Steps in the Golden Gate Heights neighborhood.

For outdoor recreation

To enjoy spectacular views of the Golden Gate Bridge and Marin Headlands, hike **Lands End trails**. Or, rent a bike from a company such as **Blazing Saddles Bike Rentals & Tours** or **Golden Gate Bridge Bike Rentals & Tours** to pedal across the Golden Gate Bridge to charming Sausalito—you can take the bike on a ferry back to the city.



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California

For a peaceful outdoor experience, walk the shaded paths of **Golden Gate Park**, famed for its Japanese Tea Garden and for its Conservatory of Flowers, a Victorian-era greenhouse with nearly 2,000 species.

For cultural experiences

A vibrant theater scene includes shows at the **A.C.T.**, **Curran**, **SHN Golden Gate** and **SHN Orpheum theaters**. For classical music, attend performances at **Davies Symphony Hall** or the **War Memorial Opera House**. For rock and other acts, go-to venues include **The Fillmore**, **Bill Graham Civic**, **The Warfield**, **Slim's** and **Great American Music Hall**. And **The Marrakech Magic Theater** presents a fun ongoing show of magic, mentalism and comedy by award-winning performer Jay Alexander.

New to do

The Flyer—San Francisco, which opened in January at Pier 39, is a 3D multimedia attraction featuring footage from drones and helicopters to give viewers the sense that they're soaring over SF attractions such as the Coit Tower and the Golden Gate Bridge.

If you're a history buff

Built for the 1915 Panama-Pacific International Exposition, the impressive **Palace of Fine Arts**

Top: The Palace of Fine Arts is a lovely historical attraction. Above: Look for fortune cookies as part of exploring vibrant and colorful Chinatown.



is known for its spectacular Greco-Roman-style architecture and its scenic lagoon. The palace theater hosts music, comedy and other performances. Nautically minded visitors enjoy the **San Francisco Maritime National Historical Park**, where they can see historical vessels such as docked schooners and tugs that were built more than a century ago.

Distinctive food

San Francisco is a great food city, and one of its famous items is **sourdough bread**, which became popular in the Bay Area during the mid-1800s, when French bakers came to the city during the Gold Rush.

Great places to golf

TPC Harding Park, along Lake Merced, is considered a top public

golf course in San Francisco; the gently rolling layout is lined with Monterey Cypress trees. For excellent views of the Golden Gate Bridge, play the undulating **Lincoln Park Golf Course**, founded in 1902 as the city's first municipal course.

If you're a romantic

Sit on the bay side of the Ferry Building in the evening and watch **25,000 LED lights** creating abstract artistic patterns on the Bay Bridge.

What to take home

Notable San Francisco-area products include **Tcho** or **Dandelion chocolate**, **Sightglass Coffee**, and **custom fortune cookies** from the Golden Gate Fortune Cookie Factory in Chinatown—you create the messages inserted in the cookies. You can also pick up a **poetry book** by **Beat poet Lawrence Ferlinghetti** from City Lights Books in North Beach, or snag some vinyl from **Amoeba Music** or **Rasputin Music**, both in Haight-Ashbury. ✈

Michael Shapiro co-wrote Louis Vuitton City Guide San Francisco and frequently kayaks on San Francisco Bay. For more information about the Bay Area, visit sftravel.com.

Alaska Airlines (alaskaair.com) provides regular service to San Francisco (SFO) from numerous cities across the country, including East Coast destinations such as Washington Dulles (IAD) and western U.S. destinations such as Kona, Hawai'i (KOA).

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SAN JOSE

From robots to ramen

By Bill Fink

● In San Jose, you can see children building robots, amateur cyber detectives trying to root out a computer virus, and adults using augmented-reality devices. Walking through The Tech Museum of Innovation's interactive exhibits is a quick introduction to the spirit of Silicon Valley.

And San Jose also offers impressive art, history and cultural diversity, as well as an extensive interconnected network of public parks and bike paths, while nearby are the wineries of the Santa Cruz Mountains and beckoning Pacific Ocean beaches.

Main attractions

California Theatre: Enjoy an evening of live entertainment at the restored 1927 theater.

Japantown San Jose:

The neighborhood recalls the late-19th to early-20th century influx of Japanese farmworkers to the orchard-filled valley, and offers excellent food options such as ramen.

San José Museum of Art:

Admire the permanent collection of modern and contemporary California-related artworks, and explore tech-focused spe-

cial exhibits with pieces such as a glazed-porcelain robot teapot—unique Silicon Valley blends of art and technology.

Lesser-known local favorites

Downtown San Jose Public

Art Walk: A colorful collection of Instagram-ready murals, stylized doors and “art boxes” (decorated public-utility housings) are among the works that can be seen on the walk.

NASA's Ames Research

Center in Silicon Valley: In Mountain View, learn about

space missions at the research complex's NASA Gift Shop in Silicon Valley, then visit the nearby Moffett Field Historical Society Museum to discover the history of flight, from blimps to propeller planes to jets.

San Jose Municipal Rose

Garden: Stop and smell some of nearly 200 types of roses blooming from April to November on thousands of bushes at this fragrant 5.5-acre attraction.

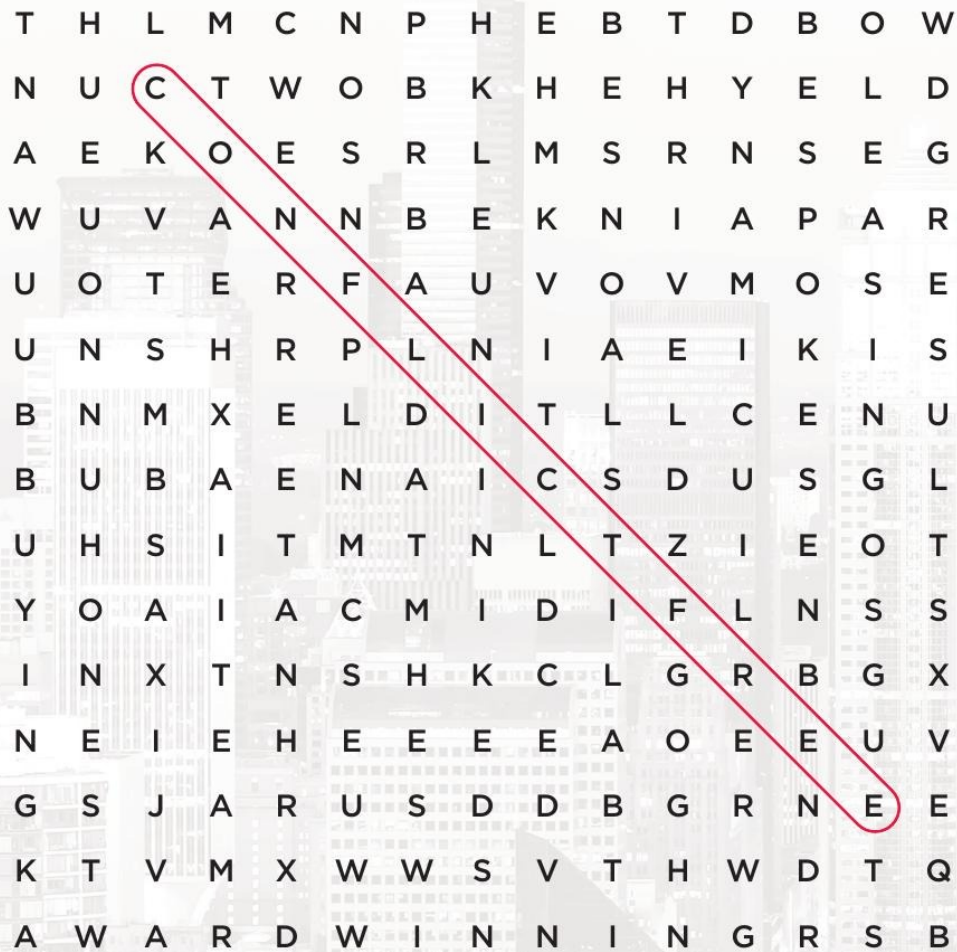
Classic drinks

In the South Bay area, the



Visitors enjoy boutique shopping at Santana Row.

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California

Santa Cruz Mountains and **Santa Clara Valley** have new and historical wineries open for visits, and there also are a couple of tasting rooms in downtown San Jose.

For history buffs

Walk through the early 20th century at the **History Park**, which features a collection of refurbished homes and shops, or go back a few thousand years at the **Rosicrucian Egyptian Museum**, which has one of the largest collections of ancient Egyptian artifacts in the western United States.

For families

With 14 indoor exhibition galleries and a half-acre outdoor nature center, the interactive, hands-on **Children's Discovery Museum of San Jose** gives kids a chance to learn about art, technology, health and nature while still having fun in the bubble gallery or next to a woolly mammoth skeleton.

For foodies

Downtown San Jose's **San Pedro Square Market** has more than 20 food and drink venues, and dog-friendly patio dining.

Only in San Jose

San Jose's **Winchester Mystery House** is one of the world's weirdest attractions, the life's work of the Winchester heiress, who used

Clockwise from top: San Pedro Square Market; the historical California Theatre; an interactive exhibit at The Tech Museum of Innovation; San José Museum of Art; a taiko drumming performance in San Jose's Japantown.



her fortune to construct, from 1886–1922, a bizarre 160-room, 24,000-square-foot mansion. The house has creepy corridors, staircases to nowhere and enough ghost stories to fill its 40 bedrooms (and one séance room).

One-stop shopping

The **Santana Row** corridor of shops, restaurants and night spots provides a pedestrian-friendly destination for visitors and locals, with 30 food and drink options and around 70 retail shops.

Day trips to the Pacific Ocean

Visit the oceanfront in Monterey and discover what lives in its waters at the famed **Monterey Bay Aquarium**, which has 200 viewing galleries and is home to sea otters and 550 species of other plants and animals. Or enjoy fun in the sun at the old-school **Santa Cruz Beach Boardwalk**, where you can ride a roller coaster or laze on the sandy beach. ✈

Bill Fink is a freelance writer based in the Bay Area. To learn more about San Jose-area attractions, visit sanjose.org.

Alaska Airlines (alaskaair.com) provides regular service to San Jose (SJC) from numerous cities across the country, from Burbank (BUR) and Los Angeles (LAX) to Dallas (DAL), Newark (EWR) and Kaua'i (LIH).



San Jose was the capital of California in the mid-1800s, and was known as El Pueblo de San José de Guadalupe.



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FRESNO COUNTY

From farmland to forests

By Jill K. Robinson

● With proximity to three breathtaking national parks—Yosemite, Kings Canyon and Sequoia—Fresno County is renowned for its abundance of nature.

Visitors to Fresno County can enjoy the beauty of the changing seasons and produce stands bursting with the best of the harvest, such as stone fruit, citrus and almonds. And in the city of Fresno, they can explore gardens, outdoor art, dining and shopping.

Main attractions

Fresno County Blossom Trail and Fresno County Fruit Trail:

The 62-mile self-guided tour winds through this part of the San Joaquin Valley, on roads lined with fruit and nut trees that are in full bloom from February through March and that supply ample produce for farm stands in summer.

Majestic Mountain Loop: The three-day route includes itineraries for seeing the highlights of Yosemite National Park, including the Mariposa Grove of Giant Sequoias; Kings Canyon National Park, featuring the 210-acre Grant Grove; and Sequoia National Park, which has the famous General Sherman Tree.

The Tower District: Named after the landmark 1939 Art Deco Tower Theatre, the neighborhood is the city's leading nightlife desti-



Yosemite National Park.



Cherry blossoms.

nation, with live performances, restaurants, art galleries and vintage clothing shops.

Lesser-known local favorites

Forestiére Underground Gardens: Tour the hand-dug rooms, passages and courtyards, created in 1906 by Italian immigrant Baldassare Forestiere. The gardens are open April through November.

Fresno Chaffee Zoo: Among the exciting animal habitats, the newest are Sea Lion Cove, mod-

eled after Point Lobos, California, and African Adventure, a 13-acre expansion evoking African plains and savannas.

Shinzen Friendship Garden: Find plenty of serene moments in this Japanese-style garden in Woodward Park, with a double moon bridge, koi pond and The Clark Bonsai Collection.



Most raisins commercially made in the United States are grown in or near Fresno County, and 73 percent of production acreage is located within county lines.

Cultural experiences

There's spectacular street art nearly everywhere you look in Fresno's **Mural District**.

Distinctive dish

Santa Maria tri-tip, which is believed to have originated from 19th century Spanish-style ranch cookouts, features beef tri-tip barbecued over red oak.

What to take home

The food products (such as nuts, raisins, candy and olive oil) for sale at the **Rue and Gwen Gibson Farm Market** are grown, processed and/or packaged by Fresno State University students.

New to do

The **William Saroyan House Museum**, the home where the Pulitzer Prize-winning novelist and playwright spent his final years, is now an interactive museum.

What's in a name?

Fresno means "ash tree" in Spanish. The settlement was named after the ash trees along the banks of the San Joaquin River. ✈

Jill K. Robinson writes from the San Francisco Bay Area. For more information on Fresno, go to playfresno.org.

Alaska Airlines (alaskaair.com) provides regular service to Fresno (FAT) from Portland (PDX), San Diego (SAN), and Seattle (SEA).



Fisherman's WHARF

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SAN FRANCISCO'S HISTORIC WATERFRONT DISTRICT



Fog Harbor Fish House
FogHarbor.com



Hotel Zoe Fisherman's Wharf
HotelZoeSF.com



Pier Market Seafood Restaurant
PierMarket.com



Blazing Saddles Bike Rentals & Tours
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SAN LUIS OBISPO COUNTY

Relaxed and scenic

By Kristianne Huntsberger

“In the bright day of / San Luis Obispo the / mtns. of hope rise / up treed, green, sweet,” wrote Beat poet Jack Kerouac in an unfinished poem in the 1950s. The verdant San Luis Obispo area continues to spark inspiration among residents and visitors.

The sunny, fertile region on California’s Central Coast was once home to the Chumash people, followed by Spanish missionaries and settlers, before it became part of the United States. Today, San Luis Obispo’s famously walkable downtown district is full of music, art and culinary delights, while nearby beaches and the coastal Santa Lucia Range boast majestic outdoor adventures.



Clockwise from top: Morro Rock, a volcanic rock formation in Morro Bay; Hearst Castle, former home of William Randolph Hearst; monarch butterflies at Pismo State Beach.

Main attractions

Mission San Luis Obispo de Tolosa:

Tour the grounds and museum of the mission, founded in 1772 by Spanish missionaries.

Morro Bay: The bay offers the chance to try stellar seafood at waterfront restaurants while enjoying views of iconic Morro Rock, a 576-foot volcanic plug.

Wine-tasting: In the San Luis Obispo County city of Paso Robles, sample wines at Riboli Family Winery’s new facility, and take a behind-the-scenes tour of the tunnels of human-made caves at Justin Vineyards & Winery.

Lesser-known favorites

Poly Canyon: Hike the 6.9-mile loop through the canyon, which is home to the 9-acre Cal Poly

College of Architecture & Environmental Design’s outdoor Experimental Practices Laboratory. Stroll through domed and cantilevered structures, some of which seem to have come straight from science fiction stories.

What’s in a name?

San Luis Obispo County has long fostered an easygoing attitude. Its nickname “SLO Cal” represents the slow pace locals live by and invite visitors to enjoy.

For nature lovers

Visit **Pismo State Beach**, where between November and February, monarch butterflies stop at the eucalyptus groves near the sea during their migration. Or go to the **Piedras Blancas Elephant**

Seal Rookery to witness the 900- to 5,000-pound mammals.

Outdoor recreation

Bishop Peak Trail in San Luis Obispo is a 3.5-mile, 950-foot-elevation hike, rewarded with sweeping views across downtown and the surrounding area.

For history buffs

Take a trip up Highway 1 to San Simeon to see the **Hearst Castle**. The mansion was once home to

newspaper mogul William Randolph Hearst, whose private zoo is the reason you might still spot exotic animals on the grounds. ✈

Kristianne Huntsberger grew up in San Luis Obispo County. For more information on the area, visit slocal.com.

Alaska Airlines (alaskaair.com) provides regular service to San Luis Obispo (SBP) from Seattle (SEA).

I'm a New Zealander who has fallen in love with American forests

Everyone describes my home country of New Zealand as a scenic wonderland, and that's true. But America? Your beauty leaves me awe-struck when I visit any of your wilderness areas. My husband, Adam, and I are on a mission to see every US National Park, and so far we are up to 22 of 59. We love each Park we visit and those with ancient towering forests have captured our hearts. Your giant US Sequoias and Redwoods create a powerful sense of strength, calm and resilience. It is a privilege for visitors like us to hike through US forests. And, inspired by John Muir, we want to help protect them - we realized our business provided the perfect pathway to make a difference.

Adam and I created a company called Showcase Workshop six years ago. Our mission was to enable any person to access the sales, training or operational information they needed easily from their mobile devices, not just from a clumsy intranet or a complicated shared drive system. Showcase Workshop solved the problem, and was an instant success across the world. Today, it is used by companies like Vodafone, BP, Andeavor and Mitsubishi.

Back to the trees! One of the benefits Showcase provides users is a true paper-free experience. No more ring binders or out of date brochures. Everything is digital. We know that every time someone uses *Showcase Workshop*, they save themselves a sheet of paper. So we decided to double the benefit by creating the *Showcase Forest Releaf Fund* which plants trees with a percentage of the profits we generate. Every little bit counts, and using Showcase is a very tangible way for companies who care about the environment can make a difference.

Thank you America for your hospitality, your entrepreneurial spirit and for protecting your wonderful National Parks. I wake up each morning with two thoughts; when can we go for our next hike in your beautiful forests and how many customers can Showcase help today, so we can plant more trees? Then I think about coffee, so I gently suggest that Adam makes me one. He's a good husband.

Millie Blackwell

Millie Blackwell
Founder and President
millie@showcaseworkshop.com



LOS ANGELES & ORANGE COUNTIES

Dazzling and inviting

By Matt Jaffe

● Fly into the Los Angeles County/Orange County regions at night and you'll see a dazzling light show. Yet in addition to looking vast and sparkingly beautiful, these two neighboring counties offer smaller-scale experiences featuring inviting communities and hidden gems, while the many miles of coastline let you escape from daily cares.

Main attractions

Disneyland Resort: Better than ever after more than 60 years, Disneyland Resort continues to delight visitors, with classic attractions such as the *Jungle Cruise*



Venice Boardwalk.

and new attractions such as *Star Wars: Galaxy's Edge*, scheduled to debut this summer.

Downtown Los Angeles: Downtown has come into its own as a center for entertainment, dining and the arts. Recent projects range from City Market South, with restaurants and planned



Balboa Bar.

retail at a site that began as a produce market in 1909, to the mixed-use Wilshire Grand Center, with an impressive height of 1,100 feet, including the spire.

Griffith Observatory: You're guaranteed to see stars—albeit maybe not the Hollywood kind—while using Griffith's public tele-

scopes, and during planetarium shows or at monthly star parties.

Hollywood Bowl: Pack a portable dinner to enjoy while listening to music by groups ranging from the Los Angeles Philharmonic to rock bands at this 1922 outdoor amphitheater tucked into the Hollywood Hills. The site's Hollywood Bowl Museum spotlights the venue's illustrious history.

The Huntington Library, Art Collections, and Botanical Gardens

With an Edenlike setting on the former estate of railroad and real estate magnate Henry E. Huntington, the Huntington complex includes galleries with American and European art, as well as attractions such as the Chinese Garden—known as the Garden of Flowing Fragrance—created by architects and artisans from Suzhou working alongside California builders and gardeners. Traditional Chinese music is performed in the garden on most Wednesday afternoons, weather permitting. The Chinese Garden, which debuted in 2008, remains open while undergoing work to expand the lovely space from 3.5 to 12 acres by early 2020, including pavilions, an art gallery and a cafe. **Surfing:** Learn to surf with one of the many surf schools, then catch a wave at classic breaks in Malibu and Huntington Beach.



In Los Angeles, one of the world's most diverse cities, more than 200 different languages are spoken, according to discover-losangeles.com.



Griffith Observatory.

Venice: With zany street performers and world-class people-watching, the Venice Boardwalk is Southern California at its eccen-

tric best. And less than a mile away, palm-lined Abbot Kinney Boulevard draws locals and out-of-state visitors to its great boutiques and innovative restaurants.

Lesser-known local favorites

Balboa Bar ice cream: The Balboa Bar—ice cream on a stick, dipped in chocolate, then rolled in toppings such as sprinkles or nuts—is the treat of choice on Newport Beach's Balboa Island.

Expo Line: This light-rail line connects downtown Los Angeles and downtown Santa Monica in less than 50 blissfully car-free minutes.

Highland Park Bowl: With chandeliers crafted from original bowling-lane pinsetter machines, a glorious bow-truss ceiling and a

restored forest-theme mural on the wall above the pins, the renovated 1927 Highland Park Bowl brings a touch of vintage style to bowlers in the city where the 1998 film *The Big Lebowski* was set.

Laguna Beach: Historically an artists colony, Laguna Beach boasts a vibrant gallery scene and a gorgeous shoreline of craggy coves that have inspired painters.

Pacific Wheel: Take in the peerless panorama from atop the Pacific Wheel, described as the world's first solar-powered Ferris wheel, located at the Pacific Park amusement park on the Santa Monica Pier; the view from the ride is especially awe-inspiring at sunset, and includes the ocean, coastline and Catalina Island.

Runyon Canyon Park: This large park is a popular natural area, with great city views, just blocks from the heart of Hollywood. Loop options range from under a mile to 3.8 miles.

Iconic drink

Head to a tiki bar for a **Zombie**, the rum-based drink invented in the Los Angeles area by legendary mixologist Donn Beach.

Shop talk

Costa Mesa's **South Coast Plaza** is a retail heaven where the collection ranges from legendary international designers such as Chanel to U.S.-based brands such as J.Crew. **Rodeo Drive** in Beverly Hills remains



Jungle Cruise at Disneyland Resort.

FROM LEFT: © 2012 DISNEY ENTERPRISES, INC.; JON HICKS / GETTY IMAGES

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California

The Pacific Wheel on the Santa Monica Pier.

famous for its haute couture and celebrities.

