

Alaska

BEYOND»

MAGAZINE MARCH 2018

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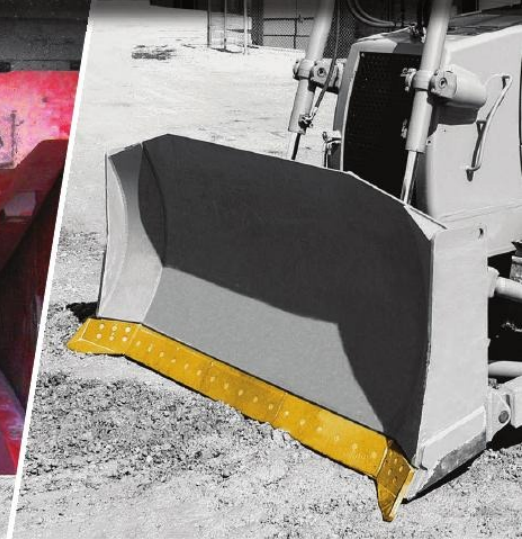
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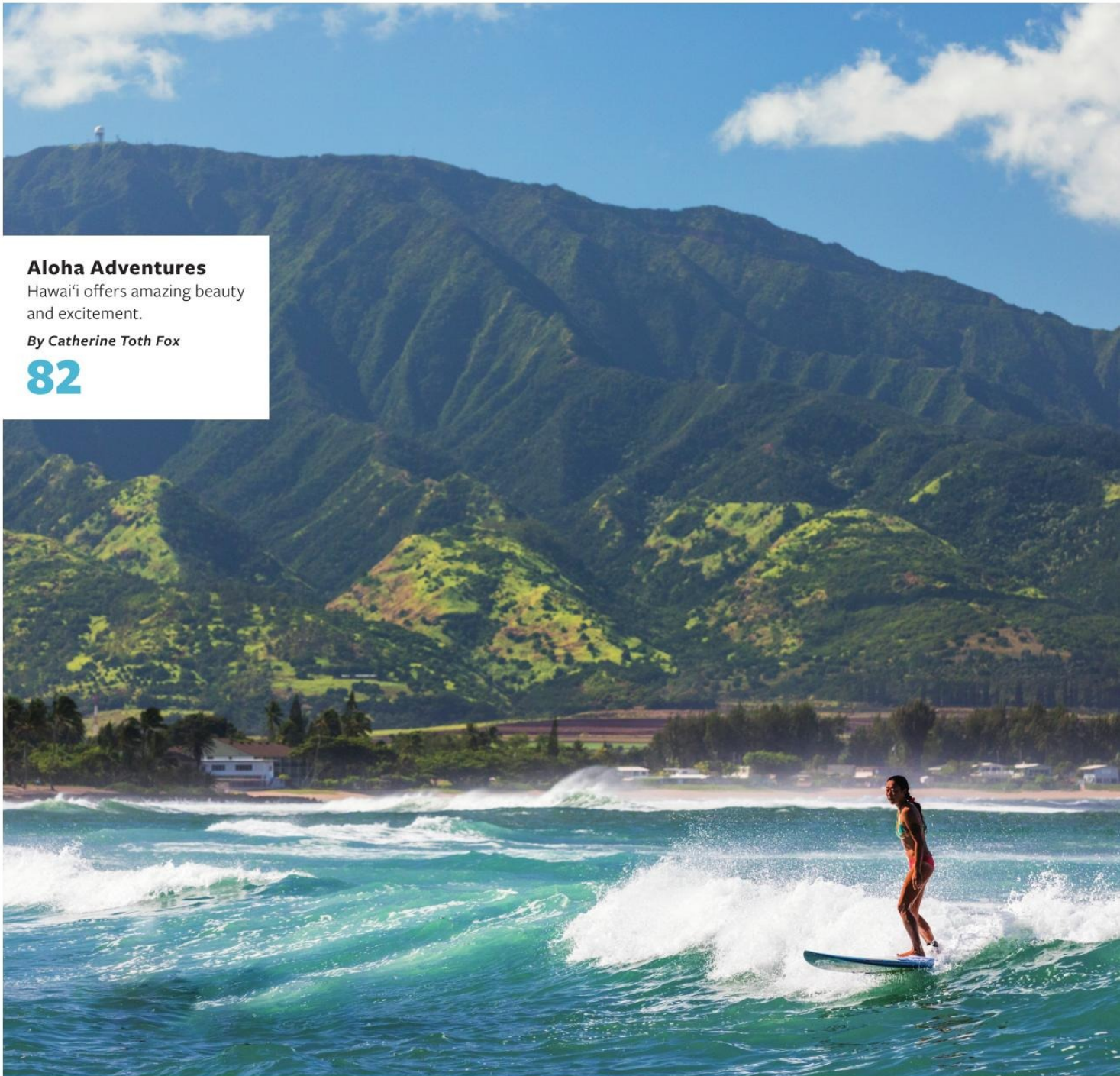
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**9 OUT OF 10 DISABILITIES ARE CAUSED BY ILLNESS,
NOT ACCIDENTS. DISABILITY INSURANCE COMPANIES
OFTEN DENY LEGITIMATE CLAIMS.**



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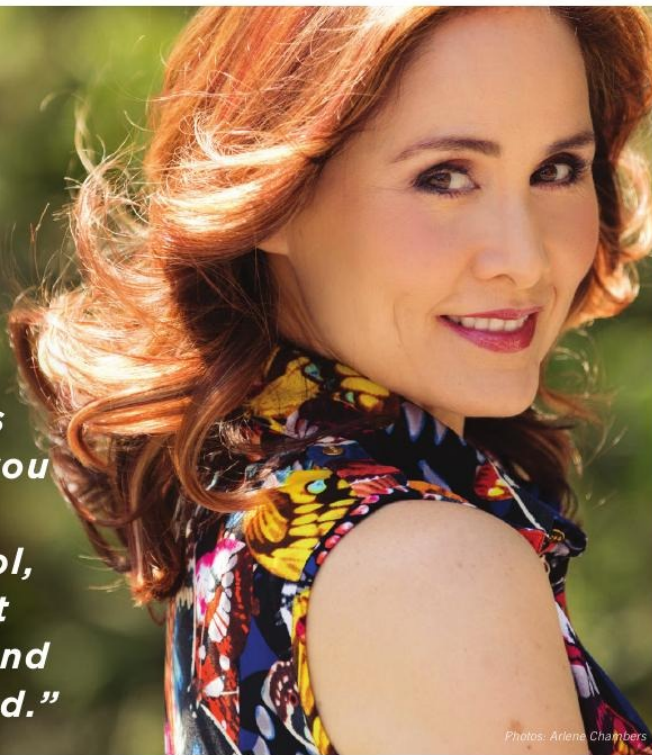
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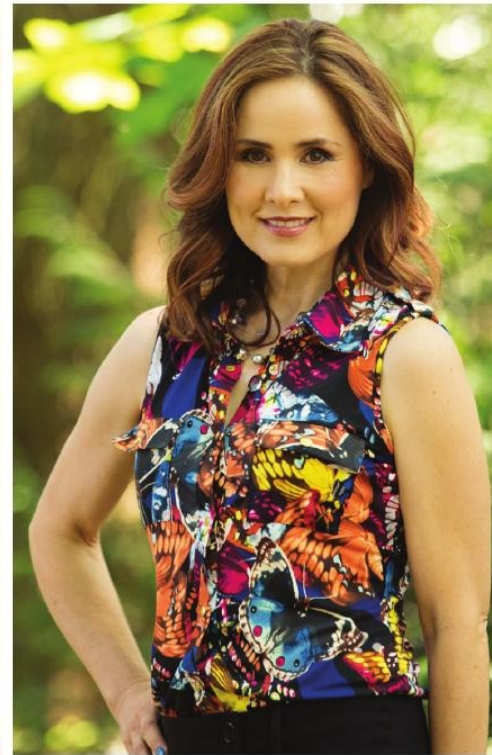
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"When life gets too crazy and you no longer feel you're in control, you need to put on the brakes and regain command."



Photos: Arlene Chambers



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10 WEEKS TO YOUR BEST YOU!

As an empty-nester, I wanted to find a new, meaningful role for the next phase of my life. My son had been ill for several years and being his primary caregiver had taken its toll. I felt burnt out and too exhausted to take care of myself. But I was tired of being tired. I knew that, in order to be successful, I needed support.

I wanted many things for myself. Physically, I wanted to lose 10 pounds, get stronger, eat well and generally feel better. I also wanted to care about how I looked again. Mentally and emotionally, I wanted to break out of my rut and become more productive. My Best 10 was designed to meet these goals, while rewarding me with pampering luxuries along the way. It was just what I needed!

I was pleasantly surprised that my eating plan, which I had figured out to be methodized, was actually tailored to my needs. It was individualized and not just another "one-size-fits-all" program. I looked forward to meetings with my registered dietitian, Amanda. Initially, I thought I had to go to these meetings just to "check a box," but I soon found that she had a lot of great information and tips to share.

For the most part, I've always loved fresh fruit and vegetables, preferring to eat grilled over fried foods. But I've

constantly struggled with a sweet tooth that is nothing short of an addiction. Once, when I admitted to eating a piece of chocolate, instead of making me feel bad, Amada congratulated me for being able to limit myself to just one piece. She reminded me that being able to control and be satisfied by a small treat is a huge accomplishment. It's a skill that will contribute to a sustainable lifestyle.

I still use the tips I learned through the program. My eating habits also changed how my husband eats, so it makes it easier to maintain this new lifestyle. In fact, he also ended up losing weight.

I also enjoyed working with my trainer, Sol. He's the perfect combination of hard core and encouraging. I was impressed by how quickly he was able to modify my workouts on the fly. I'm a wanna-be dancer. Hip hop is my favorite, but I started committed to learning ballet and jazz. It's slow coming, but fun! The best part of dancing is that it doubles as exercise that I actually enjoy.

When life gets too crazy and you no longer feel you're in control, you need to put on the brakes and regain command. I knew I wouldn't set the time aside unless I was accountable. My Best 10 was the perfect solution!

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WELCOME»



Brad Tilden,
Chief Executive
Officer

CHANGES YOU'LL LOVE

» **One of the best parts** of our merger with Virgin America is that it has allowed us to change. Change is all about getting out of your comfort zone to allow tremendous opportunity. Here, Andrew Harrison, our chief commercial officer, talks about some changes in the works this year that will make your experience traveling with us even more remarkable. —Brad Tilden



Andrew Harrison,
Chief Commercial
Officer

Change. It's exciting for sure, but at the same time it takes us out of our comfort zone. Human nature is such that even though something new could make life better, we resist it. My wife would say that I am Exhibit A of resistance.

Case in point: It was the early '90s, and work colleagues asked whether I had received their "email." I responded, "Got your what?" To which, they smiled and said, "You know, a message on the computer." My immediate response was to march down to the IT department and have them remove me from this email

thing. I mean, I don't have time to randomly go to a computer to see if someone may have sent me a message. What a bad idea, right?

Don't worry, I do learn from life lessons—so please read on.

I share this because it reminds me that when we introduce significant change here at Alaska, we need to talk about what it means to you, our guests, before you see it at an airport or onboard our planes. Since no matter what, human nature needs some time to process change. Knowing this, I am pleased to tell you about some new and exciting changes that Alaska Airlines will be rolling out as a result of our merger with Virgin America. My hope is that, unlike my early start with email, this is something you can really look forward to.

Here's what you can expect from us in the coming months:

■ **High-speed satellite Wi-Fi** installations begin in April on our Boeing and Airbus aircraft. You're going to find this new service a game changer to keep you connected and

» WELCOME

entertained during your flight.

■ You'll be able to relax in style at our **New York/JFK Lounge**, which is opening in early May.

■ You'll enjoy a **single Alaska Airlines** shopping, booking and airport check-in experience in late April across our 90 airports and 1,200 daily flights.

■ Sit back and relax in **new, modern interiors** on our Boeing aircraft starting this fall. This includes new First Class and Main Cabin seat designs, power outlets, carpeting and mood lighting. Our airport makeovers are taking place, as well, and you'll soon see Alaska

signage at all of our airports—and hear some great tunes playing at our counters, to get you in the mood.

■ You'll have the opportunity to receive more complimentary upgrades on our 73 Airbus aircraft once we update the interiors, **which will increase the number of First Class seats**. We'll also introduce Premium Class on these aircraft.

■ You can stay connected with continued **free texting**, and more than **200 movies and TV shows for free**, direct to your device.

■ Eat healthy and enjoy natural ingredients with the introduction of **West Coast-inspired**

onboard food and beverage choices. You'll enjoy full-pour regional wines and microbrews, and more choices in both First Class and the Main Cabin. You can also pre-order, to make sure we have your choice onboard.

We are so appreciative that you are part of the Alaska Airlines family, and we are really looking forward to sharing these changes with you soon.

Now, it's back to those emails, which, as you read at the beginning of this article, are not my favorite task. Thanks for flying with us!

—Andrew Harrison

» BIENVENIDO



Brad Tilden,
Jefe Ejecutivo

CAMBIOS QUE LE ENCANTARÁN

» *Una de las mejores partes de nuestra fusión con Virgin America es que nos ha permitido cambiar. El cambio tiene que ver con salir de la zona de confort para permitir el paso a una gran oportunidad. Aquí, Andrew Harrison, nuestro director comercial, habla de algunos cambios en preparación para este año que harán que su experiencia de viaje con nosotros sea aún más extraordinaria.* —Brad Tilden



Andrew Harrison,
Director Comercial

El cambio. Es emocionante, pero al mismo tiempo nos saca de nuestra zona de confort. La naturaleza humana es tal que a pesar de que algo nuevo podría hacer la vida mejor, nos resistimos. Mi esposa diría que soy el 'primer testimonio' de resistencia.

Un ejemplo de esto. Fue a principios de los años 90 y un colega de trabajo me preguntó si había recibido su "correo electrónico". Respondí, "¿si recibí tu qué?" A lo cual sonrió y dijo, "Ya sabes, mi mensaje en la computadora". Mi respuesta inmediata fue dirigirme hasta el departamento de Tecnología y hacer que me eliminaran de esta cosa llamada correo electrónico. Quiero decir, no tengo tiempo para casualmente ir a una computadora para ver si alguien me pudo haber enviado

un mensaje. Qué mala idea, ¿verdad?

No se preocupen, realmente aprendo de las lecciones de la vida, así que por favor continúen leyendo...

Comparto esto, ya que me recuerda que cuando introducimos cambios significativos aquí en Alaska, necesitamos hablar sobre lo que esto significa para ustedes, nuestros pasajeros, antes de verlo en el aeropuerto o a bordo de nuestros aviones. Porque no importa qué, la naturaleza humana necesita algo de tiempo para procesar el cambio. Sabiendo esto, me complace informarles acerca de algunos cambios nuevos y emocionantes que Alaska Airlines implementará como resultado de nuestra fusión con Virgin America. Mi esperanza es que, a diferencia de mis comienzos con el correo electrónico, esto sea algo realmente esperado por ustedes.

Esto es lo que se puede esperar de nosotros a partir del próximo mes:

■ **Instalaciones de Wi-Fi satelital** de alta velocidad en nuestras flotas Boeing y Airbus a partir del mes de abril. Encontrará que esto representa una innovación para mantenerlo conectado y entretenido durante su vuelo.

■ Podrá relajarse con estilo en nuestra **sala de espera VIP en Nueva York/JFK**

a principios de mayo.

■ Disfrutará de una **unificada experiencia** de compras, reservaciones y registro en el aeropuerto de Alaska Airlines a finales de abril en nuestros 90 aeropuertos y 1.200 vuelos diarios.

■ Siéntese y relájese en los **nuevos y modernos interiores** de nuestros aviones Boeing a partir de este otoño. Esto incluye nuevos diseños en los asientos de Primera Clase y la cabina principal, tomas de corriente, alfombrado e iluminación de ambiente. Nuestros cambios de imagen en el aeropuerto ya se están llevando a cabo y pronto verán la señalización de Alaska en todos nuestros aeropuertos, junto con algunas estupendas canciones nuevas en nuestros mostradores, para crear un buen ambiente.

■ Tendrá la oportunidad de recibir más ascensos a primera clase gratuitos en nuestros 73 aviones Airbus una vez que actualicemos los interiores, lo que **aumentará el número de asientos de Primera Clase**. También presentaremos la Clase Premium.

■ Podrá permanecer conectado a través de **mensajes de texto gratuitos** continuos, y más de **200 películas y programas de televisión gratis**, directamente a su dispositivo electrónico.

■ Podrá comer de manera saludable y disfrutar de ingredientes naturales con la introducción de las **opciones inspiradas en la Costa Oeste de alimentos y bebidas a bordo**. Disfrutará de vinos regionales y cervezas artesanales, y contará con más opciones tanto en Primera Clase como en la cabina principal. También podrá hacer una solicitud anticipada, para asegurarnos que tener su elección.

Estamos muy agradecidos de que sea parte de la familia de Alaska Airlines, y estamos ansiosos por compartir estos cambios con ustedes pronto.

Ahora, regresaré a mi correo electrónico. ¡Gracias por volar con nosotros!

—Andrew Harrison

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IN THE KNOW»

WHAT'S NEW: TIMBERS SPONSORSHIP EXTENDED

» As the **Portland Timbers** kick off their Major League Soccer season this month, they will continue to wear the Alaska Airlines logo on their jerseys. The club announced a multi-year partnership extension with Alaska in February, which means the airline's name will be featured on new Timbers uniforms and club apparel—including a white-with-green “away jersey” released for the 2018 season. Additionally, Alaska Airlines will continue to be the team's official airline. Alaska Airlines, a founding partner of the Timbers, has been the club's jersey partner since its inaugural 2011 MLS season.

“Alaska Airlines and its amazing group of employees have been part of the MLS Timbers family from the very beginning,” Mike Golub, president of business for the Timbers, said in a news release. “We couldn't be more happy and proud that our wonderful partnership will continue well into the future.”

Alaska Airlines will also maintain support for community initiatives focused on nonprofit and volunteer projects, such as Stand Together Week and the Portland Timbers Community Fund. Alaska Airlines also will be a presenting sponsor for MLS Timbers youth soccer camps.

“Portland has a deep soccer heritage that promotes a strong community spirit,” says Andrew Harrison, Alaska Airlines' chief commercial officer. “As a company, it is important for us to invest in and make a difference in the communities where we live and work.”

Among other components of the partnership, Alaska Airlines allows early-boarding privileges on flights originating from Portland International Airport to fans wearing Timbers jerseys. The airline also flies a Timbers club-themed jet throughout its route network.

Alaska offers more nonstop flights and daily flights from Portland International Airport than any other carrier. Learn more at alaskaair.com.



Portland Timbers midfielder Diego Chara models an official 2018 uniform.

CRAIG MITCHELL/DYER / PORTLAND TIMBERS

WINE FLIES MORE FREELY

Alaska Mileage Plan members can now check a case of wine for free on domestic flights from 29 cities in the American West, through the expanded Wine Flies Free program.

The program applies for Alaska Airlines, Horizon Air and SkyWest flights from participating destinations across the wine regions of California, Idaho, Oregon and Washington state.

Wines must be packed and sealed for transport in a protective shipping container. Flyers add a valid Mileage Plan number to their reservations to

receive a baggage-fee waiver valued at \$25, then inform a customer service agent about checking wine. Visit alaskaair.com/wine.



CONNECTING WITH JAPAN

» **Alaska Airlines (AS)** and Japan Airlines (JAL) recently expanded their partnership, with additional codeshare flights that include former Virgin America routes, such as San Francisco–Boston, San Francisco–Denver and San Francisco–Newark.

A codeshare is an agreement between airlines to sell space on each other's flights. Each airline can sell the seats on its partner's selected flights as if they were their own, in a sense putting their “code” on the flights. It offers a seamless travel experience for guests across the two airlines. JAL is selling tickets for the new codeshare flights for travel after May 20.



“Travelers will now enjoy an enhanced network to travel between Japan and more cities in the U.S., taking full advantage of the combined Alaska and Virgin America network,” says Charles Breer, Alaska's managing director of alliances.

For members of Alaska Mileage Plan, base miles earned and class-of-service bonuses on Japan Airlines count toward Mileage Plan elite status. Visit alaskaair.com to learn more.

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Flight Attendant Vicki Nelson is a Legend of Customer Service

» **A humble person by nature,** Vicki Nelson has trouble accepting that she was selected by colleagues to earn Alaska Airlines' prestigious Legend of Customer Service Award, however much she deserves it.

"I was sure someone gave me the 'wrong envelope,'" she says. "But I'm very grateful."

Humility aside, Nelson has a distinguished record of service to Alaska guests, spanning 33 years with the airline. And this Portland-based flight attendant is a natural in her position.

Before joining the airline, Nelson worked in human resources in the food and trucking industries. She says that she had been on an airplane only three times before joining Alaska. Yet now she loves flying, and she loves interacting with people on planes.

For Nelson, guests are more than just a name on a ticket. "Every person has a story," she says. "I get to come and hear them. I try to put myself in people's shoes. I've experienced many of the things they have, whether it's going on vacation or taking kids to college."

Nelson says her career would not have been possible without her family. She thanks her parents for teaching her the principle of hard work and the idea that each day you should go out and do your best. She also credits the love and support of her husband, Todd, especially when it came to raising their two sons, Jordan and Stephen, now grown.

"My family has been so supportive," Nelson says. "They have made it easy for me to have this wonderful career."

As for the honor of being selected as a Legend, Nelson says it has helped to think of how she represents a larger group.

"My fellow flight attendants have really coached me," she says. "They've been so kind and generous. I think Alaska Airlines is the real legend. The people I work with are legends. I'm just grateful to be a part of it." ✈



Vicki Nelson.

QUESTIONS & ANSWERS

What do you like most about your job?

There really isn't anything I *don't* like. I like it from the time I get there to the time I get off work. I like the interactions with my co-workers—my teammates—and our guests. And I truly love to fly. I love the physical act of being on a plane.

What are some memorable moments?

I fly a lot to D.C. We get war veterans on special honorary flights—and it is touching to see the veterans so honored.

What is an early memory?

A teacher in fourth grade told me I'd be a stewardess one day. The job title changed, but I did become a flight attendant.

What do you carry when you travel?

Way too much stuff!

What do you consider success at work?

When guests get off a flight smiling and telling us how much they love flying Alaska, that's a great day.

KUDOS FROM VICKI'S CO-WORKERS

"Having Vicki as your flight attendant is like a warm hug. She goes out of her way to make everyone around her feel special. Our guests leave at the end of the flight knowing someone went above and beyond to make that flight one to remember."

—Bob M., Flight Attendant, Portland

"Vicki is Alaska's values. She's consistently kind, happy, patient and professional. She's a hard worker and is great to work with."

—Leland J., Flight Attendant, Portland

"People love working with Vicki because she always 'brings it' to work, regardless of what may be going on in her personal life. She is consistent, upbeat, and you always know what to expect of Vicki."

—Melissa L., Inflight Supervisor, Portland

"Big congrats, Vicki! You embody the Alaska Spirit in your own special way. You are very deserving of this special award."

—Brandee D., Contract Service Lead, Washington, D.C.



EACH YEAR, Alaska Airlines recognizes employees, such as Vicki Nelson, as Legends of Customer Service. It is the airline's highest honor.



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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An artist rendering of the re-imagined National Air and Space Museum.

INVESTMENT IN THE FUTURE

» If you've been to the Smithsonian's National Air and Space Museum in Washington, D.C., you know how spectacular it is—a place filled with history and exhibits that not only educate and entertain, but inspire.

Over the course of the past century, aviation has played a prominent role in the American experience, and commercial aviation is a large part of the Smithsonian presence on the National Mall, where the National Air and Space Museum receives 7 million visits each year.

Over the next several years, the Smithsonian will be remodeling the museum's flagship building, which includes the "America by Air" gallery, one of the three main halls. From large aircraft to smaller artifacts—such as uniforms, models and engines—the gallery traces the history of commercial aviation in the United States, from the early efforts to form airlines only a decade after Kitty Hawk to the commercial challenges and technical sophistication of the 21st century jet age.

Noting a shared passion for innovation and

constant improvement, Alaska Airlines recently announced that it is donating \$1.5 million in support of the museum remodel, as part of Alaska's own focus on youth and education.

"Alaska Airlines is committed to working in our communities to introduce young people—especially those most at risk—to job opportunities in aviation and beyond, to set them up for success in future career options," says Diana Birkett Rakow, vice president of external relations. "We are honored to support one of the world's premier education centers and a national treasure as it gears up to inspire future aviators around the country and around the world.

"For Alaska Airlines guests traveling to our nation's capital," Birkett Rakow says, "you can go see your favorite airline playing a part in our nation's history."

The contribution by Alaska and other airlines will support the reimagining of the hall, and the airlines will be recognized at the new entrance. The gallery is scheduled to close

mid-2018, with the newly renovated gallery reopening sometime in 2021.

"The generous contribution by Alaska Airlines and other airlines not only signals a commitment to the storied history of air travel, but to inspiring young people to pursue careers in aviation and engineering," says Gen. J.R. "Jack" Dailey, the John and Adrienne Mars Director of the National Air and Space Museum. "These gifts help launch the museum on a trajectory to realizing the transformation of this important place."

The Smithsonian project joins an array of organizations that Alaska Air Group partners with to connect young people with opportunities, including The Museum of Flight in Seattle, The Road Map Project, the Alaska Native Science and Engineering Program, the Alaska Challenger Center for Space Science Technology, the United Negro College Fund, the Technology Access Foundation and others.

Through such programs, Alaska plans to positively impact 100,000 youths by 2020. ✈



DUSHYANT

LOST 27 POUNDS

A Better Quality of Life

Ever since sustaining an injury while moving houses 12 years ago, my body hadn't felt the same. I had been troubled by chronic pain in my back and hips, and suffered from headaches. While swimming, even a gentle turn in the water could cause me to throw out my back.


After my injury, my chiropractor had stabilized my back pain, but my treatment had slowed down. He referred me to a medical doctor who put me on an elimination diet to identify the foods that were causing inflammation in my body. As a result, I lost 10 lbs. over six months. At this point, both doctors recommended that I become more physically active to make further progress and become stronger. I also wanted to continue the weight loss. I knew I could trust 20/20 LifeStyles. I had known about the program for many years. In fact, I went to the informational seminar 12 years ago and then went back twice more after that. Plus, a good friend of mine had been through the program with inspiring results. I wanted the same for myself.

It's incredible how your body compensates when you have an injury. Due to my back pain, my hips were out of alignment. My trainer, Ben, showed me corrective and strengthening exercises. He encouraged me to move as naturally as possible and made me aware when I was being too guarded. I became much more conscious of proper body mechanics. Ben did an amazing job at finding the right exercises to isolate my glutes and strengthen my core. My whole body now moves much more fluidly because I've strengthened surrounding muscles. I look forward to hiking again, playing squash and tennis, and trying martial arts.

My dietitian, Lynne, was instrumental as well. If I'm not feeding my body the right foods, then no matter how hard I exercise, I'm not going to achieve the same results. I used to eat a lot of carbs and now I'm satisfied with other options. My nutrition plan is sustainable and satisfying. In fact, I find it quite enjoyable to find new recipes and modify them according to 20/20 LifeStyles guidelines.

The program was not just beneficial for the physical benefits, but also the mental clarity you gain with exercise and a healthy diet. It was also helpful to have the connection with other 20/20 LifeStyles participants and know that other people have their own struggles.


After 12 years of "window shopping," I'm so glad I was finally able to complete the program. 20/20 LifeStyles wasn't just about weight loss. It was about creating a better quality of life for myself and my family.




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INSPIRING A NEW GENERATION

By Lora Shinn

» In early February, more than 100 Washington state middle-school students gathered at Seattle's Museum of Flight and built robots out of machine parts. They asked an Alaska Airlines pilot questions about her job, created whirligigs, launched straw rockets and acted as detectives on a history scavenger hunt.

The students were part of the Michael P. Anderson Memorial Aerospace Program, named in honor of the Spokane native and payload commander of the 2003 Space Shuttle *Columbia* flight that failed on re-entry.

For the past nine years, students—in sixth through eighth grades—have participated in Michael P. Anderson Day at the museum. The special day is one of six events offered by the aerospace program, and inspires students to pursue science and technology fields—and maybe even become astronauts.

Anderson, who was African-American, traveled throughout the country, speaking at schools and encouraging students to follow their dreams. He emphasized the importance of dedication, hard work and a commitment to achieve goals.

The free program is open to all Washington state sixth- through eighth-graders, and promotes science, technology, engineering and math (STEM) disciplines. No qualifications are required, beyond a parent's permission.

The program continues Anderson's legacy of working to inspire underserved children of color, who are encouraged to apply. As a result, kids realize that when it comes to their dreams, "the sky's the limit," says former Alaska Airlines pilot Ronald Limes, chairperson of the Anderson program.

A tireless advocate, Limes travels around the state, speaking about the program at schools and at community groups. In 2017, more than 280 Washington state children, from a variety of backgrounds and ethnicities, registered for the program.



Offering a combination of online learning and in-person experiences, the program utilizes professional mentors, including Alaska Airlines pilots, military pilots, mechanical engineers, airline dispatchers, flight attendants and rocket scientists. Mentors build positive relationships with the children, sharing their personal stories and achievements and teaching them a few things along the way.

"The kids are learning, but we trick them, because they're having fun," Limes says.

The program entails short online assignments that are interspersed with different activities. A sample project includes reading a guest speaker's biography and answering questions about his or her accomplishments. Mentors grade work and provide feedback.

Hands-on events include Anderson Day, which, this year, featured U.S. Air Force Pilot Maj. Kristofer W. Duckett, who talked about the experience of flying an ultra high-altitude U-2 jet. There is also a female-focused Women Fly Day; an Alaska Airlines Aviation Day, which includes the opportunity to experience a

» U.S. Air Force pilot Maj. Kristofer W. Duckett, in foreground, poses with students who took part in the 2018 Michael P. Anderson Day.

Boeing 737 flight simulator and hear guest astronauts speak; and the Aviation Learning Center Lab (in which students "fly" a simulator between Boeing Field in Seattle and Paine Field in Everett). Another program is Eagles Aviation Camp, where kids take to Puget Sound skies in real planes.

The final event is a visit to the indoor skydiving center iFly in Tukwila, a reward for students who completed all online assignments on time.

The program is supported by Alaska with a donation-matching contribution plan that has raised more than \$150,000.

Students interested in taking part must sign up during the registration window between August and November. The program runs from February through July, annually.

To find out more about the program, go to museumofflight.org/mpa. ✈

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ON THE WINGS OF EAGLES

» In 1949, the world was recovering from World War II. Jewish refugees living in small, often unwelcome communities throughout the world were looking to start over in the newly created state of Israel, but the process of getting there was not easy.

For about 49,000 largely nomadic Jews living in Yemen, help would come from an unlikely place: Alaska Airlines. After acquiring war-surplus DC-4 and C-46 aircraft, Alaska Airlines President James Wooten was looking for creative ways to utilize the new fleet. In 1948 he chartered aircraft for the Berlin Airlift, and in the following year, he agreed to

a mission called On Wings of Eagles that would transport Yemenite Jews to Israel; he saw it as a humanitarian obligation.

Many of the passengers had never flown before, and they were hesitant. Yet by the end of 1950, the airline had made more than 430 flights.

Pilot Warren Metzger and flight attendant Marian Liscomb were among those who flew the missions. You can read about the airlift in a new book written by their daughter, Darragh Metzger, called *Alaska Over Israel: Operation Magic Carpet, the Men and Women Who Made It Fly, and the Little Airline That Could*. ✈

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DATING. UNPLUGGED!

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

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

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

Life before It's Just Lunch?

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

It's Just Lunch Matchmakers:



MELISSA BROWN



SARA DARLING



JULIE LOPEZ

What was working with a matchmaker like?

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

Best part of the IJL experience?

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

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

What makes you two a great match?

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

Advice for singles considering IJL?

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

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DUMPLINGS RULE THE WORLD

International food traditions have diverse takes on doughy delicacies

By Tom Douglas

» **Here's a question:** When somebody says to you, "Let's go out for dumplings," what is your response?

Mine is: *Absolutely.*

My only problem is where to begin. Dumplings are a broad category that spans many international borders and ethnic areas. Maybe you hear "dumpling" and think to yourself, *I would love a trip to Chinatown for dim sum.* Or maybe your first thought is of Polish pierogies filled with prunes or apricots. How about fragrant, soft Tibetan steamed-bread *tingmo*, or crispy, porky Japanese *gyoza*?

Americans in my grandparents' generation were adept at making chicken-dumpling casseroles, or—as in my grandma's case—Granny Smith apple dumplings filled with a sweet, delicious date butter and topped with cinnamon sauce. Just the smell of this type of dumpling transports me right back to Grandma's aromatic kitchen.

One of the perks of my job is that I don't actually need to decide among dumplings—I choose them all. My restaurant group hosts Dumpling Fest this month at our Palace Ballroom event space in downtown Seattle—the second-annual event is on March 11. In any given year, this festival might feature pork-and-kimchi-filled Korean-style *mandu*, Chinese barbecued-pork *bao*, hat-shaped Italian *cappelletti*, pastry-crusted Argentinian beef *empanadas* and/or thinly doughed Russian *pelmeni*. We invite restaurateurs from all over the city to come and show off their distinctive dough manipulations in styles from every corner of the world.

You can group dumplings by their county, region or culture of origin. But I also group dumplings into two broad categories: those with fillings, and straight-up dough dumplings that have no fillings.

Wrapped dumplings, which are steamed, pan-fried, baked or all of the above, are easy to individualize after



» **Dumplings** encompass a variety of dishes, including Chinese barbecued-pork *bao*, top, crispy chicken *gyoza*, far left, and steam buns with pork and fermented greens, near left.

you've settled on your favorite outer-dough style. By this I mean that the filling can be customized to your taste just by changing the seasonings. Maybe you don't love ginger, so you use garlic and lemongrass instead. Pork and shrimp made into a filling is delicious, but if you are allergic to shrimp, just use the pork, or maybe substitute chicken.

My go-to wrapped dumpling is the humble wonton. There are probably as many varieties of this dumpling as you can imagine, but I stick to the classic Cantonese version served in a soup of a chicken broth dotted with chunks of baby bok choy, flecks of green onions, often a sliver or two of *char siu* (Chinese barbecued pork) and noodles. Typically, noodle companies make a thinly rolled wheat wrapper that comes in squares or rounds about 3 inches in diameter

» ON POINT FRESH TAKES

specifically for wrapping dumplings. I buy the thinnest ones for delicate wontons and the thicker versions for hearty potstickers. My daughter, Loretta, and I used to make virtual boatloads of wontons, because once you start, you don't want to stop! Our wonton forcemeat stuffing would begin with raw ground pork. We would add minced shallot, garlic, ginger and cilantro. To this we would add a dash of sesame oil, and soy sauce and chile paste to round out the flavor profile.

I like to add a tablespoon or so of rice flour or cornstarch to soak up extra juices, but it is not obligatory. Once the filling is prepared, wrap it in the dough and pinch the edges together. After a quick boil, pop the dumplings into a steaming bowl of soup base, and you have it: wonton soup.

With straight-up dough dumplings, you have to be careful. Without the correct moisture-to-starch ratios, your dumplings can melt into a glutinous blob or else be dry as a bone. Italian potato gnocchi are representative dough dumplings. Seems to me they are best when prepared in the simplest way. I bake a couple of russet potatoes, scoop the potato flesh out of the skin while they're still hot, and run it

through a food mill or a potato ricer. I add all-purpose flour and some egg, gently mix it, and then quickly lengthen the dough into 1-inch-thick cigars without overworking the dough (find more-exact recipes online or in my book *Tom Douglas' Seattle Kitchen*). I cut the rolls into inch-long segments and simmer them gently in a large pot of water. They're done when they float for 20 seconds or so. A simple tomato sauce or sage-Parmesan crema is perfect with these airy little pillows.

When it comes to making dumplings, there is truly a world of options. Yet some will likely have associations for you. Try the ones handed down by your immigrant elders, or the ones developed by you and your kids, or a variation on a dish that you and your sweetie had in a trattoria on your honeymoon in Florence. In doing so, you can make your dumpling memories that much more delightful. Cheers! ✈

James Beard Award-winning chef Tom Douglas owns 16 restaurants and eateries in Seattle. He partners with Alaska Airlines to bring his iconic flavors to the inflight experience.



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

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

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

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

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

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

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

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



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BEFORE

AFTER



I'm in my 20's. I noticed my face was changing with exercise, weight loss and a lean diet. I had a dent in my cheek, hollow temples and I looked tired. I didn't look like myself. I had talked to plastic surgeons that wanted to do surgery but I knew there had to be something better. Then I found Margaret who changed my life with the non-surgical Bellafill® treatment. Margaret is an amazing injector with an artistic eye. I am so happy with the results and the care I received at Larson Medical.

Christine



I'm in my 30's. I am a mother of 3 teenagers and a personal trainer who works out a lot. I noticed a thinning and sagging of my face. I looked tired and sad. Margaret introduced me to Bellafill®, the longest lasting filler, and restored my face without surgery. Now I look refreshed, healthy and happy. I would never go anywhere else.

Vonnie



In my late 40's. I am an outdoors person and passionate about water and snow skiing. All that sun took a toll on my face. I looked more tired and had asymmetry (crooked and downward lines) that I didn't like. After some research I found Margaret who is an expert injector of Bellafill®. Margaret is a master injector and true artist. With Bellafill® she brought symmetry to my face. She was able to give me a nonsurgical facelift by replacing lost volume that naturally occurs with aging. I feel and look more confident and healthy. I am very happy with the results.

Heidi



Margaret L. Larson
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Cannon Beach, on the Oregon coast, is a great day trip from Portland.

TRAVELING FOR LOVE

Attending a wedding is also a wonderful opportunity for area exploration

By Bridget Veltri



JUSTIN BAILIE / AURORA PHOTOS; ILLUSTRATION, KATHRYN RATHKE

» I can honestly say that I've traveled for love, and more than once. Love has taken me to settings ranging from bucolic landscapes in California to skyscrapers in Chicago. I've felt the heat in Phoenix, Arizona, and the rain on my face in Portland, Oregon. Love has given me a reason to dance down music-filled streets in New Orleans and to wind along tree-lined country roads in New England.

While matters of the heart were the reason behind trips to these places, the heart getting hitched was never my own. You might be familiar with the saying, "Always a bridesmaid"? Well, that's me—I'm *that* bridesmaid. I've been a bridesmaid seven times, soon to be eight, this fall in Utah. I'm proud of this fact, because being an integral part of close friends' big days and celebrating that they've found lasting love is a special honor. So I'm not complaining, especially since none of these weddings have taken place in my home city of San Francisco, meaning that each has

been a great reason to visit my friends and the special parts of the country where they live. Each destination has been as different as the bridesmaid dress I wore.

On many of these trips, the couples planned more than a wedding to entertain close friends and family—the bride and groom enjoyed going the extra mile for those who had traveled miles to be there. Chicago couple Jessica and Michael treated us to a river cruise, followed by a concert and picnic in Millennium Park. Down south, Dionne and Paul gifted some of their guests with a hop-on/hop-off tour of New Orleans. In Massachusetts, Lisa and Zach gathered the bridal party for two Boston tours: a trolley tour of the city and a Samuel Adams brewery tour. And bachelorette-party guests also got to explore parts of Rhode Island.

Lisa and I had met while we were waitressing in Reno. I eventually moved to the Bay Area, and she moved back home to Massachusetts, accompanied by her Nevada-born fiance. I had been to Boston and

» ON POINT VIEW

Cape Cod as a kid, but the visit back East for Lisa's wedding showed me that Massachusetts had much more to offer than pretty fall foliage and the Freedom Trail.

Another "left coast" bridesmaid and I stayed at the bride's home in Worcester for a few days before the wedding, so she also took us to Plymouth, where we toured a replica of the *Mayflower*, followed by a round or two at the Pillory Pub. Lisa's wedding itself took place in West Brookfield at the Salem Cross Inn, a colonial farmhouse and barn amid 600 acres of green pastures and rolling hills. It was a beautiful country wedding.

After the wedding festivities in Massachusetts, my mom and I took a road trip. We stopped to see the tugboats in Portsmouth, New Hampshire, and we spent a couple of days in Kennebunkport, Maine, looking at lighthouses and taking a lobster-boat tour.

That New England side trip inspired us to

add on adventures related to other weddings. After I caught the bouquet at Karlea and Chris' Phoenix celebration, we headed to Flagstaff and Sedona. We visited a brewery on the Flagstaff-Grand Canyon Ale Trail, then traveled about 75 miles north to marvel at the Grand Canyon itself. Next we headed back south to explore the red rocks and vortex mysteries of Sedona.

From Portland, Oregon—where Alyse and Steve had provided special guests with complimentary artisanal ice cream during a visit to the city's famed Salt & Straw—I headed to the Oregon coast. I stopped to "say cheese" at the Tillamook Cheese Factory before continuing to Cannon Beach to stroll the scenic shores, admire The Needles formations and peek into the tidepools around Haystack Rock.

Even when the wedding places are almost as familiar as the faces, I enjoy revisiting areas and discovering new favorites. For instance, Alyse

and I have been friends since we were kindergartners. She's lived in Portland for nine years, and I'd been to visit her several times. We'd explored Portland from riverfront to restaurants, but we'd never been to the Willamette Valley, so I was delighted when two days before her wedding, I was among 25 of her closest female family and friends who boarded a double-decker bus bound for Willamette Valley wine country. We sipped; we danced; and we saw some spectacular countryside. Having gone to college on the Central Coast of California and now living near Napa and Sonoma, I was impressed by the views as well as the vintages of Oregon's premier wine region.

When your best buddies don't live nearby, every wedding becomes a destination wedding, and love is always a good reason to travel. ✈

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

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AIRPLANE ETIQUETTE

By Johnny Jet

» **One of the best parts** about air travel is that it brings people from all walks of life together. I've been fortunate to travel all over the world, in the process flying more than 2 million miles, so I've seen pretty much everything when it comes to passenger behavior. Here are my do's and don'ts to help everyone be a courteous and considerate passenger.

- Be aware of boarding procedures. Instead of crowding the boarding area, stand back and wait until your boarding time is called. Good strategies for getting on the plane early include finding out which rows board first and taking that into account when making seat selections or purchasing a premium-class seat.

- When boarding, make sure you take your backpack or shoulder bags in your hands in front of you. That way, you leave space for other passengers who are boarding, and you avoid accidentally bumping into aisle-seat passengers with your bag as you make your way to your seat.

- Put your bag in the overhead bin wheels out and place your smaller bag underneath your seat (if you're sitting in the bulkhead, all bags go up in the bin). If you're wearing a winter coat or jacket, wait until the end of boarding before you put it in the overhead bin, since it can easily fit into the remaining space.

- When I take my seat, I always smile and say hello to my seatmate. If you don't want to talk, for whatever reason, consider putting on earphones before taking your seat. This helps give the hint that you don't want to talk.



That said, I've met some of the most interesting people when flying, so keep an open mind about a little friendly chitchat with your neighbor.

