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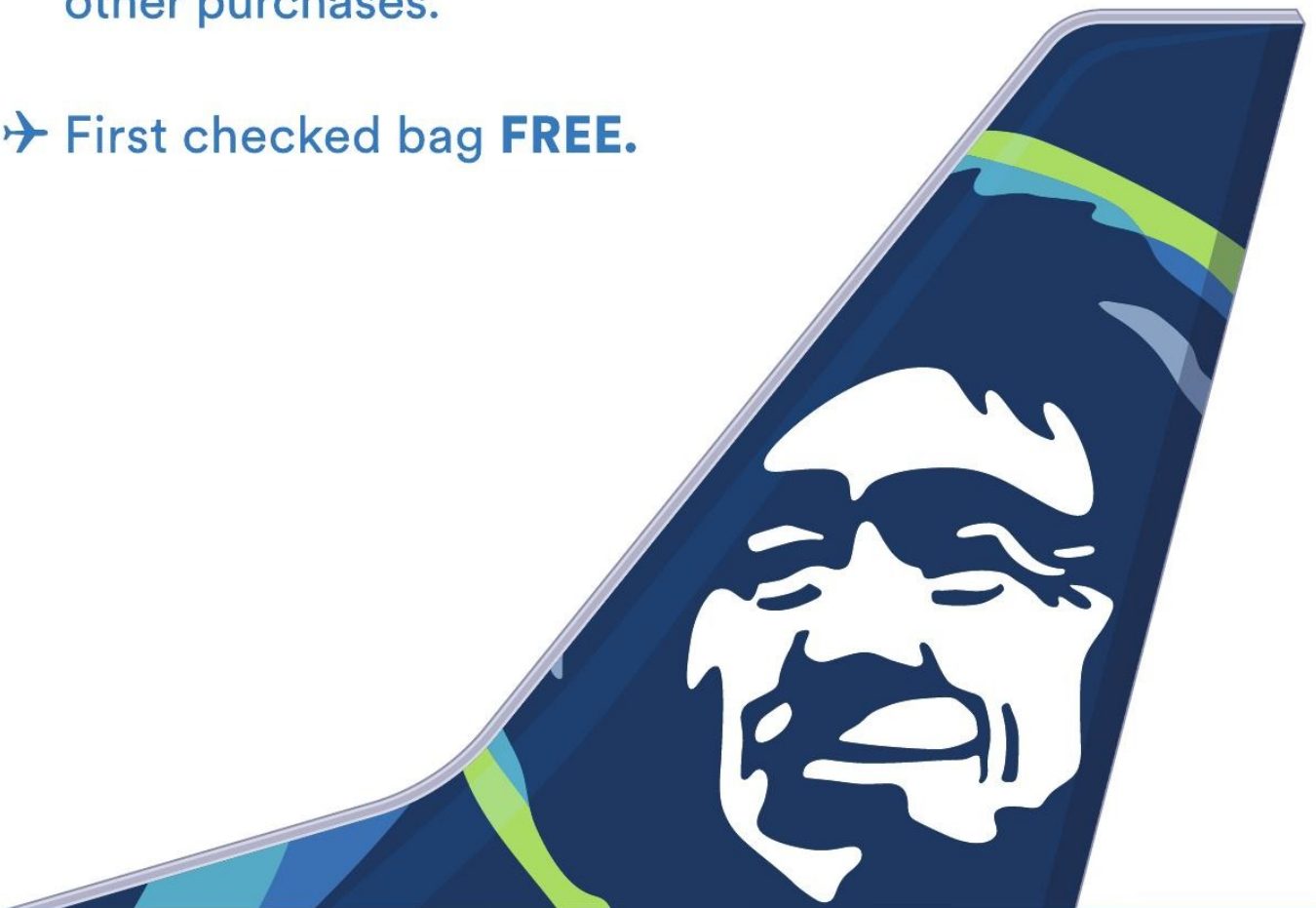
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INGRID BARRENTINE

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Macklemore is dedicated
to mentoring young people
through The Residency, a
music-education program
he co-founded.

Photo by Haley Blavka

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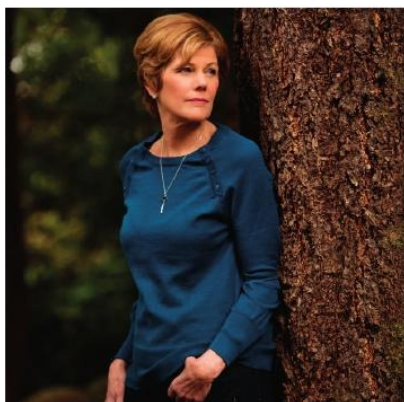
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***"This program made
me realize that I
want to try to live
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10 WEEKS TO YOUR BEST YOU!

My health has always been good. Although I tried to make exercise part of my lifestyle, I wasn't always consistent. Once I started my family, I didn't seem to have the time or energy to exercise. Even after my children had left home, most of my time was spent working in commercial real estate with my husband, Lane. I missed how exercise had made me feel, but couldn't seem to get it back into my life – until My Best 10.

It's amazing how your body changes once midlife hits you. I felt sluggish, my posture felt "off" from sitting at a computer all day, and clothes didn't fit the same way. I felt out of shape and I just wanted my body to feel better. While I wanted to lose the 10 pounds, my number one goal was to increase my fitness.

The program was revealing. Not only was I able to accomplish exercises I couldn't have imagined being able to do, but I also learned how to view food differently.

I also have to give a lot of credit to my trainer, Heather. She always checked in with me on how I was doing, reminding me of options I could try and encouraging me to set goals. I'd had a number of injuries from a broken foot, broken toes, shoulder issues, and bunion surgery. Heather would plan my workouts around all of those calamities, and I felt like I wasn't missing out on my training. A fun "aha!" moment was when I found myself able to do pushups again. That was like "Wow!"

Let me tell you what I'm most happy about. This program made me realize that I want to try to live my best life. It encouraged me to think of my physical and emotional well-being, and I realized I can't have one without the other. Waking up feeling this good, particularly at my age, reminds me daily of how important this program has been for me. I don't ever want to let it wane from my lifestyle.

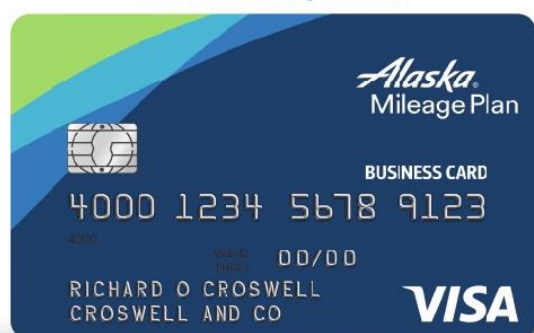
My Best 10 changed my life – and it also affected my family's lives. The demands of their lifestyles don't make it easy but, after seeing my success, my husband and my children have been inspired to take a closer look at their own exercise and nutrition habits. I enjoyed the program so much that I told my husband that he had to start exercising too. We both work out with our trainers twice a week and try to go for walks together a few times a week. This routine always makes me feel like I'm doing something good for myself.

Life at 66 is pretty awesome!

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WELCOME»

BEING DIFFERENT

» **The New Year** provides a great opportunity for us to take stock of what matters. In this column, our Chief Commercial Officer, Andrew Harrison, tells you a bit about our award-winning Mileage Plan, and about being a bit different. Enjoy! —Brad Tilden

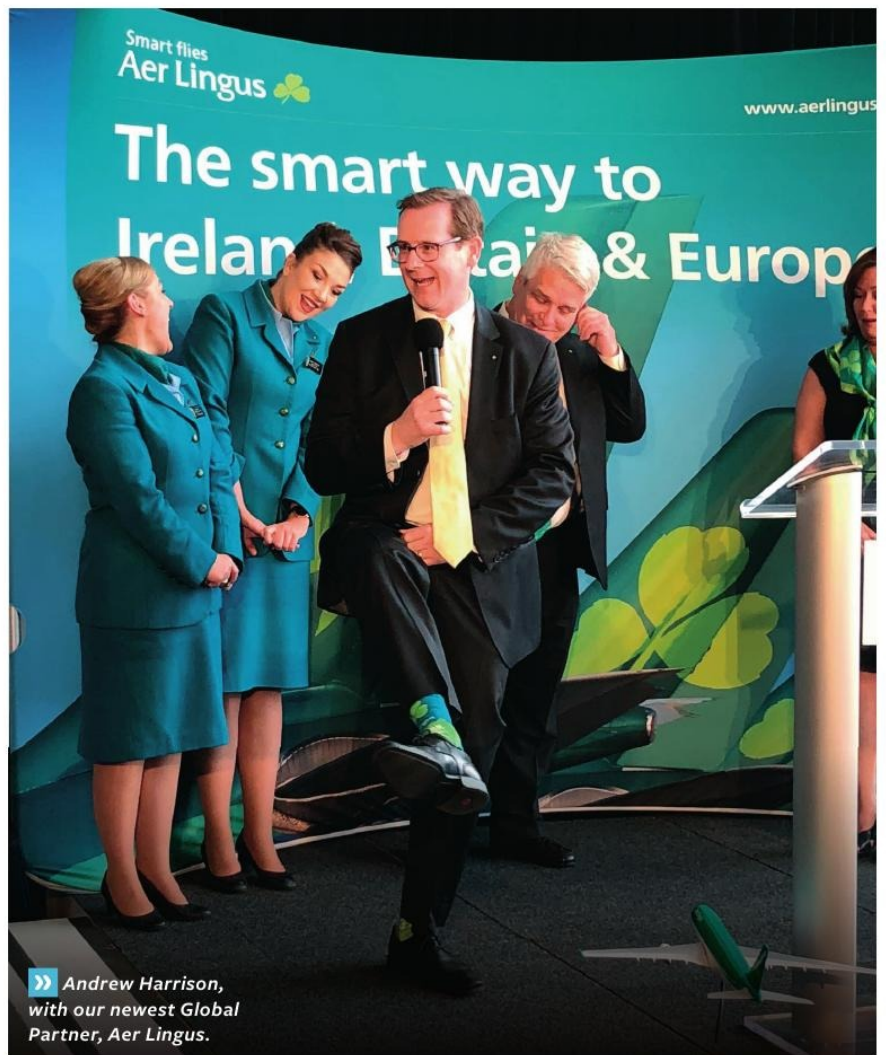
There is a belief that life can be a lot richer when you take the road less traveled. I tend to agree. In my early 20s as a CPA working for a large accounting firm, I elected to do something different. While my colleagues were climbing the corporate ladder, I took a transfer from my home country of Australia to work in the Czech Republic, right after communism fell. It was one of the hardest things I had ever done, leaving my family and country to go do something as different as I had ever experienced. But as I look back today, it was one of the most rewarding, character-building and unique experiences of my life.

At Alaska Airlines, we have made a deliberate decision to be *different*, particularly with our Mileage Plan. Other airlines' loyalty programs reward customers for how much they spend. Our philosophy is to offer low fares to our guests while giving them the maximum rewards possible—meaning we don't want to penalize you for paying a lower fare. We believe that's a win-win for our guests, and that's important to us. Here are some of the key elements of our program and why we're different:

■ **Miles for Miles**—Alaska Airlines is now the only major airline in the United States to offer a miles-based program, which means you earn miles based on the distance you travel rather than just the price that you paid. In addition, elite members of Mileage Plan earn more miles for every mile flown. For example, an MVP Gold 75K (our highest tier) earns 2 miles per mile flown, and 3 miles per mile flown on a paid First Class ticket. That adds up quickly.

■ **Complimentary Upgrades**—Alaska is committed to maintaining the highest rate of complimentary upgrades in the industry for our elite members. In fact, our MVP Gold and Gold 75K members are upgraded into First Class or Premium Class more than half the time.

■ **Alaska Global Partners**—We've grown to more than 1,300 flights a day across the United States, Canada, Mexico and Costa Rica. We also give our Mileage Plan members access to a large international network with our 15 Global Partners. Members can earn and redeem miles to 900 destinations worldwide. As an added bonus, our award-winning Global Partners give you a cultural experience aligned with your



» Andrew Harrison, with our newest Global Partner, Aer Lingus.



Brad Tilden,
Chief Executive
Officer



Andrew Harrison,
Chief Commercial
Officer

destination, essentially starting your adventure from the time you step onboard.

■ **Credit Card Program**—Our cardholders enjoy a unique set of benefits that we're really proud of. First, Alaska's Famous Companion Fare allows you each year to bring someone with you for only \$99, plus taxes and fees,

when you buy a ticket. And there are no blackout dates, so you can even fly on Thanksgiving. Second, a cardholder and up to six people on the cardholder's reservation can each receive a free checked bag on every flight. Finally, the value of these benefits can more than offset the low annual fee even after just one trip.

At the end of the day, we understand that a

loyalty program is nothing more than this—our promise to find meaningful and heartfelt ways to thank you for spending your time and resources to fly with us.

And, if you want to fly to the Czech Republic, we can get you there too—with our Global Partners.

Thanks for flying with us. —Andrew Harrison

» BIENVENIDO



SER DIFERENTES

» **El Año Nuevo** nos proporciona una gran oportunidad para hacer un balance de lo que es importante. En esta columna, nuestro director comercial les habla un poco de nuestro galardonado Mileage Plan, y de ser un poco diferentes. ¡Que lo disfruten! —Brad Tilden

Existe la creencia de que la vida puede ser mucho más placentera cuando se toma el camino menos transitado. Tiendo a estar de acuerdo. A principios de mis 20 años y siendo un contador público que trabajaba para una grande empresa de contabilidad, decidí hacer algo diferente. Mientras mis colegas ascendían por la escalera corporativa, opté por un traslado para trabajar en la República Checa, justo después de la caída del comunismo. Fue una de las cosas más difíciles que he hecho, habiendo dejado a mi familia y a mi país para ir a hacer algo totalmente diferente a lo que había experimentado. Pero hoy, al dar una mirada retrospectiva, ha sido una de las experiencias más gratificantes, formadoras del carácter y excepcionales en mi vida.

En Alaska, hemos tomado la decisión intencionada de ser diferentes, particularmente con nuestro Mileage Plan. Los programas de lealtad de otras aerolíneas recompensan a los clientes dependiendo de la cantidad de dinero que gasten. Nuestra filosofía es ofrecer tarifas bajas a nuestros clientes al mismo tiempo que les damos la máxima recompensa posible, lo



Brad Tilden,
Jefe Ejecutivo



Andrew Harrison,
Director Commercial

que significa que no queremos sancionarlos por el hecho de pagar una tarifa más baja. Creemos que es una situación beneficiosa para nuestros clientes y eso importante para nosotros. Quiero aprovechar esta oportunidad para compartir algunos de los elementos clave de nuestro programa y por qué somos diferentes:

■ **Miles for Miles**—Alaska Airlines es actualmente la única aerolínea importante en EE. UU. que ofrece un programa basado en millas, lo cual quiere decir que se obtienen millas en función de la distancia que se recorre y no solo en función del precio que se paga. Además, como miembros de élite, se puede obtener más millas por cada milla que se vuela. Por ejemplo, un miembro de Gold 75k (nuestro nivel más alto) obtiene 2 millas por cada milla volada y 3 millas por milla volada al pagar un boleto en Primera Clase. Eso se acumula rápidamente.

■ **Ascensos de cortesía**—Alaska está comprometida a mantener el índice más alto de

ascensos de cortesía en la industria para nuestros miembros de élite. En efecto, nuestros miembros de los niveles MVP Gold y Gold 75K son ascendidos a Primera Clase o Clase Premium en más de la mitad de las ocasiones.

■ **Aerolíneas asociadas globales de Alaska**—Hemos logrado tener ya más de 1300 vuelos diarios a través de los Estados Unidos, Canadá, México y Costa Rica. También ofrecemos a nuestros socios de Mileage Plan acceso a una amplia red internacional con nuestras 15 aerolíneas asociadas globales. Los miembros pueden obtener y canjear millas a 900 destinos en todo el mundo. Como bonificación adicional, nuestras galardonadas aerolíneas asociadas globales les ofrecen una experiencia cultural en línea con su destino, comenzando esencialmente su aventura desde el momento en que abordan nuestras aeronaves.

■ **Programa de tarjetas de crédito**—Nuestros titulares de las tarjetas disfrutan de un conjunto único de beneficios de los que estamos realmente orgullosos. En primer término, la Famous Companion Fare de Alaska permite llevar cada año a un acompañante por solo 99 USD más impuestos y aranceles cuando se compre un boleto. Y no hay fechas de invalidez, así que se puede volar el Día de Acción de Gracias. En segundo lugar, el titular de la tarjeta y hasta seis personas en su reserva pueden registrar una maleta gratis en cada vuelo.

Finalmente, entendemos que un programa de lealtad no es más que esto: nuestra promesa de encontrar maneras significativas y sinceras de agradecerles por invertir su tiempo y recursos volando con nosotros. Y si desean volar a la República Checa, también podemos llevarlos allí, con nuestras aerolíneas asociadas globales.

Gracias por volar con nosotros hoy.

—Andrew Harrison



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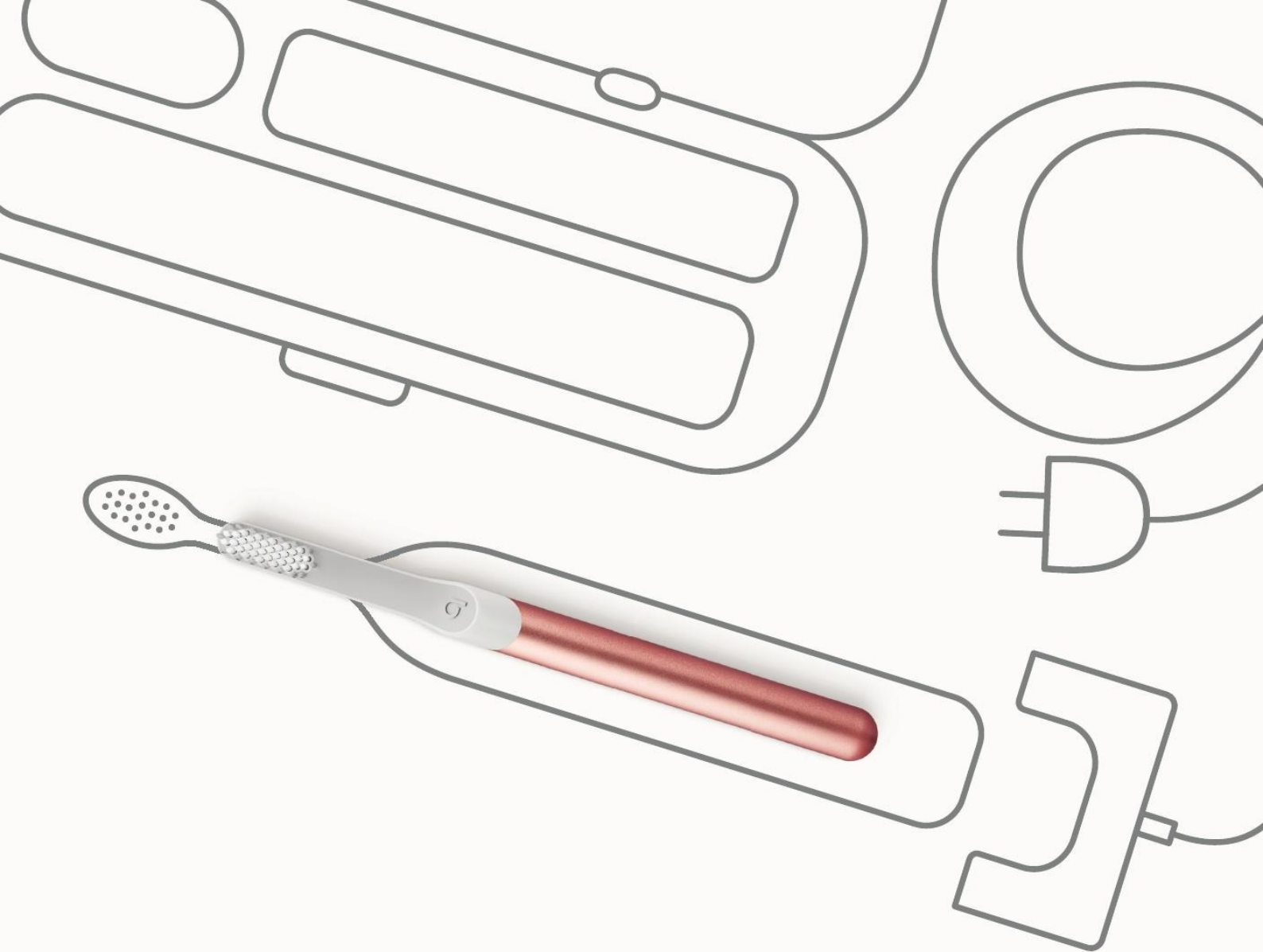
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IN THE KNOW»

WHAT'S NEW: SMARTER SNACKING

» **Alaska Airlines has the healthiest food in the sky**, according to an assessment of 11 major airlines released in November. The study, led by Dr. Charles Platkin, executive director of the Hunter College New York City Food Policy Center and editor of DietDetective.com, assigned a health score to each participating airline, based on criteria such as caloric content in the airline's foods, transparency about nutritional information, and the improvement and maintenance of healthy offerings.

Alaska's No. 1 rating in part reflects the addition of six better-for-you snack options available in the Main Cabin on most flights longer than 1.5 hours. The new options—which feature West Coast producers—include Creative Snacks Co. Heart Smart trail mix, Krave Sea Salt Original beef jerky, Skinny Dipped Almonds dark chocolate cocoa almonds, Luke's Organic sea salt potato chips, Lesser Evil Buddha Bowl Foods Himalayan Gold organic popcorn, and Umpqua Oats Organic Himalayan Fruit & Nut Oatmeal.

Alaska selected the snacks after scouring food shows and markets large and small. And the airline listened to guest feedback calling for healthy regional brands. “We looked for brands and products that would resonate with our guests and amplify our West Coast vibe,” says Todd Traynor-Corey, Alaska's director of onboard food and beverage services.

Alaska has also kept guests' budgets in mind, pricing the snacks between \$2.50 and \$4.50 each. All of the snack options are peanut-free and gluten-free. The popcorn, potato chips, trail mix and oatmeal are vegan, and all snacks except the jerky are certified non-GMO products.

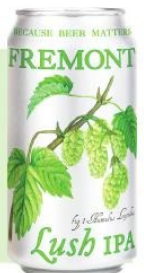


In addition to these new Main Cabin snacks, Alaska recently added fresh food options such as the Charge Up Protein Platter, available for purchase on most flights longer than 3 hours. Alaska also recently updated Premium Class snacks—these selections vary depending on time of day.

Additional details about Alaska's menu options are available on seatback cards, and nutritional information for all meals and snacks is offered at alaskaair.com. ✈

■ **A Luscious New Brew:** Alaska continues to get crafty with its beverage options, and is now offering the internationally acclaimed Lush IPA from Seattle-based Fremont Brewing on most flights. This celebrated Northwest ale boasts a tropical blend of flavors described by the brewery as “reminiscent of lime, mango and guava.”

Lush joins other recent additions to Alaska's beverage lineup, which include additional craft-beer options, West Coast wines and the airline's first craft cocktail—a Moscow Mule made with Cutwater Ginger Beer and Tito's Handmade Vodka.



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SERVING OTHERS

Flight Attendant Carol McKinney is a Legend of Customer Service

» **Attending to other people's needs** is a calling for Carol McKinney. "I love my job," says McKinney, a flight attendant based in Anchorage. "I feel like it's what I was born to do."

McKinney, who has worked for 23 years at Alaska Airlines, started fortuitously when she went to pick up an application for a friend and ended up in an interview process. She was soon hired part time as a Customer Service Agent.

Four years later, she nearly left the airline to pursue full-time work—only to have her manager tear up her resignation letter and pass back a flight attendant contract. Since then, she has thrived in her role, earning the respect and admiration of peers, supervisors and guests.

McKinney is known for anticipating people's needs before they ask—such as the time she offered help to a harried mother onboard with two young children. McKinney held one child while the mother attended to the other's needs. With the baby on one hip, McKinney proceeded to assist passengers, calming the child and bringing tears of relief to the mother's eyes.

McKinney, who has four grown children and five grandchildren, is also a caretaker outside of work. For several years, she opened her home to a weekly faith-based gathering that offered support to women coming out of prison. McKinney also has volunteered at the Downtown Soup Kitchen in Anchorage, washing clothes for women taking shelter there.

In 2017, this caretaker found herself needing the support of others, when McKinney was diagnosed with breast cancer. She fought hard and was back to the job she loves even before her last round of chemotherapy last May. With cancer now in remission, she is a survivor.

The experience has given McKinney new perspective, and she continues to bring her trademark calm, warmth and positivity to her flights.

"I'm so appreciative of each day that I get up and go to work," she says. "I really believe that we are here to serve people. And it's such a blessing to serve someone else." —Ben Raker



Carol McKinney.

QUESTIONS & ANSWERS

What do you like most about your job?
My co-workers and Alaska's passengers.

What do you bring on your travels?
Headphones and a swimsuit.

How do you measure success at work?
When I can make people laugh—that is a successful day.

Do you have a personal motto?
Seize the day. Enjoy today, because nobody knows about tomorrow.

Where do you like to travel?
I love to go to Hawai'i and Florida—warm places. But I also love to travel in Alaska. Favorite past trips include blueberry picking in Nome and kayaking in Sitka.

What's the best advice you've received?
One of my first supervisors told me, "Your greatest asset is your smile. When you look into your passenger's eyes, you share your heart." I still remember that.

KUDOS FROM CAROL'S CO-WORKERS

"She is natural as a leader, is trusted as a co-worker and makes us all proud that she is part of our team." —Serenity O., *Inflight Supervisor, Anchorage*

and genuine. For any situation that may arise, she can—and does—handle it with grace." —Theresa M., *Flight Attendant, Anchorage*

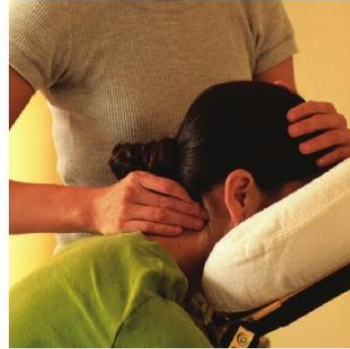
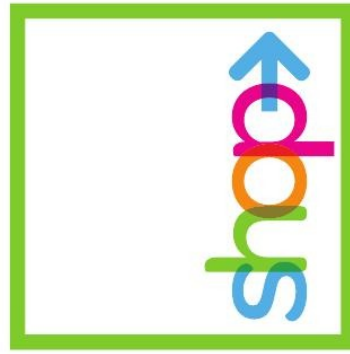
"No matter what's going on in her life, she always has more to give. She puts everything into perspective. It makes you feel like, 'I'm so lucky I have her in my corner.'" —Kim M., *Flight Attendant, Anchorage*

"Carol is a class act; passengers love her because she is professional, has a calm demeanor and takes control. There are so many positive words that describe Carol. Most importantly, I trust her. She always has the crew's and passengers' best interests at heart." —Kendall B., *Flight Attendant, Anchorage*

"I've been blessed and honored to fly with Carol. She's so very kind, compassionate



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CARING IS KEY

Customer Service Agent Brenda Cassel is a Horizon Air Pathfinder

» **Brenda Cassel** wants every guest to feel cared about—including kids. She hands out stickers (typically depicting something such as a Horizon aircraft) to children ranging from toddlers to sixth-graders who are flying out of Yakima, Washington, where she lives and works. The youngsters' response? "Total smiles," she says. "They are excited about it. They get a treat, and it's something they can take with them. I have four kids, and they loved stickers when they were young."

Cassel also seeks to create a personal connection with adult guests, complimenting them on everything from stylish nail polish to a great tie. "I want to provide a personal touch," she says. "I greet them with a smile and acknowledge them so they can see that I am going to take care of them. That is a big deal to me. I love the customers. I love the energy that they bring. They are hopefully going on a great adventure, and that makes me excited for them, because I love to travel. A lot of times I give tips on restaurants or places to see, and the guests come back and say, 'Hey, I went there, and it was great.' That sparks me."

She's even spent time after hours answering texts from guests seeking recommendations for travel or for how to make the most of their Alaska Mileage Plan benefits. "A lot of customers are frequent flyers, and we get to be on a first-name basis. We develop a good rapport."

Cassel began working for Horizon's Yakima station in 1988, following an airline-related internship while she was obtaining a bachelor's degree in public relations at Central Washington University (where the sports aficionada also played volleyball and basketball). She and her husband wanted to stay in Yakima, and she decided to make Horizon her post-graduation career because of how much she enjoyed working with guests and with the Horizon team members. "I wanted to work somewhere with great individuals who had a lot of heart and did the right thing," she says. —Michele A. Dill



Brenda Cassel.

QUESTIONS & ANSWERS

What is a typical day on the job?

No day is ever the same, and I like that. I may check people in, help board them, load baggage, de-ice planes, or marshal the planes in and out. There are four of us per flight, so anything that needs to be done, we just do it together. I feel I've been a success if I've been a great teammate; the flights went out on time; and I made sure every guest felt taken care of.

What's been a memorable experience?

There are a lot of wealthy people who live in the Yakima Valley or enjoy visiting this

area. One time Danny Glover flew out, and I don't have time to see a lot of movies, so I didn't know who he was. After I checked him in, my co-workers said, "That's Danny Glover." I looked online and saw he was a famous actor, so at the gate I said, "I'm sorry I didn't recognize you. Can our team get a picture with you?" He graciously agreed.

What do you always travel with?

A green-colored blanket, in case I feel cold or I have to wait in an airport. I don't even know how many miles that blanket has gone—the stories it could tell!

PRAISE FOR BRENDA

"Over her 30 years with Horizon, Brenda has served in both the reservations and stations teams, bringing to both a love for this company, and its guests and its people, that is unmatched.

Her colleagues speak at length about her positive energy; her personal touch; how she encourages others; and her ability to get things done, taking care of people in ways large and small.

She currently plays a key role on a team leveraging experienced employees from different work groups to improve operations and bring concerns directly to those in charge. People comment on how much this company means to her.

She also provides community service, from participation in local parades to Habitat for Humanity." —Diana S., Horizon Vice President of Customer Service, Seattle

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20/20
LifeStyles®

CHRIS LOST 36 POUNDS

"I FEEL STRONGER AND
HEALTHIER THAN I DID
10 YEARS AGO."

I admit it. I tend to procrastinate. I've been a member at PRO Club since 2008 and would come to the club every so often to do some cardio. I had always thought about doing the 20/20 LifeStyles program. My wife and I knew a number of co-workers who had been through the program and made significant changes. However, every year I'd push it off saying, "I'll do it next year." And every year, I'd gain another five or six pounds. Finally, it was my wife who signed me up. I'm glad she did.

Before 20/20 LifeStyles, I didn't really have good nutritional habits. My diet consisted of bread, meat, and cheese. I rarely ate any fruits or vegetables. When I started the program, I decided to be fully committed. While I wanted to lose some weight, my biggest goal was to adopt healthier eating habits.

The nutrition appointments were the biggest eye-opener. It was interesting to understand the breakdown of what a healthy diet actually is. I was also quite happy to see that I could still eat a lot of meat while staying healthy. The diet converted me to not be scared of eating vegetables.

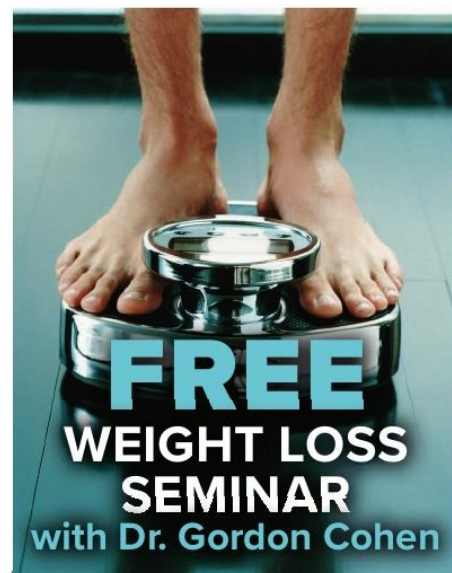
Learning how to do food tracking was my biggest takeaway. I like being able to track my calories and being able to measure the results on a day-to-day and long-term basis. When I eat poorly one day, I'm able to balance that out over the following days.

I did gain a little weight when we went on vacation, but I knew how to get back on track when we returned. Life is up and down. It's nice to know how to manage that.

Right now, I'm in better shape than I was in college. My trainer, David, has been a big part of that. He taught me the right way to exercise, such as how to lift weights with proper body mechanics without hurting myself. I liked how he gradually ramped up my exercise, making sure that my form was solid before adding on more weight. I continue to train with him even after the program. He provides a workout that I don't have to think about. I just do it and feel great afterwards.