Captivating communities

Although **Pacific Palisades** is home to major celebs, it has always taken pride in its small-town atmosphere, and Palisades

Village, which opened in September, has given the walkable heart of the community a face-lift, with shops, restaurants, a cinema, apartments and special events. Another gem is the scenic **Palos Verdes Peninsula**, where you can hike,

bike and surf. You can also play The Links at Terranea, an excellent nine-hole par-3 course. ✈

Matt Jaffe lives in the LA area. For more on Los Angeles County and Orange County, see discoverlos-angeles.com and visittheoc.com.

Alaska Airlines (alaskaair.com) provides regular service to four area airports—Los Angeles (LAX), Burbank (BUR), Anaheim/Orange County (SNA) and Ontario (ONT)—from numerous destinations throughout the United States, as well as from Mexico and Costa Rica.

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GREATER PALM SPRINGS

What's cool in the Coachella Valley

By Barbara Beckley

● **An urban scene with classic architecture as well as new attractions.** Excellent restaurants and cocktail bars. Top museums and great outdoor recreation. Greater Palm Springs has retro-modern chic in a beautiful setting that makes it timelessly popular.

Just as in Palm Springs' star-studded days of old, contemporary celebs continue to take up residence in the area. In 2014, Leonardo DiCaprio bought the former home of singer Dinah Shore that had



The Palm Springs Aerial Tramway treats guests to epic views, and food, hikes and sightseeing at the peak.

been designed for her in 1964 by Midcentury Modern architectural style master Donald Wexler. Another example: Actor Gary Oldman moved into the Palm Springs area in 2018.

The modern wave of celebrities is likely recognizing the attractiveness of Greater Palm Springs—the collection of nine cities within the Coachella Valley. But the appeal is not just for film stars—this area has a variety of classic and new attractions for everyone to enjoy.

Main attractions

Palm Springs Aerial Tramway:

Ascend to 8,516 feet in the San Jacinto Mountains—in what are touted as the world's largest rotating tram cars—for breathtaking valley views, and hiking, dining and other attractions at the peak.

Palm Springs Air Museum:

Wonder at more than 59 military aircraft (some still flyable) used from World War II through the Vietnam War, plus related exhibits, and activities for adults and kids.

The Living Desert Zoo and

Gardens: Enjoy more than 450 animals and 1,400 plant species from around the world, plus activities including giraffe feedings and behind-the-scenes tours.

Lesser-known local favorites

Cabot's Pueblo Museum: The museum building is a Pueblo-style 5,000-square-foot house built by hand in the 1940s by adventurer Cabot Yerxa, from adobe bricks and reclaimed materials.

From top: Anza-Borrego Desert State Park; the former Dinah Shore Estate; The Living Desert Zoo and Gardens.



Moorten Botanical Garden and

Cactarium: Established in 1938, this landmark has more than 3,000 varieties of desert plants, including cacti from around the world.

Palm Canyon Theatre: This historical building turned theater in downtown Palm Springs hosts a variety of shows, including the upcoming *Shakespeare in Love*, March 21–24, and *The Diary of Anne Frank*, April 25–28.

For outdoor recreation

Joshua Tree National Park,

where the Mojave and Colorado

deserts meet, features 1,235

square miles of cactus-dotted

desert beauty. **Anza-Borrego**

Desert State Park encompasses

1,000 square miles and offers

prime wildflower viewing (typically

in March) and rugged mountain

landscapes. The **Indian Canyons**

natural area, owned and operated

by the Agua Caliente Band of

Cahuilla Indians, has more than 60

miles of trails, spring-fed streams,

waterfalls and the **Palm Canyon**

Oasis, which boasts more than

2,000 California fan palms, the

desert's only native palm trees.

For cultural experiences

The **Palm Springs Art Museum** is

one institution that includes three

locations (two in the city of Palm

Spring, one in Palm Desert) and

showcases architectural design as

well as contemporary art in a



Albert Einstein slept here. He and his wife, Elsa, stayed at The Willows Historic Palm Springs Inn (then a private home) in 1933.

variety of media. Take in a Broadway show, such as *Spamalot*, March 15–17, at the 1,127-seat **McCallum Theatre**, or a more intimate performance, such as “An Evening with Hugh Panaro” (the Broadway actor), April 6, at the

Palm Springs Art Museum’s 430-seat **Annenberg Theater**.

For architecture aficionados Greater Palm Springs is a global center of Midcentury Modern architecture. Take a tour to see

some of it with **Palm Springs Mod Squad** or **PS Architecture Tours**. Reserve in advance **Sunnylands Center & Gardens’ Historic House Tour** to see the 1966 Modernist masterpiece designed by Los Angeles architect Archibald Quincy Jones for business leaders Walter Annenberg (who was U.S. Ambassador to Great Britain from 1969–74) and his wife, Leonore Annenberg (U.S. Chief of Protocol, 1981–82). Or visit the **Palm Springs Art Museum Architecture and Design Center**. Then simply drive around town and look—you’ll see Modernist gems in all nine Coachella Valley cities.

If you’re a romantic
Watch the sunset and dreamy

views from along a mountain trail, such as the easy 3-mile **Palm Desert Cross** hiking loop, off Highway 74 in Palm Desert; from a hilltop resort restaurant or a golf-course clubhouse restaurant/lounge; or from the top of the Palm Springs Aerial Tramway.

Local foods to try

Fresh Medjool dates and creamy date shakes are Palm Springs specialties. The Coachella Valley has grown dates since the 1890s and accounts for 95 percent of the nation’s date production.

Happy hour happenings

When the clock strikes five (or sometimes earlier), head to just about any Greater Palm Springs



Palm Springs Art Museum.

THIS PAGE: COURTESY PALM SPRINGS ART MUSEUM; FACING PAGE: VISITPALMSPRINGS.COM

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Palm Springs has new bike lanes to enjoy.

restaurant or lounge for camaraderie and for cocktails ranging from martinis to mai tais.

Family fun

Visit **Boomers Palm Springs**, with its three 18-hole miniature golf courses, go-karts, bumper boats, batting cages and 100

videogames. Hike the easy **Tahquitz Loop Trail** or any of the 41 trails within the **Santa Rosa and San Jacinto Mountains National Monument**. Bike on your own or on tour with **Funseekers/Palm Desert Bike & Moped**. Explore the **Children's Discovery Museum of the Desert**, with indoor and outdoor interactive learning exhibits from puzzles and creative builders to a Trike Track.

Fantastic shopping

Check out **El Paseo** in Palm Desert for designer labels and fine art; the **Uptown Palm Springs Design District** for vintage furnishings, clothing and jewelry; and local stores **Angel View** and **Revivals**, both with locations throughout

the valley, for retro thrift items as well as new and modern finds.

New to do

Sign up for a monthly public stargazing party and occasional programs by NASA staff and other science professionals, or enjoy the twice-daily tour Tuesday through Saturday at the **Rancho Mirage Library and Observatory**, whose observatory opened last March. Rent a bike from downtown **Bike Palm Springs** and follow Palm Springs' new **marked biking lanes** along North and South Palm Canyon Drive and in many residential neighborhoods.

Great golfing

PGA West's six championship

courses in La Quinta include the legendary Pete Dye–designed Stadium Course. Also try the **Classic Club's** Arnold Palmer–designed course in Palm Desert, the **Indian Wells Golf Resort's** Clive Clark–designed course in Indian Wells, and **SilverRock Resort's** Arnold Palmer–designed course in La Quinta. ✈

Writer Barbara Beckley lives in Southern California. For more information, go to visitgreater-palmsprings.com.

Alaska Airlines (alaskaair.com) provides regular service to Palm Springs (PSP) from Portland (PDX), San Francisco (SFO) and Seattle (SEA).

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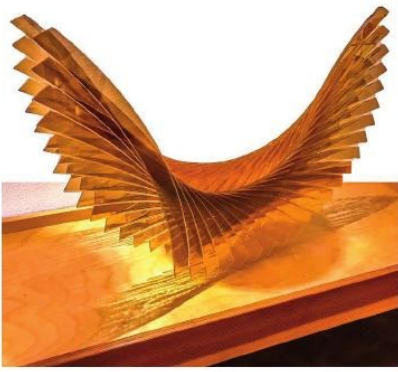
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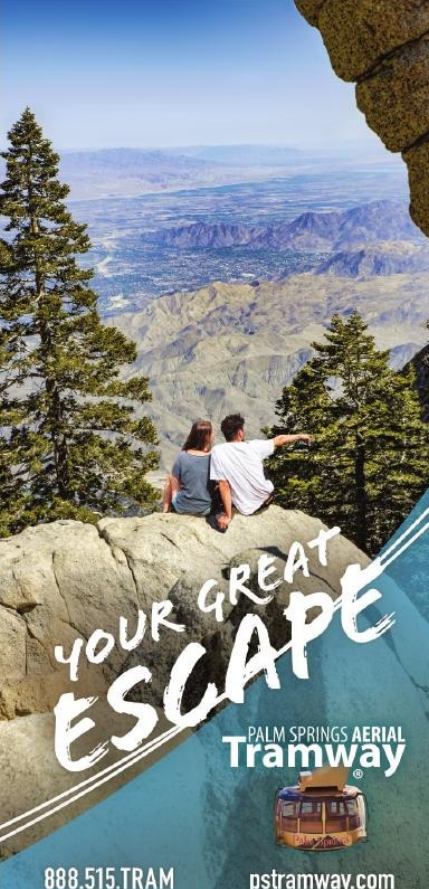
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SAN DIEGO

Outdoor and indoor appeal

By Archana Ram

● The first modern triathlon took place in San Diego in September 1974. Since the San Diego area is famous for its outstanding weather and outdoor activities, it's perhaps not surprising that the three-sport event was inaugurated here. The triathlon was organized by two local runners who wanted to put a new twist on run-swim endurance events. The initial course

comprised approximately 6 miles of running (about 2 miles of which were barefoot on grass and sand), 5 miles of biking and around 500 yards of swimming, all in and around Mission Bay.

Since then, triathlons have proliferated around the world and now encompass categories ranging from the sprint triathlon, whose distances may vary but are typically shorter, to the famed Ironman, a whopping 140.6 total miles.

In fact, founders of the Ironman—Judy Collins and John Collins—were among the 46 participants in that first triathlon in San Diego (they finished in approximately the 30th and 35th positions, according to triathlonhistory.com).

San Diego County has 70 miles of coastline for activities ranging from swimming to surfing, snorkeling, diving, kayaking, fishing, sailing and ocean-front yoga. The county also offers hiking and mountain-

biking trails, scenic golf courses, and boulders for rock climbing. And the myriad outdoor adventures are complemented by urban options such as museums, theater halls and shopping centers. Here are some great ideas for exploring the area:

Main attractions

Balboa Park: This 1,200-acre green space and cultural site boasts more than a dozen museums, plus performing-arts venues,



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lovely gardens, and more than 65 miles of trails.

Downtown Waterfront: The lively waterfront area includes shops and restaurants; splash fountains at Waterfront Park; vintage ships at the Maritime Museum of San Diego; and exhibits about naval history at the USS Midway Museum, an aircraft carrier that served from 1945 to 1992 and is now permanently docked for self-guided audio tours.

La Jolla Coast: From a cliff viewpoint, or from sea level in a kayak, or while snorkeling, look for seals, sea lions and even leopard sharks. Guided snorkeling tours to see leopard sharks are offered July through September by Birch Aquarium, as well as by outfitters whose excursion dates vary.

San Diego Zoo: The zoo, whose partners include Alaska Airlines, is home to more than 3,500 rare and endangered animals, including gorillas, Komodo dragons and snow leopards. It also hosts insider experiences such as the Early Morning Photo Expedition, when guests can visit the zoo before opening hours.

Lesser-known local favorites

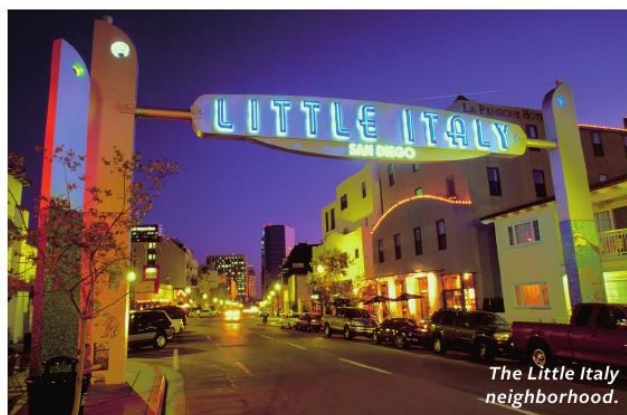
California Tower Tour: After you climb seven floors inside this tower at Balboa Park's San Diego Museum of Man, you'll be rewarded with panoramic views of the San Diego Bay, downtown San Diego and, on clear days, Mexico. The tower, built in a stunning combination of different architectural styles, from Baroque to Rococo, for the 1915 Panama-California Exposition, is expected to reopen in seven to 10 months, following



Vintage ships at the Maritime Museum.



Fountains near the California Tower.



The Little Italy neighborhood.

a seismic retrofit. The cultural-anthropology museum remains open during the retrofit.

Kate O. Sessions Neighborhood

Park: Take in downtown and bay views from the park, which is popular for picnics, kite flying, dog walks and sunset vistas.

Spruce Street Suspension

Bridge: Located on West Spruce Street between Brant and Front streets in the quiet Bankers Hill neighborhood, this city-owned footbridge, built in 1912, spans 375 feet and rises up to 70 feet above a canyon floor. The vegetation around the bridge and glimpses of classic California residential architecture create a unique photo opportunity if you don't mind the height and a small bit of occasional wind-induced sway.

If you're a nature lover

The **Annie Canyon Trail**, one of the seven open trails in the San Elijo Lagoon Ecological Reserve, offers two levels of difficulty: a moderate undulating path or a more strenuous trail that requires squeezing through sandstone slot canyons. The payoff for either option is a sweeping view of the reserve, home to more than 1,000 species of plants and animals, including snowy egrets and bobcats.

Torrey Pines State Natural

Reserve, filled with flora such as the eponymous rare native pine trees, also has several trails, and guided nature walks are available.

Balboa Park's Botanical Building and Lily Pond showcase ferns, orchids, palms and water lilies.

The La Jolla tide pools lie along a rocky beach, revealing crabs, sea stars and other marine life at low tide.

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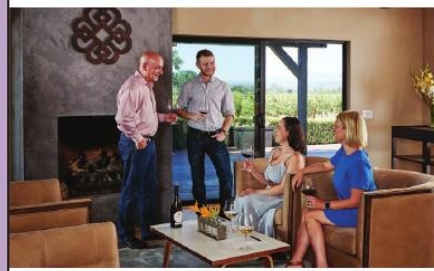
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California

To enjoy the sunset

Coronado Beach, Sunset Cliffs Natural Park and **La Jolla Shores** are all glorious sites from which to watch the sun dip below the horizon.

For cultural experiences

Chicano Park's numerous colorful outdoor murals have historical and cultural themes, and the park, located under the San Diego–Coronado Bridge, in Barrio Logan, is a National Historic Landmark. **The San Diego Natural History Museum** exhibits rare fossils and gems.

The San Diego Museum of Art displays items from 3000 B.C. to the present, including works by artists such as Goya, Matisse,

Monet and Dalí. The Tony Award–winning **Old Globe** theater company performs Shakespeare plays and other productions. **The San Diego State University Downtown Gallery** showcases contemporary art in exhibits such as the mixed-media “Futures Past and Present,” through April 7.

If you're a history buff

Cabrillo National Monument includes the site where in 1542 Juan Rodriguez Cabrillo, exploring

for Spain, became the first European to step ashore on what is now the U.S. west coast. The monument site also has tide pools rich with marine life, and is home to the 1855 Old Point Loma Lighthouse. Another notable San Diego site, the **Mission Basilica San Diego de Alcalá**—commemorating the 250th anniversary of the mission's establishment as the first of 21 Franciscan missions in what is now the state of California—is available for self-guided tours each day. The visitor center is also open daily.

If you're a romantic

The beautiful and fragrant **Inez Grant Parker Memorial Rose Garden** in Balboa Park has around 1,600 rose plants, representing more than 120 varieties. Roses are usually in bloom March through December, with the peak months typically being April and May.



Dr. Seuss—Theodor Seuss Geisel—was a long-time resident of the La Jolla area of San Diego, and UC San Diego's Geisel Library is the official repository of his personal and professional archive, comprising approximately 20,000 items, from original drawings to photos. Fans of Dr. Seuss tales can view a few of these items year-round, plus additional items in March (through March 25 this year) in honor of the writer's March 2, 1904, birthday, and during various summer exhibits.



Torrey Pines Golf Course.



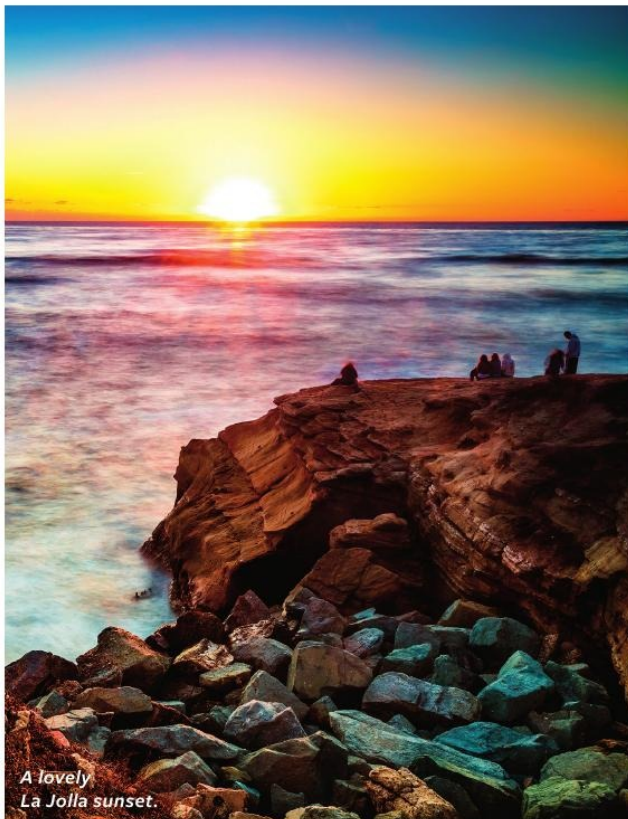
Statue of Juan Cabrillo.

Neighborhoods for foodies

Head to **Little Italy** for classic and creative pasta plates, as well as for upscale farm-to-table restaurants, seafood spots and dessert cafes. Go to **Convoy Street** in **Kearny Mesa** for authentic Chinese, Japanese, Korean and Vietnamese



Inez Grant Parker Memorial Rose Garden.



A lovely La Jolla sunset.

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California

cuisine, and to **North Park** for trendy gastropubs with Instagrammable decor. In the **Gaslamp Quarter**, you'll find everything from seafood to steak to global fare.

Quintessential dishes

Fish tacos and California burritos (California burritos are known for



ingredients such as carne asada and french fries, as well as traditional burrito fixings).

Classic drink

San Diego County is one of the nation's top craft-beer destinations, as touted by slogans such as, "The Capital of Craft—where hoppiness meets happiness." The county is home to more than 150 breweries, with tasting rooms and brewpubs serving beers such as IPAs, tart sours and brews infused with locally roasted coffee.

Great family activities

The **Legoland California Resort** theme park is celebrating its 20th anniversary this year and is offering children 3–12 free admission on their birthdays (children 2 and under always receive free admission). The park's new *Lego Movie 2 Experience* features a re-creation, in Lego-brick miniature, of the movie set, and guests can also meet movie characters in person. At the 1,800-acre **San Diego Zoo Safari Park wildlife sanctuary** (a sister property to the San Diego Zoo), home to more than 3,000 animals,

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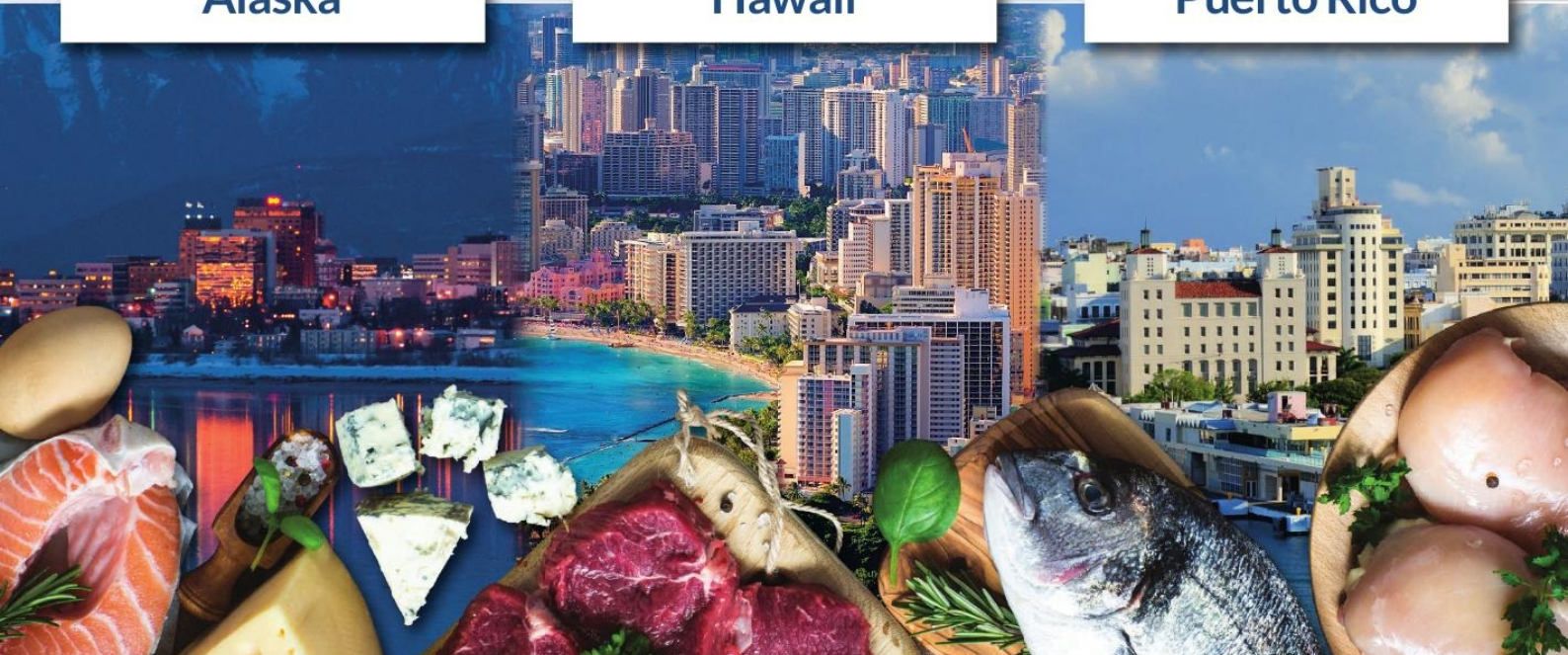
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California



the new "Walkabout Australia" exhibit features Western gray kangaroos, red-necked wallabies, southern cassowaries and more. At oceanfront **Belmont Park**, take a ride on attractions such as the iconic *Giant Dipper* roller coaster.