- If you want to sleep, reserve a window seat in advance so that you're not disturbed when the others in your row get up to use the restroom.

- Be kind about the armrests. It's an unwritten rule that the passenger in the middle seat gets both of the center armrests.

- When listening to music, playing video games or watching movies, wear earbuds and keep the volume low—not only to save your ears but also so you don't disturb those around you.

- I used to date a flight attendant, and I know how hard they work and how passengers sometimes take their problems out on them, so I'm always extra nice to them. I usually bring them chocolates to let them know they're appreciated.

Most of all, just be genuinely friendly to the flight attendants—it will make your flight that much better.

- If you bring your own food onboard, make sure that the odors aren't going to offend

others on the plane. Also be sure not to bring anything that could trigger your seatmates' allergies, such as peanuts.

- Before I fly, I always shower, slather on an extra layer of deodorant and wear clean clothes. If you prefer to wear strong perfumes, apply them after arrival at your destination. And remember not to treat an airplane like it's your own personal living space.

- Don't pretend your dog is a service animal if it's really not. That would be doing a disservice to the bona fide ones and the people who need them.

- Upon landing, wait until it's your row's turn to deplane. It helps everyone disembark more easily if you do it in an orderly fashion, rather than rushing to the front.

It's not that difficult to be a great passenger, and if you board with a good attitude and an open mind, who knows, you might disembark with a new friend and some good karma. ✂

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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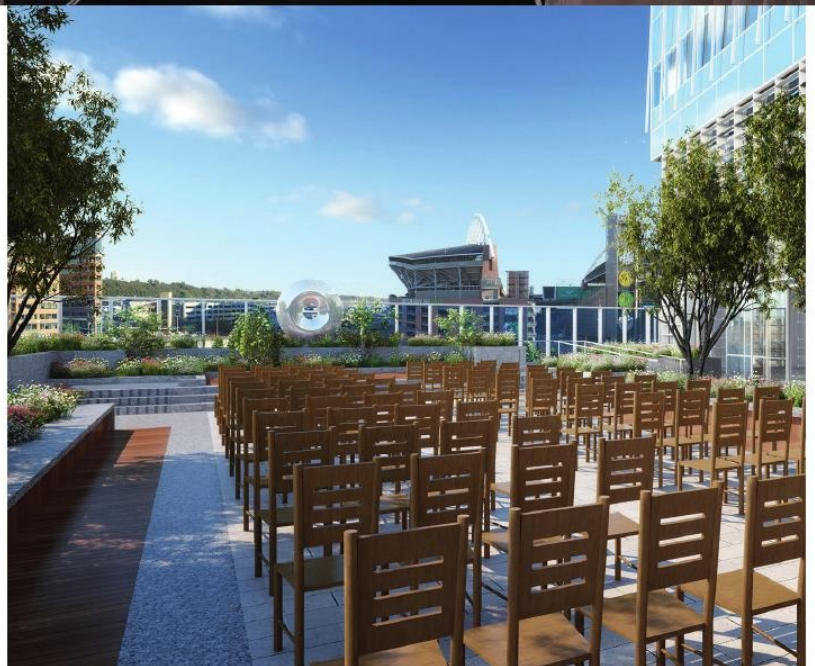


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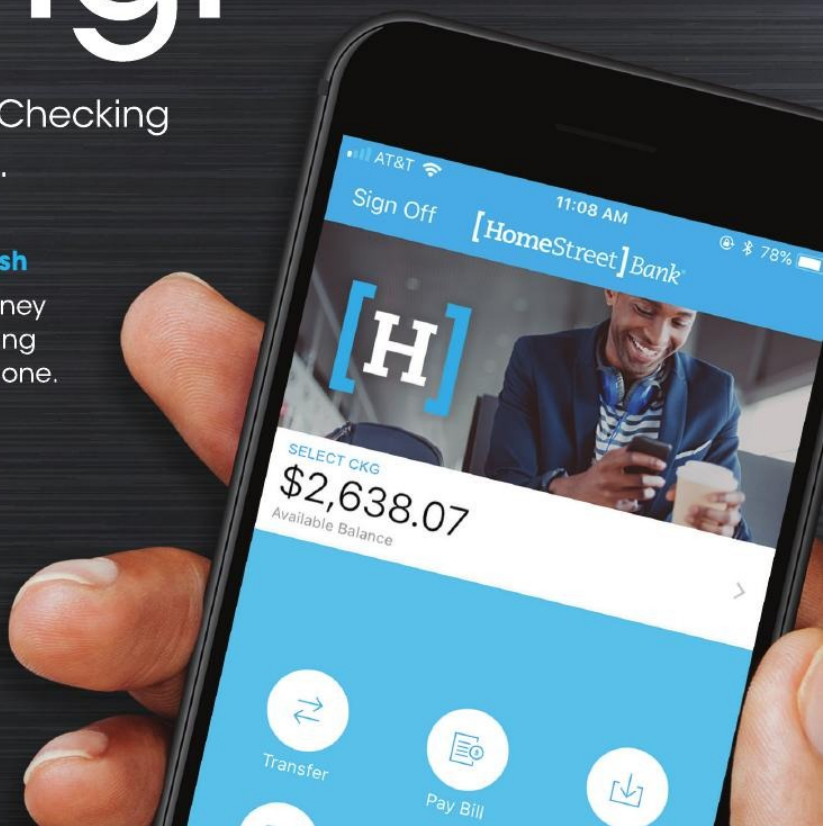
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FDIC 

WATER COLOR

» **Every March**, the Chicago River is colored a bright Irish green to celebrate St. Patrick's Day. The coloring ceremony, at 9 A.M. on March 17 this year, helps kick off the Chicago St. Patrick's Day Parade, which features performers such as step dancers and bagpipers.

The coloring ceremony dates to 1961, when parade chairman Stephen Bailey discovered that environmentally neutral dye used by plumbers to detect leaks could turn the river the perfect shade of green.

Today, about 400,000 people come to take part in the festivities. Visit chicagost-patricksdayparade.org for more information. —*Chhavi Mehra*



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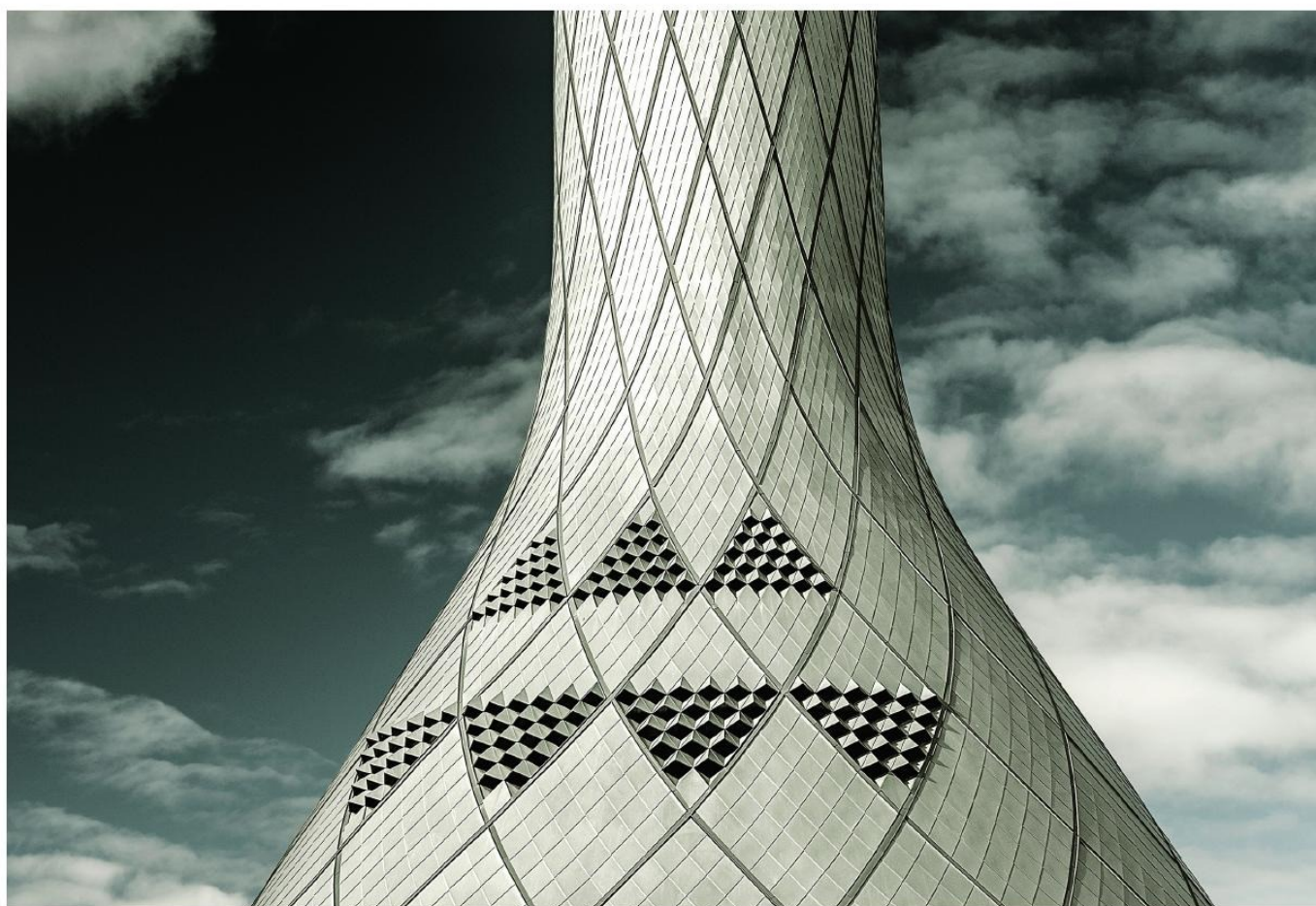
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TOWERING ART

» **Smithsonian Institution** photographer Carolyn J. Russo was on the runway at New York's LaGuardia Airport when she noticed the air traffic control tower. With its round windows and cream-colored smooth concrete texture, the tower reminded Russo of Swiss cheese. Struck by the unique aesthetic, Russo was inspired to look more closely at control towers around the world—and she discovered that many are works of art, beautiful structures welcoming people to new cities. “Art of the Airport Tower,” at the Aerospace Museum of California, in the Sacramento area, through July 6, is the result of Russo’s visits to 23 countries.

The Smithsonian traveling exhibition showcases 50 photographs of airport control towers, including the Abu Dhabi International Airport tower, which resembles the sail of a dhow boat; London’s Heathrow Airport control tower, which looks like a top hat; and Scotland’s Edinburgh Airport tower (shown above), which features a double-helix pattern. For more information, visit airandspace.si.edu/exhibitions/art-airport-tower and aerospaceca.org.

—Chhavi Mehra

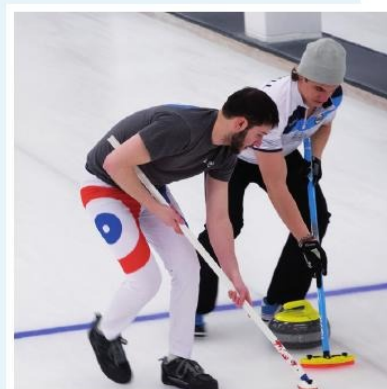
FAIRBANKS BONSPIEL HITS THE MARK

■ With participants wearing togas; red, white and blue leotards; and other outfits to celebrate this year’s Olympics theme, the Fairbanks Curling Club’s 83rd International Bonspiel, March 29–April 1, features four days of curling for nearly 24 hours a day.

About 40 teams from all over the world will compete at the event, whose theme was inspired by last month’s Winter Olympics in South Korea. Prizes are awarded to the winning curlers and to the best costumes.

Curling, a 500-year-old sport resembling shuffleboard on ice, is practiced by about 1.5 million people worldwide, according to the World Curling Federation. The sport is part of the Winter Olympics and is especially popular in cold-weather destinations. For more, visit curlfairbanks.org.

—Chace Mortimer-Davy



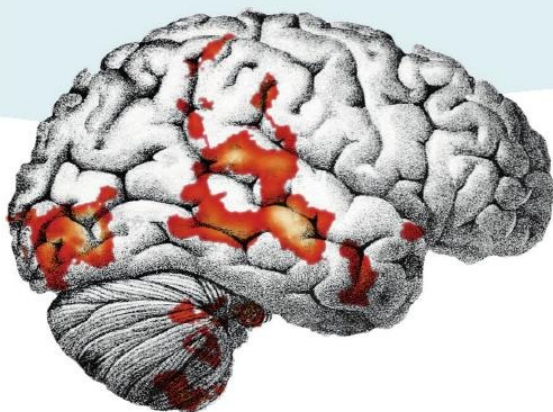
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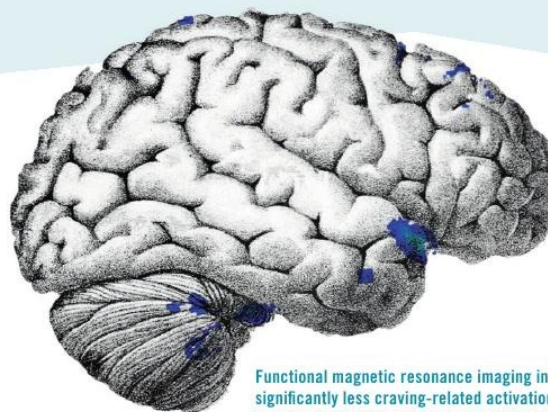


fMRI: A BRAIN STUDY OF ALCOHOL CRAVINGS

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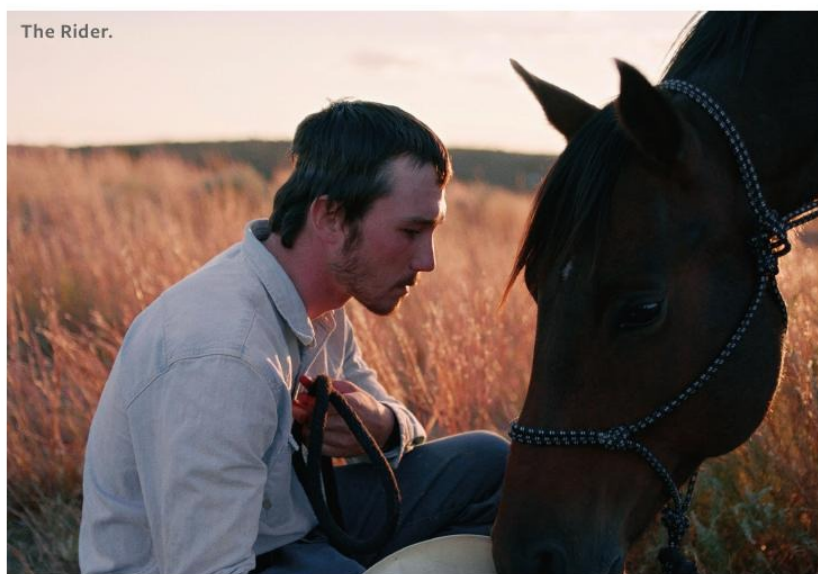
Music springs forth at Houston's In Bloom

■ **Beck, a Grammy-winning singer/songwriter, and Incubus, a Grammy-nominated rock band,** are scheduled to perform at Houston's In Bloom Music Festival, March 24–25. More than 50 acts are playing to more than 30,000 attendees at the event, which was formerly known as the Free Press Summer Fest.

The rebranded In Bloom highlights the opportunity to get outside and enjoy Houston's typically beautiful spring weather. Other acts include Broods, H.E.R., Lil Dicky, Sylvan Esso and T-Pain. Visit inbloomfestival.com for more information. —*Ellisha Rosli*



The Rider.



MEDIA CROSS PATHS AT SXSW

» **Star Wars: The Last Jedi** director Rian Johnson, *Girls* creator and star Lena Dunham and internationally renowned chef José Andrés are all speaking at this year's South by Southwest (SXSW) festival and conference in Austin, Texas.

SXSW, which started in 1987, features an amalgamation of music, film, art, food, gaming and innovation in one of the fastest-growing cities in the United States.

The event runs March 9–18 and includes more than 2,000 musical acts, such as electronic-dance artist Boombox Cartel

and Seattle hip-hop artist Raz Simone, and hundreds of presentations covering topics ranging from technology to social impact. The festival also features more than 130 films, including *The Rider* by Chloé Zhao, about a cowboy's search for identity following a rodeo accident.

SouthBites Market lets guests taste international cuisine—from Singapore to Venezuela—and a new Roaster's Village offers coffee made by 20 vendors from around the world. For more information, visit sxsw.com. —*Chace Mortimer-Davy*

CLASSIC CARS IN CALIFORNIA

» **In just five years,** the La Jolla Concours d'Elegance has become a premier classic-car event, with attendees coming from far and wide—many arriving in one-of-a-kind, multimillion-dollar restored vehicles.

The Concours, April 6–8, will be celebrating Lincoln and will feature dozens of cars judged in several classes and competing for honors such as the coveted Best in Show, Most Outstanding Pre-War and Post-War vehicles, and a Preservation award. Of the classes, only the Ferrari class and Italian Sportscar class will include vehicles made after 1989. Auto companies such as Alfa Romeo, Duesenberg, Bugatti, Jaguar, Lincoln and Packard will be represented at the show. Many of the participating vehicles have undergone six-figure renovations, and some are worth more than \$5 million.

Singer David Patrone will supply the event's soundtrack by crooning 1930s-era swing music. For more, visit lajollaconcours.com. —*Chace Mortimer-Davy*



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INTERNATIONAL DANCE PARTY

» **Choreographer Shen Wei**, a Guggenheim and MacArthur fellow who was the lead choreographer for the opening ceremonies at the 2008 Olympics in Beijing—and is known for creating dances of striking expression and mesmerizing movement—is among the artists at the Vancouver International Dance Festival, March 1–24. The festival features more than 35 dance performances, in styles ranging from ballet to hip-hop to flamenco. For instance, Canada's EDAM, at right, is a troupe that explores the idea of movement as an expressive art form under the directorship of Peter Bingham. And dancers from Canada's Harbour Dance Centre are performing styles spanning from tap to musical theater to jazz. For more information, visit vidf.ca. —*Chhavi Mehra*



CHEESY EVENT IN SEATTLE

» **The Wizard Slayer.** Goblin King. These sound like fantasy characters, but they are actually grilled cheese sandwiches served at Seattle's inaugural Grilled Cheese Grand Prix in November. This year, the Seattle chefs behind these creations—Bread and Circuses, and Cheese Wizards—along with nearly 30 more Northwest chefs, will work their culinary magic at Magnuson Park, March 30–31, leading up to Grilled Cheese Month in April.

While the specific creations are not yet known,



chefs are again expected to have unique takes on the classic, using ingredients such as pickles, pork and handmade cheeses as they compete in three categories: Flipside, Traditional and Fusion. Attendees will vote for the winners.

Additional vendors include Cheeze Does It, Fire and Scrape, The Grilled Cheese Experience, Nibbles, Off the Rez, The Cheese Pit, People of the Chubbs, Saint Helens Cafe and Cheese Meats Bread. Visit gcgrandprix.com for more.

—*Chace Mortimer-Davy*

SPARKING INTEREST IN SCIENCE

» **With cornstarch and a flame**, chemist Kate Biberdorf can create her own version of a fire-breathing dragon. Her show, featuring sensational chemical reactions—all performed with proper safety equipment—is one of more than 30 stage shows that are part of the USA Science & Engineering Festival, April 5–8 in Washington, D.C.

Other stage shows include Jason Latimer's, which will expand the boundaries between what's real and magic, with tricks such as shaping water into spheres.

The festival also offers more than 3,000 hands-on activities, exploring scientific fields such as oceanography, climatology, robotics, medical research, neuroscience, space exploration and artificial intelligence. For more information, visit usasciencefestival.org. —*Bayley McComb*



FROM TOP, CHRIS RANDLE; MOBILE FOOD RODEO; MICHAEL COLELLA

» THE FEED THE MIX



BOSTON'S ROTHKO REFLECTION

» In a fast-paced world, Mark Rothko's large-scale Abstract Impressionist paintings invite onlookers to slow down. Through Sept. 3, 11 of Rothko's pieces, on loan from the National Gallery of Art in Washington, D.C., are at the Museum of Fine Arts, Boston in "Mark Rothko: Reflection."

Rothko (1903–1970) was a New York artist known for his deeply evocative minimalist work.

The exhibit showcases the evolution of Rothko's art—from his early Surrealist oeuvre in the 1930s, such as *Thru the Window* (1938), to vivid and colorful canvases marked by seeming simplicity, including *Untitled* (1955), shown below.

For more information, visit mfa.org.

—Ellisha Rosli



Mark Rothko's *Untitled*, 1955.

AWARD-WINNING REVIVAL ON TOUR

» Soulful, jazzy and heartfelt, *The Color Purple*—the 2016 Tony Award winner for Best Musical Revival—is on a North American tour. The play is based on the Pulitzer Prize-winning 1982 novel by Alice Walker and features a Grammy-winning score. The tour is stopping in cities including Tampa, Florida (March 6–11); St. Louis (March 20–April 1); Las Vegas (April 24–29); San Francisco (May 1–27); and Seattle (June 27–July 1).

The revival, directed by John Doyle, tells an epic story from the perspective of Celie (played by Adrianna Hicks), a Southern

woman who struggles through decades of abuse and heartbreak. Doyle's minimalist production, with its wooden floors and rail-back chairs, is intended to focus the audience on the characters' humanity.

The novel was also adapted into a 1985 film directed by Steven Spielberg and starring Whoopi Goldberg and Oprah Winfrey. The original Broadway production of *The Color Purple* opened in 2005 and earned 11 Tony Award nominations in 2006, with its lead LaChanze winning Best Actress in a Musical. For more, visit colorpurple.com. —Ellisha Rosli



VISIT POMPEII IN PHOENIX

■ When Mount Vesuvius erupted in the year 79 A.D., ash, pumice stone and gases destroyed the Roman city of Pompeii, mummifying many of its people and artifacts under debris.

Preserved body casts—

such as the one at left—marble and bronze sculptures, jewelry, coins and wall-size frescoes are among items on display in "Pompeii: The Exhibition" at Phoenix's Arizona Science Center through May 28. The exhibit transports visitors to the ancient city that was once a

bustling commercial port. The 200-plus pieces, which were rediscovered in 1748, are on loan from the National Archaeological Museum of Naples in Italy. A theater experience simulates the power of the eruption.

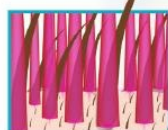
Visit azscience.org for more. —Bayley McComb



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A QUEST TO BEAT ALS

By Susan G. Hauser

» **ALS is no joke.** But the opening shot of *Augie*, a documentary about fitness leader Augie Nieto, shows the 13-year survivor of amyotrophic lateral sclerosis (also known as Lou Gehrig's disease) smiling mischievously as an electronic voice reads an off-color joke that Nieto has laboriously typed by way of his foot-operated trackball mouse.

That expression says plenty: I'm still here. I'm not giving up. And naughty jokes just crack me up.

Director James Keach, who also produced *Walk the Line*, the 2005 film about Johnny Cash, and directed *Glen Campbell: I'll Be Me*, a 2014 documentary about the late singer's struggle with Alzheimer's disease, explains Augie's surprising opener.

"Augie has a wicked sense of humor, so my first instinct was, let's start with a joke. It lets the audience know it's OK to laugh. It's OK to enjoy this man."

Nieto was 47 when he was diagnosed in March 2005. He was 10 years into his second marriage and nearly three decades into a fabulously successful career in the fitness industry, an industry he helped launch while still in college by marketing and distributing the Lifecycle. As president of Life Fitness, and with a loving wife, four kids, and a beach-front home in Corona del Mar, California, Nieto had it all.

Now, Nieto says his purpose in life has veered from being successful to being significant. He even co-wrote a 2007 book, *Augie's Quest: One Man's Journey from Success to Significance*, to help spread that message.

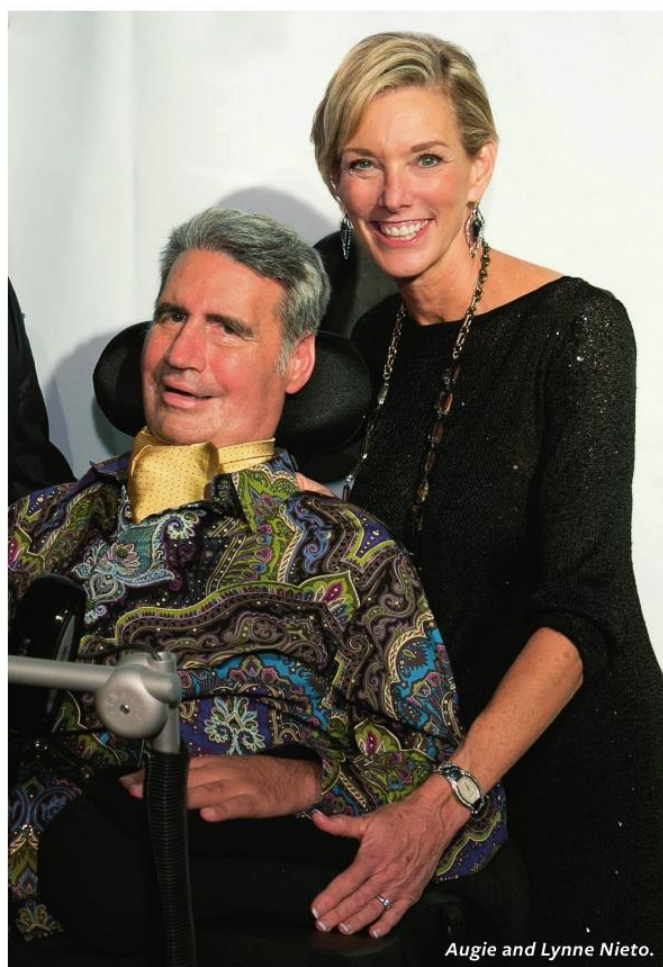
ALS is a disease that attacks nerve cells that control voluntary muscles. Muscle function gradually declines, while mental function is unchanged. Through the computer he operates with his toes, Nieto demonstrates that his mind rarely rests. In fact, he is working constantly to fight the disease that usually robs its victims of life within three to five years.

One year after Nieto was diagnosed, he and his wife, Lynne, launched a fundraising initiative called Augie's Quest, which has raised more than \$60 million. The 13th-annual BASH, an auction hosted by Augie's Quest to raise funds for ALS, will be held March 23 in San Diego, and once again Lynne Nieto expects to look out into the sea of faces and recognize people who were once her husband's fiercest business competitors.

"I can remember walking with Augie through trade shows," Lynne recalls, "and it was like they had lightning bolts coming out of their eyes at each other. But they are the same ones who today are supporting us. The fitness industry has really rallied behind us."

Meanwhile, she says, Augie Nieto is bringing people together to work toward a common goal. "He's taking his entrepreneurial background and applying it to a disease and approaching it as if it is a business."

He also has taken on the chairman-



Augie and Lynne Nieto.

Augie "is taking his entrepreneurial background and applying it to a disease and approaching it as if it is a business," says Lynne Nieto.

ship of the ALS Therapy Development Institute, a nonprofit biotech research facility in Cambridge, Massachusetts, whose work is supported by Augie's Quest funds.

Lynne Nieto says she hopes the film *Augie* (available March 20 on iTunes and Amazon) helps raise awareness of ALS. "It's not incurable," she says. "It's just underfunded." ✕

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DAY 1

» I felt like I was in a dream exploring Marina Bay, Singapore's stylish and trendy downtown area. It's home to impressive architectural icons such as the Singapore Flyer wheel.



From her hometown of San Luis Obispo, Karen Grubb brings her fun California lifestyle straight to her Instagram feed. Thanks to Alaska's partners at Singapore Airlines, Grubb traveled to Singapore and posted these exciting experiences. Get ready for your next international adventure when you use your miles to travel with one of Alaska's many global airline partners. For more posts to inspire your wanderlust, be sure to follow Alaska Airlines (@alaskaair) on Instagram.

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SOARING SINGAPORE

» I'm wading at the top of the world. At least that's what it feels like from the Marina Bay Sands pool, 57 stories above Singapore. Palm trees wave in the warm breeze, and behind the city-state's sparkling skyline, the sunset is the color of a pink Singapore orchid. Gazing over the edge of the infinity pool, I can't help but think about the seemingly endless possibilities on this vibrant and culturally diverse island. Here are a few of my favorites.

Gardens by the Bay is home to two biodomes full of lush flora. I especially love the more than 100-foot-tall Cloud Forest, which contains one of the world's tallest indoor waterfalls and is filled with more than 2,660 kinds of plants.

Singapore's Little India is bustling with shops and restaurants. While wandering

through the alleyways, I pause to photograph the kaleidoscopic House of Tan Teng Niah.

Sultan Mosque (Masjid Sultan) is the centerpiece of Kampong Glam, once a fishing village that now combines rich history and modern life. I stroll down Haji Lane, which is full of trendy boutiques, hip cafes and bars. One of my favorite shops is Sifr Aromatics, a third-generation perfumery that sells hundreds of types of natural oils and lets customers create their own unique fragrances.

In Chinatown, I marvel at the beautiful architecture of the Buddhist, Hindu and Taoist temples and Muslim mosques, which seem untouched by the surrounding urbanization.

From start to finish, my Singapore visit is full of color, culture and cuisine that creates one of the best trips of my life.

DAY 2



With 80 restaurants and bars, and 170 stores—plus a rooftop pool to top it off—the Marina Bay Sands hotel is like a city all its own.



The rainbow-colored House of Tan Teng Niah, built in 1900, is one of the Little India neighborhood's only remaining Chinese villas.

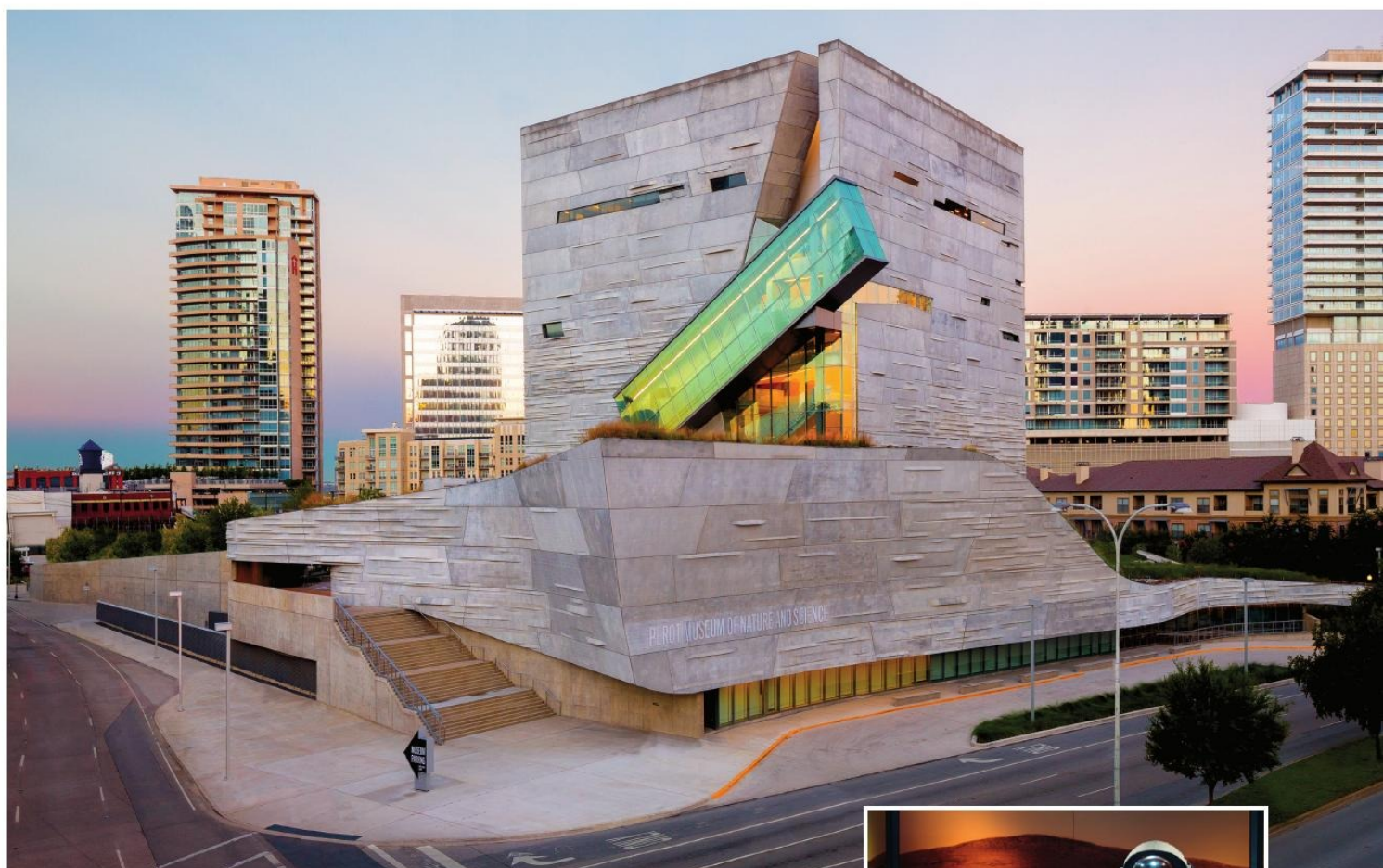
DAY 3



I love the vibrant streets of Kampong Glam. This bustling neighborhood, with Sultan Mosque as its jewel, is full of boutique shops and great restaurants.



The Buddha Tooth Relic Temple contains a stupa made from 320 kilograms of gold. It holds what is believed to be the left canine tooth of Buddha.



DALLAS DELIGHTS

Big D's downtown is a center for arts and culture

By Leah Shafer

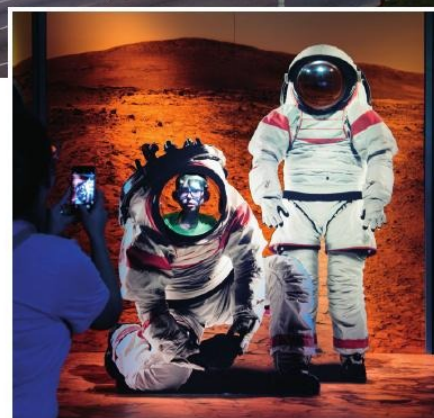
» Everything is big in downtown Dallas.

The center of the nation's fourth-largest metropolitan area is a bustling business community with first-rate shopping.

It is also home to top entertainment venues, one of the largest contiguous urban arts districts in the nation and dining that ranges from haute to homestyle.

From Dallas Love Field Airport, it is a 5-mile trip to the George W. Bush Presidential Center, located on the campus of Southern Methodist University. The center has a presidential museum, which is full of items from Bush's time as president, including artifacts from the September 11 terrorist attack and also a replica of the Oval Office.

As you travel from the Bush Center into downtown Dallas, a striking skyline emerges, including iconic buildings such as the ball-shaped Reunion Tower and the modernist



skyscraper Fountain Place. Among these giants, architectural gems appear, including the Perot Museum of Nature and Science in Victory Park. Designed by award-winning architect Thom Mayne, the distinct cubelike structure stands 14 stories tall.

Inside, you'll find an immersive and interactive environment with many hands-on exhibits and attractions. Through May 6, visit the "Journey to Space" exhibit, which allows visi-

TOP, JENIFER MCNEIL BAKER; INSET, JERSEAN GOLATT / PEROT MUSEUM; FACING PAGE, TOP, CAROLYN BROWN / NASHER SCULPTURE CENTER; LOWER RIGHT, COURTESY PECAN LODGE



tors to experience the tight quarters inside of an orbiting space station.

From the museum, it's a half-mile walk to the Nasher Sculpture Center in the Dallas Arts District. The Nasher houses one of the finest collections of modern and contemporary sculptures in the world.

Works by artists such as Calder, Matisse, Miró and Rodin are on display at the center, which also has a lush outdoor garden.

One of the great green achievements in the evolution of downtown Dallas is Klyde Warren Park, which borders the Arts District. The 5.2-acre park sits on a deck that covers a downtown freeway. Park activities include Zumba classes and music Thursdays.

If you're looking for legendary Texas shopping, head to the Main Street District and visit the Neiman Marcus flagship store. For classic cowboy boots and other Western wear, travel

a half-mile to Wild Bill's Western Store on North Market Street.

All that shopping can build up an appetite. For some of the best steaks in the city, visit Dakota's Steakhouse on Akard Street. Located 18 feet below street grade, the restaurant boasts an outdoor patio with a waterfall. For some of the city's best barbecue, travel to Pecan Lodge in the Deep Ellum District and order the pitmaster sandwich, with beef brisket, pulled pork and homemade sausage, topped with slaw, barbecue sauce and fresh sliced jalapeños.

Top off your day with a pint from Deep Ellum Brewing Co., famous for its Dallas Blonde Ale, and drop by Trees, a music venue known as a great place to see up-and-coming bands. In downtown, House of Blues is the place to catch established stars such as George Clinton, and also the stars of the future. ✈

» **Clockwise from top left:** The distinctive Perot Museum of Nature and Science; the outdoor garden at the Nasher Sculpture Center; the patio at the Pecan Lodge; a visitor to the Perot Museum posing as an astronaut.



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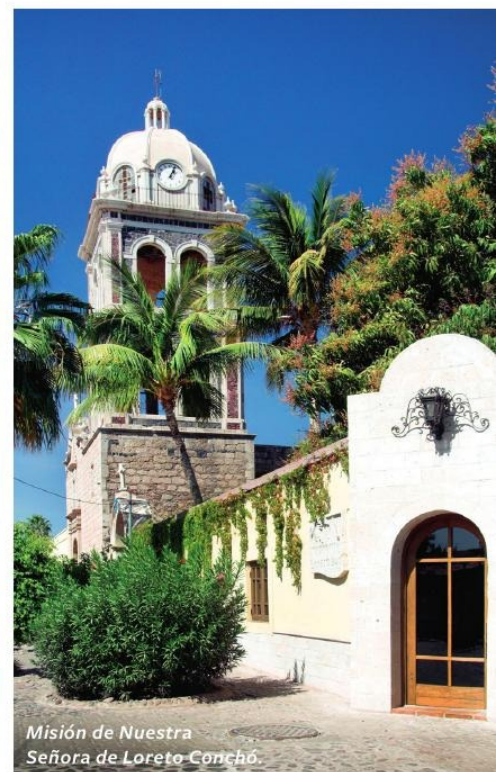
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Misión de Nuestra Señora de Loreto Conchó.

LAID-BACK LORETO

By Tina Lassen

» **Snugged between** the Sierra de la Giganta range and the island-studded Sea of Cortés, the easygoing town of Loreto glows with a leisurely charm and preserves its rich cultural history as well as its abundant natural beauty.

Starting in the 1600s, Loreto reigned as the political and religious capital of Baja, after Spanish Jesuit missionaries chose this location to establish the first European settlement in the Californias.

In the 1800s, the state capital moved south to La Paz, and Loreto settled into being a quiet seaside fishing community. It has maintained much of its small-town feel today—yet with modernizations.

In the latter half of the 20th century, a major period of development brought to the area paved roads, an airport, a marina and elegant resort accommodations for travelers seeking to explore local attractions—both historical and contemporary.

Practically anyone in town can point you to the Misión de Nuestra Señora de Loreto Conchó, founded in 1697 by Father Juan María de Salvatierra. The current building dates to 1752, built with bricks brought there as ballast in sailing ships. From this starting point—which some consider “the mother of all missions”—dozens of missions were eventually created that extend northward into present-day California. The Museo de las Misiones de Baja California, which adjoins the mission, has displays about regional culture and the El Camino Real (the Royal Road) of the Californias—the historical route of the missionaries.

Just outside the mission, meticulously pruned fig trees arch over a stone walkway (Paseo Salvatierra) lined with shops and vendors selling hammocks, pottery and other wares. Follow this passageway to the traditional town square Plaza Cívica Loreto, which is flanked by historical buildings that house

Loreto’s city hall, tourism office and other places of business.

Traditional Mexican dishes, as well as margaritas with fresh-squeezed fruit, draw visitors to nearby open-air establishments such as Restaurante Orlando’s. For seafood with a sea view, head east a few blocks to the waterfront, where Mediterraneo, Los Mandiles and other casual dining spots celebrate the region’s rich fishery. Try local specialties such as grilled dorado, *almejas chocolatas* (chocolate clams) and simple-yet-sublime fish tacos.

Follow your meal with a seaside stroll. Fishing and whale-watching excursions depart from the town’s marina, where a lifelike statue of sea lions makes a great photo op. Along the waterfront promenade—the *malecón*—some benches face east toward Isla del Carmen, while others look west toward copper-colored mountains. Loreto may no longer be a colonial capital, but its scenery will always be a star. ✈

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Sea kayaking near Loreto.

PADDLING THE SEA OF CORTÉS

By Tina Lassen

» **Adventurers from John Steinbeck** to Jacques Cousteau have marveled at the marine life that thrives in the Sea of Cortés, the extended inlet of brilliantly blue water between mainland Mexico and the Baja peninsula. Rich as a rainforest, the sea is home to one of the world's most remarkable arrays of whales and other marine mammals. It harbors nearly 900 fish species, too, many of them found nowhere else in the world. More than once, this region has been called the Mexican Galapagos for its biodiversity (and it even has the blue-footed boobies found in the Galapagos Islands).

Locals in Loreto—the jumping-off point for many Sea of Cortés adventures—have long known that their beloved waters are special. In the 1990s, they led a citizens drive to create Mexico's Bahía de Loreto National Park, protecting more than a half-million acres of water, along with the five large islands offshore. In 2005, UNESCO proclaimed this park, along

with additional islands and coastal areas in the Sea of Cortés, a World Heritage site.

The marine preserve is a dream destination for sea kayaking, and paddling is the most intimate way to explore the area's magical mix of desert and ocean. In a low-slung boat, you become almost one with the sea, in a world where dolphins cruise by in rowdy pods, and mobula rays sometimes leap from the water and sail through the air. Humpback, gray and fin whales, as well as whale sharks, provide other dramatic sights in the Sea of Cortés' protected waters.

Outfitters such as Sea Kayak Baja Mexico lead a variety of expeditions from their bases in Loreto. For those new to paddling, a five-plus-hour tour transports kayakers and kayaks by motorized panga to the sheltered

waters near Isla Coronado. With the dip of a paddle, you slide silently along the island's shoreline, past nesting seabirds and sea lions hauled out in the sun. Grab a snorkel and mask to check out underwater wildlife such as tropical fish swirling through warm, translucent water.

Multiday trips, adjusted to guests with more experience and ability, venture to more-distant shores for reserved-in-advance camping on secluded island beaches.

For a side trip, you can hike up a rocky bluff among spiny organ pipe cactuses. Or you may be fortunate enough to enjoy a visit by a mighty blue whale, with a torrent of sea water cascading off its fluke.

Evening brings its own show, when the sky blooms orange and the water's surface shines like hammered copper. ✈



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MASTERFUL MELTS

By Naomi Tomky

» **Raclette**, a traditional Swiss melted-cheese dish, has an unmistakable scent. Alternately described as “nutty” or “musty,” it wafts around any restaurant or market that serves it.

