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DECEMBER 2019

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## Russell Wilson

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INGRID BARENTINE

## DECEMBER 2019

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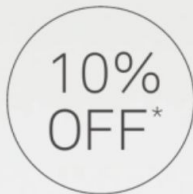
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Russell Wilson models Alaska Airlines' 2019 holiday sweater.

Photo by Olu Ogunsemere / West2East Empire



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*Alaska.* **BEYOND**

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# WELCOME»



Wilson takes selfies with Highline district graduates at this year's NoTime2Sleep event.

INGRID BARRENTINE



**Brad Tilden,**  
Chief Executive  
Officer

## OUR MVP

» **We've all heard that sometimes it's better to be lucky than smart.** That is certainly how I feel about Alaska's relationship with Russell Wilson. I feel blessed every day that we met each other, and that Russell has been such a prominent part of Alaska's success in recent years.

We first got to know Russell when he came to Seattle in 2012. We learned from his wonderful agent and friend, Mark Rodgers, that Russell was eager to establish ties with the Seattle community, and it did not take long for us to connect.

We figured out quickly that we both care about kids, so we put together a program in our Seattle hangar for students from local schools, many of whom were experiencing challenges, and who had a higher chance of not graduating. Russell sat with the kids, 600 or 700 of them in all, answered their questions and earnestly challenged them—pleaded with them, really—to

push themselves to be their best. He challenged them to commit to graduating from high school. Why? Because he genuinely cares. He gives a lot of credit to his mom, Tammy, and his dad, Harrison (who passed away during Russell's college playing days), but his fundamental kindness and goodness have never ceased to amaze me. By the way, the setup has changed a bit, but Russell and Alaska still team up every year to celebrate graduating high school seniors. You can imagine the excitement of those kids.

Some might find it amazing that Russell's kept that sense of grace as he's grown into what many are calling a generational talent. He's broken just about every record a quarterback can break, and he's having a truly unbelievable season in 2019. As I write this, Russell has passed for 23 touchdowns (with three more from rushing) with only two interceptions, and we all just watched one of the best games ever when Seattle



## » WELCOME

defeated division rival San Francisco as the clock expired in overtime on Monday Night Football. What more would you want from an MVP?

But the stats are not what Russell is about. It's his heart. It's the way that he welcomes and supports new players to the team. Or the way he spends every Tuesday he's in town at Seattle Children's Hospital. It's the way he challenged his teammates and the whole region when he was a young quarterback and Seattle was going to the championship, by asking the simple question "Why not us?"

My favorite time to see Russell is at the end of a close game. The cameras are always on him, and there is a sense of conviction and determination on his face that

can't be mistaken. Simply put, he is the epitome of a clutch player, and he compels his team to win games that others don't.

Thank you, Russell, for being such a fantastic inspiration for all of us, and thank you to you—our guests—for flying with us today. I truly hope you enjoy reading about an incredible athlete who is an equally amazing person—and one of Alaska's best friends.

P.S. Russell would be the first to say that he is blessed to be married to a great person. Be sure to check out *Alaska Beyond Magazine* next month to learn more about Ciara, the other half of an extraordinary couple.

## » BIENVENIDO



**Brad Tilden,**  
Jefe Ejecutivo

## NUESTRO MVP

» **Todos hemos escuchado que, algunas veces, es mejor ser afortunado que ser inteligente.**

Así es como me siento acerca de la relación de Alaska con Russell Wilson. Me siento bendecido cada día por habernos conocido y que Russell haya sido una parte tan importante del éxito de Alaska en los últimos años.

Conocimos a Russell cuando vino a Seattle en el 2012. Supimos, gracias a su maravilloso agente y amigo, Mark Rodgers, que Russell estaba ansioso por establecerse en la comunidad de Seattle, y no pasó mucho tiempo hasta que nos conectamos con él.

Rápidamente descubrimos que ambos nos preocupábamos por los niños; por lo tanto, armamos un programa en nuestro hangar de Seattle para estudiantes de escuelas locales, muchos de los cuales experimentaban desafíos, y tenían alta probabilidad de no graduarse.



Russell se reunió con los niños, 600 o 700 en total, respondió a sus preguntas, y los desafió sinceramente, les suplicó realmente, que se esforzaran para dar lo mejor de sí mismos. Los desafió a comprometerse y graduarse de la escuela secundaria. ¿Por qué? Porque se preocupa genuinamente. Agradece en gran medida a su mamá, Tammy, y a su papá, Harrison (quien falleció durante los días en que Russell jugaba en la universidad), pero su profunda amabilidad y su incomparable bondad nunca ha dejado de

» **Wilson se toma selfies con los graduados del Distrito Highline en el evento NoTime2Sleep de este año.**

asombrarme. Por cierto, el programa ha cambiado un poco, pero Russell y Alaska todavía se reúnen cada año para celebrar la graduación de los estudiantes de las escuelas secundarias. Ya se imaginarán la emoción de esos niños.

Para algunos puede ser asombroso que Russell haya mantenido ese



sentido de entrega y amabilidad, ya que se ha transformado en lo que muchos llaman ser un “talento generacional”. Batió casi todos los récords que un mariscal de campo puede batir, y está viviendo una temporada realmente increíble en 2019. A medida que escribo esto, Russell ha hecho los pases de 23 anotaciones (con tres más de avance) y ha recibido solo una intercepción. ¿Qué más podemos pedir de un MVP?

Pero las estadísticas no representan a Russell. Su corazón sí. Es la forma en la que da la bienvenida y apoyo a nuevos jugadores al equipo. O la forma en que pasa cada martes en el Children's Hospital de Seattle, cuando está en la ciudad. Es la forma en que desafió a sus compañeros de equipo, y a toda la región de Seattle, cuando apenas era un mariscal de campo joven y Seattle iba al campeonato, al hacer la simple pregunta: “¿Por qué no nosotros?”

El momento en que más me gusta ver a Russell es al final de un juego reñido. Las cámaras siempre lo enfocan, y existe un sentimiento de convicción y determinación en su rostro que no puede confundirse. Dicho de manera simple, es el ejemplo de un jugador que hace lo imposible e impulsa a su equipo a ganar juegos que otros no.

Gracias, Russell, por ser una inspiración fantástica para todos nosotros, y gracias a ustedes, nuestros clientes, por volar con nosotros hoy. Realmente espero que disfruten leer acerca de un increíble atleta que también es una persona asombrosa y uno de los mejores amigos de Alaska Airlines.

P.D.: Russell sería el primero en decir que fue bendecido al casarse con una persona muy especial. Asegúrense de ver la siguiente publicación de *Alaska Beyond* el próximo mes para conocer un poco más acerca de Ciara, la otra mitad de una pareja asombrosa. ❄️❄️❄️



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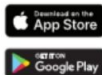
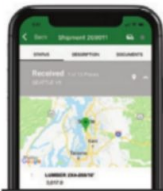
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# IN THE KNOW»

## WHAT'S NEW: THE MERRIER CARRIER

» **We have spirit, yes we do.** Alaska Airlines is getting festive this winter and holiday season with a specially themed aircraft, wintry decorations, holiday cups and napkins, and other cheery touches to bring more merriness to all. And why wouldn't we celebrate? This is a time of the year associated with joy, community, family and travel—all things we love here at Alaska.

Look closely: You'll see what we're calling "snowplanes" pop up in all kinds of places—in airport spaces, on our website, onboard and elsewhere. These decorations were inspired and designed by Alaska employees—and they feature iconic airplane forms.

How about that winter-themed aircraft? This plane, which took its first flight in November, features a decal design with 70 panels that took employees 360 hours to apply. The airplane decal will be in place through the winter season.

We'll also have holiday napkins, cups and prearrival mints available onboard on select flights. You might see Alaska employees wearing festive clothing or accessories on certain days this month. And, for a limited time, Alaska Lounge locations are swapping in seasonal

snowflake-shaped latte stencils to bring more holiday cheer to this favorite frothy hot drink.

Our celebration of the season is meant to lift everyone's spirits, regardless of the traditions you observe. "The holidays are a time of warmth, kindness and cheer," says Karen Wilkins-Mickey, Alaska's Director of Diversity and Inclusion. "They're also celebrated in so many different ways and places. Whatever the tradition or destination, we hope our decor helps employees and guests feel at home with Alaska for the holidays."

So to all, a good flight! For information about seasonal travel offers, visit [alaskaair.com](http://alaskaair.com).



» **Alaska Airlines is sharing seasonal spirit with a themed plane, cups, napkins and more.**

## AN APP TO ASSIST



■ **Alaska works hard** to make flying more comfortable for everyone—through initiatives such as our practice flights that help anxious flyers through simulated travels on planes that never leave the ground. And we want to keep doing more to help our guests.

This fall, Alaska launched the free Fly for All app, available for iOS and Android devices. Designed for first-time flyers, guests

traveling with children, unaccompanied minors, and those with cognitive and developmental disabilities (including autism), the app can help ease air-travel anxieties by walking guests through the steps they'll follow as they get ready to fly.

Fly for All features photos and descriptions of actions—with an optional read-aloud setting—that preview the travel process, from packing a bag to landing at a destination. There is interactive content, including a travel checklist, games, and tools for commu-

nicating nonverbally with employees and other travelers. Fly for All also highlights services, such as Alaska's accessible-travel policies and TSA Cares, which provides assistance through the security process.

"Everyone should be able to feel comfortable flying, but not everyone does," says Ray Prentice, Alaska's Director of Customer Advocacy. "The app helps us all get there."

Fly for All is free to download on mobile and tablet devices in the Apple App Store and Google Play Store. ❄️



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## VALUABLE WORK

Line Aircraft Technician TJ Spring is a Legend of Customer Service

» **Working hard, and well into the night,** has never been an issue for TJ Spring, a 20-year Alaska Airlines aircraft technician in Seattle's Maintenance & Engineering Department. Even as a young man mowing lawns for money, he used to attach bright lights to a lawnmower so he could keep working more safely into twilight hours. Nowadays, Spring, who works night shifts for Alaska, puts the same ingenuity, work ethic and safety consciousness to good use readying airplanes for daytime flights.

It's work that he finds deeply satisfying. "I love aviation, and I love aircraft," Spring says. "It takes a lot to defy gravity, and it's remarkable to be part of a team making that happen."

Spring began his career in the U.S. Air Force in 1991, and he later attended airframe-and-powerplant school. He served for 21 ½ years in the Air Force, Air Force Reserve and Air National Guard combined, maintaining military jets while also pursuing his airline career. On September 12, 2001, he was activated to support the nation's air defenses, and in 2007 he volunteered for a tour in Iraq. He retired from the military in 2012 as a master sergeant.

Known for his technical expertise, Spring has played a key role for Alaska Airlines at the Aerospace Maintenance Competition, which brings together more than 70 international teams for events that resemble pit-stop repairs. Spring was on a team for four years that placed highly each year and won the overall contest in 2016.

A member of Alaska's Continuous Improvement Team, Spring meets monthly with co-workers from across the company to discuss ways maintenance can be done even better.

Outside work, Spring volunteers at Alaska's community Aviation Day and chairs a student-exchange program between his home area of Kent-Auburn, and its sister city, Tamba, Japan. He's also the father of two grown daughters.

"I like to be busy," says Spring. "It's in my DNA to work hard." —Ben Raker



### QUESTIONS & ANSWERS

#### What do you like most about your job?

I like identifying a problem, fixing it and knowing it's fixed. To me, an aircraft is a living entity—with systems similar to bone structures and circulatory systems. Being able to diagnose and fix those systems is really what it's all about.

#### What do you see as your role in providing service to Alaska Airlines guests?

It comes down to efficiently delivering the safest, most reliable aircraft that we can. The entire airline is built on its aircraft.

#### What advice do you have for new hires?

Being an aircraft technician is a lifestyle decision. You have to love the job, be willing to work long hours, and consider accuracy, time management, safety and doing a job correctly every single time.

#### What are your favorite places to travel?

One favorite was Florida—we took a really good family trip to see Disney World and Universal Orlando. I'm from Upstate New York, and my wife's family is in Las Vegas, so we get to those places, too.