Places to shop

Visit **North Park** for independent and vintage boutiques; **Liberty Station** for items ranging from artwork to clothing to home goods; **Old Town San Diego** for handcrafted Mexican wares.

Places to golf

The city-owned Pacific-facing **Torrey Pines Golf Course** actually consists of two 18-hole courses, the North Course and South Course, and is known for ocean views, deep ravines, and prominent players such as Tiger Woods. The South Course is scheduled to host the 2021 U.S. Open. The **Aviara Golf Club** resort course is an Arnold Palmer design with native wildflowers, rolling hills and water features. **Welk Resorts** has two notable courses, the par-3 Oaks and the executive Fountains—fun for players of all skill levels. ✈

Archana Ram is based in San Diego. For more on the area, see sandiego.org.

Alaska Airlines (alaskaair.com) provides regular service to San Diego (SAN) from numerous cities, ranging from Albuquerque (ABQ) and Baltimore (BWI) to Maui (OGG) and Puerto Vallarta (PVR).



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Dream Homes

Second-property owners invest
in future memories

BY RENEE BRINCKS



FROM LEFT: POPPI PHOTOGRAPHY / SEABROOK; PAUL DYER

Warm, sun-splashed desert days first drew Seattle-area residents Robert and Sandy to vacation properties in and around Palm Springs, California. Over the years, as they visited friends and explored the region's real estate options, they were drawn to Toscana Country Club. Olive trees and Tuscan-inspired architecture distinguish this 640-acre Indian Wells community that has two Jack Nicklaus-designed golf courses, a spa and sports club, three restaurants, and a full slate of wellness, culinary and social events.

Robert and Sandy purchased a four-bedroom house

at Toscana in 2012. They now spend about five months a year in their desert home, which has a backyard swimming pool and a separate casita that accommodates visiting children and grandchildren. The couple plays pickleball and golf with their friends at the resort, and they hike and cycle on nearby trails in the scenic Coachella Valley.

"I almost think the home is secondary to the atmosphere and the people here," says Robert. "This place seemed to have an instant claim on us, because the people we met were so enthusiastic, so upbeat and so

Second-home owners enjoy games with their families, such as shuffleboard at Seabrook, facing page, and socializing with friends and neighbors at resorts such as Toscana Country Club.



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A family embarks on a stand-up paddleboard adventure near Danzante Bay in Mexico.

engaged in what they're doing with their lives."

Robert and Sandy have found what many are seeking—a second property that feels like home. Experts say that by carefully considering factors such as how much room they need, which visitors they expect, what services they'd like offered, and what activities they and their guests enjoy, buyers can usually find the second home of their dreams.

ROOM FOR YOUR FAMILY

Toscana homes range from 2,600 to 5,400 square feet, and many owners purchase their property as a go-to family-vacation spot that they can enjoy for years to come, says Julie Bloom, vice president of marketing for Sunrise Company, the developer of Toscana. To determine whether a particular floor plan or community is a fit, Bloom encourages families to visit several properties. At Toscana, tours are available, and the resort is happy to introduce prospective buyers to current owners. Robert and Sandy were able to sample the culinary, recreational and cultural experiences of Toscana while visiting friends who already lived there.

At sites such as Seabrook, a coastal Washington community southwest of Seattle, families can rent a

vacation beach house and test things out before committing to a purchase.

"First and foremost, buy in a place where you love to spend time," says Seabrook founder Casey Roloff. "A place that's really lovable and timeless is the kind of place you want to be over the long term."

Roloff and his team designed the community as a sustainability-conscious, pedestrian-friendly destination where downtown restaurants and shops are a short walk from 425 surrounding homes. Paths link each residence to playgrounds, basketball courts, bocce courts, a heated indoor pool, fire pits and other amenities that appeal to owners and guests of all ages.

"When homeowners see their kids and grandkids interacting at Seabrook, they see how much fun multiple generations can have in one place," Roloff says. "They realize that family members will want to visit this place more regularly. That really sells people."

Dean Jones, owner and chief executive officer of Realogics Sotheby's International Realty in Seattle, cites the Danzante Bay community in Loreto, Mexico, as one example of this dynamic. Luxury villas at this destination near the Sea of Cortés and the Sierra de la Giganta mountains offer convenient access to a

Second homes vary in size and style—from condos in urban settings, such as Seattle's Nexus, far right, to villas with ocean views at Montage Residences Kapalua Bay in Hawai'i.





downsizing to a condominium. Trading a larger suburban residence for a smaller downtown dwelling can help minimize home-maintenance costs and burdens, cut commute times, and save resources.

Properties such as Nexus, an urban Seattle tower with a 41st-floor terrace and bar, shared social spaces, and dedicated concierge services, can create flexibility.

"A condo is an exciting leap for folks, and it comes with a new sense of freedom,"

Jones says. "When residents want to travel, they can just lock the door, hand the keys to the concierge and continue on their way."

Whitetail Club's rustic-style homes overlook gorgeous lake and mountain views.

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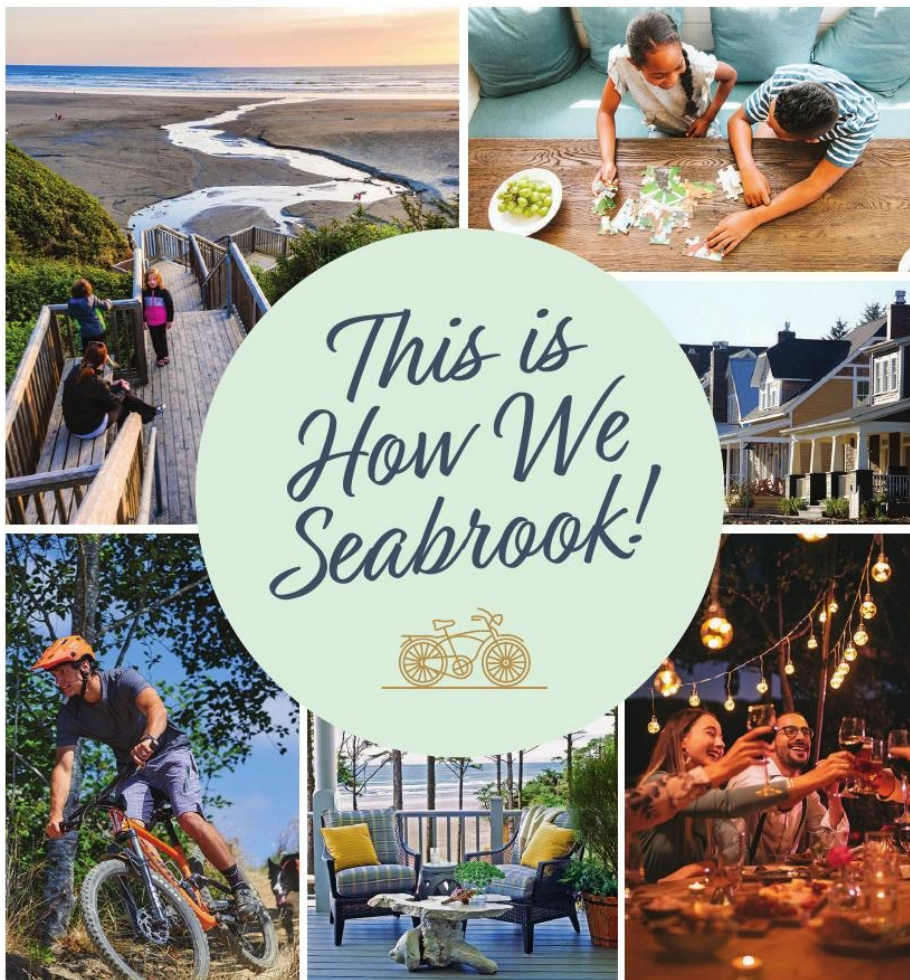
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In addition to concierge services, the three- and four-bedroom homes at Kapalua Bay feature elevator access, modern kitchens, and living rooms that open to large patios with views of the Pacific Ocean. Families can use the spa, pool, fitness and dining facilities at the Montage Kapalua Bay resort, and they can take 'ukulele and lei-making classes with the resort's cultural ambassador. "These are the special times that you want to invest in," says Tina Necrason, senior vice president of residential for Montage International. "If you're looking for a second home, consider the long-term lifestyle experience for your family."

Dan Scott, Whitetail Club's president and general manager, sees the homeowners at his Idaho community motivated by similar goals. "People want to make lifelong memories and spend that quality time with family and friends," says Scott.

FOUR DAUGHTERS PHOTOGRAPHY



Pool fun at Pronghorn Resort.

RECREATION OPPORTUNITIES

Located about 110 miles north of Boise in the Salmon River Mountains, Whitetail Club offers a variety of year-round recreation. "This is a great place to access four seasons of incredible activities," says Scott, whose team creates programs to



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entertain multigenerational guests with interests as varied as golfing, mountain biking, four-wheeling and skiing. Between adventures, families relax in custom homes and cottages tucked along the property's fairways, lake-view ridgetops and wooded lanes.

At the Pronghorn Resort in Bend, Oregon, four-season adventures range from skiing and snowshoeing at Mount Bachelor to rock climbing at Smith Rock State Park to paddling the Deschutes River. This part of Central Oregon also has a buzzing brewery and distillery scene, plus varied shopping and entertainment

options in places such as Bend's Old Mill District.

The region's many activities, plus additional recreation available on the Pronghorn Resort grounds, make it a popular choice for buyers looking toward retirement, explains marketing coordinator Rebecca Zook. Residents can play Jack Nicklaus- and Tom Fazio-designed golf courses, dine at resort restaurants, and participate in fitness, spa and clubhouse offerings.

"We're a mixed-use residential resort that provides a stunning setting surrounded by the Cascades, as well as close proximity to the larger cities of Redmond and Bend," Zook says.

Location, recreation and quality of life also draw pre-retirement buyers to The Lookout at Lake Chelan, a sunny, slow-paced north-central Washington community on the shores of a 50-plus-mile-long lake. "Many folks who own homes here plan to retire in three to five years," says Laura C. Harris, director of sales at The Lookout. "They can use the property now as a second home, and they can rent it—maybe even pay down their mortgage—between visits. Then, when they

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retire, they can be here full time.”

Homes at The Lookout have open floor plans, large windows, and optional features such as vaulted ceilings, wraparound porches and bunk rooms to accommodate groups.

Seattle-area residents Don and Cynthia had gathered their blended family for a north-central Washington vacation nearly two years ago. Since they were in the area, they drove up for a tour at The Lookout.

“We were pretty captivated,” says Don, ticking through attributes such as a pool, a private beach and thoughtful landscaping, and hiking trails, area golf courses and about 30 wineries located near the lake.


“Our first grandchild is on the way, and we wanted a place that all four of our kids would want to visit,” Cynthia says. “It’s been a huge hit. The second we say that we’re going to the lake, everybody’s up for it.”

Since purchasing their home at The Lookout, Don and Cynthia have visited nearly every month. They’ve celebrated family birthdays there. They’ve found a favorite bakery in downtown Chelan. They kicked off 2019 with new neighbors, and they joke that even their dog has made friends.

On-site property managers oversee vacation-rental arrangements when Don and Cynthia are away, which helps their investment pay for itself. And, when they return for a weekend getaway, the house is clean and the hot tub ready for use.

“When we come over the top of the hill and see the lake, we’re instantly relaxed,” Cynthia says. “We’re so happy there.” ✈

Renee Brincks writes from the San Francisco Bay Area.

A close-up, profile view of an older man with grey hair and glasses, wearing a blue and grey patterned sweater. He is focused on painting a red train on a canvas. The background is dark, and the lighting highlights his face and hands. The painting shows a red train on tracks, with a blue sky and green landscape.

*I have a passion for trains—
and painting them.*

*I have three grown children
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FITNESS INSPIRATION

CURRENT WORKOUT TRENDS INCLUDE NEW TECHNIQUES AND TECHNOLOGIES // BY ANDREA THOMAS

What do bungee cords, televised obstacle courses and your mobile device have in common? They all play roles in current fitness trends.

These new workout trends will have you leaping like Peter Pan, performing like a ninja and working with expert trainers in the comfort of your own home. Even if you're among the 80 percent of people who, according to some experts, abandon their New Year's exercise resolutions by mid-February, the following workouts might inspire you to stay in the gym or to revisit the treadmill gathering dust in the back bedroom.

SHORT AND SWEET

Shorter workouts are continuing to gain popularity, helping people with busy schedules eliminate the No. 1 excuse many have for not exercising: lack of time. Programs that often take only about 30 minutes are replacing hourlong classes and longer workout regimens.

ClassPass, a subscription service that lets members book classes at participating studios worldwide, noted in its 2018 annual report that 33 percent more people signed up last year than in 2017 for classes lasting 44 minutes or less.

And cutting your workout short need not be synonymous with under-achieving. When done regularly and properly, short-duration workouts can

provide enough challenge for participants to help them gain fitness and health benefits.

Many shorter workouts incorporate high-intensity interval training (HIIT), where all-out bursts of cardio or strength-training exercises alternate with lower-intensity drills or yoga postures. Some franchises, including Crunch gyms, now offer 30-minute versions of popular classes including kickboxing, boot camp, cardio dance and Pilates.

In short sessions, participants feel motivated to work harder to make every minute count, says Chris Gagliardi, a certified personal trainer with the American Council on Exercise in San Diego. "People feel like they get in, give it their all and leave any stress in



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FITNESS INSPIRATION

the setting where they're doing the workout," Gagliardi says.

However, not all gyms embrace shorter classes. Staci Alden, group fitness director at PRO Sports Club in Bellevue, Washington, says the time limit makes it hard to include all components of a workout. "It can be difficult to have enough time for a proper warmup or cool-down," Alden says.

She advises anyone taking shorter classes to warm up before and stretch after the workout.

FITNESS FUSED

Exercise used to mean running or taking an aerobics class, then lifting weights, and finally doing situps. Today's fusion workouts mix up those and dozens more elements to add variety, and combine different components of fitness to deliver more benefits and to keep participants from losing interest. A class can include plyometric moves (repeatedly exerting maximum force for short intervals, such as squat jumps) and exercises to increase coordination, power, cardio and reaction time.

For example, a class could offer the challenge of trying a martial arts drill or dance choreography and then combine those with more traditional work-

outs to keep people's bodies and brains engaged, Gagliardi says. "They don't have time to think about anything else, and that keeps them focused, and [the workouts] feel fun."

Another fusion workout that continues to gain popularity is barre, PRO Sports Club's Alden says. "A barre class should be a nice mix of ballet, Pilates and yoga movements. This balanced combination is dynamic, and leaves participants feeling stronger and more flexible from head to toe."

"IT DOESN'T FEEL LIKE YOU ARE 'WORKING OUT.' THESE GYMS ARE ADULT PLAYGROUNDS."

Barre, above, is a fusion workout that combines ballet, Pilates and yoga movements. Obstacle courses, below, inspired by the American Ninja Warrior TV program, are gaining in popularity.



One of my favorite fusion classes is buti yoga, which adds spiraling (moving a body part—rib-cage, hips or shoulders—in a circular motion, while the rest of the body is stationary) and then transitioning from shaking movements to yoga postures. The class movements also include dance, and strength and conditioning exercises such as burpees and planks. The energetic playlists and creative transitions in buti classes make an hour of sweating seem much shorter.

Fusion programs are found across the country, including at TruFusion gyms, with locations in Dallas, Las Vegas, Los Angeles and St. Louis, and Seattle-area PRO Sports Clubs, which offer an Ultimate Workout Series class. A few examples of classes offered nationally include barre, Les Mills Bodycombat program and buti yoga.

AS SEEN ON TV

The amazing athletes working their way through the elaborate obstacle courses seen on the hit TV program *American Ninja Warrior* are inspiring a fast-growing workout trend. Fans of



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the program are bounding, climbing and pulling themselves through similar obstacle courses at gyms across the country.

In 2018 there were 191 obstacle gyms in the United States offering skills classes and open gym time where wannabe ninjas could practice on structures similar to those seen on the program. Most of those trying the obstacle gyms find them to be part game, part workout and present a different kind of challenge than the usual regimen.

"It doesn't feel like you are 'working out,'" says Alan Connealy, who owns and operates APEX Movement NorCal in the San Francisco Bay Area. "These gyms are adult playgrounds. These movements are based on natural movements we did when we were kids. With a little consistency and proper progression, you would be surprised how quickly your body can develop."

Connealy says the fitness gains include strength, balance, mobility and coordination.

If you'd like to exercise your inner ninja, American Ninja Warrior Gyms (ninjawarriorgyms.com) maintains a list of facilities with ANW-style indoor obstacle courses.

BUNGEE FUN

The word "bungee" typically conjures the image of people with ropes tied to their ankles hurling themselves off of bridges. However, even non-daredevils can use bungee cords for a different kind of workout.

In classes, students wearing harnesses that are connected to bungee cords secured to the ceiling jump like Peter Pan, hold still in midair, à la Tom Cruise in the original *Mission Impossible* film, jump high off the floor, and practice athletic and dance-inspired footwork patterns.



Coreo Fitness in Seattle offers bungee workouts that improve core strength, cardio endurance and coordination.

"IT'S NOT INTIMIDATING TO COME AND TRY IT. EVERYONE IS THERE TO TRY SOMETHING NEW AND DIFFERENT."

The bungee cord provides either resistance or assistance, depending on the movement. The cord stretches a limited distance and has a slight rebound, giving participants ample room in which to practice the low-impact exercises and moves. The workout improves core strength, cardio endurance, coordination and mental focus.

"It is also a mind exercise," says Tiffany Kung, founder and instructor at Coreo Fitness in Seattle. "The unique movements and different choreography challenge participants' mind-body connection and coordina-

tion. This is particularly beneficial for people who get most of their workouts from activities that involve repetitive motions such as running or spinning."

The Coreo Fitness program has its origins with a Bangkok, Thailand, fitness studio owner who was inspired to develop a bungee workout after watching circus acrobats train using harnesses and cords.

Since 2016, more than 40 studios around the world have begun using the bungee workout.

Because the exercise is relatively new, Kung says, first-time students will find themselves leaping and flying next to other beginners. "It's not intimidating to come and try it," Kung says. "Everyone is there to try something new and different."

Try bungee workouts at Coreo Fitness in Seattle and Tough Lotus in the Phoenix area.



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MOVEMENT ON DEMAND

If you have a mobile device and enough space for an exercise mat, you can be sweating or stretching with the help of industry experts in a matter of minutes. On-demand fitness programs are not new, but they do continue to gain in popularity. They make choosing a workout as simple as finding a song on a playlist. With streaming entertainment services, digital and audio workout providers offer thousands of classes to stream or download through Amazon Prime, cable television, mobile apps and YouTube channels.

For example, the Aaptiv app includes more than 3,500 audio-guided cardio, strength, boxing and yoga classes, featuring a trainer's voice guiding the workout over a pre-mixed music playlist. Peloton Digital also allows you to access and stream live and on-demand fitness classes, including indoor cycling, running and yoga.

Researchers are finding that a growing number of people are pressing play to exercise. For the first time in 13 years of surveying fitness trends, the American College of Sports Medi-

cine ranked mobile exercise apps in the top 20 trends in workouts last year.

"On-demand fitness is becoming more popular because of the convenience and flexibility it provides," says Ethan Agarwal, founder and CEO of Aaptiv. "You can work out on your schedule with little to no equipment while you're at home, in the gym or while you're traveling."

Mobile-based workouts are also

"ON-DEMAND FITNESS IS BECOMING MORE POPULAR BECAUSE OF THE CONVENIENCE AND FLEXIBILITY IT PROVIDES."

budget-friendly. You can find random classes on YouTube for free. If you want to be part of an organized program, you can subscribe to a service, with fees averaging under \$20 monthly. Also, new technology is adding more social elements. Users can connect with people in their social networks and find new virtual workout buddies, compete in challenges and post questions for a class instructor.

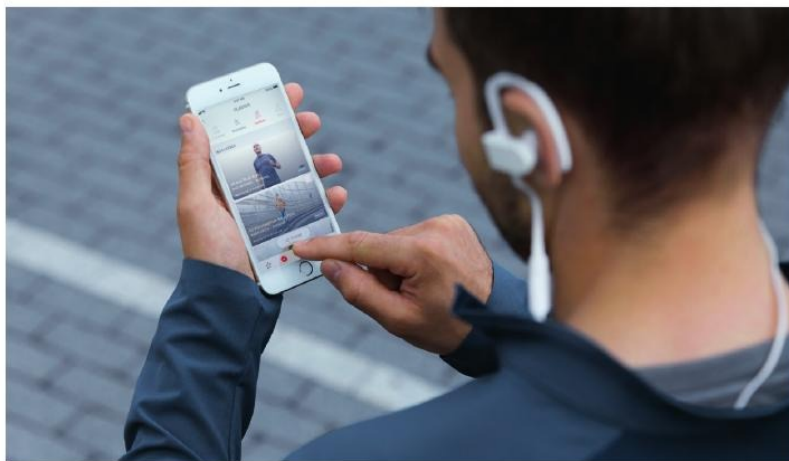
You can connect with programs or download apps at services such as Aaptiv, BeFit, Circuit of Change, Glo and Peloton Digital.

UPDATING YOUR RUN

After falling out of favor in recent years, treadmills are gaining a new following. It turns out what some runners nickname "the dread-mill" is now a group-training star. ClassPass reports an 82 percent increase in classes incorporating treadmills during 2018.

"Running has always been a popular form of exercise, and combining that with the same team atmosphere, awesome playlists and motivating instructors we love in cycling and HIIT classes has made running inside more appealing than ever,"

The Peloton app, above, allows you to stream a variety of live and on-demand workout classes to your smartphone. Orangetheory Fitness, left, offers group treadmill classes, which help motivate participants.