In 2009, the intriguing aroma drew David Pyle to Kappacasein, a stand that serves the dish at London’s Borough Market. (Though the dish is traditionally made with raclette cheese, Kappacasein uses a similar cheese, Oglesfield.)

Seven years later, Pyle and his partner, Beth Ringland, started Fire and Scrape, a similar stand that visits markets, events and pop-up dinners in Seattle. Half-wheels of raclette cheese, which is traditionally used for the dish, are heated in an imported, specialized grill. Then, as its name implies (the word *raclette* comes from the French *racler*, “to scrape”), the oozing delicacy gets scraped down over local steamed potatoes, vegetables or fresh bread. “It’s like a waterfall of cheese,” Ringland says of the dish, which has recently

gained popularity around the U.S.—with the food website Eater calling it a “melted cheese renaissance of sorts.”

That renaissance also includes the Mexican dish *queso fundido*. At Ortega’s, A Mexican Bistro, in San Diego, the queso fundido, made with baked Oaxaca cheese, comes in an oversized skillet, dressed to the nines with chorizo, chiles and caramelized onions, and sprinkled with even more cheese. Diners spoon the melted dish onto flour and corn tortillas.

Like raclette, the dish needs to be eaten quickly, while the cheese retains its languid viscosity and enticing aroma—though queso fundido doesn’t have the distinctive pungent scent of raclette.

“It’s about the experience,” says Ringland of why raclette producers around the U.S. are seeing unprecedented growth and why melted cheese dishes show up on restaurant menus everywhere. “Cheese is no longer just under

plastic wrap,” she says, alluding to both the unmissable scent and the aesthetic appeal of raclette preparation, calling it “food theater.”

While Pyle and Ringland started with traditional pairings for the cheese—potatoes and cornichons—customers soon began asking them to use it with foods from other vendors. The duo has scraped raclette onto naan, slices of apple pie and even tamales—perhaps an unintentional nod to the other current star in the art of melting, queso fundido. ✈

MORE PLACES TO FIND IT:

■ **Raclette:** Chinook Tavern, Denver (chinookdenver.com). Raclette, New York City (raclette.nyc).

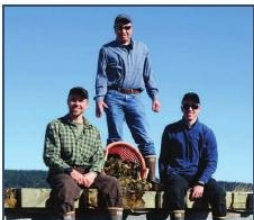
■ **Queso fundido:** Broken Spanish, Los Angeles (brokenspanish.com). Mezcalero Cocina Mexicana, Washington, D.C. (mezcalerodc.com). —N.T.

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A CULTURED PAIR

By Brad Japhe

» In the handbook of gourmet food-and-drink pairings, cheese and wine commonly share top billing. But despite centuries of tradition, modern gourmets are exploring another liquid as cheese's chosen suitor: beer. As it turns out, beer is as versatile as its grape-based counterpart.

"I always remind myself that beer and cheese belong together, because they came from the same place," says Jim Koch, brewer and founder of The Boston Beer Company, makers of Samuel Adams brews. "Beer is made out of grain, and cows are fed with grain. Both products are the end form of grain."

Beyond this bond, beer and cheese are both characterized by diverse ranges of flavor and styles. So, no matter what specific taste you're looking to highlight in one, you can find a way to complement or contrast it with the other. How do you know which way to go? "At the extreme ends of flavor, you want to contrast,"

Koch advises. "Stuff in the middle that's more subtle, you want to complement."

As an example, he points to a bold chocolate stout, elements he'd contrast with a smooth and creamy Brie. "With an IPA, I'd want a big flavorful cheese, maybe slightly acidic," he recommends. "That would take me to an aged cheddar." A powerful blue is also a sensible choice here, he says.

Samuel Adams' flagship Boston Lager, on the other hand, offers quiet maltiness and a touch of caramel. You'd want to complement these notes with a similarly subdued cheese, such as an aged Gouda or a lighter Gruyère.

As a general rule, beers with higher alcohol content work best with bolder, sharper curds. Tangy styles from goat milk, such as chèvre, find their pairing in wheat beers, saisons and even some mellower sour selections.

Ultimately, these are merely guidelines. The only way to fully explore the preferences of

your own palate is through experimentation, with one caveat: Never line up milder beers alongside the stinky stuff. "You'd certainly want to avoid a Stella or a Corona with a Liederkrantz or a Limburger," Koch warns. "The cheese would just overwhelm the beer."

Even then, it's hard to complain. Unless, of course, you'd prefer some whine with that cheese. 🍷

SUGGESTED PAIRINGS:

- Alaskan Amber: Parmesan.
- Cascade Brewing Midnight Bramble: Chèvre (fresh goat cheese).
- Kona Brewing Company's Longboard Island Lager: Gouda.
- Rogue Shakespeare Oatmeal Stout: Triple-cream Brie.
- Samuel Adams Sam '76: Pepper jack.

—B.J.

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SUNNY SLOPES

By Chace Mortimer-Davy

» For those looking to catch the last powder of the season and enjoy spring and maybe even summer skiing and snowboarding, these North American resorts are planning to stay open well into the sunny and warm months. If your favorite ski season requires goggles and suntan lotion, the following places are for you.

Timberline Lodge & Ski Area: Located near the top of Mount Hood, 55 miles east of Portland, Timberline is the only resort in North America open virtually year-round for snow sports. Historic Timberline Lodge is also a great place to stay and explore.



» **Mt. Bachelor:** A little more than 20 miles west of Bend in Central Oregon, Mt. Bachelor's more than 4,000 acres of skiable terrain is scheduled to remain open through May 27, conditions permitting. Olympic snowboarder and Bend Native Ben Ferguson learned the sport on these slopes.

Whistler-Blackcomb: About 80 miles north of Vancouver, this two-mountain resort is one of North America's most popular. Together, Mount Whistler and Mount Blackcomb have more than 150 marked runs and more than 8,000 acres of skiable terrain. It also has the breathtaking Peak 2 Peak Gondola. Whistler will close on April 22, but skiers will be able to enjoy Blackcomb till May 21. After finishing up on the slopes for the day, visit the picturesque Whistler Village.



» **Mammoth Mountain:** Considered one of California's top resorts, Mammoth is home to some of the members of this year's U.S. Winter Olympics team and a favorite location for Olympic gold medalist Shaun White. Mammoth's unique location in the Sierra Nevada means average snowfalls of 400 inches per year. The resort has been known to stay open into July or August.



» **Squaw Valley Alpine Meadows:** Open into June, the resort boasts Lake Tahoe's longest ski season. Skiers and snowboarders can get plenty of sun while skiing slopes that were the site of the 1960 Winter Olympics.

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STEP UP TO THE (FASHION) PLATE

Spring-season home runs for baseball buffs

By Lora Shinn

» Whether you're a casual fan or a season-ticket holder, here are some fun game-day clothing and accessory options. Consider adding one or two to your seasonal roster. But hustle, as some are limited editions and are going fast.

Seattle Mariners Cuff Links

Dress up a shirt with team-spirit metal cuff links, topped with the official logo of the Emerald City team (or that of another favorite team). You could even don a pair for a first date with someone in Seattle—hopefully you'll hit it off (\$65; nordstrom.com).



Baseball Pitches Necktie

Business pitches may be more successful when you're wearing a 100 percent silk necktie highlighting the grips for five baseball pitches. Spot the fastball, slider, forkball, palmball and knuckler in vintage-style illustrations (\$52; joshbach.com).



Seattle Mariners Crystals from Swarovski: Baseball Necklace & Earrings

Sport a little bit of baseball and a little bit of bling in this sparkling set suited for evenings out. Swarovski crystals and Seattle Mariners are the all-stars here in a matching jewelry set (\$145; ladyfanatics.com).



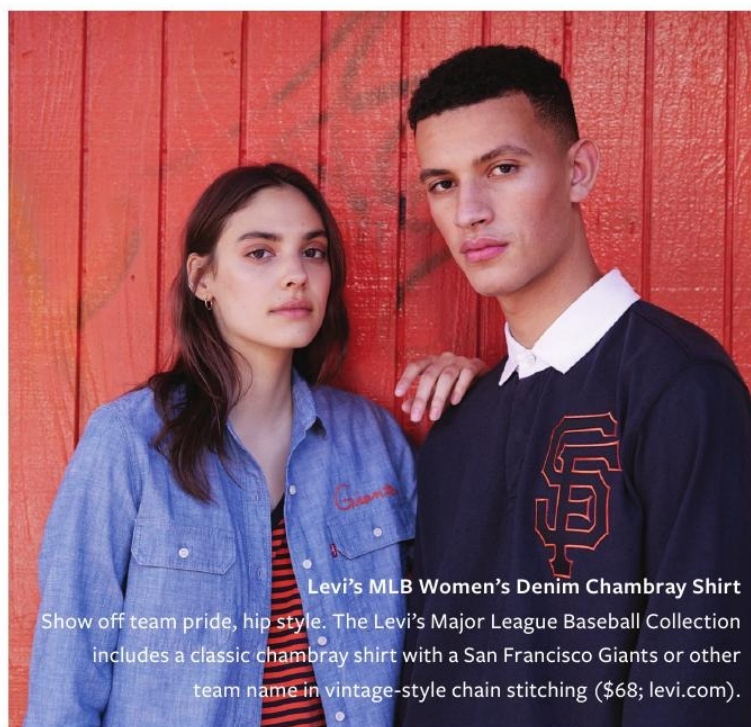
Throw Like a Girl Hoodie

Warm up in this heavy-weight sweatshirt, with a playful hood that says "You wish you could," that qualifies the shirt's front text, "Throw like a girl." The hoodie is designed for youths and adults (\$42; throwlikeagirl.com).



Professional Game Recycled-Baseball-Yarn Beanie

Hand-knit in California, this cozy cap is made from 130 yards of wool yarn gathered from inside a baseball used in a professional game (MLB Authenticated). A hologram number indicates in which game the ball was used (\$225; tokens-icons.com).



Levi's MLB Women's Denim Chambray Shirt

Show off team pride, hip style. The Levi's Major League Baseball Collection includes a classic chambray shirt with a San Francisco Giants or other team name in vintage-style chain stitching (\$68; levi.com).



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TECH-SAVVY SLEEPING

Electronic devices that help you get good z's

By Kristen Gustafson

» **March is National Sleep Awareness Month**, so now is a great time to assess the amount and quality of your sleep. Adequate sleep can improve your mood, energy, decision-making and overall body health. Even adults getting the seven to nine hours per night recommended by the National Sleep Foundation for 18 to 64-year-olds could improve sleep quality, which can be influenced by stress, noise and other factors. The following products are designed to improve your sleep (results of use may vary). Learn about sleep health from the National Sleep Foundation at sleepfoundation.org and the National Institutes of Health at nih.gov.

Sound Oasis Illummy Sleep & Wake

Mask: Red-toned lights inside this smart-phone-programmable sleep mask simulate a "sunset" to help you fall asleep, and blue light helps you wake up gradually. This form of light therapy, which aims to align with circadian rhythms, is similar to the approach NASA uses to regulate sleep/wake cycles on the International Space Station (\$149.99; soundoasis.com).



iHome Zenenergy Dream Sleep Therapy Machine: Using both light and sound therapy, this sleep-inducing programmable bedside speaker system is designed to allow you to fall asleep easily and wake up energized. The speaker has 10 sound-therapy tracks and 11 light modes, including light-therapy options (\$99.99; ihomeaudio.com).



Sound of Sleep Sound+Sleep Mini: This portable, compact sound machine has 12 built-in audio programs and a sleep timer to help you fall asleep in unfamiliar or noisy environments. It can be powered by batteries or a power cord (\$79.95; soundofsleep.com).



Dreampad Smart Pillows: Electronics within these pillows convert select audio tracks from a Bluetooth-connected device into vibrations that transmit directly to your inner ear to help you relax and sleep (\$149–\$179, depending on pillow type; dreampadsleep.com).



SleepPhones: Made for comfort, these slim speakers within a soft headband connect to your device to play soothing audio. Remove speakers to wash the headband (\$39.95 for corded style; prices vary for wireless, induction-charging and other types; sleepphones.com).

MORE SLEEP AIDS

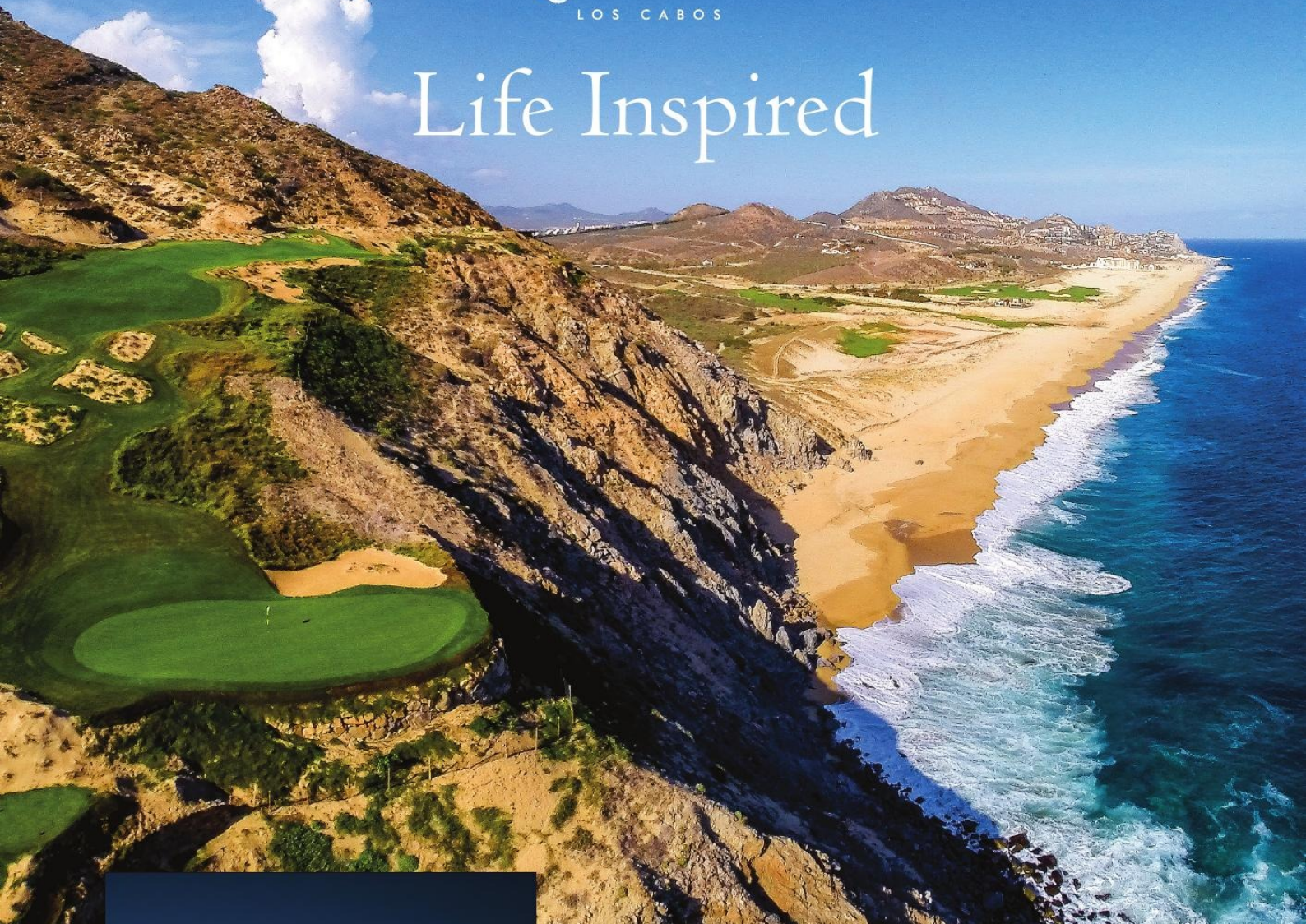
Sound Oasis Bluetooth Sleep Sound Therapy System: This compact sound machine has 10 sleep-enhancing soundtracks, pairs with a phone app to program soothing sounds, and doubles as a Bluetooth speaker (\$59.99; soundoasis.com).

1 Voice Sleep Headphones Eye Mask: With fabric-lined memory foam that conforms to your face, this mask blocks peripheral light that can affect your sleep. The headphones embedded within the foam counteract sleep-disrupting noise (\$49 for masks with cords; \$59 for Bluetooth masks; 1voicenyc.com).



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MARCH MADNESS

By Dave Boling

» The NCAA Division I Men's Basketball Championship was launched in 1939, with the University of Oregon taking the national crown amid seven other competitors.

While the championship had a slow start, today the event, commonly known as March Madness, is arguably America's most popular sports tournament. This year, 68 teams will compete to reach the Division I Men's Final Four in San Antonio, and then to come out victorious with the national title.

From the four games starting March 13 this

year that decide the 16th seeds in each of the tournament's four divisions, through to the title game on April 2, the event creates more than just excitement. It's also a financial bonanza. The NCAA has a 14-year, \$10 billion contract for the broadcasting rights. The tournament is expected to earn broadcasters more than \$1 billion in advertising revenue.

Widespread parity has made this year's tournament more difficult than usual to predict. Still, it appears that Michigan State, Villanova and Virginia may have a slight edge. ✈



The following are a few facts about the tournament; some of which may help fans do better with their brackets this year.



■ The tournament was first known as "March Madness" in 1982, when announcer Brent Musburger, who had heard the term in reference to the Illinois state prep basketball tournament, decided to use it during an NCAA game broadcast. The rights to the term eventually had to be settled in court.

■ Since the field expanded to 64 teams in 1985, only once have all four regional No. 1 seeds made it to the Final Four (2008). Also, a 16th seed has never upset a No. 1 seed.

■ If you're looking for upsets, check out the games that feature No. 5 seeds vs. No. 12 seeds. In the last five tournaments, No. 12s have won nine of 20 such games (45 percent).



■ Championship teams, traditionally, cut down the nets as souvenirs. Now, the winning team also gets the option to buy the entire court floor (which is then sometimes auctioned off).

■ The tournament can be hazardous to the nation's economic health. According to a 2016 study by the outplacement job firm Challenger, Gray & Christmas, the loss of productivity during just the first week of March Madness has been estimated to cost employers nearly \$4 billion.



North Carolina's Kennedy Meeks (3) blocks Gonzaga's Nigel Williams-Goss (5) in the final seconds of North Carolina's victory over Gonzaga in last year's NCAA Division I Men's Basketball National Championship game, held in Glendale, Arizona.

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TRUCKS GET A LIFT

The Ram 1500 and Chevy Silverado have been redesigned to meet more needs

By Bengt Halvorson

» **The workhorses of America**, full-size pickups, are rapidly becoming leaner and more fuel-efficient. What makes this all the more impressive is that the trucks are providing the same form and function we've come to count on—even adding capabilities. Here are some ways the 2019 models of the Ram 1500, available this spring, and the Chevrolet Silverado, available this fall, are getting the job done.

RAM 1500

■ **Cabin Comfort:** The new 12-inch Uconnect touch-screen infotainment system puts a tablet at the center of the dash, and with Harman Kardon audio and active noise cancellation, the interior ambiance is top-notch. Crew cabs offer a clever reclining rear seat, with seat heaters and coolers available.

■ **Hybrid Help:** Many versions of the Ram now include eTorque, a simplified hybrid system that essentially takes the place of an alternator, giving the engine an electric-motor boost when needed. Unlike some hybrid systems that are too delicate for the tough stuff, this one actually helps drivability.

■ **Steel Strong:** The Ram's body, frame and box are made mainly of steel, but between a high-strength-steel frame and some use of aluminum and composites elsewhere, Ram has cut about 225 pounds off of last year's models.

■ **Smooth Hauler:** A taller bed adds space and helps aerodynamics, while handy RamBox storage compartments now have their lids integrated into the side of the bed. Available air suspension helps smooth out the drive with or without cargo.



CHEVY SILVERADO

■ **What's Inside:** While the cabin's dimensions haven't grown by much, crew cab models have larger rear doors and 3 inches more rear legroom than previous models. Heated seats and rear-seat climate-control vents keep back-seat passengers comfortable.

■ **Running on One Cylinder:** Dynamic Fuel Management can run the V-8 engine on as little as one cylinder—or any variation of cylinders. And an available 10-speed automatic transmission helps raise the bar for performance and fuel economy.

■ **Weight Watcher:** The “mixed materials” philosophy for the Silverado—also used in the Corvette—chooses materials that optimize weight, safety and durability. Hinged parts, such as the hood and doors, are aluminum for weight savings, while the body is steel. The net result is a weight loss of nearly 450 pounds.

■ **Expansion Plan:** The redesigned cargo bed is deeper, nearly 7 inches wider and has up to 23 percent more cargo volume compared to previous models. Chevy also included 21 tie-downs in the cargo bed, 12 of which can hold 500 pounds each. Some versions even include a power tailgate.



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Traveling with an electric toothbrush can be, quite literally, a buzzkill. Named one of *Time Magazine's Best Inventions of 2016*, quip changes that. Sleek and budget-friendly, quip (from \$25) runs 3 months on a single battery — so you can cleanse the memory of carting around a clunky charger. There is also a nifty travel case, which, thanks to a suction strip, doubles as a mirror

mount. The vibrating bristles feature a two-minute timer, and pulse every 30 seconds signaling when to switch between quadrants of the mouth. Sign up for a subscription service (from \$5), and every three months you'll get a fresh brush-head, toothpaste refills (including a travel-sized option), and a charged battery. Stay fresh, at home and on the go.

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Aloha ADVENTURES

BY CATHERINE TOTTH FOX

*A surfer rides a gentle wave
on O'ahu's North Shore, with
Mount Ka'ala in the distance.*



HAWAI'I OFFERS AMAZING BEAUTY AND EXCITEMENT

Whether it is flying in a helicopter over cliffs and coastline, hiking to spectacular views, taking a submarine to explore a sunken ship, ziplining among the trees or learning how to surf Hawai'i's famous waves, the Aloha State is waiting to be explored.

Here are adventures on each island that can be experienced by every member of the family. These activities are sure to create special memories that will last a lifetime.

O'ahu

Few Hawai'i activities are more iconic than surfing on O'ahu's fabled North Shore.

Hans Hedemann Surf School, located at Turtle Bay Resort, operates surfing lessons, usually at Kuilima Point, on the hotel's property. In fact, the hotel is so close to the action, you can enjoy a drink at The Point, Turtle Bay's poolside bar, while watching surfers slicing through the waves only yards from the hotel's patio.

Inside the bay, the break can be perfect for beginners, with a section of gentle, rolling swells that are easy to catch on longboards during spring, summer and fall. It is generally a safe location for kids and beginners to learn the basics of surfing. However, large winter swells that occasionally hit this reef should be reserved for experts. When the waves get too large, instructors use another protected bay at the resort that is safe for beginners.

"The biggest concern people have is that the waves will be too big and dangerous," says Matt Maletta, an avid surfer and the school's operations

TOR JOHNSON / PHOTO RESOURCE HAWAII



The Coral Crater Adventure Park, above, has six different ziplines for visitors to enjoy. The Hawaiian Railway Society, below, offers 90-minute train rides that explore Southwest O'ahu.

manager at Turtle Bay Resort. "But we only take them to safe locations."

The Ohana (family) lesson is the best option for first-timers, multigenerational groups and families. The two-hour lessons include everything you need to surf—reef-walker shoes, rash-guard shirts and a surfboard. You even get photos of you surfing and a souvenir T-shirt or hat to take home.

The private classes start with basic water safety lessons on the beach before paddling out with lifeguard-trained and CPR-certified instructors. And you don't need to be a guest at the hotel to book a lesson.

Catching your first wave, feeling the power of the ocean as you ride a wall of water toward shore, will be one of those experiences that you'll savor for years—and that is sure to lure you back to these islands in the future. After your surfing lesson, travel the 5 miles to the Banzai Pipeline Beach on O'ahu's North Shore to watch expert surfers take on the barrel waves. From October to April, the waves can reach up to 30 feet tall.

"Surfing is Hawai'i's gift to the world, and people want to experience that," Maletta says. "It's the ultimate thrill, and where better to do it than

in Hawai'i, where the tradition started?"

Another North Shore attraction is touring the Waimea Valley, one of O'ahu's few remaining intact *ahupua'a* (ancient Hawaiian land divisions). The lush valley is owned by a nonprofit Native-run entity and has botanical gardens with more than 5,000 varieties of tropical plants and a 45-foot-tall waterfall.

A special event in the valley is the Moon Walk, in which you hike through the verdant lands under the glow of a full moon. Park staff lead the walks, which begin at 7:30 P.M. on full-moon nights from April to October. The paths are paved and parking is free. Arrive earlier and have dinner at the Proud Peacock restaurant, which offers a buffet that includes Waialua-grown beet salad, miso eggplant, steak, chicken and *liliko'i* cheesecake.

An adventure of a different kind is in the town of Kapolei in southwest O'ahu. The Coral Crater Adventure Park is a 35-acre outdoor playground with six ziplines, off-road ATV trails and an Adventure Tower with an 18-element aerial challenge course that kids as young as 6 can tackle. Kids must be at least 4 to use the climbing wall.

The park also has sunset cruises, with snorkeling, a sunset bonfire and a small petting zoo. On Saturday nights, it hosts the Zombie Apocalypse Mission, a video-game-style adventure in which participants gear up and jump into ATVs and onto ziplines to save a zombie-infested village.

A short distance east of Coral Crater is where you'll find a train ride that offers a unique and historical way to explore southwest O'ahu. The railway line was restored by the Hawaiian Railway



CLOCKWISE FROM LEFT, CORAL CRATER; PHOTO RESOURCE HAWAII / ALAMY STOCK PHOTO; HIKE MAUI; STEVEN VENDT



Society, and on weekends, the nonprofit gives rides in modified U.S. Army flatcars pulled by a restored diesel-electric locomotive.

From the late 1800s to the mid-1950s, trains transported workers, equipment and agricultural goods all around the island. O'ahu Railway & Land Co., one of the island's main rail carriers, operated these tracks until 1947.

The Hawaiian Railway Society restored 6.5 miles of the track and in 1976 started offering 90-minute narrated rides through this oft-missed stretch of shoreline, through residential Kapolei, across the resort town of Ko Olina and past the majestic Wai'anae Mountains.

Every second Sunday of the month, you can book a seat on Parlor Car 64, built in 1900 for the O'ahu Railway founder Benjamin Dillingham. This was his personal coach, equipped with a pantry, bathroom and large observation platform. Queen Lili'uokalani, the last monarch of Hawai'i, was a guest aboard this 14-seat car.

The most popular rides on this historic line are the 3 P.M. Saturday and Sunday trips, which offer stops at the Two Scoops Ice Cream Parlor at Ko Olina for servings of its tasty treats.

Maui

One of the best ways to experience the natural beauty of Maui is by hiking. The island boasts an array of trails, from the easy strolls through 'Īao Valley State Monument in West Maui to the challenging 8.6-mile trek along Kaupō Trail in Haleakalā National Park.

There are also dozens of state trails on the island that are easily accessible and great for families. Waihe'e Ridge Trail is a steep path that goes up the windward slope of West Maui, with views of the rainforest valley, Haleakalā and the 270-foot Makamaka'ole Falls in the distance. Trails through the Polipoli Springs State Recreation Area in Kula take you through groves of cypress, cedar and pine trees, with some views of other parts of Maui, as well as Kaho'olawe, Molokini and Lāna'i islands on clear days.

If you want to know what trees you're walking past, or the legends behind the mountains you see in the distance, choose a guided tour. Hike Maui has been offering guided hikes on the Valley Isle for more than 35 years, from a short 1-mile walk through a rainforest to an all-day trip with a van

The 'Īao Valley State Monument in West Maui, above left, is one of the island's most scenic locations. Hike Maui, above, leads tours to many unique places on the island.

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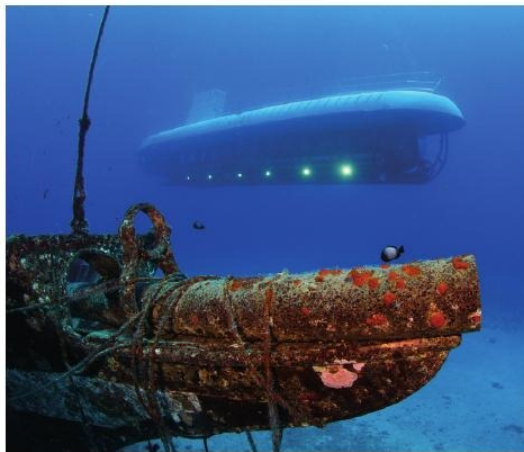
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The Piihola Ranch, above, gives visitors the cowboy experience, including horseback rides and the opportunity to round up cattle. Atlantis Submarines, right, takes passengers on a tour of a sunken ship, the *Carthaginian II*.



tour of the Hāna Highway and a trek through a bamboo forest on the Pipiwai Trail in the Hāna area, which culminates at a 400-foot-tall waterfall. Hike Maui also has an outing in which you kayak along Maui's rugged coastline, snorkel in areas with Hawaiian green sea turtles and hike through a rainforest to a waterfall.

"We think hiking is the best way to experience all that Maui has to offer," says Heidi Pool, general manager at Hike Maui. "When hiking on Maui, you are immersed in natural surroundings that arouse the senses."

The most popular guided hike is the East Maui Waterfalls & Rainforest Hike, in which you follow two streams through a verdant area—past banana and coffee trees and patches of fragrant yellow ginger—to several waterfalls, the tallest of which is

40 feet. Hike Maui is the only tour operator with permission to access two of the more spectacular falls along this trail, which runs through private property. "Maui has something for everyone in 727 square miles," Pool says.

One of the island's most fascinating experiences is to explore the undersea world with Atlantis Submarines. The service offers tours, including a 1.5-hour trip from Lahaina to the *Carthaginian II*, a whaling ship resting on the ocean floor, about 97 feet down. The steel-hulled, two-masted schooner is part of an artificial reef about a half-mile off Lahaina's harbor, in a location specifically chosen for its lack of coral reefs and marine life.

Today, the *Carthaginian II* is frequented by sting rays, yellow tangs, eels, parrotfish, and an array of other marine species. Atlantis takes you right to the sunken ship in its 48-seat submarine, with minimal impact to the environment—and no scuba training required for you.

Back on land, Maui is a great location to learn about the state's rich *paniolo* (Hawaiian cowboy) culture with a horseback ride at Piihola Ranch, a large property in Makawao on the slopes of Haleakalā. This family-owned ranch boasts more than 800 acres of riding trails, and a two-hour private horseback ride takes you up hillside pastures, through fragrant eucalyptus forests, and among native koa and 'ōhi'a lehua trees, with stunning views of the ocean.

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Experience Hawai'i Island in exciting ways aboard Paradise Helicopters, with trips that range from flying along the coastline, right, to taking a tour of the latest lava flow, below. A Hawaii Forest & Trail guide, below right, explains the island's fascinating environment.



the endangered *nēnē* (Hawaiian goose), or an *‘apapane*, a species of Hawaiian honeycreeper bird endemic to Hawai‘i.

You can even be a cowboy on Tuesdays and Thursdays and help round up the cattle and move them to new pastures. After a couple of hours of cattle work, you'll finish the day with a picnic lunch back at the ranch.

Hawai'i Island

Measuring more than 4,000 square miles, Hawai'i Island is the largest of Hawai'i's eight main islands. In fact, it is nearly twice the size of all the other islands combined.

Such size has led to great variety. The island has active volcanoes, lush valleys and black-sand beaches. It's nearly impossible to see all of these splendors in one day.

Unless you're in a helicopter. Paradise Helicopters

specializes in tours over the best of Hawai'i Island, from flying over Kona's Coffee District and past cascading waterfalls to a stop at a koa forest along the Hāmākua Coast so you can plant a legacy tree and to help make sure the carbon from your ride is offset. Paradise also offers various opportunities to see the island's flowing lava from above, and the Volcano by Air & Land Tour stops at a gorgeous black-sand beach, as well.

Another form of aerial fun in Maui can be found at the Kohala Zip & Dip Adventure with Hawaii Forest & Trail. This all-day tour in Kohala combines three hours of ziplining in a private nature preserve with a relaxing hike to a swimming pool beneath a cascading waterfall.

Start by zipping along nine lines and walking across five sky bridges with gorgeous views of the forest. Experienced guides share their knowledge about the area's natural and cultural history.

Finish the day with a stroll to a secluded water-

Night snorkeling trips in Keauhou Bay to see manta rays are popular outings on Hawai'i Island.



fall, a dip in a swimming hole and a picnic with a view. This tour packs plenty of adventures into a single day. "One of the most common pieces of feedback we get from parents of teens is, 'This is the longest I have seen my children not look at

their cellphones in a long time,' " says Jason Cohn, who handles sales and marketing for Hawaii Forest & Trail.

What makes this adventure particularly appealing for families is that it's fun and educational.

"We believe nature is the best teacher, and Hawai'i's landscape is loaded with really captivating stories and lessons," says Rob Pacheco, president and founder of the program. "Our guests have fun, make lifetime memories and take post-worthy selfies. But the most impactful things they take home are new understandings about themselves, about Hawai'i and about our world."

A different kind of up-close view of nature is experienced when you swim with one of the largest fish in the ocean—at night. Fair Wind Cruises features night snorkels with manta rays, considered by some travel experts to be one of the "Top 10 things to do in your lifetime."

The eco-responsible tour is for those 7 and older and begins at Keauhou Pier, just after sunset. The

FAIR WIND CRUISES; OPPOSITE PAGE, KAUAI BACKCOUNTRY ADVENTURES

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5-minute boat ride into the bay takes you to a spot about 75 yards offshore where these gentle giants congregate in Keauhou Bay.

Don snorkel gear and fins, jump into the ocean and then wait for giant manta rays to appear. The fish can have wingspans reaching up to 20 feet. It's a thrilling experience. You need some snorkeling experience to take part in the night swim. Fair Wind advises that if you are unsure of your snorkeling abilities to begin with a day snorkeling trip.



Kauai

You may feel silly wearing a hard hat and a headlamp with a swimsuit, but you'll need all three when you go tubing down a sugar plantation irrigation canal on the former Lihue Plantation.

Kauai Backcountry Adventures offers inner-tube tours of this system of tunnels and canals, all excavated by hand in the 1870s. You slide down small falls and through long, dark tunnels—hence

the headlamps—at a pace that varies from lazy river to moderately fast-moving current. The relatively warm water flows down from Mount Wai'ale'ale, one of the world's wettest peaks.

Backcountry has exclusive access to the former plantation land's 17,000 acres. The experience of cruising down canals, through beautiful farmland, is appropriate for family members ages 5 and up.

Guides from Kauai Backcountry Adventures lead a tour group down tunnels and canals on the former Lihue Plantation.

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FROM LEFT, SHUTTERSTOCK.COM; KAUAI SEA TOURS



Kauai Sea Tours features a variety of trips, including sunset cruises along the Nāpali Coast, far left, on 60-foot catamarans, left.

the captain entertains and educates guests about the area's history and folklore.

Some dinner cruises also include stops at waterfalls, sea caves and pristine beaches, with a chance to snorkel and play in the water. A buffet dinner is served and later the sun sets as the ship heads back to port.

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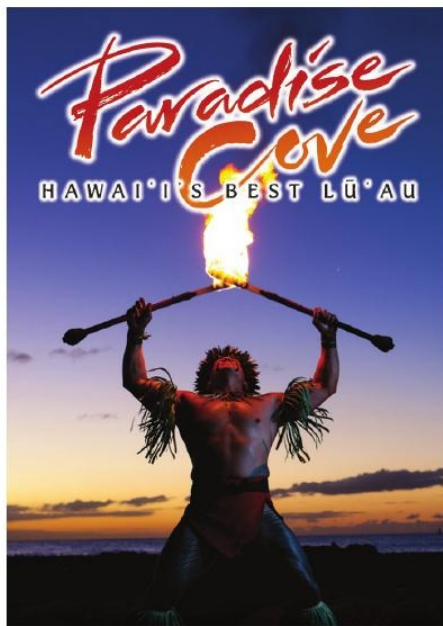
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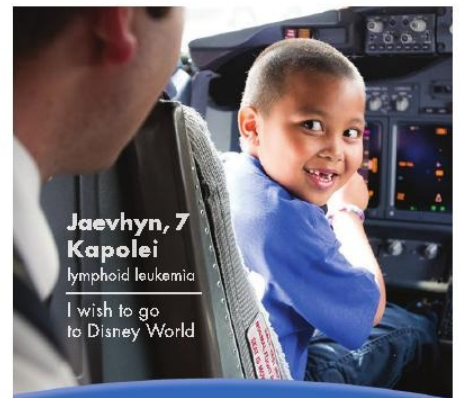
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where you can marvel at nature's handiwork. Among them is Waimea Canyon on the island's west side. Often referred to as "The Grand Canyon of the Pacific," the canyon is, indeed, grand, stretching 14 miles and measuring a mile wide and more than 3,600 feet deep. From various lookout points on the way to Kōke'e State Park, you can marvel at the stunning vistas of the canyon's crested buttes, rugged crags and deep valley gorges, with Waipo'o Falls in the distance.

If you want to get closer to the action, take a 3-mile hike to Waipo'o, an 800-foot cascading waterfall. The hike will take you through rainforests, beside an *'awapuhi* ginger-lined stream and along the canyon rim to a beautiful pool just above the falls.

However, due to possible flash floods, hikers are advised not to swim in the pool.

Or consider the more challenging Awa'awapuhi Trail, a 3-mile hike that starts at an elevation of 4,120 feet in Kōke'e State Park and descends to the valley ridge of Nu'alolo at about 2,500 feet.

You can hike the trail on your own, or you can book a guided tour with many outfitters, including Hike Kauai with Me, a small operation that specializes in trips through Waimea Canyon.

The trail has amazing views of fluted ridges and sheer *pali* (cliffs) into Awa'awapuhi and Nu'alolo valleys and continues down through a rainforest and into a dry wilderness area rich with native



Kauai's Waimea Canyon, above, is known as "The Grand Canyon of the Pacific." Visitors to Kōke'e State Park, left, will find amazing views of the area's rugged landscape.

plants, trees and birds, including the endangered *'elepaio* (monarch flycatcher).

No matter what island you visit, Hawai'i offers one of the most beautiful settings in the world to experience an adventure that is just right for the whole family. Next time you are in the Aloha State, be ready to create exciting memories you will always cherish. ✈

Catherine Toth Fox writes from Honolulu.

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Outdoor Integration

Make the most of your environment with seamless transitions between
indoors and out ||| By Rachel Gallaher



Three years ago, Paul, a Spokane, Washington, lawyer, was standing in the dining room of his house when a moose walked into the yard from the adjoining forest. For Paul and his wife, Suzanne, wandering wildlife is part of the daily routine—their 5,200-square-foot house designed by Seattle-based architecture firm Olson Kundig sits on the edge of a cliff near the Spokane River, bordered by Riverside State Park.

“We have a game trail running under the house,” Paul says, describing how architect Tom Kundig “bridged” the residence over the trail to allow animals to travel between the mountains and the river. “We see deer, bobcats, wild turkeys and, of course, moose.” On that particular autumn day, the moose caught its own reflection in the dining room window and, mistaking it for a rival animal, started to approach with agitated interest. “I just reached over, pushed a button, and a set of exterior shades came down. The reflection disappeared, and the moose went on his way.”

A small but thoughtful detail, the shades, when drawn, block out 97 percent of the outside light, but the material’s transparency allows the family to take in valley, mountain, forest, river and city views. As part of Kundig’s design plan, the upper portion of the structure (which contains a spacious master suite) is more private, while the lower level (which consists of the kitchen, dining and living areas) is more transparent, with glass on three sides.

“The main driver in my work is always context,” Kundig says. “I think it’s important not to compete with the landscape—built or natural—and to acknowledge the place of architecture within the larger context.”

It’s an approach that Paul’s family appreciates throughout the year. “In

A wildlife trail runs under this home, designed by the Olson Kundig firm.



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This JayMarc home features a covered outdoor kitchen, perfect for entertaining.

summer, we see the most beautiful sunsets," Paul says, "and in winter, when the weather turns cold, it's like being inside a snow globe." Kundig also added a pool, outdoor kitchen and fireplace, as the homeowners entertain often.

"Our house has become a bit of a hub for family and friends," Paul says. "On a summer weekend we'll spend half the day in the pool, then cook dinner, drink wine and watch the deer go by. When you're in a location like this, how can you not take advantage of it?"

Such is the sentiment among homeowners. As people lead ever busier lives, and space is at more of a premium, homeowners are turning to architects and designers to help connect their interior and exterior spaces in a seamless, easy-to-use way. And we're no longer talking about an open sliding door and some patio furniture.

"We are really seeing a blurring of the lines between the kitchen, living room and outdoor spaces," says Dean Jones, principal and owner of Seattle-based Realogics Sotheby's International Realty. Jones has worked in the luxury real estate market for more than 25 years, and has seen increased interest from clients in better utilizing outdoor space—not just as a separate entity, but as an extension of the main living quarters.

"Essentially, you have all of this extra square footage around the house, so why not use it? An outdoor kitchen or dining area is a disruption to the status quo of our daily lives. Areas like this create social opportunities—you're providing an environment for people to relax and enjoy each

other's company, and it's not just the same old meatloaf at the kitchen table on a Tuesday night."

While it's no surprise that those in consistently warm climates are tailoring their spaces to take advantage of sunny days and warm nights, homeowners in the Pacific Northwest also are embracing the indoor/outdoor lifestyle. As Jones notes, "What people often forget during the winter months is that this region is spectacular in the summer. When that sun comes out, it's even more important for people to take advantage of the time outside, because there are only so many months to enjoy it."

Below are some of the current trends in indoor/outdoor integration, and input from industry experts about making it easier than ever to enjoy the space around you.

Dining Alfresco

For Robin Milne, general manager of Park City, Utah's Promontory Club—a private luxury-home community—answering email and enjoying a cup of coffee next to her family's outdoor fire feature is a regular morning occurrence.

"Yes, I'm working, but I'm also outside, enjoying beautiful nature views and fresh air," she notes. "Given how busy and mobile people are today, there are two things we're noticing about how they are adapting their properties. First, people don't want to be stuck in home offices. They want more flexibility for how and when they work. The other big request we're seeing is catering kitchens and outdoor dining setups." For anyone who loves to throw parties but dislikes being stuck inside while



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Residents of Tower 12, by Continental Properties, enjoy a shared rooftop with stunning views.

the guests are gathered out back, an outdoor kitchen can be a welcome problem-solver. Architects and designers are finding ways to integrate appliances with plumbing, gas and electric needs as permanent fixtures in an outdoor area.

“People really like built-in barbecue stations with sinks and storage that complement the seating area,” says Marc Rousso, president of JayMarc Homes, a Seattle company that builds custom and luxury homes. A high-end outdoor kitchen isn’t cheap, but it’s a solid investment that should increase resale value if the client decides to put the house on the market in the future. “We often use Lynx, Wolf and U-Line outdoor appliances, so there’s a range in price,” Rousso says, noting that “a rough estimate would be \$10,000 to \$20,000.”