### KUDOS FROM TJ'S CO-WORKERS

"When TJ is working a problem, you can consider it done. Along with his aircraft knowledge, TJ has a positive attitude—no job is too small or too big for him. He's the first one on the job, the last to leave and always ready to help." —William M., Lead Aircraft Technician, Seattle

"We always used to joke that the hardest-working guy is the dirtiest, and TJ is hands-down the dirtiest mechanic out on the floor." —Ernest Y., Senior Engineer, Seattle

"TJ brings a wealth of knowledge and skill to the task of fixing airplanes. He never misses an opportunity to help others when his work is complete. He's always available for questions, listening, and giving helpful, directed feedback." —Tom A., Director, QA and Regulatory Compliance, Seattle

"He is just all around a great human being and one who keeps the Spirit of Alaska alive in the sky." —Robert N., Line Aircraft Technician Trainer, Seattle



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## PROBLEM SOLVER

Ground Support Leader Timothy Jordan is a Horizon Air Pathfinder

» Last year, Tim Jordan's boss sent him an email asking if he had ideas for motorizing the heavy boarding ramps for Horizon's Embraer 175 aircraft, which required four people per ramp to manually move into place. "I emailed him right back with, 'Challenge accepted,'" says Jordan, whose Boise-based Ground Support Leader position involves maintaining and repairing equipment used on the ground to support aircraft, from bag carts, belt loaders and de-icers to tugs, ramps and stairs. He leads a Ground Support Equipment (GSE) team of four technicians who have responsibility for equipment in Boise, Sun Valley, Reno and Sacramento.

His solution to the ramp issue was an electric dolly, akin to those used to move RVs around driveways and yards, that attached to a ramp modified with a hitch. Now one person, plus a guiding spotter, can operate the setup. "I got a lot of thank-yous from busy agents who'd had to help push ramps into position," he says.

Jordan has conceived and implemented many ideas to improve the safety and efficiency of ground equipment over his 12-plus years at Horizon. He and his team are also known to go beyond their jobs to help out by loading and unloading bags or shoveling snow.

"What GSE does affects other people's jobs," he says. "We are a dedicated, professional team that takes satisfaction in giving others safe and reliable equipment so they can do their jobs and make sure our guests have the best experience."

A self-described "gearhead," Jordan enjoyed figuring out how things worked when he was a child. He did maintenance-and-repair jobs in the motorsports and resort industries before joining Horizon. "People I knew who worked there gave the airline great reviews, and it also had medical and travel benefits, which was important since I have a wife and two daughters. I love what I do here. I like the camaraderie, and being creative and solving problems." —M. Dill



Timothy Jordan.

### QUESTIONS & ANSWERS

#### What do you enjoy for recreation?

I've raced motorcycles since I was a teenager and ATVs since I was in my 20s. I like to rebuild vintage motorcycles and ATVs—the vintage-cycle motocross scene has gotten very popular—and I try to improve their performance. My goal is to build things I can ride. I'm not big on shiny showy things. I'm big on fast things.

#### What community service are you involved in?

I like to help people. I've done things such as building a handcycle for a young man in a wheelchair, and creating a pedal wheelchair to help a stroke survivor with rehab. I volunteer as a ski instructor for an organization that fosters adaptive recreation, and I've tweaked some equipment for

them. I assemble dental equipment for a dental day of service in my community. I get the most satisfaction in my life when I am making other people's lives better.

#### What do you take with you on a trip?

A Horizon T-shirt, so I can wear it to take pictures in different places, and a drawing notepad and drafting set, so that I can draw and sketch my next inventions.

#### What are philosophies you live by?

Follow the golden rule. And a quote some attribute to Abraham Lincoln: "I like to see a man proud of the place in which he lives. I like to see a man live so that his place will be proud of him." That applies to work. At the end of the day, I want to be proud of what I did, and that's doing the right thing.

### PRAISE FOR TIM

"Tim delivers performance and owns safety. He has a unique gift to anticipate and problem-solve through complex issues. He cares about people and strives to provide the best for our employees. He goes above and beyond to achieve the best results while always putting safety

first. He identifies items that need improvement, and designs and produces solutions, all to ensure our people are safe and cared for. Outside of work, Tim uses his talents and ingenuity to help others." —Matt P., Horizon Vice President of Station and Inflight Operations, Seattle



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# ALASKA BRIGHTENS THE HOLIDAYS

By Gabriel Moseley

» A popular downtown Seattle tradition during December is admiring the Westlake Center Holiday Tree, part of the many festive decorations that adorn the center and the nearby Westlake Park.

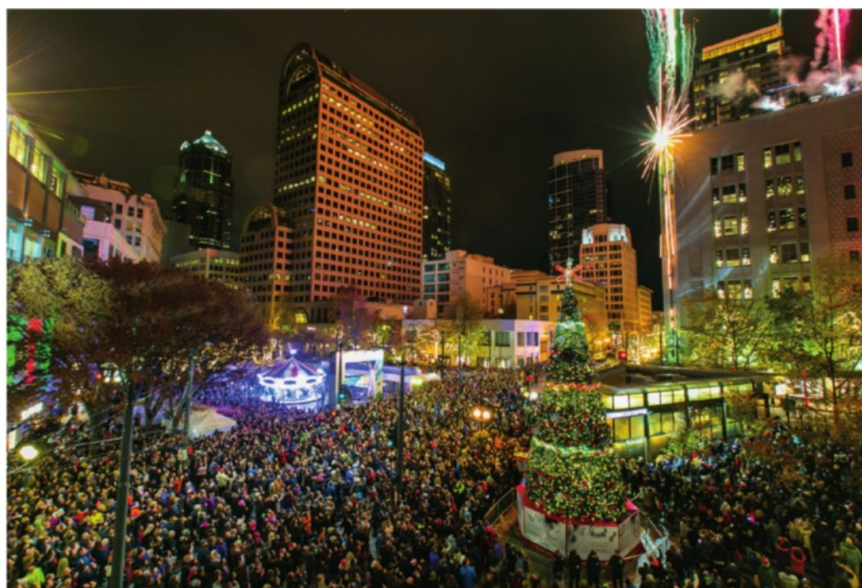
Alaska Airlines was the presenting sponsor of the Tree Lighting Celebration, on November 29. The 36-foot-tall tree has a variety of ornaments and lights, helping to make the season even more fun for shoppers, passersby and families. At night the center and park are especially beautiful, with holiday lights aglow.

Across the street from the holiday tree, in Westlake Park, the Downtown Seattle Association (DSA) is managing the Holiday Carousel, which is scheduled to run every day (except Christmas) through January 1. "We're thrilled to help usher in the holiday season in downtown Seattle," says DSA President and CEO Jon Scholes. "Families and revelers from all

over the region have made the tree and the holiday carousel a tradition for generations."

The park's Holiday Market will offer a variety of unique handcrafted gifts on Fridays, Saturdays and Sundays, through December 22.

In addition to the Holiday Tree, Alaska is a sponsor of the Seattle Center's Winterfest celebration, which runs through December 31, and includes ice sculpting, the Winterfest Ice Rink, live performances and more.



» The Westlake Center Holiday Tree, above, is part of the festive December scene in downtown Seattle. The 2018 U.S. Capitol Christmas Tree, below, was chosen from the Willamette National Forest in Oregon.

## THE PEOPLE'S TREE

» This year, Alaska Airlines is helping to bring holiday joy to communities across the country by continuing its sponsorship of the U.S. Capitol Christmas Tree.

Since 1970, the Forest Service has provided a Christmas tree to be displayed on the West Lawn of the Capitol Building. In recent years, Alaska has been a sponsor for the trip each winter season that the national forest tree makes to Washington, D.C.

This year's tree is a 60-foot-tall blue spruce from Carson National Forest in New Mexico. After a harvesting ceremony on November 6, the tree traveled to D.C., stopping at more than 25 communities along

the way. The tour was organized by Choose Outdoors, a Denver-based nonprofit that works to promote and preserve the public lands of the United States.

Jodi Massey, the communications and sponsorship director at Choose Outdoors, says that during past tours, the trees have been met by school choirs, people playing bagpipes, veterans parades and, on one occasion, a helicopter landed and Santa emerged to greet the tree.

More than 11,000 handmade ornaments, created by residents of New Mexico, are decorating the main tree and more than 50 smaller companion trees located at various government offices. New Mexico Governor Michelle Lujan Grisham invited the state's



fourth graders to write an essay about what makes their forests and public lands special. The student writer of the winning essay selected by the governor was invited to the Capitol to help Speaker of the House Nancy Pelosi light the U.S. Capitol Christmas Tree on December 4.





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# SEE THE WORLD WITH ALASKA'S GLOBAL PARTNERS

By Scott Mackenzie

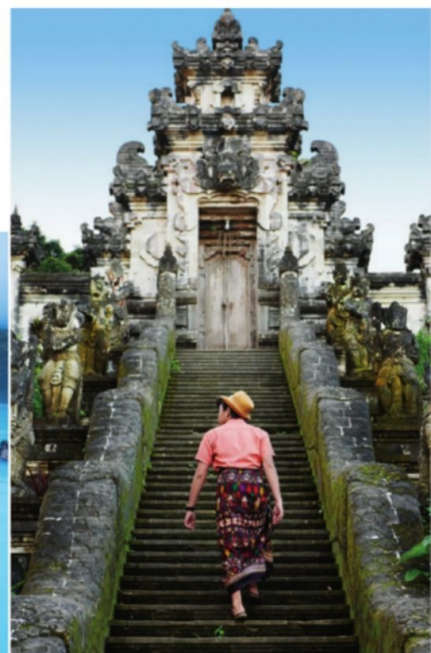
» Alaska Airlines does a great job of connecting the West Coast to the rest of the United States, but there are many more places to see. Alaska Mileage Plan opens up a world of options thanks to its unique collection of Global Partners. Rather than join a traditional airline alliance, Alaska has created its own relationships with a list of carriers that includes Singapore Airlines, British Airways, Cathay Pacific, LATAM and EL AL Israel.

You can both redeem and earn more miles with Mileage Plan when you fly on Alaska's 15 Global Partners to more than 800 destinations. Just remember to include your Mileage Plan account number in your reservation when you book your ticket, or ask the ticket agent to add your account number when you check in for your flight.

Mileage Plan provides a single place to consolidate your frequent-flyer rewards even if you don't fly on these international carriers very often. You'll make faster progress toward your next Mileage Plan redemption as well as earn credit toward elite status that enhances your domestic travel. And when MVP Gold and MVP Gold 75K elite members fly with Qantas, British Airways, Icelandair or Hainan Airlines, they can also enjoy access to these partners' airport lounges in select locations.

One benefit of not joining a traditional alliance is that these partners aren't concentrated in a mega-hub like San Francisco or Los Angeles. Japan Airlines also flies to San Diego and Las Vegas, while Condor flies to Portland and Anchorage. Customers who live in these markets don't need to make a connection. And if you live in an even smaller city, such as San Luis Obispo or Palm Springs, Alaska Airlines and Horizon Air offer a network that can get you where you need to be with minimal hassle.

What are the rewards of flying on a Global Partner? In many cases, you'll still earn 1 mile for each mile flown, just like you do on Alaska.



» Alaska Mileage Plan and its Global Partners can get you to more than 800 destinations around the world, including the geothermal pools of Iceland and the ancient temples of Bali.

Traveling in business or first class can earn you much more—up to 5 miles per mile flown once you add up all the bonuses. Visit the airline partner page on [alaskaair.com](http://alaskaair.com) before you book to learn more about earning award miles and elite qualifying miles with each partner.

While there are some deeply discounted flights on partner airlines that may earn fewer miles—perhaps 25% or 50% of the miles flown (though still elite qualifying)—you can get around this in some cases. For example, booking the same Qantas flight through [alaskaair.com](http://alaskaair.com) with an Alaska Airlines flight number (starting with AS) will mean you continue to earn 1 mile per mile flown. These flights also provide the same Mileage Plan benefits that you would normally enjoy on Alaska Airlines flights, including waived change fees for MVP

Gold and 75K elite members.

I've personally taken advantage of special fares on Emirates and on British Airways around the holidays, when business travel slows and premium cabins may be cheaper. One year my wife and I paid \$3,000 each for first-class tickets to Italy with a connection in Dubai. I knew we would each earn nearly 100,000 miles with Mileage Plan for the flights, and those miles were redeemed for another trip to watch the New Year's Eve fireworks in London, as well as for a babymoon in Hawai'i.

That kind of value has kept me loyal to Alaska Airlines and Mileage Plan for years. It's not just the great West Coast network. Expanded coast-to-coast service and more Global Partners mean I can get just about anywhere I need to be. ❄️❄️❄️



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## SEASON'S CINEMA

Hallmark Channel's "Countdown to Christmas" flies on Alaska Airlines

By Lora Shinn

» **Throwing snowballs** just might be one of Lacey Chabert's favorite activities—at least where the Hallmark holiday film *The Sweetest Christmas* is concerned. "I felt like a kid again," the actor says of shooting the scene.