I see myself getting fitter. My pants don't fit anymore and I have to wear a belt with everything. It was a real eye-opener to go to the store and think, "This is my new normal now. I'm a smaller size." Shopping has become a whole new experience.

I feel stronger and healthier than I did 10 years ago.



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CREATING NEW LEADERS

Alaska Native Science & Engineering Program helps students succeed

By Melissa DeVaughn

» **Tvetene Carlson** was a typical middle-schooler growing up in Cantwell, Alaska, a town of 220 residents located on the eastern edge of Denali National Park & Preserve.

At the age of 12, Carlson enjoyed snowmachining, hunting and fishing in the rural area about midway between Anchorage and Fairbanks. However, he also had another passion: an interest in math and science, or what he calls “nerd stuff.”

Carlson, who is now 20, found that few of his fellow students gravitated to math and science at his K-12 school, which had a student body of about 20. So, in 2011, Carlson’s mother signed him up for the Alaska Native Science & Engineering Program (ANSEP), which brings mostly Native youth from across the state to the University of Alaska Anchorage (UAA), where they receive instruction in math and science.

“It seemed like no one in my school liked math,” says Carlson, who first attended the ANSEP Middle School Academy during the summer. “I’ve made many good friends in the program, and we all enjoy an interest in the sciences.”

The program currently enrolls 2,500 students from 100 different Alaska communities and aims to develop Native leaders in the science, technology and engineering fields. “Our objective is to bring kids into the university who are academically and socially ready for college,” says ANSEP founder, vice provost and engineering professor Herb Schroeder, Ph.D. “It’s our intention to transform education in Alaska.”



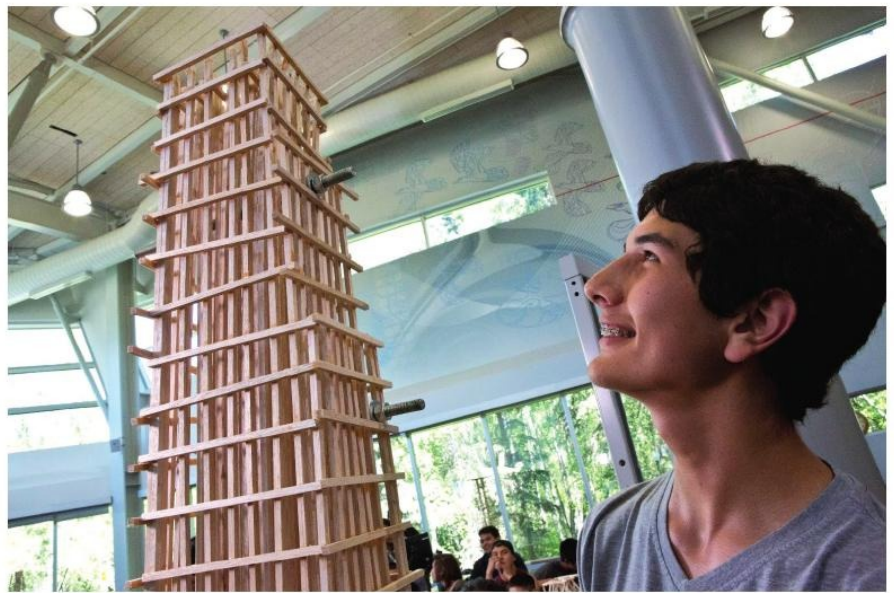
When ANSEP was launched in 1995, the program focused on scholarships for college students. In recent years, it has evolved to also focus on younger students, including those in middle school, to develop an interest in math and the sciences. “Middle school is about inspiration and generating excitement,” says Schroeder. “We tell the students, ‘Coming to ANSEP is like when your parents get ready to

go hunting or fishing. They are preparing and getting ready so they will be successful.’ ANSEP prepares you for success.”

The ANSEP Middle School Academy teaches the classes in a hands-on manner. Carlson says he enjoyed the biology program because he loved being outside. In the engineering program, “I enjoyed building models of bridges

and watching them break apart during the simulated earthquakes.”

The high school program, Acceleration Academy, allowed Carlson to focus on engineering and tackle college-level math courses. Because of the credits he earned while in high school, he was able to graduate early from



» **Tvetene Carlson, above, inspects a wood tower he and other students built in ANSEP’s high school program to test the effects of earthquakes on structures. In ANSEP’s Middle School Academy, Carlson learned how to build his own personal computer, below.**

UAA, earning a degree in civil engineering in December 2018. Carlson is among the nearly 75 percent of ANSEP students who go on to graduate from college.

Alaska Airlines is proud to join more than 100 corporations, philanthropic organizations, schools, and state and federal agencies that support ANSEP. The airline helps the students with air travel to and from their homes in Alaska. Schroeder says ANSEP is growing and sponsors such as Alaska are integral to the program’s success.

“The proven ANSEP model is guiding the next generation of leaders to contribute to their communities and the state,” says Tim Thompson, the Alaska Airlines manager of external affairs for the state of Alaska. “The program provides important and meaningful academic connections for Alaska students in both rural and urban settings.” ✈

For more information about ANSEP, and to support the program, visit ansep.net.

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

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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 26 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

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1.5X

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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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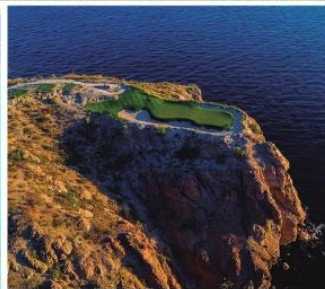
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A homemade
cranberry-ginger
smoothie.

SMOOTH SIPPING

By Chef Joshua Rappaport

» During the winter, people commonly associate cranberries with the sweet side dish—sometimes saucy and sometimes gelatinous—that follows turkey around a holiday table, almost as an afterthought. Yet the little red fruits have so much more to offer and can be used in a variety of recipes. Loaded with antioxidants and naturally low in sugar, the berries pack anti-inflammatory compounds and provide a powerful immune-system boost in the form of vitamin C. They also are positively bursting with tart flavor that pairs well with many other seasonal foods.

Originally cultivated in New England, cranberries are now a mainstay of Pacific Northwest agriculture, grown in coastal regions stretching from Southern Oregon to British Columbia. The humble red orbs usually don't make the roster of standout Northwest foodstuffs, and in my mind, this is shabby treatment for a diminutive fruit that brings so much to the table.

The following smoothie recipe combines sweet-yet-tart cranberries with ginger and turmeric—two

more superfoods with invigorating properties of their own. Balanced by a touch of clover honey and blended with protein-rich Greek yogurt, the berries take a well-deserved turn at center stage in this energy-boosting treat. The smoothie pairs well with sweet or savory breakfast items, or as a stand-alone snack at any time of day.

You can use fresh cranberries in this smoothie if you can find them, but frozen berries also work. Ginger puree is available in jars or tubes at most supermarkets—look in the produce section or in the section with Asian-cuisine ingredients. Making smoothies works best in a high-power blender, but in a pinch you can use a food processor or a small hand-held immersion blender instead. ✈

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 Cranberry-Ginger Smoothie now available on certain morning flights in the First Class Cabin.

CRANBERRY-GINGER SMOOTHIE

(Makes about 1 quart.)

- 12 ounces fresh or frozen whole cranberries
- 3 tablespoons ginger puree
- 5 tablespoons honey
- 1 cup plain, whole-milk Greek yogurt
- ½ cup orange juice
- 1 banana, peeled and cut in chunks
- ½ teaspoon ground turmeric

Combine all ingredients in a blender and process at high speed until smooth and evenly combined. Do not overblend or the texture will become gummy. Serve immediately or refrigerate in a jar for up to 12 hours. If serving after refrigeration, shake the mixture well before pouring to ensure that it hasn't separated. Or buzz briefly again in the blender to remix the ingredients.

the Crab Pot

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the Crab Pot
RESTAURANT & BAR



ALASKA HOMECOMING

» **New airline service** out of Paine Field Snohomish County Airport in Everett, north of Seattle, is a homecoming for Alaska Airlines.

In the late 1940s, Alaska and its growing fleet of World War II surplus aircraft outgrew the airline's Anchorage base, and the company decided to move its operating headquarters to Paine Field.

The airline would move its corporate headquarters to downtown Seattle in 1953, but it kept a maintenance hangar at Paine Field. Three years later, Snohomish County officials built a hangar for Alaska at the southern end of the airfield. It wasn't until 1963 that Alaska relocated its maintenance team to Seattle-Tacoma International Airport. Since 2008, the Snohomish hangars have been used by the late Paul Allen's Flying Heritage & Combat Armor Museum.

When construction of the airfield began in 1936, the field was intended to be a large commercial airport. It was named after Topliff Olin Paine, a pilot who grew up in Everett and flew for the then-experimental Air Mail Service in 1920. However, the airfield was used as a base for military operations during World War II and the Korean War. In 1966, Boeing built the plant for its new 747 operations adjacent to Paine Field, and the site now hosts more than 50 businesses.

Alaska Airlines will operate 18 daily flights out of Paine Field (PAE) to eight major western destinations. ✈





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DESTINATION DIVERSITY

Day trips enhance a sense of place

By Bridget Veltri



» I settle into a spot on the Golden Gate Ferry headed north to Sausalito, but I face south so that I'll have a view from the water of the pretty city I call home. San Francisco gets smaller and smaller as we glide through the deep blue ocean east of the Golden Gate Bridge.

When I disembark the ferry, my friend Megan Paladini, from my days at Cal Poly, San Luis Obispo, picks me up. We are meeting for an excursion to Tomales Bay, an oyster-producing area that lies between her home in Sebastopol and my home in San Francisco. In true Megan style, she has surprised me by borrowing her mom's convertible for the day. I slide in, put my sunglasses on and tie back my hair. I'm ready for sunshine and shellfish.

Sometimes a day trip can feel like a big trip, and sometimes places that are near each other can be drastically different in size and attitude. In my various travels, domestic and abroad, I've found that day

trips from whichever metropolis I'm visiting allow me to get to know the region in a completely different way, providing a richer travel experience than if I had simply stayed in the city. For instance, I've taken a day trip from Paris to the Loire Valley to see the châteaux, and journeyed from New Orleans to tour a nearby swamp and a plantation.

Today, Megan and I wind our way up green hills on Highway 1, continuing on the highway as it runs alongside Tomales Bay. We stop at The Marshall Store—it's actually a restaurant—whose oysters are provided by a sister business, Tomales Bay Oyster Company, established by a local sea captain in 1909. We choose from options that include Kumamotos, and sit at an outside table to be served. As we sip sparkling wine, squeeze lemon on our briny yet also slightly sweet raw oysters, and gaze at the seascape, I make a mental note to learn more about California's oyster industry.

Since moving to the Bay Area, I have also discov-

» ON POINT VIEW

ered regional treasures such as the rural Sonoma County community of Valley Ford (population approximately 150), with its verdant pastures for cows, sheep and horses; its family-style Italian restaurants, such as Dinucci's Italian Dinners; and its 60-year-old Valley Ford Market, which offers everything from fishing tackle to locally made sausages and pies.

Before meeting Megan in college, I'd never heard of her own Sonoma County town of Sebastopol (population about 7,200), and I had no idea that apples had been cultivated there since the late 1800s. (I still need to make it to Sebastopol's annual Apple Blossom Festival, which will mark its 73rd year this April 13–14.)

Thanks to visits to see Megan, I've become acquainted with the apple orchards on the outskirts of the town; the quirky art sculptures, made from recycled materials, that dot Florence Avenue; and the ice cream at Screamin' Mimi's, a 20-plus-year Sebastopol

institution known for its frequently changing flavors, ranging from Rosemary Lemon to Walnut Crumb Cake. I find the small town to be as sweet, fresh and crisp as the apples grown in the area. Sebastopol is also part of California's famous Sonoma County/Napa County wine country, and I've experienced how wineries in and around small towns such as Sonoma, St. Helena and Calistoga, as well as Sebastopol, help to illustrate the variety of the terrain and wines that visitors can enjoy.

The city of San Francisco is also a great base for adventures to natural wonders such as Muir Woods National Monument. I love walking along Muir Woods paths such as the Main Trail, which follows Redwood Creek, and which is also accessible to wheelchairs for much of the way. When the weather is foggy, the trees feel mythical, and the forest feels like it's straight out of a storybook. It seems as if a fairy or witch could appear at any moment.

Muir Woods has been a federally protected monument since 1908, preserving spectacular old-growth coast redwoods that now provide visitors with a sense of the arboreal grandeur that was once found throughout more of the region. Whenever I visit Muir Woods, I feel energized and peaceful at the same time—not a common feeling.

There is a lot to be discovered just a short drive or ferry ride from the City by the Bay, and these discoveries offer both a broader and deeper understanding of—and appreciation for—this part of the world. Riding back on the ferry from Sausalito as the fog rolls in over the Golden Gate Bridge, I zip up my hoodie and feel grateful to live in such a beautiful region, where a simple day trip can take me so far. ✈

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

FOR HEALTHY LIVING

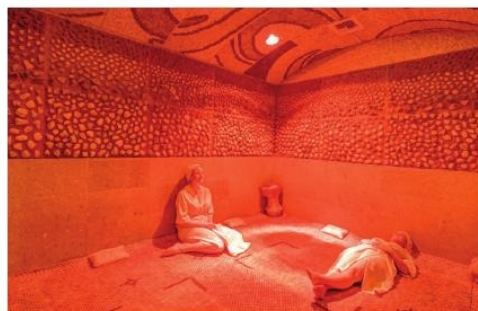
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VACATION GOALS

Tips on fulfilling your travel resolutions

By Johnny Jet

» **Around this time of year**, when people often think about what they want to accomplish in the months ahead, I hear many of my friends say that they'll finally take that dream vacation, but often they don't end up following through (just like me and my well-intentioned resolutions to go to the gym). I also get a lot of questions from readers who are gung ho to plan a new trip. As 2019 begins, it's time to turn resolutions into reality.

Following are answers to some of the questions I'm most frequently asked:

How can I afford a dream trip?

Start saving: Curb your shopping; stop drinking that \$5 latte every day; and start a separate savings account for your vacation. You'll be surprised how quickly your travel fund can add up if you make small changes to your habits.

When should I go?

It all depends on the destination. As a general rule, find out when the busy season is, and go either right before or right after. Most likely, you'll still experience great weather, but the area you visit will be less crowded and cheaper.

If I have a date range in mind, how can I use that to find a destination?

Opening your search to finding great things you can do during a specific time frame can help find unique, timely reasons to go to a new city. For instance, if you'd like to travel in early April, you might want to fly to Washington, D.C., to catch the National Cherry Blossom Festival. *Alaska Beyond's* The Mix section

(please see page 39) highlights current and upcoming happenings around the country. In addition, reading and posting on forums such as Reddit ([reddit.com](https://www.reddit.com)) can be useful for gathering ideas from other travelers.

What if I don't know where to go, but I want to branch out?

I like your thinking. Consider what type of vacation you'd like to take. There are a number of websites that can help hone that answer. My favorite for inspiration is Kayak's little-known "Explore Map" feature ([kayak.com/explore](https://www.kayak.com/explore)). Just input your departure city, and browse the site's vacation categories—which include Yoga Getaways and UNESCO World Heritage sites—in cities that are easy to reach by plane from your location.

While online flight searches are great for research, Alaska Airlines offers a low-price guarantee on tickets purchased directly through its website ([alaskaair.com](https://www.alaskaair.com)), where you can also find travel ideas and more information

on destinations served by Alaska and its Alaska Global Partners.

How can I find places near me that are interesting and not well-known?

You don't need to fly halfway around the world for an amazing trip. You probably have some incredible places right in your backyard that people on the other side of the country or globe dream of visiting. To find out about interesting and undiscovered places, ask your friends; search your city's hashtag and geotag on Instagram; and use search engines to see what comes up near you.

I'm hoping these sites and strategies have helped motivate you to start planning that ideal trip. As for me, I'm about to get off the couch and do some pushups. ✈

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



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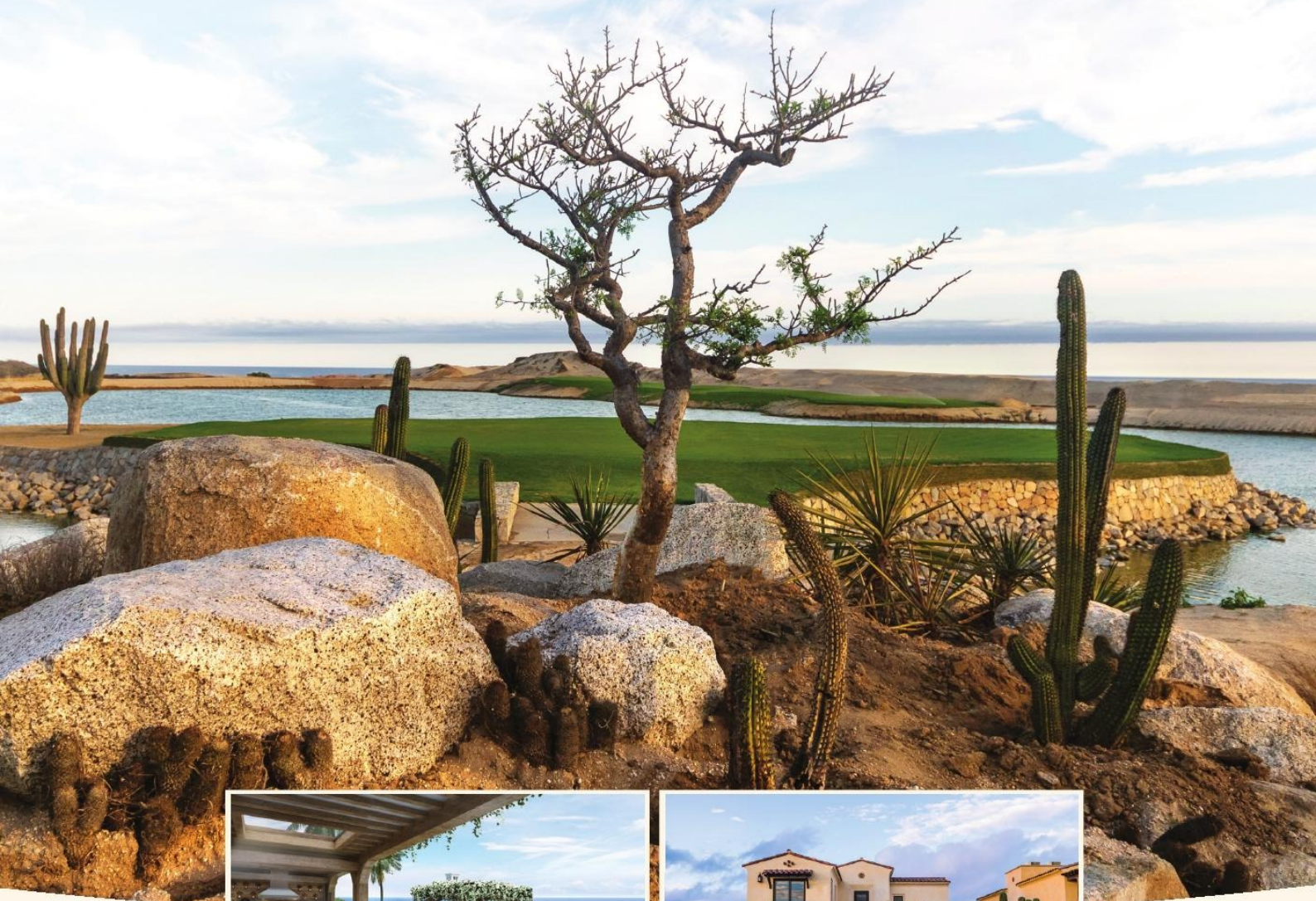
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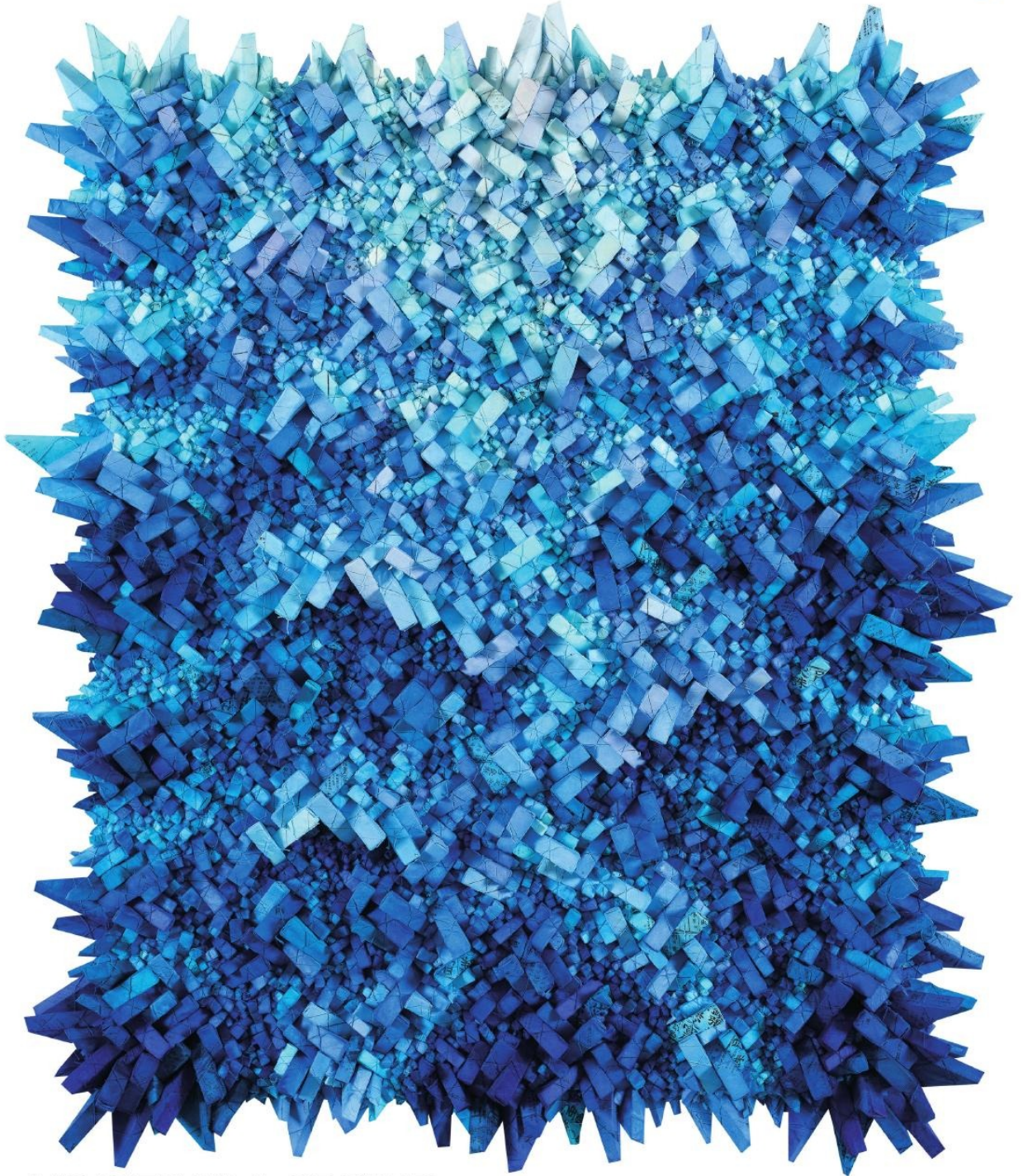


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THE FEED»



VOICES IN A CROWD

» To create each of his crystal-like *Aggregations* sculptures, South Korean artist Kwang Young Chun combines hundreds of small parcels that he handwraps in mulberry-pulp paper, called *hanji*. This ornate and intricate work is on display at the Brooklyn

Museum in “Kwang Young Chun: *Aggregations*,” through July 28.

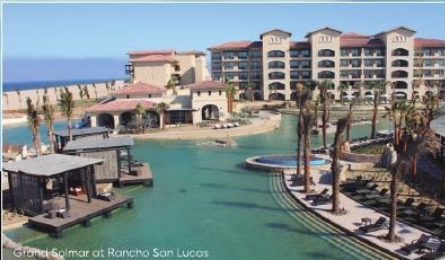
The exhibit features six sculptures inspired by Chun’s background in abstract painting, as well as by his memories of Korean apothecaries selling medicine in small parcels. He

creates each piece using the pages of old books—Korean or Chinese philosophy classics printed on *hanji*—and thinks of the passages on the parcels as voices that can be overheard in a crowd.

For more information, visit brooklyn-museum.org. —Raelynn Sheridan



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A TASTE OF CHARLESTON

More than 100 restaurants are participating in the ninth semiannual Charleston Restaurant Week, which offers diners prix fixe lunch and dinner menus, Jan. 9–20.

Diners can expect innovative dishes from acclaimed chefs, such as Le Farfalle's Michael Toscano, as well as creative takes on classics such as shrimp and grits.

Participating establishments range from the fine-dining restaurant Circa 1886 to Bay Street Biergarten, a Bavaria-inspired beer garden with more than 30 brews on tap. Restaurants such as Poogan's Porch, Oyster House, and Tavern & Table are showcasing the seafood bounty of South Carolina Lowcountry.

The Lowcountry Oyster Festival is Jan. 27. Visit charlestonrestaurantassociation.com. —Cassie Kang

NHL STARS ALIGN IN SAN JOSE

» The NHL All-Star Weekend heats up San Jose

Jan. 24–26, when SAP Center, home to the San Jose Sharks, will host hockey's midseason showcase.

Highlights include the All-Star Skills competition, Jan. 25, in which some of the game's best players show off skills in skating, passing, puck control, shot velocity, shot accuracy and shot-saving. For the NHL All-Star Game, Jan. 26, the league's top players take the ice in a three-game tournament, played in a 3-on-3 format featuring a team from each of the four NHL divisions. Fan Fair will transform the San Jose McEnergy Convention Center into an interactive experience with games, NHL team mascots and the opportunity to see the Stanley Cup. Visit sjsharks.com/allstar. —Cassie Kang



Minnesota Wild's Devan Dubnyk makes a save on Joe Pavelski (8) of the San Jose Sharks in the 2017 All-Star Game.



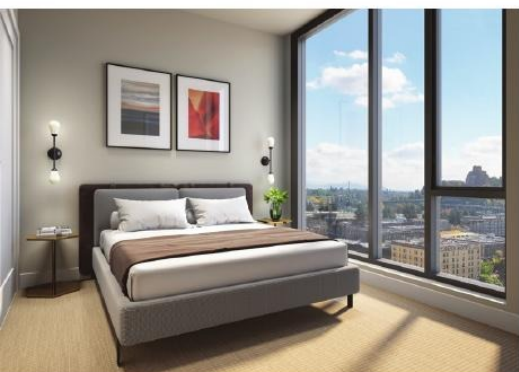
OPEN HOUSE

» In Sam Houston Park, there is a house with holes in the walls, reminiscent of Swiss cheese. Inside, there are no furnishings, but the walls are collaged with vintage photographs depicting people and places of Houston's past. This is Havel Ruck Projects' *Open House*, an on-site installation by Houston-based art duo Dan Havel and Dean Ruck, on display through February.

Open House strives to provide a simultaneous look at Houston's past and present. Stand outside the 1940s-era structure, a previously abandoned home moved to the park from Santa Fe, Texas, and contrast the Midcentury architecture with Houston's gleaming skyline. Inside, compare the vintage photos on the walls to the skyline seen through the many holes. At night, the house, illuminated from within, casts a unique spotted image on the nearby grounds.

The temporary *Open House* installation joins other historical buildings in the park, including the 1891 St. John Church.

For more information, visit downtownhouston.org/guidedetail/art-blocks/open-house. —Cassie Kang



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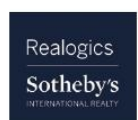
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A CURIOUS CIRCUS OF WEARABLE ART

» **Creativity bursts at the seams** at Wearable Art Ketchikan, where garments have been made from up to five pounds of feathers or 3,000 flowers—and a whole lot of hot glue and duct tape.

For 33 years, the show has invited artists of all ages and skill levels to create wearable art based on a theme. This year's theme is Circus of Curiosities. Past outfits seen on the Ted Ferry Civic Center runway have been made from materials such as sequins, bark, trash bags and milk jugs. Music, dance, theatrics and fashion combine for a memorable experience as the art appears live on the runway each night, Jan. 31 through Feb. 2. For information, visit ketchikanarts.org. —*Raelynn Sheridan*



STRATEGIC SCULPTURE

» **St. Louis artist Peter Manion** has loved chess his entire life. He's been captivated by the strategic nature of the game since he was a boy playing chess against his friends and his home computer. Now, he's turned his passion for the game into "Universal Turf: Peter Manion," an exhibit at the World Chess Hall of Fame in St. Louis.

The exhibition, running through April 14, features eight sculptures, some of which are more than 9 feet

tall, as well as drawings. The colorful sculptures are made of plaster-coated panels of dyed felt and are meant to crumble and warp over time—reflecting how chess is a constantly shifting game, Manion says.

One segment of the exhibit asks visitors to affix felt pieces to a wall, changing the pattern much like chess moves change the shape of the board.

For more information, visit worldchesshof.org. —*Cassie Kang*



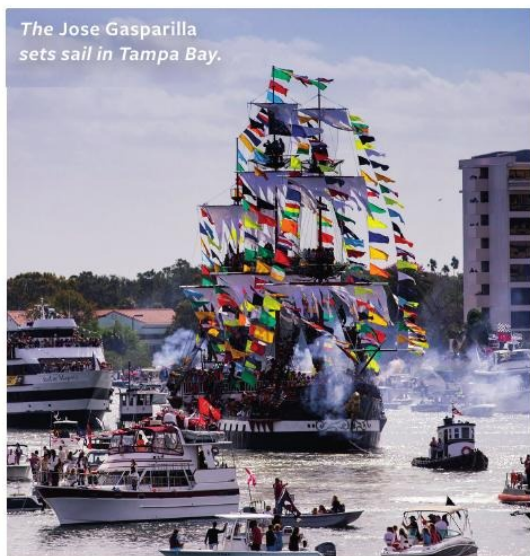
SAN DIEGO CELEBRATES 250 YEARS

» **In 1769, Gaspar de Portolá**, a Spanish military commander, founded the Presidio of San Diego, and Franciscan friars soon established Mission San Diego de Alcalá, the first mission within what is now the state of California. In 2019, the city of San Diego commemorates the 250th anniversary of its founding with a year of events marking significant moments in the city's history. Monthly lectures and other events are expected throughout the year, and among the marquee festivities will be the Founders' Day Festival in Old Town San Diego on Sept. 14–15. For more information, visit oldtownsandiego.org/250th. —*Raelynn Sheridan*



» THE FEED THE MIX

The Jose Gasparilla sets sail in Tampa Bay.



ARRR YA READY?

» **More than 750 swashbuckling** pirates aboard the *Jose Gasparilla* are set to invade Tampa, Florida. The ship's docking marks the beginning of Gasparilla Pirate Fest, Jan. 26, which boasts a day of pirate-themed events, including a 4-mile parade that attracts more than 300,000 enthusiastic spectators.

It's all part of Tampa Bay's annual Gasparilla Season, featuring events from mid-January through mid-April, and named for legendary buccaneer José Gaspar, who roamed the waters of west Florida and the Gulf of Mexico during the

late 18th and early 19th centuries.

Events begin Jan. 19 with the Children's Gasparilla Extravaganza, highlighted by a 100-float parade. The Sant' Yago Knight Parade, Feb. 9, is a nighttime event illuminating Tampa Bay's Ybor City area with colorful lights, floats and dancing. Other events include the Gasparilla Festival of the Arts, March 2-3, which features hundreds of artists selling their work, and the Gasparilla Music Festival, offering live performances, March 9-10. Go to visittampabay.com/tampa-events/gasparilla-season. —Pooja Galgali

SF LOL

Since 2002, SF Sketchfest has evolved from just a few friends wanting to tell jokes together into a festival featuring more than 250 shows. Sketchfest advisory board member Fred Armisen has called the event "summer camp for comedy."

Comedians at this year's Sketchfest (Jan. 10-27, at venues across San Francisco) include Ron Funches, who has appeared on television shows such as *Curb Your Enthusiasm* and *Black-ish*; Heather Matarazzo, known for films such as *The Princess Diaries*; and parodist "Weird Al" Yankovic.

Performances focus on interactive and immersive experiences, and range from tributes to sketch comedy. For instance, during *The Bat: Improv in the Dark*, comedians such as Parvesh Cheena (*Crazy Ex-Girlfriend*), Danny Pudi (*Community*) and Gary Anthony Williams (*The Boondocks*) tell an improvised story, spun from audience suggestions, entirely in the dark.