FITNESS INSPIRATION

says Shari Castelli, Director of Empowerment Funding and Expansion at ClassPass.

Also, advancements in technology are allowing people to run longer and faster without risking injury.

Treadmill classes often incorporate intervals, alternating sprints or hill climbs with slower-paced segments or with resistance exercises.

The instructor circulates among the machines, offering encouragement and helping participants visualize a shared journey. Gagliardi says such programs transform a solitary workout into a social experience.

"Typically, being on a treadmill is personal. You have the headphones in and are watching something on a screen. But the new program involves you interacting with other people in a group setting, and the right instructor can make the group work together," Gagliardi says.

You can try the treadmill workouts at many gyms, including Barry's Bootcamp, Orangetheory Fitness studios and the Precision Run Labs at Equinox Clubs.

So whether it's a quick 25-minute workout streamed from your phone, or a group class that blends yoga and treadmill intervals, all of these trending workouts offer an escape from ordinary exercise formats and—most importantly—the couch.

Find one that looks fun, and use it to refresh an existing routine or jump-start a new program. After all, the most important fitness trend is the activity you enjoy enough to do consistently. ✕

Andrea Thomas teaches college kinesiology, fitness and yoga classes in Sonoma County, California.

Be sure to consult with your doctor before trying any workout regimen.



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Roy had been self-conscious about his smile for years. He knew he wanted to replace his infected, broken teeth and that implants were an option.

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CELEBRATIONS

HAWAII'S FESTIVALS ARE VIBRANT AND VARIED

By Catherine Toth Fox

I'll be honest. I love Spam. It's practically a staple meat for someone like me who grew up in Hawai'i. In the Islands, we've been consuming Spam—in vast quantities—since World War II. In fact, people in Hawai'i consume more Spam per capita than in any other

state and about 7 million cans of Spam a year overall.

So, of course there's a festival on O'ahu celebrating the pink, canned, pork-based meat.

More than 35,000 people, including me, regularly attend Waikiki Spam Jam, an annual Honolulu block party (on April 27 this year). About 20 restaurants serve a range of dishes with Spam, which might include anything from the familiar Spam *musubi*

(a popular snack in Hawai'i made with blocks of Spam and sushi rice wrapped in nori) to an innovative take on the buttery French pastry *kouign-amann*, filled with Spam and *furikake* (a salty Japanese seaweed-based seasoning).

My friends and I meander past the booths along Kalākaua Avenue, which is closed to traffic for three blocks, and sample a variety of dishes such as pineapple-and-Spam fried rice, Spam tacos, and tater tots loaded with fried





Facing page and above: The annual Waikiki Spam Jam festival on O'ahu features live musical performances, presentations and a variety of creative Spam-based foods.

Spam. Dishes might also include Spam gyoza (pan-fried dumplings), Spam loco moco (rice, fried egg, Spam and gravy), Spam-and-pineapple pizza, Spam poke bowls and Spam sliders. As live Hawaiian slack-key music wafts through the air and the sun dips into the ocean, it's easy to see why so many people flock to this festival. It isn't just about Hawai'i's obsession with Spam. It's also about experiencing the beautiful setting and lively spirit of Waikiki.

Festivals in Hawai'i are like this—surprising and alluring and often characteristic of a place or aspect of culture that is distinctively Hawaiian. Hawai'i's fests run the gamut from urban parties such as Waikiki Spam Jam to small cultural celebrations in

neighborhood parks. And there's something for every kind of traveler—from the dedicated foodie to the county-fair fan to the comic-con cosplayer to the nature-loving birder.

Here are some of the Islands' most beloved and popular celebrations, fests and events planned for this year and beyond—organized according to what you might be looking for.

FESTIVALS FOCUSED ON FOOD AND DRINK

KONA BREWERS FESTIVAL, HAWAII ISLAND, MARCH 9

There's a lot more than beer served up at this festival, held annually on the shores of Kamakahonu Bay at the Courtyard King Kamehameha's Kona Beach Hotel in Kailua-Kona. This year, the festival will feature chefs from 36

Hawai'i Island restaurants and 46 breweries from across the United States. It will complement tasty beverages with delicious local dishes. Think 'ahi poke tostadas, a Big Island steak marinated in Kona coffee, and hand-churned pineapple gelato.

Notable brewery participants include craft-beer legends Rogue Ales & Spirits, Sierra Nevada Brewing Co. and the event's founding sponsor, Kona Brewing Company (whose Longboard Island Lager is also available on Alaska Airlines flights to and from Hawai'i). Among the Hawai'i-based brewers are Big Island Brewhaus (Hawai'i Island), Honolulu Beer Works (O'ahu), Nani Moon Meadery (Kaua'i) and Ola Brew Co. (Maui). The festival also spotlights suds not easily found in the Islands, such as those from Firestone Walker Brewing Company in California, Ninkasi Brewing Company in Oregon, Revision Brewing Company in Nevada, and Appalachian Mountain Brewery and Cidery in North Carolina.

The festival schedule includes a homebrewers competition and the Run For Hops, a 5K or 10K fun run/walk. Alaska Airlines is a festival sponsor (konabrewersfestival.com).

EAST MAUI TARO FESTIVAL, MAUI, APRIL 13

For the past 27 years, the Maui community of Hāna has held a free, all-day festival celebrating the taro plant, which is a staple ingredient in the Hawaiian diet and—according to some accounts—is central to the Hawaiian creation story. Festival visitors can pound steamed taro corm (the plant's fleshy, bulblike portion) into *poi*, taste poi and other dishes that feature taro, enjoy hula events, and browse the on-site farmers market and arts-and-crafts booths (tarofestival.org).

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WAIKIKI SPAM JAM, O'AHU, APRIL 27

Oahu's ode to all things Spam features local restaurants serving innovative dishes made with the beloved canned luncheon meat. The event also includes arts-and-crafts vendors, three stages of live entertainment and a Spam-themed booth that sells everything from sunglasses to sandals. Alaska Airlines is an event sponsor (spamjamhawaii.com).

KAPALUA WINE AND FOOD FESTIVAL, MAUI, JUNE 6–9

There's a reason *wine* comes before *food* in the name of this festival, though both elements are excellent. Some of the world's top chefs take part—such as Slade Rushing (of the renowned New Orleans restaurant Brennan's) and Phoenix-based Mark Tarbell (of *Iron Chef America* fame). Yet the wine program is primary—and always impressive. Among this year's participating wineries are Brewer-Clifton, based in Lompoc, California;

The Kapalua Wine and Food Festival, above, brings top winemakers and chefs to Maui. The Hawai'i Food & Wine Festival has events on three islands, including a fireworks show on O'ahu, below.

Three Sticks Wines, based in Sonoma, California; Rombauer Vineyards, of St. Helena, California; and Château de la Font du Loup, of France.

The annual festival boasts four days of interactive wine-tasting seminars.

Signature events include the Grand Tasting under the stars at the ocean-front Montage Kapalua Bay, and the Seafood Festival on the Beach House Lawn at The Ritz-Carlton, Kapalua. At the latter event, some of Maui's best chefs offer up seafood specialty creations in a competition to be honored as "Best of the Fest." Both galas showcase tasty bites by talented chefs and an exciting lineup of premium wines from around the world. Also of note: James Beard Award-winning chef Stephen Stryjewski, one of New Orleans' rising-star chefs, will be making his debut at Kapalua this year, bringing his signature regional cuisine to a four-course VIP winemaker dinner (kapaluwineandfoodfestival.com).

HAWAI'I FOOD & WINE FESTIVAL, O'AHU/MAUI/HAWAI'I ISLAND, OCT. 5–27

This three-week festival, in its ninth year, brings together internationally renowned chefs, culinary personalities, and wine and spirit producers from Hawai'i and around the world.

Since the festival's 2011 launch, it has grown from a three-day event with



FROM TOP: TONY NOVAK-CLIFFORD; REID SHIMABUKURO / HAWAI'I FOOD & WINE FESTIVAL



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20 chefs in Waikiki to an epicurean destination happening that spans three islands, with more than 15 events and more than 10,000 people attending.

This year's participant chefs are still being determined, but past line-ups have included Robert Irvine (of Robert Irvine's Public House in Las Vegas), Charles Phan (The Slanted Door, San Francisco), Ming Tsai (Blue Dragon, Boston) and Floyd Cardoz (The Bombay Bread Bar, New York).

Among the marquee events is "Life's a Beach" (October 26 this year), an evening by the water at Ko Olina resort on O'ahu, featuring live music, a feast created by 17 chefs (five of them in a VIP section), and drinks by top winemakers and mixologists. It will be capped by a fireworks extravaganza (hawaiiifoodandwinefestival.com).



The Made in Maui County Festival showcases local products and vendors.

CELEBRATIONS CENTERED ON LOCATIONS

KA'Ū COFFEE FESTIVAL, HAWAII ISLAND, APRIL 26–MAY 5

Most people know of the high-quality coffee that hails from Kona on Hawai'i Island. But Ka'ū, a rural and remote district in the island's southernmost region, is a hidden gem—and home to award-winning coffee farms. At the annual Ka'ū Coffee Festival, see why coffee aficionados love the java from this region. The 10-day celebration includes farm tours, coffee tastings, a recipe contest and a stargazing event (kaucoffeefestival.com).

BEST OF HONOLULU FESTIVAL, O'AHU, JULY 20

Imagine the best Honolulu food and shopping in one place. That's the goal of the Best of Honolulu Festival—to

bring together many past and current winners of *Honolulu Magazine's* annual Best of Honolulu awards. Booths at last year's festival included the best twist on hummus (a version of the dip featuring 'ulu, or breadfruit, from the 'Ulu Mana company) and best pie delivery service (Sweet Revenge Honolulu). Now in its fourth year, this event will include more than 50 locally owned vendors and a special *keiki* (children's) area with face painting, balloon animals and rides (honolulu-magazine.com/bestofhonolulu).

MAUI FAIR, MAUI, OCT. 3–6

Celebrating its 97th year in 2019, the Maui Fair is a signature annual event on the island of Maui. There's a karaoke competition, livestock and poultry contests, a popular chili cook-off conducted by Maui firefighters, a street party, a parade, live music and danc-

ing, Hawaiian crafts, and carnival rides. Dozens of food vendors serve festival fare and local favorites, such as Hawaiian plates, loco moco and chicken *katsu*. Alaska Airlines is a sponsor (mauifair.com).

MADE IN MAUI COUNTY FESTIVAL, MAUI, NOV. 1–2

Spotlighting the creativity and productivity of the Valley Isle, the Made in Maui County Festival features locally made products, prepared foods, art, crafts, jewelry, fashion, gifts and more. The 140-plus vendors at the event are based on Maui or on the other main islands in Maui County—Lāna'i and Moloka'i. In its sixth year, this local-products show held at the Maui Arts & Cultural Center in Kahului also features live entertainment and fashion events. Alaska Airlines is among the event's sponsors (madeinmauicountyfestival.com).



LANTERN FLOATING HAWAII, O'AHU, MAY 27

On Memorial Day, thousands of people gather at Ala Moana Beach Park to participate in this special lantern-floating ceremony to honor those who have passed away. It's among the largest and most beautiful Memorial Day observances in the United States, with more than 7,000 glowing wood-framed paper lanterns drifting in the ocean at sundown. There are *taiko* drumming shows and also hula performances (lanternfloatinghawaii.com).

WAIMEA TOWN CELEBRATION, KAUAI, FEB. 15–23, 2020

Kauai's oldest and largest festival spans nine full days in the former plantation town of Waimea on the island's west side—with a film festival, a concert in the park, an event with cocktails and food trucks, and a two-day Heritage of Aloha *ho'olaule'a* (celebration) with food booths, craft vendors, live music and a beer garden.

There is a lot going on—and a lot to celebrate, including the town's history, as well as the efforts to preserve that history. Alaska Airlines is a sponsor (waimeatowncelebration.com).

The Celebration of the Arts, held on Maui at The Ritz-Carlton, Kapalua, has many cultural demonstrations, such as the one shown above. The Pan-Pacific Festival includes a popular O'ahu parade, below.

educators, cultural practitioners, speakers and entertainers from around the Islands. Festivalgoers will enjoy hands-on art demonstrations, film screenings, speaker panels, music and dance performances, and opportunities to sample local cuisine (kapaluacelebrationofthearts.com).

PAN-PACIFIC FESTIVAL, O'AHU, JUNE 7–9

The mission of this three-day festival is to create a more global community through the sharing and celebrating of cultures. The 40-year-old celebration involves about 100 performance groups and organizations from around the world.

There are daily performing-arts showcases—featuring genres such as traditional Japanese *taiko* drumming and Korean dance—at Ala Moana Center, the International Market Place

HONORING CULTURE AND CULTURES

CELEBRATION OF THE ARTS, MAUI, APRIL 19–20

"E Aloha I Na Mea Kanu (Love all things that are planted)" is the theme of the 27th-annual presentation of this cultural event held at The Ritz-Carlton, Kapalua. This theme will be reflected in the work of participating artisans,



FROM TOP: THE RITZ-CARLTON, KAPALUA; PAN-PACIFIC FESTIVAL

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Comic Con Honolulu draws costumed videogame fans, above. Alaska Airlines is a sponsor of the Honolulu Pride Parade and Festival, right.

and the Waikīkī Beach Walk Plaza stage. The annual Pan-Pacific Hula Festival, which happens nightly at the Kūhiō Beach Hula Mound, brings together hula *hālau* (schools) from Hawai'i and Japan. The festival culminates with a popular parade in Waikīkī (pan-pacific-festival.com).

COMIC CON HONOLULU, O'AHU, AUG. 2-4

Costumed fandoms of many kinds are represented at this three-day gathering on O'ahu. The event features panels, industry-guest appearances and chances to get autographs from luminaries expected to be there, such as Howard Mackie (the writer of hundreds of issues of comics who is well-known for his work on *The Amazing Spider-Man*) and Jon Romita Jr. (a noted *Superman* comic artist and creator of many superheroes). There will also be a tabletop gaming section, spread over 7,000 square feet, with 500-plus board games, collectible card games, tournaments, painting classes and paper-and-pencil role-playing games (comicconhonolulu.com).

THIS PAGE: ZARLI WIN / COMIC CON HONOLULU; FACING PAGE: KELLI BULLOCK

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HONOLULU PRIDE PARADE AND FESTIVAL, O'AHU, OCT. 19

The streets of Waikīkī will be lined with rainbow flags in October, as this annual event celebrating the LGBTQ+ community features performance art, comedy shows, pride brunches, panel discussions and pool parties, as well as one of the most vibrant parades in Honolulu. Alaska Airlines is a sponsor (honolulupride.com).



KONA COFFEE CULTURAL FESTIVAL, HAWAII ISLAND, NOV. 1–10

Now in its 49th year, one of Hawai'i's oldest festivals makes a point of celebrating a local culture that has arisen around the cultivation of a distinctive

type of coffee bean—the variety created by the unique confluence of soils and microclimate on the volcanic slopes near the Kailua-Kona coast.

The celebration starts with a lantern parade through downtown Kailua-Kona and a traditional Japanese *Bon* dance, a custom that honors ancestors.

Festival attendees can tour working coffee farms, participate in Hawaiian-crafts workshops, shop for locally made products, try their hands at coffee-cherry picking and sample some of the world-class coffee that's produced in this region. Alaska Airlines is a sponsor (konacoffeeest.com).



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A range of performers, such as those above, entertain guests at the Kaua'i County Farm Bureau Fair, which supports local agriculture. The 'i'iwi, facing page, is among the native species celebrated at the Hawai'i Island Festival of Birds.

TRIBUTES TO NATURE, LAND AND SEA

KAUA'I COUNTY FARM BUREAU FAIR, KAUA'I, AUG. 15–18

For more than 50 years, this annual farm-focused fair has brought Garden Isle residents and guests together for produce and flower exhibits, carnival rides, orchid-growing lessons, a petting zoo and live entertainment. The solid food lineup ranges from the deep-fried doughnutlike *malasada* to *kālua* pork sandwiches to a treat called a Flying Saucer (basically a grilled Sloppy Joe sandwich in the circular shape of a UFO).

One must-do is a stop at the Kaua'i Grown Country Store, which is stocked with locally grown flowers, chocolates

made from Kaua'i cacao, Kaua'i Sugar-loaf Pineapples, and *kūlolo*—a sweet taro dessert that is a Kaua'i specialty. Alaska Airlines is an event sponsor (kauaifarmfair.org).

HAWAI'I ISLAND FESTIVAL OF BIRDS, HAWAI'I ISLAND, OCT. 25–28

This annual festival is a terrific way to learn about Hawai'i's avian community. With a theme of "Migrants and Wanderers," this year's event will spotlight birds that travel great distances, such as *kōlea* (Pacific golden plovers) and *mōlī* (Laysan albatross). Attendees can take a trip to see oceangoing birds such as boobies, shearwaters and terns, or take land-based trips to see native island birds such as honeycreepers.

THIS PAGE: KAUA'I COUNTY FARM BUREAU FAIR; FACING PAGE: SHUTTERSTOCK.COM

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The four-day event features a bird fair with vendors selling arts and crafts and birding equipment; booths with information about Hawai'i's birds and conservation efforts; a film festival; and birding field trips across the island. Alaska Airlines is a sponsor (birdfeshawaii.org).

WAIMEA OCEAN FILM FESTIVAL, HAWAI'I ISLAND, JANUARY (2020 DATES PENDING)

Location, location, location. The beautiful Kohala Coast is a fitting backdrop for this film series devoted to a greater awareness of oceans, ocean experiences and island cultures. Taking place at multiple area venues, screenings of 60-plus films are complemented by exhibits, director talks, discussions with ocean experts, Q&A sessions and receptions. Selected films range from thrilling ocean-sport adventure films to thought-provoking nature documentaries. Alaska Airlines is a sponsor (waimeaoceanfilm.org). ✈

Born and raised on O'ahu, Catherine Toth Fox writes about food and travel.

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A VEGAS VACATION

What to see and do in the entertainment capital

By Heather Wadowski

» **Most spring break vacations** don't end up changing people's lives. However, when my then fiancé, Joe, and I decided to spend my weeklong break from college in Las Vegas in 2001, it was a major turning point for both of us.

Living in Los Angeles at the time, we figured the "Entertainment Capital of the World" would be a great getaway. I remember Joe popping in a CD that contained a rocking rendition of *Viva Las Vegas* just as the Strip's dazzling lights came into view.

After checking into the Flamingo Las Vegas Hotel and Casino, we went across the street to Caesars Palace, where we visited The Forum Shops for a bite to eat. As Joe and I walked down the luxurious retail center's ornate walkways, past animatronic Roman statues and fabulous fountains, I realized this was far from your typical shopping center. When I asked Joe what the plan was for the rest of the time we were in town, I was confused when he responded, "We'll just walk around and check out the hotels."

I couldn't believe we'd come all this way to just look at a bunch of hotels. How was this supposed to be a vacation? Of course, I had no idea that the hotels in Las Vegas are utterly unique. We strolled through extravagant resorts that housed some of the world's best restaurants, theatrical productions and mind-boggling attractions.

Over the next few days, we visited a flock of Chilean flamingos at the Flamingo's lush Wildlife Habitat, dined at wonderful restaurants, and watched the Blue

NEAR & FAR»



Man Group at the Luxor Hotel and Casino. To this day, the group's show remains one of my favorite Las Vegas productions.

We returned to the Luxor later that year with some friends to celebrate my 21st birthday. The following year, when I graduated from college, we made the decision to relocate to Las Vegas while we planned our dream wedding, which was held at Disneyland Park in 2004.

We never moved back to California. Instead, the city that for most people is a popular place to escape reality for a few

days ended up becoming our home.

While the surface of Las Vegas has changed in many ways during the past 18 years, it's still basically the same place my husband and I fell in love with: a dazzling entertainment destination that also has countless restaurants and outdoor activities to enjoy.

The city truly has attractions for all tastes—including sports fans, thanks to the University of Nevada, Las Vegas Rebels sports teams and the NHL's Vegas Golden Knights.

» *The Fountains of Bellagio are a top attraction along the world-famous Las Vegas Strip, which also includes the Eiffel Tower at the Paris Las Vegas Hotel & Casino and, in the distance, the High Roller Observation Wheel at the Linq Promenade.*



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You can buy a \$5,000 burger in Las Vegas. The restaurant Fleur by Hubert Keller offers high rollers the FleurBurger 5000, which has a patty made from a combination of wagyu beef, foie gras and black truffles. The meal includes a bottle of 1995 Château Pétrus. You also get to keep the Ichendorf Brunello stemware.

In 2020, the NFL's Raiders are scheduled to relocate to Las Vegas.

Strip sights

Any trip to this city has to begin on the world-famous Las Vegas Strip, where everything is big, bright and exciting.

Although there's still some debate as to where the Strip begins and ends, I think of it as running from the "Welcome to Fabulous Las Vegas" sign, near Mandalay Bay Resort and Casino, in the south, to the Strat Hotel, Casino & Skypod in the north. After all, the 1,149-foot-tall Skypod is just as synonymous with the Strip's skyline as the bright light at the top of the pyramid at the Luxor.

Top attractions on the Strip that everyone should experience include The Fountains of Bellagio, located at Bellagio Resort & Casino, and the gondola rides at The Venetian Resort Las Vegas. However, those are just the beginning.

For an out-of-this-world experience, visit the virtual-reality attraction on The Big Apple Coaster at New York-New York Las Vegas Hotel & Casino.

Described as the longest roller coaster in the world that's equipped with virtual reality, the thrilling attraction provides VR headsets to riders so they can "chase" an alien who's escaped from a research facility. You follow the creature through



The Neon Museum.

AT A GLANCE

Where to go first in town if you're a...

Foodie: Eat at Chef Joël Robuchon's namesake French restaurant at the MGM Grand Las Vegas Hotel & Casino.

Romantic: Enjoy the view from the Strat Hotel, Casino & Skypod's 107 SkyLounge, located 107 floors above the Strip.

History buff: Visit The Mob Museum for a fascinating look at the history of organized crime in America.

Family: Catch the Excalibur Hotel & Casino's medieval-themed dinner show *Tournament of Kings*.

Pop culture fan: Watch the hilarious *Friends! The Musical Parody* at the D Las Vegas Casino & Hotel. The show recaps the series' 10-year run in 90 minutes.