In the film, Chabert plays a struggling pastry chef who has turned to her high school sweetheart (Lea Coco) to help win a renowned gingerbread competition. It's a shot at first place, and a second chance at love.

For Alaska guests, it's a chance to sit back and enjoy a heartwarming story: *The Sweetest Christmas* is one of six Hallmark "Countdown to Christmas" movies playing on Alaska flights through the holiday season.

This holiday Hallmark Channel is celebrating its 10th anniversary of "Countdown to Christmas" with 24 new original movie premieres. The network's annual holiday programming event has grown dramatically since it began with four original holiday movies in 2009. Last year, nearly 69 million unique viewers tuned in during Hallmark Channel's Christmas season—about the population of Florida, tripled.

Hallmark holiday movies often feature snow-frosted scenes, stunning home decorations and town squares with joyous tree lightings. Yet there are no checklists of must-have Christmas moments, says Michelle Vicary, Hallmark's head of programming. More than just pretty pictures, the images evoke the season's essence, she says. Memorable moments encourage viewers to get comfortable, snuggle up on the couch with cocoa, and catch the holiday spirit—positivity, anticipation and emotional connection.

"There's an expectation of high quality, great



» **Idyllic town squares and trees lavishly decorated for the holidays help tell the story for many of the Hallmark Channel's seasonal movies, such as *The Sweetest Christmas*.**



storytelling, and delivering on all those holiday feelings," Vicary says. "We strive to make people feel excited and happy to spend two hours with us, watching a movie."

Stars are also essential to Hallmark's success, Vicary says, and Chabert is a fan favorite. The Mississippi-born Chabert (*Mean Girls* and *The Wild Thornberrys*) has appeared in 20 Hallmark movies, including eight Christmas-themed films.

"I love making movies that put people in a good mood and bring joy to people's households," Chabert says, noting that as a kid, she eagerly anticipated her family's Christmas traditions, which included watching movies together. Today, she's starring in that tradition, and has a family of

her own to watch it with, including her 3-year-old daughter.

Most of the holiday films are shot in summer, but, Chabert says, "I always get wrapped up in the moment," transported by sets "decked to the nines."

So, get comfortable in your seat and start your own holiday movie-watching tradition.

"There's no way you won't be left feeling happy," Chabert says. ❄️❄️❄️

### ■ ALASKA'S INFLIGHT HOLIDAY COUNTDOWN

Launch the Gogo Entertainment app on your phone or other personal device, or rent a tablet onboard to watch these Hallmark holiday films:

- **Christmas at Graceland** with Kellie Pickler and Wes Brown
- **It's Christmas, Eve** with LeAnn Rimes and Tyler Hynes
- **Switched for Christmas** with Candace Cameron Bure and Mark Deklin
- **Coming Home for Christmas** with Danica McKellar and Neal Bledsoe
- **Christmas Next Door** with Fiona Gubelmann and Jesse Metcalfe
- **The Sweetest Christmas** with Lacey Chabert and Lea Coco





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# THE FEED»



## BE PART OF THE ART

» At the Museum of 3D Illusions, guests can pretend to soar on a carpet above the Golden Gate Bridge, to be chased by a giant crab and to hang from the side of a skyscraper. The gallery, which opened at San Francisco's Fisherman's Wharf earlier this year after a similar facility opened in Los Angeles in 2018, features more than 40 3D murals. Guests are encouraged to pose in front of each mural and take photos to make it appear as though they are actually part of the scene. For instance, guests can step in front of one mural to make it look as though they are surfing.

A third Museum of 3D Illusions is expected to open in Miami this month. The museums in San Francisco and Los Angeles are open seven days a week.

Visit [museumofillusionsusa.com](http://museumofillusionsusa.com) for more information. —Zoë Buchli



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## DAWG DAYS

» **The Washington Huskies men's basketball team** has two of the country's highest-ranked freshmen, forwards Isaiah Stewart (33) and Jaden McDaniels (4), so the Dawgs should be primed for a strong season of league play. Pac-12 Conference games begin early next month, culminating with the Pac-12 Tournament, March 11–14 at T-Mobile Arena in Las Vegas. In coach Mike Hopkins' third season, he says he's finally got the player size to be able to run his 2–3 zone effectively—Stewart and McDaniels are both 6-foot-9 and have imposing wingspans.

The Huskies play their home games at Alaska Airlines Arena at Hec Edmundson Pavilion in Seattle. Prior to beginning league play, the Huskies have several home games in December, including against Eastern

Washington (Dec. 4), Gonzaga (Dec. 8) and Seattle University (Dec. 17).

Upcoming UW home opponents in conference play include UCLA (Jan. 2), USC (Jan. 5), Oregon State (Jan. 16), Oregon (Jan. 18), Arizona (Jan. 30) and Arizona State (Feb. 1).

Visit [gohuskies.com](http://gohuskies.com) for more information. —Andrew Waite



## AN UPLIFTING REVIVAL

» **Once on This Island**, winner of the 2018 Tony Award for Best Revival of a Musical, follows the story of Ti Moune, a peasant girl living on a Caribbean island, as she is led by island gods on a quest to find the man whom she has fallen in love with. Through the power of love, Ti Moune brings people of different backgrounds together. The one-act musical is at the Winspear Opera House in Dallas, Dec. 17–22, and features a stellar cast, with Courtnee Carter (red dress) playing Ti Moune. Carter's credits include the TV show *A Crime to Remember*. Danielle Lee Greaves, who has previously appeared in Broadway/National Tour productions such as *The Lion King*, as well as on TV shows including *The Blacklist*, plays Mama Euralie. The production, which debuted on Broadway in 1990, is currently on tour, with upcoming stops that include Los Angeles and Seattle.

Visit [onceonthisisland.com](http://onceonthisisland.com) for more. —Zoë Buchli

## MONET ON DISPLAY

■ “Claude Monet: The Truth of Nature,” at the Denver Art Museum through Feb. 2, 2020, explores the renowned painter's portfolio in one of the most comprehensive collections of Monet's work in the United States in recent history. The exhibition hosts more than 120 Monet paintings representing 60 years of picturesque light, water and natural scenery. The focus is on the Impressionist artist's oil paintings, such as the 1883 *Fishing Boats* (right), and the exhibition highlights the way Monet (1840–1926) considered nature's changing forms. Though his early paintings each stood alone, his later series, such as his famous *Water Lilies* series, involved painting several canvases in one session to record how changing light affected his subject. For more information, visit [denverartmuseum.org](http://denverartmuseum.org). —Daniel Rury



CLOCKWISE FROM LEFT: JOE FAROHI/ESPN IMAGES; MIMI CROSSLAND AS 'LITTLE GIRL,' COURTNEE CARTER AS 'TI MOUNE' AND THE COMPANY OF THE NORTH AMERICAN TOUR OF ONCE ON THIS ISLAND, PHOTO BY JOAN MARCUS; CLAUDE MONET, *FISHING BOATS*, 1883, OIL ON CANVAS; FREDERIC C. HAMILTON COLLECTION, BEQUEATHED TO THE DENVER ART MUSEUM, 37.2017



A woman with short brown hair and a young girl with blonde hair are looking at a laptop screen. The woman is leaning over the girl, and they both appear to be engaged in a learning activity. The background is softly blurred, showing what might be a kitchen or a home office setting. A large, stylized yellow 'W' is positioned in the upper right corner of the image.

W

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## THE NUTCRACKER, WITH A TWIST

» By staging hip-hop dance to Tchaikovsky's original orchestral suite, *The Hip Hop Nutcracker* spins *The Nutcracker* on its head. This modern twist on a Christmas classic is touring the United States this month, with stops that include San Antonio (Dec. 5); Fort Lauderdale, Florida (Dec. 8); Brooklyn, New York (Dec. 15); Bethesda, Maryland (December 17-19); Newark, New Jersey (Dec. 20-21); and Columbus, Ohio (Dec. 22).

The hip-hop version tells a story similar to the original ballet, following Maria-Clara's wondrous dream sequences, but instead of being set in 1800s Germany, this version takes place in contemporary New York City.

The show was co-created by Jennifer Weber, a New York choreographer, who wanted to combine her childhood love of traditional theater with a dance style that's inspired her as an adult. Weber says hip-hop opens up new ways to translate the 1890s music, and the show includes disc jockey interludes that offer a fresh spin on Tchaikovsky's score. In Weber's version, dancers dressed in white



» THE FEED  
THE MIX

perform symmetrical handstand poses and effortless windmills to embody a flurry of snowflakes, and the mechanical character of the nutcracker comes to life with robotic moves of pop-and-lock solos.

Visit [hiphopnutcracker.com](http://hiphopnutcracker.com) for more information. —Daniel Rury



**Left: George Catlin's 1832-1833 oil painting Buffalo Chase, a Single Death.**

**Bottom right: Buffalo Dance, Oklahoma (undated) by Paul J. Goodbear (Chief Flying Eagle).**

traditions and customs that he thought might one day disappear. In his paintings, Catlin evoked the landscape, prominent Native leaders and the importance of buffalo in Native life.

Works created by modern Native American artists, including sculptor Allan Houser and painter Paul J. Goodbear (Chief Flying Eagle), have a different focus. These pieces prize preservation and persistence—both of the people and the buffalo—evoking the vibrancy of enduring cultures.

Visit [americanart.si.edu/exhibitions/buffalo](http://americanart.si.edu/exhibitions/buffalo) for more information. —Daniel Rury

## ART OF THE BUFFALO

» In the 19th century, American bison could be found in abundance across the Great Plains. These majestic animals (commonly called buffalo) were of critical importance to Native peoples, and depictions of buffalo have long appeared in many kinds of artwork.

"Picturing the American Buffalo: George Catlin and Modern Native American Artists"

considers different representations of the buffalo. The exhibit, at the Smithsonian American Art Museum in Washington, D.C., through April 12, showcases works by modern Native artists and by American painter George Catlin.

In the 1830s Catlin traveled to the lands west of the Mississippi River to record Native





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## » THE FEED THE MIX

### A REVOLUTIONARY SIGHT

» **At the end of 1776**, the Continental Army's hope and supplies were running low. But while enemy troops were ordered to their winter quarters in Trenton, New Jersey, General George Washington planned a surprise attack for Dec. 26. On Christmas night, Washington and his army crossed the icy Delaware River, beginning a series of battles that helped turn the tide of the Revolution.

On Dec. 8 and 25, visitors can relive Washington's crossing of the Delaware at Washington Crossing Historic Park, north of Philadelphia. The 67-year tradition features more than 200 reenactors with time period-accurate arms and garb. See Washington and his men talk strategy and board replica Durham boats. For more information, visit [washingtoncrossingpark.org](http://washingtoncrossingpark.org). —Daniel Rury

### EXPERIENCE LIGHTBULB MOMENTS

» **Nestled in Paso Robles, California**, Sensorio's *Bruce Munro: Field of Light* invites guests to walk through 15 acres of stunning light installations, making it one of the largest light fields in the world. *Field of Light* is a massive work of art created by English artist Bruce Munro, with paths on which guests can wander through sweeping hills covered in more than 58,800 stemmed glass spheres. The spheres are all 100% solar-powered.

"It is a place of imagination and inspiration," says Sensorio Executive Director Tracy Strann. *Field of Light* is open Thursdays through Sundays in the evenings.

Sensorio is a 380-acre outdoor art-and-entertainment venue that opened in May in San Luis Obispo County. For more information, visit [sensoriopaso.com](http://sensoriopaso.com).

—Zoë Buchli



### PRINCE PRINTS

■ When photographer Allen Beaulieu first met Prince in Minneapolis in 1979, Prince was in his early 20s, very much at the beginning of his musical career. Prince had seen a fashion-show poster Beaulieu created, and the future pop icon called Beaulieu to book a three-day



photo shoot. This was the beginning of a lifelong friendship, with Beaulieu accompanying Prince on tours and photographing album covers, capturing images that are now featured in "Prince: Before the Rain," at the Minnesota History Center in St. Paul through May 3.

The 50 digital prints in the collection feature candid moments and behind-the-scenes glimpses of the late Prince, focusing on the time before the artist rose to prominence with the 1984 release of the album "Purple Rain."