Get information at sfsketchfest.com. —Raelynn Sheridan



"Weird Al" Yankovic chats with Jonah Ray and Chris Hardwick on The Castro Theatre stage during Sketchfest 2015.

TOP: VISIT TAMPA BAY; BOTTOM: ©2015 JAKUB MOSUR

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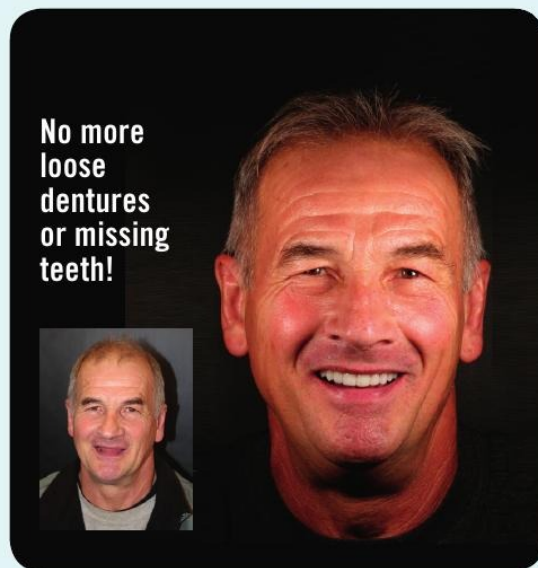
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DAY 1

» Living in Texas, we are used to bright days and blue skies, but there is something about the California sun that is softer and more soothing.



SPLENDID SAN DIEGO

Dallas-based writer and family-travel expert Priya Ramachandran, who runs the website *Outside Suburbia*, uses school breaks to see the world with her husband and kids. She visited San Diego as part of Alaska's #WeekendWanderer series. For more #WeekendWanderer posts, follow @alaskaair on Instagram. blog.alaskaair.com

» One of our favorite San Diego activities was to stroll through the more-than-150-year-old Balboa Park, which features Spanish-style buildings and beautiful gardens. At about 1,200 acres, Balboa is larger than New York City's Central Park, and it is home to noteworthy sites such as the San Diego Zoo, The Old Globe theater, the San Diego Museum of Art, the San Diego Air & Space Museum, and the Japanese Friendship Garden, where in springtime the pink cherry blossoms dot the scenic landscape marked with rocks and bridges.

My son, a baseball fanatic, really enjoyed seeing Petco Park, home of the San Diego Padres. The stadium borders the city's historical Gaslamp Quarter, which offers more than 16 blocks of restaurants, shops and galleries

on bustling avenues lined with brick buildings.

On our final morning, we rented a car and drove north, stopping at La Jolla Cove, where we saw seals and ate lunch on an oceanfront patio at George's at the Cove, which serves California cuisine.

After lunch, we drove farther north and walked in Torrey Pines State Natural Reserve, where hang gliders soared above.

Our final destination was Carlsbad, about 35 miles north of San Diego, to visit The Flower Fields at Carlsbad Ranch. The ranunculuses put on quite a show on this patch of hilly land covering more than 50 acres.

We took a tractor ride to see the fields up close, marveling at pinks, oranges and yellows, as colorful as a sunset.

DAY 2



Spring was abloom at the Japanese Friendship Garden, one of several amazing places worth visiting in Balboa Park.



At Petco Park, home of the San Diego Padres, my son studied the plaques dedicated to some of the franchise's best players.

DAY 3



After spotting seals at La Jolla Cove, we sipped fun tropical beverages during lunch on the Ocean Terrace at George's at the Cove.



My husband posed on this stationary tractor amid the sherbet colors at The Flower Fields at Carlsbad Ranch.

TOURING BALTIMORE

Art and history in Charm City

By Stephanie Citron

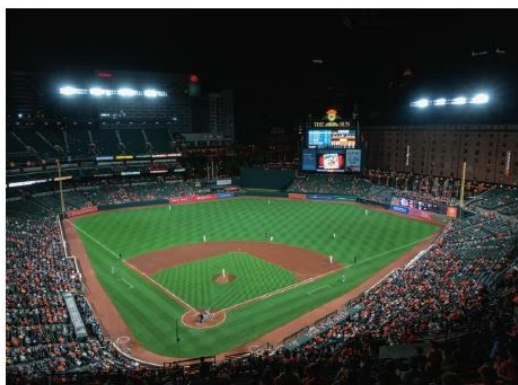
» When most people think of Baltimore, they probably conjure an image of the city's famous Inner Harbor on the Patapsco River, which empties into the nearby Chesapeake Bay.

The center of America's shipbuilding industry in the late 18th century, the harbor later became an oyster-canning and manufacturing hub. In recent decades, the waterfront has developed into a tourism center, home to popular attractions such as the National Aquarium, which has more than 20,000 creatures, from amphibians and fish to reptiles; and the Maryland Science Center, a hands-on facility for the whole family that features the wonders of scientific discovery. You can also visit four historical vessels, including the USS *Constellation*, which was built in 1854 and served in the Civil War.

However, Baltimore is much more than its postcard image. Boasting more than 220 city neighborhoods, "Bawlmer," as many longtime residents say, is home to multiple generations of families that have developed their own local dialect, and don't be surprised if local residents warmly greet you with "Hey, hon" (pronounced "hun" and short for honey). Such a sense of goodwill, coupled with a nostalgia for the 1950s, has resulted in the city celebrating Honfest each summer in the Hampden neighborhood, complete with plenty of beehive hairdos.

Baltimore's location and hospitality are why Charm City is often thought of by northerners as the northernmost southern city, while many southerners say that Baltimore is the southernmost northern city.

Baltimore offers a diverse array of attractions, including the B&O Railroad Museum, which houses the oldest and most comprehensive American railroad collection in the world. There is also the Washington Monument, a 179-foot-tall Doric column, which was completed in 1815 by Robert Mills, the same architect who would later design the 555-foot Washington Monument in nearby Washington, D.C. Another popular stop is at the Edgar Allan Poe House & Museum, in which exhibits tell the story of Poe's time spent in Baltimore at the end of his life.



» Clockwise from above: Baltimore's Inner Harbor is a center of activity for visitors. The American Visionary Art Museum offers a playful look at contemporary art. Steamed crabs are a Baltimore delicacy. Historical Fell's Point has cobblestone streets dating back to the 1760s. The Baltimore Orioles play in beautiful Oriole Park at Camden Yards.

Those interested in exploring Baltimore's museums will be happy to know that many of them are free, including the Baltimore Museum of Art, which is known for its 19th

century, modern and contemporary art collections. The museum also houses one of the world's largest Matisse collections.

The Walters Art Museum consists of a five-building campus that includes 1 West Mount Vernon, a 19th century mansion that is a work of art in itself. The museum's large collection includes artifacts that date back to ancient Egypt. However, the museum is best known for its 19th century art and ceramic collections.

The American Visionary Art Museum features a playful exterior that includes the glass mosaics *Aurora Borealis* and *Wings*. Inside are whimsical art exhibitions such as "Parenting: An Art Without a Manual," on display through September 1. The exhibit uses various mediums to examine parenting and childhood.

With baseball season right around the corner, sports fans will want to visit Oriole Park at Camden Yards. The home of the Baltimore Orioles, it is often ranked as one of the finest ballparks in baseball.

CLOCKWISE FROM TOP LEFT: COURTESY OF VISIT BALTIMORE; SHAWN LEVIN / THE AMERICAN VISIONARY ART MUSEUM; NICK'S FISH HOUSE; CHRISTIAN HINKLE / ALAMY STOCK PHOTO; MAURICE SAVAGE / ALAMY STOCK PHOTO



When visiting the park, it's okay—if actually not expected, for you to roar “Ohhhhhh!” (for Orioles) before singing “say can you see?” during the national anthem.

Incidentally, the words to the anthem were penned by Francis Scott Key in 1814, while he watched the heroic defense of Fort McHenry, located at the mouth of Baltimore's Inner Harbor. The fort was under fire from British naval forces during the War of 1812.

You can visit Fort McHenry National Monument and Historic Shrine and learn about the history of the fort and the Battle of Baltimore.

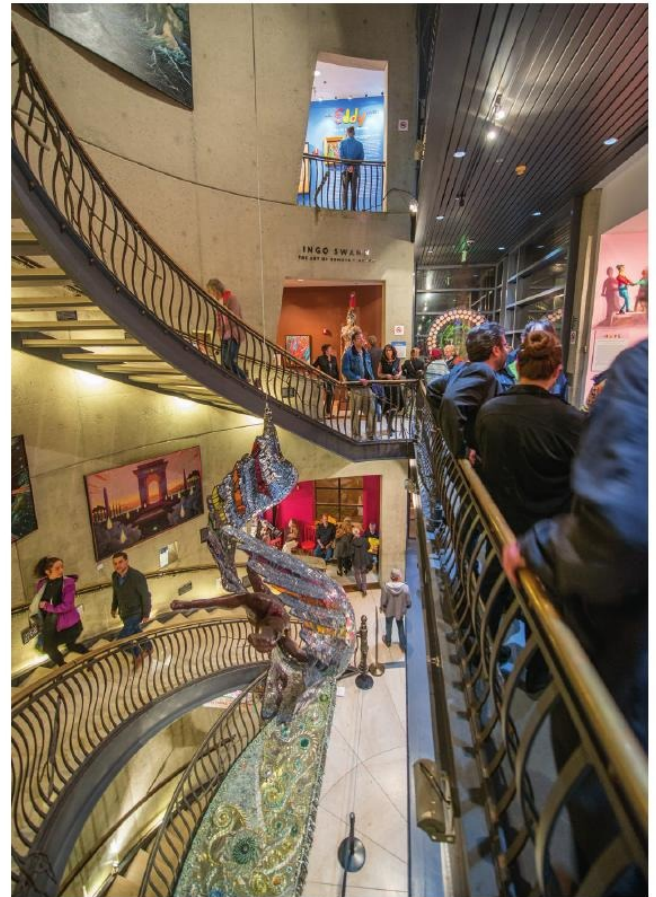
History of a different kind will be made during The Preakness Stakes at Pimlico Race Course, May 16–18. The middle jewel of the Triple Crown of Thoroughbred Racing is a highlight of spring in Baltimore.

Other events include Artscape (July 19–21), America's largest free arts festival. The event is held in the Midtown neighborhood, which is a

center of restaurants and boutique shops located in row houses, fronted with iconic marble stoops.

For maritime history and to view some of Baltimore's oldest architecture, explore Fell's Point, with its restored wharfs and original cobblestone streets that date back to the 1760s. The visitor center offers historical tours of the neighborhood, including a look at its Colonial past and its role in the War of 1812. The area has many galleries, seafood restaurants and bars. For a sip of history, drop by the Horse You Came in On Saloon, where it is believed Poe may have enjoyed his final drink.

Follow the waterfront promenade to Harbor East, a top night spot full of designer boutiques, upscale cafes and cocktail bars, including The



Bygone, which offers 180-degree city views from atop the Four Seasons Hotel.

Other dining options include the handmade dumplings at Mount Vernon Marketplace and the modern take on soul food (such as blue catfish with a Thai curry glaze) at Ida B's Table; or savor the exceptional Berkshire pork chops at Tagliata, an Italian chophouse near Little Italy. Eager to sample Baltimore's steamed crabs? Order some jumbos and Natty Boh beer at Nick's Fish House in the Port Covington area.

One of the pleasures of Baltimore is that there is always another neighborhood to visit and restaurant to explore in Charm City. ✈

Stephanie Citron writes from Baltimore.

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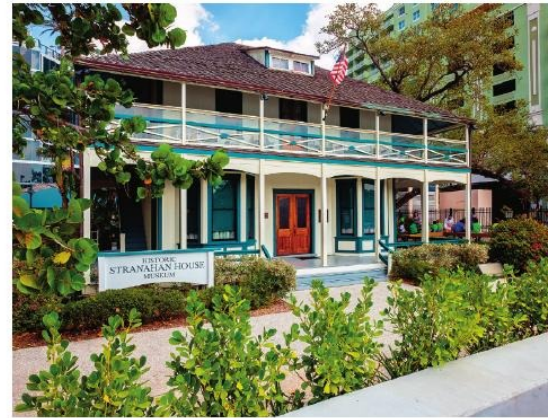
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DOWN BY THE RIVER

By Nila Do Simon

» The ocean and the sunrises may be the first things to draw visitors to Fort Lauderdale (along with convenient cruise ship departure points), yet the city's culture-filled downtown is a big reason visitors linger. Graced with towering palm trees and lush tropical foliage on one side, and the winding New River on the other, the red-brick, roughly mile-long Riverwalk Fort Lauderdale passes attractions that showcase the city's rural past as well as its present-day status as an emerging metropolitan center.

Start your tour on the west end of the promenade, and explore the Broward Center for the Performing Arts, a picturesque arts-and-entertainment venue with a floor-to-ceiling glass facade overlooking the New River. The world-class facility has hosted many touring Broadway performances (*Hamilton* is scheduled through January 20), ballets, concerts and more. Other options on-site at Broward Center include the refreshing Marti's New River Bistro, where diners can indulge in modern fare and enjoy the romantic view of the twinkling river.

If you're on the riverwalk during the first Sunday of any month, you'll be treated to live

jazz performances during the Sunday Jazz Brunch, a popular local tradition. The free outdoor event, which is held near the center of the trail, invites guests to bring lawn chairs and blankets—perhaps along with a picnic basket of brunch fixings—for lounging and listening to the sounds of classic jazz standards.

The walking path is lined with historical buildings, including a hotel building constructed in 1905 that is now home to the New River Inn Museum of History. This venue, which is part of the larger History Fort Lauderdale complex, has exhibits ranging from local Native-community artifacts to Spanish-era documents to 19th and 20th century photographs.

At the east end of the riverwalk, Stranahan House provides daily docent-led tours that tell about the settlement of the area prior to the city's 1911 incorporation. Named after pioneer Frank Stranahan, the two-story building, which was erected in 1901, is the oldest surviving structure in the city. It served as a trading post for Native tribes and white settlers, as well as a community hall.

Turning to modern attractions along the walk, nightlife seekers will enjoy the 1.5-year-

» The red-brick Riverwalk Fort Lauderdale, top left, follows the New River through a lively district with historical sites, including the Stranahan House, top right, and entertaining modern attractions, such as the Rooftop @1WLO lounge, which makes distinctive drinks, above.

old Rooftop @1WLO, a stylish 4,000-square-foot open-air lounge with panoramic views of the downtown skyline. Sip on one of the craft cocktails at the often colorfully illuminated bar or in one of the comfortable seating areas, all of which are complemented by refreshing greenery and foliage.

To optimize your riverwalk experience, enjoy the area during winter months. Allow comfortable seasonal temperatures to be an inviting tour companion—and an enhancement to one of the state's most pleasantly beautiful promenades. ✈

■ Fly Alaska Airlines (alaskaair.com) to Fort Lauderdale (FLL) from Los Angeles (LAX), San Francisco (SFO) and Seattle (SEA).



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SOUTH FLORIDA DAY TRIPS

By Jessica Poitevien

» I waded into the cool water at Oleta River State Park, south of Fort Lauderdale, and jump into the small kayak that I've rented nearby. As I leave the launch area behind and head into a narrowing channel, I'm soon surrounded by a lush canopy of mangroves that form a tunnel for me to paddle through. I watch for wildlife—such as manatees (found here in winter) and herons—and I make my way out to the main attraction of this route: a sandbar with a beach where I can rest and sunbathe, with occasional refreshing swims.

It's hard to believe that the natural beauty of this state park exists so close to the urban centers of Fort Lauderdale and Miami. A visit here is my personal favorite day trip from Fort Lauderdale, yet it is one of many options for South Florida excursions launched from the city.

Another quintessential Florida experience is a visit to Everglades National Park. There are several entrances where you can start your exploration of this 1.5 million-acre expanse of parkland, but the Shark Valley Visitor Center—at a bit more than 60 miles southwest of Fort Lauderdale—is the closest. From the center, you can hop on the Shark Valley Tram Tour for a guided visit, or go at your own pace along one of the walking or cycling trails. At the midpoint of the 15-mile Tram Road—which is open to trams, bikers and walkers—you can climb a 45-foot-tall observation tower for territorial Everglades views.

If a need for speed is more important to you, check out an airboat tour—within the national park or at Everglades Holiday Park, about 30 miles southwest of Fort Lauderdale. Located outside of national park grounds, this privately operated park and preserve provides trips deep into the wetland environment. It also offers other attractions, such as fishing-boat rentals and educational alligator shows run by the team made famous in the Animal Planet hit 2012–2014 TV show *Gator Boys*.



» THE FEED
OUT & ABOUT FORT LAUDERDALE



» Trip options near Fort Lauderdale include Oleta River State Park, above; Everglades National Park's Shark Valley area, left; airboating from Everglades Holiday Park, below left; and Miami's chic Wynwood Arts District.



The city of Miami is also a less-than-30-mile drive south from Fort Lauderdale. One of the Miami areas I particularly enjoy is the Wynwood Arts District. This trendy neighborhood is where locals such as myself go to grab a drink or stroll among an impressive set of public

murals. Sidewalks, too, are decorated with mini masterpieces and intriguing graffiti quotes. Known for its art galleries, outdoor markets, food trucks, bars and restaurants, Wynwood is a chic urban complement to explorations of South Florida's natural wonders. ✈



John Schweiker

TITLE: Account Executive

LOCATION: Anchorage, Alaska

DATE HIRED: June 12, 1984

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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EPIC CURED FISH

By Brad Japhe

» Humans have been curing fish for thousands of years. The practice of preserving seafood with salt and smoke was passed down from ancient Mesopotamia and spread across the globe, hitching a ride with Phoenician sailors and Roman merchants. Historically, many cultures have relied upon cured fish during winter months, preserved from summer and fall catches. Today you can find examples of it in virtually every cuisine on earth, including lox at your local Jewish deli and bonito flakes shaved atop your cold soba noodles. Rich and robust in flavor, cured fish add depth to many types of foods.

In Holland, herring is a pickled protein of choice. Christiaan Röllich, co-author of the upcoming April 2019 book *Barchef: Handcrafted Cocktails*, was raised on it. “Great herring is all about the fat content,” he says. The Dutch fish for the herring between the end of May and

the beginning of July, when the fish have an especially high fat content of at least 15 percent. The fresh fish is then cured with brine. “Then salt and raw onions are added to create what we call *hollandse nieuwe*,” Röllich says. He fondly recalls the national tradition of pairing the fish with malty, juniper-rich genever—the native spirit of the Netherlands, from which modern gin evolved.

At Atrium in Los Angeles, the massive bonito-flake-covered *katsu* is an example of how cured fish can enhance a dish. The breaded and fried pork chop picks up the characteristics of the umami-rich bonito fish, which are smoked and dried before being shaved into flakes. The dish evokes a traditional Japanese street food known as *okonomiyaki*, a savory pancake cooked with satisfying ingredients such as cabbage, and topped with a variety of condiments.

“[The *katsu*] starts with a punch and has that lingering flavor that just keeps people wanting more,” describes head chef Hunter Pritchett. He recommends enjoying it with Indie Brewing Company’s Del Rey IPA, which has bitter notes that stand up to the dish.

Gravlax, a Nordic preparation of salmon, is another delicious example of cured fish. Freshly caught salmon is cured in salt, sugar and dill for one or more days, and then served atop fresh rye bread, or by itself, as an appetizer.

For wine lovers, Champagne complements gravlax beautifully. “The body, the weight and acidity of Champagne is perfect for full-flavored fish,” explains William Douillet, a professional sommelier and wine consultant in San Francisco. “It balances out the fattiness and richness found in the protein.”

It’s a pairing that highlights the unique flavors that cured fish have to offer. ✈



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THE NEXT GIN-ERATION

By Brad Japhe

» Over the last century, gin has remained largely unchanged. The traditional category is defined as a clear liquor, flavored predominantly by juniper berries. But modern distillers are evolving the spirit in some unexpected ways. Most notably, they're bringing in the barrels. Riding the wave of the great whiskey boom, some intrepid gin makers are aging their liquid in oak. Is barrel-aged gin the next big thing? Time will tell.

In Evanston, Illinois, Few Spirits has found a loyal following for its Barrel-Aged Gin. The amber-hued spirit has a rounder body and hints of fennel and caramel, unfamiliar in its unaged counterparts. "Barrel-aging gin adds a depth and richness and can provide a mysterious 'extra' flavor," notes Few Spirits founder Paul Hletko. "It's another tool that we distillers have to shape flavors and textures of spirits."

Good gin exhibits a delicate intermingling of botanicals—not just juniper but often coriander, orris root and angelica root, along with many others. A properly executed barrel-aged variant shouldn't override those essential elements. Oak ought to add something complex to the equation without taking anything substantial away, and arriving at the right balance often involves trial and error, Hletko says. He settled on a combination of barrels previously used for bourbon and rye, and new charred barrels.

Another company, Philadelphia Distilling, uses new barrels to age its Bluecoat American Dry Gin. This spirit ages in new white oak, "because there is an element of sweetness that comes through in the gin," according to Andrew Auwerda, company president. "We know America likes those woody, nutty, caramel bourbon flavors—and it stood to reason that it would translate to gin. And it happened to work out pretty well."

Some distillers are also advocates of aging in wine barrels. At St. George Spirits in Ala-

meda, California, award-winning master distiller Lance Winters ages his Dry Rye Reposado Gin for up to two years in oak that formerly held Grenache, Syrah and Tannat wines. "The very day that the barrels are emptied of wine, we receive them and fill them," says Winters. "This process adds a touch of wine character along with some of the vanilla notes that you'd expect from oak," he says.

In Seattle, Batch 206 Distillery ages its "Old Tom" Counter Gin for up to 18 months in Hungarian oak barrels previously used for Chardonnay. Because the result is a gin that leans more toward whiskey, Seattle bartenders have been using it in cocktails intended for both spirits, says Jeff Steichen, CEO of Batch 206. "It makes a really delicious Old-Fashioned because you've got the aged spirit acting like a whiskey, but it still contains those wonderful spicy botanicals from the gin," he says. "It also makes a really great Negroni." ✕



» Philadelphia Distilling, above, ages its Bluecoat American Dry Gin in new white oak. "Old Tom" Counter Gin by Batch 206 Distillery, below, is aged in Hungarian oak wine barrels for up to 18 months.



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BEAUTY ON THE FLY

Enhance your trip with portable products

By Cassie Kang

» Whether you're taking a vacation or commuting to work, you can look and feel fresh with the help of compact personal-care items. Consider packing these options in your carry-on or tote.

■ **Thrive Causemetics' Triple Threat Color Stick** is an all-in-one cream makeup designed for use on eyes, face and lips, making it perfect for on-the-go (\$36; thrivecausemetics.com).

■ **Mermaid Dry Shampoo by Captain Blankenship** is a powder designed to quickly absorb oil and add volume, while providing a beachy rose fragrance thanks to essential oils of geranium and palmarosa (\$24; captainblankenship.com).

■ For a quick boost of hydration, choose a facial spray that has a nice scent and is designed to be gentle on the skin. The **Rose Hibiscus Hydrating Face Mist from Herbivore Botanicals** is made with refreshing organic coconut water, rose extract and hibiscus petals (from \$16; herbivorebotanicals.com).

■ Each individually wrapped **Good Morning Beautiful Essential Oil Towelette by Happy Spritz**, intended for use on the face and body, is made of biodegradable plant fibers and infused with energizing citrus oils (\$10/set of seven wipes; happyspritz.com).

■ Deliver moisture to your face with fun **Tonymoly I'm Real mask sheets**, which address a variety of skin-care needs. You can use one in your hotel room to rejuvenate your skin after a day of travel (\$6/set of two; tonymoly.us).

■ **Dr. Bronner's Pure-Castile Soap** can be used for 18 different purposes, according to the company, including use as a body wash and a shampoo. It also comes in a range of pleasant scents, such as peppermint and almond (\$3.19; drbronner.com). ✕



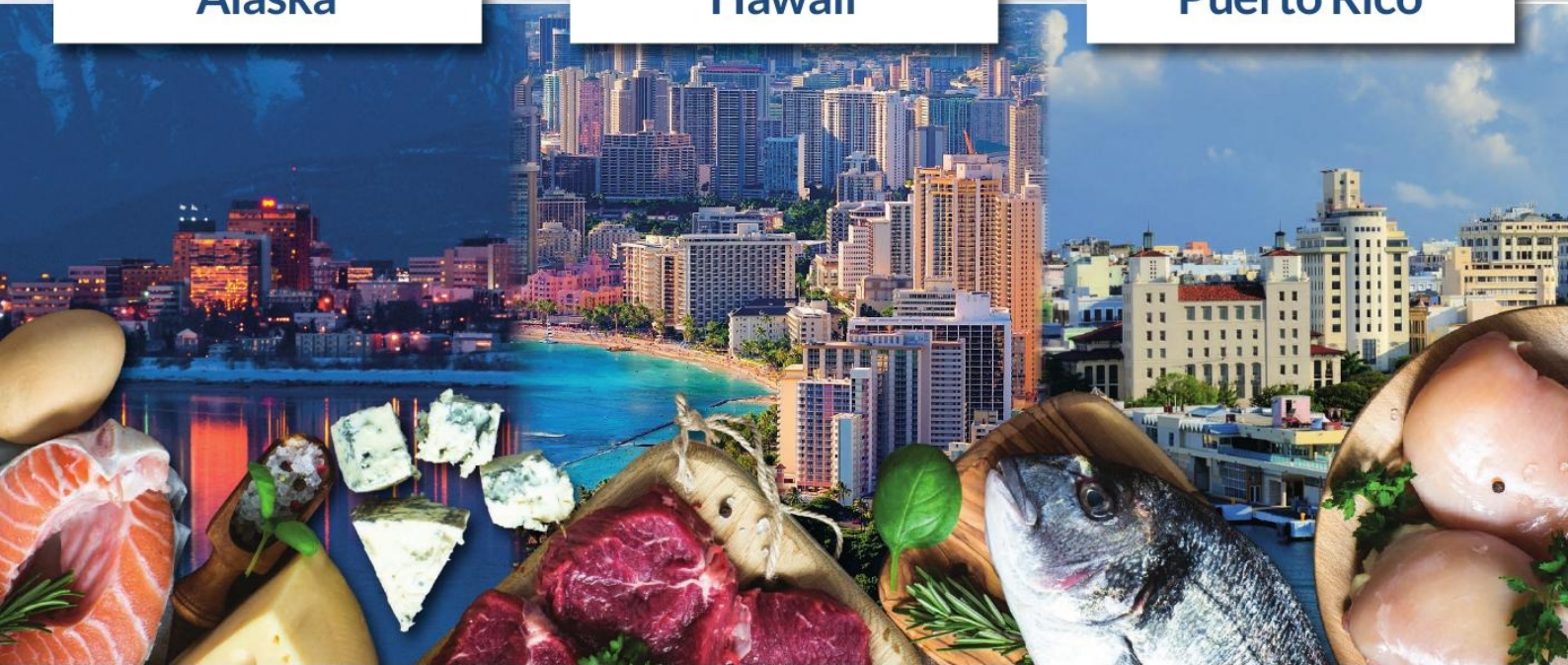
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HOCKEY STARS OF TOMORROW

The hardworking players of the WHL

By Dave Boling

» Seattle hockey fans are celebrating the NHL's decision to award an expansion franchise to the Emerald City. A team should be playing at a renovated Seattle Center arena in time for the 2021–22 season.

The city's enthusiasm for the sport was made clear last spring when Seattle fans were so eager to show their support for a potential franchise that they put down deposits on 25,000 season tickets within the first hour of availability. However, the fans who fill the Accesso ShoWare Center in the Seattle suburb of Kent to watch the Seattle Thunderbirds already know that hockey has long had a strong following in the Pacific Northwest.

Launched in 1977, the Thunderbirds are among the Western Hockey League's 22 teams, with 17 in Canada and five located in the Pacific Northwest. Four teams are in Washington (the Thunderbirds, Everett Silvertips, Tri-City Americans and Spokane Chiefs), and one team is in Oregon (the Portland Winterhawks).

The Thunderbirds organization hopes the focus on the new NHL franchise will attract more fans to Thunderbirds games.

"Hockey should take off in the area with the NHL coming," says Russ Farwell, vice president of hockey operations for the Thunderbirds. Farwell has been associated with the WHL for more than 40 years, and doesn't expect the NHL to be competition for his team's fans.

One of the sport's top junior leagues, the WHL began in 1966 and works to develop talented young players to play in the NHL. The WHL features players between the ages of 16 and 20, who play a 68-game season that runs from September to March.

The players, who are mostly Canadian, are reimbursed for expenses and stay with host families in the area. Those young enough attend local high schools. They also earn a year

of tuition and free books at a college or technical school in their home state or province for each year they play in the WHL.

"There's definitely a ton of hype around the NHL expansion," says Jake Lee, a Thunderbirds defenseman. "I think it will bring a lot of awareness to hockey around the city."

Lee, 17, is a native of Sherwood Park, Alberta, and a senior at Kentwood High School, located near Kent. "It's tough to be away from family and friends when you're 16 or 17," Lee says. "But if you want to take that career path toward hockey, you have to sacrifice a little bit."

Since its inception, the WHL has helped develop some of the NHL's all-time greatest players, including Bobby Clarke and Bryan Trottier, and current Montreal Canadiens goaltender Carey Price. For the 2018–19



» Jake Lee of the Seattle Thunderbirds handles the puck during a game against the Edmonton Oil Kings.

season, 137 WHL alums were playing for NHL teams on opening day.

Seattle's NHL expansion is expected to bring more attention to the talented junior players, many of whom are in the unique position of juggling hockey and high school while being far from home. The league is strict about homework and school attendance, even during the hockey season when the players might have to bus through the night to get back to Kent from a game in Alberta or British Columbia.

"Sometimes you get home at 5 in the morning, and you [still] have to go to school," Lee says. "You have to find a way to balance it all; it's just a part of playing junior hockey." ❧

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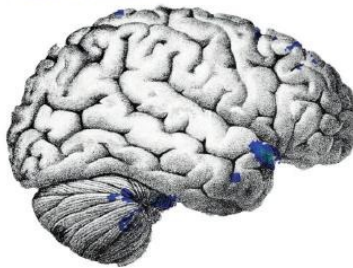
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ALL IN

With the Genesis G70, Hyundai introduces a true sport sedan in a stand-alone luxury brand

by Bengt Halvorson



» **Hyundai Group's first all-in sport sedan**, the Genesis G70, is eliciting double takes. Once a large luxury Hyundai sedan, Genesis is now a stand-alone brand, with its own dealerships, service facilities and impressive owner amenities. Genesis says its sedans—the G70, G80 and G90—are just the start, with SUVs and electric vehicles expected to follow within a few years. In the meantime, the G70 provides an enticing glimpse of how the Genesis brand is poised to shake up the luxury-car establishment.

Quick and to the Point

The Genesis comes in 2.0T (252-horsepower, 2.0-liter turbo four-cylinder) or 3.3T (365-hp, 3.3-liter turbo V-6) models. The latter has a launch-control system and accelerates 0 to 60 in 4.5 seconds. Choose between rear-wheel drive and all-wheel drive; most of the lineup has an eight-speed automatic transmission.



■ Sporty Setup

The G70's new rigid platform uses aluminum to help cut weight. A "Dynamic" package includes a mechanical limited-slip rear axle, for better traction at the rear wheels. The 3.3T models come with variable-gear-ratio steering, for the best combination of maneuverability and high-speed stability, and the 3.3T Sport includes electronically controlled suspension. Brembo high-performance brakes are an option, with 19-inch wheels and Michelin Pilot Sport 4S tires.

■ Conveniently Connected

The G70 comes with three years of complimentary connected services, including remote start, climate-control preconditioning and voice-powered destination search. Remote start, and remote locking/unlocking, can also be accessed through an Amazon Alexa device, smartphone or website. The infotainment system—a tabletlike screen atop the dash—displays important messages and apps from your phone, via Apple CarPlay or Android Auto; wireless Qi charging is also available.