Aside from barbecues and stoves, Milne says she’s noticed specialty items such as icemakers and wine coolers finding their way into the alfresco culinary scene. “Anything that makes it easier for the hosts to join the party is always popular.”

Room Extension

If you don’t have the ability to extend your walls, consider knocking them out instead. Opening-glass-wall systems have become an increasingly common way to simulate the addition of square

footage without undergoing an extensive construction project. These walls, created by popular brands such as NanaWall, easily slide or fold open to create an open-air experience and connect a room in your house to the space outside.

If you’re interested in a higher-end option, a custom sliding wall system is an Olson Kundig specialty. Phil Turner, the firm’s resident “gizmolologist,” works closely with Olson Kundig architects to create these specialized features. Turner has worked with the firm for over 20 years, dreaming up creations such as a 300-pound window wall that opens with the easy turn of a salvaged irrigation pump wheel, and a hydropowered 14-foot-by-25-foot counterweighted 6-ton office skylight.

Even multifamily residences are embracing the “more glass” trend. At Fifteen Twenty-One Second Avenue, a 143-unit luxury tower in the heart of downtown Seattle, developers did away with traditional balconies, adopting “glass rooms” instead. Each glass-enclosed area has a folding window system at railing height that provides the ability to transform the solariumlike space into an open-air environment. These innovative additions allow residents to enjoy expansive views year-round, while staying cozy and dry in the winter and letting in fresh air during the warmer, drier months.



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To the south at Danzante Bay, a premium resort near Loreto on Mexico's Baja Peninsula, contemporary residences are found in various settings. For instance, one home is in the secluded on-site canyon; another is situated on beachfront property; and one is tucked into the Sierra de la Giganta mountains. Luxury villas designed by Arizona-based architect Kevin B. Howard have a contemporary Baja style, with double-height ceilings and expansive walls of glass that open to stunning views.

"It's drawing off the Polynesian sensibility of the lanai as part of the home, as a place of gathering," says Dean Jones of Realogics Sotheby's International Realty.

Maximizing Square Footage

Space seems to be at a premium in all types of homes these days, including in apartment and condo buildings. While high-end complexes are often located in or near cities replete with cultural activities, easy transportation and stellar restaurants, the trade-off can be less access to outdoor space. In response, many developers are opting to forego individual unit balconies, instead offering residents ample shared amenities such as rooftop decks, dog runs, gyms and communal spaces with outdoor kitchens.

"We're seeing the elimination of classic penthouses where only a fortunate few can enjoy lots of space and city views," says Jones. "Developers are looking to spread the value of that top level across 300 or 400 units and give all their tenants access to the space."

He notes that the anticipated Nexus, a 41-story condominium high-rise slated to open in Seattle in 2019, includes the Sky Parlor: a

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covered exterior living room with landscaped lounge areas, a fire pit and an outdoor media screen.

At the Gridiron Condos in Seattle, a project by award-winning local developer Kevin Daniels, the design team drew aesthetic inspiration from the surrounding historic Pioneer Square neighborhood and Puget Sound just blocks away.

"We were responding to the building's context in the neighborhood," says Jennie Gruss, interior designer for the project, which retains the 102-year-old restored Johnson Plumbing Building as its base. "There was a focus on the connection to the waterfront, which was a huge driving factor in the design of the building, as well as little details throughout."

A rooftop amenity space features breathtaking views of Elliott Bay, while the carpet tiles in washes of blue, green and gray mimic the ever-changing waters outside. The rooftop has a glassed-in fitness room with cardio machines and weights, so you can watch the sun rise or set while you work out.

Scott Brewer, the vice president of construction at Continental Properties, a real estate development firm in Bellevue, Washington, says he's noticed a shift in the ways tenants are using communal space.

"We used to put in a lot of swimming pools, but people weren't using them as much," he says. "Fireplaces, amenity rooms that allow tenants to mingle and meet new people, and rooftop decks are some of our top features now."

With design updates, making more space for social encounters (both indoors and out) will always be a positive move. ✈

Rachel Gallaher writes from Seattle.

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Commercial Considerations

Expert tips for finding a new office space ||| By Matt Villano



Most companies need a new office space at some point, and real estate experts have a lot of insight to share about relocating—especially in the bull markets that many cities in the western United States are experiencing right now. Pros say there are many ways companies can maximize opportunities when leasing new spaces during the current boom. Here are some of their tips.

Be Patient

Finding the right office space is a little like finding the perfect partner: You know you'll get there eventually, but it can take time—and the journey may be riddled with challenges along the way.

Gregory Steinhauer, president of American Life Inc., the developer that opened the 18-story Hawk Tower building in Seattle's Stadium District in February, says the process should begin months or more in advance of when you hope to sign a lease

on a new space, often with some forecasting to determine the extent to which your company will need to expand or contract.

"Developers like us usually work two to four years in advance, so it's a good idea for companies to think that far ahead, too," Steinhauer says. "You can't control a market, but you can control your approach."

Be Open to Submarkets

When it comes to real estate, company officials may benefit from keeping an open mind about what are known as submarkets—finely defined neighborhoods that are near high-demand areas.

Take the Los Angeles area, for instance. Santa Monica and Century City are two of the hottest neighborhoods in the region right now. But brokers report there are deals to be had in Culver City, El Segundo and other areas that are nearby. In some



Consider amenities such as proximity to restaurants.

“The experience of renting square footage in an urban core is going to vary from locating in a suburb because they’re such different offerings.”

Take Amenities into Account

As important as location can be in selecting new office space, companies

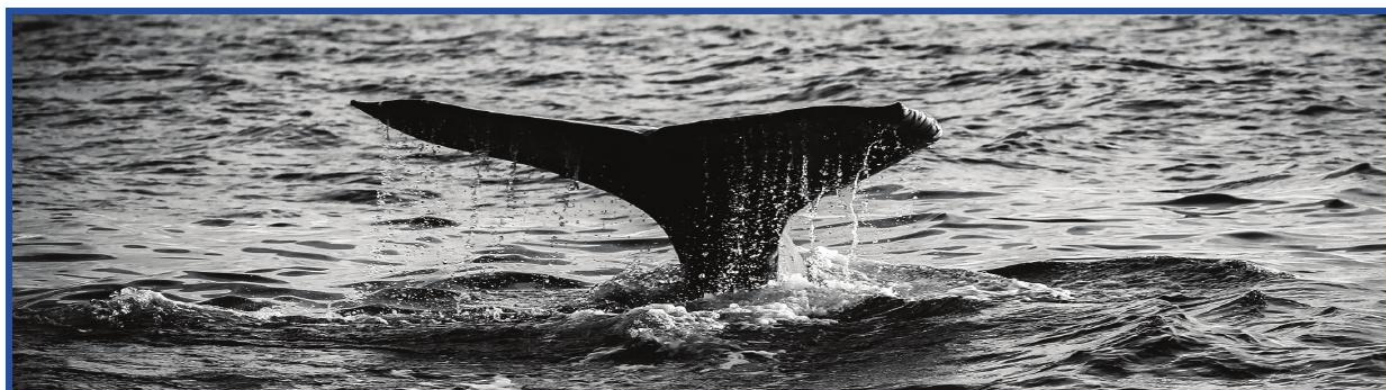
cases, per-foot rents could be half as much in these peripheral markets.

“Per-square-foot savings can still be found, but in emerging submarkets—particularly those on the West Coast—it’s getting more and more difficult,” says Kip Spencer, director of leasing and marketing for Seco Development, a real estate developer in the Puget Sound area. Spencer’s company is developing Southport, a major business park situated on the south shore of Lake Washington in Renton, about 10 miles south of Seattle. “Different submarkets have different dynamics to them,” he says.

should not ignore the amenities that each potential space offers. At some buildings, the package might include a state-of-the-art fitness center and on-site dry cleaning. At others, the most significant amenity might be proximity to public transportation—especially if yours is a workforce that relies heavily on not taking a car.

Owen Rice, executive vice president at Hughes Marino, a broker in Seattle, says that in many cases, amenities are as critical to a lease decision as the price per square foot.

“You want a space that’s going to accommodate



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the type of people you're trying to attract," he says.

Dario Svidler, senior vice president of Pacific Union International, adds that he always advises clients to evaluate office space by where their people can walk to eat. "You can have the nicest office building in the city, but if employees have nowhere to walk to, they're going to be unhappy," he says.

Lean on a Team

Finding and contracting new office space doesn't have to be something companies do on their own. Experts say one way to engender the best deal is for companies to put together an all-star advisory team to guide them every step of the way.

In most cases, this team should comprise at the very least a broker, an architect and a workplace strategist.

According to Ryan Harding, executive managing director at Newmark Knight Frank, a broker in Los Angeles, advisory teams first should help companies evaluate how many square feet they'll need. In some cases, he notes, this process could help target less space, not more.

"You might think, 'We have 20,000 feet now, and we're adding 30 people, so we'll need 26,000 feet,' but that might not necessarily be what you

really need," he says. "The right team will get involved and help a company get a realistic sense of what's up. You don't want to bite off more than you can chew."

Codify Flexibility

Landlords often try to lock tenants into long-term lease deals to guarantee income for the duration of a lease. Real estate experts advise against entering into these longer contracts.

There are two main reasons for preserving flexibility in contract negotiations: The market could change, and a company's situation could change.

Rice, from Hughes Marino, says that as an alternative to long-term transactions, companies should place importance on maintaining flexibility through specific provisions in their lease documents.

Of course, companies should also be sure to read every line of a lease, and be aware that restructuring complicated facets—such as restoration clauses, subleasing clauses and landlord fees—has become standard.

Through these tips from industry experts, you can be better prepared to find a new space for your company. ✂

Matt Villano is a freelance writer based in Healdsburg, California.

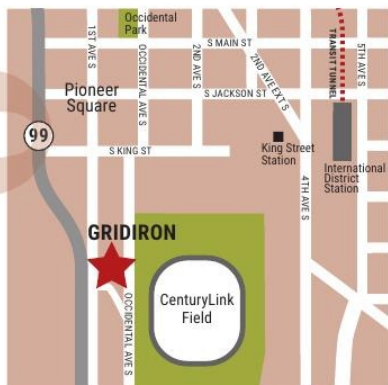
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2018 **Get Fit**

Paths to Wellness

By Anna Clausen Williams

➔ **At the start of the year,** you were in the exercise groove. You were fired up and feeling good while you fulfilled that resolution. But now it's March, and after being sidelined by an illness, work deadline or other event, you've lost your giddyup. Roadblocks are universal, so how do we maintain that eye of the tiger to keep going after our goals?

Staying positive and having a plan are keys, says Josh Fitchitt, a trainer at PRO Sports Club in Bellevue, Washington, east of Seattle. "Especially if it's a long-term goal, it can be that much harder to stay on plan, so consistency is ultimately what's going to get you there."

As a trainer, my job is to identify each client's unique health goals, pinpoint the barriers and create a fitness plan to get them exactly where they want to go. Whether clients are just starting to work out or have been training for years, maintaining motivation is what gets results.

I met with three fit folks to understand their biggest challenges when trying to stay healthy. Here are their experiences and some strategies that will help them reach their goals, even when motivation wavers.

Balancing it out

→ **With two kids**, a demanding job at a large home-goods company and a busy travel schedule, Liz, 40, is basically Superwoman in a human body. She grew up as an athlete playing sports such as lacrosse and soccer. Now she channels her love of movement and competitive spirit into group fitness classes.

Liz aims to get in five classes a week, but she finds it challenging while having such a packed schedule and traveling 30 percent of the year. However, striking a balance between exercise, work and family is what gives Liz the energy to tackle her to-do list.

“If I don’t work out, I don’t feel as good, and I don’t sleep as well,” she says.

Science has shown that our mental performance is directly linked to our exercise routine. So if Liz wants to boost her brainpower, exercise will help get her there. Below are ways Liz can keep exercise a priority and stay on track, even when her schedule is packed or when she is traveling abroad.



Liz’s Motivation:

If Liz wants something done, it’s got to be on her calendar. So she schedules workouts as if they were work meetings. ClassPass is a flexible fitness-membership app that lets her find and sign up for classes at different studios in her neighborhood. Signing up ahead of time gives her accountability, because it blocks out that time in her calendar and puts her money where her mouth is. What’s worse than missing the post-workout

endorphin rush? Missing a workout and losing the money.

Boredom is Liz’s other challenge. To keep her interest piqued and her fitness from plateauing, she needs to mix it up. In San Francisco, where Liz lives, there are plenty of new classes—from bootcamp-inspired workouts to Pilates. Switching up routines challenges muscles in new ways and is the secret to maintaining excitement for exercise when motivation is waning.

Liz’s Fitness:

On the road three to four months a year, Liz needs exercises she can take anywhere in the world. She uses workout time to explore the city, and running first thing in the morning is her go-to.

“I get to see the city wake up,” she says. In fact, I talked to her after she had just run next to Mayan ruins on Mexico’s Yucatán Peninsula. That view would motivate most people to do pretty much any exercise.

Liz’s Nutrition:

Seattle-based nutrition specialist Breanne Curran suggests Liz pack healthy options so that she always has a snack when traveling.

Amazing Grass packets take up little space but pack a big punch of vitamins and minerals. Curran suggests dropping one packet in a glass of water early in the morning and repeating that in the afternoon. This is designed to boost Liz’s immune system, digestion and energy level.

Portable fitness with trainer Anna

You can get in a great workout using just your suitcase. Trainer Anna Clausen Williams demonstrates how.

After a five-minute warmup, complete four sets of 10 repetitions of the exercises shown. Rotate through each exercise in a circuit, with little rest in between. Be sure to consult your doctor before beginning a new fitness regimen.

Pushup → Resting your feet on your suitcase makes pushups more challenging.



Squat to

Press → Hold suitcase from a squat position; stand and lift suitcase above your head.



AMY CATHERINE PHOTOGRAPHY (7)

Reclaiming fitness

➔ **After turning 50 and having a health issue,** Kim is hitting reset and reclaiming her fitness routine. A transplant to the Pacific Northwest, Kim moved from Washington, D.C., to Seattle because she wanted to be outside more. She has hiked, skied, run races and taken fitness classes. But with starting a demanding job, balancing a family of four, and pursuing volunteer opportunities, exercise took a back seat.

“Exercise centers me and is part of my core identity,” says Kim. So losing it felt like losing a piece of herself. She struggles to find a routine that gives her focused goals, and the structure and consistency she wants.

Kim’s Motivation:

Want to get somewhere? You’ll need a map. Without a map, we take detours and shortcuts, and before we know it, we are lost. Kim’s goal of staying active and feeling healthy is great, but it’s too vague to pull her out of a cozy bed and into her sneakers for a jog on the darkest winter days—she needs a fitness map that has a clear destination in mind.

“Once we know what the goal is, then we can create a plan and define it in detail,” notes Fitchitt of PRO Sports Club.

Here’s a WHY goal-setting exercise that Kim can use to get crystal clear on her aspirations.

W—What are your top-three health goals? Be as specific as possible.

H—How are you going to get

there? Break this into monthly, weekly and daily goals to get you to the bigger goal.

Y—Why is this so important to you? Take a minute to visualize yourself reaching that goal. How do you feel? What are you doing? What will reaching this goal mean?

Kim’s Fitness:

After health trouble, Kim realized exercise was nonnegotiable.

“We think we can drop exercise to make more time, but it really is a losing game,” she says.

Exercise is a powerhouse when it comes to disease prevention and antiaging. Lifting weights builds and maintains lean muscle mass, which contributes to a healthy metabolism. Exercise also helps fight everything from heart disease to depression to diabetes.

The Centers for Disease Control and Prevention recommends 150 minutes of moderate aerobic exercise and two periods of strength training weekly.

Kim’s Nutrition:

For Kim, the two most important things she can do are to focus on a healthy satisfying breakfast and to eat a nutritious dinner.

Rather than grabbing a muffin at the coffee shop, Kim should swap it out with a high-quality store-bought muffin, making sure it’s high in fiber and low in sugar, such as a Flax4Life muffin. The fiber and protein will keep her

satisfied throughout the morning and help her avoid a midday sugar crash. For added protein, she could top it with almond butter.

With kids at home, quick, easy and nutritious dinners are essential for Kim. Nutrition specialist Curran tells her clients to focus on protein, veggies and healthy fats. For an easy-to-make healthy recipe, see page 118.

2018 Get Fit



Bent-over Suitcase

Rows ➔ Hinging at the waist, hold suitcase and bring it to your chest.



Offloaded Suitcase

Lunge ➔ Complete a lunge while grabbing the handle of your suitcase and holding it on the same side as your forward leg.



Suitcase Russian Twist ➔

Sitting with your feet up, rotate suitcase from one side to the other.



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2018 Get Fit

Pushing the limits

→ **Michael is a 34-year-old** fitness enthusiast who can be found running, hiking or playing soccer all year round. He and his wife moved from Chicago to Seattle for work, and as a director of marketing he is a 9-to-5 office warrior.

Michael loves to exercise and considers it “an act of meditation.” But making time for recovery and reflection is a challenge. “It seems like weeks go by very fast, and I don’t take the time to better understand what is working and what isn’t,” he says.

To maintain motivation, even for the fittest of folks, adding in daily, weekly and monthly reflection is incredibly important. The more fit a person, the faster his body adapts to workouts, so switching it up and continually adding challenge is a must to avoid plateauing and boredom.



Michael's Motivation:

Reflections give us perspective to see where we can improve and an opportunity to celebrate all we are doing well. As the great Ferris Bueller says, “Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.”

Here is a quick reflection exercise that Michael can do while brushing his teeth or before bed.

Take two minutes to recap the day. Think through habits and actions you felt good about and that moved you toward your goals. Give yourself a mental high-five. Then identify areas for improvement or barriers to your goals, and think through how you can do 10 percent better tomorrow.

With this recap, Michael can anticipate potential roadblocks and create contingency plans.

Michael's Fitness:

Michael does a great job of getting in the CDC’s recommended 150 minutes of weekly aerobic exercise, but he is missing strength training in his routine.

Adding in a high-intensity interval strength-training circuit once a week will allow him to build muscle, improve his athletic performance on the soccer field, and help prevent injury in his everyday life.

High-intensity interval training (HIIT) is effective and time efficient because it features bursts of movement in short periods of time. One of my favorite forms of HIIT is Tabata. Developed by a doctor and researcher working with Olympic athletes, Tabata features a work-to-rest ratio of 20 seconds to 10 seconds.

For a sample workout, see the sidebar at right.

Michael's Nutrition:

With the amount of exercise Michael is doing, he needs to make sure he is energized.

Before a soccer game or a long bike ride, Michael should focus on eating 60 percent protein and 40 percent carbohydrates. To keep Michael’s endurance up and boost his power on the field, nutrition specialist Curran suggests fitness bars that have a moderate mix of carbs and protein.

After a workout, Michael needs a balance of vegetables and protein to help his body recover and build muscle. One of the easiest ways to pack in protein is with a protein shake. Look for brands that are low in sugar and made with high-quality protein. ✈

Anna Clausen Williams is a personal trainer and fitness expert based in Seattle.

Sure to be a HIIT

High-intensity interval training can be efficient and effective. Here’s a sample HIIT workout.

Perform each pair of exercises for four minutes, alternating between A and B. Do A at an all-out effort for 20 seconds, rest for 10 seconds. Then do B as hard as you can for 20 seconds, rest for 10 seconds. Return to A and repeat. After four minutes, move on to the next pair of exercises.

(Note, this workout should be challenging, but not painful.)

- 1A) High Knees
- 1B) Squat Jumps
- 2A) Lunge Jumps
- 2B) Mountain Climbers
- 3A) Skaters
- 3B) Pushups

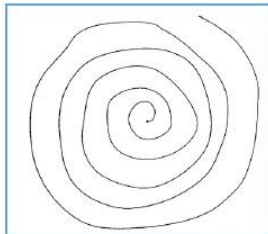
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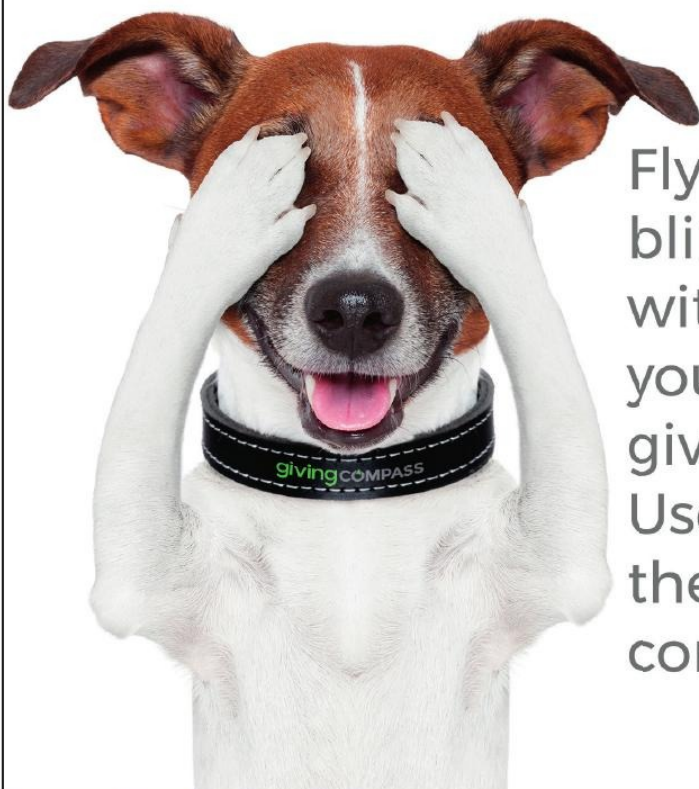
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2018 Get Fit



Healthy Food, Fast

Whether at home or traveling, time is often the biggest barrier to good nutrition. Here are some tips from Seattle-area nutrition specialist Breanne Curran on how to eat well.

Simple Home Cooking

Anytime bowls can be a perfect balance of nutrients you need—and best of all, they can be made in less than 20 minutes.

- Pick your base of greens (kale, spinach, chard, mixed greens).
- Add two free-range eggs (cooked to your liking).
- Add one organic sausage (either veggie or meat).
- Top it all with some cashews and avocado.



Nutrition on the Go

Need energy before a workout or a bit of protein to tide you over? Here are some options.

Easy to throw in a purse, full-meal replacement shakes from companies such as mēle or Garden of Life are great for travel. Not only are they packed with healthy stuff, they'll keep you full for longer and give you a high-quality dose of protein.

In a pinch, nut butter packets can be lifesavers. Try Justin's almond butter packets to drive away hunger with anti-inflammatory protein. —A.C.W.



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California Trip Trios

The Golden State is known for the quality and variety of its landscapes, activities and attractions. In the following pages, local writers each share three recommendations for enjoying their region in this spectacular part of the country.

Wine Country

Russian River Vineyards, Taylor Mountain, Sonoma Plaza / **BY CAREY SWEET**

1. As I lounge on a comfy overstuffed armchair on the outdoor stone patio of Russian River Vineyards, I enjoy the beautiful views from this fabled winery in the Sonoma County town of Forestville.

Centered around an old family farm that began in the 1890s, the vineyards were first planted here in 1964. Recently, the winery has been lovingly renovated into a gorgeous destination cherished by locals and visitors.

My wine, a 2014 Estate Vineyard Merlot, has a velvety texture and concentrated dark-berry flavors that are kissed with a hint of lavender. The winemaker and winery partner-owner, Giovanni Balistreri, stops by to say hello and explain that the estate's Merlot vines are among the oldest in Sonoma County.

They look the part, with thick, gnarly trunks and roots that dig about 20 feet deep into the land's volcanic soils. Being close to the coast also allows the occasional fog to caress the fruit.

As I savor the wine, my dog sits

at my feet, hoping for nibbles from my cheese plate, with unique cheeses and herb crackers hand-made by the winery's on-site chef.

The newly refurbished Russian River property boasts even more places for me to explore. I can relax at two new tasting bars with local art on the walls, and cuddle with the friendly charcoal gray cat, Truffles, that adopted the winery.

There is an outside bar in the back of the surrounding tasting garden, and a picnic area with a view of the estate's grounds. Visitors can also tour the winery's heritage chicken coop and its 1.25-acre culinary garden full of fruits, vegetables, flowers, herbs and beans.

However, the winery's most interesting tasting lounge is its newest, located inside a rustic building resembling a hop kiln tower that had been used for barrel storage.

The pointy-roofed structure is a luxurious retreat with leather chairs, velvet chaises, antique wood tables and metal trunks. I am also drawn to a huge painting



● **Russian River Vineyards** offers wonderful wines and fine-food pairings, opposite page. **Taylor Mountain Regional Park**, above, has many attractions, from trails to disc golf. **Sonoma's City Hall**, left, is in the town's historic plaza.

hanging high on a wall that portrays a bull staring down at me, with bold intensity.

If these weathered wood walls could talk, they would assuredly tell me proud tales of an iconic property reborn to grandeur.

To the east of Sonoma County, over the southern flanks of the Mayacamas Mountains, the equally famous wine center of Napa County boasts hundreds of esteemed wineries. Together, Sonoma and Napa are the heart of California's iconic wine country,

and are home to more than 800 wineries. They are also among the state's leading attractions.

2. Taylor Mountain Regional Park

One of wine country's popular attractions is Taylor Mountain Regional Park, which opened to the public in 2014.

The park spans 1,100 acres of paradise in south Santa Rosa. In a salute to the area's agricultural roots, cattle still graze in the area, alongside the hiking, biking and

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horseback riding trails. And I enjoy playing the 18-hole disc golf course that traverses meadows, forested areas and various rock outcroppings.

3. Sonoma Plaza Downtown Sonoma's historic 8-acre plaza, anchored by the impressive Sonoma City Hall, is a great place to start a tour of this town in the center of wine country.

The plaza, and the surrounding businesses, are a treasure trove of shops, restaurants, art galleries and tasting rooms. The area is also near local wineries, vineyards and farm roads.

To explore the neighborhood, I like to hop on a rental bike from Wine Country Cyclery, about two blocks from the plaza. The shop offers various rental options, including trek, road, tandem and electric bikes.

I pick up a map and ride at my own pace, admiring the many storefronts and the area's historic Mission San Francisco Solano, which was first established in 1824. The town also has military buildings dating back to the 1800s.

One of the community's hidden gems is Mission Bell Farms, which is home to the Castagnasso Clydesdales. The private horse ranch is located about a block from the plaza, and as you ride down the street, you can often see the mighty white-legged draft horses in the ranch paddock. ✈

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

More to See

• **The Art of Patrick Amiot** (patrickamiot.com): Amiot is a local hero in the town of Sebastopol for his whimsical, wacky and delightful sculptures, made from salvaged materials, which are on display in many public places. Stroll down the city's Florence Avenue for a particularly fantastic collection of Amiot's work, which is set in the artist's yard and in the yards of his neighbors.

The creativity and detail are remarkable, with sculptures such as a car salesman with miniature cars for teeth, and the sculpture at right. It features a dog, with a string of sausages trailing from its mouth, fleeing on a bicycle, presumably from the scene of the crime.



• **Cameo Cinema** (cameocinema.com): For an eclectic mix of independent and studio films, I adore this historic 1913 movie palace, located in St. Helena. It has plush velvet love seats and a state-of-the-art sound system. For snacks, we can bring our own bowl to fill with Cameo's buttery popcorn (we get a discount, and reduce landfill waste). The theater also offers pastries, gelato, beer and wine.

• Recently, I saw Sophia Loren at **Far Niente** (farniente.com), the spectacular Oakville winery in northern Napa Valley. The Italian movie star is friends with the owners of this mansion estate, which has 13 acres of gardens, elaborate cellars, beautiful salons and 40,000 square feet of caves. Specializing exclusively in Chardonnay and Cabernet Sauvignon, the winery, which dates back to 1885, is on the National Register of Historic Places.



• **Frick Winery** (frickwinery.com), located outside Geyserville, is one of my favorite wineries in Sonoma County. Specializing in Rhône varietals, the rural destination, part of the Northern Sonoma County Wine Road, beckons with vintages that include Carignane, Cinsault, Counoise, Grenache, Grenache Blanc, Mourvèdre, Syrah and Viognier grapes. You can sample some of Frick's many wine varietals in a quaint cottage at a tasting bar made from an old redwood wine tank.



• Sipping extraordinary wines at **K. Laz Wine Collection** (klazwine.com) in the Napa Valley town of Yountville is one of my cherished indulgences. Kerrin Laz, the former wine director for the gourmet food company Dean & DeLuca, offers about 500 rare and renowned labels, such as Abreu Vineyards, Dana Estates and Screaming Eagle.

The tastings are unique experiences that are by appointment and held in a lavish tasting room that includes a crystal chandelier. Plan to pay \$65 to \$325 per person for tasting six rare and truly special wines that can cost up to \$1,500 per bottle.

• **Mendocino County** (visitmendocino.com), below left, is located along the coast to the north of Sonoma County and is the perfect getaway location. Home to some of the tallest redwoods in the world, the county has hundreds of miles of hiking trails, pristine beaches and a variety of wonderful wineries. The cozy coastal town of Mendocino has developed a sizable art community and is a popular location for Hollywood. It was used as the setting for the TV program *Murder, She Wrote* and for films ranging from *East of Eden* to Jim Carrey's *The Majestic*.

• **Pangloss Cellars Tasting Lounge** (panglosscellars.com) occupies a historical 116-year-old building in the town of Sonoma. The large and handsomely appointed tasting lounge has rock walls, rustic timber supports and wood floors. It is also accented with vintage armchairs. I like to sit at a private table and relax over wines paired with generously laden boards of pâté, charcuterie, cheeses and delicacies such as caviar.

• **Safari West** (safariwest.com): Nearly 1,000 exotic animals, ranging from cheetahs, left, to monkeys and zebras, are located on the 400-acre preserve in the foothills of the Mayacamas Mountains. Owner Peter Lang offers tours of the preserve.

You can also enjoy the South African cuisine at the on-site Savannah Cafe and glamping in posh safari tents that have hardwood floors and private viewing decks. —C.S.



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1 ITALIAN IMPORT



● The hand-painted San Francisco Carousel at Pier 39 in the Fisherman's Wharf neighborhood.

San Francisco

Fisherman's Wharf, Coastal Trail, Cable Car Museum / BY JO PIAZZA

1. Standing inside the Musée Mécanique in the Fisherman's Wharf neighborhood, I feel like I've been transported back in time. There are more than 300 vintage items here, from coin-operated pianos to coin-operated antique arcade games, all of which visitors can play. Several items in the collection date to the 1880s, including a praxinoscope device that makes a sequence of still images look like they're moving.

I've brought my most skeptical friend with me, someone who thinks the wharf area caters only to out-of-towners. I direct him toward Laffing Sal, a 6-foot-tall mechanical doll that does exactly what her atypically spelled name

suggests. She laughs at you, cackles really. She's wonderful and terrifying all at once. "You win," my friend tells me. He's also enthralled by the vintage fortune-telling machines, the mechanical musical instruments and the black-and-white-photo booths at this family-owned arcade on Taylor Street.

Pulitzer Prize-winning writer William Saroyan once said: "If you're alive, you can't be bored in San Francisco. If you're not alive, San Francisco will bring you to life."

The Fisherman's Wharf community, with its bustle of activity, is a great example of an enlivening experience. Recreational options also include a carousel



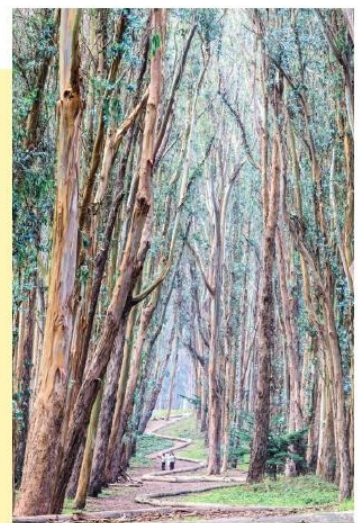
More to See

● **Golden Gate Park's Bison Herd** (goldengatepark.com/buffalo-paddock.html): A herd of bison living right in the city? Six bison, all of them female, roam on their own range, between Spreckels Lake and North Lake, in Golden Gate Park, continuing a bison tradition that dates to 1890.

● **Mission Cheese + Dandelion Chocolate** (missioncheese.net and dandelionchocolate.com): These two San Francisco

gems sit side by side on Valencia Street. Mission Cheese serves up delicacies crafted with cheese carefully selected from U.S. farms, while Dandelion is a true bean-to-bar chocolate experience that offers delectable desserts, tours, classes and some of the best hot chocolate in the city.

● **Presidio Art Walk** (presidio.gov): In addition to its interesting historical attractions, the Presidio is home to four pieces of nature-themed art created by world-renowned artist Andy Goldsworthy. *Wood Line* (shown above), *Tree Fall*, *Earth Wall* and the popular ➡





Fisherman's WHARF

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handcrafted in Italy, Madame Tussauds San Francisco, Ripley's Believe It or Not! San Francisco, and the Aquarium of the Bay—plus phenomenal views of the Golden Gate Bridge, Alcatraz and Angel Island.

I recommend starting a visit at The Buena Vista cafe on Hyde Street—the place where Irish coffee was allegedly perfected in America in the mid-20th century. If you're craving chowder in a sourdough bread bowl, brave the lines at the Blue Mermaid for perhaps the creamiest concoction on the bay.

Grab a bucket of Trish's Mini Donuts for dessert as you stroll down Pier 39 to visit some loud and playful neighborhood residents: the sea lions. Locals and visitors alike can't help but smile at these boisterous beasts of the bay.

2. Lands End Coastal Trail

From atop a windswept cliff, I gaze at another phenomenal view. To the west, I see humpback whales breaching in the rolling whitecaps of the Pacific Ocean. To the northeast, the Golden Gate Bridge gleams in the sun, and 200 feet beneath me, waves roar against cliffs filled with sea caves and hidden beaches. The 3-mile Lands End Coastal Trail is a perfect urban hike on which to get your heart pumping.

The northwestern corner of the coastal trail descends to the ruins of the once glorious Sutro Baths, a public ocean pool and bathing area built at the end of the 19th century by silver-mining millionaire Adolph Sutro. Ocean tides filled the original seven pools with 1.7 million gallons of water. Today, the land by



the concrete remnants, beneath the iconic Cliff House restaurants, is one of the best places in the city to catch the sunset.

3. Cable Car Museum

"This is the coolest thing I've ever seen." My friend's little girl looks up at me in awe as she stares at the giant wheels of cables that are in the process of lugging many of San Francisco's 40 total cable cars through the city streets.

Most visitors to San Francisco make it a point to ride one of the city's famous cable cars, but few have heard about the Cable Car Museum on Mason Street, which presents a fascinating and exhaustive history of the iconic public-transit system.

The museum is very much a tribute to the historic cars, including riveting information on the 1906 earthquake and its effect on the transit system. But the museum also overlooks machinery being used for cars operating today. People love seeing the inner workings of the system, and watching the cables and motors in constant motion as they move cable cars through the streets. ✈

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AXEL BRUNST / TANDEM STILL AND MOTION

● Lands End Coastal Trail



➔ 100-foot *Spire*, evoking the Monterey cypresses that were planted at the Presidio in the late 1800s, can easily be visited by car, or via a 2.7-mile walking loop that combines sections of the Lovers' Lane, Mountain Lake and Upper Ecology trails. Pop-culture lovers visiting the Presidio will also want to pay tribute to the bronze Yoda statue outside of the Lucasfilm offices east of the Main Post.

● **Seward Slides** (sfrecpark.org/destination/seward-mini-park): Zoom down one of the two glorious concrete slides at the Seward Mini Park. The slides are about 30 feet long, and the ride (not for tiny tots) is best if you bring a piece of cardboard (old boxes work best) to slide down on. Adults at all children's playgrounds in San Francisco must be accompanied by a child.

● **The Wave Organ** (exploratorium.edu/visit/wave-organ): Watch ocean waves "play" the 25 PVC-and-concrete organ pipes in this acoustic sound sculpture crafted by artist Peter Richards and stonemason/sculptor George Gonzalez, former artists-in-residence for San Francisco's Exploratorium. The Exploratorium explains that

sound is created by the impact of waves against the pipe ends and the movement of water in and out of the pipes. The organ sculpture resides on a jetty (shown at left) near the Presidio. The jetty also offers a view of Alcatraz. —J.P.



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Mammoth Lakes

Devils Postpile National Monument, Mono Lake, Horseback Riding / BY BILL FINK

1. **Narrow, gray,** hexagon-shaped columns tower 60 feet above me, as if ancient giants placed hundreds of fossilized churros here. But this curious formation, for which Devils Postpile National Monument was named, was actually caused by a basaltic lava flow that contracted and cracked as it cooled, breaking into pillars about 100,000 years ago. The pillars were subsequently carved and shaped by glacial activity.

I've taken a 45-minute Reds Meadow/Devils Postpile Shuttle ride from the base of Mammoth Mountain to the nearly 800-acre national monument, which is typically open from mid-June to sometime in October. After contemplating the columns, located near the ranger station, I fill my water bottle for the 2.5-mile (one way) hike to another popular landmark, 101-foot Rainbow Falls.

Plenty of casual hikers embark on this relatively mellow trek on a wide dirt trail at an elevation of about 7,500 feet. I see families, retired couples and a few backpackers on the path, which periodically offers views of the San Joaquin River. Towering pines provide me—and colorful chirping finches and warblers—with welcome shade spots before the trail arrives at sunbaked open fields.

I hear the thundering rush of Rainbow Falls before I see the 30-foot-wide cascade pounding into a pool below. I alternate between two viewing platforms, hoping for the ultimate Instagram-

mable shot of rainbow-creating spray.

I revel in this mountain paradise—feeling the power of the falls, viewing the rippling dark-turquoise pool, and admiring the bright-green moss covering dark basalt rocks as I bask in the warm sunshine.

Another trail leads about 1.3 miles to Red's Meadow Resort & Pack Station, where you can enjoy a meal at the cafe and board a shuttle back to Mammoth Mountain.

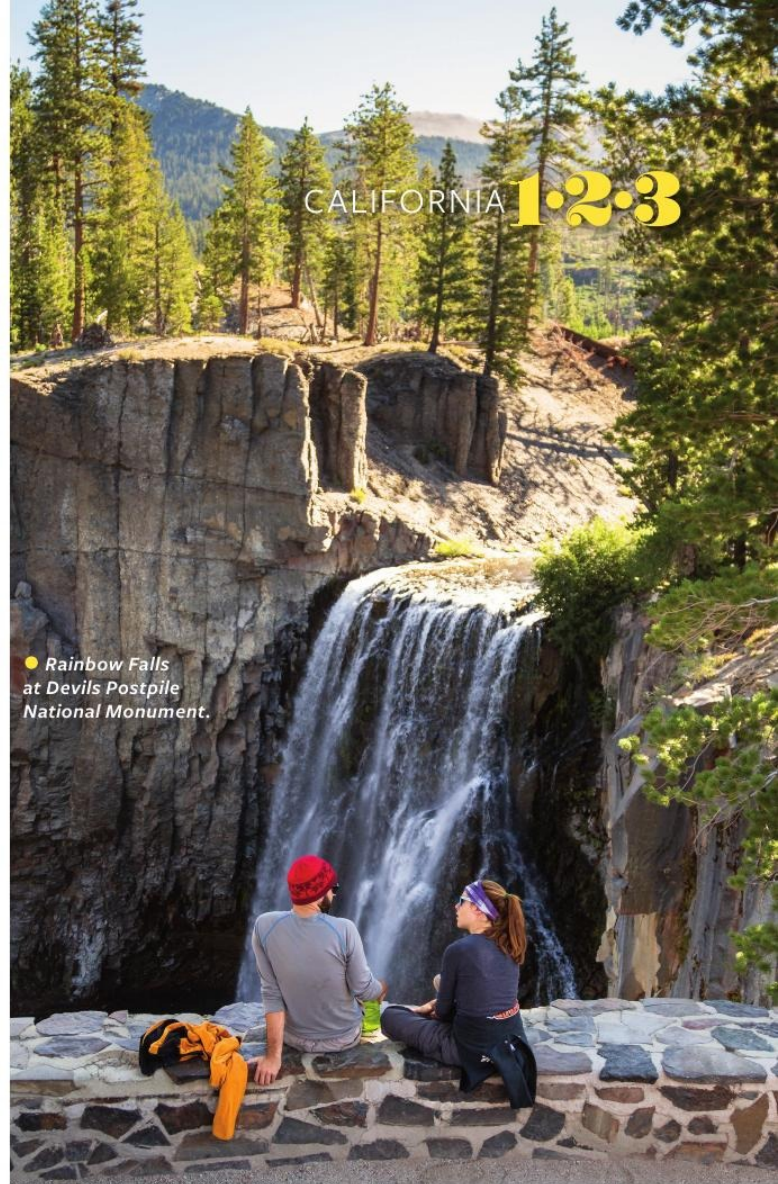
The resort's cabins and store have also made it a favorite stop for hikers detouring slightly from the nearby John Muir Trail, a 211-mile route that overlaps the Pacific Crest Trail for many miles.



● Mono Lake.

2. Paddling Mono Lake

After renting my watercraft at Mono Lake Kayak Rentals, I paddle out onto the salty waters of the lake on a sunny spring morning. Sandpipers peck for bugs in the sand on shore, while flocks of California gulls swoop into the waters to breakfast on brine



● Rainbow Falls at Devils Postpile National Monument.



More to See

- **Convict Lake Fishing** (visitmammoth.com/fishing): Fish for trout at glacier-carved Convict Lake, one of Mammoth's many lakes and rivers open for fishing during a season that typically runs from late April to mid-November.
- **Eastern Sierra Brewery Tours** (easternsierrabrewerytours.com): Enjoy a chauffeured trip to three breweries in the Mammoth Lakes region.
- **Lakes Basin Path** (mammothtrails.org): Bike the moderate 5.3-mile paved path to enjoy lake and mountain views. For mountain biking, Mammoth Mountain Ski Area is famous for the quality and variety of its trails.
- **Yosemite National Park** (nps.gov/yose): Mammoth Lakes is about 30 miles from the eastern Tioga Pass park entrance, which is open approximately May or June into October, depending on weather. Guided day trips from Mammoth Lakes are available from companies such as PLAYosemite. —B.F.

shrimp before returning to lake islands where they nest. The gulls are among the hundreds of species found in the Mono Basin. Bird-watchers consequently flock to the lake, as well, particularly during the fall migration season.

I marvel at the expanse of around 70 square miles of turquoise waters as I paddle around otherworldly tufa formations that look like stalagmites rising from the lake, which reaches a depth of nearly 160 feet. The water is glass-smooth, undisturbed by fish, which are unable to live in the briny environment. The lake has two times the salt content of the ocean because streams bring minerals into the lake, but there is no outlet to carry minerals away.

Visitors can paddle the lake on a self-guided tour (best in the mornings before the wind kicks up), or sign up for interpretive canoe tours with naturalists from the nonprofit Mono Lake Committee, a citizens group dedicated to protecting the Mono Basin ecosystem.

3. *Horseback Riding*

Wranglers with the Mammoth Lakes Pack Outfit provide mellow horses for the eight of us riders who have signed up for the 90-minute ride along Mammoth Creek to the remnants of a late-1920s to early-1930s gold-mining operation in the Inyo National Forest. As we ride along the forest paths, a guide tells us stories

about the ranchers, cattlemen and miners who began traveling this part of the country in the 1800s.