Visit [mnhs.org/historycenter](http://mnhs.org/historycenter) for more information. —Zoë Buchli



# HAS PAIN EVER INTERFERED WITH YOUR SLEEP?

Whether it's a headache, toothache, wrenched knee or other injury, pain will wreck a good night's sleep once in a while. Usually, sleep returns to normal as the pain resolves. But for some, chronic pain and poor sleep become a nightly problem. Let's take a look at why some people develop a vicious cycle of pain with poor sleep.



## THE SLEEP-PAIN CONNECTION

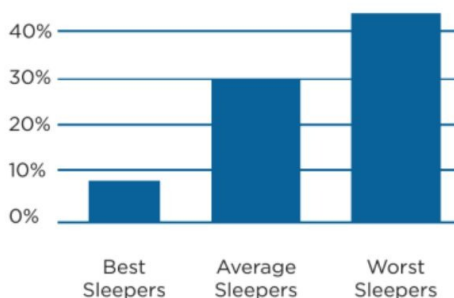
It should come as no surprise that pain interferes with sleep from time to time. But research has also shown the opposite to be true – poor sleep, no matter the cause, can increase your chances of developing future chronic pain.

Consider two people, similar in every respect except their sleep quality, each with a shoulder injury. Which one is likely to recover faster and with less chance of developing long-term pain? If you guessed the better sleeper, you're right!

Sleep and pain are bound together in a two-way relationship: pain worsens sleep while poor sleep worsens pain – a vicious cycle that interferes with the body's natural healing mechanisms.

Research from our clinic (below) shows that the worst sleepers are four times more likely to have been treated for chronic pain, compared to the best sleepers.

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## WHY IS QUALITY SLEEP SO IMPORTANT IN PAIN CONTROL?

During sleep, the body performs many of its restorative functions.

- Growth hormone, our primary restorative hormone, is produced mainly during deep sleep.
- Body tissue repairs itself most efficiently during sleep, when the body is still and relaxed.
- Emotional distress, such as from chronic pain, is processed and regulated during REM (dream) sleep.
- Being well rested makes one more resilient to pain, allowing better participation in rehabilitation.
- Sleep deprivation may increase cortisol, a hormone which can interfere with tissue regeneration and recovery of function.

Thus, sleep that is not deep enough, long enough or stable enough may be lacking in restorative power.



## SLEEP AS PAIN THERAPY

Do you have chronic pain? Could improving your sleep help your long-term chances of getting back to your best self? Our clinical experience shows better sleep leads to better pain control for many people.

## CONTACT US FOR MORE INFORMATION

No matter how bad your pain may be, our sleep specialists will work with you to improve your sleep. And better sleep leads to better healing.

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**Gandis Mažeika,**  
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## AROUND THE WORLD WITH PORTLAND'S LITTLE ORCHESTRA

By Tiffany Hill

» **Bandleader Thomas Lauderdale** has never formalized a one-year plan, let alone a plan for five or 10 years. He prefers spontaneity and openness to new ideas. Lauderdale, a classically trained pianist who considers Portland, Oregon, his hometown, started the band Pink Martini in 1994. The 13-member ensemble is known for its international flair and has sometimes called itself a “Little Orchestra,” though its music is more kaleidoscopic (jazz-pop-classical-world music) than classically orchestral.

As the group celebrates its 25th anniversary, it is visiting cities across the globe, and continuing to explore new ideas in what is now a lengthy career: “I think all of us still feel sort of amazed that it has lasted 25 years,” Lauderdale says via phone from Quebec City. “From year to year, none of us know what’s in store. Our sense of rollicking adventure and willingness to follow the moments has made it all fun along the way.”

Since the band’s inception, it has sold more than 3 million albums, been inducted into the Hollywood Bowl Hall of Fame and performed with more than 50 orchestras. In October, the band issued the extended play releases *Bésame Mucho*, featuring vocals by Edna Vazquez, and *Tomorrow*, with vocals by Jimmie Herrod. Both singers are Portland-based and have been touring with Pink Martini for two years. Earlier this year, Pink Martini also collaborated with self-described “post-post-modern diva” Meow Meow for the album “Hotel Amour.”

A Pink Martini concert is a trip around the world in one lively evening; the band seamlessly transitions from French music hall to Brazilian samba to Japanese film noir, for example. And the group has gained a worldwide

» **With three new musical releases out this year, Portland-based Pink Martini, led by Thomas Lauderdale (center), continues to explore new sounds as it celebrates its accomplished 25-year career.**

following for celebrating the music of diverse cultures, often with inspirations from the band’s travels. Together, lead vocalists China Forbes and Storm Large sing in more than 25 languages, including French, Japanese, Spanish, Farsi, Turkish and Armenian.

“A lot of bands have sort of one sound. Pink Martini has 20 different sounds. Our performances are inherently diverse and,

therefore, endlessly entertaining,” says Lauderdale. “If you don’t like one thing, just stick around for 5 minutes.”

This month, concertgoers can enjoy Pink Martini’s globally hued hits during an annual holiday tour with multiple California stops this year, including eight shows in San Francisco. In 2020, Pink Martini will head to England, Mexico and Switzerland, in between various stops stateside.

While in the United States, the band road-trips to concerts via two decked-out tour buses. Lauderdale says that night owls get in one of them, while everyone else climbs into the second, quieter one. “I’m on the sleep bus, and the drummers are on the party bus,” he says.

When Pink Martini isn’t performing (which it does about 150 days a year), Lauderdale spends time in Portland. He enjoys building driftwood forts with his partner and his friends at Rooster Rock State Park, near the Columbia River. For all the international affinities of his group, this bandleader still draws strength from home. Visit [pinkmartini.com](http://pinkmartini.com). ❄️





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## FESTIVE FRUIT DESSERTS

By Lora Shinn

» While a partridge in a pear tree might not be on your holiday checklist this year, turning to pears and other fruits for festive desserts can enliven your entertaining, and offer family and friends something with less processed sugar than the usual cakes, cookies and pastries.

For example, this winter the menu at Barking Frog restaurant in the Seattle area features port-poached Asian pear balls (created using the small end of a melon baller), served with whipped vanilla-flavored goat cheese, olive-oil cake and cranberry compote, and garnished with rosemary, Oregon hazelnuts and orange zest.

The cranberry compote embraces seasonal flavors of cloves, cinnamon and zested orange, according to executive chef Bobby Moore and pastry chef Matt Kelley. Spices add an intriguing layer of flavor to desserts, and satisfy the palate, Moore says, and the light olive-oil cake is an alternative to sweeter cakes. He adds that the creaminess of the goat cheese, the fluffiness of the olive-oil cake and the crunchiness of the hazelnuts provide variety and can make each bite different from the last.

Lior Lev Sercarz, author of the book *Mastering Spice: Recipes and Techniques to Transform Your Everyday Cooking*, notes that spices “play an exciting role in reducing refined sugar and sodium.” A topping of finely ground ginger, Sichuan pepper and dried hibiscus flower takes a humble fruit parfait from simple to special, Sercarz says. The sweet fruit notes contrast nicely with the pepper; the tart-sour hibiscus imparts a purplish-pink hue; and the ginger offers a bit of warmth. Sercarz crafts fruit parfaits with layers of yogurt or ice cream, fruit swirled in with a touch of olive oil, and seeds such as pepitas and poppy seeds.

At San Francisco’s Prairie restaurant, Fuji apples are peeled and cored, then baked in a liquid mixture comprising a Yakima Valley Riesling from Eastern Washington,



» Clockwise from top right: Port-poached Asian pear balls; apples baked in Yakima Valley Riesling; the *Mastering Spice* cookbook cover.

butter, vanilla bean seeds, brown sugar, cloves and black peppercorns. Each apple is turned several times during baking to ensure the Riesling mixture infuses the entire apple.

“Start with the best fruits you can find,” suggests Prairie pastry chef Alison Sullivan. When you use naturally sweet apples, along with Riesling, which can have a sweet yet crisp taste, you can reduce the added sugar—often just a tablespoon of brown sugar per apple is all you need, she says.

In addition, Riesling’s primary flavor notes lean toward orchard fruits, making it a natural complement to apples. Sullivan adds that much of the alcohol in the Riesling cooks off, but apple cider works fine as an alcohol-free alternative.

After the apples are baked, she fills their hollowed-out cores with lightly sweetened Greek yogurt, and spoons a luxurious reduction of the pan juices over the top, followed by a sprinkling of crunchy, candied red walnuts (granola can be used instead). You can finish off the dessert with more Greek yogurt or whipped cream, or splurge a little and go for ice cream, Sullivan says. ❄️❄️❄️





# The taste of sweet success.

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## ALTERNATIVE FORMS OF FIZZ

By Brad Japhe

» Last year, nearly 24 million bottles of Champagne were exported from France to the United States, and some reports indicate that around a quarter of Champagne bottles sold in the U.S. are purchased between Christmas and New Year's Day. French bubbly has understandably been the go-to beverage for seasonal celebrations. Champagne is flashy yet easy, and its effervescence matches the mood. But who doesn't enjoy a nice surprise during the holidays? If you'd like to pour something more unusual, here are some suggestions from drink experts.

Noted Napa Valley mixologist and bar consultant Niccole Trzaska makes a career out of steering customers toward alternative forms of fizz. For her Catch Me If You Can cocktail, she uses Lip Service rye whiskey from Dave Phinney's Savage & Cooke distillery in the San Francisco Bay Area, and provides additional pizzazz with ginger beer and Twisted Alchemy Cold-Pressed Persian Lime Juice, finishing the drink with a dash of simple syrup. The result is a darker version of the classic vodka-based Moscow Mule. "The Moscow Mule is a year-round cocktail that is simple to create, but this version, with rye whiskey, shows how different and delicious it can be for any holiday celebration," Trzaska says. Plus, the traditional copper mug used for the drink can be a good stocking stuffer.

Cari Hah, bar manager at Big Bar in Los Angeles, recommends a cognac-based highball for the holidays. Her Sunny Sparkler blends Hennessy Black with a bar-spoon of Fusion Napa Valley Verjus Blanc (a tart juice pressed from unripened white-wine grapes, although half a bar-spoon of apple cider vinegar can be substituted for the verjus if desired), and a bar-spoon of juice from a jar of Dirty Sue Whiskey Cherries.

Hah combines the ingredients in a tall Collins glass, fills the glass with ice, and tops the cocktail off with Q Elderflower Tonic Water to provide the refreshing bonus of bubbles. She twists lemon peel over the drink for added flavor before discarding the rind, and then garnishes the drink with a cherry from the Dirty Sue Whiskey Cherries jar. The cherries, a variety known as Stardust, grown in the Pacific Northwest, are marinated in whiskeys from Tennessee and Kentucky. The syrup from the jar also "has notes of vanilla, star anise and currant—just as tasty as the cherries themselves," Hah says. "It really adds a balance in



» A traditional copper mug used for a Moscow Mule is also a festive way to serve holiday variations such as a Catch Me If You Can cocktail featuring rye whiskey.

flavor. I always think of cognac as a celebratory spirit, and for this cocktail, the lighter flavor profile of Hennessy Black pairs perfectly with the rest of the ingredients."

For those who simply want to pop open their holiday cheer, consider a six-pack of The Finnish Long Drink. Many people have regarded the *lonkero* (long drink) category of crisp, citrusy sparklers—traditionally combining Finnish gin and grapefruit soda, although other flavors are also used—as the national drink of Finland since the country hosted the 1952 Summer Olympics. The beverage was first produced by Hartwall, based in Helsinki, as a ready-made and thus fast-to-serve cocktail that Olympic visitors would enjoy.

Today, various Finnish companies make long drinks, but it wasn't until last year that the invigorating spritz came to the United States. Sold here by The Long Drink Company, a venture with Finnish and U.S. partners, it is available online and at an expanding number of bottle shops. A zero-sugar option is available, too. For holiday celebrations, The Finnish Long Drink might be best served in a pint glass or in a rocks glass with big ice cubes, perhaps with lime garnish. ❄️❄️❄️





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## AN INSPIRING FUTURE

The Infiniti line emphasizes electric propulsion and modern designs

By Bengt Halvorson

» Infiniti celebrated its 30th birthday last month. And whether you consider the original Q45 V-8 flagship, with its bold style and leading-edge tech; the powerful G35 (and G37) sport sedans; or the Infiniti FX performance SUV, Infiniti has been helping to change the shape of luxury since its November 1989 rollout.

What's next could prove just as formative. Infiniti plans to introduce five new models in the next three years, and three of these models—a sedan, a fastback and an SUV, each previewed by concept cars called the Q Inspiration, Qs Inspiration and QX Inspiration—will wholly embody a new electrified vision. Here's a closer look, focusing on the QX Inspiration.