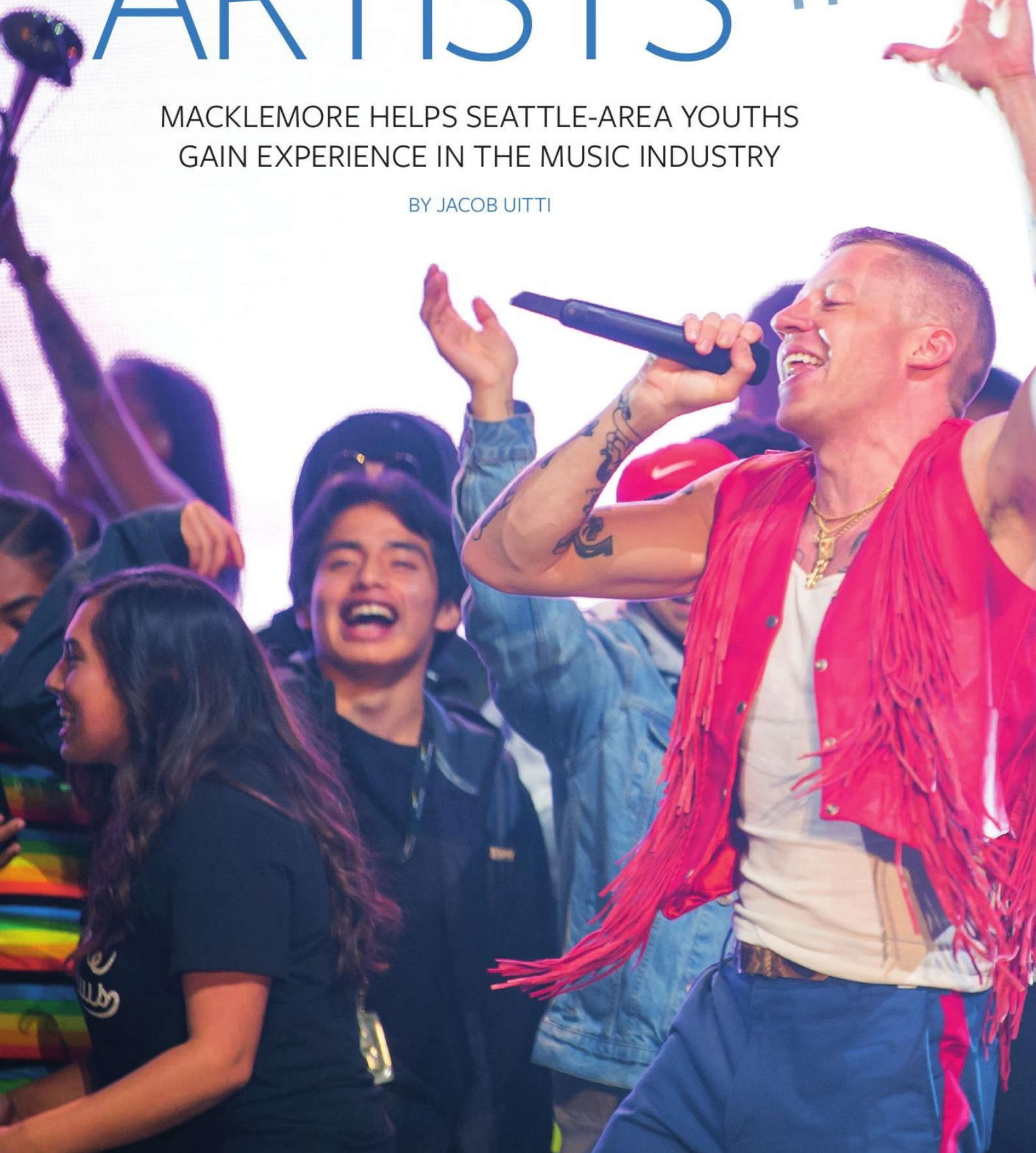
■ Vivid Yet Plush

The G70 immerses you in a performance driving experience, but it won't run you ragged with excess noise and vibration. Sport seats, steering-wheel paddle shifters and a straight-forward analog gauge layout make this a driver's car, and mode selections allow the driver to adjust how the steering, suspension, all-wheel drive, engine and transmission respond. Cabin appointments include brushed aluminum surfaces, quilted leather upholstery and soft tones—contrasted by bold exterior colors. ✈

ARTISTS IN

MACKLEMORE HELPS SEATTLE-AREA YOUTHS
GAIN EXPERIENCE IN THE MUSIC INDUSTRY

BY JACOB UTTI



RESIDENCE



Seattle hip-hop star Macklemore surprised students of his music-education program, *The Residency*, by inviting them onstage last August and announcing that Alaska Airlines was flying them all to Los Angeles.



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WHEN BEN HAGGERTY WAS 7 YEARS OLD, he already knew what he wanted to do for the rest of his life. The Seattle-based emcee/rapper, now better known as Macklemore, was aware even at this young age that he wanted to be onstage with a microphone, hearing his voice boom through speakers as he shared his music with an audience. Now, 28 years later, in the midst of his Grammy-winning career, Macklemore is helping to make similar dreams come true for young musicians through The Residency, a music-education program born in the city where he made a name for himself. Macklemore's work with this program, which is supported by Alaska Airlines and other local organizations, reflects his broader interests in giving back to his community and providing opportunities for aspiring musical artists.

» Macklemore, top, and program partners give students opportunities to create, perform and record original music during The Residency summer sessions.

"Even before I got the platform that I have now, I always wanted to do something for young people," Macklemore says. He explains that learning from performers who came before him was a big part of his upbringing in the Seattle music scene. "The community back then, particularly the older mentors, helped shape my career—shape me as an artist—and gave me opportunities when I couldn't get one myself," he says. "The minute I had any pull to help the next generation, I decided to do it."

The Residency launched in 2015 when Macklemore co-founded the initiative with his musical collaborator Ryan Lewis and his director of philanthropy and community engagement, Ben Secord, in conjunc-



tion with Seattle's Museum of Pop Culture (MoPOP) and local youth-education organization Arts Corps. The four-week intensive summer program works with underserved youths, ages 16–19, to help give them experience in the music industry. Each session's curriculum begins by separating the young artists into two groups—vocalists and music producers—and later brings them back together to pro-

duce original music for a performance onstage at the Sky Church concert venue within MoPOP. During the program, students also create and record original music at a professional studio.

In the summer of 2018, The Residency hosted 45 Seattle-area students, offering them studio space, full days of workshops, mentorship from local musicians and a community of like-minded



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“EVEN BEFORE I GOT THE PLATFORM THAT I HAVE NOW, I ALWAYS WANTED TO DO SOMETHING FOR YOUNG PEOPLE.” —MACKLEMORE



» During the Alaska Airlines–supported trip to LA in October, students and chaperones toured sites with Macklemore, top. Alaska paid for accommodations and presented a special kit bag to each student.



aspiring artists to collaborate with. After the program ended, Alaska Airlines contributed flights for the students, their teachers and their chaperones to travel with Macklemore's team to Los Angeles for an immersive experience that culminated in attending a concert by the Grammy-winning rapper Drake, performing with the hip-hop trio Migos. NBA MVP LeBron James and musician Travis Scott made appearances at this concert, as well. While in LA, the students also toured an industry-leading music museum, as well as the Underground Museum, which showcases works by African-American artists, among others.

The Residency program is billed as a summer course, but the benefits, Macklemore says, last beyond the initial intensive session. “I think it has created a sense of community that extends well beyond the program,” he says. “The Residency has created shows, created collaborations, created crews. When you do that, you watch the ripple effects, and you see it having a lasting impact.”

Also, because The Residency is rooted in face-to-face collaborative opportunities, Macklemore says, it cultivates personal bonds at a time when more and more interactions are happening online.

“We are lacking in community in our era,” Macklemore says. “We live on the internet, live on social

media, and we watch shows on our phones. We're lacking that get-out-of-the-house mentality to go and meet with other people to make art. That's where the magic happens. It's not about being on Instagram; it's about being in real life with other people, creating.”

Eliyas Abdulkadir, a 20-year-old Seattle-based musician who attended The Residency in 2017, agrees. Abdulkadir, an electronic R&B artist who goes by the stage name Nēstrā, says The Residency offered him something no other program could, at a time when he needed it most.

“Before I attended the program,” Abdulkadir says, “I felt like, as an artist and someone in a low-income family, I didn't have the resources to be creative. What I got out of The Residency was not just resources, but a chance to build connections.”

For Abdulkadir, seeing someone as successful as Macklemore take the time to teach students and offer his perspective was a priceless experience. Through the program, Abdulkadir says, he learned about the history of hip-hop—“I didn't even know it started in the '70s,” he says—as well as ways to record his music and get it out into the world through shows and music videos. As a result, he is inspired to help others in his community.

“As an artist, The Residency also taught me to give back,” he says. “Now, I want to give back to younger artists when I get my chance.

The fact that Macklemore is doing that now ... it's going to be a chain reaction. I'm 100 percent positive I will give back in the future.”

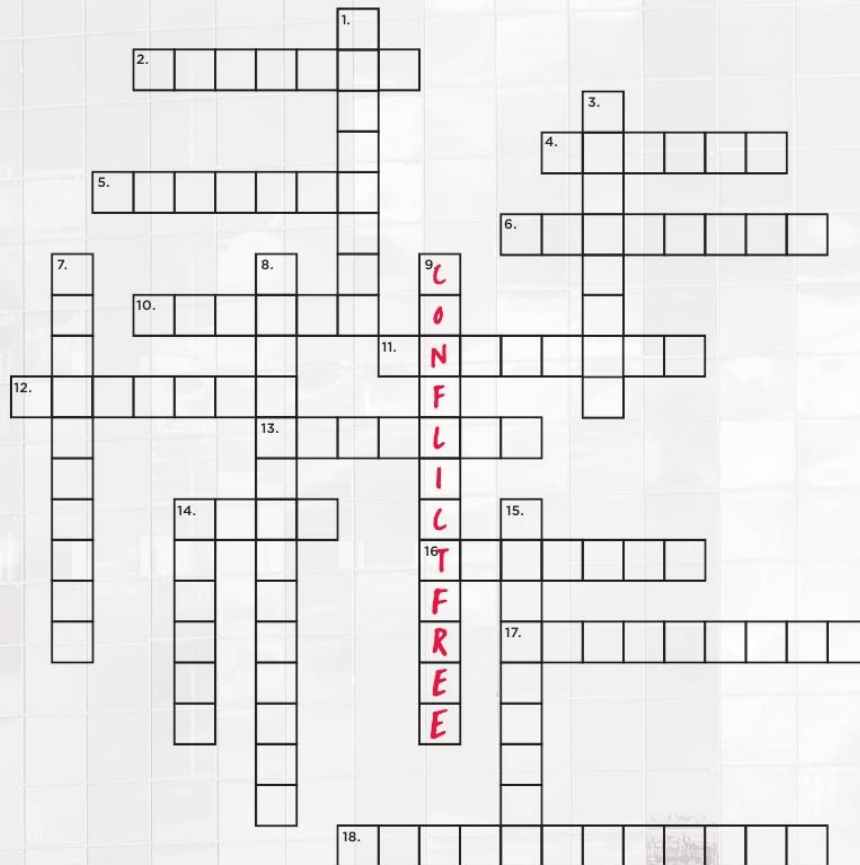
Macklemore, whose list of career achievements is long, is an inspiration to many young artists. He has accrued billions of video streams and millions in album sales; won four Grammy Awards, including the Best Rap Album prize for the Macklemore & Ryan Lewis album “The Heist”; earned platinum-level sales for releases such as the 2017 single *Glorious* (recorded with singer Skylar Grey); and toured the globe several times over.

Before all that, though, Macklemore was an unknown Seattle musician trying to book shows and get his music into record shops—just like some of the students he helps today. And, in many ways, this makes him even more of an inspiration.

The Residency offers anyone the opportunity to apply, but it's no easy task to be accepted. To be admitted to the program, applicants go through a rigorous evaluation, which includes submitting original work (such as a sample recording or video) and participating in both individual and group interviews to prove each artist is truly dedicated to his or her craft.

Upon completion of the program, students receive stipends, promotional materials (such as headshots), regular check-ins with

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DOWN:

1. attentive; persistent
3. corporation; profession; trade
7. valued ideals
[Helpful hint: We have ten of them!]
8. tenants only, _____
9. only have one fiduciary, the tenant
14. to grow; prosper; flourish
15. incomparable

ACROSS:

2. energetic; principled leadership
4. act of acquiring buildings/office space
5. act of renting buildings/office space
6. constructing
10. integrity-based; always does the right thing
11. fair; impartial; our client's best interests are our best interests
12. specialized; custom
13. outcomes; consequences
14. tribe; squad
16. companies that lease/occupy an office/building
17. genuine; real
18. earning accolades
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R&B artist *Elias*
Abdulkadir, aka
Nēsträ, was
cheered by
students of *The*
Residency and
Macklemore at a
recent show at
The Crocodile in
Seattle. *Nēsträ*
attended *The*
Residency in 2017.

teachers at The Residency, and other resources and opportunities to help them stay on track with their career aspirations.

“The process has been really rewarding,” says Secord, who is now The Residency’s program director. “The coolest thing for me is to see the bonds and relationships the students build. A lot of the artists continue to connect and stay together long after the program is finished.”

Secord describes being at a recent show in Seattle featuring Parisalexa, an up-and-coming artist popular in the local community and of great interest to the program’s participants: “The whole front row at the venue was taken up by The Residency students kicking it and listening to the music.”

Historically, young artists interested in pursuing a career in hip-

hop have often been relegated to developing their craft in basement rap battles, parking-lot shows or, if they were lucky, performances at small clubs. Indeed, Macklemore’s own career included each of these waypoints. But as the genre has grown over the decades, so have the opportunities and resources available to study and perform this music—from YouTube video shares to local hip-hop open mics.

While The Residency has done much already, Macklemore says he hopes the program continues to grow: “We’re going to be looking at ways to expand,” he explains. “We have a model now, and it’s getting fine-tuned as we learn more. For me, what we’re lacking right now is a consistent studio space that everyone can use and record in year-round. That’s my next goal.”

As an artist, Macklemore knows the music business is constantly evolving. There are always new techniques and technologies to investigate to enhance and grow one’s craft. Yet some foundational aspects of the art form remain the same, he says. These are the primary lessons he learned from mentors as a young artist in the Emerald City.

“My mentors taught me we’re conduits for the music,” Macklemore explains. “Music is bigger than any individual. Hip-hop is an oral tradition, and we’re passing along our stories just like those who came before us. The best advice I got was that hip-hop is about the community you’re in. So, who would I be to not think about those coming up now, and to not listen to their songs and give them advice?”

This collaborative spirit permeates The Residency and gets picked up by its graduates, which now number more than 100. Since completing his session, Abdulkadir says, he has talked about the program with fellow artists regularly, encouraging them to apply.

“Almost every other day, I tell at least one person about The Residency,” Abdulkadir says. “There are lots of artists out here in Seattle, and they don’t always know what direction to go. When I tell them about The Residency, I say it’s not a program where you can just go and make music and leave. It’s more than that. It’s a transition for your artistry. The mentors give you knowledge.”

For an aspiring artist, working with Macklemore is, of course, appealing. And there are other artists and industry professionals associated with The Residency who offer a great deal of information and expertise, too, such as acclaimed Seattle-based singer Otieno Terry, who was featured on Macklemore’s latest solo record; rapper J. Pinder, who has worked with Dr. Dre; and Hollis Wong-Wear, who is the frontwoman for the Emerald City electronic R&B trio The Flavr Blue and a featured vocalist on the Billboard-charting Macklemore & Ryan Lewis song *White Walls*.



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"Otieno Terry is the one who first told me about Sound Off!," says Abdulkadir, referencing the Seattle-based music competition for artists 21 and under that Abdulkadir participated in last year. "He's the one who motivated me to do it."

If you're a young artist, motivation can be difficult, especially if you don't know how to achieve your creative goals, which is one of the reasons Alaska Airlines chose to partner with The Residency and fly graduates to cities outside Washington state to see Macklemore and others perform.

In addition to the Los Angeles trip, the airline flew program participants to Phoenix for a Macklemore concert in 2017. That experience, which was a complete surprise for the students, marked the first year of the partnership between The Residency and Alaska Airlines, and also included an invitation by Macklemore for the joyful young artists to join him onstage. Stage time aside, the trip itself was a thrill.

"A lot of these kids haven't ever been on a plane before," Macklemore says. "A lot of them have never left the city or the state. And to offer them that opportunity has been such an incredible experience. To meet them in another state—whether Arizona or California—it's been so dope just to watch the light in their eyes and see how excited they are. It reminds me not to take all of this for granted, too. And, for the kids, it's an experience they'll never forget. It's one that will shape who they are and who they become. That's powerful."

In addition to the plane tickets, Alaska Airlines also provided accommodations for the participants on their 2018 trip to Los Angeles.

"It's been amazing to work with Alaska on all of this," Secord says.

"It just shows that Alaska Airlines is willing to think creatively and be open to a unique partnership. I can't say enough about how great the airline has been."

Adventures in new cities create excitement and inspiration among the students, but real creative work also has to continue inside the mind of each artist. No one knows this better than Macklemore, who worked for many years in the studio and onstage before getting his big break.

"You have to pour everything you have into your craft if you want to succeed," says Macklemore. "You have to sacrifice. I still sacrifice for my art every day. That willingness to do so builds character. It's real. In my twenties, I knew I needed to work seven days a week. I knew I didn't get to clock out. You have to eat, sleep and breathe this. That's what turns good artists into great artists."

Given Macklemore's philosophy, it's no surprise that the intensive workshops are helping to produce skilled, studied and dedicated musicians. The idea of a music school is not new, but The Residency is special as a program dedicated to hip-hop. With Macklemore's help, it may become a growing model for a genre that continues to gain importance in musical cultures worldwide—and continues as a mode of expression for a diversity of artists.

"Hip-hop gives people a voice," says Macklemore. "It gives people a life worth living. It has given me a means by which to reach other humans and connect on a heart level. That's art. I don't know if it's specific to hip-hop or not, but for me that's been my means with which to connect to others." ✕

Seattle writer Jacob Utti specializes in music, food and travel.



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Signature San Francisco

CLASSIC AND EMERGING-CLASSIC EXPERIENCES
IN THE BAY AREA

● By Kimberley Lovato

THE FIRST TIME I VISITED SAN FRANCISCO as an adult, a college roommate who lived in the city picked me up from SFO, and we beelined it to Fisherman's Wharf. It was winter, and finding something hot for lunch sounded right.

My friend drove along Jefferson Street and pulled up beside a wharfside clam chowder stand. I rolled down the passenger-side window and handed cash to a vendor who, in return, passed me two plump sourdough bread bowls filled to their golden brims

with hot clam chowder. I was instantly in love—with the food, with the experience and with the city of San Francisco.

That was more than 25 years ago, and I'm a local now. When I head to Fisherman's Wharf these days, it's often still for the clam chowder, which to me tastes exactly, exquisitely, the same. Thank goodness. Consistent, timeless appeal is the hallmark of a truly classic experience, and there are many attractions of this sort in the San Francisco Bay Area.

However, that's not all that you'll find here, because the Bay Area is also a place that thrives on perpetual reinvention. It's famous for leading-edge technologies and culinary inventiveness, after all. And this combination of iconic, rich traditions and a passion to innovate is great news for visitors.

Explore the sampler of time-honored and newer attractions that follow, located in several parts of the city and its surroundings. Then keep on exploring. Because no matter what part of town you're in, you're practically guaranteed to find a tried-and-true classic experience right next to something destined to become classic. And this doubles your reasons to return, again and again.



● Fisherman's Wharf/ Ghirardelli Square

The food stands are still there at the wharf, beckoning with sweet Dungeness crab pulled from the Pacific (when in season), as well as cauldrons of steaming clam chowder. It may no longer be possible to order chowder from the car like I did years ago, but you can watch as a server ladles your order into a hollowed-out loaf of sourdough.

The wharf also features fine sit-down purveyors of San Francisco's signature seafood stew, cioppino, as well as the area's beloved clam chowder. On a recent wharf trip, I brought first-time San Francisco visitors to the Blue Mermaid Restaurant at the Argonaut Hotel. Here, chef Gary Jones whips up a hearty batch of cioppino and three types of chowder daily, including two with clams and one with crab and corn. All of these soups are

Clam chowder, left, comes in a sourdough bread bowl or china at the wharfside Blue Mermaid Restaurant. The nearby Cheese School of San Francisco offers classes and fine cheeses, below, at a recently opened shop/cafe.





The northeastern part of San Francisco features waterfront walks near Ghirardelli Square, left. Kaiyō restaurant, above, has stunning decor. The city's Chinatown, below, is famous for its lively, vibrant scenes.

food tour from the company Local Tastes of the City Tours. A guide told stories about the history-rich area as we sipped tea and tasted moon cakes under the bright-red lanterns of Grant Avenue. Then the scent of warm vanilla drew us down tiny Ross Alley to the Golden Gate Fortune Cookie Factory, a Chinatown mainstay since 1962. My fortune-style prediction is that this type of experience, exploring food and history with a friend, is a gift that will never go out of style.

More Chinatown Classics

- **Hang Ah Tea Room** (aka Hang Ah Dimsum Tea House), established in 1920, bills itself as the city's oldest continuously operating dim sum restaurant. Inside, you'll find delicious and affordable food, surrounded by vintage photos on the walls.
- Climb four floors of steps to **Tin How Temple**, a Taoist/Buddhist temple founded in 1852 and now housed in a 1911 building on

- Detour from the wharf to Cow Hollow to savor elegant Japanese-Peruvian fare at **Kaiyō**, whose drinks spotlight sake, Japanese whisky and Peruvian pisco.



● Chinatown

For my best friend's birthday this year, I gave her the gift of my company by signing us up for an afternoon in Chinatown with a

available in bread bowls that are baked on-site.

After our meal, my friends and I strolled to Ghirardelli Square, best known for its namesake chocolate company that first arrived in San Francisco in the mid-1800s. The square's old brick buildings house recent additions, too. Want cheese as well as chocolate? The Cheese School of San Francisco recently opened classy new digs at the square, drawing students, home chefs and food lovers to a vast roster of classes, as well as to a cheese case filled with gooey, creamy and often pungent varieties from farms nearby and around the world.

More Wharf-Area Classics

- Nostalgia for boardwalks and arcades of yore is alive and well at the **Musée Mécanique**, which showcases a large collection of

mechanical musical instruments.

- Warm up with a Bay Area institution: an Irish coffee at **The Buena Vista Cafe**, where nearly 2,000 of these drinks are made each day.

More Emerging Classics near Fisherman's Wharf

- Rev up with the **Electric Tour Company's** safety-conscious, guided explorations on motorized scooters and Segways. Tour options include the wharf, a trip to the Golden Gate Bridge and other routes.
- **The Flyer—San Francisco**, a flight-simulating high-definition theater attraction, is now open on Pier 39. Guests experience the sense of soaring over iconic local landmarks, so this is a good bet to become a Bay Area classic for years to come.





Fisherman's WHARF

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FogHarbor.com



Hotel Zoe Fisherman's Wharf
HotelZoeSF.com



Pier Market Seafood Restaurant
PierMarket.com



Blazing Saddles Bike Rentals & Tours
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Waverly Place. Its balcony has a good view out over Chinatown.

More Emerging Classics in Chinatown

- When restaurateur Brandon Jew opened his now Michelin-starred **Mister Jiu's** in the former Four Seas Restaurant building in 2016, it was something of a homecoming. As a young boy, he frequented the neighborhood markets with his grandmother. He also attended his uncle's wedding in the building's banquet hall, which Jew recently opened as **Moon Gate Lounge**, where you can enjoy conversations with friends along with modern dim sum at this stylish upstairs event space and bar.

- China Live**, the creation of San Francisco chef George Chen, features a marketplace and bar on the bottom floor. Upstairs, accessible only by way of a back-alley entrance, is **Eight Tables**—a gourmet Chinese restaurant also run by Chen.

● Nob Hill/Union Square

It was a classic scene: A few girlfriends and I chatted at the kitchen

table while our significant others huddled around the TV watching an afternoon football game. Then someone—I'm not sure who—suddenly yelled the word “tiki!”

If you've never been to a tiki bar in San Francisco, you're missing out on a local treasure. **Tonga Room & Hurricane Bar** is the grande dame of such establishments. It has been pouring its Polynesian-themed cocktails at the Fairmont San Francisco since 1945, around its famed Lagoon (once the hotel's terrace-level pool).

My girlfriends and I also considered **Pagan Idol**, which opened in

2016. With decor evoking a tropical paradise, as well as the hull of a ship, this bar makes me downright giddy. It isn't open on Sundays, though, so our choice that afternoon was obvious. We called a taxi and headed to the Fairmont before the guys could even say “mai tai.”

More Nob Hill/Union Square Classics

- Hop aboard a **cable car** at Powell and Market streets for a ride that's as San Francisco as it gets. This moving national historical landmark pulls riders up and

over the city's famous hills, offering stunning views along the way.

- For morning pancakes, or afternoon if you wish, the Swedish variety at **Sears Fine Food** can't be beat. The perfectly griddled cakes, like the 80-plus-year-old restaurant, are a local institution.

More Emerging Classics in Nob Hill/Union Square

- In 2017, the **Marrakech Magic Theater** became home to mentalist and magician Jay Alexander. He'll thrill you with his sleight-of-hand prowess and mind-bending illusions.



Attractions in Nob Hill and Union Square include cable-car rides, top; the Lagoon at Tonga Room & Hurricane Bar, right; and the Marrakech Magic Theater, above.





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- The new **August Hall** has a stage for live music acts and a restaurant-bar called Fifth Arrow that contains a bowling alley.

● Lands End

The northwest corner of San Francisco is rugged and wind-swept, and not frequented by as many visitors, which is why it has become a weekday serenity spot for me. I don't know if it's the damp marine air, the scent of eucalyptus trees or the unmatched views of the Pacific Ocean and Golden Gate Bridge, but within minutes of arriving here, my jaw loosens; my shoulders relax; and gratitude pours in for getting to be in such a remarkable place.

More Lands End Classics

- Lace up for a memorable walk on the **Coastal Trail**, from Lands End to the Golden Gate Bridge. En route, there are numerous worthy detours, such as paths to Lands End Labyrinth and Baker Beach.
- Grab a sunset cocktail or coffee at the venerable **Cliff House** that overlooks Ocean Beach. Then visit



Cliff House and Sutro Baths.

the intriguing ruins of the **Sutro Baths**, a popular swimming complex in the early 1900s.

More Emerging Classics in and near Lands End

- New attractions are always on display at the **Legion of Honor Museum**, including “The Future of the Past: Mummies and Medicine” (through April 7). This exhibit details how modern scientific tools were used to study two ancient Egyptian mummies from the museum's collection.
- The Spanish Revival **Beach Chalet** at the western edge of Golden Gate Park has had many

lives since opening in 1925, but sat shuttered for nearly two decades. It reopened in 1997, and now offers dining with ocean views. ✕

Kimberley Lovato is the author of Unique Eats and Eateries of San Francisco and co-author of 100 Things to Do in San Francisco Before You Die.

To book Alaska Airlines flights to San Francisco, Oakland or San Jose, visit alaskaair.com.

Emerging in San Jose: Asian-American Attractions

San Jose is famed for high-tech headquarters, and also known for a diverse and booming Asian-American population supporting many attractions:

- Within a 20-minute drive of San Jose International Airport is **Little Saigon**, where traditional Vietnamese and American cultures blend.
- The food court at **Grand Century Mall** features mouth-watering flavors, including pho and rice flour crepes.
- The **Viet Museum**, which opened in 2007, tells of the journey of Vietnamese people to the United States. The intriguing **Chinese American Historical Museum** is nearby.
- **Japantown** immerses its visitors in rich history, culture and flavor.
- At the **Japanese American Museum of San Jose**, exhibitions chronicle more than a century of history.
- **Shuei-do Manju Shop** makes Japanese treats, such as varied *manjū* and *mochi*. —K.L.



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Emerging in Oakland: Wine-Tasting

Exploring a wine scene is classically Californian.

You could do a familiar oenophile thing and go to the Napa-Sonoma area, and you'd have a great time. You can also

be a trendsetter in Oakland's **Jack London Square area**:

- The intimate space at **Campovida Taste of Place**, in Oakland, introduces visitors to the products of the company's family-run farm and vineyard in Mendocino County.
- Taste among barrels and tanks at Oakland's **Dashe Cellars** winery, a Zinfandel specialist.

- Visit the tasting room at **Urban Legend** and enjoy Vermentino, Pinot Noir and more.

- **Brooklyn West Winery** proudly serves award-winning wine in an ultra-urban setting.
- The waterside tasting room at **Rosenblum Cellars** is, along with other places on this list, close to the dock where ferries arrive from San Francisco. —K.L.



MAKING CONNECTIONS

► **A FEW YEARS AGO**, Bridget Willard was a Southern California office manager whose job included building a blog for her boss. To learn more about blogging, she attended a conference about WordPress, which provides open-source software that can be used for creating blogs and websites. As she watched a talk by Mike Hansen, the lead WordPress developer at Bluehost, a web-hosting service, she live-tweeted some of his quotes so that people who were following the conference hashtag could see snippets of his presentation. She live-tweeted quotes from other talks, as well.

“Mike came up afterward to say thank you for tweeting about his talk,” Willard says. “And later, one of the organizers that year also came up to me to say thank you. I wouldn’t have gone up to them, because I’m shy. I made a way for people to come up to me. I gave them a reason.”

Willard had been wanting to advance her career by transitioning to marketing, and the positive response to her tweets at the conference prompted her to reach out more via social media, including developing her own personal blog. She created an expanding network of people who would become her professional community, and those connections eventually helped her land a job as a marketing manager for a San Diego-based company. She went on to launch her own consulting business in October 2017, helping others with social media marketing and management. The former office manager now travels extensively, giving speeches and providing consulting services.

Networking at meetings can seem daunting, but as Willard learned, it can lead to business opportunities and even new friendships. She and other experts offer some tips for how to effectively network at events:

TIPS FOR EFFECTIVE NETWORKING

BY MICHELLE W. MARTIN



It’s about quality. “My philosophy is, if you invest in people, they will invest in you,” Willard says. “It’s not a contest to trade the most business cards. It’s about making a deep, real, genuine connection with one person.”

Use active listening, and focus on what the other person is saying, she says, and don’t have a mindset of trying to sell the person something. Instead, strive to make a good personal connection that will foster a desire for future communication. “Build those relationships. Let the rest happen naturally.”

Realize that everyone is relevant. “Everybody matters, and you should treat them that way,” Willard says. When people made it a point to meet her after she live-



tweeted at the conference, she at first felt like her heroes were coming up to talk with her. “But then it made me realize that everyone is equally important,” she says. “We are all peers.”

When you keep that in mind, and when you look at other people holistically—appreciating the complete person they are versus just their job title—it helps you to be more relaxed, natural, authentic and other-person focused, she says. See the person—don’t concentrate on whether they have a position that is perceived as higher or lower than yours in your field or company.

Tend to those new relationships. New connections are fragile. Follow up with people you meet. Digital con-

nections are effective, and it’s important to meet in person, too, when possible. Forward an article they might be interested in; call, text or email to wish them a happy birthday; get together for coffee when you’re in town or if you live in the same area. “Relationships are the basis of everything that matters in this life,” Willard says.

Help out. Volunteer at the conference if you have the time, she says. “It’s a great way to meet people in a structured environment, especially for shy people like me.” Conference organizers often can use help with tasks such as handling the registration table or keeping track of time for speakers.