At the Mammoth Consolidated Mine ruins, near the headwaters of the creek, we view the old bunkhouses and cabins, antique machinery and remains of an ore-processing mill—imagining ourselves as the original miners, bringing in supplies for the season. Cast-iron stoves were used for heating; there was no running water; and the miners often had to crack the ice in their washbasins on cold mornings, according to a booklet available from the Mammoth Ranger District.

Mammoth Lakes Pack Outfit offers a variety of rides, which can

range from a 20-minute walk-and-lead experience to hourlong, half-day and full-day rides. Visitors can also enjoy multiday horseback adventures, including a ride through the 1800s gold-mining town of Bodie—now the Bodie State Historic Park. Other popular multiday options include horse drives—complete with chuckwagon meals and cowboy entertainment—to move the outfitter's horses and mules from their winter to summer pastures, and vice versa. ✕

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Fresno

Vineyard Farmer's Market, Mariposa, Tower District / **BY LEON KAYE**

1. **My friend Janet,** visiting from the East Coast, looks around at all the jewel tones of Fresno-area agricultural gems: strawberries still glistening with morning dew; gleaming red cherries; and the last harvests of apples and Asian pears from the Sierra Foothills.

"The colors here will keep me busy on Instagram," she says.

I'm showing off one of my favorite parts of the city, the Vineyard Farmer's Market, open Wednesday afternoons and Saturday mornings year-round, and featuring items grown or produced within two hours of Fresno, which is in the heart of the fertile San Joaquin Valley. Depending on time of year, options at the market range from asparagus and berries to artisanal cheese and chocolate.

2. **Mariposa** Well-provisioned with selections from the market, Janet and I head about 75 miles north to the town of Mariposa.

John C. Fremont and Kit Carson discovered the rich Mariposa Vein in this area and opened the first mill to crush ore and extract gold in California, according to the California State Mining and Mineral Museum, which is located about 2 miles south of town.

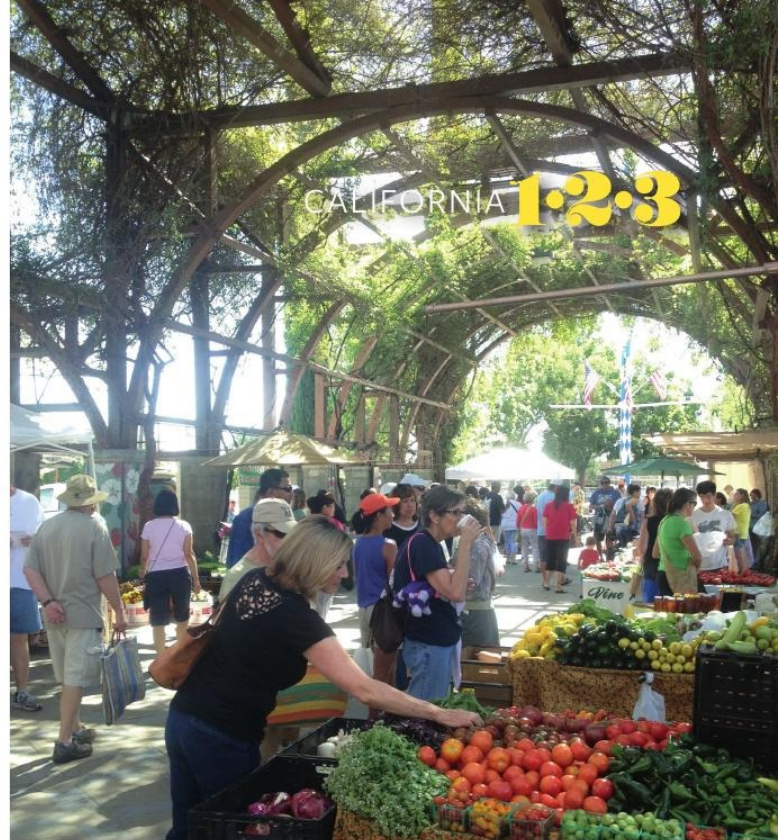
Janet, an amateur geologist, is in heaven at the museum, which is the official mineral museum of California, and rotates displays of about 350 items from the 13,000 objects in its permanent collec-

tion. We gaze at the 13.8-pound Fricot "Nugget," which looks like a bird with its wings spread. Discovered in the mid-1860s, and named for its purchaser, Jules Fricot, it is believed to be the last intact mass of crystalline gold surviving from 19th century California.

We learn more about the California Gold Rush at the Mariposa Museum and History Center, home to relocated historical buildings such as a blacksmith shop. Other Mariposa-area attractions range from the Hideout Saloon to the Yosemite Ziplines and Adventure Ranch. And it's only about a 45-mile drive from Mariposa to Yosemite Valley, so many visitors continue on to the park to explore its wonders.

3. **Tower District** I've promised Janet some nightlife on this trip, so we head back to Fresno to enjoy the Tower District, a lively neighborhood named after the Tower Theatre, a 1939 Art Deco structure that was once a movie house. We start the night at Sequoia Brewing Company, relaxing with microbrews such as the light, smooth Sequoia Pale Ale and the Half Dome wheat ale while trying to decide among the multiple choices for entertainment.

In addition to live music at various nightclubs and bars, there's the district's eponymous theater—now the Tower Theatre for the Performing Arts—which hosts prominent touring musicians, comedians and other acts,



while the Good Company Players produces 12 theatrical productions each year. I think Janet may be realizing just how entertaining the Fresno area can be. ✈

Alaska Airlines (alaskaair.com) provides regular service to Fresno, including from Portland, San Diego and Seattle.

● **Above: The Vineyard Farmer's Market. Below: The Tower Theatre for the Performing Arts.**



More to See

- **Exeter Murals** (exeterchamber.com/content/mural-tour): Located about 55 miles from Fresno, the town of Exeter has 32 colorful building murals that depict San Joaquin Valley history and culture.
- **Fulton Street** (fresnoartscouncil.org): Nineteen intriguing artworks are displayed along the wide sidewalks of this popular tree-lined street.
- **Gazebo Gardens** (gazebogardens1922.com): Thursday, Friday and Saturday nights year-round, the nursery, founded in 1922, hosts a beer garden with food trucks, and showcases local bands of varying genres.
- **National Parks—Yosemite, Sequoia & Kings Canyon** (nps.gov/yose and nps.gov/seki): All three parks are within 100 miles of Fresno. Consult the websites for the many sightseeing and activity options, such as viewing giant sequoias, waterfalls and granite formations. —L.K.



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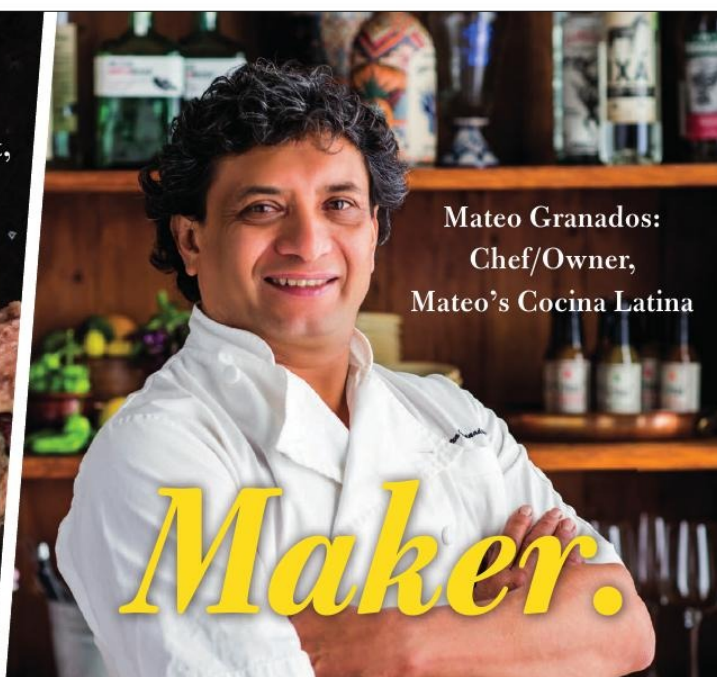


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San Luis Obispo

A Design Village, Bike Tour, SLO Arts / BY BARBARA BECKLEY

1. I should have realized this would be no ordinary hike. San Luis Obispo is no ordinary town. The combination of a rich history (which dates back to 1700s Spanish missionary settlement) and youthful modern-day energy from students studying at California Polytechnic State University (Cal Poly) has given the city and surrounding county a personality all its own. SLO, as the locals call it, is artsy, creative, entrepreneurial and above all fun.

A drive of about 3 miles from downtown brings me to the start of the Poly Canyon hike (also called the Design Village hike). I walk rural Poly Canyon Road for about 20 minutes, listening to birdsong and the gurgle of Brizolara Creek down below. Then, rounding a bend, I come upon a fairy-tale-like valley dotted with weird, wonderful structures.

A stone arch, nearly hidden by trees, marks the entry to the Cal Poly Outdoor Experimental Structures Lab. A nearby sign lists the valley's 25 permanent installations and their student-architect creators from the lab.

Crossing the bridge under the arch, I make my way across grassy slopes. I watch a guy strike a *Titanic* "King of the World" pose atop the pointy end of a prowlike structure. A young girl climbs on the metal bars of a geodesic dome open to the sky on all sides.

The permanent works are supplemented annually during the Design Village competition (April 20–22 this year) hosted by the

College of Architecture & Environmental Design. Participants create "shelters" tied to an annual theme (this year's is "Balance"), and then inhabit them briefly. These structures are removed afterward.

After perusing the valley's permanent sculptures, I return the way I came. It's a gentle hike—more like a 2.5-mile roundtrip walk. And you'd never know you were on a university campus and just minutes from downtown SLO.

2. Bike Tour

In the town of San Luis Obispo, biking is a way of life. To join the fun and explore the city on two wheels, consider taking the self-guided Historical SLO by Bike tour, along an easy 4.3-mile route that showcases the history of the city's downtown. Sites along the way include the Mission San Luis Obispo de Tolosa, which was founded in 1772.

Also on or near the route: the San Luis Obispo Railroad Museum; 19th century Queen Anne-style homes; and Dallidet Adobe and Gardens, the 1850s home of a French immigrant who was instrumental in founding the Central California wine region.

Many hotels provide bicycles to guests. You can also rent them at several shops downtown. Pick up a bike trail map at the SLO Chamber of Commerce Visitor Center or download it at bikeslocounty.org.



● Cal Poly Outdoor Experimental Structures Lab.

3. SLO Arts

The downtown SLO Arts District isn't only beautiful; it's also easily walkable. More than 70 pieces of public art line the streets, and the San Luis Obispo Museum of Art, along with private galleries, feature contemporary works.

Enjoy great performances at the San Luis Obispo Repertory Theatre and the Performing Arts Center San Luis Obispo. And catch popular musical groups at the downtown brewpub SLO Brew. ✈

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Alaska Airlines (alaskaair.com) provides daily service between San Luis Obispo and Seattle.



● Self-guided bike tours.



More to See

● **Craft Beer:** Toast SLO's exciting beer scene. Tour on your own or join Hop On Beer Tours' (hoponbeertours.com) guided trips. Learn more at the downtown visitors center or at sanluisobispovacations.com.

● **SLO Wine Country** (slowine.com): Many acclaimed wineries are within a short drive of town. Riboli Family Wines of San Antonio Winery has an excellent tasting room about 30 miles north in Paso Robles.

● **Sunset Drive-In** (facebook.com/sunsetdrivein): Enjoy one of California's few remaining outdoor drive-in movie theaters. This old-school large-screen venue has a concession stand and shows new releases regularly. —B.B.



● Sunset Drive-In.

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Santa Barbara

Cabrillo Bike Path, MOXI, Funk Zone / BY ROB DUNTON

1. A few leisurely pedals and I'm coasting effortlessly with my wife and two boys along a scenic stretch of the 3.4-mile-long Cabrillo Beachway path, which parallels Santa Barbara's coast from the Andrée Clark Bird Refuge to Leadbetter Beach. From the refuge, where more than 200 bird species have been observed, the path winds past wide sandy beaches, rows of towering palm trees, a vibrant marina, a busy skateboard park, an array of restaurants and the city's 1872 Stearns Wharf.

Cyclists share this path with walkers, runners, inline skaters and people using surreys, Segways and electric bikes. Rentals are available from companies such as Wheel Fun Rentals, Segway of Santa Barbara and Pedego Electric Bikes of Santa Barbara.

I'm lucky to call this oceanside city home, and as our children have grown and become more bicycle and skateboard proficient, our family has enjoyed the Cabrillo path more and more. On any given afternoon, we may cycle past casual soccer matches, drum circles, acrobatic skateboarders, or teens practicing their slackline balance and stunts between some of the nearly 150 palm trees along the beach. Each Sunday, year-round, an extensive craft fair takes place along Cabrillo Boulevard, and in July, free Thursday-night concerts at Chase Palm Park bring the community together for picnics, music and fun.

If we pack along a few towels,



one of our leisurely bike rides can easily morph into a full day at one of the three beaches we pass: East Beach (a great playground and numerous volleyball courts), West Beach (adjacent to Stearns Wharf, which has restaurants, shops, a marine-themed museum and even a palm reader, plus easy access to kayak and boat rentals at the adjacent harbor), and Leadbetter Beach (easy-to-ride body-surfing waves and a cafe).

2. *MOXI* Two blocks inland from Stearns Wharf is the new family-friendly MOXI—whose name is derived from various letters in its formal name: The Wolf Museum of Exploration + Innovation—and which offers 17,000 square feet of interactive exhibits that inspire curiosity, creativity and wonder.

MOXI's playful DNA is apparent in the building's architecture. It looks like a Pixar-inspired sandcastle. Inside, the engaging experiences include a 24-foot-long, 8-foot-tall playable guitar; an innovation workshop; a pine-wood-derbylike speed track



(featuring interchangeable car parts and a photo-finish display); and a rooftop Sky Garden, with telescopes and hand-turned water turbines. Our family has an annual pass, and we often bring friends, family and out-of-town guests here—we have a blast every time.

● *Left: MOXI, a family-friendly museum.*

Above: The Cabrillo Beachway path.



More to See

- **Beach Walks** (santabarbaraca.com/?s=beaches): At low tide, you can walk for miles along Santa Barbara's scenic coastline. Just confirm the tide tables in advance, and determine where you plan to exit—e.g., Hendry's Beach—for safety and for planning taxi or ride-share transportation back to your lodgings.
- **Old Mission Santa Barbara** (santabarbaramission.org): Established in 1786, the mission includes a lovely church with colonial-era art, and a museum with Native American and mission-era artifacts. You can self-tour, and docent tours are available on certain days.
- **Paddle in Santa Barbara Harbor** (paddlesportsca.com): With the blue Pacific at your doorstep, take a closer look by renting kayaks or SUPs at the harbor. Also available are guided kayak adventures (paddlesportsca.com and sbadventureco.com), scuba diving (truthaquatics.net) and whale watching (condorexpress.com).
- **Taco Trail** (santabarbaraca.com/itinerary/santa-barbara-taco-trail): The trail includes four great taco spots on Milpas Street, which serve items ranging from carnitas tacos to ceviche *campechana* (with fresh fish, shrimp and octopus). La Super-Rica Taqueria, known for its unique and flavorful dishes, has attracted celebrity devotees. —R.D.

● *La Super-Rica Taqueria.*



3. Funk Zone

MOXI is part of the Funk Zone, a three-by-four-block area, tucked between the beach and Highway 101, that showcases the talents of vintners, microbrewers, farm-to-table chefs, surfboard and SUP makers, visual artists and creative retailers. There are different theories about how the area earned its nickname. One holds that the name referred to the funky mix of dilapidated warehouses, surf shops, artists' studios, bars and restaurants that were prevalent in the mid-1990s—very different from the Spanish-style architectural guidelines followed in much of Santa Barbara's core.

My wife and I enjoy keeping up with the new arrivals in this eclectic



artisan district. Every time we go, we spot something new. Most recently, it was The Shopkeepers, a stylish store offering a diverse and changing mix of art, clothing, jewelry and assorted gifts. The shop is less than 500 feet from the popular Blue Door, which sells vintage and modern furnishings and accessories. Another time, we found ourselves in the midst of the bimonthly Funk Zone Art Walk.

More than a dozen galleries and shops were hosting exhibitions of

contemporary artists.

When we go to the Funk Zone with the kids, we head to Mony's for tacos or Lucky Penny for pizzas. On date

nights, we beeline to Loquita for tapas or to The Lark for sensational cuisine featuring menu items that are locally sourced and responsibly grown.

The Funk Zone also contains a significant portion of the city's Urban Wine Trail. You can sample the premier offerings of around a dozen of the 200-plus wineries in Santa Barbara County. The Santa Barbara Wine Collective alone comprises a group of six area wineries, and the knowledgeable

wine steward or tasting room associate who pours the wines will be happy to wax poetic on each one, from how it was made to the soil in which the grapes were grown.

Anyone with a passion for wine and fine dining could savor the Funk Zone for a whole weekend and still find more to do. In fact, I've lived in Santa Barbara for almost 10 years, and I've hardly scratched the surface of what's available in this ever-changing district. ✈

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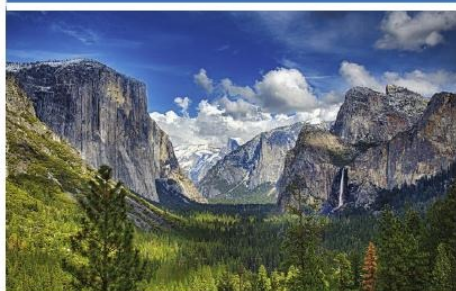
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● Hikers at Eagle Rock in Topanga State Park.

Los Angeles

Backbone Trail, Gamble House, Grammy Museum / BY MATT JAFFE

1. Ahead of me on the Backbone Trail, I see peaks covered in dense chaparral and canyons filled with sycamores. Ceanothus shrubs adorn the slopes with purple- and cream-colored blossoms, and infuse the air with a lilac sweetness. As I head deeper into the Santa Monica Mountains, I occasionally look south toward the ocean, which the afternoon sun has turned to a shimmering gold.

I'm hiking a section of the trail that crosses 11,501-acre Topanga State Park, mostly located within the Los Angeles city limits, and

described as the world's largest wildland in a major city.

Although LA has nearly 4 million residents, and it's part of a metropolitan area where more than 13 million people live, I am enjoying a peaceful hike amid the calls of songbirds.

I accessed the eastern end of the 67-mile Backbone Trail at Will Rogers State Historic Park in Pacific Palisades, a tony section of Los Angeles. After passing the legendary actor/humorist's house (open for tours) and a lawn where fit folks were striking yoga poses in the shade of huge eucalyptus

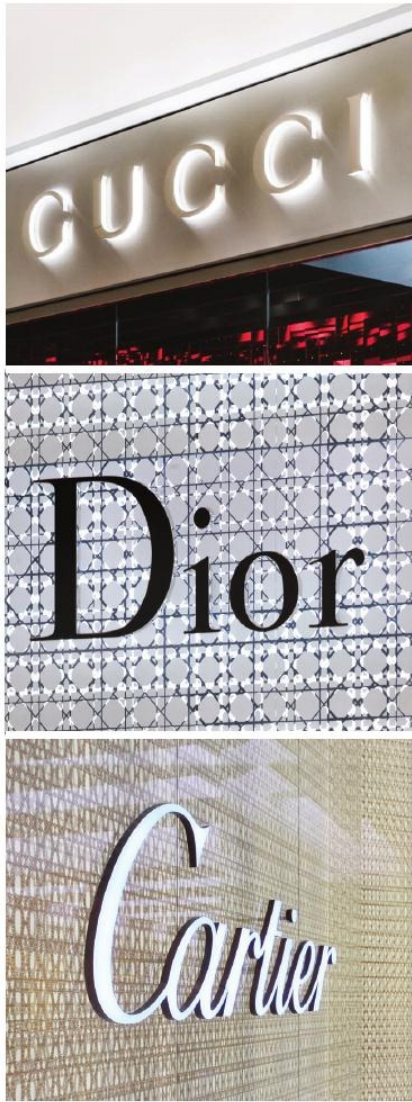
trees, I ascended about a mile on the park's Inspiration Loop Trail to Inspiration Point. The site offers commanding views of Los Angeles and Santa Monica Bay, so most visitors are content to end their hike here and return to the park's lower elevations to enjoy picnics, horseback-riding lessons, trail rides and polo matches.

But for me, the connecting Backbone route—a federally designated National Recreation Trail—always beckons. From the Inspiration trail, I followed the Backbone north and then west to Topanga State Park, with its



More to See

- **Brentwood Country Mart** (brentwoodcountrymart.com): Celebrating its 70th anniversary, this warren of shops and dining blends its red barn-style architecture with surprising sophistication, and is a longtime destination for the many celebs living nearby.
- **The Museum of Jurassic Technology** (mjt.org): The curious name has no specific relevance to anything inside what's typically described as LA's oddest museum—don't expect to see inventions by dinosaurs. Instead, this collection of oddities—everything from an exhibit on Soviet space dogs to miniature sculptures of Disney characters— ➔



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soul-soothing mountain and ocean views. If I continued on the trail, whose final gap was closed in 2016, I'd pass through several more scenic state parks, as well as federal parkland, on my way through the Santa Monica Mountains to the western trailhead at Point Mugu State Park. Post-hike attractions there include several miles of shoreline, complete with dunes and sandy beaches, but since I'm not geared up to trek the remaining 64 miles of Backbone today, I double back toward the Will Rogers trailhead.

About a mile into my return, I come upon a jogger pausing at the bridge that spans a gorge at Topanga State Park's Chicken Ridge. He's fidgeting with his smartphone, working through the playlist, until a song suddenly comes blasting out of his earbuds.

Too perfect: It's *California Dreamin'*. And while I much prefer the sounds of nature, it's hard to argue with his song selection on a warm day in a lovely part of LA.

2. *The Gamble House*
Many experts rank LA as one of the world's great cities for architecture, thanks to a rich mix of styles and to metro-area buildings designed by master architects ranging from Frank Lloyd Wright to Frank Gehry.

The Los Angeles Conservancy, a historic-preservation nonprofit, leads a variety of walking tours that explore such styles as Art Deco in downtown LA and Victorian in the Angelino Heights district.

In addition, numerous structures in the Greater Los Angeles area are worth visiting on your own. For instance, in Pasadena, I think the masterpiece is the

National Historic Landmark Gamble House, designed in 1908 by brothers Charles Greene and Henry Greene, for David Gamble and his wife, Mary, after David retired from his family's company: Procter & Gamble.

If, as Goethe said, architecture is frozen music, then The Gamble House is a symphony of light and wood. From the glow of its leaded art-glass entry doors, depicting a stylized tree, to the way sunlight washes over the exquisitely crafted interior of teak, mahogany and maple, the house plays many beautiful notes.

One-hour docent tours provide a great introduction, and for anyone interested in a more detailed look at the house, master woodworker Jim Ipekjian leads monthly three-hour "Details & Joinery" tours that bring alive the building's design and construction.

3. *Grammy Museum*

So you want to be a rock 'n' roll star? Or maybe a hip-hop producer? Just two blocks from Staples Center, downtown LA's premier concert venue, you'll find plenty of inspiration at the Grammy Museum, with four levels of artifacts, interactive displays and tributes to many genres of music.

The museum is as eclectic and energetic as the industry that it celebrates. For instance, you can play instruments such as the guitar, piano or drums, and try different audio effects.

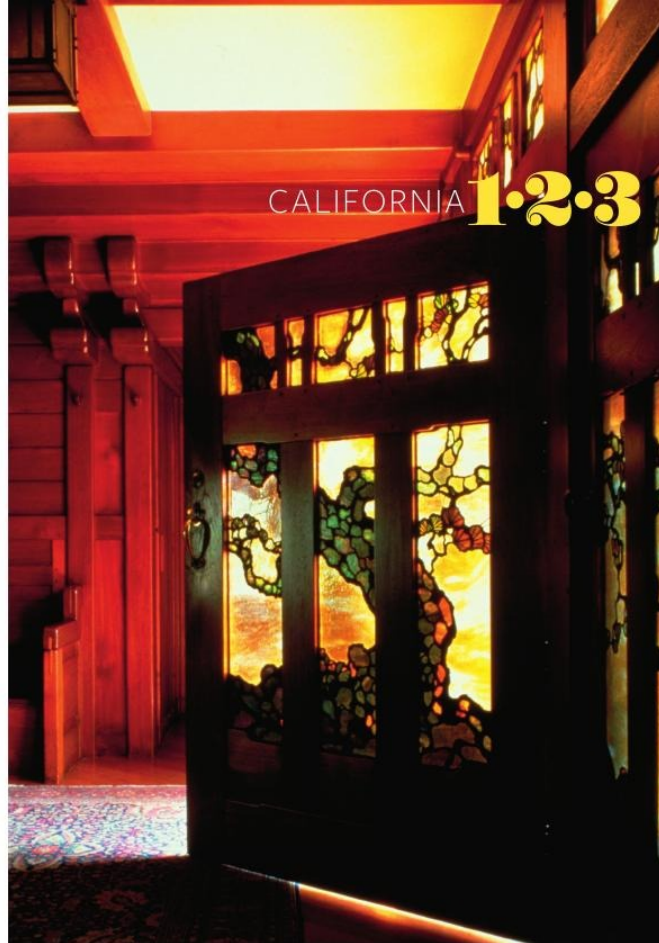
The Grammy Museum's current exhibit lineup ranges from a look at Katy Perry's fashion

influence (through April) to the legacy of John Coltrane (through September), to a tribute to Michael Jackson, displaying iconic items such as one of his trademark sequined gloves (through mid-September).

Also be sure to check the museum's "Programs" schedule for musicians performing in the 200-seat Clive Davis Theater, where events sell out quickly. ✈

• • • • •

Alaska Airlines (alaskaair.com) provides regular service to Los Angeles from numerous cities, including San Francisco, Boston, Philadelphia and many other destinations.



● Above: A lovely art-glass entry door at The Gamble House. Left: A youngster enjoys an interactive musical experience at the Grammy Museum.



➔ is a journey into the mind of its creator. Founder David Wilson received a MacArthur Foundation "genius grant" in 2001 for his work related to the museum, which the foundation described as "a provocative commentary on how we organize and archive cultural artifacts."

● **Neon Cruise** (neonmona.org/neon-cruise): Climb aboard a double-decker bus for a unique tour, conducted by the Museum of Neon Art in Glendale, that illuminates, if you will, the story of Los Angeles by visiting many of the area's most elaborate and beautiful neon displays. —M.J.



Orange County

*Newport Beach Gondola, Santa Ana Culture,
Ballooning in Irvine* / **BY BARBARA BECKLEY**

1. **The lyrics of** *Nessun Dorma* (“None Shall Sleep”) from the opera *Turandot* echo under a low bridge as a gondolier takes my friend David and me silently over the water.

As we glide toward the setting sun in a shiny, black Venetian gondola, I’m thinking that life doesn’t get much better than this. Oh, yes, and we’re clinking Champagne flutes in a toast to good times.

No, we’re not in Venice, but our journey still feels luxurious and romantic. We are in Newport Beach, coasting through the beautiful canals of Newport Harbor with our guide, Greg Mohr, owner of Gondola Adventures.

With a silver ice bucket chilling our Champagne, and chocolate-covered cheesecake and flourless chocolate torte with whipped cream also on board, we have slipped away from the dock on a 60-minute sunset cruise.

Mohr rows in the authentic Venetian style, with a single oar on one side of the stern.

“If you notice, the gondola is crooked,” Mohr points out. Sure enough, we can see the bow twists slightly to the right. “Authentic gondolas are intentionally made this way to make them easier to steer with one oar on one side,” he explains.

Mohr started his gondola business in 1993, and he prides

himself on sticking to tradition. Many of his 14 gondolas are imported from Venice, and his straw hats are made by a top Venetian haberdasher. As he sings Italian arias, we discover that Mohr also has an excellent singing voice.

Boaters and passersby wave as we cruise past opulent waterfront homes, restaurants and marinas. Arriving at a bridge, Mohr says it’s tradition that couples kiss as they glide under. David and I are just friends, but who’s to reject tradition? So with every bridge, we sip our bubbly and exchange friendly smooches as Mohr serenades us. Along the way, we also pause to enjoy the desserts.

“Look, there’s a message in a

bottle,” Mohr says. Sure enough, a corked bottle (that Mohr released discreetly) floats past. I dip my hand in and retrieve it. Unrolling the parchment note, I read, “Dear Barbara, we are thrilled to have you enjoy your first gondola experience with us. Smooth sailing now and in the New Year.” I am totally surprised and very pleased.

“It’s a little trick I invented,” Mohr explains. “We can do any message. Most often it’s proposals and anniversaries, and occasionally, ‘I’m sorry.’”

Lights reflect on the darkened water as we cruise back to the dock. Well-sated with desserts, we toast one more time to the wonderful memories we’ve made.

2. Santa Ana Culture

Enjoy learning about world cultures at the acclaimed Bowers Museum in Santa Ana. Well-known for its permanent collection of Native American Art; art of the Pacific, Africa and Asia; and Pre-Columbian art, the museum also hosts world-class traveling exhibitions such as “Empress Dowager Cixi: Selections from the Summer Palace,” showing through March 11, and “American Visionary: John F. Kennedy’s Life and Times,” showing March 10 through June 3.

The Bowers’ own traveling exhibition, “First Americans:



● **Great Park Balloon ride.**

experiences are geared for preschool and early elementary ages.

I also recommend having lunch at the museum’s award-winning Tangata Restaurant, and taking a look at the intriguing items in the gift shop.

3. Ballooning in Irvine

Soar to new heights of fun on the Great Park Balloon ride in the Great Park in Irvine. The balloon looks like a gigantic orange (the fruit that made the area famous) hanging in the sky. It’s tethered—one of the world’s largest tethered helium (not hot-air) balloons—so you gently rise in place, up to 400 feet, and experience a 360-degree view of Irvine, other cities, and mountains around Orange County.

The knowledgeable pilots help provide information about what you are seeing. If it is a really clear day, you can see for 40 miles, to the distant skyscrapers of downtown Los Angeles. ✈

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● **An artifact from “First Americans: Tribal Art from North America,” showing soon at the Bowers Museum.**

Tribal Art from North America,” returns home April 7 through August 19. One of my favorite ongoing shows is “Spirits and Head Hunters: Art of the Pacific Islands.” Talks such as *The Fashion of Jackie Kennedy* (March 17), workshops and other special events also add to the engaging museum experience.

If the kids are along, visit the Bowers Kidseum, whose hands-on

More to See

● **Anaheim Packing District** (anaheimpackingdistrict.com): Get a taste of Orange County’s past while savoring new foodie trends. The Packing House, a former fruit-processing site built in 1919, has been renovated into a buzzy food hall with restaurants, bars, performance spaces and vendor stands. Anaheim Brewery and Unsung Brewing are among other draws to this flourishing Anaheim scene.



● **Shopping at the Packing House.**

● **Cookouts on the Beach:** Enjoy barbecuing, roasting s’mores or cozying by a fire (propane only) at Crystal Cove State Park in Laguna Beach (crystalcovestatepark.org). The Beachcomber at Crystal Cove (thebeachcombercafe.com) rents packages with food and a fire pit on wheels. Or, reserve a “beach butler” for the Bonfire S’Mores Experience from Waterfront Adventures, near Huntington Beach’s famous pier (waterfrontresort.com). Your butler will maintain a bonfire—with chairs, drinks and s’mores fixings provided.

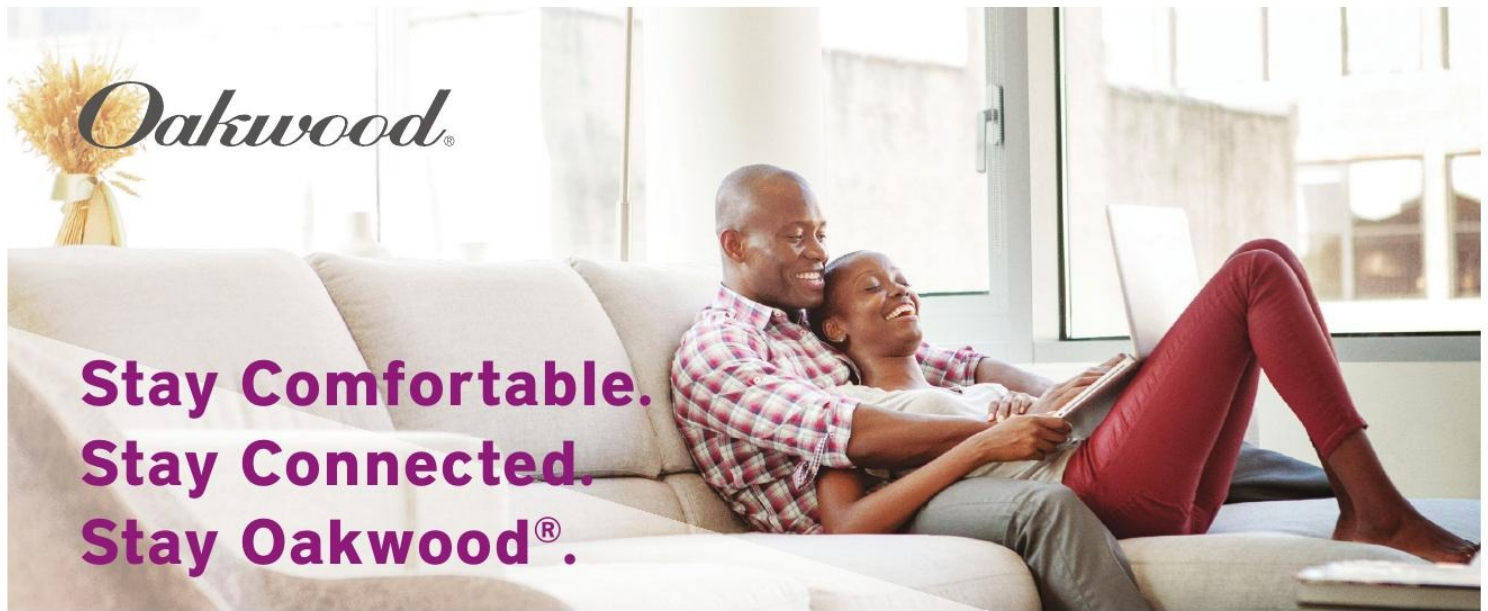
● **Disneyland and Disney California Adventure Park** (disneyparks.com): Enjoy a new fireworks show, parades and more as the limited-time Pixar Fest turns the spotlight (or perhaps the iconic Pixar lamp) on stories from Pixar Animation Studios, starting April 13 at both Disney parks in Anaheim. The festival is a precursor to permanent Pixar attractions, such as Pixar Pier at Disney California Adventure Park, scheduled to open June 23.

● **Mission San Juan Capistrano** (mission-sjc.com): Explore history and relax in idyllic gardens at this iconic mission founded more than 200 years ago. Honoring swallows that once returned annually (and some that did in 2017), St. Joseph’s Day and the Return of the Swallows Celebration, on March 19, features music, dance and more.

● **South Coast Plaza** (southcoastplaza.com), Costa Mesa: Shop with style at more than 250 boutiques, including Tiffany & Co., Gucci and Bloomingdale’s. Dine at an acclaimed restaurant, such as Chef Amar Santana’s Vaca. Then take in a world-class show—such as performances in April by Alvin Ailey American Dance Theater—at the adjacent Segerstrom Center for the Arts (scfta.org). —B.B.



● **Paint the Night parade at Disneyland.**



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Greater Palm Springs

Architecture and Martinis, The Living Desert, Off-Road Jeep Tour / BY BARBARA BECKLEY

1. “Palm Springs Midcentury architecture and the celebrity era of the 1950s and ’60s went hand in hand,” says Kurt Cyr, owner of the architecture-and-design tour company Palm Springs Mod Squad, as our van turns into the stylish Vista Las Palmas neighborhood. “The celebrities, particularly in the Rat Pack led by Frank Sinatra and Dean Martin, came here to party ... in private,” Cyr says. “By a stroke of luck, much of the architectural style of the day featured ‘fortress fronts’ without windows.”

Cyr’s Martinis and Mid Century Architecture Tour has barely begun, and already I’ve learned something new about my favorite architectural style. To prove his point about privacy, we pause at the low-slung, reddish-tan brick fortress front of 432 Hermosa, formerly the Dinah Shore Palm Springs Estate, built by influential Midcentury Modern architect Donald Wexler in 1964.

“Inside, it’s all windows, as is former neighbor Kirk Douglas’ Wexler-designed home, built in 1954,” Cyr says.

With humor, architectural insights and insider stories, Cyr takes us on a 90-minute drive through Palm Springs’ celebrity and architectural heyday. I ooh and aah over the jewellike Elvis Honeymoon Hideaway (so called because of Elvis’ time there with wife Priscilla in the 1960s). The house, once called the House of Tomorrow or The Robert Alexander Estate, was built in the

early 1960s by Alexander Construction Company, which was owned by Robert and George Alexander—important figures in the Palm Springs Midcentury Modern movement.

Cyr points out a clever aspect of the neighborhood’s architecture. “The genius of creating one floor plan and making homes look different by changing the orientation relative to the street helped the Alexanders build more than 2,200 homes,” Cyr says.

We pass dozens of these homes, now affectionately called “Alexanders,” including houses that used to belong to Dean Martin and Marilyn Monroe. Each of them is recognizable as an Alexander by its angled roof with clerestory windows, horizontal stucco fascia and a low stone wall at ground level.

We also pass the ornate estate originally built for George R. Hearst (which echoes some details of his father’s Hearst Castle). Cyr comments: “Hollywood Regency style, with Roman statuary and poodle-cut topiaries, was also very in, in the 1960s.”

Across North Via Monte Vista, to the east, the buildings are predominantly Spanish Mediterranean villas inside walled gardens. “This is Old Las Palmas, where the stars came in the 1920s and ’30s,” Cyr says, pointing out the 4-acre “Il Paradiso” estate of Hollywood and Broadway star Ann Miller, and the red-roof-tiled hideaway that was once used by Elizabeth Taylor and Mike Todd.



● *Clockwise from top: The Living Desert Zoo and Gardens, off-road Jeep tour, Martinis and Mid Century Architecture Tour.*



More to See

- **Frank’s Place Restaurant & Lounge** (indianwellsresort.com): Enjoy nightly dinner shows at this retro-styled establishment at Indian Wells Resort Hotel. On Fridays and Saturdays, headliner Frank DiSalvo sings and celebrates Great American Songbook standards.
- **Indian Canyons Tribal Ranger-Led Hikes** (indian-canyons.com): Learn about the desert through the eyes of the Agua Caliente Band of Cahuilla Indians. Walks depart at 10 A.M. into Palm Canyon and at 1 P.M. into Andreas Canyon, Friday through Sunday. Each hike takes about 1.5 hours and is about 1 mile long.
- **Palm Springs Aerial Tramway** (pstramway.com): Enjoy sweeping valley views from what is touted as the world’s largest rotating tram car as it rises to the Mountain Station, which features dining, shopping and more, at an ➞

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● **Palm Springs Air Museum** (palm-springsairmuseum.org): Explore exhibits of more than 50 vintage aircraft. Book a flight in a World War II warbird: the P-51 Mustang fighter plane carries one passenger. The C-47 SkyTrain transport plane carries five.

● **Palm Springs Art Museum** (psmuseum.org): Enjoy extensive art collections and take a docent-guided tour of Midcentury Modern architect Albert Frey's residence, Frey House II, which is located nearby. Or make a screen print related to the exhibit "Andy Warhol: Prints from the Collections of Jordan D. Schnitzer and His Family Foundation," March 3–May 28.

● **Top-Notch Golf:** Tee off at SilverRock Resort's Arnold Palmer-designed 7,239-yard SilverRock Golf Course in La Quinta (silverrock.org) and the Classic Club in Palm Desert (classicclubgolf.com), both of which have stunning natural features and hosted past years' Bob Hope Classics (now known as the CareerBuilder Challenge). You can also enjoy the Clive Clark-designed Celebrity Course and the John Fought-designed Players Course at Indian Wells Golf Resort (indianwellsgolfresort.com), a past host of the PGA's Skins Game. —B.B.

Nearing the tour's end, we visit the Movie Colony East neighborhood to see Frank Sinatra's former home, Twin Palms, designed in 1947 by E. Stewart Williams and known for its piano-shaped pool. Then it's martini time at the Casablanca Lounge at Melvyn's, where the Rat Pack used to gather. Between sips, Cyr explains that the martini was the signature drink of the era for its elegance and sophistication. Capping the tour with a martini was a finishing touch that Sinatra himself would've likely found fitting.

CALIFORNIA 1.2.3

2. The Living Desert

Visitors enjoy wondrous flora and fauna and direct experiences with animals at The Living Desert Zoo and Gardens in Palm Desert. From jaguars to mountain lions to Grevy's zebras, this venue features a variety of species and provides insights about desert organisms. My favorites are the Arabian sand cats, which are said to be the ancestors of domestic cats. Family-friendly attractions include the endangered animals-themed carousel, camel rides, opportunities to feed giraffes, and to feed nectar to lorikeets inside a large aviary.

New this year, the Total Adventure Package provides access to an unlimited number of visits to feedings and other attractions on the day of purchase.

3. Off-Road Jeep Tour

Adventurers can take the road less traveled (literally) through the scenic wilderness of Joshua Tree National Park, on the Wilderness Jeep Experience—Pinkham Canyon Trail, offered by ATV Experience. The four-hour excursion features gentle off-roading through Pinkham Canyon at the southern edge of the park, in an area that is rarely traveled. From a natural oasis, the route loops around the rolling hills of the Cottonwood Mountains, where the desert is rich with jumping cholla cactuses, creosote bushes and other indigenous plants—as well as varied geology. The tour is for two to four passengers per Jeep, and you can be picked up and dropped off at resorts. The trip culminates with a view of the entire Coachella Valley. I recommend it as a sunset tour, when the fading sun turns the hills pink, and the lights of the desert's cities twinkle across the valley. ✈

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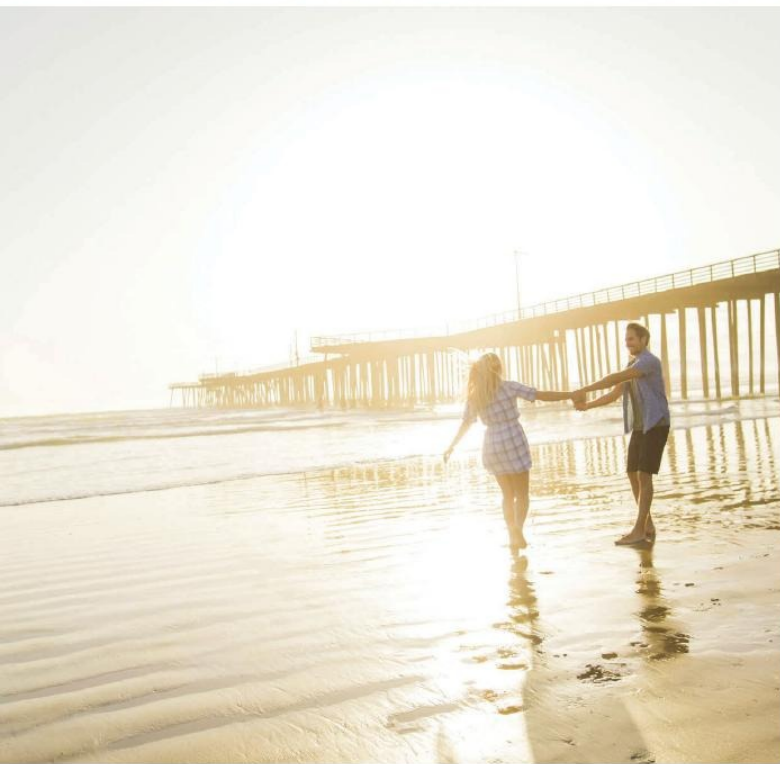


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San Diego

Birch Aquarium, Downtown Waterfront, Balboa Park / BY DOUG HANSEN

1. A bronze sculpture depicting a life-size gray whale and calf, breaching out of an outdoor fountain, greets us at the Scripps Institution of Oceanography's Birch Aquarium in the La Jolla area, about 15 miles north of downtown San Diego. The statue reminds us that thousands of gray whales travel along the California coastline each year during their migration between Alaska and Mexico.