### ■ Worldly materials

Look for Infiniti to branch out and go more global with its materials—the QX Inspiration features Italian marble in its trim and Japanese red cedar slats on the roof. Certain cues throughout the new models, such as the striped pattern resembling a creased kimono, pay homage to the brand's Japanese heritage.

### ■ Past and future presentation

The combination of a minimalist look on the outside paired with the absence of a conventional grille at the front of the vehicle adds up to a style that's both clean and futuristic, and also gives a nod to the original Q45 of 30 years ago.

### ■ Quiet generator

Hybrids will get a small 1.5-liter three-cylinder engine, using Infiniti's VC-Turbo variable-compression-ratio technology, to power a generator and keep the battery packs charged.



### ■ Skateboard layout

Fully electric versions of Infiniti's models will be built over long, low battery packs under the passenger floor—in what's now commonly described as a “skateboard” layout. This helps create a cabin that has ample space for passengers and cargo. Infiniti has centered the design around the Japanese spatial concept of “Ma,” meaning roughly, “an emptiness full of possibilities, potential and anticipation.”



The batteries have a large enough reserve to keep the engine from racing, and Infiniti says the engine has been encapsulated to limit noise and vibration.

### ■ Charging up

Fully electric versions of these vehicles (with a charge port rather than the gasoline generator) will be offered—with electric cars making up as much as 50 percent of the product mix (by sales) by 2025, according to the manufacturer. Infiniti is targeting at least 300 miles of range from these versions.

### ■ Electric power

There are two drive motors, one at the front and one at the rear, providing up to 429 combined horsepower, with some versions capable of accelerating to 60 mph in less than 4.5 seconds. This motor configuration is the same in both the hybrid and the fully electric models.

### ■ More screen time

Future Infiniti models will continue to add screens, including infotainment screens for front and rear passengers. ❄️❄️❄️







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# RUSSELL WILSON'S 2020 VISION

HOW ALASKA AIRLINES' CHIEF FOOTBALL OFFICER  
INSPIRES AND LIFTS THE WORLD AROUND HIM

BY DENISE CLIFTON

**On a rainy Tuesday** in the middle of the professional football season, Russell Wilson walks onto the cancer floor at Seattle Children's Hospital. He's running late because of traffic and already wishing he could stay longer. But when he steps into a young patient's room and the dimmed lights come up, all of his attention now belongs to this family—and he has an abundance of high-fives, handshakes and hugs to share.

The winningest quarterback in Seattle's history has met hundreds of children since he started visiting the hospital in 2012, but each room offers its own moment to connect with that one child, that one family.

On another recent visit, Wilson threw up his arms and cheered a 3-year-old tossing “touch-downs” into a sink, coaching the child to yell “hike” before each pass. The tiny QB, sporting an oxygen tube and a No. 3 jersey, went 3-for-3.

“That was one of my favorite memories,” Wilson says later. “I’ve gotta watch out for my job! He was young, but he was ready.”

On today's visit, Wilson extends a hand to everyone in the room. He has a signed football and a poster for them, but the bigger gift is his presence, as seen in the shy smiles that light up their faces. This is the first time the father has seen his teenage son smile in the week since his diagnosis.

Wilson sits on the bed, leans in close for a photo and promises prayers. He asks the boy, who plays football, too: “Are you going to play for us?” When the teen looks down, Wilson's response is quick:

“Why not you?”



» **Russell Wilson partners with Alaska Airlines to encourage students of the Seattle area's Highline Public Schools to dream big. The airline awards scholarships to some of the district's graduates.**

This question—this challenge—is at the heart of everything Wilson does, on the football field, throughout his business ventures and in his many interactions with his community. Why not win the biggest trophy in football, even though Wilson was told over and over again that he was too short to play professionally? Why not produce inspirational film and TV programs with his wife, singer/songwriter Ciara? Why not team up with his adopted hometown's airline, Alaska Airlines, to push high



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**RUSSELL  
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» **The Russell Wilson Passing Academy stresses the fundamentals of football and team play. More than 10,000 boys and girls have participated.**

school seniors to chase their dreams—and even splash the message on the side of a plane?

“Why make your dream too small?” Wilson asks after his hospital visit. “If you’re going to dream, you might as well dream really big. You may not get there, but at least you got somewhere close.”

Wilson has been dreaming big since he was a kid writing down his goals in Richmond, Virginia. Those dreams fueled Wilson to win the starting-quarterback job for Seattle as a rookie in 2012—and to lead the team to its first title the next season. And back in high school, Wilson was already dreaming about inspiring other kids. “I had a vision with Scott Pickett [now one of his business partners] in 10th or 11th grade,” Wilson says. “We started talking about this idea that when I make it, I’m going to have camps, travel around the country—around the world—and teach kids how to play the game of football. But more than football, I’m going to teach them about life.”

So far, more than 10,000 boys and girls, from Shanghai to Chicago to Seattle, have participated in those Russell Wilson Passing Academy camps, co-sponsored by Alaska Airlines. About half of the kids, ages 8–17, attend on scholarship each summer.

“I say at the beginning of camp that if we inspire one kid today, the mission’s accomplished,” Wilson says. “Maybe that one kid can inspire the world.”

On a given Tuesday, that one kid might be at Seattle Children’s Hospital, where the walls are decorated, and staff—and many patients and visitors—are outfitted in No. 3 gear. One door sports a sign that reads: “Russell Wilson, stop here! (please).” When Jackson, the boy in the room, sees Wilson peek around the curtain, Jackson’s dad has

to remind his son to breathe.

“Our caregivers do such an amazing job—but we don’t really want the kids to remember all of the pokes and prods,” says Allison Broadgate, director of Strong Against Cancer at Seattle Children’s. “Isn’t it wonderful if they remember a visit from Russell Wilson instead?”

“He’ll see kids who could be having a good day, and kids who might be going through the hardest day,” she says. “Either way, the impact is huge. He always brings hope and a reminder to everyone that believing in your dreams is the biggest thing.”



#### HIGHLIGHTS FROM THE ALASKA AIRLINES–RUSSELL WILSON PARTNERSHIP INCLUDE:

- **Russell Wilson Passing Academy:** Football camp for all positions, kids ages 8–17. Focus is on learning the fundamental lessons and rules of the game. Scholarships available for families in need.
- **NoTime2Sleep:** Event held each of the past three years in June to award college scholarships and inspire seniors graduating from the Seattle area’s Highline Public Schools to define and pursue their dreams.
- **The Dream Big Livery and Flight 3:** An Alaska Airlines 737 was painted with “Dream Big” to kick off Wilson’s 2019 season and remind Alaska’s guests not to limit their dreams. During the season, Alaska guests who wear Wilson’s No. 3 jersey also receive priority boarding. And for Mileage Plan members who travel to away games, Alaska is awarding three times the miles earned for special “Flight 3” routes throughout the season.
- **Alaska Air Group Employee Assistance Fund Reception:** Wilson attended and signed footballs for the 2019 EAF event, which raised funds to aid Alaska Air Group employees suffering financial hardship due to a medical or catastrophic event. —D.C.



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» Wilson couldn't help but stop to speak with Jackson, whose Seattle Children's room window presented an invitation for a visit. Jackson's father had to remind the young fan to breathe.

Wilson is still dreaming big. His Why Not You Foundation has raised more than \$8 million so far for pediatric research through Strong Against Cancer, in partnership with Alaska Airlines and Safeway. His Why Not You Productions has programming in the works—"awesome projects coming up in 2020 that we're really fired up about," Wilson says. And this October, he and Ciara announced that West2East Empire, their brand-management company, will start representing other athletes and entertainers in their careers.

Every venture Wilson and Ciara take on together, business or philanthropic, is intended to be a world-changer. "That's a core essence of our decision-making," Wilson says. "Is it going to inspire someone? If it doesn't, then it's probably not for us."

In his offices above downtown Seattle—where West2East Empire, Ciara's Beauty Marks Entertainment and the Why Not You Foundation share space and common purpose—Alaska Airlines' Chief Football Officer took time out of an overbooked day, in between a home game and a road game this fall, to reflect on his inspirations, his teamwork with Alaska and his aspirations for the year ahead.

• **You and Ciara announced this fall that West2East Empire will start representing other athletes and entertainers. What inspired you to start this new venture?** Through music and sports, we're blessed to be able to encourage people and inspire people. And we love talent. We want to make people's dreams come true. We've been encouraging one another, and now to help encourage somebody else is going to be great. And [partner] Jason Weinberg is one of the best managers in the world. He helps us with TV and film, as well, so we're excited about where we're headed with this.



• **What do you hope to pass along to other rising stars?** I was a kid from Richmond, where people told me I wouldn't ever make it. I really believe that you've got to control your future. You have to have a vision of where you want to go. That was really critical for me.

• **Do you and Ciara enjoy working together?** Yeah, we really do. We get to share the same office here in downtown Seattle, and we get to spend a lot of time together and travel the world together. She's my No. 1 fan. I'm her No. 1 fan, that's for sure.

• **Who are some of the people who helped your dreams come to life?** My agent and lawyer, Mark Rodgers. When I met him in May 2010, my dad was on his deathbed. Mark became my baseball agent. He also became a father figure very quickly in my life. I would also say my brother and Trevor Moawad, my mental-conditioning coach.

Even though my dad's no longer living, he's with me, and the things he's taught me are with me every day. My mom showed me what faith looks like. When my dad was sick and didn't have many hours left to live, she showed me the power of prayer. I have really been fortunate to surround myself with great people who believe in my dream.

• **You, Moawad, DJ Eidson, and your brother, Harrison, started a company together called Limitless Minds. What does that company do?** We're helping some of the biggest companies and biggest CEOs in



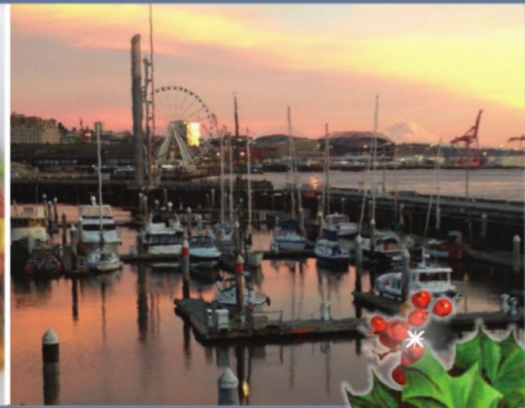
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• **How does this approach come into play when you lead a comeback in a football game?** One of the biggest things in coming from behind or coming back, in a tough game or a tough season of life, is the belief that you can. Then, your language has to match up—meaning what you say and how you say it. If you're a leader, you have that as your core essence. That person can inspire others, and that's what we need more of in this world.

• **You and Ciara also invested in Seattle's soccer team this year. What inspired you to join the ownership group?** I've loved Seattle's soccer team since I got here in 2012. We want to make our team the world's most competitive soccer team, and we want to bring the best soccer players here from around the world. Why not? We have special fans, and we know how to win here. We've got two championships and a lot more ahead of us.

• **Why is it so important to make time for Seattle Children's Hospital each week during the season?** When much is given, much is required. God has blessed me with a lot. He's blessed me with talent. He's blessed me with an opportunity to inspire people. I used to go to the hospital all the time because my dad was always there. I know what losing your dad is like and what losing a loved one is like, and I couldn't imagine what potentially losing a child is like. The reality is that cancer is real, disease is real—things we all have to face. We can't do it alone. Whatever way that I can help support families and loved ones and young children in terms of just giving them a glimpse of hope is what I think God has put me on this earth for.

• **What's the story behind the name of the Why Not You Foundation?** At the grand opening, I was down at CenturyLink Field and we were going to announce the Russell Wilson Foundation. It was literally 2 minutes before I walked on stage, and I said, "I think I want to change the name." It's not about me. It's about inspiring others. And it is a

question that my dad used to always ask me: "Son, why not you?" Why not you graduate in three years? Why not you play pro football and pro baseball? Why not you, why not you, why not you? I truly believe that's the fundamental question we all have to ask ourselves, whether subconsciously or consciously, at some point in our lives. Why not me? That was one of the questions we asked the year we won the title: Why not us? Sure enough, we ended up winning just because we could believe.

• **You created the Good Man Brand clothing line, which gives 3% of every sale to the Why Not You Foundation. Why go into fashion?** I love clothes,

## HOME FOR THE HOLIDAYS, WITH RUSSELL AND CIARA

**What's a favorite tradition that you do for the kids?**

**Ciara:** We love to fill the house with good food and good music for dance parties with the kids, as well as playing classic games like checkers, Monopoly, etc. Since our kids are little, we put cookies and carrots out for Santa and his reindeer. Seeing the joy and excitement on their faces when they open gifts is always so much fun. It's definitely one of the best times of the year.