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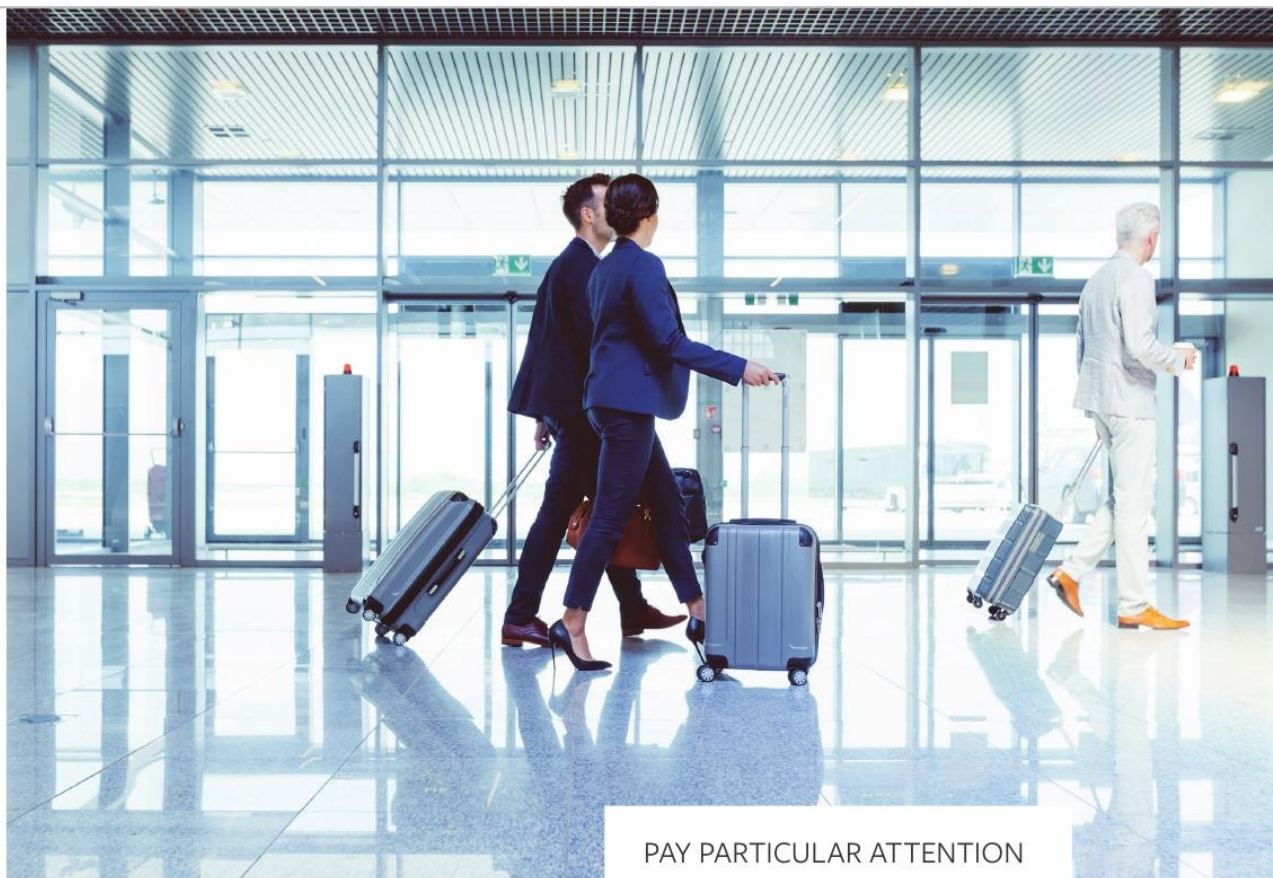
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Serving on a committee is another option, says Lucy Giovando Watts, immediate past president of the Northern California Chapter of Meeting Professionals International, and founder and CEO of Lasso40, a company that provides technology designed to enhance electronic check-in and digital signatures related to meetings and events. “You get to know people well when you’re in the trenches together volunteering. And then these people introduce you to others, and you expand your overall network.”

In addition, volunteering in other areas of your life that align with your interests is a fantastic way to meet people, she says. “I met my husband while volunteering for the American Cancer Society.”

Remember, she emphasizes, that networking is about cultivating relationships, and it’s important to take the long view. The connections you make may lead to more business directly or indirectly, but it may take some time to see the results.

Choose wisely. Be careful to take on only obligations you can complete, she adds, lest you appear to be unre-

liable. Volunteering is a way to show your work ethic, the quality of your work and your dependability, she says. Your follow-through on your volunteer obligations translates well to professional follow-through.

Keep it real. “Be as authentic as possible, and really go into a situation being excited to meet new and interesting people,” Giovando Watts says. “If you go into it with that purpose—just wanting to meet new people—it can help calm your nerves and make your time much more enjoyable.”

She likes to ask someone already seated if they mind if she sits at their table. She then takes a seat right next to them, which can help to break the ice and encourage conversation.

MEETINGS



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OPPORTUNITIES
TO CONNECT
WITH OTHERS
AT MEALS
RELATED TO
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Years ago, when Giovando Watts worked for a former California congresswoman, and attended many meetings and events for her job, she “made a small goal to get to know the person on my left and the person on my right during a meal,” she says. “It’s a lovely goal and doesn’t put a lot of stress on you.”

Keep it simple when it’s time to exit a conversation.

“Simply say, ‘You know, it’s so nice meeting you,’ ” Giovando Watts recommends. It’s a polite, direct way of ending the conversation. You can offer them your card at that time. “I never linger too long, as my goal is to have a longer conversation at a later time,” she says.

Get social. She finds it easier to connect with people at a meeting if she mostly puts her technology away. Before the event, though, she looks on her social media outlets to see who might be planning to attend, and she lets people know that she’ll be there. That way she can plan to meet up with someone or at least keep an eye out for them while she’s at the event. Then after the meeting, she follows up with a message via LinkedIn or other social media.

Additionally, she suggests doing a little research on some of the people who will be at the meeting. Finding

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MEETINGS



ASK QUESTIONS THAT RELATE TO THE PERSON AS AN INDIVIDUAL AS WELL AS TO THEIR BUSINESS.

out a bit more about their interests always goes a long way, especially if you have similar interests, she says. “Then approach the person by just being yourself.”

Spice up your introduction. “Be prepared to introduce yourself with more than your name and title,” says Deborah Hey, a former management consultant and the co-founder of several businesses, including her current company, MotoSoul, a motorbike destination resort in Germany that speaks to her own love of riding motorcycles.

Consider what differentiates you from your competition, she says. “For example, when I was a management consultant, I would often say, ‘Hi, I’m Deborah Hey. I help CEOs solve their biggest problem.’” She would then explain to her new acquaintance how she researches to find the No. 1 biggest issue in an organization—whether it lies with people, systems, processes, or products and services—and provides solutions. Nowadays, for MotoSoul, she might say,

“I help motorbike enthusiasts with tours and lodgings designed specifically for them.”

Bring your curiosity. Have a question ready that you can ask almost anyone, Hey suggests. “Don’t rely on ‘What do you do?’” That question is common in the United States, but it is impolite in some cultures, she says. “Instead, focus your question on the activity you are sharing. For example, ‘What specific part of the conference are you most excited about?’ Or, you might pose a question about the presentation you just heard, such as, ‘When the speaker gave her paradigm on the 40-60 split for work-life balance, did that fit in with your priorities?’”

She loves to ask questions that relate to the person as an individual as well as to their business, she says. “So, if the person seems open, I might ask, ‘What is the hardest thing you have ever had to tackle in your business life?’ or ‘What is the best thing that ever happened to you in your business life?’”



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MEETINGS



If she's hoping to learn more about the person's business philosophy, she might ask who inspires them, or how their thinking about business has changed since they started their career. And whatever she's asking, she always follows up by inquiring why the person feels that way or holds that view.

Push beyond your comfort zone.

Be open to and prepared for networking opportunities related to meeting social activities, such as travel, receptions and group visits to a local attraction. Pay particular attention to your fellow travelers on the way to and from conferences, Hey says, because the journey can be a productive part of your networking.

"For example," she says, "I was on a flight from Los Angeles to London when I introduced myself to the man sitting next to me." His name was Michael Ross, and it turned out he was also an entrepreneur who liked to start and grow companies. Hey and Ross discovered that they were both headed to a conference focused on doing business in Great Britain. "That common connection allowed us to instantly relate and have a rich conversation about our recent business exits and what we were looking to create next," Hey says. She had just decided to sell her half of a company she'd co-founded, and she learned that Ross was similarly looking for his next entrepreneurial opportunity.

During that flight they created a vision for helping other entrepreneurial ventures to grow and succeed, she says. "We spent time in

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London together via the London Chapter of the Entrepreneurs' Organization, and we kicked around many ideas. It was a very inspirational time for me." Entrepreneurs' Organization is a peer-to-peer network of business owners and has 182 chapters in 57 countries.

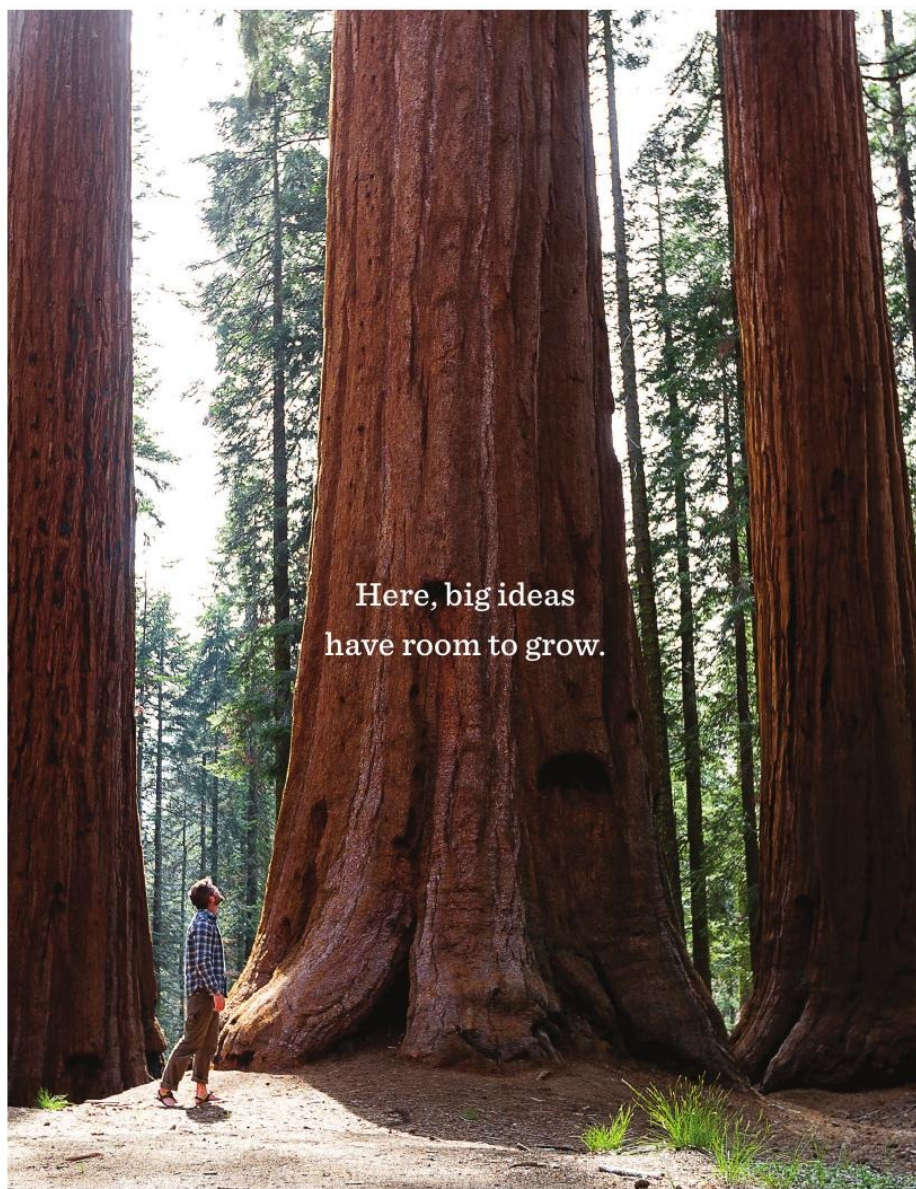
Just three months after they first met, Hey and Ross officially launched Altitude 7 Group, a strategic-business-development firm based in Seattle, Washington, and Irvine, California, in 2009, and they successfully grew the company together for many years before Hey moved on to her next entrepreneurial venture. Ross remains at the helm of Altitude 7 Group, which now provides services to entrepreneurs wanting to do business in regions ranging from Southeast Asia to Brazil.

"Altitude 7 Group began on that flight at 7 miles in the air because I was open to getting out of my comfort zone to meet the right person on that flight," Hey says.

She has continued to actively grow her network of contacts, and a few years ago, a business contact in Germany introduced her via email to several people who became important to her next life ventures, including her new resort in the small village of Mutzschen.

"Meeting Michael Ross on the flight to London and starting Altitude 7 Group was definitely a life-changer," Hey says. "At the time, I was selling my share of a business and trying to figure out what was next. A7 was a great transition to many other new opportunities, which eventually led me to MotoSoul." ✈

Michelle Wallar Martin writes from Seattle.



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KEYS TO ENGAGEMENT

GETTING LISTENERS TO INVEST IN YOUR MESSAGE

BY JEAN HAMILTON

► **WHETHER YOU ARE GIVING** a large presentation or speaking during an important meeting, the main goal is often to get people engaged and invested in your message. But how do you get them involved? How do you get them to care? In my work as a public-speaking coach, I've discovered several keys to help set communication up for success.

1. Lead with empathy

Get into your listeners' shoes. Think about what's important to them. How do they benefit from your message? What do they need? How do they feel at this moment in time?

Whatever your message, whether it's during a difficult transition or an inspiring time of growth, or even if you are relaying data, put the needs and interests of your audience at the forefront. It will open up their minds and hearts to you and your message. Let your empathy for their needs be your guide.

2. Hear their objections

Sometimes your audience

might come to your presentation with preconceptions and objections. How do you get them on board? If you really listen, and echo their own words back to them, you can build a connection.

People want to be heard. Let them know you hear their concerns. Their objections are often valid, but perhaps they are not able to see the whole picture. If you let them feel heard, they relax and are better able to listen to you.

3. Keep it simple

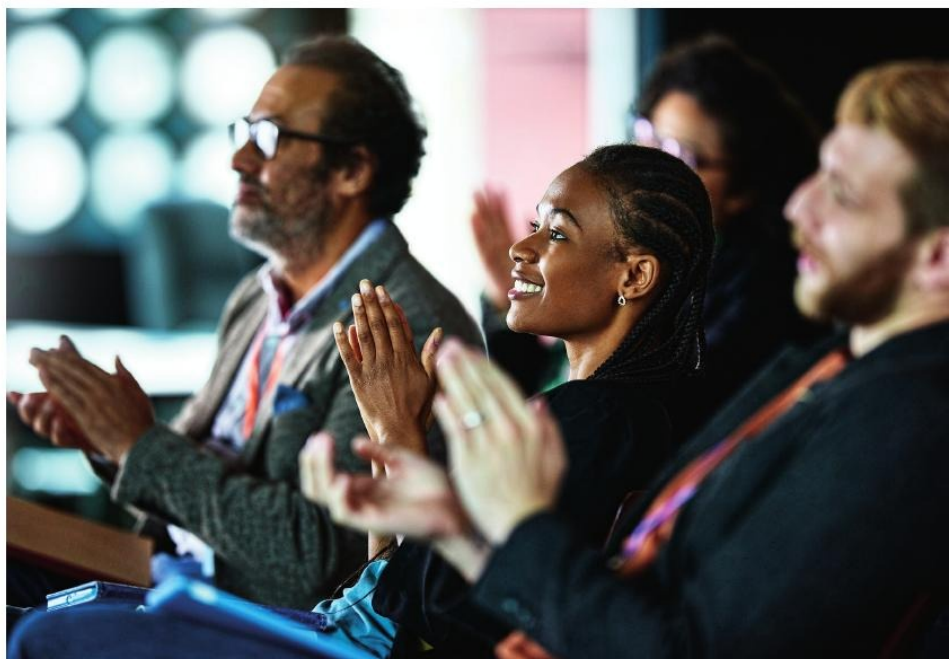
If you want people to take action, let them know what action they should take. By being clear and direct, you are much more likely to get what you want. Whatever your message, people need to be able to grasp it quickly and easily. For instance, if you are speaking to a lay audience in conjunction with fundraising for a high-tech or medical endeavor, instead of talking in technical terms, stay basic.

Why should people care? How will your work and discoveries improve people's lives?

How can you keep your message simple so the audience can easily understand and be inspired by the impact of your research and work? Short, concrete, conversational sentences help.

4. Keep it fresh

If you want to make your message memorable, realize that every person and every





situation is unique. Keeping in mind the observation attributed to Greek philosopher Heraclitus that you cannot step into the same river twice, because everything is always in flux, stretch yourself to bring a

sense of freshness to every moment. Although the same words are available to everyone, how you put your thoughts and words together—your perspective, your experiences and your empathy for others—will

be what brings your thoughts and words to life. Own that! It will be what makes your presentation interesting and engaging to others. A fresh take is always welcome.

5. Correct and continue

What if, despite your best efforts, a presentation does not go as well as you had planned? What can you do to bring it back on course? Take a breath, and ask questions.

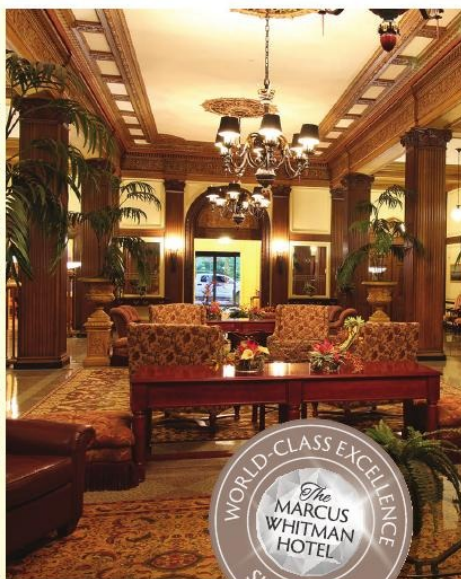
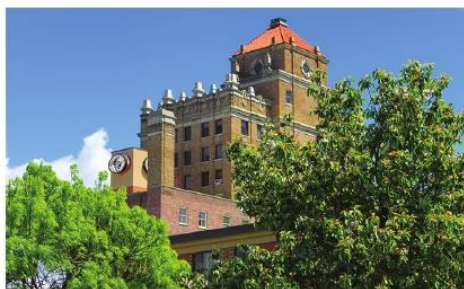
With curiosity, find out their concerns and objections. Assume positive intent. Make it a safe place for them to talk, and allow yourself to learn and discover together.

And there will be a rare presentation or meeting when you just don't quite connect. You will never please everyone, and that's OK. Keep it in perspective; learn from the experience; and then let it go.

Say to yourself, "Next!" Then find a way to look forward to your next presentation. Just around the corner is a new opportunity for you to connect. ✈

Jean Hamilton, founder and principal of Speaking Results, offers coaching and training on communication, storytelling and public speaking to executives and leaders.

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Universities Encourage Imagination and Innovation

BY LORA SHINN

CREATIVE APPROACHES

Three college students had an idea. They wanted to make a blanket that kept your feet warm—with a foot pocket. So in the fall of 2017, they went to the Idea Lab, part of the Zahn Innovation Platform at San Diego State University.

ZIP Idea Lab's founder, Kevin Popović, admits he was a bit skeptical. "We wondered, 'Why would anyone want a product like that?' But we had to suspend judgment," he says.

The ZIP Idea Lab, which is focused on helping students, faculty, businesses and nonprofits develop creative ideas that solve problems, assigned a project manager, who led the students through a six-step Design Thinking problem-solving process. The Idea Lab regularly uses this process—for more information, see the sidebar on page 97.

Through these steps, the students researched who might need and want their blanket; they surveyed other students about color, price and fabric; they brainstormed on a whiteboard for prototype, logo, website and methods of manufacturing. Then they created a prototype, which they tweaked after receiving user feedback—for example, making the blanket longer.

In fall 2017, the group set up a sales table in the SDSU student union building for a soft launch of their toe-warming blanket. "They sold out of the product," Popović says, and they started a waitlist for the next order. Bomfy B. was born.

A blanket with a foot pocket might not be world-changing, but it highlights the sort of success story that can occur when universities prioritize creative thinking—thinking that is novel and unafraid to be wrong—says Popović, because creativity sets the stage for a fulfilling individual life, and for making changes on the global stage.

"From the individual standpoint, there's a sense of empowerment that comes from creativity," he says. And it's a self-fulfilling positive feedback loop, he says, because the more practice we get being creative, the more confidence we have.

Creativity also gives a competitive advantage to companies that hire college graduates who have developed it, says Crystal Farh, an associate professor of management at the University of Washington's Foster School of Business. "You don't want just the status quo," she says. "You want better." In addition, employees who have the space to be creative typically are more motivated and engaged, Farh says.

As a result, many institutions of higher learning are expanding the ways in which they encourage creativity, inspiring future generations to explore new ideas—and implement those ideas in the real world.

CULTIVATING CREATIVE ENTREPRENEURS

In the Foster School of Business, Farh teaches a leadership class in which students practice asking good questions that inspire the brainstorming process. In one role-play exercise, leaders ask the team to write down 10 new uses for a product, assuring the team that "no idea is a bad idea."

Questions to fuel team creativity might include: How can I use this object when I go camping? Can we attach/combine other objects to this item to give it a new use? Where would this object make a good decorative ornament? The shape of this item resembles what other common objects?

The goal of the exercise is to help team members develop a kind of thinking that frees up their minds to come up with a lot of ideas—knowing full well that most of the ideas will go nowhere, but the best might turn into something amazing.

Many institutions of higher learning offer venues for students and others to apply this sort of thinking outside of the classroom. For instance, at the University of Nevada, Reno Innevation Center—Powered by Switch, users find inspiration, consultants and tools, including 3D printers and state-of-the-art software and machinery in a four-floor, 28,000-square-foot facility. The school has intentionally used the spelling "Innevation" ... to take the "no" out of innovation.

UNR's space has inspired the development of products ranging from low-water-use hand-washing stations that feature a special water-soap capsule to sensors that can help firefighters determine whether a building has been cleared of people.

At facilities such as the Innevation Center, students learn that failure is key to success. "Enjoy learning from failures, because you're going to have a bunch of them," advises Jim Sacherman, the center's director. "We all do. For every suc-



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cessful venture, there are probably at least five that weren't successful," he says.

A student's work at the Innovation Center might lead to full-time employment, as well. Around 40 UNR students have been hired outside the program so far, by businesses impressed with their talents. "We teach what is hard to teach," Sacherman says. "How do you be a bit more thoughtful about what the world needs, and how do you come up with good ideas to make that happen?"

Another university that provides students with ways to put creative thinking into real-world practice is the University of Idaho, whose Idaho Entrepreneurs program hosts events such as the Business Plan and the Idaho Pitch competitions. In both of these events, student teams present formal business proposals to business professionals and venture capitalists. These competitions are designed to replicate the real-world process of launching a business.

Taking creative ideas to market requires teaching students to think more entrepreneurially, says George Tanner, the program's director. "It's exciting to see students and faculty come up with ideas, then work with them on a business model and plan," he says.

Thanks to programs such as Idaho Entrepreneurs, the University of Idaho's undergraduate engineering students are

often well-trained in the entrepreneurial mindset. While first-year students learn and apply basic engineering tools and processes—such as designing a small model car powered by a mousetrap's spring mechanism—seniors solve engineering problems for businesses and government. Students have reworked fixtures for airplane cabin lighting for major aerospace companies and have worked on a Mars rover concept for NASA. A Northern Idaho coffee-roasting business sought more efficient ovens—three students redesigned the ovens and were hired by the business as a result, says U of I engineering professor John Crepeau.

"Engineering education has been changing over the last few years," Crepeau says. Previously, students solved specific problems similarly to math problems—go through necessary steps to get an answer. "Things are evolving now, so engineers are starting to solve more open-ended problems where there's not one answer at the back of the book," he says, leading to the design and creation of new products and businesses.

NURTURING EARLY CREATIVITY

Some universities are training future teachers to foster creative thinking in young students so that by the time these students reach higher-education campuses, they are already

6-STEP DESIGN THINKING PROCESS FOR PROBLEM-SOLVING

The following process facilitates a creative approach to problem-solving. It's used at innovative schools such as San Diego State University.

After coming up with a "problem statement" (how might we?), proceed through the following steps.





well-equipped. When Nicol Howard, an assistant professor in the School of Education at the University of Redlands in Southern California worked as a California K-12 teacher, “students often entered the classroom nervous about learning, because they’d been expected to memorize information and perform perfectly,” she says.

“As teachers, we want to develop and make room for creativity,” she notes. Instead of a traditional written report, students could offer to write a poem, or create



Schools throughout the West are embracing creativity.

For instance, at Montana State University in Bozeman, undergraduate student teams were asked to communicate complex physics and astronomy concepts—using art forms such as film, music and architecture. The resulting Radical Creativity Art Walk in April 2018 showcased topics such as black holes, and the interdependence of time and space. And in May 2018, MSU’s School of Architecture students built a 150-square-foot “tiny house,” a prototype house for the planned Griffin Village, which will provide 37 homes for homeless Bozeman residents. —L.S.

with physical objects such as clay, cardboard or various technologies.

Education that inspires creativity and supports the development of critical thinkers and flexible learners is valued within the University of Redlands’ Department of Teaching and Learning. “We can’t all predict the problems of tomorrow,” Howard says, “but we can create opportunities for individuals to innovate and problem-solve.”

Students may not get a letter grade in creativity, but they can be encouraged to build skills to create, explore and think critically when approaching problems or projects—beneficial in work settings and everyday life, she says.

University of Redlands teacher candidates go through a teacher-preparation program in which they are asked to collaborate in groups, tinker, get frustrated and figure out solutions to different challenges, just as they’ll someday ask their own students to do.

The school also discusses the idea of “Genius Hour,” which some public schools have adopted, Howard says. The Genius Hour is inspired by various companies’ practice of allowing employees to use a portion of their workweek to explore

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passions and interests. This exploration is integral to inquiry-based learning—or the pursuit of learning by doing, wondering and, yes, making mistakes.

“When they are given the freedom to explore, the K-12 students being taught by our teacher-program graduates often “discover passion-driven careers,” she says, whether they want to grow up to work in business, medicine, engineering, biology or—in one student’s case—skateboard design.

Through Washington State University’s Health Education through Arts-based Learning (HEAL) program, Molly Kelton, a professor in the College of Education, and Jeb Owen, a WSU-based entomologist, are helping elementary-school-age students understand that creative thinking is very much a part of all subject matter, including health and science. Art can inform science; science can inform art; and one subject can help a student learn about the other.

For instance, when Kelton and Owen visit Eastern Washington libraries and community centers in conjunction with the program, they invite kids to draw a mosquito. Usually, the children generate a basic body, wings and a needlelike mouth. Then the youngsters learn more from Kelton and Owen about the mosquito’s specific physiology, and when the children are asked to draw a mosquito for the second time, the illustrations typically contain far more detail—right down to the correct number of legs.

Kelton says higher education sometimes creates an artificial separation between the arts and sciences. “But the most persuasive and compelling science is a product of someone who has identified a new or unrecognized set of relationships between phenomena,” Owen says, pointing out that science requires creative thinking: “Scientists are always striving for some new synthesis, a new perspective. That’s creativity.”

INTERDISCIPLINARY APPROACH

In fact, an interdisciplinary approach is often key to creative thinking, and it's through the melding of different backgrounds that some of the most revolutionary ideas arise.

This interdisciplinary approach is on display at the University of Oregon's College of Design, which formed in 2017 as a result of a restructuring that put under one College of Design umbrella the School of Architecture & Environment; the School of Art + Design; the School of Planning, Public Policy and Management; and the Department of the History of Art and Architecture. As students learn about materials, the manufacturing process, design influences and entrepreneurship, they see how creativity is enhanced by acquiring interdisciplinary knowledge, making connections that aren't necessarily obvious, and by applying these strategies to navigate around constraints.

"There's an interaction of new materials and new disciplines," says Kiersten Muenchinger, an associate product-design professor in the College of Design. For example, some clothing design incorporates molecular chemistry and human physiology, to create items such as stretchier jeans that are more comfortably form-fitting.

By the end of their four years, UO design students might be assigned to create a chair or sitting device that blends with a company's current furniture line and costs 20 percent less to make, but can be manufactured with the company's current equipment.

Muenchinger says the hope is to graduate students who not only can think through solutions to questions, but who look at questions in entirely new ways. "If the round hole is bigger, the square peg might fit," she says. "We want to develop people who are inspired by constraints." ✕

Lora Shinn is based in Seattle.

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HISTORICAL EL PASO

Exploring the West Texas cultural center

By Andy Martinez

» “Ocotillo!” shouts my friend Matt, atop a boulder in Hueco Tanks State Park & Historic Site. He climbs down from the massive rock to take a quick snapshot of the plant, with its vibrant green stems, thorns and desert-sunset-colored blooms of bright red and orange.

Such sights remind me that, despite being located in the Chihuahuan Desert, the land in and around El Paso, in this far western corner of Texas, is abundant with beautiful and diverse plant life. While Matt examines the ocotillo, I find my personal favorite local species, the creosote bush. It is easy to locate, as it has a distinct aroma that stands out.

Matt and I are taking part in guided tours of the park, located about 40 miles northeast of El Paso and encompassing hills with amazing rock outcroppings and boulders. The term *hueco* means hollow and refers to the area rock basins that catch rainwater. For thousands of years, people came here for water, including the



Jornada Mogollon people who lived in the area for centuries. They moved on between 600 and 700 years ago, leaving behind pictographs—of animals, people hunting and painted masks—on the rocks and caves in the park. The local rangers lead various tours of the park, including their popular rock art tour, which offers information about the pictographs.

Later, Matt and I go off on our own self-guided tour, which is allowed only in the North Mountain area of the park and requires a permit. We are searching for Cave Kiva, which is better described as a rock shelter and is known for the painted masks on its walls. The rangers have provided maps for us and given us instructions about the site. Then we meet a helpful hiker who points us to the cave’s entrance.

We crawl on our bellies through the low rock opening of the

NEAR & FAR»



shelter. Although it is only a few feet, the atmosphere inside the cave is one of absolute silence and peace where time seems to have stopped.

The space is only about as wide as an average person's arm span, so in order for us to better admire the pictographs, we lie down on the cool rock floor and look up at the cave ceiling. We see a number of masks painted in a variety of designs. The images are about the size of your palm, some with horns, and others with wide eyes and mouths agape.

The historical significance of the area becomes apparent as we view the ancient drawings made by people who lived here perhaps a thousand years earlier. Seeing these drawings up close gives me a newfound respect for the artists. Because of my experience in the rock outcroppings of Hueco Tanks, I have a greater sense of the artists' skill and creativity.

» *Clockwise from upper left of the opposite page: An ocotillo plant blooms in the desert. Hueco Tanks State Park & Historic Site features large rock outcroppings. The pictographs at the park are a popular attraction, and they include a variety of brightly colored masks.*





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Path of culture

Driving back from the majestic hills of the park, we see the expansive city of El Paso before us. The city is located along the Rio Grande River, where the westernmost spot in Texas meets New Mexico and the country of Mexico. The high-desert city (at an elevation of 3,740 feet) has a population of about 685,000 and has become an economic and cultural center for the region.

Many of the city's main museums and cultural sites are clustered together in the heart of the city and are within a 10-minute walk from one to another. One of the first places I recommend people visit is the San Jacinto Plaza, the city's downtown hub of activity. Since its renovation was completed in 2016, the plaza has a small fountain at its center adorned with a sculpture of alligators. The artwork was created by artist Luis Jiménez and is an homage to the live alligators that roamed a pond at the center of the plaza from 1889 to 1965, according to local news articles.

The alligators are gone, but the plaza remains one of the city's liveliest locations, day and night. Recreational activities include pingpong, horseshoe tossing, chess and a splash-pad play area where you can be sprayed with water—a popular spot in this dry climate, especially during summer months. Once the sun sets, the trees and pond of the plaza light up to create the perfect backdrop for downtown's nightlife.

A block southwest is the Plaza Theatre Performing Arts Center. The theater is renowned for its Spanish Colonial Revival architecture and is one of the city's top performance halls. Remodeled in 2006, the theater dazzles with its historical decora-

FROM TOP: NPS PHOTO / ALAMY STOCK PHOTO; DENISTANGNEYJR / ISTOCK.COM



The San Jacinto Plaza is a lively center of activity in El Paso's downtown area.

» DID YOU KNOW? El Paso has been nicknamed "Sun City" because the sun shines an average of more than 300 days a year.



The Socorro Mission.

AT A GLANCE

Must-do attraction:

White Sands National Monument: Located about 100 miles north of El Paso, the monument is the world's largest gypsum dune field, measuring 275 square miles. The monument offers a variety of activities, including camping, hiking and dune sledding. Equipment for sledding can be purchased at the monument gift shop.

What to take home:

A pair of handcrafted cowboy boots from Rocketbuster Boots. A T-shirt or other item from Chuco Relic, which provides a variety of El Paso-themed gifts and souvenirs, including mugs, glassware, stickers and more.

What's in a name?

The early settlement took the name El Paso in 1859. At the time, the Mexican town directly across the Rio Grande from El Paso was named El Paso del Norte, resulting in confusion, until the Mexican town adopted the name Ciudad Juárez in 1888.

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

... **Foodie:** Rulis' International Kitchen, offering a fusion of cooking styles.

... **Romantic:** Zin Valle Vineyards, which hosts live music and wine-tastings.

... **History buff:** The Mission Trail, on which you visit the missions of Ysleta, Socorro and the Presidio Chapel San Elizario.

... **Family:** El Paso Zoo, with daily bird shows and more than 220 species of animals.

... **Lover of literature or pop culture:** The classic films at Alamo Drafthouse Montecillo.

Distinctive dish and where to find it: Rolled tacos (also known as taquitos) from the restaurant El Cometa.

Classic drink and where to find it: A margarita from the restaurant Los Bandidos de Carlos & Mickey's.