Hidden gems:

• The Neon Museum: Vintage Vegas comes alive at this outdoor museum, where you can see 200 neon signs from the city's past. Take a one-hour guided tour to see the unique "Neon Boneyard." At

night, see the museum's new audiovisual show *Brilliant!*, in which 40 classic signs in the North Gallery are illuminated with special projectors.

• The Tank at the Golden Nugget Las Vegas: This multitiered pool features an enclosed shark tank containing five species of sharks within the larger pool. Guests can speed right past the sharks riding the pool's 30-foot enclosed waterslide that runs safely through the middle of the shark tank.

Signature drink: Try The Knightcap cocktail at The Mob Museum's basement speakeasy. The drink is made with "moonshine" from the museum's own underground distillery.

What to take home: Bring home a box of chocolates from the Ethel M Chocolates Factory and Botanical Cactus Garden in nearby Henderson.

What's in a name? Las Vegas means "The Meadows" in Spanish. The area was named in the 1800s by a traveler who saw spring-fed green grasses covering the valley. —H.W.



The Big Apple Coaster at New York-New York Las Vegas.

» NEAR & FAR LAS VEGAS

the Nevada desert and to the Las Vegas Strip. The chase playing out on the head-set is synchronized with the moves of the coaster.

North of the coaster is The Linq Promenade, where visitors can ride one of the world's tallest observation wheels—the 550-foot-tall High Roller—or zipline on the Fly Linq above the open-air retail, entertainment and dining district.

For more sky-high thrills, take a leap off of Strat Skypod with SkyJump. The ride is described as the world's highest commercial decelerator descent facility, in which participants wear a harness that is tied to a descender machine. They jump off the tower and quickly descend 855 feet to street level.

I'm actually terrified of heights, but the experience is a lot of fun. I didn't even scream—or maybe I was too afraid.



Celine Dion.

Another place to explore is the Fremont Street Experience in downtown Las Vegas. The six-block entertainment area covered by an arched canopy offers zip-lining, light shows, musical acts and more.

Now, that's entertainment

Las Vegas is also known for its many shows, and one of my favorites is an unexpected choice—Carrot Top at the Luxor. While I was dubious the first time I saw the redheaded comedian, I now

tell everyone to go see the show, in which Carrot Top mixes his signature prop comedy with observational humor.

A second must-see act is Celine Dion. Be sure to see the famed singer before she ends her second residency at The Colosseum at Caesars Palace on June 8. The show has become one of the most successful residencies in Las Vegas history.

Other A-list musical acts include Lady Gaga, who has two separate residency shows at Park MGM: the pop spectacle *Enigma* and the glamorous *Jazz & Piano*. Gwen Stefani has her residency show *Just a Girl* at Zappos Theater inside Planet Hollywood Las Vegas Resort & Casino.

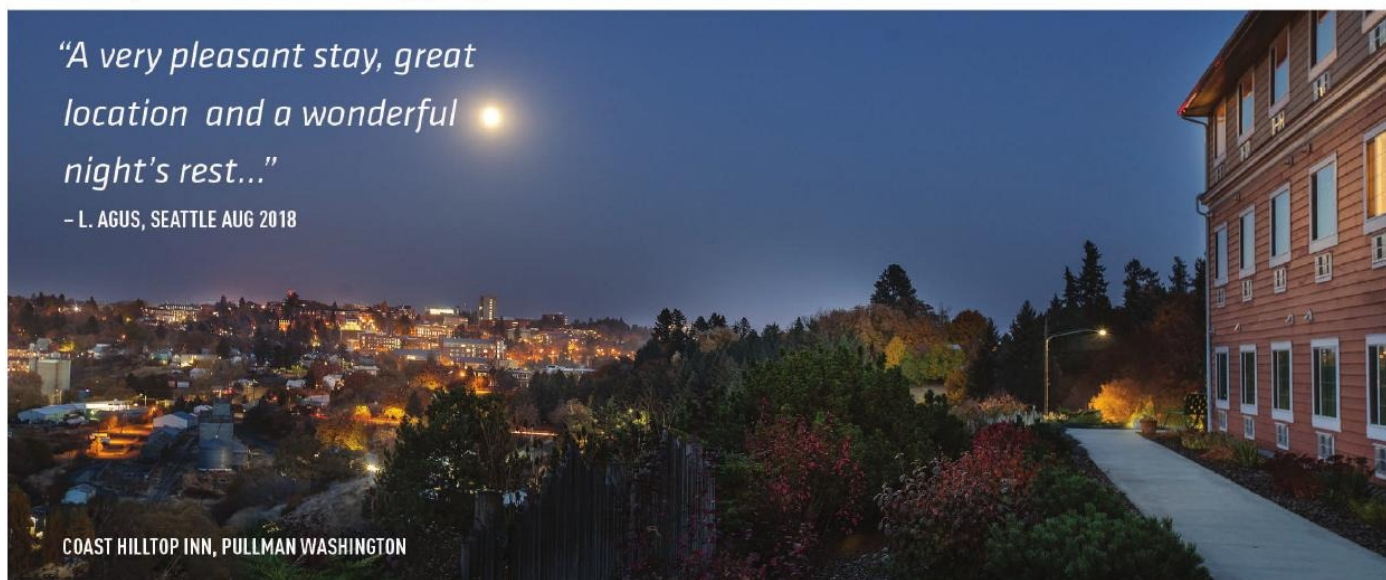
The Strip is home to many other wonderful productions, such as magician David Copperfield's show at the MGM Grand and Cirque du Soleil's six fantastic productions at various locations. Two of

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» NEAR & FAR LAS VEGAS

the best are *The Beatles Love* show at the Mirage and the electrifying *Michael Jackson One* at Mandalay Bay.

Memorable dining

The city's dynamic restaurant scene has made Las Vegas a food-lover's paradise. Almost every celebrity chef seems to have at least one restaurant on the Strip, including Giada De Laurentiis, Bobby Flay and Emeril Lagasse. One of the most prominent chefs is TV personality Gordon Ramsay, who has five establishments in the area. If you consider yourself a steak connoisseur, be sure to dine at Gordon Ramsay Steak at Paris Las Vegas. The two-story restaurant has a steak trolley that rolls out to each table, showcasing eight different cuts of meat.

Las Vegas even does its world-famous buffets with a sense of flair. One of the

best is Le Village Buffet, also at Paris Las Vegas. Guests can dine in a charming French village setting while enjoying delightful dishes for lunch, brunch and dinner. Another excellent buffet is at the Bellagio, where the crab legs are among the Strip's best.

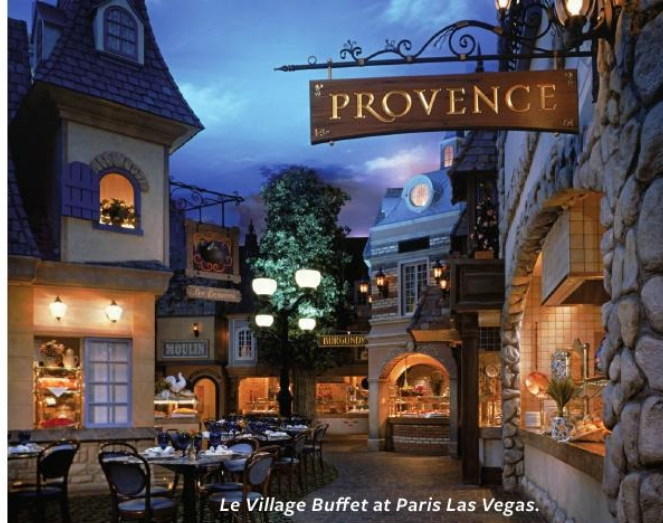
Several new restaurants have opened in recent months, including the NoMad Restaurant, inside the NoMad Las Vegas Hotel. Diners can relish one of its signature dishes for two such as the NoMad Roast Chicken, stuffed with black truffles, foie gras and brioche.

For a different kind of treat, visit the Tea Lounge on the 23rd floor of the Waldorf Astoria Las Vegas. The stylish space hosts traditional English afternoon teas daily, where you can savor a selection of

teas and flavorful finger foods while feasting upon stunning Strip views.

Beyond the neon

Those wanting a break from the Strip can travel about 10 miles south of Mandalay Bay to visit the Lion Habitat Ranch, a sanctuary for 34 lions, and other exotic animals. Visitors can observe the animals or take part in one of several interactive experiences, such as painting with Ozzie, the resident giraffe.



Le Village Buffet at Paris Las Vegas.

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In addition, the Las Vegas desert landscape offers a variety of outdoor adventures, such as riding an ATV or dune buggy. SunBuggy Fun Rentals has several exciting off-road excursions for thrill-seekers.

You also can take a guided tour of Hoover Dam, located about 30 miles southeast of Las Vegas. Tickets must be purchased at the dam, while the Visitor Center is undergoing renovations, through March 31. The tour during construction is modified on the Nevada side of the dam. Lake Mead Cruises has paddlewheel tours of the reservoir behind the dam, and rafting tours down the Colorado River also are available. Various helicopter tours, running between 3 and 4 hours, offer flights over Hoover Dam, Lake Mead and the Grand Canyon.

If you'd like to go hiking in the Las Vegas area, make your way to the Red Rock Canyon National Conservation Area, about 15 miles west of the Strip. The canyon offers great views of the area, and you can see striking red sandstone peak cliffs.

There is so much to see and do in the Vegas area that it's no wonder my husband and I decided to call one of the world's most popular vacation destinations our home. With something new always happening, such as my favorite band, Aerosmith, launching its own residency at Park MGM in April, I see us staying in Las Vegas for a long time to come. ✈

Heather Wadowski writes from Las Vegas.

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The advertisement for Alaska Mint features a collection of gold items. At the top center is a circular seal that reads "OFFICIAL PRODUCT ALASKA MINT" around a central logo. Below this, there are several gold nuggets of various sizes. To the left is a gold pendant with a white, shell-like design. To the right is an open white jewelry box with "Alaska Mint" written on the inside of the lid; inside the box is a gold ring with a large, rectangular, white stone set with diamonds. Below the nuggets is a gold bracelet with a repeating pattern of white stones and diamonds. In the lower section, there is a gold pendant with a textured, leaf-like design, a large folding knife with a wooden handle and a silver blade, and two commemorative coins. One coin is labeled "ALASKA" and "2019" and features a gold moose. The other is labeled "IDITAROD" and "2019" and features a gold wolf head. At the bottom left is a small logo that says "MADE IN ALASKA" with a silhouette of the state of Alaska. At the bottom right, the contact information is listed: "429 W. 4th Avenue, Anchorage, Alaska 99501 (907) 278-8414 • 1-800-770-6468" and the website "www.AlaskaMint.com".

SECRET IRELAND

Ancient villages, rugged scenery and unique experiences in two enchanting West Coast counties

By Yvonne Gordon

» “There are so many hidden valleys here. You could spend your life going through them,” says local guide Brendan Grant, leaning on his tall walking stick. We’re in the bowl of a huge valley called Rabhach’s Glen on the County Kerry side of southwest Ireland’s Beara Peninsula. There are mountains on three sides. Underfoot is soft, boggy land, interspersed with grass, moss and bog violet. On one side, the hills are lush with ferns; on the other, slanted slabs of layered red sandstone, turned black over the ages, tell stories of thousands of years of ice.

The only signs of civilization are the ruins of a village, Cummeengeera, abandoned long ago. I heard about this village a couple of years before, and now, on a weeklong exploring trip, I get to see it for myself. A small group of roofless gray stone cottages, with outlines of doors and windows, are set in the far corner of the valley. Behind the village, a waterfall in the mountain provides a scenic backdrop; the odd call from a chough bird echoes around the hills. As we walk among the cottages, admiring the views of ancient potato ridges on the side of a slope, I wonder about the people who lived here and the arduous journeys they would have had.

County Kerry is known for its mountains, lakes, rugged coastline and colorful villages, and is a visitor favorite. The whole of Ireland is full of hidden places like this—especially around the coast, on remote peninsulas and in mountain ranges, where ancient glaciers left secret valleys indented in the landscape.

On this trip, as I explore the countryside from Kerry in the southwest to County Donegal in the northwest, the locals guide me to amazing spots.

It’s taken Brendan and me a couple of hours and a challenging hike to get here, and we haven’t passed anyone but a few sheep—that either stop and stare or run away from us at what seems like an impressive pace. At the start of the hike, I noticed a megalithic stone circle. Brendan told me that there’s a stone circle every 4 kilometers (about 2.5 miles) on this peninsula, and they are placed in a row.

“They are so lined up, you could put a ruler along them,” Brendan told me. He explained that celestial bodies such as the stars would have been used as a guide to align the stones when the circles were built, between 2,000 and 4,000 years ago, as a way of telling dates and seasons.

» The Ross Castle, built in the 1400s, sits on the banks of Lough Leane, bottom left. Writer Yvonne Gordon explores the ruins of the ancient village Cummeengeera, below.





As I watched a fat fluffy sheep with curly horns walk over and use the ancient monument for a back scratch, I thought, “Only in Kerry!”

The Beara Peninsula, with its peaks and valleys, offers some of the wildest landscapes you can find. A line of mountains runs down the center of Beara, and Brendan leads hikes to the mountains from his base at Sheen Falls Lodge in Kenmare. “The scenery is just amazing,” he says. “Every mountain around here, there’s no one on it. If these mountains were anywhere else in the world, they’d be packed. We just don’t have the population.”

I’m spending several days exploring County Kerry’s highlights from a base in Killarney, a busy town near the shores of Lough Leane (Lower Lake). In the town, I visit the souvenir shops and pubs, taking in one of the community’s famous traditional music sessions—in which Irish tunes are played on instruments such as fiddles, tin whistles and *bodhráns* (a type of drum)—in the back bar at J.M.Reidys.

One day I accompany fellow windblown visitors in

horse-drawn jarveys (small two-wheel carriages) up to the Gap of Dunloe, a steep gorge that runs about 6 miles through the MacGillycuddy Reeks and past Purple Mountain. The spectacular route is also popular for walking and cycling. New and surprising views open up as the road twists and turns along bubbling rivers, over ancient stone bridges and past tiny waterfalls. The day I’m here, the overcast weather adds to the magical atmosphere.

One of the things that strikes me most about Kerry is the changing light. Each morning before breakfast, I walk through my hotel’s grounds to the shore of Lough Leane and take photos. Every day, the mountains around the lake seem to change color. So does the lake surface: One day the wind whips gray and white splashes against a small pontoon; the next,



» Cyclists ride through the Gap of Dunloe, top. Pubs in Killarney are great places to experience local music, above.

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the water is like blue glass with the mountains perfectly reflected in it.

Keen to get out onto the lake for myself, I join a company called Mór Active Tours for a kayaking tour around Ross Castle, which is also open to visits, March to early November. The castle was built in the 15th century by a chieftain named O'Donoghue Mór. Legend has it, he still slumbers under the lake today.

We are assigned to two-person kayaks, and we launch from a jetty and paddle around the castle's stone walls. We continue to the center of the lake, where a set of islands have caves with just enough room to paddle inside. It's an exhilarating adventure.



» A sign advertising Guinness stout, above. The breathtaking coastal cliffs at Slieve League, below.

County Donegal

The entire west coast, home to the magnificent 1,500-mile coastal driving route called the Wild Atlantic Way, has beautiful scenery, ranging from dramatic seascapes and islands to mountains and bog lands. On the northern end of this coastal route, in northwest Ireland's County Donegal, some of Ireland's best adventures can be found.

A defining feature of the rugged coastal scenery is its sea cliffs. The famous



Skellig Michael.

AT A GLANCE

Popular attractions:

- Drive the approximately 100-mile Ring of Kerry, which has interesting stopping-off points, from forts to sandy beaches.
- The Dingle Peninsula in County Kerry offers more stunning panoramas. Don't miss the dramatic coastal views at Slea Head.
- In good weather, take a boat trip from Teelin Harbour to see the best of County Donegal's Slieve League cliffs.

Lesser-known attractions:

- Visit Bonane Heritage Park near Kenmare, Kerry, to see an example of an ancient stone circle, a ringfort and a *fulacht fiadh* cooking pit.
- In Donegal, Glenveagh National Park has 40,000 acres, with a castle and a lake.
- Book a surfing lesson on one of Donegal's beaches, such as Rossnowlagh or Ballyheirnan Bay.

Pro tip:

Make sure to experience the scenery. Sign up for guided hikes, kayak tours or horseback riding, or just walk a long golden beach.

In the movies:

Scenes from *Star Wars: The Last Jedi* were filmed on Skellig Michael—a UNESCO World Heritage-listed island off County Kerry—and in the town of Malin Head, Donegal.

Local expressions:

The toast to good health in Ireland is *sláinte*, while *craic* means fun. Avoid saying "Top o' the morning."

Best time of year to visit:

Peak season is July and August, with some of the best weather but higher prices. May/June and September/October offer better value and fewer visitors.

What to take home:

Handmade crafts are popular, as are Irish crystal and hand-woven Donegal tweed.

Distinctive dish and where to get it:

You'll find versions of Irish stew, made with meat and root vegetables, on most gastropub and traditional restaurant menus. Have it with brown soda bread.

—Y.G.



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Cliffs of Moher in County Clare rise about 700 feet from the sea and run for about 7 miles. In South Donegal, the cliffs at Slieve League (Sliabh Liag in the Irish language) are nearly three times as tall, at approximately 2,000 feet, and are less crowded.

It's here, on a quiet morning, that I stand and watch the clouds rush across the sky, different parts of the rock face transforming from dull grays to vibrant greens, yellows and browns as the sunlight momentarily illuminates them. The greenish sea hisses far below, swirling around two rock formations that, because of their shape and proximity, are known by locals as "the Giant's Table and Chair."

Afterward, I head to a cafe called *Tí Lín*n, a few minutes' drive from the cliffs, to meet Francis O'Donnell, a local introduced to me by a tourism contact. Francis has offered to show me around Donegal. While I treat myself to a bowl of *Tí Lín*n's thick, creamy seafood chowder, he tells me about the area and its history.

This part of South Donegal is home to the town of Killybegs, Ireland's largest fishing port and a popular angling base, with regular boat charters. Francis tells

» Learn about local crafts at the Glencolmcille Folk Village living-history museum.



me that farther along the coast, small-scale lobster, crab and salmon fishing once sustained the community, while farming, wool and tweed were popular in inland areas such as the village of Kilcar and its surroundings.

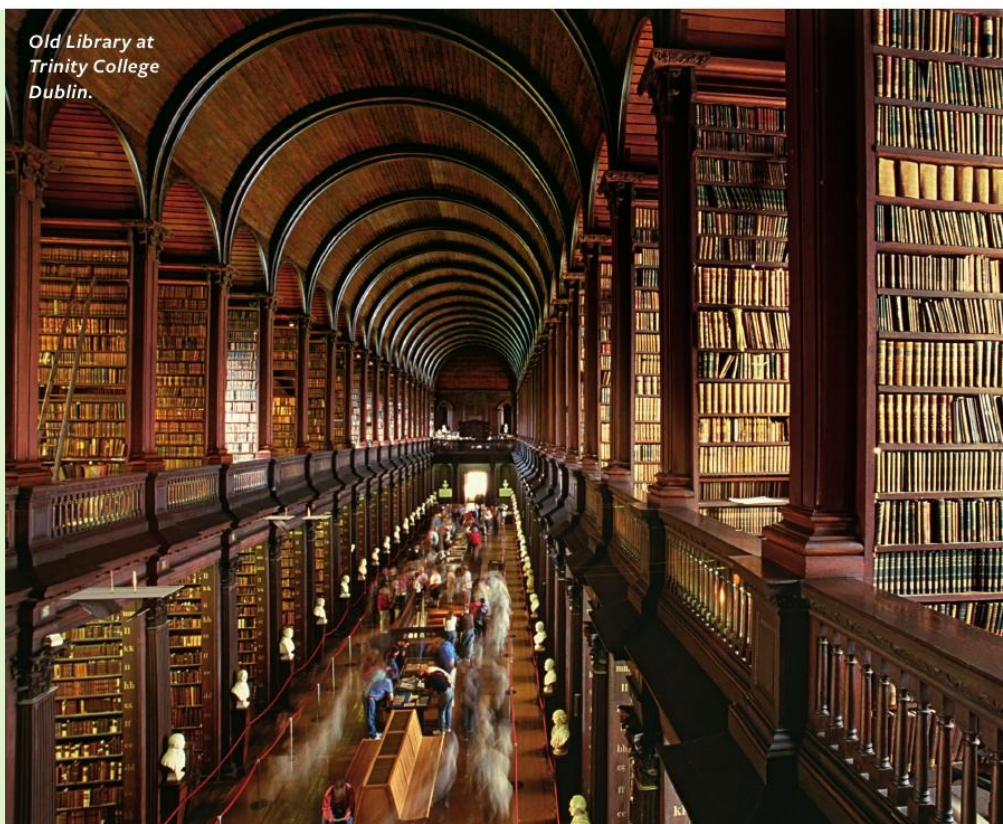
With Francis as my guide, we set off by car around Muckcross Head and on toward Teelin, on a road that looks pretty ordinary on a map (I've been in the area many times but haven't driven this route). I soon realize what I've been missing.

"This is a drive through what old Ireland used to

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- Learn about Guinness and sample some of the famous stout at the **Guinness Storehouse**. To discover how Irish whiskey is made, take a tour at **Teeling Whiskey Distillery** or the **Irish Whiskey Museum**.
- The **National Museum of Ireland—Archaeology** is home to treasures such as prehistoric-gold exhibits, plus Iron Age, Bronze Age and Viking artifacts, while the **National Museum of Ireland—Natural History** provides a fascinating collection of zoology specimens.
- Find out what life was like at sea for Irish emigrants by touring the **Jeanie Johnston Tall Ship**, a replica of a ship that made 16 journeys to North America between 1847 and 1855. At the **Epic Museum**, explore interactive exhibits that celebrate the amazing achievements of Irish emigrants around the globe. —Y.G.

Old Library at Trinity College Dublin.



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» NEAR & FAR IRELAND



BERTRAND GARDEL / GETTY IMAGES

» The 19th century St. John's Point lighthouse offers panoramic views of the Atlantic Ocean.

be like," says Francis, as we motor along the furze-lined road, where white stone cottages sit on top of patchwork-green hillsides with spectacularly perfect views of the Atlantic Ocean. He explains that the families who live in the area have been here for generations. In gardens, sheep graze around up-turned fishing boats.