**Russell:** We love getting their stockings and filling them up. And waking up Christmas morning and saying our prayers, opening up gifts all together, cozying up together. That's like the best day.

**What's your favorite Christmas song?**

**Russell:** Oh, that's a good one. *Let it Snow* by Boyz II Men. [Sings quietly, 'Let it snow. ...'] It's one of my favorite songs.

**Ciara:** *Let it Snow* by Boyz II Men, *All I Want for Christmas*

*Is You* by Mariah, and *Jingle Bell Rock*.

**What's your favorite Christmas movie?**

**Russell:** *Home Alone* is probably my favorite. And *The Preacher's Wife*. Shout out to Whitney Houston.

**The West2East team won the ugly-sweater contest in the Russell Investments Center the past two years, wearing Alaska Airlines ugly sweaters (below). Now that you've seen Alaska's 2019 sweater (on this issue's cover), do you think you'll bring home another win?**

**Russell:** It's going to be good. I think we've got a chance.



» Wilson, left, with West2East's Daniel Mogg and Vic Wise.



and I love houses. Growing up, I didn't have much. I used to go to open houses back in Virginia. My mom and dad would drive the minivan, and I'd hop out of the car, go to the open houses on Saturdays and Sundays. I'd put a thumbs-up, thumbs-down. And so I had all these pictures saved of the interiors and exteriors of houses. And I also loved clothes and started saving pictures.

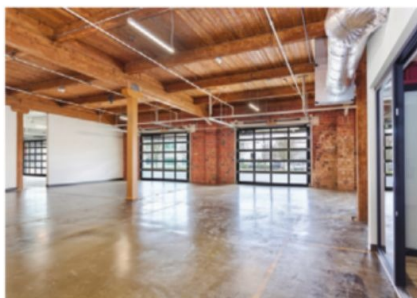
With Good Man Brand, I always use basketball as a reference: For men, we have a great 3-point game where we can wear a blue suit and a white shirt and a blue tie and look really good for the business meeting. And then we have this layup line where we can wear a T-shirt and shorts to the mall. But what we're missing is a midrange game. And I want to develop the best midrange game in the world, where you can dress it up, dress it down.

It's also for the guy like me, who at 25 was trying to date a girl way out of my league in Ciara, and I needed to dress up and look good. So, yeah, it was for that guy, too.

• **With so many commitments, how do you and Ciara protect time for your family?** I think that's the easy part. When you really care about something, you're always willing to make time. We have our date nights. We have our times with the kids and make sure we go to their stuff as much as possible. Being able to spend time with the kids as soon as we get home is key. As busy as she is and as busy as I am, it can be tough, just like any other parents who are working tons of hours. It's been such a joy ride, having two children and seeing the smiles on their faces after a game, win or lose, or after Ciara's concerts, or wherever we may be.

• **You and Alaska Airlines have teamed up for the past three years on the NoTime2Sleep event, giving scholarships to graduates in the Seattle area's High-line Public Schools district and urging them to pursue their dreams. Why do you choose to partner with Alaska?** When I was a high school graduate trying to go to college and trying to be successful in sports and in my education, I had a dream, too. Now, to be able to share my dreams and where I was at that point in my life and to hopefully inspire them—it's totally worthwhile. The companies we work with, like Alaska Airlines, they also want to inspire the world. They want to be able to impact people. Investing in community—that's investing resources, time, energy, investing your heart and soul and love. It's everything. We can do that together.

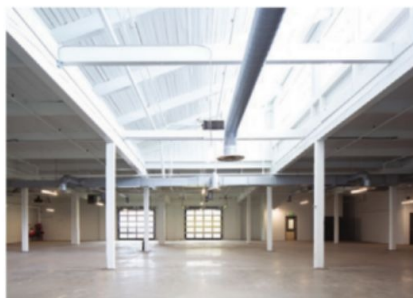
And then how far can we all go? ❄️❄️❄️



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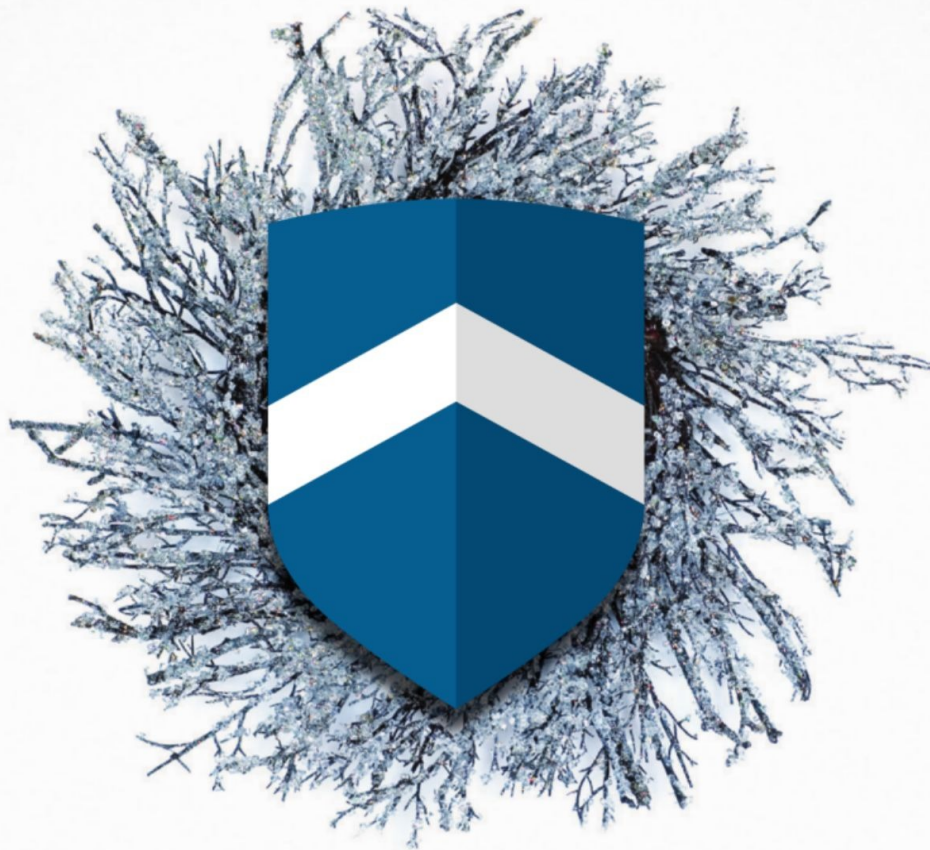
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# HOLIDAY CHEER

ACROSS THE COUNTRY, PEOPLE CELEBRATE THIS TIME OF YEAR IN A VARIETY OF WAYS. HERE ARE FOUR PLACES THAT OFFER GREAT EXPERIENCES DURING THIS SEASON OF JOY.





## THE MANHATTAN EXPERIENCE

BY JACOB DEAN

☆ **Frost crunches under my boots as I** walk to meet my wife, Andrea, and our friend, Stephanie, at the foot of Rockefeller Center's towering, world-famous Christmas tree.

While I'm a native New Yorker, Andrea and Stephanie are amazed by their first visit to this quintessential holiday setting, with its art deco architecture, sculptures, many decorations and skaters gliding around The Rink at Rockefeller Center.

As we gaze up at the tree, hundreds of smiling people take selfies or photos of their kids. After a few more moments of experiencing the scene, we walk through the canyons of Midtown Manhattan and ride the subway to the Union Square Holiday Market.

There, we drink steaming cups of mulled cider and stroll among the vendors selling hats, scarves and hand-crafted wooden toys. The sound of holiday music drifts through the air, and we catch the sweet smell of fresh, hot doughnuts. As snow gently swirls down upon us, it feels as if we have found our way inside of a magical snow globe.

Visit New York, particularly Manhattan, in December, and you will be entranced by the glittering, snow-reflected gleam of a city wrapped in the spirit of the season.

I like to start experiencing the season at the Columbus Circle Holiday Market, on the edge of Central Park, where more than 100 vendors sell a kaleidoscope of gifts and treats.

From there, I walk south in Manhattan, where you can see the glow of menorahs and the draw of wonderful restaurants, delicatessens and bakeries throughout the area. Nearby are the dazzling holiday-themed storefront



window displays at Bergdorf Goodman, Bloomingdale's and Macy's, where you'll see the glamorous worlds of high fashion meet the whimsical and the spectacular. Saks Fifth Avenue goes one step further, putting on an amazing light show all across the front of its downtown store.

Nearby is the newly opened Nordstrom flagship store, where you can shop and recharge at in-house restaurants and cafes, as well as cocktail and coffee bars. If your kids (or the kid in you) want to visit Santa, stop by the 13,000-square-foot Santaland at Macy's Herald Square (to see Santa is free, but online reservations are required).

The Big Apple is also known for classic seasonal productions, including the New York City Ballet performing *George Balanchine's The Nutcracker* at Lincoln Center, and the latest stage version of *A Christmas Carol* is playing at the Lyceum Theatre.

This year, Hanukkah runs from December 22 through 30, and when it's time for a meal, consider stopping at one of the city's iconic Jewish restaurants. Barney Greengrass (cash only) and Russ & Daughters are both famous for serving some of the best smoked-fish and traditional Jewish specialties for more than a century.

Orwashers, which celebrated its 100th anniversary in 2016, is the perfect place for Jewish pastries, such as babka and rugelach.

Other favorite experiences include walking through a snowy Central Park before skating at the park's Wollman Rink, and viewing the skyline from one of the city's many observation decks.

My personal choice is the One World Observatory in the One World Trade Center, the city's highest observation deck. I find looking at New York from this incomparable vantage point to be one of the best ways to celebrate this wonderful time of year.

*Facing page, clockwise from top left: Ice-skating at New York's Rockefeller Center; snow-shoeing in Leavenworth, Washington; celebrating the Christmas Pyramid in Fredericksburg, Texas; Santa feeding a reindeer in North Pole, Alaska.*

*This page from top: People flock to New York's Columbus Circle Holiday Market. The sculpture of giant Christmas ornaments is located across the street from New York's Radio City Music Hall.*



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## A TEXAS HOLIDAY SEASON

BY CYNTHIA J. DRAKE



### In San Antonio, the best way to

enjoy the holiday season is an evening tour of the River Walk. You'll find more than 100,000 holiday lights adorning street bridges and the boughs of bald cypress trees. Decorated riverboats cruise along the waterway, as choirs on board the boats sing holiday songs to the people lining the pathways.

The holidays in San Antonio and the Texas Hill Country to the north spotlight the region's rich history and diverse culture. And the activities offer their own Texas flair.

For instance, during the first week of December, some of the greatest mariachi bands in Texas and Mexico perform at San Antonio's Mariachi Vargas Extravaganza, December 1–7.

My husband and I like to take our two boys to watch the Light Up the Night ceremony at the JW Marriott San Antonio Hill Country Resort & Spa. The event, held every 20 minutes each night through December 30, includes thousands of lights twinkling in time to a variety of holiday songs.

In the Gruene Historic District, northeast of San Antonio, a local ver-

sion of jolly old St. Nick, named Cowboy Kringle, rides into town on horseback, decked out in a Texas-style Santa suit with red-leather chaps, cowboy boots and a cowboy hat. He delivers candy canes to the kids and poses for pictures. This tiny suburb also hosts a Christmas market filled with handmade goods and live holiday tunes at Gruene Hall, which was built in 1878.

In the Texas Hill Country, the towns of Fredericksburg, Stonewall and Johnson City welcome visitors for an old-fashioned holiday experience. Fredericksburg features a version of a traditional German Christmas, with a 26-foot-tall wooden Christmas pyramid. The structure is famous for its rotating carousels and wooden figurines.

The town is also known for its many antique shops, art galleries and boutique stores. However, I'm drawn to the aromas of freshly made strudels and schnitzels coming from bakeries and restaurants.

Near the community of Stonewall, the birthplace of Lyndon B. Johnson, the 36th U.S. president and the region's favorite son, we stop at the Lyndon B.

Johnson State Park and Historical Site. The park's Sauer-Beckmann Living History Farm showcases Christmas as it would have been celebrated in the early 1900s, when Johnson was a boy and there was no electricity in the area.