Key song reference:

Marty Robbins' *El Paso*, a 1961 hit song about a tragic love affair. —A.M.

tions, which include antique furniture, decorative metal railings and mosaic tiled floors. As an avid fan of the El Paso Symphony Orchestra, which performs at the theater, I find the splendor of the building impressive. Traveling Broadway shows, bands and comedians all perform under a ceiling that is painted to look like a starry June night in El Paso.

Next to the theater is the El Paso Museum of Art. Founded in 1959, the museum has a collection of European Baroque and Renaissance works by masters such as Botticelli, Canaletto and van Dyck. Over the years, the collection has expanded to include important American works by artists such as Gilbert Stuart and Thomas Sully, and Spanish artworks from the 17th through the 19th centuries.

Two blocks northwest of the art museum is the El Paso Museum



» The El Paso Museum of History, left, uses technology and artifacts to tell the story of the city and the region. Anson 11, opposite page, is one of El Paso's top dining experiences.

um of History, which uses innovative technology to tell the region's history.

Visitors can click on 3D

touch screens, part of the museum's Digital Information Gateway, to literally scroll through the history of El Paso. The screens feature iconic images of the city and region, and stories provided by El Paso residents. Learn about the early settlers to the area and the missions along the borderland, as well as how the city developed. City residents are encouraged to submit their family histories and images to the always-growing database.

You can easily walk to all these locations, or you can rent bikes from the city's bike-share program, with docking stations

THIS PAGE: JESSE RAMIREZ / VISIT EL PASO; FACING PAGE: ANSON 11

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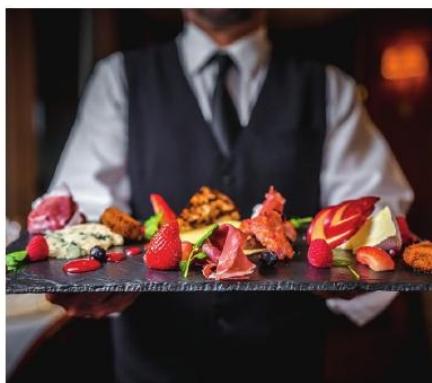
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throughout town, including at the major cultural locations.

If you want to enjoy a meal at one of the city's top restaurants, make reservations at Anson 11, located across the street from the San Jacinto Plaza. The restaurant includes a casual bistro on the street level and a fine-dining restaurant on the second floor, which is renowned for its 375-bottle wine list and eclectic menu.

After dinner, walk half a block to the International bar. The large nightspot boasts a rooftop bar, with great views of the downtown area and handcrafted cocktails and local brews. I prefer the Deadbeach IPA, a beer with a hoppy flavor and a sweet, malty finish. The brew pairs perfectly with International's classic jazz nights on Wednesdays. The nearby Hotel Indigo features rooms that include El Paso-inspired art, The Downtowner restaurant, a fifth-floor outdoor pool and the Circa 1963 bar, offering views of the city skyline.

Farm-to-table cuisine is the focus of the menu at Ardovino's



Desert Crossing, which, although technically in New Mexico, is still an iconic restaurant for El Paso residents, serving some of the city's best pizza. During my last visit, I sat on the patio, eating a fragrant full-house pizza that was topped with roasted local green chile, a flavor staple of the region.

As a local band created a soothing background soundtrack, I enjoyed a panoramic view of El Paso—which turned into a light show after the sun set.

From the ancient iconography in the Hueco Tanks to the museums and nightlife of the bustling city center, El Paso is an exciting location to explore and enjoy. ✂

Andrew Martinez writes from El Paso, Texas.

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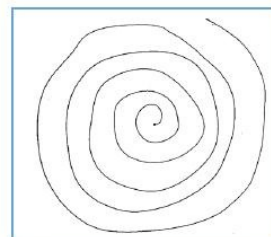
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MARVELOUS MELBOURNE

Lush gardens, dynamic art and exceptional dining

By Sophie Friedman

» **Sitting in the 55th-floor Lui Bar,** I savor Yarra Valley bubbly and Australian cheeses while enjoying the view of Melbourne below me. It's one of those days—in a city that locals joke has four seasons in a day—when the weather has been flawless. As the sun slowly sets over the bay, bathing the room in an ethereal golden-hour light, I reflect on my experiences in the city during this trip.

Melbourne not only is consistently ranked as one of the world's most livable cities (per The Economist Intelligence Unit), but it is also one of Australia's coolest urban centers, attracting nearly 3 million international visitors in 2017 to explore the art scene, nightlife and more. The city is also eminently walkable, and easy to navigate on a bicycle. Enticed by nearly 85 miles of bike paths, I started my first day on two wheels using Melbourne Bike Share, which offers 600-plus bikes, dispersed at 50 bike-share stations. (Wearing a helmet is the law in Australia. Some bikes have helmets attached. Otherwise, you can buy one for \$5 from vending machines at select train stations and many 7-Elevens. Please see melbourne-bikeshare.com.au for more information.)

I was staying in the leafy South Yarra area—at the new United Places Botanic Gardens, a 12-suite apartment hotel right across the street from the Royal Botanic Gardens—so I started my ride along the edge of the park. Established in 1846, the garden's approximately 90-acre grounds are landscaped with lovely palms, a species rose garden and a world-acclaimed

camellia section. Visitors to the park also can see rare endemic species such as the Wellington mint-bush. I paused at Victoria's national war memorial, the Shrine of Remembrance.

Heading to the 18-mile Capital City Trail, I rode leisurely along the Yarra River, sharing the paved path with other cyclists and joggers. The river's grassy



CLOCKWISE FROM TOP LEFT: OPIS ZAGREB / SHUTTERSTOCK.COM; TOM COCKREM / GETTY IMAGES; MURAL BY JASON PARKER AND SOLEVEINS, PHOTO BY LOU CHAMBERLIN; JOHN W. BANAGAN / GETTY IMAGES; ASANKA BRENDON RATNAPARKI / GETTY IMAGES



» Clockwise from top: Popular Melbourne attractions include the Yarra River area, with walking paths and pedestrian bridges; Carlton Gardens and its elaborate fountains; artistic murals; the beautifully landscaped Royal Botanic Gardens; and charming trams and railway stations, such as Flinders Street Station.



bank looked like a 21st century version of Georges Seurat's *A Sunday on La Grande Jatte*, except parasols were replaced by Australian rules footballs, which are used in Melbourne's homegrown sport.

Aussie rules football was invented in Melbourne in 1858, and predates other modern football games. Melburnians are wild for it; it's one of Australia's most-watched sports. Two teams of 18 players each try to score by kicking or hitting an

oblong ball—similar in shape to a rugby ball—through their corresponding goals at opposite ends of an oval-shape field.

After some pedaling along the Yarra River, I swung north, crossing the river. I stopped to admire the domed Flinders Street railway station and its distinctive yellow facade. Then I continued toward the 64-acre Carlton Gardens, where I docked my bike at a bike-share station. I paused to take in the park's centerpiece,

the Royal Exhibition Building, which boasts elements of Romanesque, Lombard, Byzantine and Italian Renaissance architecture. Tours of the building and its impressive vaulted-ceiling rooms are offered daily, except during private events.

I walked to meet my friend Ceci, a furniture designer wearing many Melburnians' all-black "uniform" of choice. She was taking me on a street-art tour of Melbourne's trendy Fitzroy and Collingwood neighborhoods, just east of Carlton.

But first, coffee: In Melbourne—and, indeed, countrywide—good coffee is taken seriously. We headed to a flagship store of Grinders Coffee Roasters, where Ceci ordered a latte with soy milk and I enjoyed a delicious cold brew made with single-origin Columbian beans. Then we walked to Fitzroy to start our tour at

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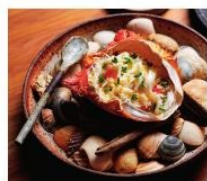


live-music venue The Night Cat. In 2009, on a side wall, artist collective Everfresh Studio painted “Welcome to Sunny Fitzroy” in gray, black and white, and today the wall is a popular photo spot.

We headed east, passing Juddy Roller—artists’ workspaces whose exterior walls are also a gallery—and ending at a red-and-teal 1984 Keith Haring mural depicting dozens of jumping kids and a caterpillar with a computer brain. It’s painted on the side of the Collingwood Arts Precinct in Collingwood, adjacent to Fitzroy. In both neighborhoods, a big part of the fun is turning a corner and finding yourself in front of a huge mural—and a great Instagram backdrop. For self-guided tours, download the Street Art Cities app or follow the map on the company’s website (streetartcities.com).

For a bit of indoor art, we visited Backwoods Gallery, which exhibits contemporary work from artists such as Georgia Hill, who works primarily with black-and-white textures and text, and Robert Bowers, whose paintings are verdant and reminiscent of works by David Hockney. We also stopped in the Centre for Contemporary Photography, which showcases Australian prints and videos.

One look at Melbourne’s cafes, bustling seven days a week, proves Australia has elevated brunch culture to a high art



» **Melbourne offers great food options, such as Matilda’s dressed crab dish, top, and delicious flat whites and other coffee drinks, above. Aussie rules football, below, predates other modern football games and is one of the most-watched sports in Australia.**



AT A GLANCE

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

... **Coffee enthusiast:** Follow the coffee trail in the Central Business District, with cafes such as Brother Baba Budan, Sensory Lab Little Collins, Manchester Press and Cup of Truth.

... **Sports fan:** The National Sports Museum showcases Australian sports, with interactive zones, memorabilia, and 3D holograms. It’s located on the Melbourne Cricket Ground, where you can also see a cricket, soccer or Australian rules football game.

... **Music lover:** Australian Music Vault is free to the public and has a permanent interactive exhibition on the history of contemporary Australian music from the 1950s onward. How did Kylie Minogue gain a worldwide audience? Who were Australia’s iconic New Wave and punk bands? All this and more answered in the engaging exhibit.

... **Family:** Kids can see kangaroos, koalas, dingoes and more at Healesville Sanctuary, about 40 miles from downtown Melbourne.

Day trips:

- Great Ocean Road: About 150 miles along Australia’s southeastern coast, featuring breathtaking views of formations such as the Twelve Apostles—limestone stacks of which seven remain (above).
- Yarra Valley: Wine region east of Melbourne, renowned for its sparkling wines, Chardonnays and Pinot Noirs.
- Phillip Island: Home to the Phillip Island Nature Parks, which hosts a daily sunset Penguin Parade.

Famous local residents:

- Academy Award-winning actress Cate Blanchett.
- Actors and brothers Chris, Liam and Luke Hemsworth.
- Basketball player Ben Simmons, point guard for the Philadelphia 76ers.

Pro tip:

Within the Free Tram Zone, which covers Melbourne’s Central Business District, tram rides are free and don’t require a pass to board. This includes the City Circle Tram, which passes many of Melbourne’s landmarks (ptv.vic.gov.au). —S.F.




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form. Appetites whetted, Ceci steered us to Archie's All Day on Gertrude Street. I couldn't resist an Aussie staple, smashed avocado, served at Archie's on rustic sourdough and topped with goat feta from local Meredith Dairy, plus mint, parsley, lemon, sumac and *pepita dukkah* (a spice blend incorporating pumpkin seeds); I went all in and added halloumi cheese.

Our tour continued with shopping in the area's boutiques. At a toy shop for grown-ups, Third Drawer Down, we looked at tea towels with playful prints by Aussie artists such as Yayoi Kusama and Frances Cannon, and other assorted tchotchkes; at Lost and Found Market and at Hunter Gatherer, aisles were lined with vintage everything; and at Mud Australia, we very carefully admired stacks of handmade ceramics.

That evening, I had dinner at Matilda 159, at the United Places Botanic Gardens. The restaurant had recently received two *Good Food Guide* hats, a prestigious honor in Australia, and the space was buzzing with diners. All of the food at Matilda is cooked over flames, and the bar seating was practically in the kitchen, with the chefs as my dinner companions. After enjoying a tiny, perfectly formed salmon-roe tartlet with bonito cream, I ordered the barramundi. The fish was slightly sweet and was dressed with cooked capers that popped at first bite.

On my last morning in Melbourne, I awoke to a sky so blue it looked color corrected. I went to Baker D. Chirico for a croissant and a flat white, a popular espresso drink with microfoam. Strolling through the Royal Botanic Gardens and north up St. Kilda Road, I crossed the river to meet a friend at Arbory Afloat, a barge bar and restaurant on the



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» NEAR & FAR MELBOURNE

water. I was joined by a Melbourne-born friend, Kat, who had suggested the place. Amid striped umbrellas and happy, sunglass-wearing visitors enjoying the sunshine, we felt lucky to have nabbed a table overlooking the water. Kat and I ordered Aperol spritzes and a wood-fired pizza drizzled with truffle oil. From our perch we could see across the river to another on-the-water bar, Ponyfish Island, accessible by stairs on the Evan Walker Pedestrian Bridge.

After a liberal application of SPF 100 and an hour-plus of basking in the sun, we moseyed over a few blocks to Melbournalia, a shop selling made-in-Melbourne everything, including lovely plates emblazoned with images of Australian botanicals and Aussie slang buttons (I learned that *bonza* means excellent).

Kat, wanting me to have an additional local's Melbourne experience, had booked us a spot at Holey Moley, a two-floor mini-golf bar located in the Central Business District. Holey Moley is a putt-putt paradise, offering 27 holes, some of which incorporate pop-culture references, such as *The Simpsons'* living room and a "Nine Iron Throne." We puttied two rounds, and then it was off to Lui Bar, on the top floor of the glossy Rialto skyscraper.

Now, lounging at the bar with a glass of sparkling wine and a sunset, enjoyed from an observation deck above the city, I muse that this is the perfect close to a terrific journey. ✈

Sophie Friedman is a travel writer based in Shanghai.

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The aloha shirt, a style that evokes the spirit of the Islands, gained nationwide popularity thanks to celebrities such as Elvis Presley, who wore one in the film Blue Hawaii, right.

Iconic HAWAII Fashion

The stories are as colorful as the fabrics themselves **By Kathryn Drury Wagner**

Picture the quintessential Hawai'i outfit. What do you see in your mind? Perhaps something casual, such as an aloha shirt and shorts, or a flowing *mu'umu'u*? Thanks to their widespread recognition, these looks might be simple to envision. But when it comes to the Islands' emblematic fashion items, there's so much more to the story. These pieces tell tales of the places, and the people, that make Hawai'i so special.

In the following pages, you can discover some of the most important styles in Hawai'i clothing history, and see how they relate to present-day fashion and life in the 50th state.

The Cultural Ambassador: **THE ALOHA SHIRT**

There was something in the air in the 1930s: a mixture of tailors' skills, the availability of elegant printed Japanese fabrics and heady inspiration from the natural island beauty. The commercial winds were shifting, too, from a dependence on agriculture to the potential of a nascent tourism industry. This magic blend combined more than 80 years ago in Honolulu's Chinatown, and the aloha shirt was born. Over the ensuing decades, the shirt has morphed. Collars have gotten wider and then narrower; silhouettes have shifted; and the prints have alternated between wild and demure. But the appeal of the aloha shirt has never faded.

"The thing about the aloha shirt is that it doesn't leave anybody out. It's a neutral garment," says Dale Hope, author of *The Aloha Shirt: Spirit of the Islands*, and a legend in the garment industry in Hawai'i. "It's not all [depictions of] surfers or all canoes or all Diamond Head. There are tropical fish and big game fish. Waterfalls and whales and dolphins. Everything you have seen in terms of imagery in these islands, it's been folded into these shirts."

Hope recently curated an exhibit, "Art of the Aloha Shirt: Keoni of Hawai'i, 1938–51," which is touring the United States over the next five years. The exhibit features fabric artists such as John "Keoni" Meigs, who created at least 300 aloha shirt designs during what is considered the golden era of aloha shirts. Back then, says Hope, "they weren't doing the print designs on the computer; they were hand-painting them. Ginger, monstera leaf, flamboyant shapes from nature. I don't think those designs have ever been duplicated by generations that followed."

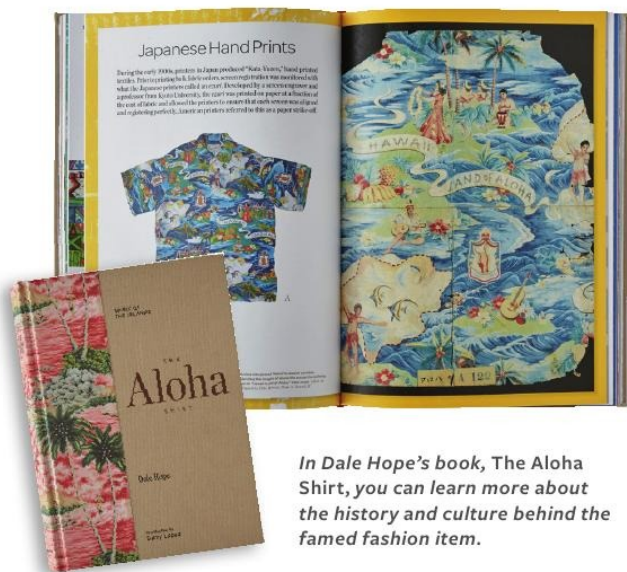
The aloha shirts caught the eyes of U.S. soldiers during World War II, and attracted the attention of celebrities who visited the Islands, such as Elvis Presley. The trend then spread widely, boosted by shows such as *Hawaii Five-0* and *Magnum, P.I.* that made the garment synonymous with Hawai'i the world over. These days, *Hawaii Five-0* and *Magnum, P.I.* both have reboots, and global audiences are getting a chance to fall in love with the look of Hawai'i. This broad exposure "absolutely has an effect," says Hope. "More and more European name brands, the Pradas of the world, include a Hawaiian print or two or three in their collections. They are being influenced by the aloha shirt."

It doesn't matter whether you are a longtime fan or dipping into the trend for the first time. "An aloha shirt makes your heart happy, and it's hard to argue with that," says Hope. "If you wear a print, people say, 'Wow, what a fun shirt,' or ask where you got it. It appeals to you just as it would have 80 years ago. It still evokes an emotion."

There is truly an aloha shirt for everyone. Here are a few places to shop, depending on your personal aesthetic.

For vintage shirts, Bailey's Antiques and Aloha Shirts, near Waikiki, is a treasure chest, with thousands of shirts made from the 1930s through today. But be open-minded as you peruse the racks. As the late Anthony Bourdain said





In Dale Hope's book, *The Aloha Shirt*, you can learn more about the history and culture behind the famed fashion item.

when he visited for his show *No Reservations*, “You don’t pick your shirt; it picks you.”

Reyn McCullough, the founder of Reyn Spooner, liked tailored looks, and in the 1960s the company debuted reverse-print shirts. This innovation led to paler aloha shirts that could be worn to the office, as opposed to louder aloha shirts one might wear to that era’s tiki bars. McCullough was among the first to promote the idea of Casual Friday, known in the Islands as Aloha Friday. Reyn Spooner has stores in multiple locations; the original shop opened in 1959 at Honolulu’s Ala Moana Center, the world’s largest open-air shopping center, and is still there today.

For more than 60 years, Tori Richard has manufactured prints designed by hand in its headquarters in Honolulu. The company’s aloha shirts, which come in standard and

relaxed fits, are cut and sewn in Hawai‘i. Tori Richard stores can be found at various shopping centers, including The Shops at Wailea on Maui and The Shops at Kukui‘ula on Kaua‘i.

Ranch Dressing: **PANILOLO STYLE**

The American West gets all the credit for cowboys, but Hawai‘i has had a thriving ranch culture for more than 200 years, after cattle and horses were first left on the Islands in the early 19th century. In the 1830s, Mexican-Spanish cowboys came to work on the ranches on Hawai‘i Island, and became known as *paniolo*, for their language, *español*. Generations of other cultures mixed in, and the resulting paniolo weren’t just cattle and horse people, notes Dale Hope. They were kahunas of cool. “They’d go down to the shore and fish and surf. They could play music and sing songs. They could barbecue. They were very well-rounded. They lived lives that were enviable then and now,” he says.

They also embraced the aloha shirt. “I’ve seen pictures of paniolo from the late 1950s and 1960s on the Parker Ranch on Hawai‘i Island, and they are wearing their long-sleeve aloha shirts,” Hope says. “It’s hard to duplicate that authenticity and soulfulness. The way they respected each other and the land, and worked so hard.”

If you’re ready to go country, shop for paniolo accessories by picking up a stylish bolo tie or bandana at the Parker Ranch Store in Waimea. You can also visit the nearby Parker Ranch, one of the oldest ranches in the U.S., which is still in business. The 130,000-acre property—which manages about 26,000 head of cattle—has two historical homes that



Western Aloha designs stylish paniolo shirts inspired by Hawai‘i ranch culture.

CLOCKWISE FROM TOP LEFT: THE ALOHA SHIRT; © 2016 PATAGONIA INC.; WESTERN ALOHA (2)

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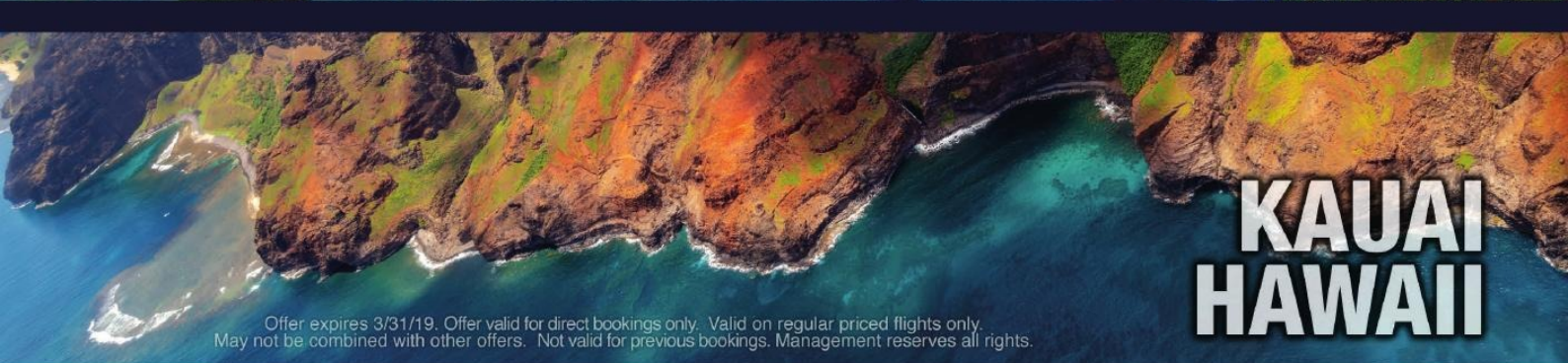
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Western Aloha, based on Hawai'i Island, designs modern paniolo shirts with subtle tailoring. The brand interprets a variety of prints and colors, from bold florals to Chambray Kaua'i Red, a fresh take on chambray. Dale Hope is the company's art director and collaborated on a line of shirts inspired by John Meigs' prints.

Made in Hawai'i:

MU'UMU'U

Some people hear the word "mu'umu'u" and think "tentlike caftan," but the dress has a far more nuanced history. When Christian missionaries arrived in the Islands in the 1820s, the gowns they introduced were hot and restrictive, with long sleeves and high necklines. Hawaiian women gradually adapted the garments, including losing the yoke collars. A dress style called "mu'umu'u"—literally translated as "cut off"—came into being.

Lloyd Kawakami, the CEO of clothing company 'Iolani, explains that the dress can be quite elegant. His parents founded the company in 1953, in a two-room shop in Honolulu. "Our dressmaker was trained at the Parsons School of Design and was more of a couture designer," says Kawakami. "We still have some of her garments in our archives."

Today, with Lloyd Kawakami at the helm, and his son as the third generation in the business, Kawakami says, "We try to be contemporary but not forget the past. Back in the day, cotton wovens were a big part of mu'umu'u; our designers have experimented more with knits because they drape very well. The high-tech fabrics have really come a long way. It's not the polyester of 30 or 40 years ago. We want people—whether you are a hula dancer or wearing a dress in your professional career—to feel comfortable and stylish."

One thing hasn't changed: The 'Iolani store is on the site of the original factory in Honolulu. It's

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Mu'umu'u-style dresses and caftans by Blue Ginger feature draping fabrics.

also where the company still designs its clothing, and all of the apparel is still made in Honolulu by local contractors. Keeping production local is important to the family. "It's not just about our business," Kawakami explains. "We have a social responsibility to our community."

Designer and retailer Blue Ginger also offers "patio dress"-style mu'umu'u, as well as floaty caftans, and a variety of men's, women's and children's clothing in super-soft fabrics. The brand was founded on Maui in 1983, and has eight locations, including at Queens' MarketPlace on Hawai'i Island and at The Shops at Wailea on Maui.

Check, Please: **PALAKA**

"I remember driving to Arakawa's in the 1980s and hiding among the racks of palaka clothing," says designer Leah Redmond. A former Broadway dresser, she grew up in Hawai'i before head-

Shopping CENTERS

International Market Place, which first opened in 1957 in Waikiki, has been reimagined for the 21st century. It's particularly gorgeous at night, when the tiki torches are lit and the century-old banyan tree is aglow.

The Shops at Kukui'ula, on Kaua'i's south shore, has Tori Richard, a brand that was established in Hawai'i in 1956 and offers clothing made with artful textiles.

In the heart of Wailea on Maui, The Shops at Wailea features an array of shops such as Blue Ginger, where you can find modern *mu'umu'u* designs and other attractive clothing. —K.D.W.

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OAHU MAUI KAUAI HAWAII

The whole 'OHANA

There's an intriguing subculture within aloha wear: the matching family ensemble. Picture Papa Bear, Mama Bear and all the *keiki* bears attired in the same hibiscus print, and you get the idea. Matching ensembles go back as long as aloha wear has existed, according to Dale Hope, an expert on aloha shirts. The tradition is popular with visitors and is also embraced by some local families.

Angela Cheng, the manager of O'ahu-based clothing company Lavahut, says the company has received hundreds of photos from its customers, in Hawai'i and around the world, wearing matching outfits. —K.D.W.



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ing to the Fashion Institute of Technology in New York City. Like many, she has fond memories of Arakawa's, a general store in Waipahu, on the west side of O'ahu, that operated from 1909 to 1995. Its employees wore *palaka* shirts, which were also sold in the store. Palaka is a wide plaid cotton fabric—simple and durable. Workers on the Islands' sugar, coffee and pineapple plantations wore palaka. Later, the boxy shirt style was adapted and worked into finer fabrics, and became one of the influences behind the aloha shirt.

"I've met people who remember their parents wearing palaka shirts when they were plantation workers," says Redmond. When it came time to launch her clothing line, called Gordon, she chose palaka fabric.

"Palaka print felt fresh to me after not having seen it for many



LAVAHUT

years. I was looking for a weight that would work for different garment classifications. Something that would be heavy enough for a jacket but with enough drape for an unstructured shirt or dress. I also wanted something durable that could withstand many wears and washings."

Other companies use the fabric as a special detail in their products. Pineapple Palaka, a brand of Hawai'i-designed neckties, uses palaka as a tip lining and keeper on the back of the tie, combining the concept of grounded sensibility on the inside with luxury silk on the outside.

Clearly, the fabric is continuing its legacy. As Redmond notes, "Hawai'i is diverse, but this idea of humble comfort and simplicity unifies." ✕

Writer Kathryn Drury Wagner visits Hawai'i yearly.

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SEATTLE

NOBLE NEIGHBORHOOD

Queen Anne offers majestic views and impressive variety

By Janis Segress

» **It's a royal Queen Anne day**—with cloud art ornamenting blue skies and the sun bestowing golden warmth on grateful faces. It's a day to embrace the outdoors in my home neighborhood, just north of downtown Seattle, so I grab the 11x17 *Map of the (Oft) Pedestrian Public Stairs of Queen Anne Hill* and head for my favorite of our community's 120 public stairways: the Comstock Grande Dame. The map, which folds to pocket size, was created by Queen Anne resident and architect Thomas Horton and the Queen Anne Historical Society.

Constructed in 1909, the Comstock has four sets of concrete stairs—for a total of 85—with three rest-stop landings before the top. The stairway also has a serpentine design and many tree branches above and around it, leading to its reputation as a great place for couples to share a kiss.

From the third landing, I look southwest to

the peaceful scene of nearby Elliott Bay, and west to see part of the spectacular Olympic Mountains. When I get to the top of the stairway, I devote a quarter hour to drinking in the water and mountain scene.

These views are possible because the charming neighborhood of Queen Anne includes a hilltop that's 456 feet in elevation, a feature that has led to the designations of "Lower Queen Anne" and "Upper Queen Anne."

Seattle Center, with its iconic Space Needle, is at the south base of Lower Queen Anne, while historical structures, along with boutique shops and excellent restaurants, are hallmarks farther north in Upper Queen Anne. The neighborhood's main street, Queen Anne Avenue North, running south to north, connects the lower and upper sections of our community.

After visiting downtown Seattle, I often walk



Kerry Park, on West Highland Drive in the Queen Anne neighborhood, is one of Seattle's top viewpoints and photo spots. From the upper section of the park, you can see downtown Seattle, the Space Needle, The Seattle Great Wheel, Elliott Bay, cargo ships, sailboats, ferries and, in clear weather, Mount Rainier. Sunset and nighttime photos are particularly popular. The *Changing Form* geometric steel sculpture (shown above) is often used to frame photos. The park's lower section has a basketball court and a play area (seattle.gov/parks). —J.S.

HERE & NOW»

through the Seattle Center campus, created for the 1962 World's Fair, on my way to the intersection of Roy Street and Queen Anne Avenue North, from which I stroll the avenue up the hill. I indulge in many pauses along the way, stopping and turning to face the ever-widening panorama of downtown Seattle and Puget Sound.

Part of Queen Anne Avenue North is sometimes called “the Counterbalance” because in the early 1900s, a system was installed with counterweights to help pull electric streetcars up the hill and to slow the streetcars as they traveled down the hill. The system prompted further development of homes and businesses at the crest of the hill. The neighborhood was much desired for its gorgeous views as well as its convenience to downtown. And although the streetcars quit running in 1940, Queen Anne remains one of the most desirable parts of Seattle.

One of my favorite Queen Anne activities is visiting the campus of my alma mater, Seattle Pacific University, founded in 1891. The campus grounds, located near the Lake Washington Ship Canal, are open to the public, and the Tiffany Loop pedestrian walkway winds around a picturesque green-lawn gathering space—the perfect place to read, picnic or nap under the huge canopies of trees such as big-leaf maples, some of which were planted by the university's founders more than a century ago.

The university began as a seminary just 40 years after the first group of pioneer settlers—the Denny Party—arrived in 1851 in what is now the city of Seattle, joining Native inhabitants who had long been in the region. Denny Party members David Denny and Louisa Boren were among the first residents of what later became known as the Queen Anne area.

David and Louisa, who got married in 1853, built their first home, a log cabin, most commonly believed to have been at the foot of Denny Way, near Western Avenue, on a bluff overlooking Elliott Bay, according to the Museum of History & Industry (MOHAI).

To page 125



SOME QUEEN ANNE FAVORITES

■ **Betty Restaurant & Bar** (eatatbetty.com): Seasonal ingredients are used in many of the restaurant's bistro-style comfort-food dishes.

■ **Blue Highway Games** (bluehighwaygames.com): This locally owned independent game store has classic board and card games, and hosts special events such as learn-to-play gatherings and game-night meetups.

■ **Bounty Kitchen** (bountykitchenseattle.com): Diners enjoy imaginative salads, and food bowls featuring layers that represent cooking techniques such as pickling, fermenting, roasting and grilling, as well as including raw ingredients.

■ **Counterbalance Park: An Urban Oasis** (seattle.gov/parks): An evening light show with changing colors (below)



enlivens concrete walls in this pocket park at the corner of West Roy Street and Queen Anne Avenue North. Metal tables and chairs provide a place to sip hot or cold drinks from nearby coffee shops such as Caffe Ladro, which has its own coffee-roasting division.

■ **Eden Hill** (edenhillrestaurant.com): This cozy restaurant, owned by a neigh-

borhood husband and wife, is known for the creativity and quality of its varied and ever-changing menu, which includes a 15- to 20-course Grand Tasting option (advance reservation and payment required). Chef/co-owner Maximillian Petty was a 2016, 2017 and 2018 James Beard Rising Star Chef semifinalist.

■ **Hilltop Ale House** (seattlealehouses.com/hilltop): All the food is prepared on the grill here, while the beers are from craft breweries in Western Washington and other parts of the country.

■ **How to Cook a Wolf** (ethanstownell-restaurants.com): The name of this restaurant (shown above), owned by Seattle chef Ethan Stowell, whose parents live in Queen Anne, pays tribute to a book by renowned food writer M.F.K. Fisher (1908–1992). Stowell's Italian small plates feature simple ingredients innovatively prepared.