We stop at Towney Bay, where more whitewashed cottages overlook the shore. Even an old schoolhouse that we pass overlooks the beach. I'm amazed that the pupils were able to concentrate on schoolwork.

Past the end of the headland is the village of Glencolmcille, which overlooks the beach at Glen Head. This area is all in the Gaeltacht—a word for the country's many areas that speak the Irish language (also known as the Celtic language of Ireland). In Glencolmcille, the Irish language and local traditions are highly valued.

We visit living-history museum Glencolmcille Folk Village, which is a replica of what an old Irish village would have looked like, complete with thatched roofs, between 1700



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» NEAR & FAR IRELAND

and 1900. The cottages are built in a cluster called a clachan, and each building displays furniture and fittings from the different eras. There's everything from old irons and kettles on hearths to fiddles and spinning wheels. Plus, the village has replicas of a tiny fisherman's house, a pub/grocer and a 19th century schoolhouse (with poetry by Dylan Thomas on display).

Inspired by all the connection to "Old Ireland," I decide to take a digital detox by staying in a remote historical location. It's a stormy evening as I turn off for St. John's Point Lighthouse, located at the end of the long, narrow St. John's Point peninsula. Following a single-track road, I finally reach a small parking lot where there is a lighthouse and two single-story cottages below it.

Each cottage has a garden surrounded by a stone wall, where lighthouse keepers could possibly raise animals or grow food. The wind whips around my cottage as a storm builds, and I light a fire in the fireplace and run a bath.

In the cottage, there's no Wi-Fi, no mobile signal and no television. Just an old-fashioned radio, a fireplace, some books and breathtaking scenery outside to explore.

I think back to what Brendan said about Beara—that if these places were anywhere else, they'd be packed. Sometimes it's nice to find beautiful places that you can have to yourself. ✈

Yvonne Gordon is a travel writer based in Dublin, Ireland.

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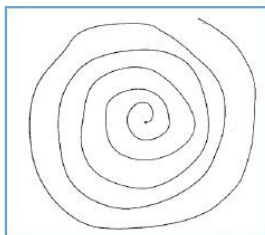
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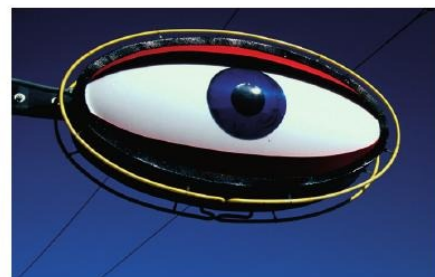


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HERE & NOW»



SEATTLE

BUSTLING BELLTOWN

Downtown neighborhood is creative and dynamic

By Candace Dempsey

» My sister Sherry and I

ponder the escape-room options at Puzzle Break in hip Belltown, my favorite neighborhood in downtown Seattle. Puzzle Break offers three escape-room adventures at its Belltown headquarters, just north of the downtown core. We ultimately choose the 60-



minute *The Eventide Departure* mystery: “Can you and your companions find the clues, solve the mystery of the last will and testament of the recently departed Professor Firestone, and escape the séance before time runs out?”

A former Microsoftie named Suzanne escorts us into Professor Firestone’s 1940ish study, complete with historical photos, a chess set, curios and soft lighting. We enjoy finding clues and solving riddles, but we run out of time before we unearth the will. Turns out only about 30 percent

of two-member parties succeed on the first try. We laugh and vow to do better next time, perhaps by bringing the brain power of three more people with us, since the game is for two to five players.

To enhance team bonds, Puzzle Break encourages gamers to explore Belltown before they

tackle a puzzle, so that they can connect over draft beers, specialty cocktails, espresso and something nice to eat. The neighborhood—bordered by areas such as Pike Place Market, Seattle Center, the Elliott Bay waterfront and tech-filled South Lake Union—is wonderfully walkable, with splendid views of Puget Sound. Bars, restaurants, music venues, coffee shops and sushi spots abound. Happy hours here are legendary.

Developed in part on a Native village site and then

» Clockwise from top left: *The Austin A. Bell Building*. *The Cyclops cafe sign*. *The Crocodile music venue*. *Puzzle Break’s The Eventide Departure experience*.

OLYMPIC SCULPTURE PARK

» Descending from Belltown's northwestern edge to the waterfront, this Z-shaped park is where Seattleites go for serenity. Not only does the park have nearly two-dozen mammoth sculptures by world-famous artists, but it also provides breathtaking views of the Olympic Mountains, the Space Needle and Puget Sound, where vessels range from ferries and sailboats to barges and tugboats.

From the sculpture park, visitors can connect with Myrtle Edwards Park, whose winding pedestrian/cycling paths also offer outstanding views of Puget Sound and the mountains, as well as options for connecting to the Magnolia neighborhood.



Opened in 2007, the 9-acre sculpture park is one of downtown's largest green spaces. The gravel path zigzags 2,200 feet down to a pocket beach on Elliott Bay. Visitors descend through landscapes that mimic the Northwest ecosystem: valley (evergreen forest), meadows (grasses and wildflowers), grove (aspens), shore (pines, beach grasses).

The sculptural attractions include Alexander Calder's nearly 39-foot-tall, bright-red *The Eagle*. Made of steel, with curving wings and a beak pointing skyward, it's a Seattle icon.

I also love Spanish artist Jaume Plensa's white *Echo*—an eerie elongated statue of a girl's head, approximately 46 feet tall. Named for a mythical Greek mountain nymph, *Echo* seems to contemplate Elliott Bay with her eyes closed, as if overcome by the beauty of the snowcapped Olympic Mountains to the west.

The sculpture park, a Seattle Art Museum venue (seattleartmuseum.org), offers free admission, public tours, temporary exhibits, a cafe and a parking garage. The park is open every day from 30 minutes before sunrise to 30 minutes after sunset.

—C.D.



» On a brick column next to the Sassafras store, a bell-shaped pan/plaque commemorates the erstwhile Belltown Cafe and its Root Pie tradition.

platted by pioneer William Bell in the 1860s, the Belltown neighborhood, whose modern boundaries are described differently by various sources, has retained certain historical buildings. Don't miss the Austin A. Bell Building, on First Avenue, which is listed on the National Register of Historic

Places. The building, known for its tall windows, and brick and terra-cotta facade, was designed for the Bell family in the late 1800s. It now contains luxury condos.

Belltown is also part of an area that has been called the Denny Regrade, because of regrading that took place between the late 1800s and early 1900s, and included removal of Denny Hill. I've loved this neighborhood ever since my husband, Mark, and I moved to Seattle from Boston in the 1980s. Belltown is where I landed my first newspaper and magazine jobs—and where I often return to have fun. When I worked in the neighborhood, it looked like a beautiful unit stage set. Artists rented tiny rooms, as did sailors on shore leave. The Belltown Cafe traded food for artwork. Artists, and writers, enjoyed the cafe's tasty Pasta Benjamin, or tacos at Mama's Mexican Kitchen (now Mama's Cantina).

Then as now, Belltown attracted creative folks. "... the wind was blowing a storm in across the sound, and the pungent odor of saltwater permeated the air," wrote J.A. Jance in 1985, describing a scene in the neighborhood. She was a fledgling author living in Belltown when she set her first mystery, *Until Proven Guilty*, here.

The neighborhood has grown bigger—and taller—since the 1980s. Towers filled with upscale condos have brought in many residents, creating demand for more restaurants, bars and coffee places. Yet thanks to preservation efforts, some sites have retained their period appeal. Investors restored the 1907 Moore Theatre and the 1926 Rendezvous (aka Jewelbox Theater), both of which are venues for

music, dance, comedy and other performances. And in the late 1990s, Paul Allen of Microsoft fame bought the 1963 Cinerama movie theater and embarked on a multi-million-dollar renovation, followed by additional renovations over the years. Today, the theater is state-of-the-art, including deep seats, and local food, wine and beer. Near the theater, the sleek, contemporary The Sound Hotel Seattle Belltown, part of the Tapestry Collection by Hilton, opened in February.

Before Sherry and I commenced our *Eventide Departure*, we did some sisterly pregame bonding by strolling through Belltown. We started at The Crocodile live-music venue on Second Avenue, where many nascent bands have performed, including Nirvana and Mudhoney. Both groups had recording agreements with Sub Pop, a now-famous Belltown-based independent record label that was founded in 1988.

GO TO: Irish Festival



» **Dance the Irish jig**, and see if your genealogy includes Irish roots when you participate in the Irish Festival, March 16–17 at Seattle Center. The festival—part of the center’s Festál cultural series—also typically includes musical performances, short-film screenings, hands-on activities, games, exhibits, food and a marketplace (seattlecenter.com). Alaska Airlines is a sponsor of Seattle Center.

A FEW BELLTOWN FAVORITES

Cedar & Spokes Coffee & Bar (cedarandspokes-coffee.com): Visit this stylish new place for premium coffee and cocktails.



Cedar & Spokes.

Dahlia Lounge (dahlia-lounge.com): An elegant restaurant owned by lauded Seattle chef Tom Douglas, Dahlia is known for Pacific Northwest dishes and Douglas’ famed coconut-cream pie. His **Lola** restaurant (lolaseattle.com), next to Hotel Andra, features Mediterranean flavors.

The Inn at El Gaucho (innatelgaucho.com): Relax in luxury accommodations above the El Gaucho restaurant. The inn remains open during a renovation that includes new furnishings, and bathrooms with amenities such as heated floors and walk-in showers with rain showerheads.

Street Bean Coffee Roasters (streetbean.org): Street Bean uses coffee purchased from

global sources that are deemed ethical, and works to provide supportive employment training to street-involved young people.

Macrina Bakery (macrinabakery.com): Sit down for a delicious breakfast, lunch or weekend brunch, or get breads, pies,

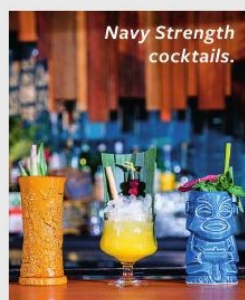


Macrina Bakery bialy.

cakes and pastries to go. Also yummy: The new **Tempesta Coffee & Donuts** (tempestacoffee.com) and **The Yellow Leaf Cupcake Company**

(theyellowleafcupcake.com).

Navy Strength (navystrength-seattle.com): This cool tiki lounge was voted “Best New American Cocktail Bar” last year by the Tales of the Cocktail Foundation.



Navy Strength cocktails.

Also try **No Anchor** (noanchor-bar.com), **Cloudburst Brewing** (cloudburstbrew.com), and **Cyclops cafe and lounge** (cyclopsseattle.com).

Queen City (queencityseattle.com): The restaurant has received a culinary makeover from its new owner, acclaimed



Queen City restaurant.

Seattle restaurateur Linda Derschang. It serves contemporary and creative takes on classic bar food and cocktails.

Singles Going Steady (no website): The independent record store has a wide selection of punk CDs and vinyl.

Wa’z (wazseattle.com): Dine here for contemporary Japanese haute cuisine, including multiple-course tasting menus.

Wann Japanese Izakaya (wann-izakaya.com): Choose from a wide variety of sushi rolls and small plates, plus enjoy a great happy hour. —C.D.

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My sister and I also paused at Endless Knot, which sells stylish women's clothing and accessories, and at Sassafras, which features items such as chic garments and jewelry by local artists. Both shops also often participate in the neighborhood artwalk on second Fridays. And in Belltown, even hair salons, such as Studio 2602, display local art.

On a brick column next to Sassafras, a huge bell-shaped metal pan/plaque marks where the Belltown Cafe operated from 1978 to the early 1980s. The plaque pays homage to a pan that served as an exterior sign for the cafe and that each Groundhog Day was taken down and used to bake root vegetables for communal sharing on what became known as Root Pie Day.

A couple of blocks north of the Belltown Cafe site, another neighborhood icon, the El Gaucho steakhouse, which opened at this location in 1996, is still going strong. My husband and I recently enjoyed a candlelit dinner of steaks, cocktails and Bananas Foster served tableside at the high-end, retro-'50s restaurant, as a jazz pianist played in the dining room. In a nearby space, the Big Picture movie theater, for ages 21-plus, shows first-run movies and has seatside drink delivery.

To debrief after the Puzzle Break challenge, Sherry and I head to Pintxo restaurant to treat ourselves to Spanish tapas in a big, attractive room with stained glass, artwork and a bar. Joined by several other family members, we start with wine and a plate of Ibérico meats and pork rillettes. We tell everyone about our Puzzle Break adventure as we feast on dishes such as octopus, prawns, clams with chorizo, and Spanish flatbread. The restaurant, owned by Amanda and Cory Chigbrow, also offers paella-cooking classes on various dates through April.

As my sister and I stroll to our car after dinner, we meet a Belltown resident who's walking two dogs. She's pleased to see us enjoying our night out. "I've been here 20 years," she says, waving her hand toward the bustling streets and sidewalks. "This place is so alive. It's electric. I'd never live anywhere else." ✈

Candace Dempsey is a Seattle-based author and adventure-travel writer.



FROM THE MOON TO SEATTLE

» **The Apollo 11 command module *Columbia***, used for the first mission to land on the moon, July 20, 1969, will be on display in the exhibit "Destination Moon: The Apollo 11 Mission," at The Museum of Flight, south of downtown Seattle, April 13–Sept. 2. Seattle is the last stop for the traveling exhibit, and is also the exhibit's only West Coast stop as the country celebrates the 50th anniversary of humans first setting foot on the moon. The command module, shown above, was the living quarters for Neil Armstrong, Buzz Aldrin and Michael Collins during the mission, and was the only portion of the mission spacecraft to return intact to Earth.

The exhibit—organized by the National Air and Space Museum and the Smithsonian Institution Traveling Exhibition Service—includes more than 20 artifacts related to the 1969 mission, from a star chart to a container used to bring back moon rocks. It also includes many items from The Museum of Flight's own collection of NASA and Russian spacecraft artifacts, including an unflown Soviet Sputnik satellite. The Museum of Flight will also have a gallery spotlighting Seattle-area connections to the U.S. space program.

The "Destination Moon" objects, models, videos and interactive displays—including a 3D tour of *Columbia*'s interior, with images based on high-resolution scans being shown on computer monitors—will tell the story of the birth and development of the U.S. space program and the space race. Hands-on activities include a Tranquility Base indoor playground with a full-scale command module. Alaska Airlines is the official airline of the "Destination Moon" exhibit at The Museum of Flight. The museum will also be hosting special events in conjunction with the exhibit, including a festival over the 50th-anniversary weekend of the lunar landing. In addition, various Seattle-area attractions, restaurants, hotels and other businesses will be celebrating "Seattle's Summer of Space" with discounts, special events and special products, such as a Moon Rocks Chocolate Truffle Bar from Seattle Chocolate.

Timed-entry tickets must be purchased for the "Destination Moon" exhibit as an add-on to general admission. Tickets are available online by following the applicable links at museumofflight.org/destination-moon. —Michele Andrus Dill



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» HERE & NOW
SEATTLE

EXPLORING EVERETT

» **Watch modern aircraft** being assembled as you experience The Boeing Tour, departing from the Boeing Future of Flight building. See vintage aircraft being restored at The Museum of Flight Restoration Center. View military aircraft from five different countries at the Flying Heritage & Combat Armor Museum. All three attractions are at Paine Field (Snohomish County Airport) in the Everett area, about 25 miles north of Seattle. Paine Field Everett (PAE) is Alaska Airlines' newest airport for flights from the Puget Sound area, serving eight of the airline's most popular destinations.

North of Paine Field, watch for mallards and buffleheads in the Narbeck Wetland Sanctuary, celebrating its 20th anniversary this year. The sanctuary is one of the many green spaces and parks in Everett. The area also has public golf courses; a sandy beach at Jetty Island (reached by a seasonal ferry); art classes, glassblowing experiences and exhibits at the Schack Art Center; and fun activities at High Trek Adventures & Ziplines.

Another top local attraction is the Funko pop-culture store, where you can get superhero, sports, film, TV, monster and holiday collectibles. Funko, which also has a United Kingdom office, is headquartered in downtown Everett. In January, the company's bobbleheadlike Pop! Line was named 2018 Toy Line of the Year by Diamond Comic Distributors. It marked the fifth consecutive year Funko has received the honor.

You'll also find coffee shops, breweries and wineries/tasting rooms in the Everett/Snohomish County area. Restaurants range from Anthony's Woodfire Grill to world flavors at spots such as Bhu-Ping Thai Cuisine. For more on the Everett area, see paineairport.com, paineairportdaviationdistrict.org, thisiseverett.com and seattlenorthcountry.com. ✈

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CALENDAR

■ Glass art by masters such as Italy's Lino Tagliapietra, the United States' Seth Randal (whose *The Benaroya Cage Cup* is at right) and the Puget Sound area's Dale Chihuly are showcased in the new 6,860-square-foot **Rebecca and Jack Benaroya Wing at the Tacoma Art Museum**, south of Seattle. The Benaroya Collection at the museum comprises 350-plus works (tacomaartmuseum.org).



■ Prominent artists, entertainers and authors are attending the acclaimed **Emerald City Comic Con**, March 14–17 (emeraldcitycomiccon.com).

■ *Marie, Dancing Still—A New Musical*, based on a masterpiece by artist Edgar Degas, will make its West Coast debut at **The 5th**




Avenue Theatre, March 22–April 14 (5thavenue.org). Alaska Airlines is a sponsor of The 5th Avenue Theatre.

■ Kids can enjoy special experiences such as Tool Time Tuesday (weekly on Tuesdays) and Musical Storytime (weekly on Thursdays) at **KidsQuest Children's Museum in Bellevue**, east of Seattle (kidsquestmuseum.org).

FROM TOP: SETH RANDAL, *THE BENAROYA CAGE CUP*, CIRCA 2003, CAST CRYSTAL, 18 X 11 X 11 INCHES, TACOMA ART MUSEUM, PROMISED GIFT OF THE REBECCA AND JACK BENAROYA COLLECTION; PHOTO BY RUSSELL JOHNSON; TILER PECK IN *LITTLE DANCER*, THE TITLE USED AT THE KENNEDY CENTER FOR MARIE, *DANCING STILL*, PHOTO BY MATT KARAS

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Mount Denali and Mount Foraker in the Alaska Range seen over the Susitna Valley.



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ICE RIDERS

Chugach Fat Bike Bash showcases a popular winter sport in Alaska

By Berne Broudy

» An ocean of white and blue waves surrounds me, but those waves are actually frozen undulations of the Valdez Glacier. I pedal amid crests and hollows, the studs on my fat bike tires barely crunching as they bite into the frozen terrain. The narrow canyon I'm in turns along a bank, and I climb to the glacier's surface, where I'm in the shadow of the precipitous Chugach Mountains that back Valdez, Alaska.

During my visit to Valdez, I've cycled in

places I've never imagined, including along dramatic ridgelines with high-mountain backdrops and through blue tunnels of glacial ice. It's part of the Chugach Fat Bike Bash, an early-April cycling event that welcomes people of various ages and abilities to explore the shores of Prince William Sound, Valdez's mountain passes, and the glaciers and forests in between—on two oversize wheels. The bash, April 5–7 this year, features a long weekend of clinics, celebrations, races and rides.

The festival was created by Lee Hart, Valdez Adventure Alliance's executive director, who in 2013 wanted to offer adrenaline seekers an alternative way to enjoy the snow, especially when conditions weren't ideal for skiing—firm snow is better than powder for two-wheeled adventures. Variations of fat biking had been around for more than two decades, but when the festival was being created, the sport wasn't widely practiced in Valdez. Visitors in the snowy months mostly came to heli-ski the powdery, sky-scraping Chugach peaks, not to pedal. Some heli guides hadn't even heard of fat biking, says Leigh Bowe, a professional mountain biker.

"We'd run into local heli guides and extreme skiers, and they were in awe of what we were doing," says Bowe, who attended the 2018 festival. "To them, bringing a bike into the high alpine wasn't remotely on their radar."

However, fat biking has roots in Alaska. In 1987, Iditabike, now the Iditarod Trail Invitational, invited riders to pedal the first 200 miles of the same 1,000-mile course to Nome that's run by dogsled teams each March.

The ride was nearly impossible on a mountain bike, which at the time was better suited to the task than any other kind of bike. The frozen crust, soft powder and glare ice thwarted most competitors' efforts.

A year later, Simon Rakower of Fairbanks gained local fame for modifying mountain-bike rims for Iditabike competitors, allowing the bikes to be outfitted with high-volume, wide tires. He produced the 44-millimeter-wide Snowcat rim, one of the earliest commercially available fat bike rims. It was lightweight, fit standard mountain-bike frames and gave riders the most "float" possible. The rims quickly became standard equipment for winter bike riding in Alaska.

In 2007, Anchorage-based Fatback Bikes welded a symmetrical aluminum frame with

ultrawide hubs and rims, setting the stage for dedicated fat bikes—not modified mountain bikes—with massive rims and tires that are very similar to what riders still use. Today, fat biking is a popular winter sport in Alaska, where it offers another way to enjoy the rugged, scenic landscape.

The 2019 Chugach Fat Bike Bash includes a range of experiences. The Harbor Parade and Rodeo is an all-ages, all bikes, costume ride that weaves from The Fat Mermaid tavern through downtown Valdez's streets and back to the harborfront for a bike rodeo with events such as barrel racing.

A cross-country race, typically starting on the frozen Valdez Glacier Lake, sends ambitious riders pedaling across glaciers and icebergs in a good-spirited, challenging sprint. Downtown Downhill pits fearless fat bike experts against each other in a spectator-friendly race.

Instructional clinics include topics such as Fat Biking Fundamentals, Bikepacking Basics and Intro to Gravity for riders hoping to take on mountainous terrain.

There's also live music and gear deals to amp up the crowd and foster participation in the fat bike culture.

In 2018, the Chugach Fat Bike Bash hosted its first big-mountain fat biking race on Thompson Pass' Loveland Ridge, which previously served as a World Extreme Skiing Championship venue. Weather permitting, the plan is to hold the race again this year.

"It's incredibly cool to see riders pushing the boundaries of what fat bikes can do, and to explore other ways to enjoy the mountains here," says Hart, the festival's creator. "This competition, and the Chugach Fat Bike Bash overall, are great examples of how an area can diversify the recreational opportunities it offers."