Park employees do everything the old-fashioned way here, from making soap with lard to preparing a daily meal over a wood-burning stove. During the holiday celebrations, the staff offers a sampling of Christmas cookies to visitors, including German favorites such as the spicy *pfeffernüsse*. A home in the park is also illuminated with candles on the Christmas tree and by luminarias on the outside of the home.

To the east is Johnson City, where we stop to view Lights Spectacular, which runs through January 5. About 1.3 million lights illuminate the town center, which is so bright that officials say you can see Johnson City from space. We walk under the canopy of lights, while others take hayrides and a horse-drawn carriage.

The amazing light show makes this small-town holiday experience one we will always remember.

*The San Antonio River Walk is aglow with thousands of holiday lights.*





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## A TASTE OF BAVARIA

BY JEFF LAYTON

★ **My family and I are sledding down** a small hill in Front Street Park in the heart of the little Bavarian-themed community of Leavenworth, when we hit a bump. In a moment, the three of us spill out into a dizzying blur of snow and holiday lights.

We come to rest together in a heap of laughter in this Washington state town tucked into a snowy canyon on the eastern slopes of the Cascade Range. I can feel the soft tickle of snow on my eyelashes and hear carols being sung by a choir. I look around to see a horse-drawn carriage making its way through the town center.

Leavenworth, with its quaint gingerbread storefronts, is the perfect place for an old-fashioned winter holiday getaway. The community, which resembles a European Alps village, offers fun for the whole family and is located only about two hours from Seattle.

Leavenworth is bathed in the glow of festive lights every evening, Thanksgiving to Valentine's Day. However, the annual Christmas Lighting Festival is held on Saturdays and Sundays in



December (beginning Saturday, December 7, and ending Sunday, December 22). More than 500,000 lights are turned on at once, transforming the winter evening into a dazzling rainbow of colors and making Leavenworth's downtown glow with the holiday spirit.

Walking through the town, we enjoy the smells of sweet pastries, chestnuts roasting on an open fire and bratwursts sizzling on restaurant grills. We also like to visit the Nutcracker Museum, with more than 6,000 nutcrackers from around the world, and to take a spin on the new outdoor ice-skating rink, in operation through the end of January.

You can find unique gifts in the local shops throughout the year, and at the town's Christmas Bazaar at the Chumstick Grange Hall on weekends leading up to Christmas.

Music is everywhere this time of year, ranging from choir and harp concerts to Bavarian folk music and performances by the Marlin Handbell Ringers, to name a few. Many of the seasonal performances are held at the Icicle Creek Center for the Arts.

Venture a short distance from downtown to meet Santa at the Leavenworth Reindeer Farm, where visitors hand-feed baby reindeer and pose for pictures with Santa's sleigh team. Swoosh down the nearby Leavenworth Ski Hill, a small park that includes a tubing hill and two rope tows just right for novice skiers and boarders. There also are wonderful snowshoeing and Nordic skiing areas within minutes of Leavenworth's town center. And skiers looking for more-challenging mountain runs can travel about 40 miles northwest on Highway 2 to the Stevens Pass ski area, which boasts 1,125 skiable acres.

At the nearby Mountain Spring Lodge, you can join a guided snowmobile tour, or sing carols from a two-horse open sleigh as it dashes through the beautiful Plain Valley—the perfect way to celebrate the holidays.

*Top: Sledders enjoy the snow in Leavenworth.*

*Below: Nordic skiing trails near the Bavarian-themed town offer breathtaking views of the surrounding mountains.*





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## A WINTER WONDERLAND

BY KRISTA CHRISTENSEN



**You might expect the North Pole** to be a cold, snowy place. And you'd be right. However, the North Pole that I know also offers a reprieve from the standard hustle and bustle of the holiday season and manages to convey the magic and wonder of this time of year.

I'm talking about North Pole, Alaska, a small community about 1,700 miles south of the geographic top of the Earth. This North Pole is less than 15 miles southeast of Fairbanks, and is a quaint and homey hamlet.

My first stop on a trip to the North Pole is the Santa Claus House, off St. Nicholas Drive, of course. The enormous holiday-decorated store is full of Christmas baubles and is the town's main attraction to visitors—not to mention the residence of reportedly the tallest Santa statue in the world, an impressive 42 feet in height.

The large yard outside the house is a playground of ice and wonder, backlit in bright and festive colors. There are a variety of ice sculptures, including a carved-ice Nativity scene and a carved-ice Santa. Children, bundled against the cold, crawl through ice tunnels and swoosh down ice slides.

Approaching the wide entryway of the Santa Claus House, I pass wide windows showcasing Christmas-themed dioramas. Inside the red-and-white wood-framed building, it is toasty warm, a welcome contrast to a frigid

winter day (sometimes the temperature in North Pole drops to minus 40 degrees). The bright, rustic store is enormous, and something like a jaunty, northerly FAO Schwarz.

A *Holly, Jolly Christmas* plays through the store's sound system, as I explore the displays that include several dozen Christmas trees. I weave among literally thousands of stockings and ornaments to find the store's large toy section, a child's wonderland with thousands of toys that would rival even Santa's Workshop. Nearby is the store's Sweet Shop, offering a variety of treats and hot beverages.

Soon, Santa himself welcomes me, with his handmade red suit, his immaculate white gloves, and his quite-real long white beard. His blue eyes appear to

twinkle behind half-rimmed glasses, as he says that he still has his father's 1930s Santa suit, which he dons on Christmas Day.

Outside, I find the Antler Academy of Flying and Reindeer Games. Eight reindeer are on hand, only Rudolph is missing. I'm told he's down at the nearby Eielson Air Force Base for flight training.

Before I leave North Pole, I take a short detour to see some natural holiday lights. Nearby is Chena Lakes, popular for ice-fishing and Nordic-skiing.

It is also a great place to see the aurora borealis. People are known to gather here to see the beautiful green and yellow curtains of color that shimmer across the starry northern sky. Now that is a holiday wonder. ❄️

**Top: Fun gifts and tasty treats abound at the Santa Claus House.**

**Right: The spectacular aurora borealis puts on a show in the skies above North Pole, Alaska.**





# GREAT NORTHWEST



## Wondrous Washington

BY CRAIG HILL

**The rising sun casts golden rays** across Lake Union as I settle into the saddle of my road bike and start pedaling. I'm on an excursion to find a troll that lives under a bridge. Along the way, I'll get to view stunning waterscapes, appealing parks and engaging clowns.



"When you ride in Seattle, there is no shortage of things to see and places to go," Lex Moreno, a bicycling expert at Velo Bike Shop, noted when I stopped in for route advice before my ride. When he rents bikes to visitors at his downtown Seattle shop, the Cheshiahud Lake Union Loop is a popular option, and he directs riders toward the lake via the Ninth Avenue bike lanes.

The 6-mile Cheshiahud Loop—a Seattle Parks and Recreation-designated route named in honor of a Duwamish chief who led a village that was located along the lake—circles the body of water for an easy outing that can be extended via the connecting approximately 20-mile Burke-Gilman Trail.

Riding (or walking) the loop is one of the many great ways to enjoy Washington state, where I've also recently visited outstanding attractions ranging from an early-1900s building in which independent movies are screened in Bellingham to a beautiful park along

the Columbia River in the Tri-Cities (Kennewick, Pasco and Richland).

Today, I'm starting the Cheshiahud Loop at Lake Union Park at the south end of the lake and doing a clockwise ride. The sparkling water is a constant source of visual joy, and it's entertaining to watch cormorants dive for fish and to view mallards bobbing in the water.

During warmer months, I might also see a Native American canoe being carved on the park lawn and kids floating watercraft in the Model Boat Pond, while Sunday Ice Cream Cruises (plus Friday and Saturday cruises in summer) and The Center for Wooden Boats' Sunday Public Sails depart from the park year-round. Also year-round, visitors can join Seattle Flying Dragons dragonboat practices that launch near the park.

I have the path to myself this morning, and soon I am passing impressive yachts and an idyllic houseboat community. Less than 2 miles north of the park, I make an unplanned stop on the Fre-





*Clockwise from facing page top left: The Museum of History & Industry (MOHAI) and The Center for Wooden Boats; the Fremont Bridge along the Cheshiahud Loop; the Fremont Troll; MOHAI's "True Northwest" exhibit.*

mont Bridge to watch powerful rowers in an eight-man shell zip along the glassy waters of the Fremont Cut, which links the western part of Lake Union to Puget Sound. These appear to be recreational rowers. The famed University of Washington crew teams row on the Montlake Cut, which links the eastern part of Lake Union to Lake Washington. For a moment, I can imagine I'm one of *The Boys in the Boat* protagonists.

Once I'm in the Fremont neighborhood, I detour from the loop a bit to 34th Street to view the life-size bronze *Late for the Interurban* statue of clown J.P. Patches and his girlfriend, Gertrude, in a rush of motion. The clowns were beloved characters in a local children's TV show (1958–81).

Pedaling on to 36th Street brings me to the main sculpture I've set out to see.

Here, under the Aurora Bridge, is the famous *Fremont Troll*. With a scraggy beard and hair draped over his right eye, the 18-foot-tall concrete troll clutches an actual Volkswagen Beetle in his long, bony fingers. Built by four local artists in 1990, the troll has been a popular attraction ever since. He seems formidable and humorous at the same time, and probably The Three Billy Goats Gruff of fairytale fame could get by him. I snap several pictures before rolling back south to reconnect with the northern end of the Cheshiahud Loop.

About 2 miles of the Burke-Gilman Trail is used for the northern leg of the loop, which passes recreational sites such as Gas Works Park. A big hill here is popular for kite flying, and a large sundial at the top of the hill uses the viewer's shadow to tell the time. In 2006, the park was the starting line for *Amazing Race 10*.

The Burke-Gilman Trail separates from the Cheshiahud Loop near the University Bridge. Continuing about 14 miles on the Burke-Gilman would take me to the city of Bothell, where I could then link to the approximately 10-mile

## MORE RECREATION

- **The Bellevue Collection:** This vibrant shopping/dining/entertainment destination in Bellevue, east of Seattle, attracts visitors from near and far. During the holiday season, it hosts the Snowflake Lane parade nightly through Dec. 24 ([bellevuecollection.com](http://bellevuecollection.com)).

- **Bing Crosby House Museum:** Now located on the Gonzaga University campus in Spokane, this was the childhood home of the legendary singer and actor, once a Gonzaga student. Get close-up looks at his gold records ([gonzaga.edu/student-life/arts-culture/crosby-museum](http://gonzaga.edu/student-life/arts-culture/crosby-museum)).

- **Dune Peninsula:** In September, Metro Parks Tacoma, south of Seattle, won a National Gold Medal Grand Plaque Award for Excellence in Park and Recreation Management. The award included recognition of Metro Parks Tacoma's new Dune Peninsula at Point Defiance Park. The 11-acre Dune Peninsula park, part of an acclaimed larger project, offers sweeping views of Puget Sound ([metroparkstacoma.org](http://metroparkstacoma.org)).

- **Flying Heritage & Combat Armor Museum:** This Everett museum houses restored military aircraft, tanks and other equipment collected by the late Paul Allen, Microsoft's co-founder ([flyingheritage.org](http://flyingheritage.org)).

- **Kamiak Butte:** The panoramic view from atop the butte, accessed via the 2.4-mile-loop Pine Ridge Trail in the Pullman region, includes the fertile fields of the Palouse ([whitmancounty.org](http://whitmancounty.org)).

- **Mission Ridge Ski & Board Resort:** This Wenatchee resort





**LAWRENCE CHIARELLI**, Sales Director at tech start up. BS, Bloomsburg Univ. Interests: golf, running, travel

**PING MA**, Owner of RollingPing Custom Cakes. MS, Columbia Univ. Interests: travel, wine, jogging

# BREAKING UP WITH ONLINE DATING

Technology has made dating more complicated and impersonal.

**HIRING A MATCHMAKER MIGHT BE THE SMARTEST INVESTMENT YOU COULD MAKE IN YOUR PERSONAL LIFE.**

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

## Dating life before joining It's Just Lunch?

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

## Why join It's Just Lunch?

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

## Most enjoyable part of the It's Just Lunch process?

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

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

L: Easy and convenient. The company I was working for was going through a merger so I was away from home quite a bit. I'd finish my day and there would be a message from my matchmaker telling me about my

next match. I'd call back, get the details and run through my availability. The next thing I knew I was in front of an interesting woman having a great conversation.