■ **Meadow** (meadowseattle.com): Celebrating its 10th anniversary this year, the Meadow boutique offers a hand-curated selection of stylish apparel, accessories, gifts and home decor.

■ **Mezcaleria Oaxaca** (mezcaleriaoaxaca.com): In 2013, *Travel + Leisure* listed this as one of the best Mexican restaurants in the United States. Dishes range from *cabrito* (goat) to *caldo de mariscos* (spicy seafood stew).

■ **Queen Anne Community Center** (seattle.gov/parks): A gym, game room, weight room, pottery room, kitchen, outdoor children's play area and athletic fields, along with numerous programs and special events, have made this a popular gathering place. —J.S.



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From page 123

The site was part of David's land claim, which included the land on which Seattle Center now sits.

The area began to be called Queen Anne in the 1880s. Its "majesty" came from the ornate "Queen Anne" architectural style of some of the houses on the hill, with features such as steep-pitched roofs, towers, domes, bay windows and large, often wrap-around porches. Today, however, only a few Queen Anne-style homes remain.

Neighborhood attractions include shops such as Stuhlbergs home accessories and Simple & Just clothing and accessories, both known for their unique gifts. My go-to bakeries include Le Rêve, where my favorite pastry is the *chausson aux pommes* (apple turnover), while at Koku Cafe + Market, my must-have is the AmaLatte, a delicious mix of coffee, amazake and milk.

Our community also has treasures such as The Seattle Public Library system's 1914 Queen Anne Branch, in the Late Tudor Revival architectural style; the 1930 Bethany Presbyterian Church building, known for its red bricks and stained glass; and the City of Seattle's 1956 Parsons Gardens green space, with lovely plants such as rhododendrons and hydrangeas.

In 2013, my love for my neighborhood inspired me, along with my like-minded business partners, Judy and Krijn de Jonge, bolstered by an enthusiastic team of great bookseller employees, to open the Queen Anne Book Company, which continued a 25-year tradition of an independent bookstore presence in Queen Anne.

It is our daily joy to offer our space for personal connection through conversation around books, and we love greeting locals and visitors alike at author readings and other events. It is also an honor, and a gift, for us to be part of this small neighborhood in a big city—a neighborhood that welcomes all. ✕

Janis Segress, a poet and co-owner of Queen Anne Book Company, dreamed since childhood of having her own bookstore.



FLYING HERITAGE

» **Vintage aircraft**, such as a P-51 Mustang World War II fighter that could exceed 400 mph, are on display at the Flying Heritage & Combat Armor Museum, which has opened a third hangar. The new space increased the museum's square footage from 55,000 to 90,000 square feet, and is allowing it to display four additional aircraft, and two dozen additional tanks and other artifacts. The third hangar spotlights WWII planes ranging from a U.S. FG-1D Corsair (above) to a German Junkers Ju 87 Stuka.

Located at Paine Field in Everett, north of Seattle, the nonprofit museum—created by Microsoft co-founder the late Paul Allen, who began acquiring the collection in 1998—displays more than 75 items, from aircraft to military vehicles to armament from World War I, World War II, the Korean War, the Vietnam War, the Cold War and the Gulf War.

The collection includes aircraft such as a U.S. Grumman F6F-5 Hellcat, a United Kingdom Hawker Hurricane Mk.XIIA, a German Fieseler Fi 103R Reichenberg, a Soviet Ilyushin II-2M3 Shturmovik and a Japanese Mitsubishi A6M3-22 Reisen ("Zero"). Also on display are pieces such as an Australian anti-tank gun, a German BMW R75 motorcycle and a U.S. "Long Tom" Field Gun.

The museum also regularly presents a wide spectrum of special events, such as Tankfest Northwest on May 25. For more information, see flyingheritage.org.

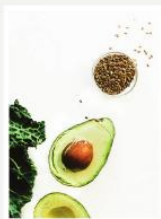
GO TO: Northwest Trek

» **During Kids 'n' Critters**,

Feb. 16–18 at the Northwest Trek Wildlife Park (nwtrek.org) in Eatonville, about 60 miles south of Seattle, up to four kids (12 or under) can be admitted free with each paying adult. The park, part of Metro Parks Tacoma, offers on-road tram tours of a 435-acre free-roaming area that showcases more than 100 animals, while a seasonal Keeper Adventure Tour (above right), introduced last year,



lets guests travel in an off-road vehicle for a closer look at animals ranging from American bison to woodland caribou. Ziplines and challenge courses also are open seasonally.



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CALENDAR



■ **“Snow Day in Denny Park,”** an immersive lighting display, takes place through Jan. 20 at the Seattle green space. Thousands of lights adorn foliage in the park from 4 P.M. to 9 P.M. each day. The event is presented by Friends of Denny Park, the Downtown Seattle Association and the South Lake Union Chamber (sluchamber.org/snow-day-slu).

■ Award-winning Seattle actress and playwright Keiko Green, who has guest-starred on TV shows such as *Grimm*, plays Helena in **Seattle Shakespeare Company’s** production of *All’s Well That Ends Well*, Jan. 8–Feb. 3. Conner Neddersen, who has also appeared on *Grimm* and other shows, plays the leading male role of Bertram. Seattle Shakespeare Company describes the production as “a bittersweet comedy of a woman who pursues her heart’s desire” (seattleshakespeare.org).

■ The **Seattle Chamber Music Society** presents its **Winter Festival**, Jan. 18–20 and 25–27, with a focus on iconic romantic classics by Beethoven, Schubert and Brahms, plus an all-French-composers closing concert. A Family Concert on Jan. 26 pairs popular children’s stories such as *Goodnight Moon* with classical music (seattlechambermusic.org).

■ See ice carving, a snowmobile sled pull and a fireworks display, and participate in activities such as a snowball toss and an Ice Cube Scramble game during the **Bavarian IceFest**, Jan. 19–20 in Leavenworth, about 135 miles

east of Seattle (leavenworth.org). Additional winter events in the charming community include the **Timbrrr! Winter Music Festival**, Jan. 25–26, featuring approximately 15 musical acts (timbermusicfest.com).

■ Nearly 150 films, from around 40 countries, will be screened during **Children’s Film Festival Seattle**, Jan. 24–Feb. 9. Festival events



Supa Modo is an award-winning film being shown at the festival.

include an Indigenous Showcase; a quintet of feature films celebrating the resilience of strong girls; and films such as *Supa Modo*, Kenya’s Oscar submission for best foreign-language film (childrensfilmfestivalseattle.org).

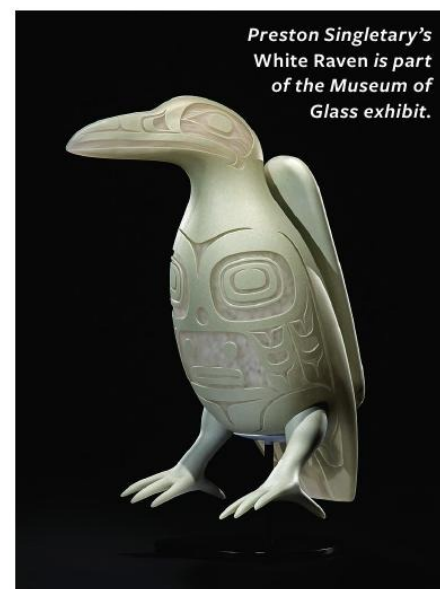
■ The 15th-annual **Strange Brewfest**, Jan. 25–26 in Port Townsend, about 60 miles northwest of Seattle, showcases unusual craft beers, with 30-plus Northwest brewers expected, and also includes live entertainment (strangebrewfestpt.com).

■ **“Step Forward,”** Feb. 2–3, will commemorate the closure of the Alaskan Way Viaduct and the opening of the **new 2-mile State Route 99 tunnel**. Events at various tunnel and viaduct sites include a tunnel walk, children’s science activities, an art festival, musical performances, a tunnel ribbon-cutting and a tunnel bike ride. Food trucks will also be parked at some sites. All activities except the tunnel bike ride will be on Feb. 2. Advance signup required for free as well as registration-fee events; see 99stepforward.com. Alaska Airlines is a sponsor of “Step Forward.”

■ **Seattle Opera** has opened its new Opera Center next to McCaw Hall at Seattle Center. McCaw Hall remains the main opera performance space, while the 105,000-square-foot Opera Center includes a smaller 200-seat performance space for educational and community events, plus a viewing garden where visitors can look into the opera company’s celebrated costume shop. Alaska Airlines is a sponsor of Seattle Center (seattleopera.org).

■ Enjoy a journey about the transformation of darkness into light via the exhibition **“Preston Singletary: Raven and the Box of Daylight,”** on view through Sept. 2 at the **Museum of Glass** in Tacoma, south of Seattle. The exhibit features the character Raven—

whose adventures have long been part of Tlingit storytelling—as a trickster who released the stars, moon and sun. The exhibit spotlights new works by Tlingit artist Singletary, with his pieces displayed in a multisensory environment that includes recordings of storytellers, original music and coastal Northwest soundscapes (museumofglass.org).



Preston Singletary’s White Raven is part of the Museum of Glass exhibit.



WINTER HIKES IN THE CITY OF ROSES

Discover a volcano, beautiful parks and wonderful scenery on Portland-area trails

By Susan G. Hauser

» **Portland residents** are fond of waxing rhapsodic about gloriously clear and sunny winter days in the City of Roses. When the air is clean and crisp, and the sky is blue, you'll find many Portlanders enjoying a brisk walk or hike on a favorite path or trail.

The following suggestions for winter hikes in and around Portland will take you from the summit of a volcano to the edge of the Willamette River. All are free, and dogs on leashes are welcome everywhere, except in the Tualatin River National Wildlife Refuge.

Let's start with Mount Tabor, one of the four volcanoes inside the Portland city limits (the other three volcanoes include Rocky Butte, Kelly Butte and Powell Butte). Mount Tabor Park, located in East Portland, is a 190-acre green space composed of a dormant cinder cone. The park, which rises 635 feet above sea level, has three main color-coded trails: red is a 1-mile loop, green is a 1.7-mile loop and blue, a 3-mile loop. The red and blue trails wind up near the summit and offer breathtaking views of downtown Portland and nearby Mount Hood. Park benches are conve-

niently located along the paths for you to pause and enjoy the sights.

The park also has a dog off-leash area and three reservoirs that are more than a century old and formerly supplied part of the city's drinking water. The waterworks are now National Historic Landmarks, and the city of Portland is preserving the sites.

About 6 miles south of downtown Portland is the 658-acre urban oasis known as Tryon Creek State Natural Area. Visit the Nature Center—open daily—for a free trail map, and choose from 8 miles of hiking trails, as well as equestrian trails and a paved bike path. There are ample benches and canyon overlooks, as well as eight small bridges that cross Tryon Creek and its tributaries. Plan to return in early spring, when the trilliums are in bloom.

To the east of Tryon Creek, you'll find the Dunthorpe neighborhood, home to the Elk Rock Garden of the Bishop's Close. Peter Kerr, a wealthy Scottish grain merchant, bought the 13.6-acre site in 1897, and in 1916 he built a



» **Tryon Creek State Natural Area, top, is a 658-acre forested park south of Portland that has miles of trails and a paved bike path. Elk Rock Garden of the Bishop's Close, above, is a 13.6-acre green space with beautiful views.**

Scottish manor house atop the sheer cliff known as Elk Rock. Soon after, he began planting an ornamental garden with Northwest species, along with plants he collected during his travels. Upon Kerr's death in 1957, his family gave the house and extensive gardens to the Episcopal Diocese of Oregon.

Today, the garden is open to the public and attracts visitors year-round to hike the meandering paths, enjoy the views and admire the beautiful gardens.

Kerr also owned Elk Rock Island, located

about half a mile south, on the eastern side of the Willamette in the city of Milwaukie. The island was donated to the city of Portland in 1940. Portland transferred control of the island to Milwaukie in 2016.

You can hike the small island's 1-mile trail, which meanders along sandy beaches, through woods and across basalt outcroppings. As you walk, look for bald eagles, great blue herons and ducks, which gather in the area. The island is attached to the eastern shore of the Willamette River via a rocky land bridge found at the edge of the Spring Park Natural Area. However, Elk Rock Island may not be accessible when the waters of the Willamette run high.

About 12 miles southwest of Elk Rock Island is the Tualatin River National Wildlife Refuge. A stopping place on the Pacific Flyway for migratory birds, the refuge hosts about 20,000 waterfowl each day during winter months, including American bitterns, eagles, various types of geese and flocks of pintail. The refuge's 2-mile roundtrip hike passes through five habitats en route to the Wetland Observation Deck, where you can observe the waterfowl.

TEA TIME

The perfect end to a brisk winter hike is a rejuvenating hot cup of tea at one of the many fine teahouses around Portland. The following tea operations have more than one location, so the distance may be short between the trailhead and the moment you wrap your hands around a toasty cup of tea.

Steven Smith Teamaker: Enjoy teas and herbal infusions at two Portland locations: the corporate headquarters, shown below, at 110 Southeast Washington St., and the original shop at 1626 Northwest Thurman St. Try a matcha green tea latte or a Darjeeling crème



caramel made with burnt caramel sauce and a pinch of sea salt.

The Tao of Tea: The company runs the Tower of Cosmic Reflections teahouse within the Lan Su Chinese Garden in Portland's Chinatown. Tao's original teahouse is at 3430 Southeast Belmont St., where you can sit on stools at rustic wood tables and order teas and light meals. There is also a retail shop offering more than 200 teas and various tea accessories.

Townshend's Tea Company: Specializing in loose-leaf tea from around the world, the company creates comfortable community spaces for you to enjoy. Townshend's has four Portland shops: 2223 Northeast Alberta St., 3531 Southeast Division St., 7940 Southeast Stark St. and 3917 North Mississippi Ave. ✈



PORTLAND EVENTS TO BRIGHTEN YOUR JANUARY

By Danielle Centoni

» In Portland, there's no such thing as the winter doldrums. The city always has a variety of events, thanks to members of this artistic community who work hard to create fun things for people to do. The following are some of my favorite activities this month.

Dress up as your favorite character and head to the Heroes & Villains Fan Fest, January 5–6, at the Oregon Convention Center. You'll be able to meet actors from some of your favorite sci-fi and fantasy TV shows and movies, such as *Guardians of the Galaxy*. You can also attend panel discussions, stock up on memorabilia and revel in the cosplay.

In addition, your ticket gets you into the Walker Stalker Convention, also located in the convention center. The event celebrates all things related to *The Walking Dead* and *Fear the Walking Dead* TV programs. Come as your favorite zombie and meet some of the actors from the shows (heroesfanfest.com/Portland).

You may also enjoy Portland's Fertile Ground Festival (fertilegroundpdx.org) being held January 24–February 3. Fertile Ground brings 75 new performance works to stages across Portland.

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» HERE & NOW PORTLAND

The works include the Mini Musical Festival, a collection of six new productions that are each only 15 minutes long. Live On Stage (liveonstage.us) presents the musical festival, which takes place January 24-27, and features tales of clueless inspectors, marriage travails and much more.

The following are additional Portland-area experiences to fill your January calendar.

■ Portland Metro Reptile Expo

(Jan. 12): See a variety of reptiles at the expo, where you can stock up on supplies for your lizard friend or adopt a rescue pet (northwestreptileexpopdx.com).

■ Rose City Classic Dog Show

(Jan. 16-20): Watch canines compete in agility, obedience and rally trials, and see nearly 200 dog breeds at the Meet the Breeds Showcase (rosecityclassic.org).

■ Reel Music Festival (Jan. 18-

Feb. 17): The Northwest Film Center's four-week celebration of music in film offers special screenings of documentaries that range from American soul to the development of the German techno scene (nwfilm.org/festivals/reel-music-36).

■ Oregon Truffle Festival (Jan.

24-27; Feb. 15-17): Prized Oregon truffles get the spotlight at gourmet dinners, demonstrations, marketplace events and more at the Oregon Truffle Festival, which will be held at locations in Eugene and Newberg, about 50 miles southwest of Portland (oregon-trufflefestival.org).

■ International Cat Show Port-

land (Jan. 25-27): See purrfectly adorable felines at the Portland



» **Prized truffles take center stage at gourmet dinners, demonstrations and marketplace events during the Oregon Truffle Festival in Eugene and Newberg (Jan. 24–27; Feb. 15–17).**

Expo Center. More than 250 cats will vie for awards and honors decided by a panel of international judges (internationalcatshow-portland.com).

■ **Mochitsuki New Year Celebration** (Jan. 27): Take part in the 23rd-annual Japanese American New Year Celebration at Portland State University, where you can see people make mochi (Japanese rice cakes). You can sample Japanese food and drinks, as well as enjoy taiko drumming and storytelling. There also will be demonstrations, ranging from origami to tea ceremonies (mochipdx.org).

■ **Discount Days at Museums:** Admission to the acclaimed Portland Art Museum (portlandart-museum.org) is free the first Thursday of the month, from 5 to 8 P.M., and is always free for kids 17 and under. Admission to the Oregon Museum of Science & Industry (omsi.edu) is just \$2 the first Sunday of the month, and admission to the Portland Children's Museum (portlandcm.org) is \$3 on the second Sunday of the month, from 9 A.M. to noon. ✈



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Nikka-Angela Macaraeg tells a story at an Arctic Entries event.



STORIES THAT WORK

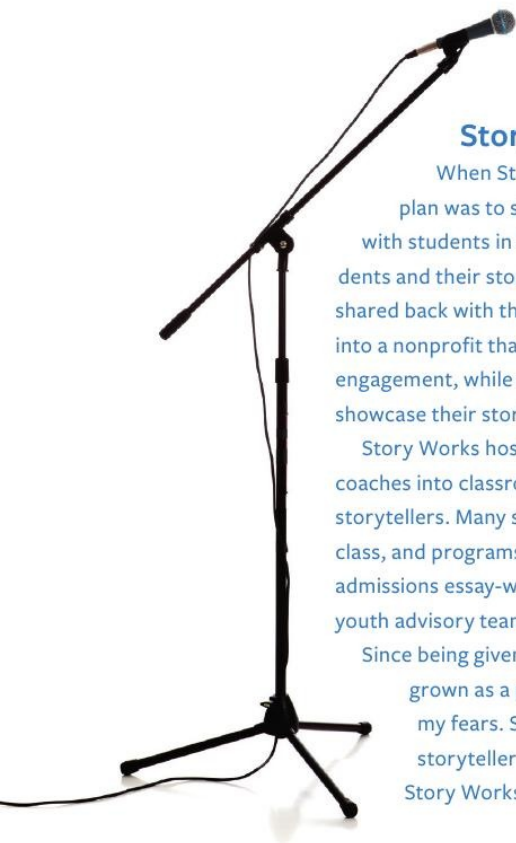
Anchorage program fosters students' growth through the art of narrative

By Nikka-Angela Macaraeg

» **Last school year**, my sophomore English classmates and I were given an assignment: Tell a true, first-person story in front of the entire class. Immediately, my palms heated up and my mind began to overthink.

We had a week to brainstorm, and my teacher inspired us by sharing recordings of his former students participating in past Story Works Alaska events. But hearing all the amazing stories only increased the pressure to come up with an unforgettable idea. When it came time to share our topics, I still wasn't sure what story I wanted to tell. I blurted out the first memory that came to mind. "I saw the real Santa Claus—in a Michaels [craft store]."

The next day, we began developing our stories with Story Works volunteers. Founded in 2014 by some of Anchorage's educators and community members, Story Works is a non-profit that helps youth explore, develop and ultimately share their stories aloud, in person. Stories told during Story Works are shared as if talking around a campfire—but in a classroom, and without a fire, because, well, we're in school and there are rules. The goal is to allow students to talk about subjects that matter to us, and to allow us to connect in a way that people here in Alaska, and around the world, have connected and shared for thousands of years: through stories.



Story Works Alaska

When Story Works first started in 2014, the original plan was to share community energy around storytelling with students in high schools. But soon the energy of students and their stories also spread outside schools and was shared back with the community. Story Works has blossomed into a nonprofit that helps youth develop skills, resilience and engagement, while also offering them the opportunity to showcase their stories in front of an audience.

Story Works hosts workshops that bring volunteer story coaches into classrooms to encourage and support student storytellers. Many students also share their stories outside of class, and programs have expanded to include free college admissions essay-writing workshops and a successful student/youth advisory team.

Since being given the opportunity to share my story, I have grown as a public speaker, and I've learned how to face my fears. Story Works helped me develop into the storyteller that only I can be. To learn more about Story Works, visit storyworks.org. —N.M.

Story Works offers college-essay workshops, coordinates with students to host live storytelling events, and, as was the case for me, provides workshops in area classrooms.

During the workshops, volunteers offered helpful advice. They told me that using the right details would allow the audience to visualize my story. For my narrative about seeing a man whom I still believe to be the real Santa Claus (immediately after debating a friend on whether or not Santa is real), the volunteers helped me consider how I should describe the man. So I remembered the details that were most vivid—his red plaid shirt, gold-rimmed eyeglasses, white beard and plump physique. Workshop leaders also helped me take my story to a deeper level, drawing out the idea that my continued belief in Santa is really about my refusal to totally let go of my childhood.

When it was time to share in front of the class, I was still a little nervous, but constant



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practice and fine-tuning had me feeling mostly excited. As I delivered my story, I actually forgot I was talking to a room full of 30 potentially judgmental classmates, and I just felt as if I were talking to friends. My classmates laughed in all the right places, and I didn't feel shy about telling them that I really do still love believing in Santa.

Afterward, I was proud of my accomplishment, but I thought this experience would be the end of it. Then I learned I had been nominated to be part of Arctic Entries. Similar to The Moth, the international live-storytelling sensation, Arctic Entries is a communitywide storytelling program that provides a forum for Alaskans to share their stories. Through Arctic Entries, I had the chance to meet other storytellers and work with Arctic Entries coaches as I prepared to be part of a show that would mean going onstage in front of 1,200 people.

The nerves came rushing back. Would the

audience like my story? Would talking about Santa Claus make me look immature? But the Arctic Entries community is so kind and supportive, and before I got on the Alaska Center for the Performing Arts stage, several people gave me encouraging pep talks.

The audience loved it. Not only did I receive supportive comments, the band dedicated a Christmas song to my story.

Now, I know you may not believe it when I say I saw the real Santa Claus, but I did tell a story about it to more than 1,200 people and spread the holiday spirit to everyone in attendance. And that, to me, is unbelievable. ✈

Nikka-Angela Macaraeg is a junior at A.J. Dimond High School in Anchorage. To hear a recording of Macaraeg telling her story at the Arctic Entries event, visit soundcloud.com/arctic-entries/nikka-angela-macaraeg-santa-is-real.

ARCTIC ENTRIES

■ Since February 2010, the nonprofit Arctic Entries has been hosting monthly storytelling events in Anchorage and other Alaska communities. At every Arctic Entries show, seven Alaskans have a chance to tell a true personal story onstage for seven minutes. Local musicians also perform.

Arctic Entries is volunteer-driven, and proceeds are donated to local nonprofit organizations, including Story Works. Most regular-season shows take place at the Alaska Center for the Performing Arts, in Anchorage.

Visit arcticentries.com to learn more, view the Arctic Entries schedule and listen to stories told by past storytellers.

—N.M.

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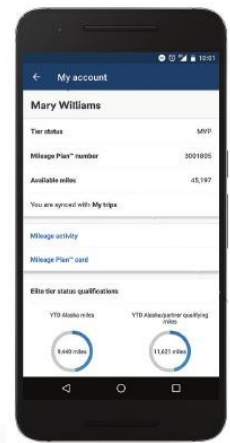


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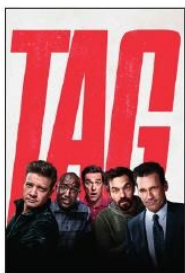
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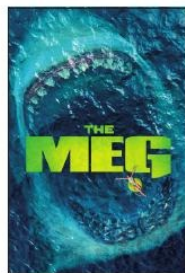
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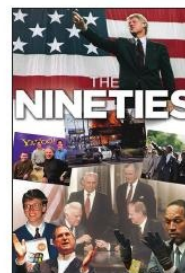
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The Meg



Crazy Rich Asians



The Nineties

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- Starsky & Hutch
- Summer Catch
- The Bucket List
- The Departed
- There's Something About Mary
- You've Got Mail
- Tag
- The Lake House
- The Time Traveler's Wife
- The Truth About Cats & Dogs
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Westerman	Outside Sublime	SYML	Harvest Moon

CELEBRATING SUB POP AT 30

In honor of Sub Pop's 30th anniversary, Alaska Airlines' Beyond Entertainment is featuring a number of songs from Sub Pop artists, including: Rolling Blackouts Coastal Fever, *Hope Downs*; King Tuff, *Psycho Star*; Low, *Double Negative*; Jo Passed, *Millennial Trash Blues*; Loma, *Relay Runner*; Moaning, *Don't Go*; Bully, *Guess There*; and Mudhoney *Good Enough*.

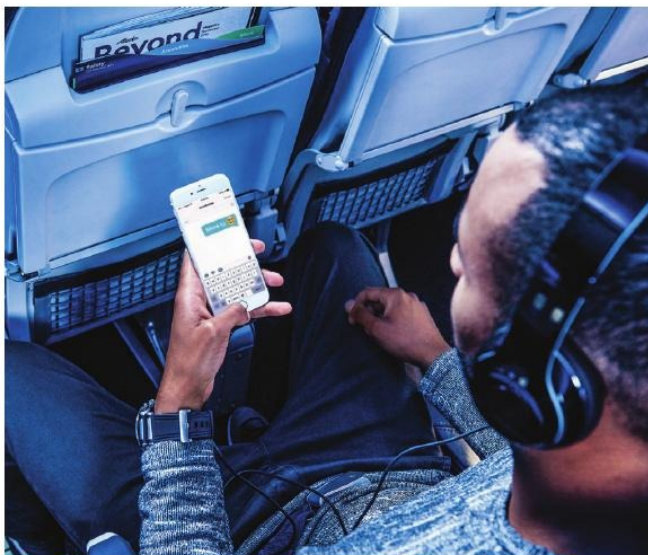


You're now cleared for text-off.

Never miss a thing when you can text for free using Wi-Fi. Text your friends from your smartphone using iMessage, Facebook Messenger and WhatsApp. Please keep in mind:

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

Inflight, go to AlaskaWiFi.com to get started.



Go online.

Inflight internet is available on all of our Airbus, Boeing and Embraer 175 aircraft, when flying over the continental U.S., Canada and parts of Alaska.

TIPS FOR MAKING THE MOST OF INFLIGHT WI-FI:

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

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

Rent one of our premium entertainment tablets.

On most coast-to-coast and Hawai'i flights, you can rent one of our inflight entertainment tablets featuring the newest movies onboard, plus recent hits. Each tablet is preloaded with 25 to 30 movies (depending on the month), plus TV shows, Xbox games and music. Tablets are free in First Class, and available to rent for \$10.

Tablets are not offered on aircraft with seatback screens.



NEW MOVIES ON THE TABLET:



Crazy Rich Asians



Night School*



Bad Times at the El Royale*



The Old Man & the Gun*



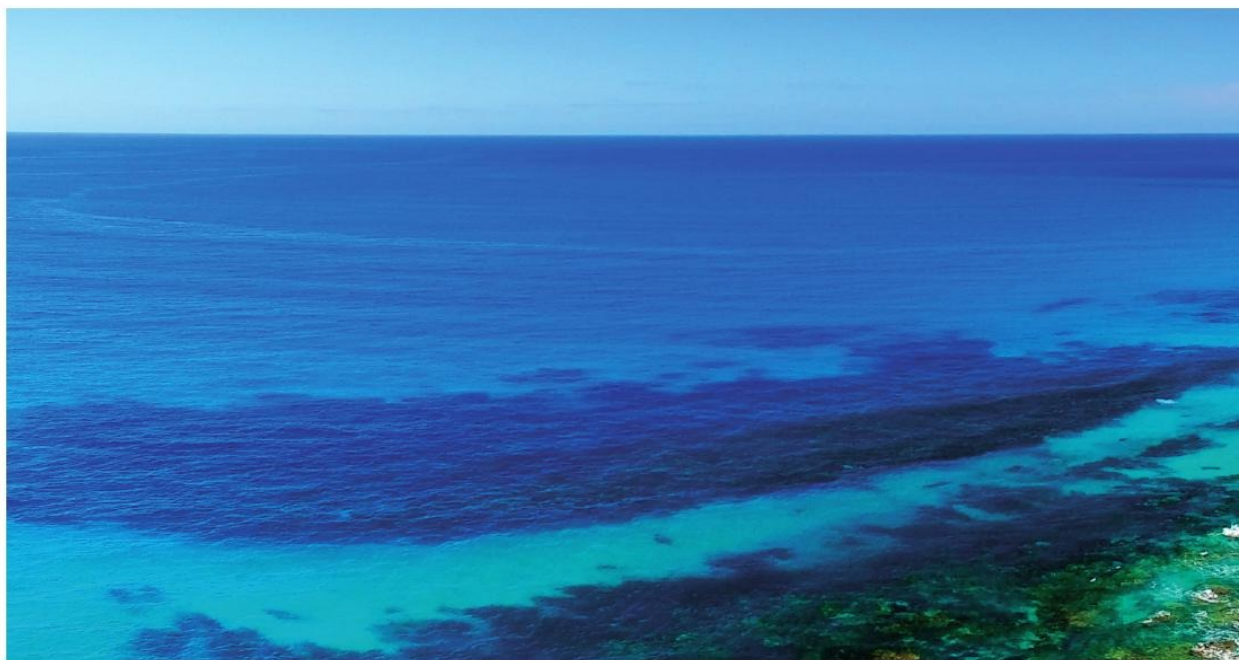
Smallfoot*

** Available on the tablet only.*

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- Eligible for complimentary First Class upgrades**
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All MVP® benefits, plus:

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- Four annual guest upgrades
- 100% bonus miles and more

MVP GOLD 75K

(75,000 miles flown on Alaska)

All MVP Gold benefits, plus:

- Four Alaska Lounge day passes
- 125% bonus miles and more
- Complimentary inflight entertainment player, when available.

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

**Saver Fares (booked in X class of service) are not eligible for elite upgrades or waived change fees.

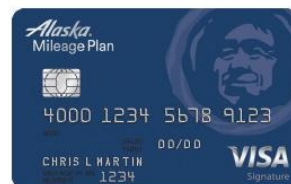


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- **Free checked bag** for you and up to six other guests on the same reservation.



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

Apply now with an employee before wheels down, or at [AlaskaOffer.com](https://alaskaoffer.com)

The benefits described herein are subject to certain restrictions, limitations and exclusions. For more information about rates, fees, other costs and benefits of this credit card, or to apply, visit [AlaskaOffer.com](https://alaskaoffer.com) and refer to disclosures accompanying the application. This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A., Inc. ©2019 Bank of America Corporation

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7,500 miles	701 to 1,400 miles	Los Angeles–Portland
10,000 miles	1,401 to 2,100 miles	Portland–St. Louis
12,500 miles	More than 2,101 miles	New York–Seattle

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

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

NEW

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You can now use Mileage Plan miles to stay at more than 400,000 hotels worldwide with alaskaair.com/hotels

Visit alaskaair.com to explore all the ways to use miles.

Mileage Plan gives you the world

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

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



Explore more with Mileage Plan.