Inside the aquarium, my wife, Sharen, and I are fascinated by exhibits featuring nearly 5,000 fish and invertebrates (such as sea stars, sea urchins and jellies).

My favorite exhibit contains leafy sea dragons, which are native to Australia. They can reach nearly 14 inches in length, and they look like seahorses adorned with strands of seaweed. Just as with seahorses, it's the male sea dragons that "get pregnant." The female deposits her eggs on a spongy patch on the underside of the male's tail, with fertilization taking place during the transfer. The male carries the eggs—as many as 300—for six to eight weeks, until they are ready to hatch.

During mid-morning leopard-shark feedings at an outdoor tank, we can see sharks zooming after chunks of fish, squid and shrimp that have been scattered into the tank, and July through September, we can return to take a morning snorkeling tour with an aquarium naturalist, to see pregnant leopard sharks—considered docile—in



shallow ocean waters off La Jolla's coast. Mid-October through mid-April, ocean experts from the aquarium provide insight and information during Flagship Cruises & Events' whale-watching tours from downtown San Diego.

Today, Sharen and I end our visit at the outdoor tidepool plaza, where kids and adults alike are exclaiming over close-up looks at animals such as hermit crabs, lobsters and sea stars. But for us, the best part of the plaza is the fabulous view of Scripps Pier—where osprey, among the 500 bird species found in the San Diego area, like to perch—and the dazzling view of the Pacific Ocean. Aqua water transitions to deep-blue sea not far from shore, and sunshine lights the horizon where ocean and sky meet in similar cobalt colors.

Just 2 miles north of the aquarium, we enjoy a different but equally fascinating sunlit scene. At the Torrey Pines Gliderport, paragliders and hang gliders with colorful sails leap from the cliffs to soar over the water. Tandem



● *Clockwise from top left: A fun Birch Aquarium snorkeling experience. Paragliders soar in the La Jolla area. Seaport Village is popular for shopping, dining and entertainment.*



More to See

- **Cabrillo National Monument** (nps.gov/cabr/index.htm): Located at the tip of the Point Loma Peninsula, this area provides spectacular views of downtown San Diego, Coronado Island and the ocean. The park also has an 1855 lighthouse, a museum, walking trails and tidepools.
- **Legoland California Resort** (legoland.com): Located about 35 miles north of San Diego, the Carlsbad amusement park will be debuting new attractions such as the Lego City Deep Sea Adventure Submarine Ride this summer, with a real submarine going underwater amid 2,000 live animals, including stingrays and sharks.
- **Maritime Museum** (sdmaritime.org): See one of the world's finest collections of histor- ➔



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May. 9, 23	*	Apr. 4, 18	*
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Patricia Welch
Starred with Yul Brynner, Wayne Newton and Rober Goulet Performing Classics and Standards
Thursday, 6:00 pm to 9:00 pm

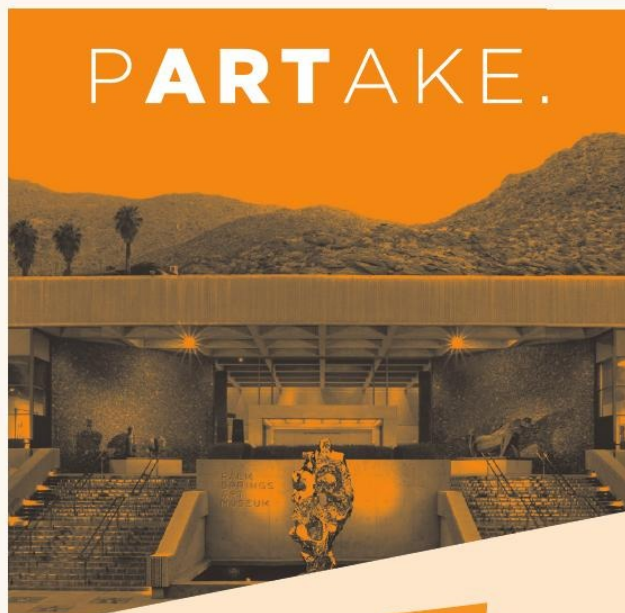
Ted Herman Big Band Dance & Show
Sunday, 6:00 pm to 8:00 pm
Featuring: Don Clark - Trumpet, Vito Pizo - Saxophone,
Alex Danson - Piano, Eric Lindstrom - Trombone
Featured Vocalists: Patricia Welch, Terri Olsen & Lee Hartley
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Next we head back south to the oceanside village of La Jolla. We find ourselves enthralled by a scene that includes rocky coastline, sandy beaches and protected marine reserves. We stroll along a coastal sidewalk above La Jolla Cove, looking down at pelicans, cormorants and barking California sea lions that are hanging out on rocks and a beige beach. Energetic sea lions dart through nearby frothy waves.

2. *Downtown Waterfront*

The curving cobblestone footpaths of downtown San Diego's Seaport Village—which is located on San Diego Bay and has been called the city's front porch—lead us past a hand-carved 1895 carousel, a balloon artist, and 50 unique shops, with products ranging from wooden toys, handcrafted candles and chimes to nautical decor, magic tricks and kites. (Many afternoons, you can test kites right outside the shop door, if weather conditions allow, before making a final decision.)

Another fun attraction is The Headquarters at Seaport, a former San Diego Police headquarters that now houses shops and restaurants, including one of my favorite Mexican dining spots, Puesto. Its creative takes on tacos include ingredients such as mushrooms, octopus, and even zucchini and cactus.

Special events at Seaport Village range from the annual Spring Busker Festival, March 3–4 this year, to the year-round Sunday Concert Series.

Seaport Village is located near

the south end of the mile-long waterfront Embarcadero, whose attractions also include launching points for harbor and whale-watching excursions; tours of historic ships such as the 1945 USS *Midway* aircraft carrier; and ferries offering 15-minute rides to Coronado Island. Sharen and I enjoy strolling 1.5-mile Coronado Beach, whose wonderful expanse of soft sand derives its silvery color from mica.

3. *Balboa Park*

We like to arrive early at the 100-acre San Diego Zoo—one of the many attractions in famed Balboa Park, just north of downtown San Diego—to ensure we have ample time to explore. I'm captivated by the variety of species among the 3,500 animals. We watch tarantulas crawl and giant Galápagos tortoises lumber. We see hippos yawn, koalas cling to tree branches and knobby-kneed pink flamingos walk in water.

We see bear species—grizzly, polar, Andean and giant panda—with impressive claws, while big graceful cats at the zoo include leopards, jaguars, cheetahs and



● From top: A polar bear at the San Diego Zoo in Balboa Park. The Unconditional Surrender statue on the Embarcadero.



➔ ical and replica ships and submarines, including the 1863 *Star of India*, at this “floating museum” on the downtown San Diego waterfront.

● **Mission Bay Park** (sandiego.org/missionbay): Twenty-seven miles of shoreline, with 19 beaches and eight designated swimming areas, make this a popular park (right). Rentals are available for numerous types of water activities, and you can also take a self-guided tour of park wildlife preserves.

● **Old Town** (www.parks.ca.gov/?page_id=663): Old Town San Diego State Historic Park is the site of one of California's first European settlements, dating to 1769. Located 4 miles from downtown, the park has historical buildings, plus shops, museums and Mexican restaurants. Nearby is **Whaley House Museum**, built in the 1850s and said to be haunted by several Whaley-family ghosts. —D.H.



lions. We learn that a lion's roar can be heard up to 3 miles away.

I'm also surprised to discover that the zoo's flora is as impressive as its fauna. The 700,000-plus exotic plants include carnivorous American pitchers; intriguing cycads, including species that date to the late Paleozoic era; and flowers ranging from bird-of-paradise to passion vine.

Orchids grow in the indoor Orchid House, which is open for tours the third Friday of each month. Alaska Airlines is a sponsor of the San Diego Zoo and its sister property, the San Diego Zoo Safari Park, about 30 miles north in Escondido.

After our morning at the zoo, we explore some of the other

appealing sites at Balboa Park, which offers visitors a choice of 16 museums, nearly 20 gardens, and landmarks such as the iconic California Tower—featuring multiple architectural styles, from Baroque to Gothic—built for the 1915 Panama-California Exposition.

The park also has an organ-concert pavilion, an Imax theater, restaurants, and the House of Pacific Relations International Cottages, founded in 1935 when San Diego hosted the California Pacific International Exposition.

The house's name reflects both fostering peaceful relations and the Pacific Ocean's importance as a travel-by-ship gateway to the world in the early 1900s. The

cultures of more than 30 countries, from Argentina and Austria to Ukraine and the United States, are showcased during open houses on Saturday and Sunday afternoons. Each cottage also takes a turn hosting a lawn program, with a spotlight on music, dance, clothing, arts and foods from the country the cottage represents.

We stop to watch happy kids astride a menagerie of animals on the 1910 Balboa Park Carousel, and we visit the Spanish Village Art Center, whose buildings and courtyard were created for the 1935 exposition and evoke a charming village in Spain.

The appealing center now hosts more than 200 artisans, from painters and jewelry de-

signers to glass-blowing artists.

From the art center, we follow a walkway to a promenade where street performers provide varied and mesmerizing entertainment. A gymnast does spellbinding somersaults over crouched volunteers, and I find it an apt metaphor for my feelings about San Diego: I flipped over it many years ago when I first moved here, and I continue to be captivated by "America's Finest City." ✈

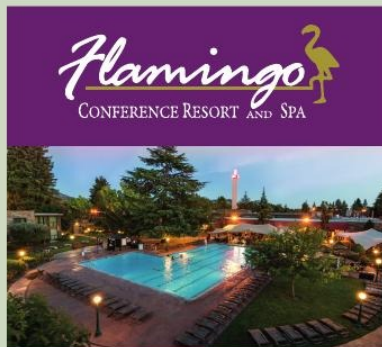
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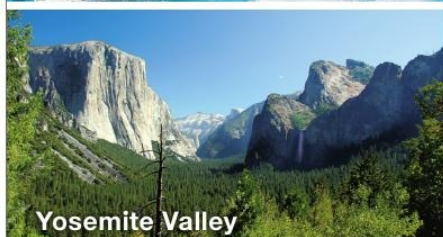
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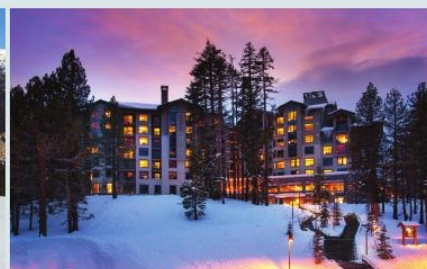
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PLAY BALL!

Enjoying fun in the sun at spring training in Arizona

By Bill Fink

» The smell of freshly cut grass fills the air as I listen to the crack of a bat, the sound of baseballs thwacking into leather gloves, shouts of support, chatter among players and among fans.

A coach yells, “Pick it up, you guys, game time’s at 1 P.M.”

The warm, bright desert sun is climbing above the practice areas outside Sloan Park, the Chicago Cubs’ spring training stadium in Mesa, Arizona, about 20 miles east of Phoenix. With a capacity of 15,000 fans, Sloan is the largest spring training park in Major League Baseball. The Cubs’ exhibition game with the Seattle Mariners won’t start for a couple of hours, but still,

dozens of fans have lined the fences to watch their heroes go about their daily routines.

I’m immersing myself in this annual rite of spring training, a baseball tradition in the Phoenix area since 1947. Spring training has been around since the late 1800s, when teams trained during the preseason at various warm-weather locations. Over the years, they have included Hot Springs, Arkansas; New Orleans; Cuba; and even Hawai’i. Florida has hosted teams for preseason training off and on since 1888. The state’s Grapefruit League took off about 1914 and soon became the most popular destination.

NEAR & FAR»



» From left: Seattle Mariners star second baseman Robinson Canó signs autographs for fans. Chicago Cubs fans enjoy a game from the grassy hill in the Sloan Stadium outfield. The Cubs play a spring training game.



CLOCKWISE FROM TOP LEFT: BEN VANHOUTEN / SEATTLE MARINERS; KERRICK JAMES / VISIT PHOENIX (2); BEN VANHOUTEN / SEATTLE MARINERS

Arizona's Cactus League began in earnest when the Cleveland Indians and New York Giants began training here in 1947 to escape the wintry Northeast for a sunny location. Today, the Cactus League is a major annual sports and tourism experience, with 10 stadiums hosting 15 major league teams. Officials estimate the league generates more than \$500 million in economic impact for Arizona.

Taking place from late February through late March, the preseason features almost daily games between the teams. It's a chance for rookies to prove themselves and earn a roster spot, and for veteran players to regain their elite form.

It's also a chance for fans to enjoy winter sun, watch baseball in a beautiful setting, and get up close and personal with the players in a more laid-back and intimate atmosphere than the regular season.

As I enter Sloan Park for the game, it's clear that the crowd is made up of more than just die-hard baseball fans. Families are sitting on blankets and picnicking on the grassy berm that rings the outfield, noshing on snacks they brought with them or bought from the food trucks parked behind the stadium. Kids frolic in a play area, cheerfully oblivious to the game at hand. On the concourse, a mix of local retirees, seasonal snowbirds and



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visitors who have flown in just to catch a few games line up to buy hot dogs, talking with newfound friends.

Today's visiting team, the Mariners, play their spring training home games in the Peoria Sports Complex, in the city of Peoria, about 30 miles northwest of Mesa. The Mariners share the facility with the San Diego Padres.

Similar to the Cubs' Sloan Park, the Mariners' park features a grass berm for open seating in the outfield. There are plenty of practice fields, and a close-up viewing experience that includes the chance to meet your favorite player in the "Autograph Alley," a path the players walk to the park.

Peoria Field has plenty of socializing areas and fan amenities, including the Craft Beer Courtyard, with a rotating menu of microbrews. For kids who tire of



» Camelback Mountain, above, offers expansive views of the greater Phoenix area. The Musical Instrument Museum, left, is one of the area's most popular spots, with numerous hands-on exhibits that help bring out the musician in everyone.



DINING:

■ Sierra Bonita Grill:

This Phoenix restaurant offers top-notch Southwestern cuisine. It is known for Sonoran hot dogs on its happy hour menu, and tasty Mexican fare. Other main courses for dinner include dishes such as espresso and Oaxacan chocolate-rubbed pork tenderloin with serrano chile-vanilla bean butter sauce (sierrabonitagrill.com).



■ Sugar Bowl Ice Cream Parlor and Restaurant:

Fans and players have been coming to this Old Town Scottsdale institution for pregame lunches and postgame "fancy sundae" treats since 1958. Local cartoonist Bill Keane immortalized the spot in his *Family Circus* cartoon (sugarbowlscottsdale.com). —B.F.

long games, the adjacent Peoria Cove playground has a mini baseball field and a splash park where they can cool off.

For true baseball fans, this is not just a weekend getaway; it's paradise. They line the field to grab selfies with players and to have them sign their autographs. The players have more free time to mingle in the relaxed spring training scene. There's an excitement in the air as people spot their favorite players for the first time since last fall.

There is a sense of wonder and anticipation, and of community, as fans who have just met debate the potential of new players and who will make the team.

"Play ball!" yells the umpire as the fans settle into their seats. As the game begins, I'm already planning my next baseball outing. With the Oakland A's playing at Mesa's Hohokam Stadium, the San Francisco Giants at Scottsdale Stadium, and the Los Angeles Dodgers at Camelback Ranch, I'm loaded with options.



DID YOU KNOW? In 2017, the Cactus League set an all-time attendance record, with more than 1.9 million fans attending games.



Lake Pleasant.

Chicago Cubs and the Texas Rangers. He liked the area so much he ended up retiring in nearby Anthem, where he still lives. He attends Cubs spring training games, signing autographs on behalf of his charitable foundation. When he's not at the ballpark, you might find him at one of these Phoenix-area spots:

Don and Charlie's Steakhouse: Filled floor to ceiling with baseball memorabilia (including a mural of Fergie's 1969 Cubs team), this steakhouse and bar is a popular spring training hangout. You'll often find

PERSONAL FAVORITES

Hall of Fame pitcher Ferguson "Fergie" Jenkins played more than 20 seasons of Arizona Spring Training in the 1960s through the 1980s for the

Fergie there in his regular corner booth (donandcharlies.com).

Fishing Lake Pleasant: Despite the desert climate, the Phoenix area is home to several lakes that are good for a day of fishing. Fergie enjoys angling for bass in Lake Pleasant, about an hour's drive north of downtown Phoenix (maricopacounty-parks.net).

Lo-Lo's Chicken and Waffles:

With a menu of fried chicken, catfish beignets and fried green tomatoes, Lo-Lo's has five locations around the Phoenix area, including one not far from Chase Field, where the Arizona Diamondbacks play their regular season games (loloschickenandwaffles.com). —B.F.

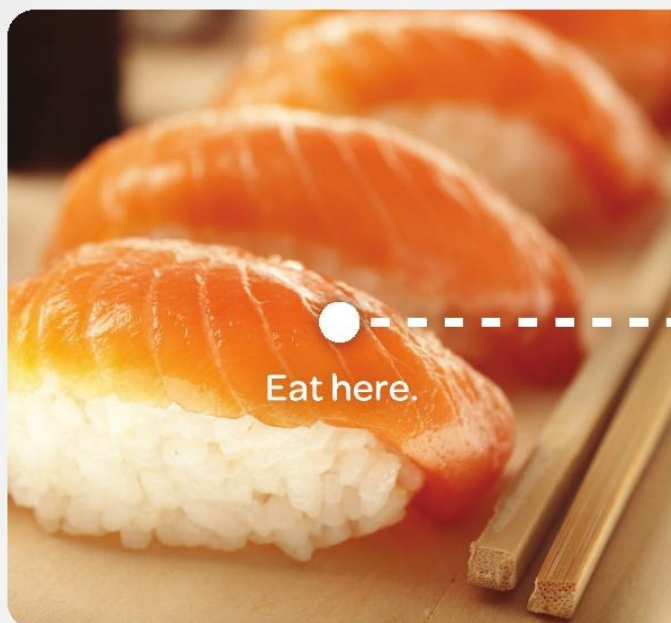


Beyond the Ballparks

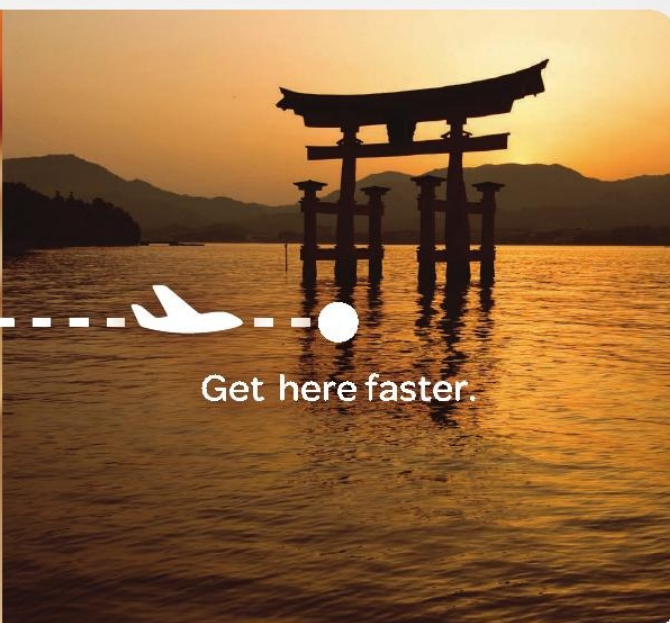
Between ballgames, the Phoenix area can provide a great home base for trips to the Grand Canyon (a three-hour drive) or Sedona (a two-hour drive). There are also other activities around town. The following are a few favorites.

• **Hike Camelback Mountain:** Work off the stadium food with a hike up this iconic mountain overlooking the Phoenix area. Camelback is challenging, with elevation gains of 1,420 feet for the three-hour roundtrip hike.

However, for those who persevere and make it to the top, the reward is an awesome view of the area. Make sure to bring plenty of water and start early. For a full list of area hikes, go to visitphoenix.com.



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» NEAR & FAR PHOENIX

• Visit the Musical Instrument

Museum: A museum dedicated to musical instruments has become one of the most popular attractions in the Phoenix area. You can easily spend a fun-filled day exploring the displays, listening to music, and even playing exotic instruments in the Experience Gallery. Try playing *Take Me Out to the Ball Game* on a banjo for fun.

• **Old Town Historic Scottsdale:** The 1-square-mile area of pubs, restaurants, boutique shops and art galleries is a busy hive of activity during spring training as fans enjoy local Southwestern cuisine and quaint Western shops. Nightlife in the area includes HiFi Kitchen & Cocktails, which specializes in a dozen varieties

WHAT TO DO AT SPRING TRAINING

Obviously you'll want to see some spring training games. Purchase tickets as far in advance as possible at the team sites on mlb.com because many games sell out, particularly on weekends and during school spring breaks.

Also note that most facilities have practice fields where fans can watch players work out, take batting practice, and play warmup games, no tickets needed. Who knows, maybe you'll get a chance to chat and take a selfie with your favorite player or an unknown rookie who just might become a future Hall-of-Famer.

Additional ballpark activities include stadium tours at the Cubs' Sloan Park (\$10) and the kids' whiffle ball field at the Arizona Diamondbacks/Colorado Rockies' Salt River Fields at Talking Stick (open from about an hour and a half before games through the seventh inning). And many parks allow kids to run the bases



The Cactus League Hall of Fame exhibit at the Scottsdale Civic Center Library includes Gaylord Perry's signed jersey.

after Sunday games. Near Sloan Park, the Riverview Park features an expansive playground and splash park to cool kids off on hot days.

Aside from the games, there are a few additional ways to enjoy the fun of spring training:

■ Arizona Spring Training Experience:

This historical organization created the Cactus League Hall of Fame and curates a

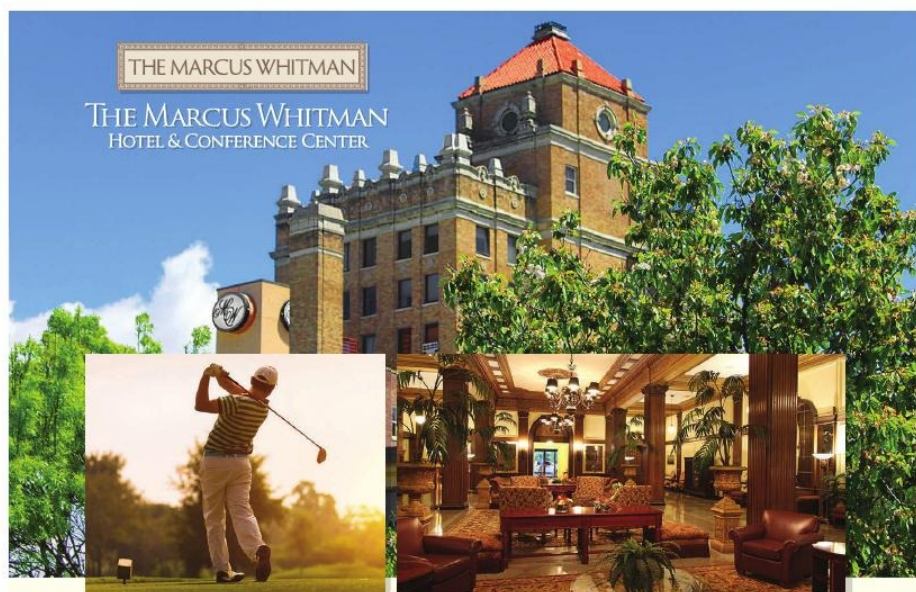
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rotating series of exhibits at the Scottsdale Civic Center Library and at the Tempe Diablo Stadium as well as at Goodyear Ballpark (azspringtraining-experience.com).



EXTRA INNINGS

■ **Batting Practice:** After watching a few games, you might be inspired to hone your own batting swing. The Phoenix area has a wealth of batting cages and other baseball facilities, some run by ex-major leaguers who hold clinics and kids camps, as well. For a good basic token-operated pitching machine, check out Extra Innings in Mesa, where you get 15 pitches for \$1 (extrainnings-eastvalley.com).

■ **Innings Festival:** A three-day music event (March 23–25) at Tempe Beach Park will feature 36 performers on three separate stages, as well as a wide selection of food booths, plus onstage cooking demonstrations by local chefs and guest ballplayers (inningsfestival.com). —B.F.

ies of adult milkshakes.

For baseball fans, spring training offers a chance to see stars up close, watch games on pristine fields and soak up a little of that warm desert sun. However, best of all is the sense of renewal and hope all baseball fans feel. It is the belief that this season just might be the best one yet for their teams. ✕

Bill Fink writes from San Mateo, California.

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ICONIC INDIA

Delhi and Agra provide insight into the country's rich heritage

By Candace Dempsey

» The Rashtrapati Bhavan in New Delhi, one of the grandest palaces ever built, is my cup of Darjeeling tea. I'm enthralled by *Indian Summers*, *The Jewel in the Crown* and other dramas set in the twilight of the British Raj—a ruling system that controlled the Indian subcontinent from 1858 to 1947. Britain created this red-sandstone mansion in 1931 to display wealth and power. Many times larger than the White House, and rising to the sky in layers like a wedding cake, it's now home to India's president. Above the dome, which was inspired by the Sanchi Stupa, the national flag waves over the world's largest democracy.

I begin my stroll to the Rashtrapati Bhavan, or President's House, in the cool of the morning. Local families walk the broad streets, and

young men kick balls across the green lawns. I pass India Gate, a World War I memorial arch, which is as spectacular as Paris' Arc de Triomphe. Women in bright saris, riding three to a motorcycle, smile and wave from the roadway as they pass by. British architect Edwin Lutyens' design raises the jewel-box President's House above tree-lined boulevards, gardens, fountains, and the neighboring Central Secretariat and Parliament House.

One of the world's oldest cities and a survivor of many dynasties, Delhi spans a plain inhabited for 25,000 years. British viceroys moved the capital from Kolkata to Delhi in 1911, calling the area "New Delhi" to distinguish it from Old Delhi, the capital of the deposed Mughal Empire, about 5 miles away from

» The Taj Mahal is a breathtaking landmark, opposite. Changing-of-the-guard ceremonies take place at the Rashtrapati Bhavan, above left. Locals and visitors enjoy the Delhi sights, above right.



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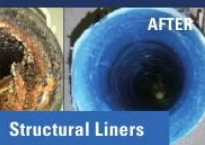


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"Today, Delhi is just Delhi, all one big thing," a resident tells me. Stretching for hundreds of square miles, connected by the Delhi Metro, the metropolitan area could reach 25 million residents by 2020. Home to many multinational corporations, it has nudged out Mumbai to become India's business capital.

Delhi is also a food paradise. Visitors can feast on the delicious tandoori dishes, kebabs and butter chicken. During my stay, I particularly enjoyed a luscious tandoori chicken dinner at the Caraway restaurant at the Grand New Delhi hotel.

Meanwhile, the walled Old City remains a fascinating maze of street stalls, spice markets, Mughal forts, temples and wandering cows. It offers a unique view of India's past.

I'm visiting Delhi after just having completed two delightful weeks on TransIndus-India's heritage tour of Northern India. We explored the foothills of the Himalayas, where British viceroys enjoyed respite from the summer heat. Now, I want to get a sense of Delhi.

I've hired a car and driver through TransIndus, which also organized my tickets, lodging and itinerary for my individual explorations. Free to ramble without worrying about logistics, I keep in mind that everything here is monumental.

Indeed, it took 17 years and 700 million bricks to complete the 340-room President's House. Imagine a 330-acre estate with 550 servants.

"All the staff were male and all wore the headgear denoting their rank, as well as the viceroy's personal badge on their chests," writes Pamela Hicks in her charming memoir, *Daughter of Empire: My Life as a Mountbatten*. Some ran messages and looked after the offices; others did laundry; and Mughals from South India did the cooking. "I was surprised to discover there was a chicken cleaner who did nothing other than prepare chickens for cooking," she writes. History buffs and fans of the BBC series *The Crown* might recall that Hicks' father, India's last viceroy, was Louis Mountbatten, distant cousin of Queen Elizabeth. Hugh Bonneville of *Downton Abbey* plays him in the 2017 film *Viceroy's House*—the dwelling's original name.

Pamela Hicks' favorite visitor was Mahatma Gandhi, the Indian leader who practiced nonviolent protest against Brit-



» From top, *I'timād-ud-Daulah* has intricate tiled interiors. Two women enjoy falooda kulfi, a refreshing dessert. Markets offer an array of colorful spices.

India Gate honors World War I soldiers.



Tips from writer Bharti Kirchner

India-born writer Bharti Kirchner, author of seven novels and four cookbooks, shares two of her favorite places in Delhi.

■ **Bengali Market in Babar Road:** "A cluster of shops carrying Indian food, which includes sweets and savorys of my childhood. Particularly good are *ras malai* (white rounds in sugar syrup) and *chole bhature* (chickpeas with puffy bread). Try fresh red carrot juice. Red—not orange—carrots are more popular in India."

■ **Nirula's at Connaught Place:** "Once an ice cream shop, it's famous for Indian fast food. I enjoy people-watching while I'm drinking tea."

TOP ATTRACTIONS

■ **Chandni Chowk bazaar:** In the heart of Old Delhi, a covered market dating to the 17th century, where visitors can find silk, jewelry and trinkets.

■ **Connaught Place:** Popular shopping and dining center, with traditional restaurants such as Minar Restaurant and innovative terrace bars such as Lord of the Drinks.

■ **Gandhi Smriti:** The last home of famed leader Mahatma Gandhi, where you can walk Gandhi's final steps, represented in red sandstone, and see his statue (shown at right).

■ **Red Fort:** The massive sandstone fort, for which construction began in 1939, now features an evening sound-and-light show that re-creates events in the fort's history.

■ **Qutb Minar:** Soaring Old Delhi tower, more than 230 feet tall. The structure was built in 1199 by India's first Muslim ruler, Qutbu'd-Din Aibak.



Statue of Gandhi at Gandhi Smriti.

ish rule. Known for his sense of humor, he brought a dish of goat cheese curds—a dish unfamiliar at that time to the British palate—which he insisted Lord Mountbatten try. The viceroy did take a bite, Pamela recalls, but only one, and only for diplomacy. Pamela notes that her father was in a peculiar position for a viceroy because Britain, greatly weakened economically by World War II, had sent him to hand over power in 1947. In less than a year, Britain would partition the subcontinent into two nation states: India and Pakistan. Jawaharlal Nehru, another well-liked guest, would become India's first prime minister.

After admiring the grounds, I leave the President's House with one regret: I couldn't go inside the house, because it was closed for the visit of a foreign dignitary that day.

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My next stop is about 4 miles away, and a big step back in time: Humayun's Tomb, the inspiration for the Taj Mahal. Believed to be the subcontinent's first garden tomb, it dates to 1570 and was commissioned for Mughal Emperor Humayun by the first of his six wives. A serene retreat in a crowded city, it does resemble the Taj in its monumental size, white dome and minarets. I stroll through the red sandstone buildings, admiring the Persian-influenced architecture.

After my Delhi explorations, we drive to Agra, which I want to reach before 6 P.M. to see the sun set over the Taj Mahal, one of the New 7 Wonders of the World and a UNESCO World Heritage site. Then I'll get up at 6 A.M. to see the Taj at sunrise. This is a popular way to see two parts of the Golden Triangle, the tourist circuit

that starts in Delhi, goes south to Agra and west to Jaipur.

The road to Agra takes us over flat, dry land. I check into the comfortable Coral Tree Homestay, a blue bungalow just a stroll from the Taj. Guesthouses run by local families are a popular option for visitors seeking immersion in Indian culture. Vandna and Gopal Singh, the cheerful owners, welcome me with a tasty meal of curried vegetables, biryani rice and flat bread, cooked in a tiny kitchen.

Then, I'm off to get a sunset view of the Taj. The great Mughal emperor Shah Jahan commissioned it as a garden tomb



Visitors walk past the Taj Mahal.

for his favorite wife, Mumtaz Mahal, with construction beginning in 1632. By design, the best place to see the sunset over this masterpiece is Mehtab Bagh, a

the hotel Captain Cook

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fragrant garden set up in perfect alignment to view the Taj. Because it's across the narrow Yamuna River from the monument, and since the bridge crossing the river is about 3 miles away, we take the car.

We park under towering trees and stroll white paths through a grassy flood plain dotted with trees. Fragrant white neem blossoms wave gently in the breeze. Tiny thick-billed flowerpeckers and other small birds circle overhead.

There at last is the Taj, shimmering in the twilight. It sparkles from top to bottom, across the silvery river. Softer and lovelier than its photos, this marble shrine was erected by more than 20,000 workers aided by 1,000 elephants. Many see it as an ode to love. Its beauty fills me with an unexpected happiness.

In the Mehtab Bagh garden, I stand with a small group of people on a gravel path. We chat for a bit as the sky starts to darken and the air cools. We can see throngs of tourists, looking like colored dots, lined up on the Taj's ramparts. Two smaller domes flank the sides of the main dome, mimicking its shape.

We fall silent as the Taj's white dome turns pink—and then a darker pink. Suddenly, flocks of birds, which I later find out are called jungle babblers, rise up, squawking, as if at the moon. The sun disappears behind the marble dome.

We linger in the sweet-smelling garden until true darkness begins to descend. By the time I return to The Coral Tree, a sliver of golden moon hangs in a black sky. I sleep restfully and return to the Taj in darkness the next morning, this time on foot. While the shift from dark to light isn't as dramatic without the moonlight, the Taj is breathtaking in the morning mist and delicate light.

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It's thrilling to stroll around the famous rectangular pool and wander through the buildings, admiring the inlaid semiprecious jewels and intricate craftsmanship. The marble walls remind me of bridal lace.

Gradually, the crowds grow bigger, until they fill the gardens. I wait in line to be photographed on the "Diana bench," named for the British princess who posed for an iconic photo beside the pool.

Then it's off to Agra Fort, where Shah Jahan's son imprisoned him for his last eight years. A guard shows us the only window from which the Shah could get a peek of the Taj. Upon his death in 1666, he was buried there next to his wife.

I also tour I'timād-ud-Daulah, known as the "Baby Taj." Built for a Persian nobleman by his daughter, it has a fabulous garden of flowering trees. Inside, the walls are decorated with whimsical tiles with shapes of flowers, wine bottles, vases and other staples of everyday life.

As we drive out of Agra, I'm already thinking about finishing the Golden Triangle on my next trip, with a Jaipur stopover. I'm curious about Mumbai, Kolkata and South India. I want to try Delhi's chickpea fritters and slow-cooked Mughal stews.

Still, I'm content for now. The happiness I felt in the moonlight garden stays with me all the way back to the capital, where I catch a midnight flight for home. ✈

Candace Dempsey is a Seattle-based adventure travel writer.

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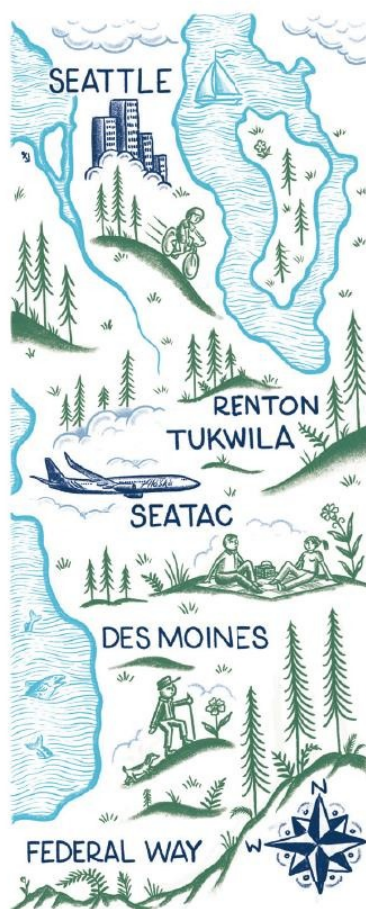


SEATTLE

DISCOVERING THE SOUTHSIDE

Multifaceted area boasts everything from waterfront to greenhouses

By Debra Prinzing



» **The first excursion** my husband, Bruce Brooks, and I took early last year after moving to Des Moines, about 20 miles south of downtown Seattle, was to Saltwater State Park. Located about halfway between Tacoma and Seattle, with more than a quarter mile of Puget Sound shoreline, the park promised a nearby place to hike and picnic—a bonus to our new home’s peek-a-boo water view. We purchased a \$30 annual Discover Pass from Washington State Parks, and Saltwater SP became my perfect joy-inducing lunch break.

The water is a big part of living in the Southside, and perhaps that also appealed to pioneers who arrived in 1851. Today, this region is sometimes called “Seattle’s Backyard,” a term used by the municipalities of Des Moines, SeaTac and Tukwila. Another appellation is “Highline,” a nod to a north-south road that once passed through the area.

While there are various interpretations of what constitutes the Southside, my personal definition extends south to the northern boundary of Federal Way and also encompasses Renton, along the south shore of Lake Washington. It’s a big geographic area that has seen significant growth since the 2010 census, with the population total for Burien,

Des Moines, Kent, Normandy Park, Renton, SeaTac and Tukwila increasing an estimated 22 percent, to more than 365,000 residents. That growth may be due in part to relatively affordable housing; proximity to Seattle-Tacoma International Airport, Boeing and other aerospace/aviation-related businesses (including Alaska Airlines); and a wonderful diversity of cultures and languages (Highline Public Schools serves nearly 19,000 students speaking 95 languages).

It’s easy to get to the Southside on our household’s favorite mode of transportation: Sound Transit’s Link light rail. The Angle Lake Station, which opened about 18 months ago in the city of SeaTac, is the system’s southernmost stop, right after the station for the airport. For \$3 you can jump on a Link train in downtown Seattle and get here with your bicycle or backpack in about 40 minutes (by 2024, Link’s planned southern expansion would add stops in Des Moines and Federal Way). The Angle Lake Station is just a half-mile from Angle Lake Park, which has a swimming area, a playground, a seasonal water-spray park and a quarter-mile-loop nature trail that opened in December.

Another favorite way to reach this region is

HERE&NOW»



» **Saltwater State Park is popular for its breathtaking views and its extensive Puget Sound shoreline.**

via the Sounder train to the renovated Tukwila Station, which now connects—via a new pedestrian/bicycle bridge over the Green River—to Westfield Southcenter, less than 2 miles west. Southcenter’s shops, restaurants, movies and other amenities are a magnet for our family. About a half-mile from the mall, you can also experience indoor skydiving at iFly Seattle.

Even before we moved to the Southside from another Seattle-area neighborhood, I spent many a season as a soccer mom sitting in the bleachers at Tukwila’s Starfire Sports facility. Starfire is home to the Seattle Sounders FC pro-soccer team, whose training sessions are often open to the public. And beginning this year, Starfire will also be home to the Seattle Seawolves, part of Major League Rugby, American rugby’s new professional league. The Seawolves open the season on April 22, hosting the San Diego Legion.

I work in gardening and floristry, so I frequent Southside botanical resources whenever possible. One of my favorite spots is Highline SeaTac Botanical Garden in SeaTac, a quiet oasis just north of the hustle and bustle of Sea-Tac Airport. I’m looking forward to the King County Iris Society’s annual garden of irises—visit late April to early June to see the

Some Southside Favorites

■ **Asadero** (asaderoprime.com): Asadero, in Kent, is a culinary gem with a menu influenced by recipes (such as in the dish shown at right) from Mexico’s Sinaloa region that rely on high-heat ovens and mesquite wood to impart incredible flavor.



■ **B&E Meats and Seafood** (bnemeats.com): Opened in 1958 in Burien, B&E now has four locations, including the one I frequent on Marine View Drive South in Des Moines. This old-fashioned butcher and fish shop is a top destination for Southside foodies.

■ **Highline Heritage Museum** (highlinehistory.org): With a projected late-May opening, the 7,000-square-foot museum in Burien will spotlight Southside history via exhibits from a collection of more than 100,000 items.



■ **Marine Science and Technology Center** (mast.highline.edu): Highline College’s marine biology and aquarium facility, located at Redondo Beach in Des Moines, spotlights 250-plus Puget Sound marine species (a gray whale skeleton is shown above right), with public access twice weekly in summer and once a week the rest of the year.

■ **Paper Delights** (paperdelights.com): This is a great Burien spot (shown right) for creatives, crafters and stationery connoisseurs. I recently channeled my inner calligrapher at a workshop taught by co-owner Alicia Olsen.



■ **Salty’s at Redondo Beach** (saltys.com): My pick for the best happy hour. Go early for a window or waterfront table. I love the \$6 wine, paired with \$7 coconut prawns; enjoying the water view (right); and watching seals and beachcombers.



■ **SoCoCulture** (sococulture.org): This is a portal to 70-plus arts and heritage organizations in South King County. —D.P.

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most blooms. The botanical garden also contains the Seike Japanese Garden, with peaceful walkways, bridges, reflecting ponds, and mature pines and Japanese maples.

In Burien, we're drawn to the pedestrian experience in and near the downtown area. I love to browse new and used titles at Page 2 Books, savor the amazing baked goods at Grand Central Bakery and Bakery Nouveau, pick up delicious prepared entrees at Maven Mercantile, enjoy dinner at Frankie's B-Town Bistro, and grab tickets to a live show at Burien Actors Theatre.

In Des Moines, my frequent mini-escape as a shopper is Zenith Holland Nursery, established in 1907 and believed to be the oldest continually operating business in Des Moines (this part of south Des Moines began to be called "Zenith" in the early 1900s). The best way to enjoy Zenith Holland Nursery is to meander through the many greenhouses, where you can peruse tables covered in verdant annuals, ferns and flowering plants, including spring-blooming hellebores, heathers and *Daphne odora*. Blooms and vines cascade from bountiful hanging baskets overhead.



Spring-blooming
hellebores.