Visit chugachfatbikebash.com for more information. ✕



» HERE & NOW ALASKA

PROGRAM SHARES LOVE OF SKIING

Skiku provides skiing instruction to participants across Alaska, including in Kobuk, pictured.

» **Laurn Nanouk Jones**, now 14, says she was a clumsy cross-country skier when Skiku volunteers first came to Unalakleet in 2014. Other people in her hometown of about 700, which is in remote western Alaska at the mouth of the Unalakleet River, had never before participated in a winter sport of any kind. Skiku (skiku.com) changed all of this.

Through partnerships with schools, community organi-

zations and corporations, including Alaska Airlines, Skiku offers cross-country-skiing instruction to about 7,000 kids and adults each year in more than 40 Alaska communities.

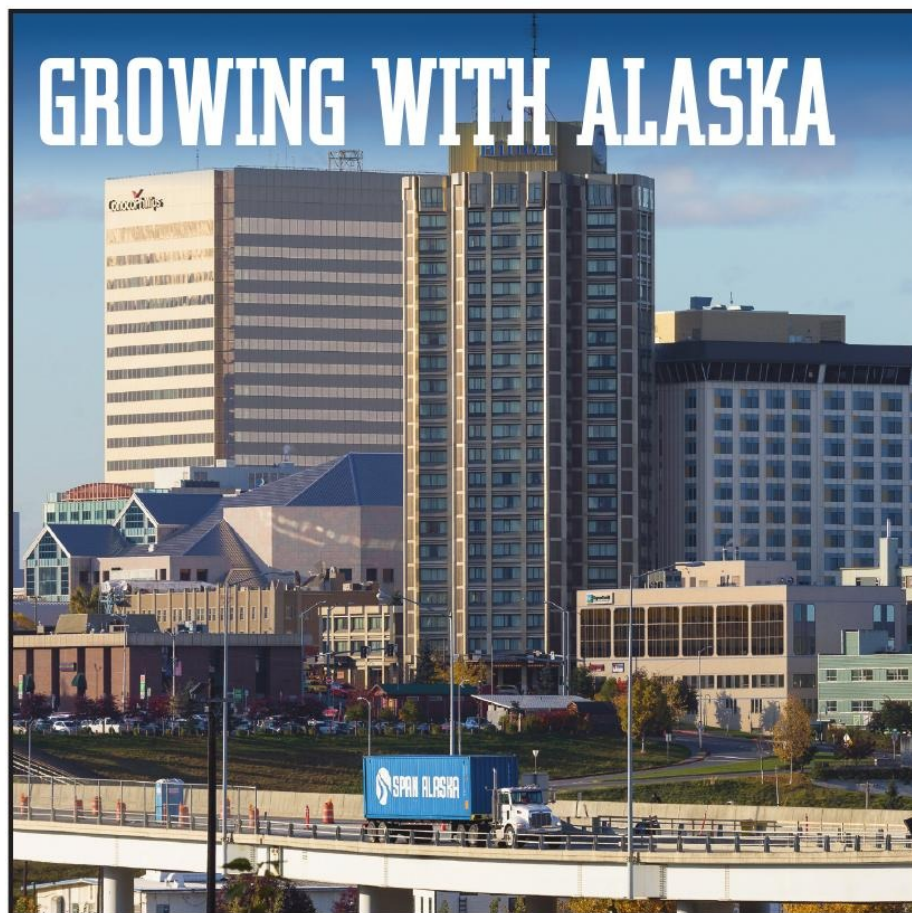
Every February through April, volunteer coaches, many of whom are Olympic and World Cup athletes, travel across the state to inspire a love of cross-country skiing and the healthy lifestyle it encourages. Each community receives four to five full days of lessons. Donated equipment—skis, boots, poles, bindings and wax—is housed permanently at a local school or community center.

Skiku—a name that combines the Inupiaq word for ice (*siku*) with *ski*—grew out of a regional program in the Northwest Arctic Borough and went statewide in 2014.

Jones says Skiku coaches have helped her transform from a cautious beginner into a confident Nordic athlete. She now competes on her school's cross-country ski team, employing techniques learned through the program, including double poling, which improves her speed.

"There's nothing like the feeling I get when I'm on the snow," Jones says. "It makes me feel happy and joyful and energetic." —Andrew Waite

COURTESY SKIKU



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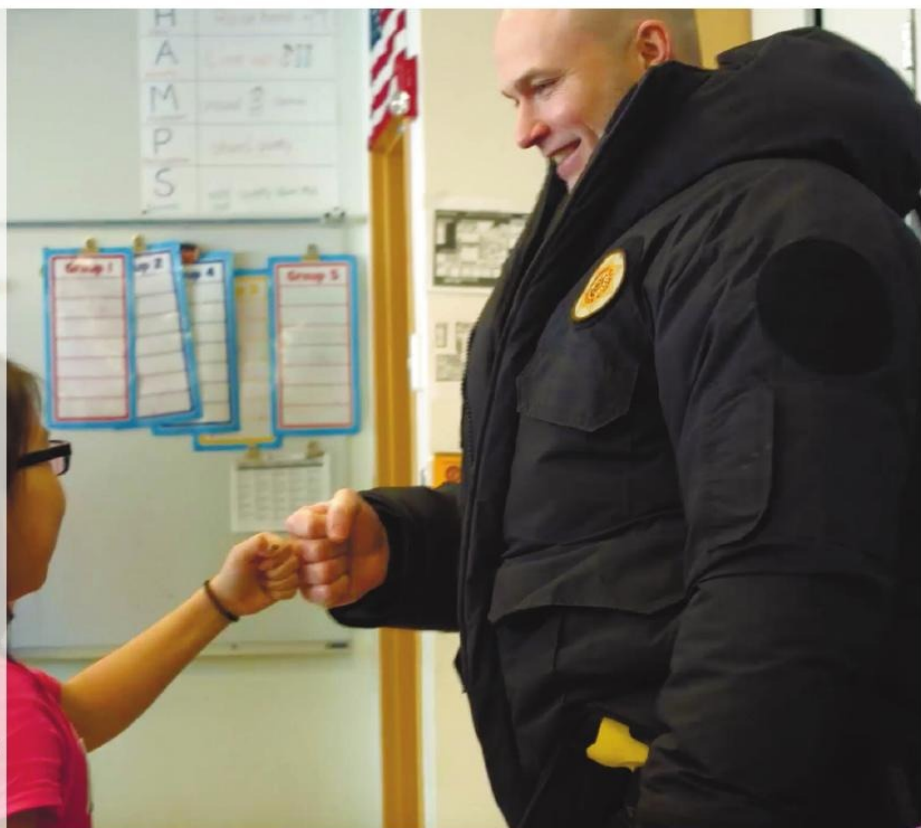
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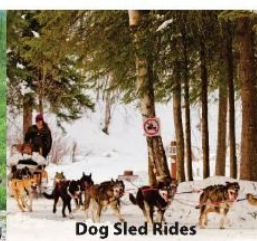
Hot Springs Lake (ages 18+)



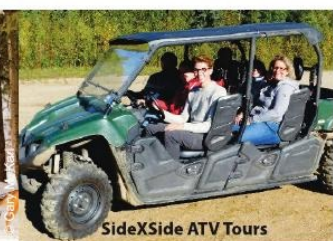
Dog Cart Rides



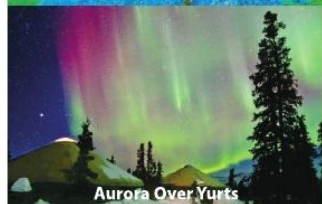
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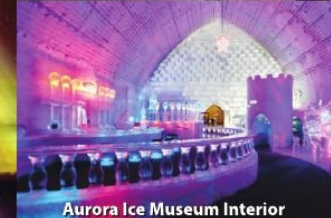
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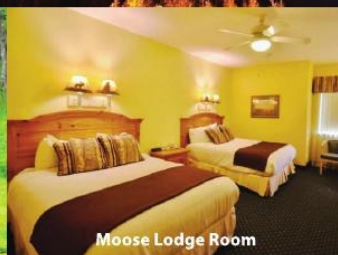
Aurora Ice Museum Interior



Flightseeing



Wildlife



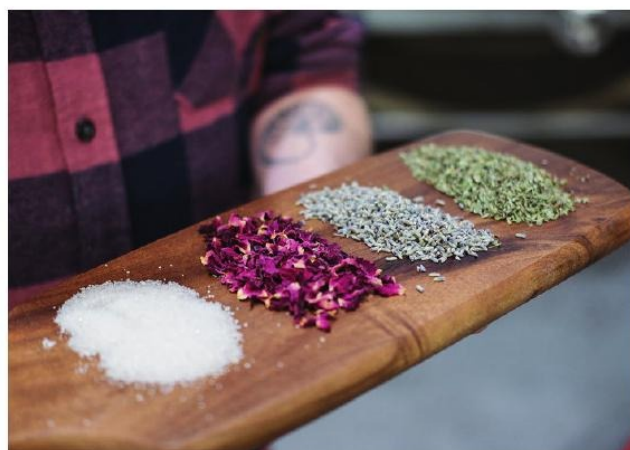
Moose Lodge Room



Therapeutic Massage



Hot Springs Lake (ages 18+)



TASTE OF PORTLAND

Food and drink purveyors find success in new markets

By Susan G. Hauser

» **Five years ago in Los Angeles**, Kim Malek opened the first Salt & Straw ice cream shop outside of Portland. The company co-founder greeted customers waiting for scoops of gourmet ice cream and asked how they knew about the business which hadn't had any outlets outside of the City of Roses.

"Well over half the customers had been to our locations in Portland," she recalls.

Thanks in part to culinary tourism and Portland's vibrant artisanal food and drink scene, various local companies are finding strong support for expanding outside the cozy confines of the Pacific Northwest.

In some cases, these culinary expan-

sions also include exporting Portland's collaborative sensibility.

The following three Portland companies are beginning to spread their quality products across the map.

Townshend's Tea Company: Distilling the spirit of kombucha

Portland's Townshend's Tea Company ended up in the liquor business almost by accident. At the time that the tea company was founded in 2006, the fermented drink kombucha—made with bacteria and yeast, mixed with various types of tea and sugar—was becoming a big hit in Portland. The ancient drink,

which some sources say may date back about 2,000 years, is so popular that Portland even has an official Kombucha Day (September 8).

Townshend's Tea Company, which has teahouses in Oregon, Montana and Utah, and also sells its teas through Whole Foods and other outlets, began making Brew Dr. Kombucha in 2008 to augment its line of teas. However, in 2011, the U.S. government found that many brands of the popular tea contained more alcohol than the allowed 0.5 percent.

The company's solution to the alcohol problem was to perform a low-heat vacuum distillation of each of the 12

flavors, with the goal to remove the excess alcohol, but keep the drinks' bacteria alive.

That process raised a new question: What should Townshend's do with the extra distillate, the alcohol that tasted like the various flavors of kombucha where it originated.

The answer was to start a distillery and make a line of spirits. Led by Townshend's employee Seth O'Malley, who had developed an encyclopedic knowledge of fermentation and distillation, the company created eight tasty kombucha-based alcoholic drinks now on the market.

They include Townshend's Gin and a variety of liqueurs and herbal digestifs similar in taste to some of the classic Italian amaro liqueurs.

The beverages are available in 34 states. Townshend's also sells the spirits at the distillery, part of Portland's growing number of distilleries located around the city.

O'Malley concedes that he's limited by starting with the flavors of Brew Dr. Kombucha. But it doesn't sound like he's going to run out of variations anytime soon.

"I have a million ideas of things to do," O'Malley says. "Although we're forced to work with aromatic botanicals, I love working with those flavors."

Green Zebra: Ringing up Portland's passion for healthy foods

Lisa Sedlar saw a vision of her future back when she was working in Boulder, Colorado, where other office workers would spend their lunch hour biking in the Rocky Mountains, only to grab a candy bar and a sugar-laden drink at a convenience store before returning to work.

"I thought to myself, 'Wouldn't it be cool if that convenience store offered healthy choices?'" Sedlar says.

In 2013, she launched Green Zebra Grocery, a healthy convenience store. The company targets high-density urban areas where healthy, delicious, local foods are not readily available, and stocks the shelves with locally made food products.

Portland's Lloyd District store has a kitchen that prepares soups and hot dishes for the other locations. The foods available at each store are broadcast daily via Twitter, and customers in a hurry are encouraged to order online so that their choices are ready at an appointed time. The stores also have salad bars, coffee bars and a variety of grab-and-go sandwiches, salads and entrees.

Sedlar's formula has worked so well that in the next few years she plans to open several of the small (generally 5,000 square feet), healthy and neighborly convenience stores in Seattle, Los Angeles and the Bay Area. In five years, she hopes to be operating 100 stores on the West Coast

and eventually to spread her Green Zebras across the country.

Portland's love of local, natural food and strong sense of community are some of the aspects of the Northwest stores she'll bring with her when she takes Green Zebra to other states. And there's one other thing she plans to export: kombucha slurpees, or, as she calls them, slurpees.

Salt & Straw: Creating ice cream collaborations the Portland way

For a while Kim Malek was sorry she had ever told her young cousin, Tyler Malek, about her dream of opening an ice cream scoop shop in Portland. Tyler went out and bought himself an ice cream maker and

» **Townshend's Spice Tea Spirit, opposite page, is made with the freshest botanical ingredients at the company's distillery in Portland. Green Zebra Grocery was founded by Lisa Sedlar, below, who hopes to soon operate 100 stores, such as the one at right, along the West Coast.**



» HERE & NOW PORTLAND



began bombarding his cousin with ideas and recipes. “I kept saying, ‘The thing is, Tyler, I need someone who knows how to make ice cream,’” Kim recalled. “And now I laugh about that.”

In 2015, just four years after the cousins launched Salt & Straw, Tyler was named one of *Forbes* magazine’s “30 under 30 Food & Drink Masters Changing the Way America Eats.” And on April 30, his long-awaited book, *Salt & Straw Ice Cream Cookbook*, containing many of the 250 or so unique recipes he has concocted, will go on sale.

Today, Salt & Straw has opened 18 shops along the West Coast (including at Disneyland). The company has secured outside investors and plans to continue expanding into new markets. The ice cream has become so famous that select restaurants in New York City serve it, and Alaska



» Salt & Straw co-founders and cousins Tyler and Kim Malek, left, have had major success with their gourmet ice cream. Their shops create some special ice cream flavors for each community, such as San Diego’s Chocolatier Series shown above.

LEELA CYD ROSS (2)


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A photograph of John Platt, an older man with a grey beard and mustache, wearing a blue button-down shirt. He is holding a bottle of Helvetia Winery wine. In the foreground, several other bottles of wine are lined up. The background is a rustic wooden interior.

John Platt, Proprietor
of Helvetia Winery,
Helvetia, Oregon

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» HERE & NOW PORTLAND



LEELA CYD ROSS

» **The Salt & Straw Scoop** Shop in Portland's Arts District opened in 2011 and was the company's first retail site. Today, Salt & Straw has 18 locations along the West Coast.

Airlines hands out cups of the creamy confection to first-class customers on cross-country and Hawai'i flights.

At each Salt & Straw location, distinctive ice cream flavors are developed with local products and input and inspiration from local artisanal food makers, farmers and chefs.

So it may not be totally accurate to say that this Portland product has been exported to other states. Kim Malek is quick to share what she believes is the true export from Portland: collaboration.

"Before we open in a city, we start about a year in advance, getting to know the [local artisanal food] makers," Kim says.

Tyler, who does the legwork, found himself introducing artisanal food producers in Los Angeles to one another. Out of those meetings sprang new collaborations and flavors, including a doughnut-maker who began working with a chocolatier.

The sweet result is the reason there are always lines at Salt & Straw. ✈

Susan G. Hauser writes from Portland, Oregon.



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Flyer guide

Your overview of the Alaska experience.

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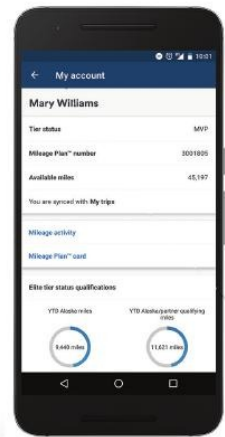


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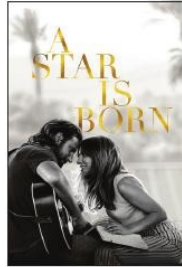
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- Avengers: Age of Ultron
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- Captain America: The Winter Soldier
- Guardians of the Galaxy
- Iron Man
- Iron Man 2
- The Jungle Book (2016)
- The Proposal
- Thor
- Thor: The Dark World
- Toy Story 2
- Toy Story 3
- Wreck-It Ralph
- Lady and the Tramp
- 10 Things I Hate About You
- Fried Green Tomatoes
- Aquamarine
- Birdman
- Date Night
- The Descendants
- Edward Scissorhands
- Fantastic Mr. Fox
- The Grand Budapest Hotel
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- Music and Lyrics
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- Jupiter Ascending
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David August	33 Chants
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Little Dragon	Lover Chanting
Ten Fé	Turn
Roosevelt	Fever
Laura Gibson	Domestication
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SYML	Harvest Moon

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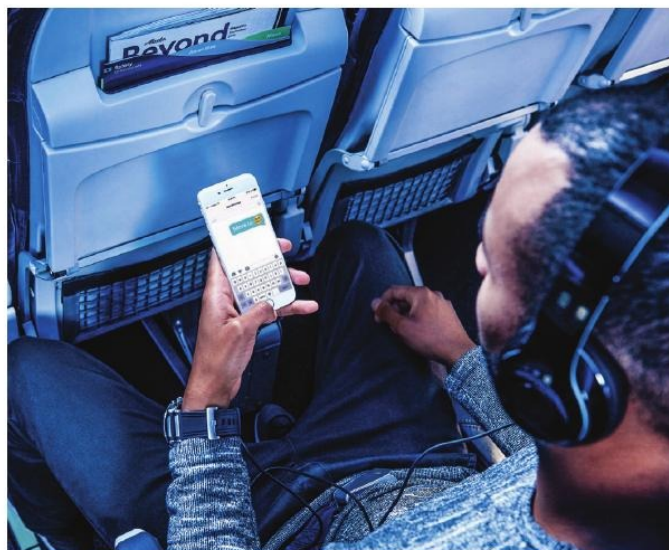
* Compared to other U.S. airlines as of Dec. 2018. Movies are available to stream to guests' own devices, on flights with Gogo Entertainment.

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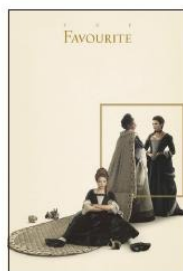
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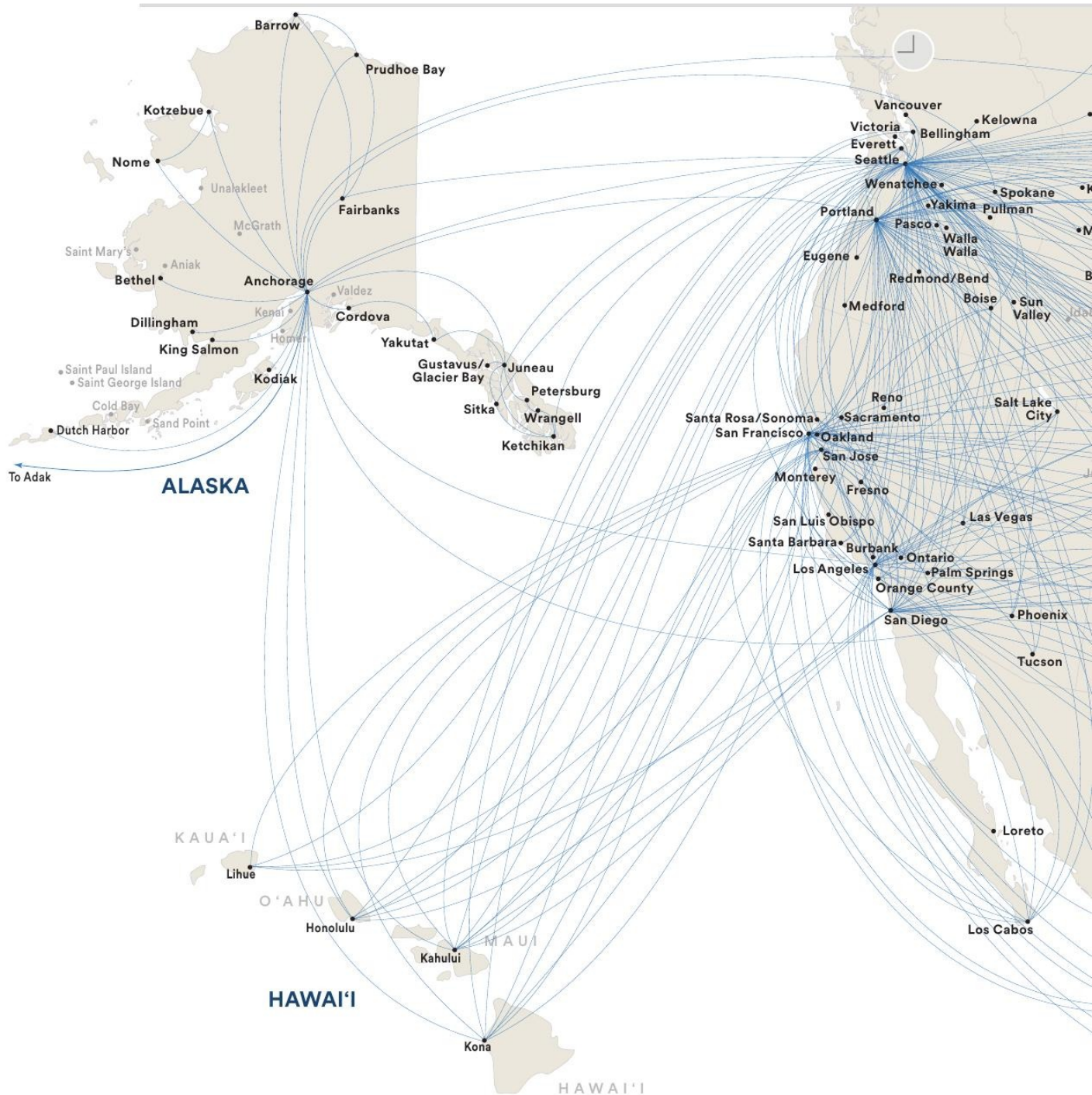
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Airport terminal maps

SEA Seattle/Tacoma International Airport

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Tip:

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Tip:

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PDX Portland International Airport



Tip:

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SFO San Francisco International Airport

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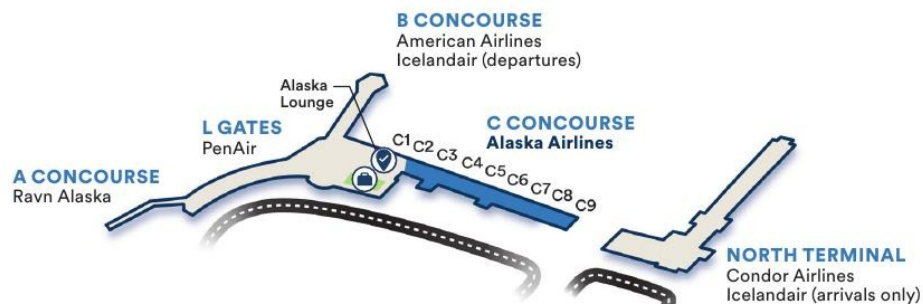
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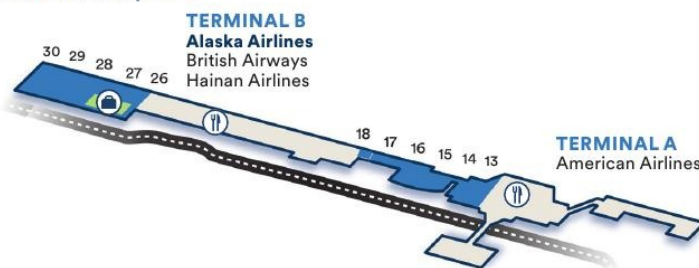
LAX Los Angeles International Airport



ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



NEW

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Helpful tips

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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).
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INTERNATIONAL TRAVEL TIPS TO MEXICO

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

TO COSTA RICA

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

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se proporcionan a continuación. Las formas completas serán presentadas en la Terminal Internacional.