Japan
Japan Airlines



Dubai, UAE
Emirates



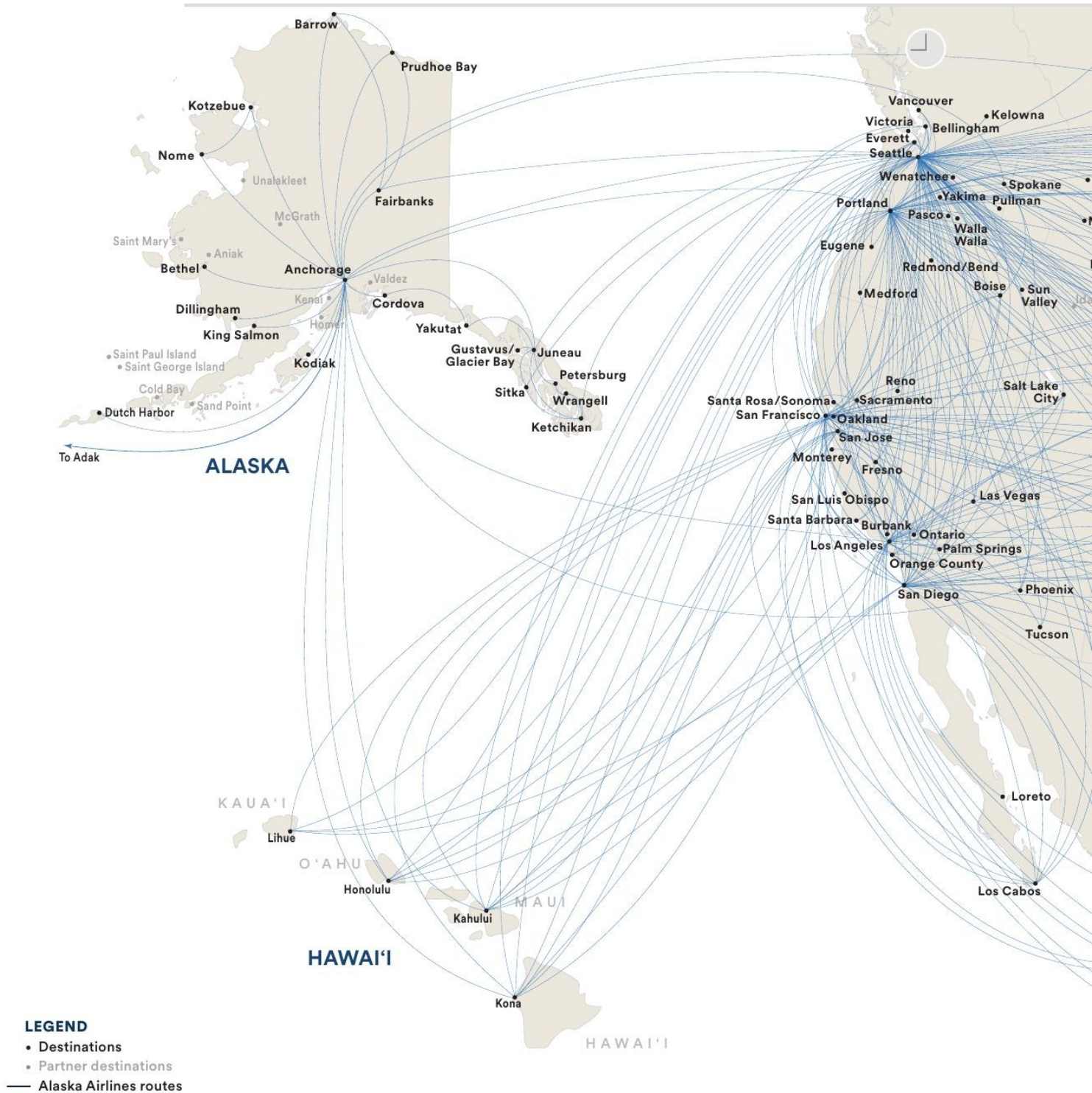
Copenhagen, Denmark
Finnair



Brisbane, Australia
Qantas

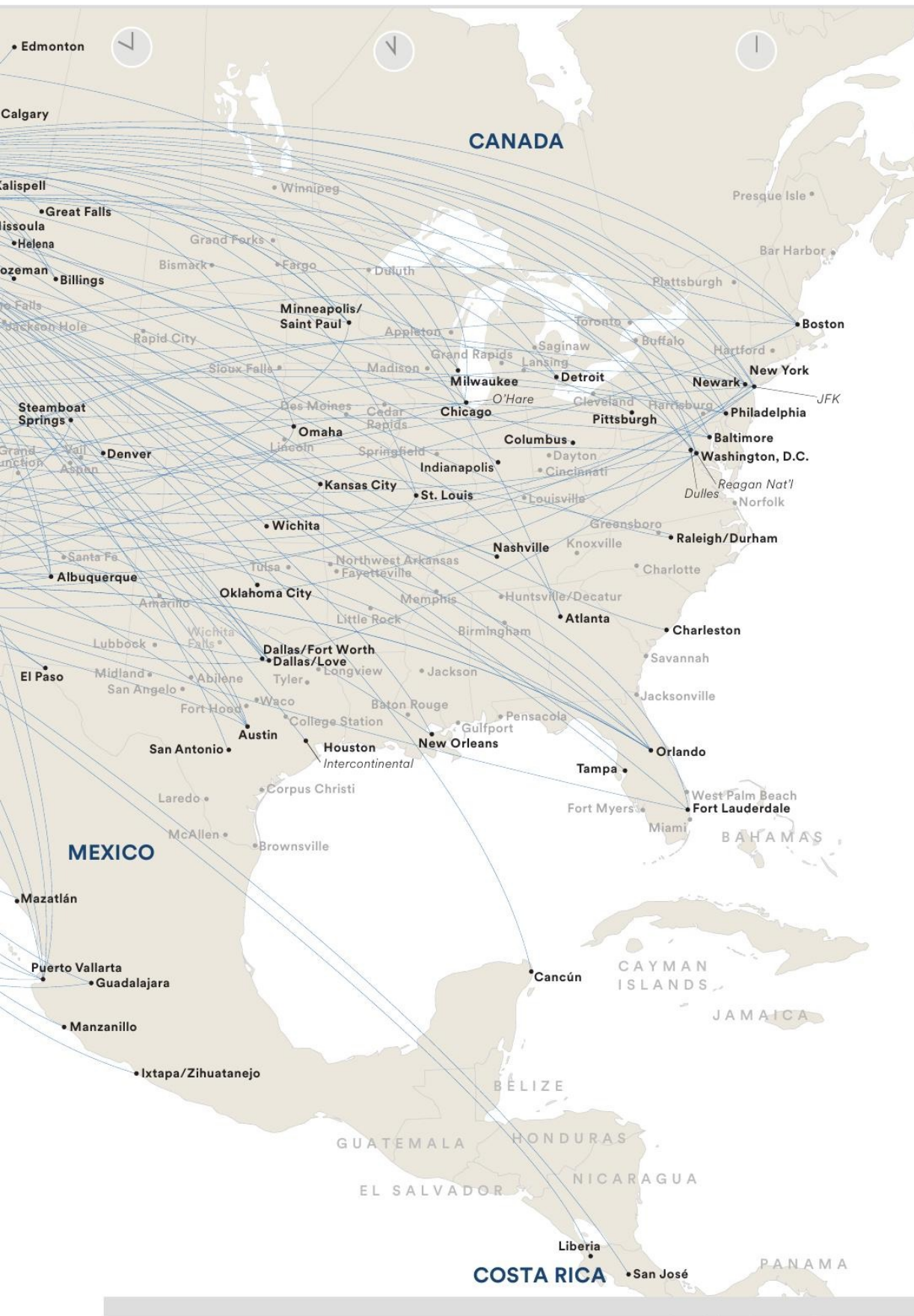
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115+ destinations and counting.



UPCOMING NEW SERVICE

Route	Service Begins
El Paso, TX (ELP)—Seattle, WA (SEA)	Feb. 19, 2019
El Paso, TX (ELP)—San Diego, CA (SAN)	Feb. 19, 2019
Columbus, OH (CMH)—Seattle, WA (SEA)	Mar. 7, 2019



Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.

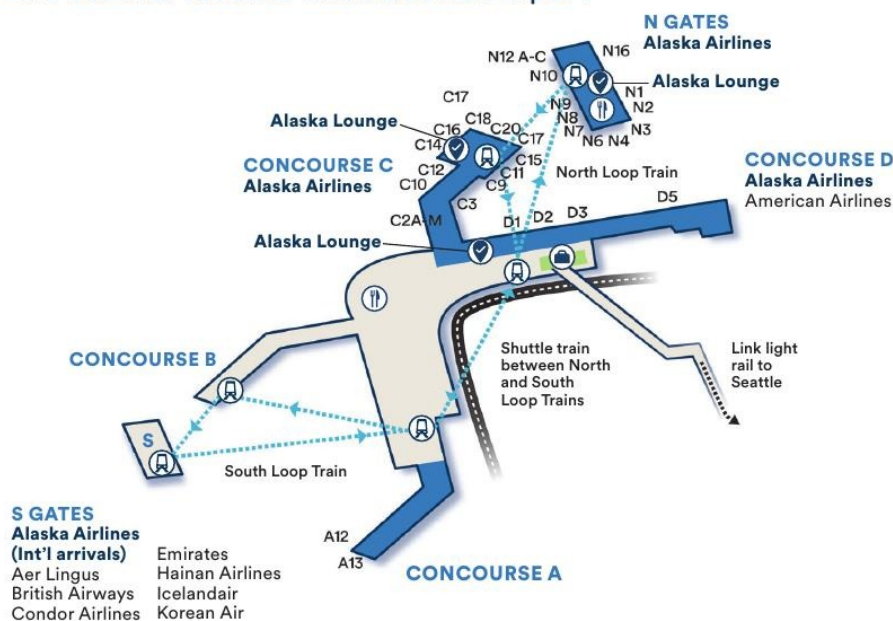
Some routes shown operate seasonally.

Airport terminal maps

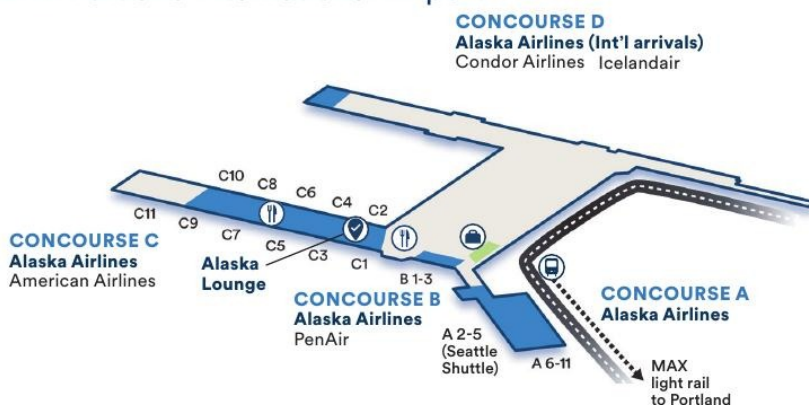
SEA Seattle/Tacoma International Airport

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

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



PDX Portland International Airport



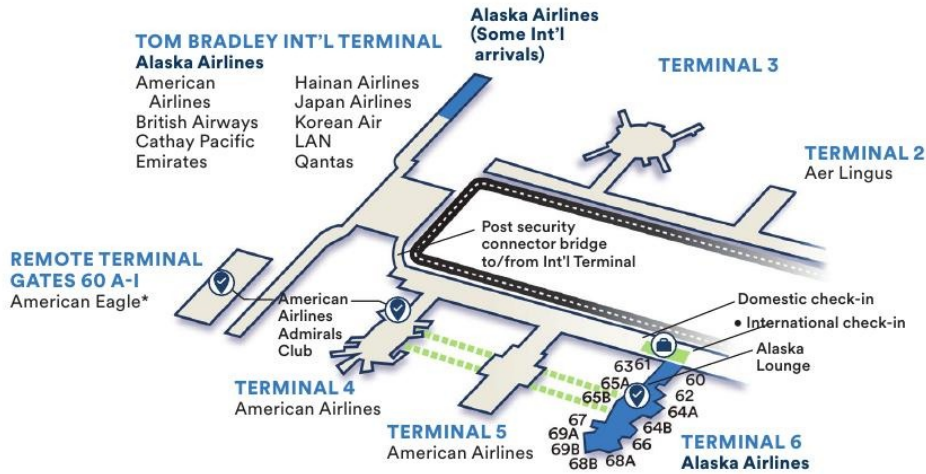
Tip: Heads up: We fly out of more than one terminal at SFO, please check your boarding pass to ensure you arrive at the correct gate.

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

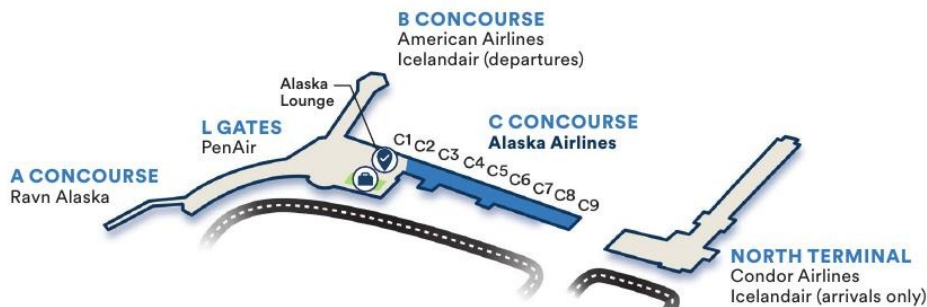
SFO San Francisco International Airport



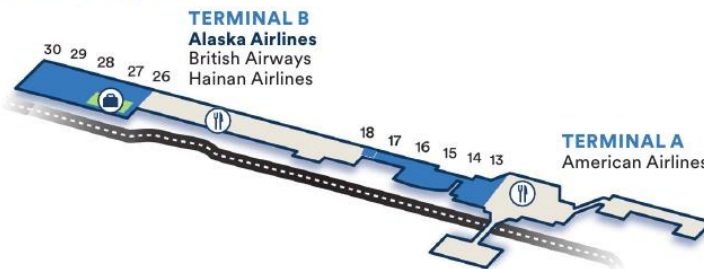
LAX Los Angeles International Airport



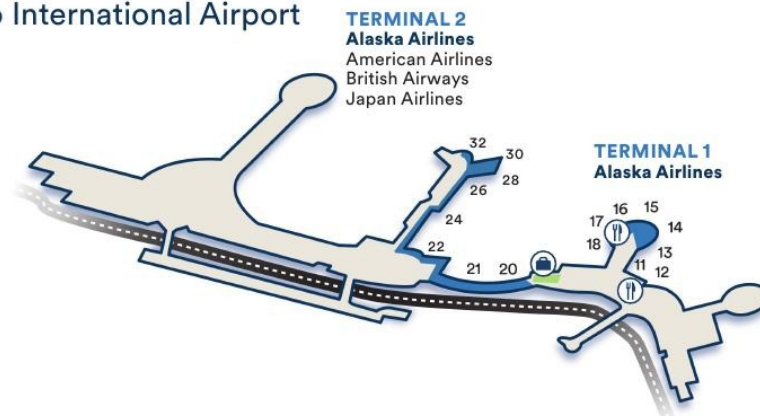
ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



NEW


Alaska Airlines will move all SAN operations to Terminal 2 East starting January 29, 2019. Alaska will occupy Gates 20, 21, 22, 24, 26 and 28, with Gates 30 and 32 available as alternates.

Customs and immigration

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

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



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

TO THE UNITED STATES PASSPORT CONTROL KIOSKS

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

Helpful tips

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

U.S. CUSTOMS DECLARATION

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

Helpful tips

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

INTERNATIONAL TRAVEL TIPS TO MEXICO

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

TO COSTA RICA

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

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se proporcionan a continuación. Las formas completas serán presentadas en la Terminal Internacional.

QUIOSCOS DE CONTROL DE PASAPORTES

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

Datos de ayuda

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

DECLARACION DE ADUANA

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

Datos de ayuda

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

CONSEJOS DE VIAJE INTERNACIONALES A MEXICO

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

A COSTA RICA

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

Your safety and comfort

SEATS

- 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.

Not allowed during flight

- Voice calls of any kind, including VoIP
- Devices with cell service enabled
- AM/FM radios or TVs
- Personal air purifiers
- Remote-control toys
- Electronic cigarettes

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

CONTACT US

Customer care:
800.654.5669
(Mileage Plan,
Customer Care)

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

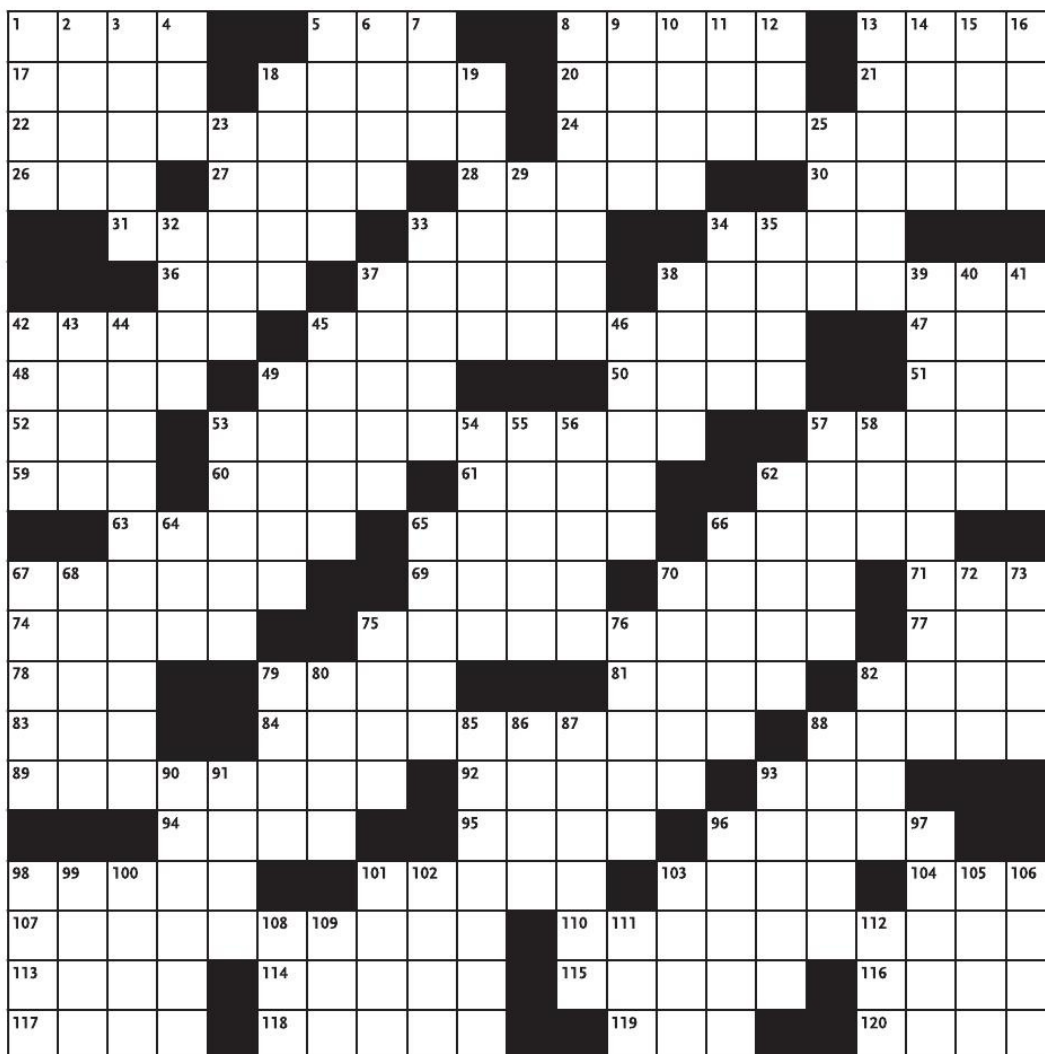
En Español:
800.858.5525
From Mexico:
001.800.252.7522

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

WHICH DIRECTION

ACROSS

- 1 Actress Gilbert
- 5 Strike
- 8 Rouse
- 13 Tears
- 17 Skater Heiden
- 18 Dug for
- 20 Mountain ridge
- 21 First name in mystery
- 22 90 degrees
- 24 _____ face (military command)
- 26 Tokyo once
- 27 Go for a spin
- 28 Calvé and Eames
- 30 Brow adornments
- 31 Horse colors
- 33 Graf _____
- 34 Potato's go-with
- 36 Dog tags, for short
- 37 Red vegetables
- 38 Innkeeper
- 42 Ball attendee
- 45 In the basement
- 47 Grounded bird
- 48 Do as told
- 49 Angry
- 50 Philosopher Descartes
- 51 Watch chain
- 52 Sandy's welcome
- 53 Capital letters
- 57 Davis or Midler
- 59 Go bad on the vine
- 60 Crave
- 61 _____ vostra salute
- 62 Eye fringes
- 63 Walks through water
- 65 French city
- 66 _____-Cop
- 67 Endured
- 69 Act
- 70 Hockey surface
- 71 Magic's organization: abbr.
- 74 Hermit
- 75 Goes from second to first
- 77 Happy's associate
- 78 Yule item
- 79 Den
- 81 Within: pref.
- 82 Surrender
- 83 French donkey
- 84 Haut monde
- 88 Pierced
- 89 Pasturages
- 92 Type of type
- 93 _____-Magnon
- 94 Still sleeping
- 95 Wood slat
- 96 Kettle handles
- 98 Sprang up
- 101 Embarrass
- 103 Swiss river
- 104 Half a Congo fly
- 107 Passage over another's property
- 110 Baseball position
- 113 Glutton's request



- 114 _____ and kicking
- 115 Political team
- 116 Singer Martin
- 117 Canonized femmes: abbr.
- 118 Destined
- 119 Pluralizing letter
- 120 Part of TAE

DOWN

- 1 Baked
- 2 Parched
- 3 Hardness
- 4 German expletive
- 5 Deer ladies
- 6 *Bus Stop* playwright
- 7 _____ Aviv
- 8 Closest to the fire
- 9 Opera song
- 10 Beer containers
- 11 Crossed d
- 12 Court divider
- 13 Money back offer
- 14 Steamy appliance
- 15 Old nag

- 16 Matched pairs
- 18 Conduits
- 19 Grow dark
- 23 Barter
- 25 Blind as _____
- 29 New York nine
- 32 Skin type
- 33 Needle plier
- 34 Dew time
- 35 Existence: Lat.
- 37 Blasé
- 38 Hurries up
- 39 Southpaw
- 40 Play the ham
- 41 Bumpkins
- 42 Wild pig
- 43 Spanish river
- 44 Liberalist
- 45 Numskulls
- 46 Regions
- 49 Keanu Reeves thriller
- 53 Beneath
- 54 Baseball's Rod _____
- 55 Steve or Fred
- 56 Toboggans
- 57 Groups of clouds
- 58 Boston hours: abbr.
- 62 Slow, musically
- 64 Summer refresher
- 65 Dote on
- 66 Fissures
- 67 Islamic deity
- 68 Pat or Debby
- 70 Washer cycle
- 72 Portend
- 73 Made a hole in one
- 75 Short swims
- 76 Moor
- 79 Winter coaster
- 80 Imitated
- 82 Far from cordial
- 85 Retransmitted
- 86 Fritter feature
- 87 Metric measurements
- 88 Suffering
- 90 Big galas
- 91 Assist nefariously

- 93 _____ blanche
- 96 Thailand loot
- 97 Tempered metal
- 98 Weapons
- 99 Laugh-a-minute
- 100 Storybook monster
- 101 *M*A*S*H* actress
- 102 Own
- 103 Turkish generals
- 105 Czech
- 106 Ferber or Best
- 108 Lout
- 109 Tampa's state: abbr.
- 111 _____ de France
- 112 Ms. Lupino

SOLUTION ON PAGE 158.

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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.

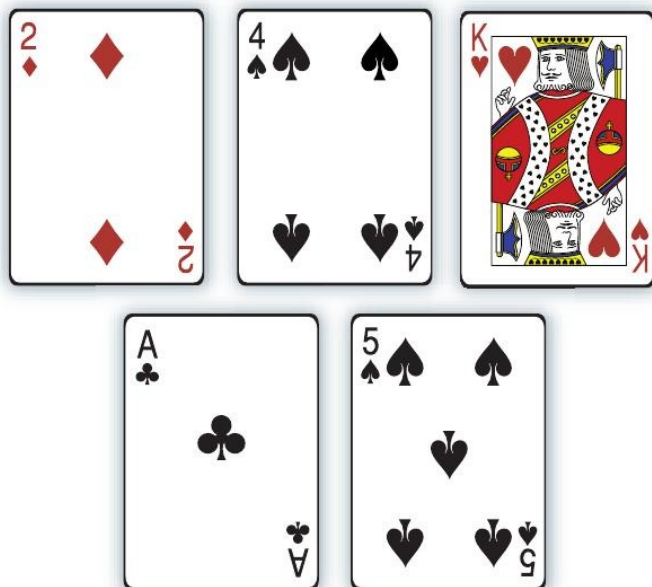
1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	

DEFINITIONS

- | | | |
|------------------------------|---------------------|----------------------|
| 1. Frog's sound | 8. Talent seeker | 17. Mister: Spanish |
| 2. Gumbo veggie | 9. Asking price | 18. Achy, as muscles |
| 3. Strong tree | 10. Positive; sure | 19. Croquet stick |
| 4. Baltimore baseball player | 11. Hypnotic state | 20. Can material |
| 5. Edmonton hockey pro | 12. Hoisting device | 21. Brewing grain |
| 6. Make irritable | 13. Ant or bee | |
| 7. Traditional practice | 14. Mug for beer | |
| | 15. Bird's home | |
| | 16. Motive | |

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 ace is directly below the heart.
- A spade is on top.
- One red card is directly on top of the other.
- The diamond is somewhere above the five.

ANAGRAM MAZE

The diagram contains 36 words, 17 of which are anagrams of other everyday words. Start at the top arrow and anagram PART. 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 LOPE	2 PART	3 TINY	4 LOOK	5 MILL	6 DANK
7 FEAR	8 UNDO	9 BOOK	10 CHIN	11 COAL	12 COAT
13 BANE	14 SOBS	15 LOUT	16 SENT	17 WHOM	18 WARY
19 WISH	20 DUES	21 SHOE	22 SACK	23 JUMP	24 TIED
25 MICE	26 CLAP	27 BANG	28 FULL	29 PILE	30 SLAM
31 TERM	32 FOUL	33 PIGS	34 ZINC	35 TIME	36 CLIP

SOLUTIONS ON PAGE 159.

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www.villadelpalmarloreto.com

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www.yakutatlodge.com

MEETINGS

BOISE CENTRE
www.boisecentre.com

THE CHRYSALIS INN & SPA
www.thechrysalisinn.com

COAST HOTELS
www.coasthotels.com

DESCHUTES COUNTY FAIR & EXPO CENTER
www.expo.deschutes.org

HEALDSBURG TOURISM IMPROVEMENT DISTRICT
www.healdsburg.com

TENAYA LODGE AT YOSEMITE
www.tenayalodge.com/meetings

VENTURA COUNTY COAST
venturacountycoast.com/meeting-planners

WESTMARK HOTELS
www.westmarkhotels.com

CASINOS

MUCKLESHOOT CASINO
www.muckleshootcasino.com

NORTHERN QUEST RESORT & CASINO
www.northernquest.com

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ANTHONY'S RESTAURANTS
www.anthonys.com

CHURCHILL'S STEAKHOUSE
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THE CRAB POT SEATTLE
www.thecrabpotseattle.com

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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 158.**

DIFFICULTY: **EASY**

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

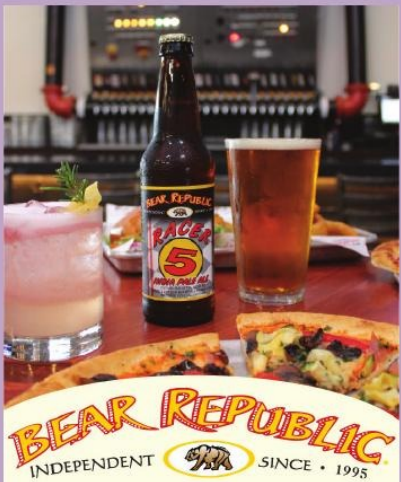
DIFFICULTY: **MEDIUM**

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

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CROSSWORD ON PAGE 152.



SUDOKU ON PAGE 157.

DIFFICULTY: EASY

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

DIFFICULTY: MEDIUM

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

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BRAIN BOOSTER PUZZLES ON PAGE 154.

LADDERGRAM

C	1. CROAK	2. OKRA	3. OAK	R
O	4. ORIOLE	5. OILER	6. RILE	O
M	7. CUSTOM	8. SCOUT	9. COST	U
I	10. CERTAIN	11. TRANCE	12. CRANE	T
C	13. INSECT	14. STEIN	15. NEST	I
A	16. REASON	17. SEÑOR	18. SORE	N
L	19. Mallet	20. METAL	21. MALT	E

CARD SENSE

By clue 2, one of the spades is on top. It's not the five of spades (clue 4), so it's the four of spades. Since one red card is on top of the other (clue 3) and the heart is on top of the ace of clubs (clue 1), the two of diamonds is above the king of hearts, which is above the ace of clubs. By clue 4, the ace of clubs is above the five of spades. In order, then, from top to bottom: four of spades, two of diamonds, king of hearts, ace of clubs, five of spades.

ANAGRAM MAZE

The path through the maze, with only one anagram given for each, is 2. tarp; 1. pole; 7. fare; 13. bean; 14. boss; 20. sued; 21. hoes; 22. cask; 16. nets; 10. inch; 11. cola; 12. taco; 18. awry; 24. diet; 30. alms; 29. plié; 35. emit.

↓

1	2				
7			10	11	12
13	14		16		18
	20	21	22		24
				29	30
				35	

↓



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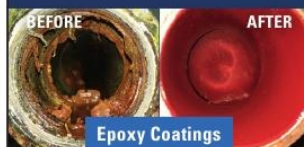
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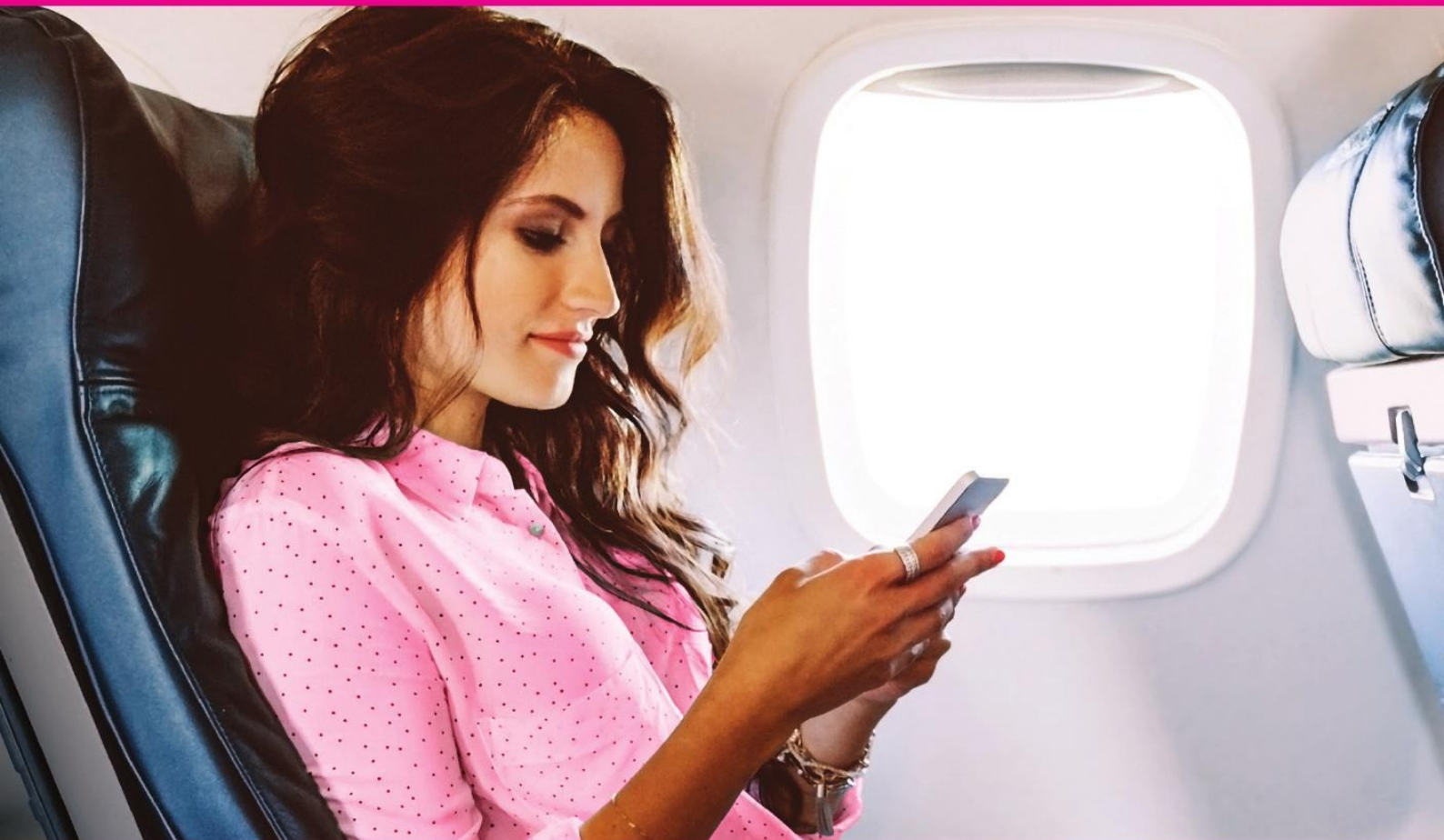
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