The earthy scent of potting soil lifts my spirits, and I always leave with a flat of colorful pansies or primroses, ready to tuck into the garden I'm creating in my new Southside backyard. ✈

Debra Prinzing is the author of numerous books on gardening and floral topics, including *The 50 Mile Bouquet*.

MOISTURE FESTIVAL

By Michele Andrus Dill

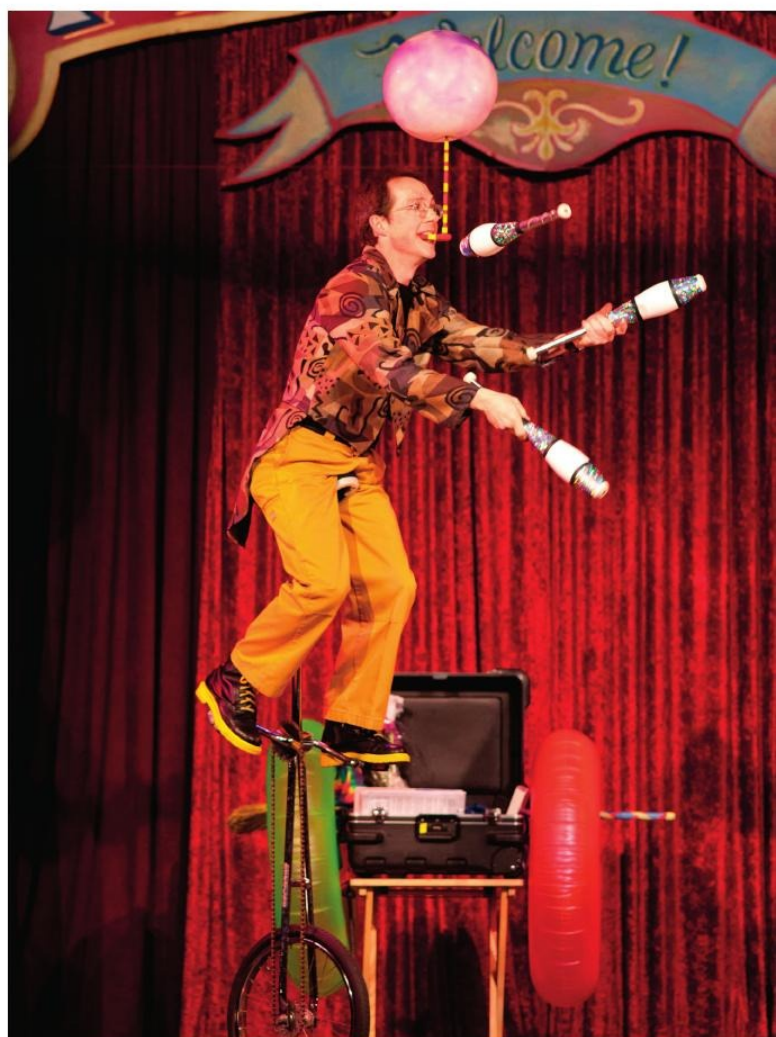
» **Watch a juggler** display his astounding skills; see an acrobatic-archery superstar in action; and listen to an award-winning blues and boogie-woogie pianist at the 15th-anniversary Moisture Festival, March 15–April 8.

Taking place primarily at Hale’s Palladium—a Hale’s Brewery warehouse transformed into a theater, and located between the Fremont and Ballard neighborhoods—the festival seeks to encourage creativity and to enrich the community by showcasing the art of live comedy and variety performances. Each act—some wonderful, some weird—performs for three to 15 minutes in a variety-show format.

Featuring more than 100 acts, the festival is billed as the world’s largest comedy/variété festival. The “variété” part of the name reflects the intriguing assortment of entertainment, according to the festival. Taking the stage will be performers ranging from clowns, cabaret singers and comedians to aerialists, dancers and magicians. These artists come from across the globe to participate in the festival, and many are internationally acclaimed. For instance, Rhys Thomas, far right, and Brittany Walsh, right, have both performed across the globe.

Attendees of all ages are invited to most shows at Hale’s Palladium, although late-night shows are for those 18 and older.

For more information, go to moisturefestival.org. ✈



GO TO

Port Townsend

» **This charming seaport city**—located northwest of Seattle, at an Olympic Peninsula site named by British Captain George Vancouver in 1792—grew out of an 1851 settlement. The town celebrates its maritime history and Victorian architecture during the Victorian Heritage Festival, March 24–25. See late-1800s artifacts; enjoy high tea; view steam launches (long, narrow passenger boats powered by steam), antique bicycles and Civil War-era naval equipment; and take walking tours of the city. The area is also popular for hiking, cycling, kayaking and seasonal whale watching, and for 433-acre Fort Worden Historical State Park (2018.vicfest.org and enjoypt.com).





PLAYING IN THE MUD

Relive fond childhood memories of fun in the mud, and/or make some new ones by tackling a mud run this year. Below are a few of the many Puget Sound-area options:

Metro Parks Tacoma

Mud Run, March 24, Swan Creek Park: Family-friendly

2-mile course (shown above) with more than 16 obstacles (metroparkstacoma.org/mud-run).

Seattle Super and Sprint Presented by Snohomish County

April 14–15, Meadow Wood Equestrian Center: Divisions and distances for varying experience levels and ages, including a kids race;

additional event, Sept. 8–9 (spartan.com).

Mud Factor, Aug. 11, DirtFish Rally School, Snoqualmie: 5K, with at least 12 obstacles expected; 3K families-with-younger-kids option (mudfactor.com).

Warrior Dash, Sept. 22, Carnation Farms, Carnation: 5K with 12 obstacles, and a mini-course area for kids (warriordash.com).

Tough Mudder, Sept. 22–23, Palmer Coking Coal Co., Black Diamond: 10 miles, with 20-plus obstacles; also 5-mile and 3-mile options, and a 1-mile Mini Mudder for kids (toughmudder.com). ✈



GORGEOUS GARDENS

» As Puget Sound-area residents look forward to the arrival of spring, our thoughts turn to the lovely flowers and other flora that will soon brighten our days. Below is a small-bouquet-size sampling of gorgeous gardens where locals and visitors can enjoy blossoms of beauty and other pleasant plants this spring and summer.

Bellevue Botanical Garden (bellevuebotanical.org): Visit more than a dozen themed areas, such as the Fuchsia Garden, Rhododendron Glen, Waterwise Garden, Dahlia Display, Yao Garden, and Ravine Experience. The garden celebrated its 25th anniversary last year.



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Dunn Gardens (dunngardens.org): Designed by the Olmsted firm in 1915, the gardens (shown at left) showcase more than 400 different species. In early spring, look for plants such as western wild ginger, beauty-berry, Tommasini's crocus, pink fawn lily, star magnolia, early purple trillium and wake robin. The garden is available for public visits and tours on various dates.

University of Washington Medicinal Herb Garden (uwmedicinalherbgarden.org): Planted in 1911, the garden is open to the public and has approximately 1,000 world species, from mooseberry and jack pine to goji berry and Siberian ginseng. Also on the UW campus, at the Burke Museum, is the **Erna Gunther Ethnobotanical Garden**



(burkemuseum.org), planted in 1984, with about 50 species that have significance for Native Americans in the Pacific Northwest.

Volunteer Park Conservatory (volunteerparkconservatory.org): The conservatory cultivates tropical and sub-tropical plants, such as orchids and gingers, in a 1912, 6,800-square-foot Victorian-style greenhouse, with more than 3,400 panes of glass. Visitors can explore the conservatory's five "display houses": the Palm House, the Fern House, the Bromeliad House, the Seasonal House and the Cactus House.

Woodland Park Rose Garden (zoo.org/roses): Nearly 3,000 rose bushes, representing more than 200 varieties—from Amber Queen to Wild Blue Yonder—bloom May through August at this garden first planted in 1924. ✂

TAKE TIME FOR TULIPS

For one of the most spectacular spring displays, the 35th-annual Skagit Valley Tulip Festival (tulipfestival.org), April 1-30, celebrates the millions of tulips growing in fields in northwestern Washington, and attracts visitors from more than 90 countries. The tulips bloom on their own schedule, so always check current conditions, but if the timing is right, you can take a driving tour to see glorious flowers in colors ranging from red to yellow.



FROM FAR LEFT: RUSS CARMACK / COURTESY METRO PARKS TACOMA; COURTESY DUNN GARDENS; SHUTTERSTOCK.COM (2)

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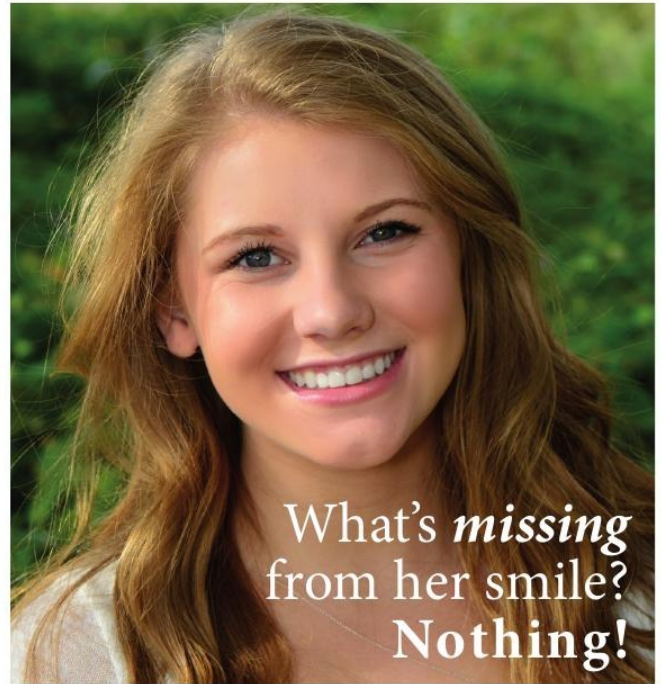
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"Dr. Keller changed my life!"

- Jordan

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SEATTLE

CALENDAR

■ **Pacific Northwest Ballet** will be staging a **world-premiere** ballet, choreographed by company soloist Ezra Thomson, as part of the "Director's Choice" program, March 16–25. Set to music by French composer Francis Poulenc, the new work is a story of love, loss and memories, and will feature 16 company dancers, accompanied by the PNB Orchestra (pnb.org).

■ Seattle-area actress, director, choreographer and teaching artist Faith Bennett Russell will direct



Crowns, March 21–April 28 at **Taproot Theatre**. The production features gospel music and storytelling as it portrays the unique and diverse ways people express themselves (taproottheatre.org).

■ The **Seattle Mariners** play their first home game of the season March 29 against the Cleveland Indians. Players to watch include new center fielder Dee Gordon, known for his speed. Alaska Airlines is a sponsor of the Mariners (mariners.com).

■ Enjoy anime films, cultural panels, cosplay, dances, performances by musical guests, and more during **Sakura-Con**, presented by the nonprofit Asia Northwest Cultural Education Association. The event, which draws thousands of attendees, takes place March 30–April 1 at the Washington State Convention Center (sakuracon.org).

FROM LEFT: MARLETTE BUCHANAN, VINCENT 'VJ' ORDUÑA & BETHANIE WILLIS. PHOTO BY JOHN ULMAN. COURTESY TAPROOT THEATRE

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South Willamette Valley has the added benefit of diverse landscapes, including rich terroir, volcanic rocks and silty-clay loam. This productive combination of all three adds up to an amazing discovery of Oregon's bounty.

Today, Oregon wineries range from large producers to intimate, artisanal winemakers. Visitors often discover the individual pouring tastes behind the counter is the winemaker, owner, vineyard operator; sometimes even all three! Eugene is a perfect starting point to embark on a relaxing day trip through the vines this year.

Take a beautiful 20-minute drive along Territorial Highway (known as the Territorial Wine Trail) just southwest of Eugene, to visit Iris Vineyards. Nestled in the hills of Lorane, Iris offers wines which pair so well with sweeping views of the vines, forests and foothills.

Then, drive north along the Territorial Wine Trail. Choose among the many wineries along the route, including the intimate setting of Brigadoon Wine Company. This winery is also a producer of high quality Oregon-grown rootstock, aiding wineries throughout the state in taking root.

Head back into Eugene to explore the urban wine scene. Visit Territorial Vineyards & Wine Company to discover a winery in the popular Whiteaker neighborhood. This winery brings in grapes from their vineyards near the Territorial Highway, to craft their wine on-site, right in town.

TRIP TIPS

- **Need more culinary tips?** Discover 21 wineries, restaurant pairings and earn great prizes with the Pinot Bingo wine exploration game. PinotBingo.org
- **Visit nearby Fern Ridge Reservoir** for prime birding throughout the year, to pair wings with wine.
- **Pick up lunch and take home stone-milled flours** produced from local grains at Camas Country Mill Store and Bakery.
- **Oregon Wine Flies Free!** Alaska Airlines Mileage Plan™ members may check a case of wine free on any domestic Eugene flight. oregonwine.org/oregon-wines-fly-free
- **For maps and information** to plan your trip or for directions to the Eugene, Cascades & Coast Visitor Center, call 541.484.5307 or go to Eugene-CascadesCoast.org/Plan.

PORTLAND'S PEARL

The neighborhood is enjoying a sparkling rebirth

By Drew Tyson

» **When I first visited** legendary Powell's City of Books in 2006, I got lost among the rows—literally.

I was so spun around from exploring the block-long store's dazzling collection of more than 1 million books—which is divided into 3,500 color-coded sections—that I couldn't find my way back to where I had entered the establishment.

It's easy to see why Powell's is considered one of the world's largest and greatest bookstores. You will agree, after finding yourself sitting upstairs in a section devoted to foreign travel with a book you've never heard of but is exactly what you've been looking for.

Powell's City of Books opened in its current location in 1981 and took time to grow into its current design, with major renovations in 1999 and a refreshed facade and some work on its iconic marquee in 2014.

It has become an anchor in the Pearl District's renaissance. Today, the area is one of Portland's most desirable neighborhoods and the quintessential example of stylish urban living. Located north of downtown, the triangular-shaped neighborhood is bordered by West Burnside Street to the south, Interstate 405 to the west, Old Town Chinatown to the east and the Willamette River to the north.

The area offers stunning condominium towers, exciting bars and restaurants, and a Whole Foods Market.

The neighborhood's many fine-dining options include Andina Restaurant. Founded in 2003, the Peruvian establishment offers a novel, yet approachable take on Peruvian cuisine, and was one of the first Portland dining spots to attract the national spotlight. Playful dishes such as quinoa "risotto" predate the superfood trend and pair well with meats such as lamb.

Another restaurant of note is the Pearl's Bluehour, which was opened in 2001 by restaurateur Bruce Carey. Known for its tall ceilings and formal pressed white tablecloths, Bluehour has delightful happy hours and a focus on seasonal ingredients that have made it a popular neighborhood mainstay. Other outstanding options include the recently opened Tanner Creek Tavern, which takes its name from a creek that still runs under the Pearl District and was once used by a former neighborhood tannery. There is also the Pearl Tavern, a sports bar part-owned by Joey Harrington, the former Oregon Duck and NFL quarterback.

And Piazza Italia is a cozy restaurant and soccer bar that is known to be a popular spot with Portland Timbers players. The restaurant is also famous for having soccer jerseys hanging from its ceiling.

As the Pearl continues to develop, it's easy to forget that 30 years ago, the area was a fading industrial and transportation center that was known for its empty lots, warehouses, bars and diners.

It wasn't until the 1970s that artists were drawn to the area because



» **From top:** Powell's City of Books is considered one of the world's great bookstores. Andina Restaurant, above, is known for innovative and delicious dishes such as Escabeche de Pollo, right.





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of its low rents. Famous film director Gus Van Sant lived in the neighborhood at one point and featured it in his breakout movie, *Drugstore Cowboy*. By the mid-1980s it had become a leading neighborhood for art galleries, including the still-thriving Blackfish Gallery.

Over time, the Pearl's popularity as a home for artists and other creative types continued to grow, and the area began to redevelop. One of the most impressive refurbishing projects was the First Regiment Armory Annex. The building was originally constructed in 1891 and included a large space for meetings, but it had fallen into disrepair. It was renovated in 2006 into an impressive theater space, with a cafe and bar for theatergoers.

The facility was one of the world's first historical renovations of a performing-arts venue to achieve Platinum LEED certification. Today, the building is home to the Portland Center Stage at The Armory, Portland's largest theater company, known for producing world premieres, contemporary works, classical plays and musicals.

In the 1990s, more developers began to take notice of the historical area. Leading the way was Hoyt Street Properties, which embarked on a \$600 million urban development project on the 34-acre site that was formerly a Burlington Northern rail yard.

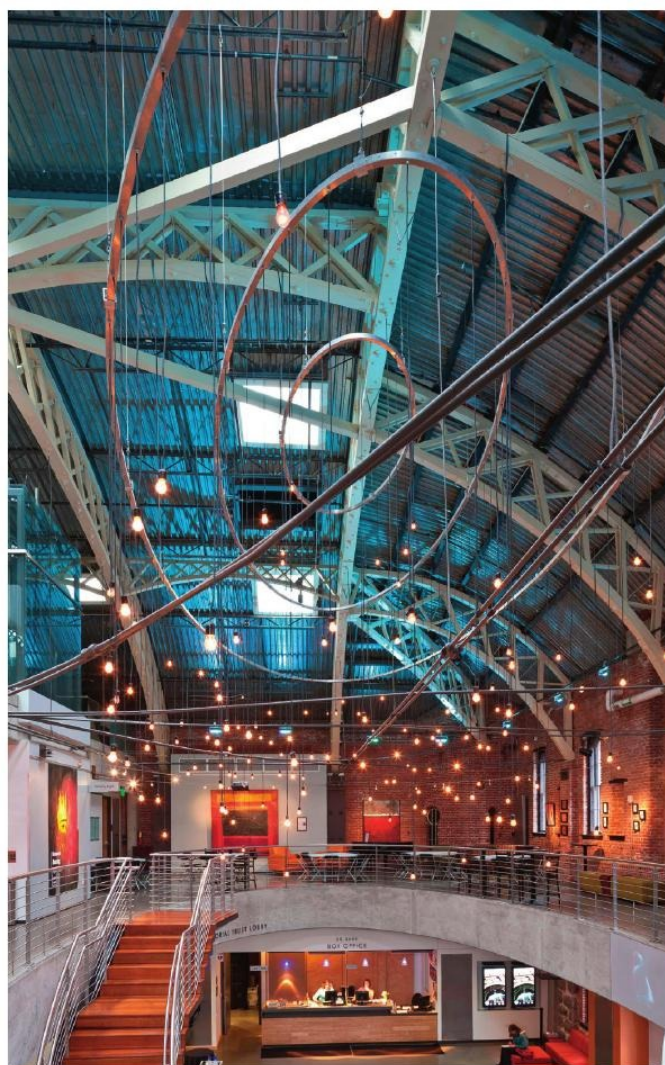
Now, a dozen high-rise towers stand at the site near the Willamette River and more are planned. Other district projects have included the creation of Jamison Square Park. With its wading pool and waterfall, Jamison Square attracts families from the neighborhood and from across the Portland area to get wet in the fountains during the summer months.

Another draw is the Pearl's collection of craft breweries. Bridgeport Brewing, Deschutes Brewery and Rogue Ales all have major brewpubs in the neighborhood. They have been among the city's first locations to spur brewery tourism. Although other taverns have come and gone, the big three remain among the Pearl's most popular destinations. And 10 Barrel Brewing, which, in 2015, opened a brewpub in the Pearl with a large rooftop deck, has also gained a large following.

From the Pearl's transportation and manufacturing beginnings to its evolution as an artist center and now one of the city's hottest residential neighborhoods, the district is a blend of historical Portland and stylish new developments. Here, you'll find condominium towers that are close to high-end shopping, entertainment, restaurants, schools and parks. The Pearl has become a thriving urban center.

And it's still fun getting lost in Powell's from time to time. ✈

» **Clockwise from top: Portland Center Stage at The Armory, Jamison Square Park, and Deschutes Brewery and Public House are popular locations in the city's Pearl District.**





» HERE & NOW PORTLAND

PORTLAND'S PINBALL WIZARDS

The City of Roses is helping to lead a pinball revival

By Alex Pulaski

» Like the three dozen other competitors wedged tightly into a side room at Portland's C Bar, Colin Urban stares intently at a steel ball, his face a mask of fierce concentration.

Urban is one of the world's 100 top-ranked pinball players, giving him a certain celebrity

status, both in this low-key December tournament and in this pinball-happy city. Portland ranks No. 1 on the national pinball map—there actually is one, at pinballmap.com. It shows that Portland leads the other cities on the map, with 752 publicly accessible machines at 312 locations.

As Urban's eyes track the ball through a rapid succession of angled turns, chutes, collisions and loops, a woman sitting nearby glances up occasionally from her phone to

WHERE TO PLAY PINBALL IN PORTLAND:

- **C Bar**, 2880 Gladstone St., 15 machines.
- **Ground Kontrol**, 115 NW Fifth Ave., 27 machines.
- **QuarterWorld Arcade**, 4811 SE Hawthorne Blvd., 34 machines.

assess his progress. She freely admits that pinball doesn't offer much as a spectator sport, but she has at least three reasons to be here: She likes pinball. Urban needs a driver. And she's his mother.

At 15, Urban is the only player in the room too young to legally drive on his own. He is also living proof of pinball's resurgence—not just in Portland, but across the country.

For decades, pinball machines reigned triumphant in the gaming universe. Then, beginning in the 1970s, video games became pervasive in arcades, living rooms and now on our smartphones.

Despite all the gaming changes that have taken place, pinball remains pretty much the same. Players still rack up points by directing steel balls through an obstacle-laden play field, using button-controlled flippers to aim.

British rockers The Who captured the game's appeal with their 1969 rock opera

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» HERE & NOW PORTLAND

about a pinball wizard named Tommy.

Portland resident Greg Dunlap, 49, personally experienced pinball's decline. Growing up in Chicago during the video-game boom, he became a fan of pinball in his mid-20s just as the machines were slowly disappearing. One game, *Twilight Zone*, became his particular obsession. It was themed after the TV series created by Rod Serling.

Over the past decade or so, pinball machines have mounted a small, but determined comeback, much like stereo turntables and vinyl records. At the national level, pinball tournament play has soared by roughly a hundredfold during the past 11 years, according to the International Flipper Pinball Association (IFPA). In 2006, 500 players took part in 50 competitions worldwide; in 2017, more than 55,000 people played in nearly 4,500 tournaments.

Although men are the majority of tournament participants, the IFPA reports that Portland resident Zoe Vrabel is the world's third-highest-ranked female player.

Vrabel says women are making inroads and gaining acceptance, in part through the Belles & Chimes women's pinball leagues across the country, including in Portland.

Top players say the skills required to win tournaments are an understanding of physics and geometry, quick reflexes and an encyclopedic knowledge of the various rule sets for each game. In other words, knowing exactly where to send the ball to score the most points.

At this year's Oregon State Championship, held January 20, Urban took the crown, with Vrabel finishing third, and Dunlap tying for ninth.

"If you want to be good, it takes a lot of studying the game rules, and, of course, playing time," Urban says. "But when you find yourself in that moment, and you are making every shot, and not even thinking, just cruising, that is a great feeling to have." ✈

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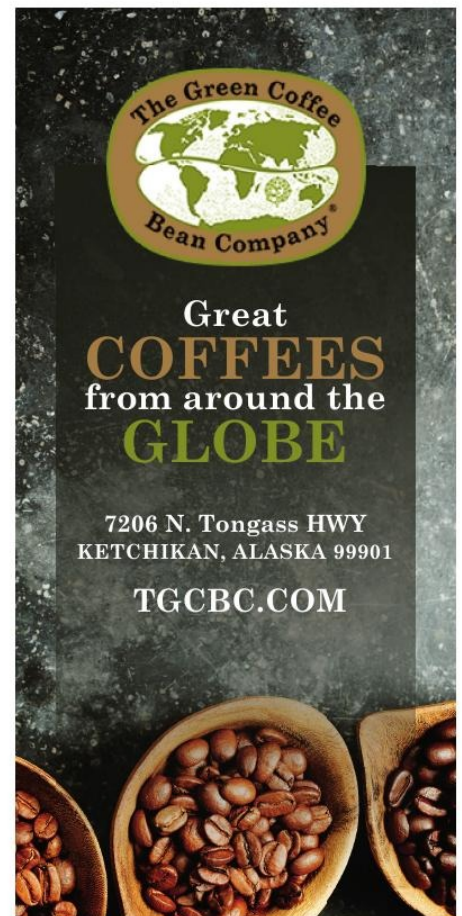
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Coach Wayne Morgan, top right, talks strategy with his team during a tournament in Anchorage.

FROM LONG DISTANCE

Travel brings Alaska high school basketball team together

Story and photos
by Marc Lester

» In the moments before their season tips off, the Aniak Jr. Sr. High School girls basketball team forms a circle in an Anchorage classroom.

"We're very lucky to be here, playing in a large-school tournament," says coach Wayne Morgan. A day earlier, the team had flown more than 300 miles from Aniak, a community of about 520 on the Kuskokwim River in Southwest Alaska, to play in December's Grace Grizzly Basketball Classic tournament.

Now, the coach wants his players' minds on the task. Aniak, the tournament's only 1A team—the sports division for Alaska's smallest schools—is opening its season against Grace Christian School of Anchorage in the first game of a three-day, three-game event. While Grace Christian has a high school student body of 182, a small school by Anchorage norms, Aniak has fewer than 30 high school students. The team dresses just eight players instead of the typical 12, and one player is an eighth-grader.

But Morgan, who has been coaching in Aniak for more than 20 years, relishes this sort of opportunity. "Being from the bush, we have to fly everywhere we

go," he says. "But we look for competition."

In front of a dry-erase board, Morgan discusses defense and hustle. The girls don't need much of a pep talk, though; they're already fired up. Six players were on last season's team and remember the sting of finishing a couple wins shy of the state title game the previous March.

When the team comes together before heading to the court, each player puts a hand in the middle. Morgan then gives one last instruction, a slight change to an age-old sports ritual. He asks them to ball their hands into fists. "We're going to fight until the end of the season," Morgan says.

In so many communities in the largest U.S. state, basketball is a deep-seated tradition—the dribble of the ball like a town heartbeat on winter weekends. In Aniak, basketball draws people of all ages to nightly open-gym sessions in the darkest months and to late-night outdoor pickup games under the summer's midnight sun. When the high school plays a home game, the whole town watches, and cheering fans, some pounding drums, pack the gymnasium's



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» Left, Emma Morgan shows hustle by scrambling for a loose ball. Right, Shauna Koonuk (22) leads a fast break ahead of Alyssa Morgan (20), Shannon Alexie (21) and Grace Christian's Jenna Markel (5).

bleachers. Senior guard Shauna Koonuk calls it an “ingrained” part of life in her hometown.

For the players, a big part of rural high school basketball in Alaska is traveling. During the course of the season, which spans from December into March, Aniak’s schedule involves about a half-dozen plane trips and overnight stays, sometimes on gym floors in other villages. In addition to seeing new places and meeting new people, the trips bring the team closer together, almost like a second family—though much of the team is already related.

Morgan says this bond means he can help develop his players as people as well as athletes, molding them into good citizens and ambassadors for their village. “It’s teaching them discipline, teaching them respect, how to lose and how to handle that.”

For instance, basketball has helped give Pearl Morgan, a senior guard, the confidence to look at going away to college, while also furthering her connection to her hometown. Her dream is to be a health aide in Aniak.

Pearl Morgan says Aniak pride was on display at last season’s state championship tournament in the Alaska Airlines Center on the University of Alaska Anchorage campus. Dozens of Aniak residents made the trip, and during every Aniak game, the fans clapped and whistled, making themselves heard.

The tournament, called March Madness Alaska, is a wild ride. In it, the state’s best 80 teams, boys and girls, participate in eight- and 16-team tournaments over two weeks to determine state champions in four divisions. Isaiah Vreeman, associate director of the

Alaska School Activities Association, notes that’s 118 games. The 1A and 2A tournaments are March 14–17 this year, followed by the 3A and 4A tournaments, March 22–24.

Teams travel from island villages in Alaska’s Southeast, from the farthest Arctic reaches and from the state’s bigger population centers. Many families make the trip, too, to share in the cheers, and sometimes tears, in an electric environment.

Getting back to March Madness for the third-straight season is an achievable goal, says Pearl Morgan. Asked what it would be like to win the 1A title, something that hasn’t happened for the Aniak girls since 1999, a smile spreads across her face.

“That would be ...” She trails off. “I don’t even know. I can’t explain how that would be.”

The first steps on the long path to a state title are slow on this December night, but by halftime, Koonuk is finding the net with her jump shot, and junior Kayla Morgan is providing solid low-post play. Aniak is businesslike as it closes out a win, almost as if the outcome is expected: Aniak 42, Grace Christian 38.

“Everybody always doubts us,” Kayla Morgan says after the game. As of mid-February, Aniak was 12-4.

Grace Christian coach Karen Tollefson is complimentary in defeat, calling the Aniak team “scrappers.” She says it’s good for her team to play this visiting squad, which has its sights on bigger goals. “They’re a unit, so they’re in it together,” she says. “It’s beautiful.” ✕

Marc Lester lives in Anchorage.

March Madness Alaska at a glance

Over two weekends, 80 high school basketball teams, boys and girls, play 118 games to determine state champions in four classifications.

• **When:** March 14–17—1A and 2A (smaller schools); March 22–24—3A and 4A (larger schools).

• **Where:** Alaska Airlines Center on the University of Alaska Anchorage campus. For more, visit asaa.org/activities/basketball.

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Flyer guide

Your overview of the Alaska experience.

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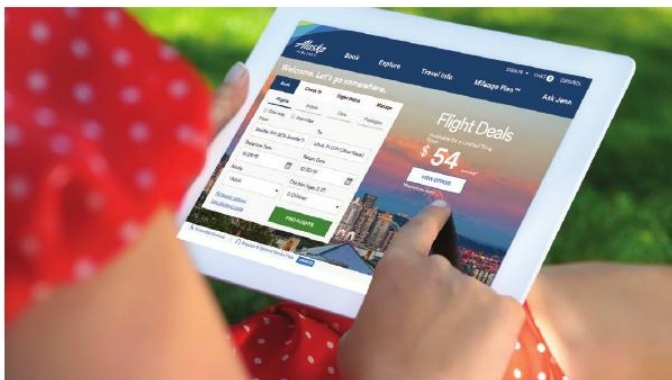


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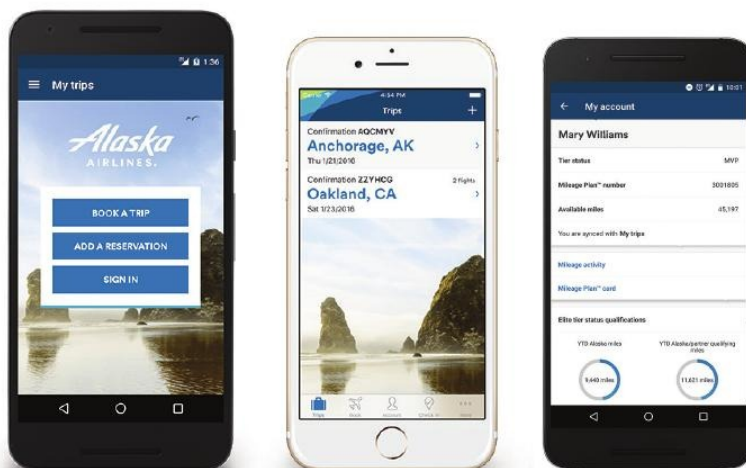


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- Access Mileage Plan information
- Pre-reserve meals

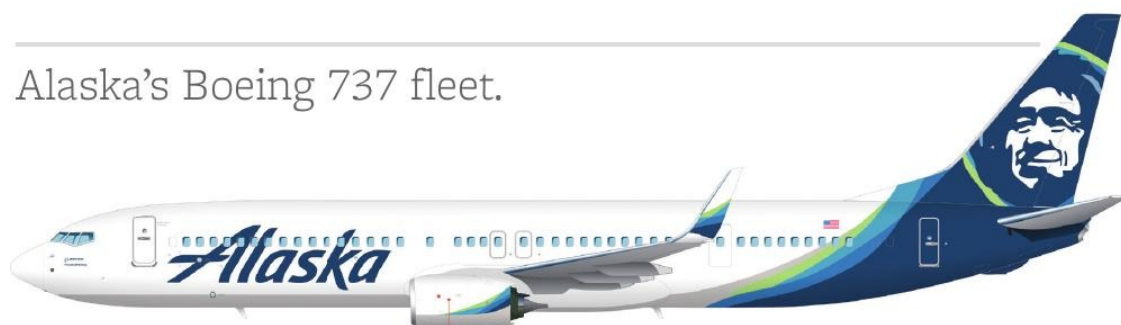


The Alaska Lounge is your sanctuary.



Lounge members enjoy access to our six lounges in Seattle, Portland, Los Angeles and Anchorage, and more than 60 affiliated lounges worldwide. Warm pancakes at breakfast, and soups, salads and snacks are available throughout the day, plus a fully stocked bar and Starbucks® coffee. Get more details at alaskaair.com/lounge.

Alaska's Boeing 737 fleet.



You'll find Boeing's new Space Bins, offering 48% more stowage space, on our 737-900ER aircraft.

B737-900/900ER

Number in fleet: 79
Range: up to 2,720 miles
Seats: 178

B737-800

Number in fleet: 61
Range: 2,920 miles
Seats: 159

B737-700

Number in fleet: 11
Range: 2,985 miles
Seats: 124

B737-700F (freighter)

Number in fleet: 3
Range: 2,985 miles
Capacity: 9-10 cargo containers

Alaska's regional fleet.



Bombardier Q400

Number in fleet: 49
Range: 1,114 miles
Seats: 76
Operated by Horizon Air



Embraer E175

Number in fleet: 35
Range: 2,150 miles
Seats: 76
Operated by Horizon Air and SkyWest Airlines

Virgin America's fleet.



Airbus A319

Number in fleet: 10
Range: 2,986 miles
Seats: 119
Operated by Virgin America

Airbus A320

Number in fleet: 53
Range: 2,855 miles
Seats: 146-149
Operated by Virgin America

Airbus A321neo

Number in fleet: 5
Range: 3,072 miles
Seats: 185
Operated by Virgin America

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Enjoy the journey.

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What can you expect aboard an Alaska Airlines flight? You'll find a variety of comfortable seating choices and a tasty selection of food and drinks. We have power outlets to keep you charged, Wi-Fi to keep you connected, and entertainment options to captivate you. And as always, our warm, friendly flight crew is ready to help you however they can.



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Choose First Class for spacious seating, plentiful food and beverage choices, and our dedicated flight attendants.

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Enjoy our Main Cabin seats with a complimentary snack and beverages.

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- ✓ Over 200 free movies and TV shows on Alaska Beyond Entertainment
- ✓ Tom Douglas-inspired meals for purchase
- ✓ Award-winning service

Enjoy a drink

Refreshing selections, for free or for purchase.

COMPLIMENTARY BEVERAGES



Sodas

Coca-Cola
Coke Zero
Diet Coke
Sprite
Sprite Zero
Seagram's Ginger Ale
Seagram's Seltzer
Seagram's Tonic



Coffee

Proudly serving Starbucks®
Pike Place® Roast

Other

Bottled Water
Orange Juice
Tomato Juice
Cranberry Juice
Apple Juice
Our special blend of Passion, Orange and Guava
(on flights to Hawai'i)
Bloody Mary Mix
Tazo® Awake® black tea
Tazo® Sweet Orange hot herbal tea (caffeine-free)

The menu card
in your seatback
pocket displays
all our food and
beverage options.

PREMIUM WINE

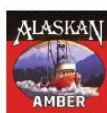


Canoe Ridge \$7
Exploration
Red Blend

Canoe Ridge \$7
Exploration
Sauvignon Blanc

La Marca \$8
Prosecco

All prices in U.S. dollars.



BEER

Premium Beer \$7
Alaskan Amber
Alaskan Icy Bay IPA
Kona Longboard Island
Lager (to/from Hawai'i)
Modelo Especial (to/from Mexico)
Imperial (to/from Costa Rica)

Domestic Beer \$6
Miller Lite
Budweiser

LIQUOR

Spirits \$7
Woodford Reserve
Bourbon
Crater Lake Hazelnut
Espresso Vodka
Sauza Tequila
Dewar's White Label Scotch
Jack Daniel's Black Label
Crown Royal
Baileys Irish Cream

NEW!

Tito's Handmade Vodka
Cruzan Aged Rum
Tanqueray London Dry Gin



First Class Wines

Featured wines this month.



Chateau Ste. Michelle
Mimi Chardonnay

Washington, Horse Heaven

With a lightly oaked, elegant style, the wine offers apple and pear fruit character with bright natural acidity.



Chateau Ste. Michelle
Indian Wells Red Blend

Washington, Columbia Valley

This wine reflects the rich, round powerful style of Washington fruit, highlighting seven varietals.

Beverage service may vary due to time of day and flight-segment time limitations. Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. Government warning: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

Movies, TV, Wi-Fi and more.

The choice is yours.

Get Started:

The “Movies & Wi-Fi” card in your seatback pocket has instructions on how to watch.

Kick back with over 200 free movies and TV shows.

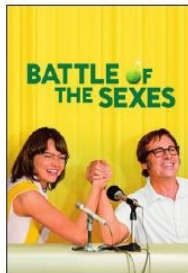
Nearly every flight offers Alaska Beyond Entertainment, our streaming entertainment system that features hit movies and episodes from your favorite TV networks—like HGTV and Food Network—as well as new discoveries, including new musicians on Seattle’s independent record label, Sub Pop.



HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:

Download the app:

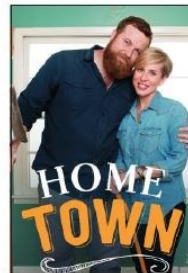
You’ll need the Gogo Entertainment App to watch movies. Get it now at loadplayer.com.



Battle of the Sexes



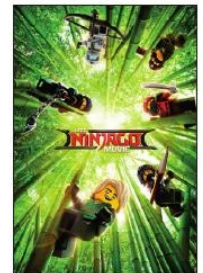
Goodbye Christopher Robin



Home Town



Kingsman: The Golden Circle



The Lego Ninjago Movie

HERE’S A PEAK AT THE MOVIES RECENTLY ADDED TO OUR ALASKA BEYOND ENTERTAINMENT LINEUP:

- Battle of the Sexes
- Goodbye Christopher Robin
- Kingsman: The Golden Circle
- The Lego Ninjago Movie
- Frozen
- Valentine’s Day
- The Notebook
- Crazy, Stupid, Love.
- Never Been Kissed
- Walk the Line
- One Fine Day
- Something Borrowed
- The Great Gatsby
- Water for Elephants
- Zootopia
- Finding Dory
- Wonder Woman
- Captain Underpants: The First Epic Movie
- Batman and Harley Quinn
- Toy Story 2
- War for the Planet of the Apes
- Big Trouble in Little China
- Johnny Dangerously
- Risky Business
- Caddyshack
- Gremlins
- Working Girl
- 9 to 5
- Aliens

For a complete movie/TV program listing, go to AlaskaWiFi.com while inflight.



Like our tunes?

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

Artist	Song
Gabrielle Aplin	<i>Waking Up Slow</i>
WILD	<i>Hold Us Together</i>
Twinsmith	<i>Matters</i>
Andrew Bird	<i>Capsized</i>
Father John Misty	<i>Total Entertainment Forever</i>
Andrew Combs	<i>Rose Colored Blues</i>
David Gray	<i>Hole in the Weather</i>
Diego Garcia	<i>Sunnier Days</i>
Anderson .Paak	<i>Parking Lot</i>

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

Loma
Loma



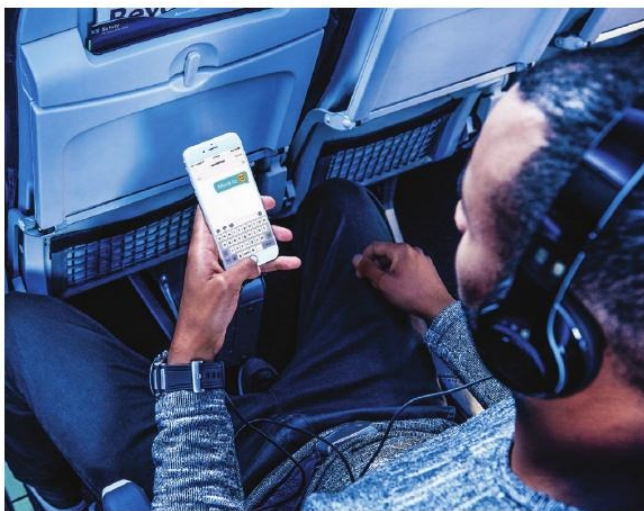
Loma’s enigmatic debut feels beautifully adrift in time and space. It’s an album that takes you to a place you’ve never been, with a rare confidence in the strength of its own vision.

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

- Free Chat is designed for text-based messages only. Photos, video and SMS are not supported.
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Inflight, go to AlaskaWiFi.com to get started.



Go online.

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

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

TIPS FOR MAKING THE MOST OF INFLIGHT WI-FI:

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

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

Rent one of our premium entertainment tablets.

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

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



NEW MOVIES ON THE TABLET:



Coco



Darkest Hour



Justice League



The Shape of Water



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Welcome to a world of rewards.

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



See the world and earn miles doing it.

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- 50% bonus miles and more

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- Waived ticket change fees on Alaska
 - Four annual guest upgrades
 - 100% bonus miles and more

MVP GOLD 75K

(75,000 miles flown on Alaska)

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

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



DUBAI, UAE



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

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

Apply at AlaskaOffer.com or ask your flight attendant.

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Big adventures for fewer miles.

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

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

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

Visit alaskaair.com/awardchart to explore our complete award charts.

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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.