QUIOSCOS DE CONTROL DE PASAPORTES

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

Datos de ayuda

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

DECLARACION DE ADUANA

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

Datos de ayuda

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

CONSEJOS DE VIAJE INTERNACIONALES A MEXICO

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

A COSTA RICA

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

Your safety and comfort

SEATS

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

CARRY-ONS

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

LAVATORY

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

PETS

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

CREW AND GUEST SAFETY

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

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)

TRAVELING WITH INFANTS AND CHILDREN

- To be used onboard, your child-restraint system must conform to all applicable federal motor vehicle-safety conditions, and the restraint must be certified for use in motor vehicles and aircraft with an FAA-approval sticker.
- Some restrictions for child-restraint systems apply based on seat locations and flight numbers. Visit <http://bit.ly/InfantTravel> for details.

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.
- Guests are expected to drink responsibly and behave in a safe and respectful manner at all times.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.

DEVICES

- During taxi, takeoff and landing, larger electronic devices, such as laptops, must be stowed.
- 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, FaceTime, Skype) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Tablets, handheld games, etc.

OTHER PROHIBITED ITEMS

- We prohibit 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.

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

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(TTY 800.682.2221)
alaskaair.com

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001.800.252.7522

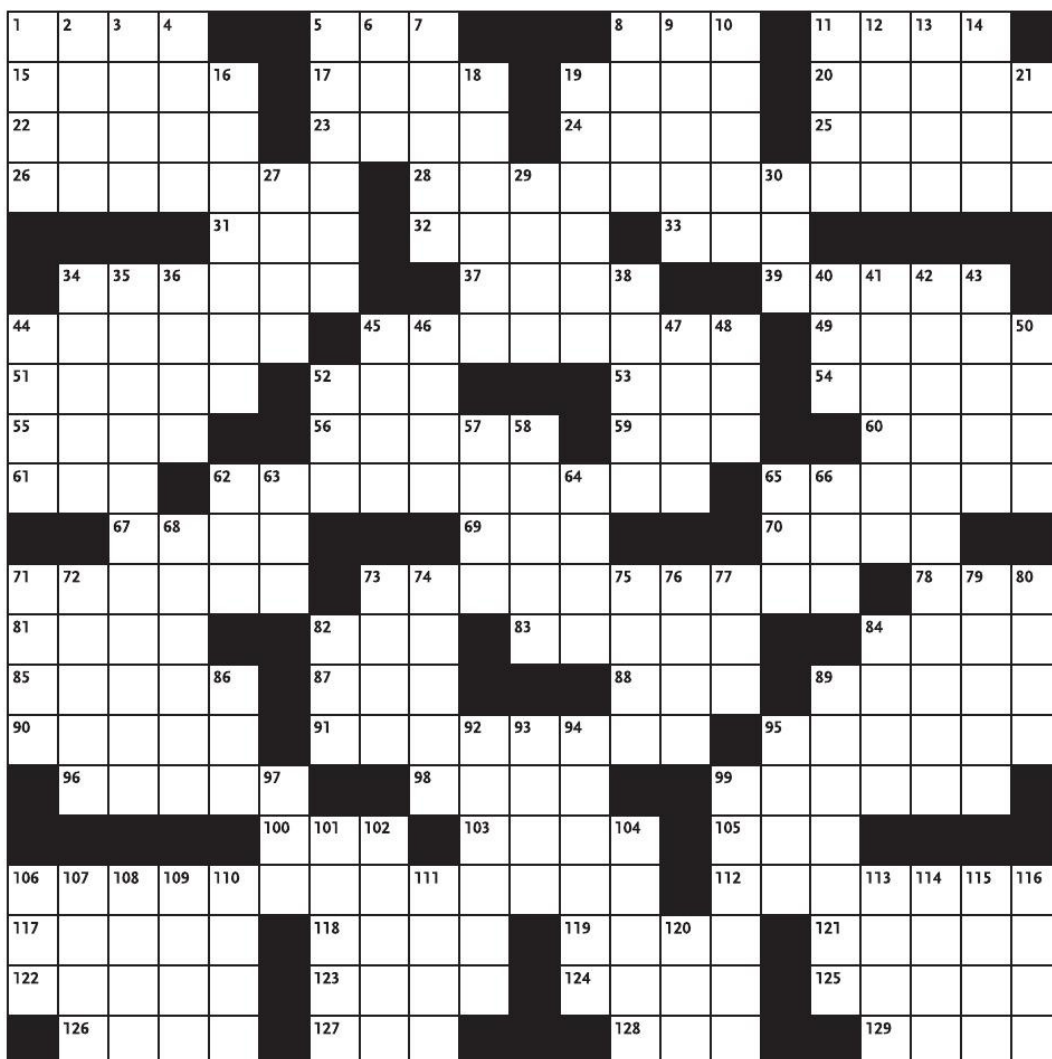
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Vacations:
844.762.0087
vacations.alaska-air.com

Not allowed during flight

- Voice calls of any kind, including VoIP
- Devices with cell service enabled
- AM/FM radios or TVs
- Personal air purifiers
- Remote-control toys
- Electronic cigarettes

ACROSS

- 1 Church seats
 5 Forest creature
 8 Fellow
 11 Roe source
 15 Oohed and _____
 17 Speaker's platform
 19 Pocket bread
 20 Sudden fear
 22 Best
 23 Folk hero
 24 Do _____ others...
 25 Ascended
 26 Peachlike fruit
 28 Sally Field's
Sybil co-star
 31 _____ Jima
 32 King toppers
 33 River: Sp.
 34 Transmitter
 37 Smooth
 39 Sheriff's group
 44 Brawls
 45 Aretha Franklin
 49 Tropical fish
 51 Loiters
 52 State leader: abbr.
 53 Choose
 54 Luxury
 55 Hollow grass
 56 Reserved
 59 Rocker Vicious
 60 _____ facto
 61 Slip up
 62 Former Chief Justice
 65 Female fowl
 67 Distressful cry
 69 _____ polloi
 70 Heraldic border
 71 Arouses, as curiosity
 73 Swing-band leader
 78 Snatch
 81 Disagreeable duty
 82 Light brown
 83 Plow inventor
 84 Gumbo vegetable
 85 Animal fats
 87 Businessman Onassis
 88 One, in Frankfurt
 89 Turkish officials
 90 Maples, e.g.
 91 *Hawaii Five-O* star
 95 Stadiums
 96 Completed
 98 Son of Seth
 99 Mushy
 100 Salamander
 103 Distinctive theories
 105 Koppel or Turner
 106 Jazz pianist
 112 Beginnings
 117 Stage remark
 118 Nursemaid, to a rajah
 119 Average
 121 Orange type
 122 Stairway support
 123 Saved



- 124 Plummet
 125 Glower
 126 Loud noises
 127 Century units: abbr.
 128 Harris and Wynn
 129 Winter crystals

DOWN

- 1 Mama's mate
 2 Holliday's pal
 3 Humming sound
 4 Big rig
 5 Revisor
 6 Young boy
 7 Plains Indian
 8 Skirt length
 9 Perfume oil
 10 Mother Judd
 11 Mast
 12 Mata _____
 13 Ever and _____
 14 Record
 16 Determines
 18 Slashed
 19 Throbs
 21 Bee's follower
 27 Has debts
 29 Impose, as a tax
 30 Burst
 34 Passover dinner
 35 Mystery writer
 36 Require
 38 Lasso
 40 Baseball's Mel _____
 41 Weekly TV show
 42 *It* author
 43 Remove
 44 Muck
 45 Laze around
 46 Assert
 47 _____ *Smoke*
 48 Incorporated, to a
 Brit: abbr.
 50 Sun god
 52 Car shelter: abbr.
 57 Honolulu's island
 58 Palm leaf
 62 Flock member
 63 Gore and Franken
 64 Ceremony
 65 Lū'au fare
 66 Previously, to a poet
 68 Kicked out
 71 Mail
 72 Accustom
 73 _____ *Mia*
 74 Assured of success
 75 Bar order
 76 Dry
 77 Japanese currency
 79 Display
 80 Game fish
 82 _____ Mahal
 84 Warning sign
 86 Opposite of NNW
 89 Decaying
 92 Sir Gawain, e.g.
 93 Misplaced
 94 Donny or Marie
 95 Imitator
 97 Singer Shannon
 99 Treads heavily
 101 Wacky
 102 Kitchen device
 104 Sleep loudly
 106 Rock's Steely _____
 107 Pre-owned
 108 Bird or fruit
 109 Biblical spot
 110 Morays
 111 Dozes
 113 Liquid measures: abbr.
 114 Director / producer
 Reitman
 115 Infamous emperor
 116 Destroyed
 120 Closet bar

SOLUTION ON PAGE 194.



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LADDERGRAM

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

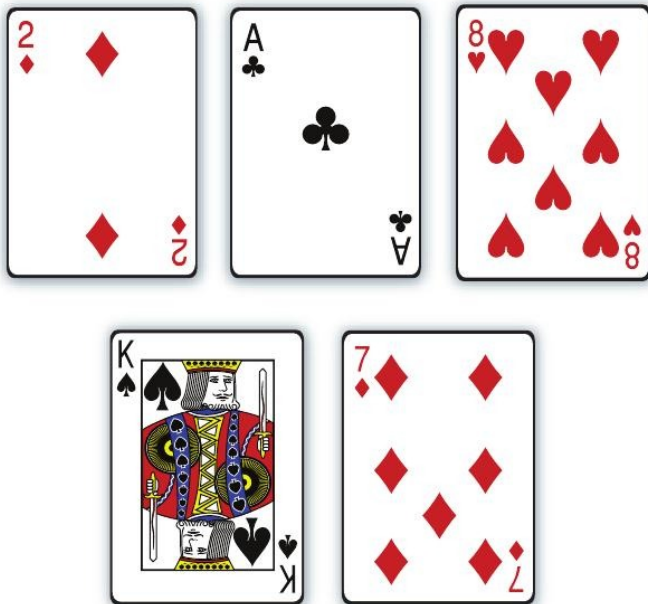
1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	

DEFINITIONS

- | | | |
|---------------------|--------------------------|----------------------------|
| 1. Knife parts | 9. Use a straw | 17. State under oath |
| 2. Necklace baubles | 10. Unrefined, as oil | 18. Fills with wonder |
| 3. Foundation | 11. Remedy | 19. Island garment |
| 4. Spring holiday | 12. Feel regret about | 20. Underwater tracker |
| 5. Steady look | 13. Less taxing | 21. Writer-director Ephron |
| 6. Relief from work | 14. Clear (a blackboard) | |
| 7. Patients' woes | 15. Corn spikes | |
| 8. Playful bites | 16. Reply | |

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 colors alternate, top to bottom.
- The seven is above both the king and the two.
- Neither diamond is on top of the stack.

ANAGRAM MAZE

The diagram contains 36 words, 19 of which are anagrams of other everyday words. Start at the top arrow and anagram SLOW. 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 TERM	2 FLEE	3 COLA	4 SWAP	5 RIFE	6 SLOW
7 FOUL	8 PEAT	9 KNIT	10 CLAP	11 PIGS	12 LOOK
13 LOUT	14 MILE	15 LACY	16 FATS	17 FULL	18 MARK
19 CELL	20 UNDO	21 TINY	22 BUSH	23 LAST	24 CLIP
25 LIFE	26 EGOS	27 RIPE	28 WISH	29 VEIN	30 BANG
31 LANE	32 MICE	33 ABLE	34 BEAK	35 BRAN	36 MILL

SOLUTIONS ON PAGE 195.

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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 194.**

DIFFICULTY: **EASY**

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

DIFFICULTY: **MEDIUM**

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

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CROSSWORD ON PAGE 188.



SUDOKU ON PAGE 193.

DIFFICULTY: EASY

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

DIFFICULTY: MEDIUM

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

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BRAIN BOOSTER PUZZLES ON PAGE 190.

LADDERGRAM

L	1. BLADES	2. BEADS	3. BASE	D
E	4. EASTER	5. STARE	6. REST	A
A	7. PAINS	8. NIPS	9. SIP	N
D	10. CRUDE	11. CURE	12. RUE	C
I	13. EASIER	14. ERASE	15. EARS	E
N	16. ANSWER	17. SWEAR	18. AWES	R
G	19. SARONG	20. SONAR	21. NORA	S

CARD SENSE

Since there are five cards, three red and two black, the colors alternate from top to bottom (clue 1) and the stack is red, black, red, black, red. The eight of hearts is the top card of the stack (clue 3). By clue 2, the bottom card is the two of diamonds, the next-to-bottom card is the king of spades, and the seven of diamonds is the middle card. By elimination, the ace of clubs is second from the top. In summary, from top to bottom: eight of hearts, ace of clubs, seven of diamonds, king of spades, two of diamonds.

ANAGRAM MAZE

The path through the maze, with just one anagram given for each, is: 6. lows; 5. fire; 4. paws; 3. coal; 2. feel; 8. tape; 14. lime; 15. clay; 16. fast; 22. hubs; 23. salt; 29. vine; 35. barn; 34. bake; 33. bale; 27. pier; 26. goes; 25. file; 31. lean

	2	3	4	5	6
	8				
	14	15	16		
			22	23	
25	26	27		29	
31		33	34	35	



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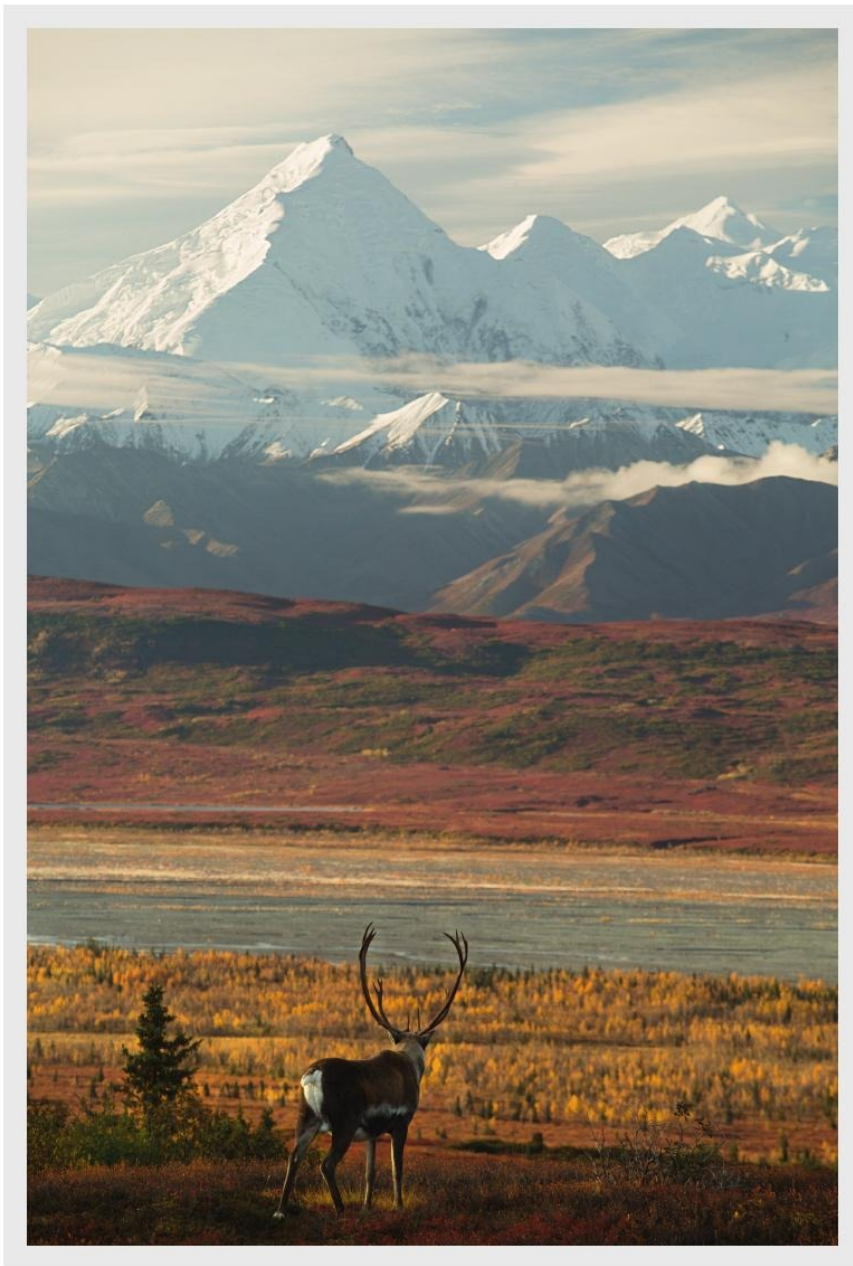
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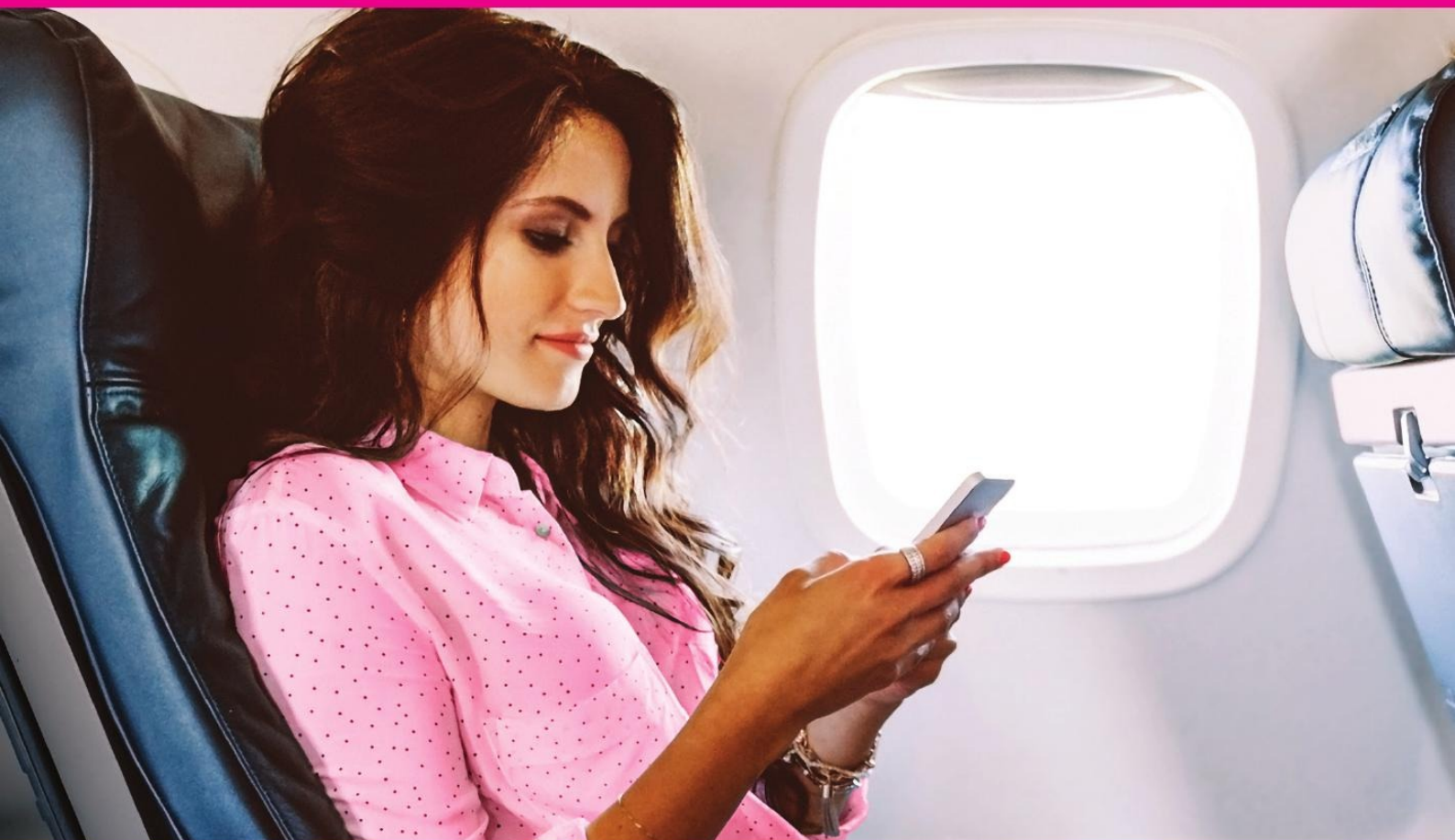


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