Casablanca, Morocco
Emirates



Singapore
Singapore Airlines



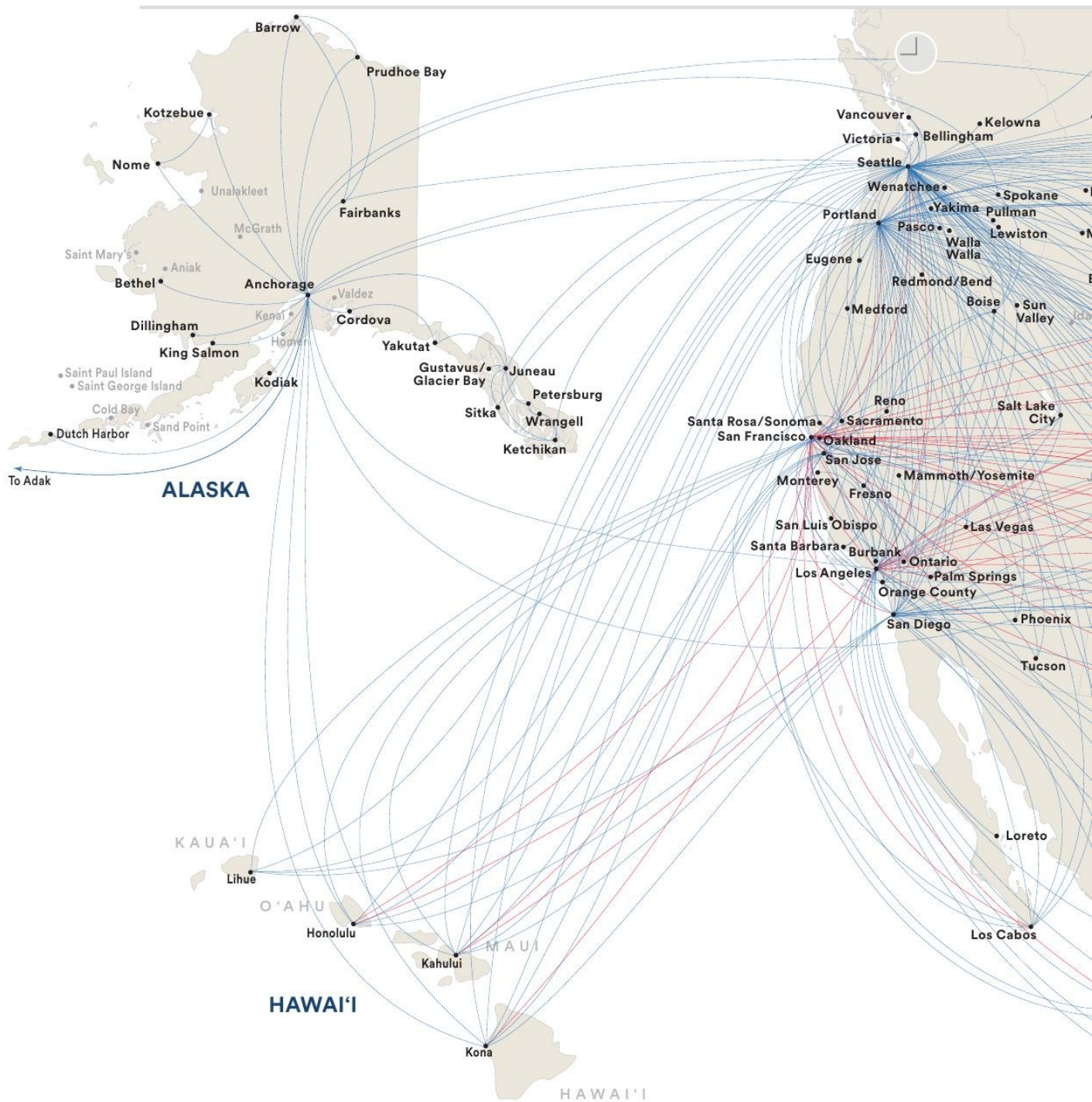
Beijing, China
Hainan Airlines



Reykjavik, Iceland
Icelandair

Where we fly

115+ destinations and counting.

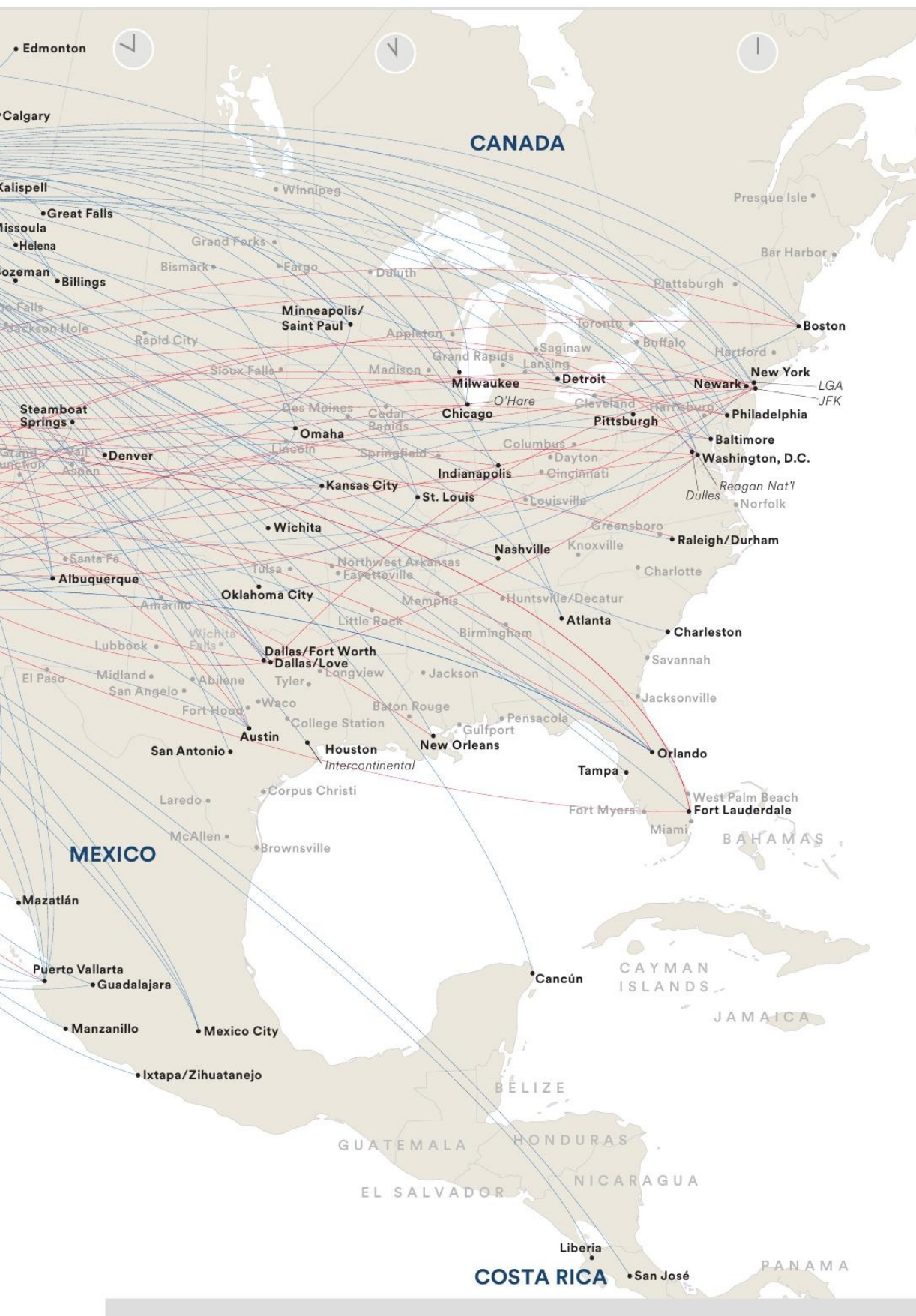


LEGEND

- Destinations
- Partner destinations
- Alaska Airlines routes
- Virgin America routes

UPCOMING NEW SERVICE

Route	Service Begins
Seattle, WA—Pittsburgh, PA	September 6, 2018



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

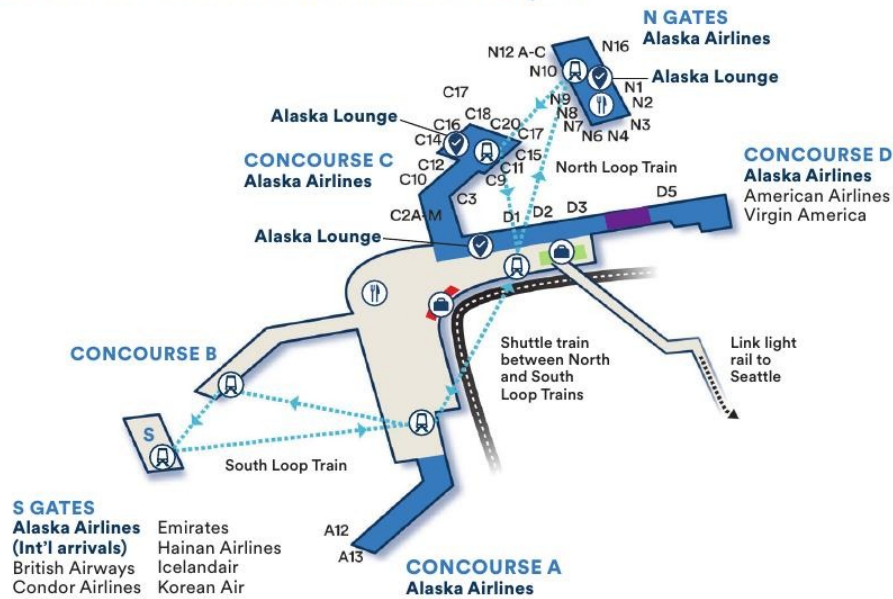
Some routes shown operate seasonally.

Airport terminal maps

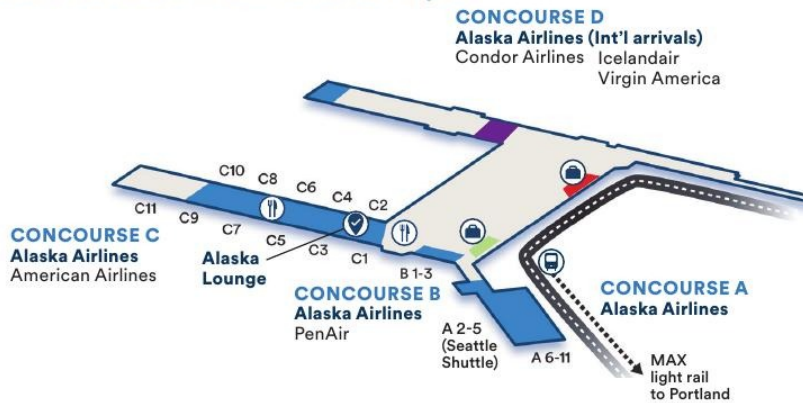
SEA Seattle/Tacoma International Airport

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

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

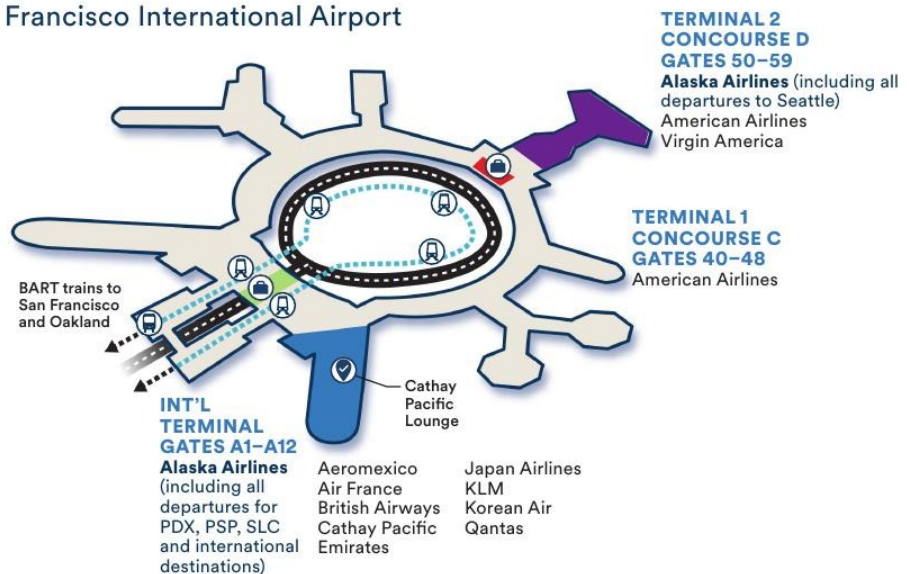


PDX Portland International Airport

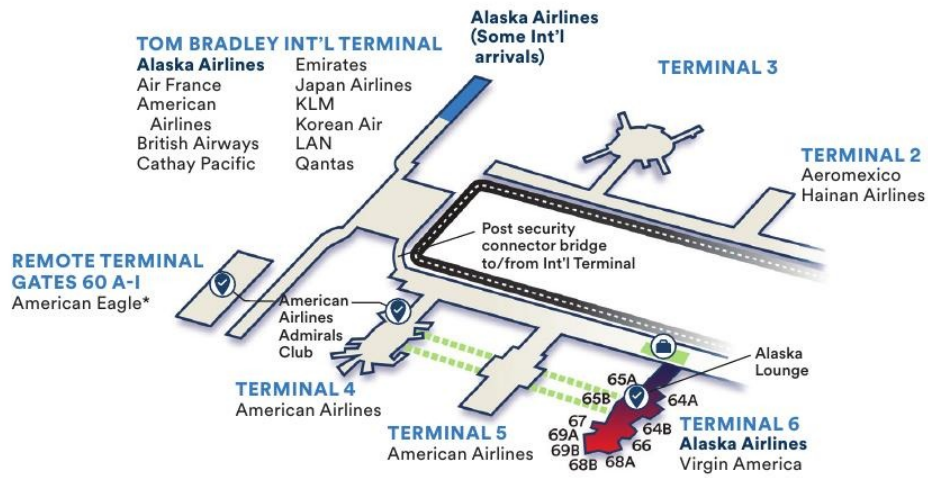


SFO San Francisco International Airport

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



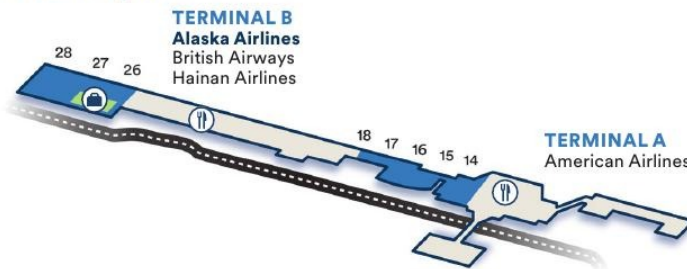
LAX Los Angeles International Airport



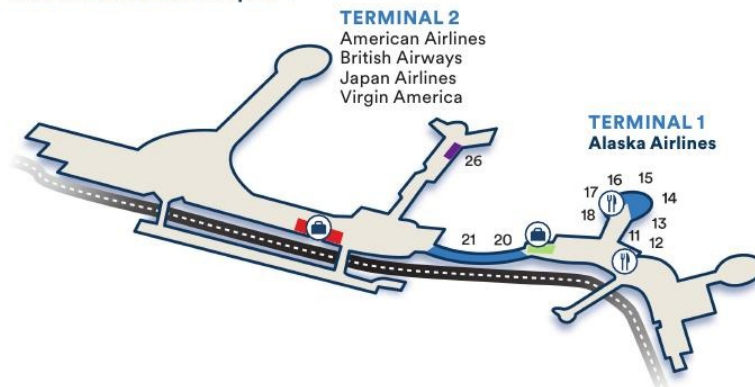
ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



Global Airline Partner terminal maps

ORD Chicago O'Hare International Airport

American Airlines 

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

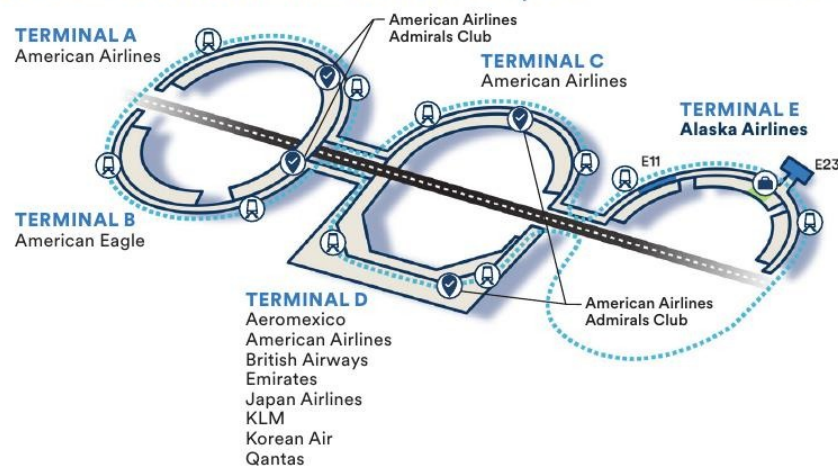
Tip: Alaska Lounge members receive access to most American Airlines Admirals Clubs when traveling on Alaska or American.



DFW Dallas/Fort Worth International Airport

American Airlines 

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

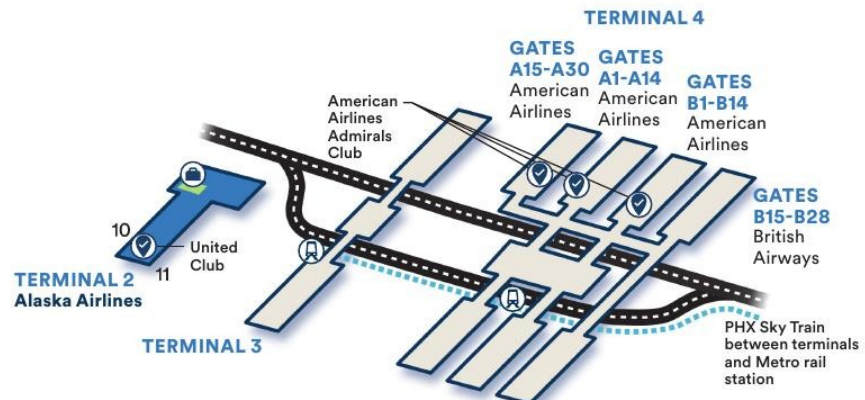


PHX Phoenix Sky Harbor International Airport

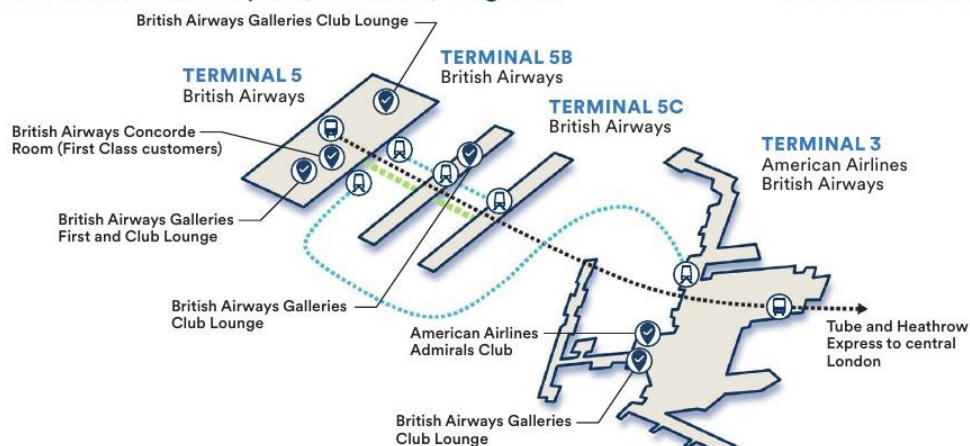
American Airlines 

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

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



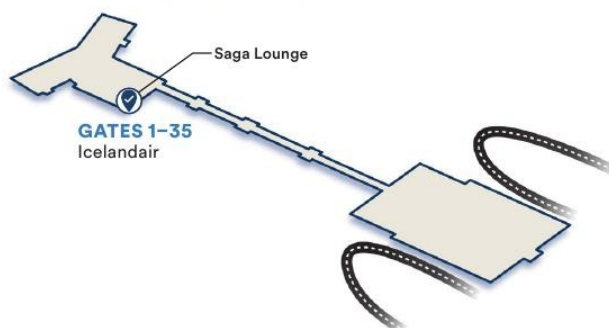
LHR Heathrow Airport, London, England



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

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

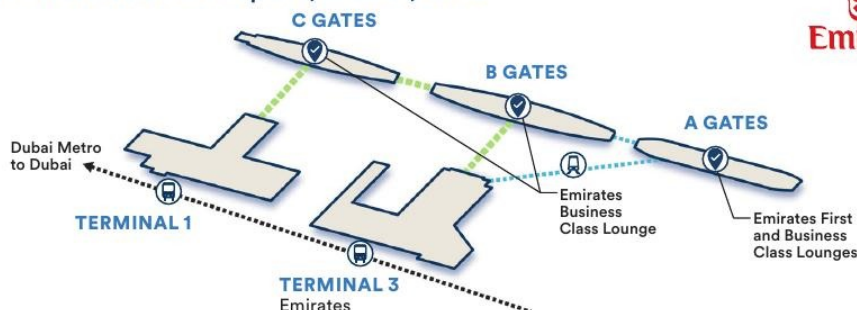
KEF Keflavík International Airport, Reykjavík, Iceland



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

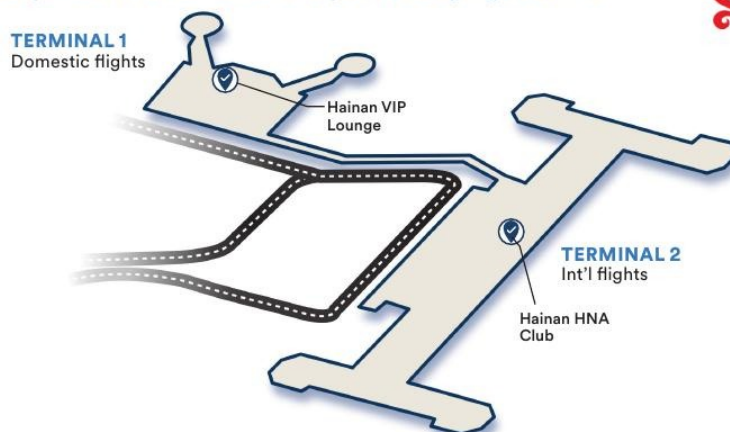
Icelandair's Reykjavík hub makes for easy connections to the airline's 20+ destinations throughout Europe. Icelandair offers free stopovers in Iceland.

DXB Dubai International Airport, Dubai, UAE



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

PEK Beijing Capital International Airport, Beijing, China



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

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

Customs and immigration

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

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



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

TO THE UNITED STATES PASSPORT CONTROL KIOSKS

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

Helpful tips

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

U.S. CUSTOMS DECLARATION

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

Helpful tips

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

INTERNATIONAL TRAVEL TIPS TO MEXICO

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

TO COSTA RICA

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

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

QUIOSCOS DE CONTROL DE PASAPORTES

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

Datos de ayuda

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

DECLARACION DE ADUANA

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

Datos de ayuda

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

CONSEJOS DE VIAJE INTERNACIONALES A MEXICO

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

A COSTA RICA

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

Your safety and comfort

SEATS

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

CARRY-ONS

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

LAVATORY

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

CREW SAFETY

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

PETS

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

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.
- Some restrictions for child-restraint systems apply based on seat locations and flight numbers. Visit <http://bit.ly/InfantTravel> for details.

DEVICES

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

ALCOHOL AND TOBACCO

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

OTHER PROHIBITED ITEMS

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

Not allowed during flight

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

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

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and Canada:
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(TTY 800.682.2221)
alaskaair.com

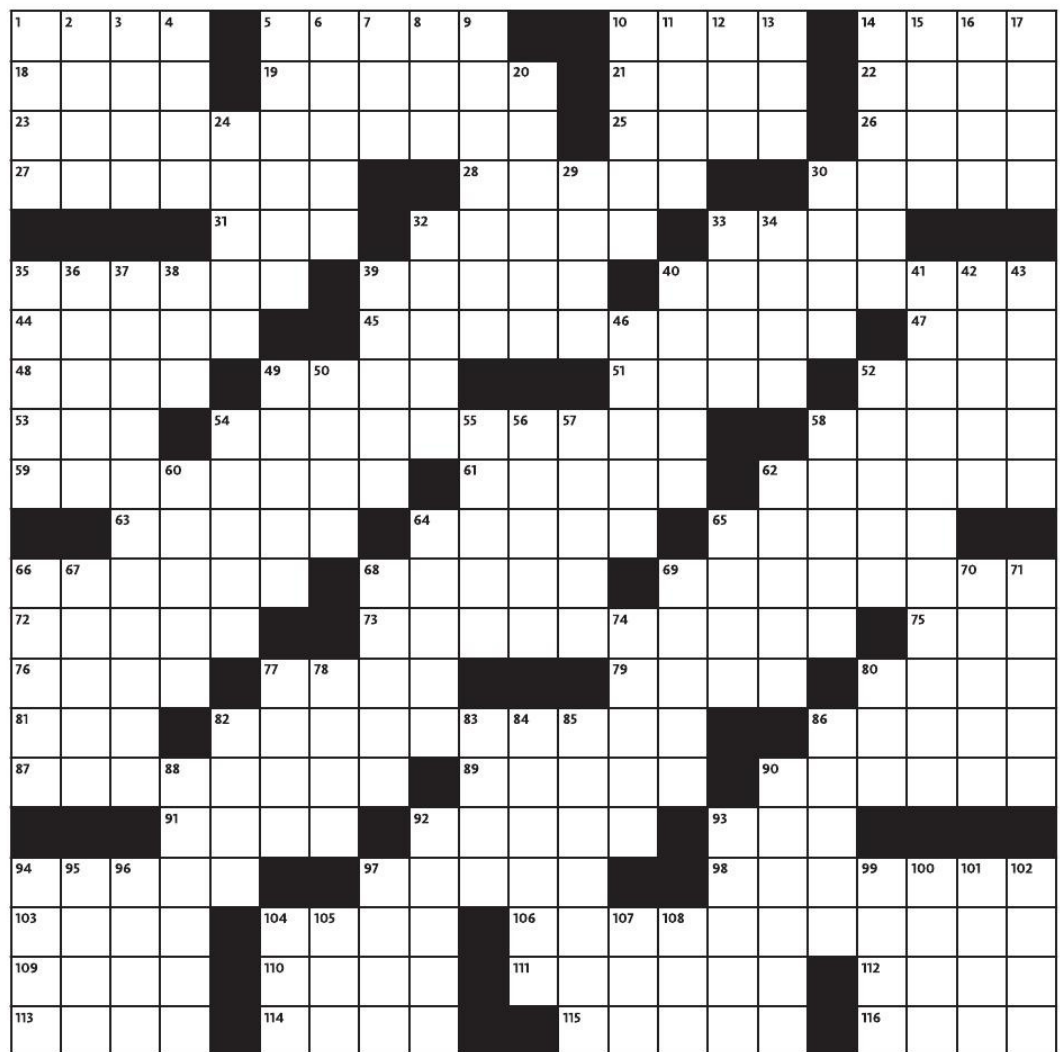
En Español:
800.858.5525
From Mexico:
001.800.252.7522

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

NAME DROPPER

ACROSS

- 1 Goose's cry
- 5 Brisk
- 10 Winglike
- 14 Extensions
- 18 Burn balm
- 19 Demolition guys
- 21 Short note
- 22 Cranny
- 23 Pieman's acquaintance
- 25 Impart
- 26 Writer Bombeck
- 27 Versify, at Oxford
- 28 Loaded
- 30 Say hello to
- 31 Always, in verse
- 32 Kind of horn
- 33 Bambi's dad
- 35 Draft
- 39 Of an old Greek city
- 40 Antibiotic
- 44 Images
- 45 Clint Eastwood role
- 47 Savings acct.
- 48 Oldsmobiles' cousins
- 49 Saga
- 51 Dill plant
- 52 Phase
- 53 Auricle
- 54 Paddy wagon
- 58 Babe and family
- 59 Abandoned
- 61 Sampras and others
- 62 Stuns
- 63 Decree
- 64 Skirt panels
- 65 Hackneyed
- 66 Wisconsin city
- 68 Dropped the ball
- 69 In a glum manner
- 72 Pained
- 73 Printing device
- 75 Scottish jackdaw
- 76 Genetic letters
- 77 Little valley
- 79 Serpent's sound
- 80 Goodbye, in London
- 81 Bombard follower
- 82 Kind of tournament
- 86 Blunder
- 87 Eccentric ones
- 89 Give one's ideas
- 90 Rattan weavers
- 91 Hindustani language
- 92 Singer Lehmann
- 93 "_____ longa..."
- 94 Vestment
- 97 _____ four
- 98 Tars
- 103 Went under
- 104 Ran, as Madras cloth
- 106 Strikeout victim
- 109 Graven image
- 110 Peal
- 111 Fore prefix
- 112 Scheme
- 113 Hawaiian bird



- 114 Poker stake
- 115 Climbed aboard
- 116 Only

DOWN

- 1 Hinge
- 2 Melange
- 3 Alaskan town
- 4 Held on to
- 5 Arranged before
- 6 Soother
- 7 _____ was saying ...
- 8 Michael Stipe's band
- 9 Kind of fisherman
- 10 Steve or Woody
- 11 Mortgage
- 12 Actress Sothorn
- 13 Stoplight color
- 14 Power
- 15 Knowledge
- 16 Capital of Togo
- 17 Card game
- 20 Address angrily

- 24 Steads
- 29 Refute
- 30 Plucky
- 32 _____ and a promise
- 33 Wither
- 34 Legal wrong
- 35 Stuck in the mud
- 36 Plant-name suffix
- 37 Franklin's alter ego
- 38 Switch positions
- 39 Pronouncement
- 40 Grannies
- 41 Orson Welles film
- 42 Actress Dunne
- 43 Scruffs
- 46 Whiskers
- 49 Pass over
- 50 Trot
- 52 Low area
- 54 Tasteless
- 55 New Zealander
- 56 Rural land
- 57 Sounding like a sax

- 58 Sweater size
- 60 Iroquoians
- 62 Tamarisks
- 64 _____ piano
- 65 Takes to court
- 66 Send by wireless
- 67 Pimply
- 68 Paradieses
- 69 Glow
- 70 More protracted
- 71 Ages
- 74 Grumble
- 77 Olympian's goal
- 78 British singer
- 80 Large weight
- 82 Hard to find
- 83 Cheer
- 84 Prime choices
- 85 Securing around a post
- 86 Fundamental
- 88 Belt part
- 90 Colorer

- 92 Shelf
- 93 Houston player
- 94 *It's _____ to Tell a Lie*
- 95 Fashioned
- 96 Aware of
- 97 Imprisoned
- 99 Drinks up
- 100 Norwegian capital
- 101 Legitimate
- 102 *Auld Lang _____*
- 104 Bikini part
- 105 Author Yutang
- 107 Former sporty car
- 108 Hebrew letter

SOLUTION ON PAGE 222.

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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.

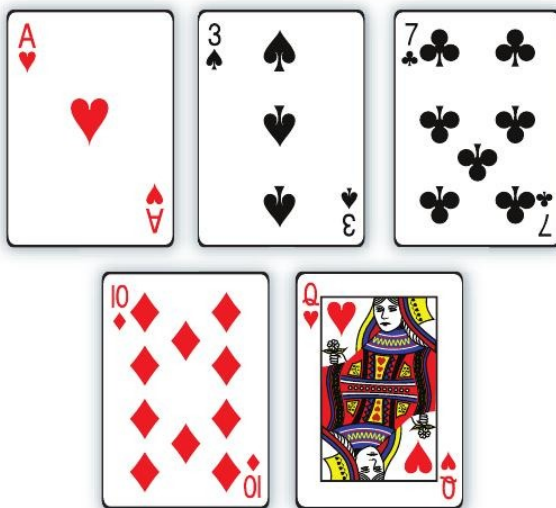
1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	
16.	17.	18.	
19.	20.	21.	
22.	23.	24.	

DEFINITIONS

- | | | |
|---------------------------------|-------------------------------|--------------------------------|
| 1. Refrigerator-door
clinger | 9. Warm in the oven | 17. On the summit of |
| 2. Intended (to) | 10. Congressional helpers | 18. Butter serving |
| 3. Poker stake | 11. — dish, meal addition | 19. Dutch flowers |
| 4. Bagel variety | 12. Sheeran and Helms | 20. Divide equally |
| 5. Stitched junctures | 13. Moonlit times | 21. Peach stones |
| 6. Sloppy disarray | 14. Vision | 22. Up-to-date |
| 7. Journalist Dan | 15. Batting triumphs | 23. Monotonous hum |
| 8. Our planet | 16. Outdoor cookout
locale | 24. Gambling city in
Nevada |

CARD SENSE

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



- The black cards are adjacent.
- The three is above both the club and the queen.
- Neither heart is on the bottom.
- The seven is not second from the top.

ANAGRAM MAZE

The diagram contains 36 words, 21 of which are anagrams of other everyday words. Start at the top arrow and anagram BARE. 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 BAND	2 BARE	3 FELT	4 SHOE	5 FOUR	6 MARK
7 BODY	8 FANG	9 FILM	10 LAKE	11 YAPS	12 IDLE
13 VETO	14 SILO	15 PEAS	16 PILL	17 WAIT	18 PAST
19 LACY	20 PACK	21 SMUG	22 RACE	23 GRIN	24 VASE
25 TILL	26 WISH	27 DISC	28 MILL	29 ZOOS	30 LARD
31 HARE	32 TEND	33 CORK	34 GLUE	35 ARMS	36 BALL

SOLUTIONS ON PAGE 223

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TCC is an equal opportunity employer affording Native preference under PL 93-638. AA/M/F/D/J. Drug Free Workplace. Background checks required for all positions.

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 222.**

DIFFICULTY: **EASY**

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

DIFFICULTY: **MEDIUM**

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

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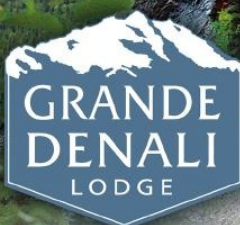
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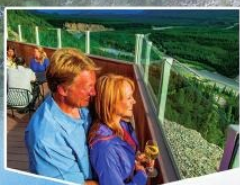


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New Riverview addition featuring 64 guest rooms with king or double queen beds, & private verandas



Alaska owned and operated by the people of Old Harbor Native Corporation.
"Let us share our Alaska with you!"

CROSSWORD ON PAGE 216.

HONK	PEART	ALAR	ELLS
ALOE	RASERS	LINE	NOOK
SIMPLES	SIMON	LEND	ERMA
POETISE	LADEN	GREET	
EER	ALPEN	STAG	
MAPOUT	ELEAN	NEOMYCIN	
ICONS	DIRTY	HARRY	IRA
REOS	EPIC	ANET	STEP
EAR	BLACK	MARIA	SWINE
DERELICT	ACERS	AMAZES	
IRADE	GORES	STALE	
RACINE	ERRED	SULLENLY	
ACHED	DAISY	WHEEL	KAE
DNAS	GLEN	HISS	TATA
IER	ROUND	ROBIN	BONER
ODDBALLS	OPINE	CANERS	
URDU	LOTTE	ARS	
AMICE	PETIT	SAILORS	
SANK	BLED	MIGHTY	CASEY
IDOL	RING	ANTERO	PLAN
NENE	ANTE	GOTON	SOLE

SUDOKU ON PAGE 221.

DIFFICULTY: EASY

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

DIFFICULTY: MEDIUM

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

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BRAIN BOOSTER PUZZLES ON PAGE 218.

LADDERGRAM

G	1. MAGNET	2. MEANT	3. ANTE	M
E	4. SESAME	5. SEAMS	6. MESS	A
R	7. RATHER	8. EARTH	9. HEAT	R
A	10. AIDES	11. SIDE	12. EDS	I
N	13. NIGHTS	14. SIGHT	15. HITS	G
I	16. PATIO	17. ATOP	18. PAT	O
U	19. TULIPS	20. SPLIT	21. PITS	L
M	22. MODERN	23. DRONE	24. RENO	D

CARD SENSE

The black cards are adjacent (clue 1), and the three of spades is directly above the seven of clubs (clue 2). Also by clue 2, the seven of clubs is above the queen of hearts. Since neither heart is on the bottom (clue 3), the ten of diamonds is. By clue 4, the three of spades isn't the top card; the ace of hearts is, and the three of spades is second from the top, the seven of clubs is third, and the queen of hearts is fourth. In summary, from top to bottom: ace of hearts, three of spades, seven of clubs, queen of hearts, and ten of diamonds.

ANAGRAM MAZE

The path through the maze, with just one anagram given for each, is 2. bear; 3. left; 4. hoes; 10. kale; 11. pays; 12. lied; 18. taps; 24. save; 23. ring; 22. care; 21. mugs; 15. apes; 14. soil; 13. vote; 19. clay; 25. lilt; 31. hear; 32. dent; 33. rock; 34. luge; 35. rams.

	2	3	4		
			10	11	12
13	14	15			18
19		21	22	23	24
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ALASKA MINT

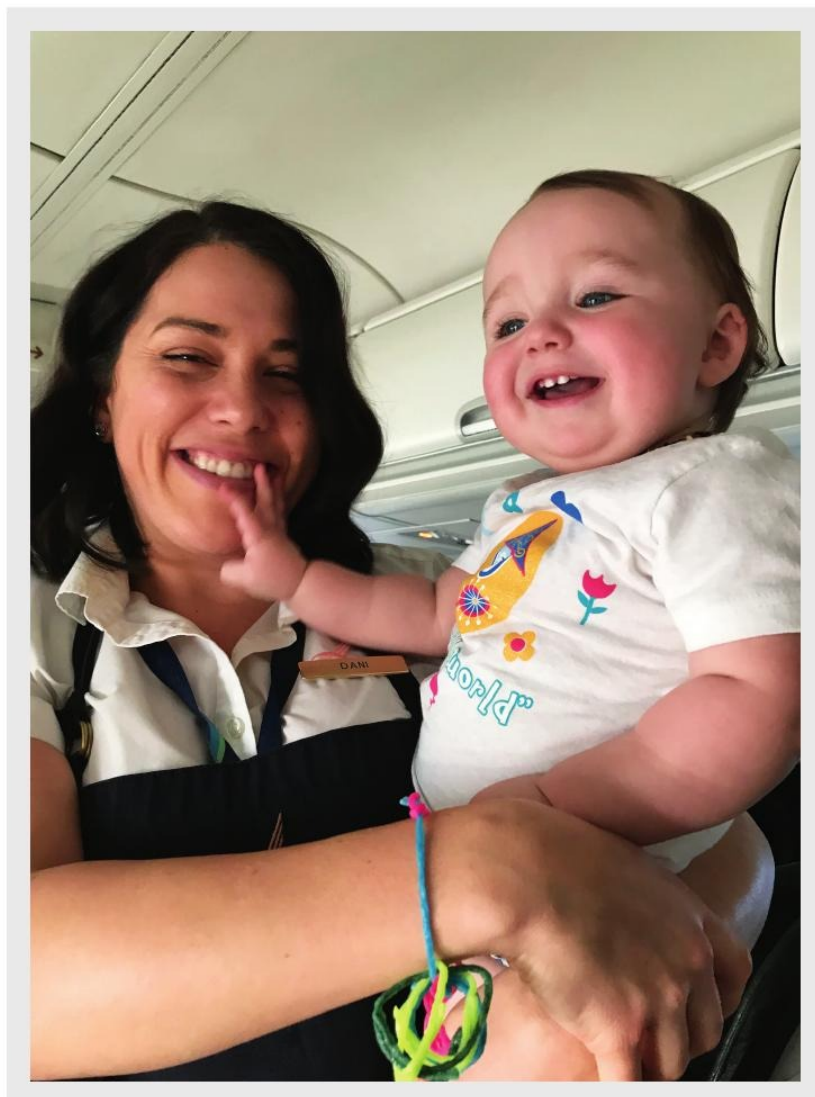
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The advertisement showcases a variety of gold products from Alaska Mint. At the top, there's a gold nugget and a gold ring set in a white box with 'Alaska Mint' written on the inside. Below these are several gold coins, including a large one with a moose, a smaller one with a bear, and another with a moose and a bear. A gold chain is also visible. The background is dark with a star pattern.



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» “Benji ditched us to hang out with the flight attendants on the flight home to Portland,” says Instagram user Blaine McBride Gorze (@blainedamage). “This is why we only fly Alaska. They always go above and beyond to make your trip awesome.”

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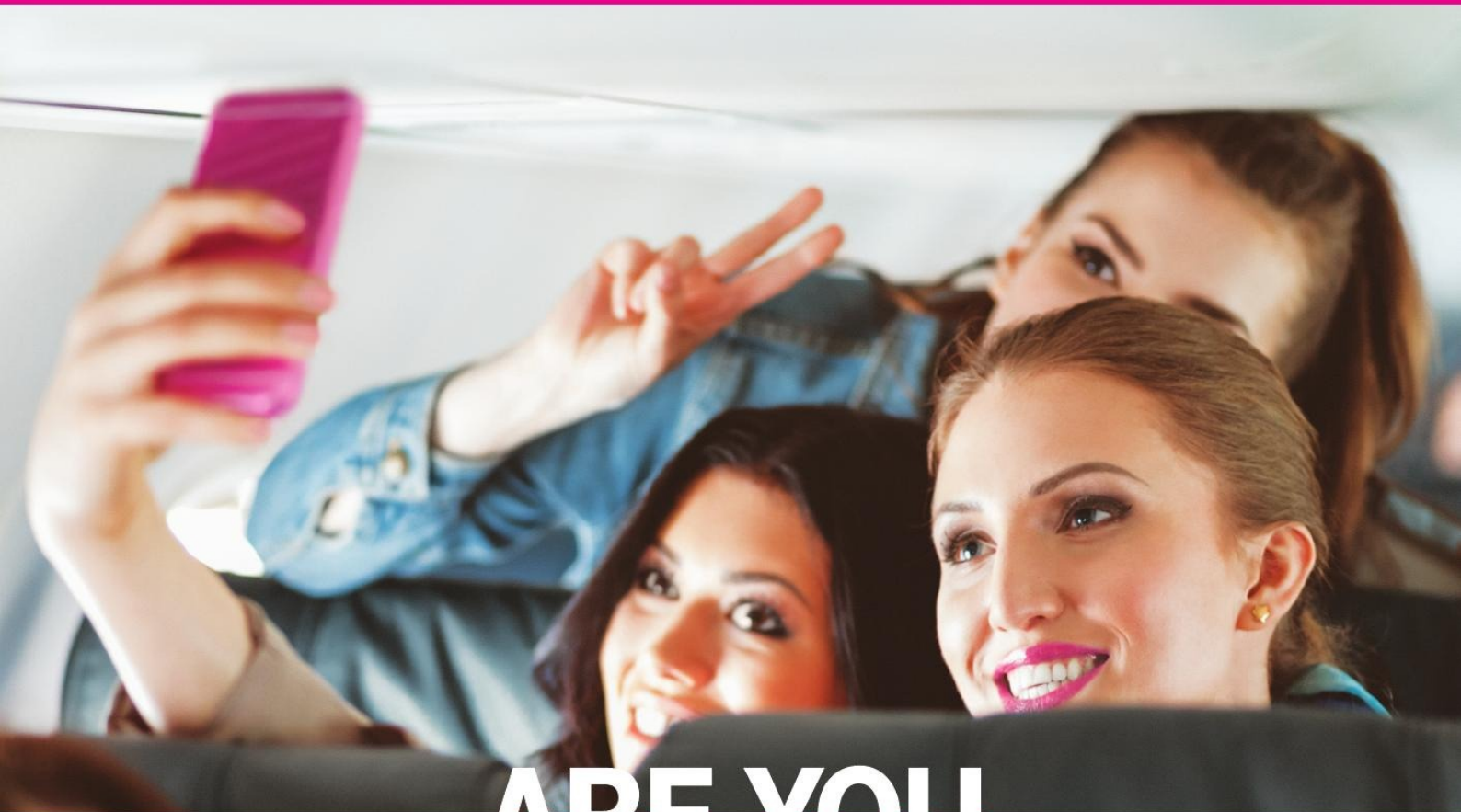


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