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

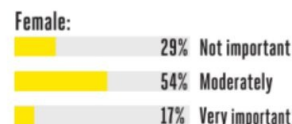
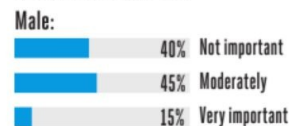
L: I tell my clients an analogy all the time: Would you rather drive across the country in a Toyota Corolla or a BMW 5 series? They always say the 5 series. You get what you pay for. Investing in yourself and your future with someone special means investing in the right matchmaking service. For me that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

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

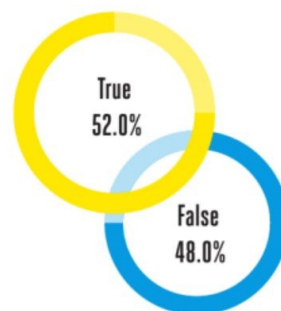
The success of It's Just Lunch is built on creating high quality matches in low pressure situations. In 28 years, they've set up millions of first dates. Make meeting someone special a priority. **Get in touch at 800-858-6526 or [www.itsjustlunch.com](http://www.itsjustlunch.com).**

# THE POLITICS OF DATING

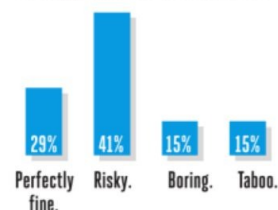
How important is a person's political party affiliation when deciding to go on a date with him/ her?



I could casually date someone who didn't have the same political beliefs as me, but in the long term it probably won't work out:



Talking politics on the first date is:



Source: IJL Survey

It's Just Lunch Matchmakers:



MELISSA BROWN



SARA DARLING



JULIE LOPEZ



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*Several times a year, bands play music to accompany silent films at the Pickford Film Center in Bellingham.*

Sammamish River Trail. On my current excursion, I continue to follow the Cheshiahud Loop by turning south onto the University Bridge and pedaling Fairview Avenue along the east side of the lake. I pass tiny parks and restaurants with picturesque views of the water.

When I get back to Lake Union Park, I make one last stop, to admire watercraft such as a 1968 Beetle Cat sailboat moored outside at The Center for Wooden Boats. Nearby, you can view Seattle through a World War II-era submarine periscope at the Museum of History & Industry. The museum has fascinating permanent exhibits such as “True Northwest: The Seattle Journey” (from the 1790s to today), and temporary exhibits such as “Beyond Bollywood: Indian Americans Shape the Nation,” through January 26, 2020.

A Cheshiahud Loop map can be downloaded at [seattle.gov/Documents/Departments/ParksAndRecreation/Parks/LakeUnionLoopMap.pdf](http://seattle.gov/Documents/Departments/ParksAndRecreation/Parks/LakeUnionLoopMap.pdf). Velo Bike Shop rents 24- and 27-speed hybrid bikes. You also can find Lime or Jump bikes to rent via the companies’ respec-

tive apps (be sure to check current e-bike rules for your route).

## Bellingham

This Northwestern Washington city is a perfect base camp for pursuing some of my favorite activities: skiing, biking, kayaking, hiking and seeing a good movie at an interesting theater.

Situated on the shore of Bellingham Bay, and within easy reach of several parks and the Mt. Baker–Snoqualmie National Forest, Bellingham is nirvana for outdoor lovers. All that activity is enough to prompt even hardy adventurers to look for a place to relax at the end of the day. That’s where the Pickford Film Center in downtown Bellingham comes in. Just a 5-minute walk from Maritime Heritage Park, the theater bills itself as “a community living room.”

I recently visited the Pickford after a day of hiking in the national forest. The Pickford Film Center (PFC) organization, named for film actress/producer Mary Pickford, was formed in 1998 by a group of Whatcom County residents. They opened the Limelight Cinema that same year and started screening independent movies. By 2011, the group had opened a second theater—giving it the same name as the organization, the Pickford Film Center—in a circa 1903

offers skiers and snowboarders some of the lightest powder in Washington ([missionridge.com](http://missionridge.com)).

- **The Museum of Flight:** The Seattle-area museum showcases more than 160 planes and spacecraft, including a Concorde jet and an Air Force One aircraft ([museumofflight.org](http://museumofflight.org)).

- **Olympic Discovery Trail:** Walk or cycle the approximately 25-mile paved trail segment between Blyn and Port Angeles on the Olympic Peninsula to enjoy views of the Strait of Juan de Fuca and cross nine bridges over creeks/rivers ([olympicdiscoverytrail.org](http://olympicdiscoverytrail.org)). Port Angeles is also the gateway to Hurricane Ridge, in Olympic National Park, which has its own breathtaking views ([nps.gov/olym/index.htm](http://nps.gov/olym/index.htm)).

- **Walla Walla Wine-Tasting:** There are nearly 40 tasting rooms downtown and more than a dozen wineries near the airport ([wallawalla.org/wineries](http://wallawalla.org/wineries)). Wine flies free for Alaska Airlines Mileage Plan members on flights from Walla Walla and other Washington cities (see [alaskaair.com/wine](http://alaskaair.com/wine) for details).

- **Yakima Valley Craft-Beverage Self-Touring:** The valley has more than 120 wineries and 12 breweries, as well as companies crafting ciders and spirits ([visityakima.com](http://visityakima.com)). —C.H.







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## WASHINGTON

building previously used as a department store, a church and a discotheque (not at the same time).

PFC offers lesser-known gems and unique experiences. For instance, the numerous movies scheduled in December include the Finnish animated film *Moomins and the Winter Wonderland*, part of the Kid Pickford Series, and a screening of *The Nutcracker (The Royal Ballet)*, featuring the prestigious ballet company.

Several times a year, PFC brings in bands from around the country to play live modern scores while silent movies are shown. The next band-accompanied movie will be *The Cabinet of Dr. Caligari* (1920), with a score composed by the Invincible Czars, on April 14, 2020.



*The new Playground of Dreams at Columbia Park in the Tri-Cities.*

Before or after a show, there is plenty to see and do near the theater. The Whatcom Museum, Spark Museum of Electrical Invention, Bellingham Railway Museum and Mindport Exhibits (an interactive museum fusing art and science) are all within a short walk. Also nearby are boutique shops, lively restaurants, and sites such as Herb's Cider, the Moon Alchemy Wine lounge and Chuckanut Bay Distillery.

### Tri-Cities

When I walked through 400-acre Columbia Park in Kennewick earlier this year, it was easy to see why it is a popular gathering place. I strolled a section of the paved 23-mile Sacagawea Heritage Trail, passing several picnic spots with views across the mighty Columbia. Each July, the park is a prime place to see the Columbia Cup hydroplane races on the river, and additional events in conjunction with the Tri-City Water Follies festival (July 24–26 next year).

On my visit, I watched kids and parents playing together at the renovated 16,000-square-foot Playground of Dreams, which opened this past spring. Its inclusive design includes areas accessible by wheelchair. Many play structures pay tribute to the community, such as a climb-on hydroplane toy and kid-size replicas of area

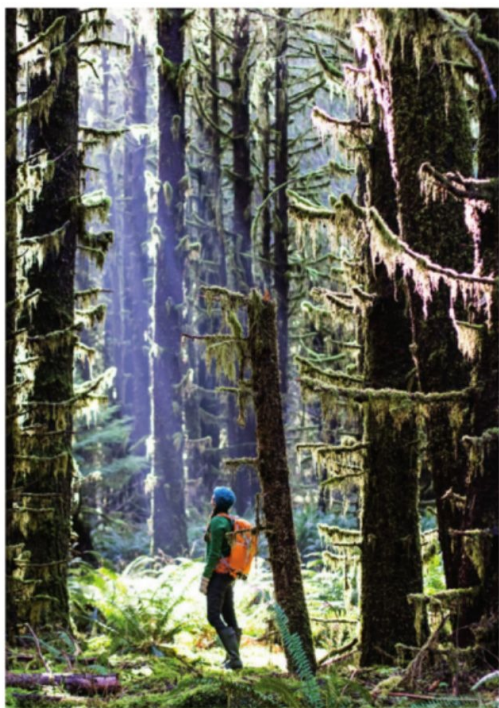
landmarks such as the Clover Island Lighthouse.

I also watched golfers launch high arcing shots at the 18-hole Columbia Park Golf Tri-Plex course, a 2,447-yard layout dotted with trees. The course sits near the river and is ideal for those looking to get in a quick game. The same course also hosts footgolf (played with soccer balls and 21-inch-diameter cups) and disc golf (using flying discs), with varied tee times.

The Golf Tri-Plex is a great place to work on your iron game or teach kids to golf, with the soccer-ball and disc options for variety. It's a fun part of a unique and scenic park. 🌲

*Craig Hill is a Puget Sound-area writer, and co-author of Moon Pacific Northwest Hiking, scheduled to publish in early June 2020. For more on Washington recreation, see [experiencewa.com](http://experiencewa.com).*

*Alaska Airlines ([alaskaair.com](http://alaskaair.com)) provides regular service to many Washington destinations, including new service to Spokane (GEG) from Los Angeles (LAX) starting Jan. 7 and from San Francisco (SFO) starting March 19.*



### WALKING IN BEAUTY

Olympic National Park and Olympic National Forest are among the few places in the world where you can explore temperate rainforests.





## Outstanding Oregon

BY SUSAN G. HAUSER

**Walking with my dog, Matilda,** a 70-pound Akita-Australian cattle dog mix, through the parks of Portland, I expect to hear from passersby the same old gibe: “Who’s walking who?” It’s a legitimate question, judging from my always-outstretched leash arm and failing attempts to keep up with my eager hiking partner. But for the sake of my robust good health, I’m glad she keeps me on track.

Walking with Matilda has long been a

great way for me to explore the state of Oregon, whose attractions range from winter skiing in Central Oregon’s Bend area to scenic viewpoints in Southern Oregon’s Medford region.

Portland has an abundance of great urban trails, including those in the city’s 5,200-acre Forest Park, a vast green space that runs along Portland’s West Hills. The park has a variety of dense undergrowth and trees, dominated by Douglas firs, some of which stand more than 200 feet tall.

We recently explored a new link that connects the southernmost section of the popular Wildwood Trail, a 30-mile path that begins in Washington Park and runs north through all of Forest

Park. A pedestrian bridge, named the Barbara Walker Crossing, passes over busy West Burnside Road, connecting the southern part of the trail in Hoyt Arboretum to the grounds of Pittock Mansion. Built in 1914 by Henry Pittock, who was a longtime owner of *The Oregonian* newspaper, the home commands a wonderful view of the city.

Matilda and I love hiking trails of all sorts. One of our favorites, The Waterfront Park Loop Trail, in the heart of downtown Portland, features great city and river views.

The trail, which includes both sides of the Willamette River, provides a hike that’s just the right length for us: A 2.6-mile loop, which crosses the Haw-





thorne Bridge for the south edge of our loop. We walk north along the river, through Governor Tom McCall Waterfront Park and past *Sculpture Stage*, a 63-foot-long stainless steel artwork with undulating horizontal lines. Farther north is the Japanese American Historical Plaza (with about 100 cherry trees that bloom magnificently in early spring).

*Clockwise from top left of facing page: Portland's Wildwood Trail includes the new Barbara Walker Crossing. Matilda is ready for a walk. The Vera Katz Eastbank Esplanade has a floating walkway. Enjoy a brew on the Bend Ale Trail.*



At the north end of our loop, we cross over the lower deck of the Steel Bridge, and then stroll along the Vera Katz Eastbank Esplanade, which includes a 1,200-foot walkway that floats on the Willamette River.

It's always a surprise to see the very lifelike bronze statue of the late Vera Katz, Portland mayor from 1993 to 2005. The bronze has her sitting in a casual pose on the concrete edge of the esplanade. The artwork is so popular, it is often adorned with clothing, and flowers are put at the statue's feet.

While Matilda and I aren't big on skiing, those who do enjoy swooshing down the slopes will want to visit Mount Hood, an 11,250-foot peak located about 60 miles east of Portland. The mountain has year-round skiing, five ski areas and the famous Timberline Lodge, a beautiful mountain hotel built in the 1930s.

### Bend and Central Oregon

Other regions have their own outdoor adventures. Bend is the gateway to winter fun throughout Central Oregon, including nearby Mt. Bachelor ski area, with more than 4,300 acres of skiable

## MORE RECREATION

- **Columbia River Maritime Museum:** Through artifacts ranging from an actual Coast Guard rescue craft (below) to 19th century ship cannons, the history of Columbia River transport is on display at this Astoria museum ([crrmm.org](http://crrmm.org)).



- **Eugene Arts and Culture:** Visit the University of Oregon's Jordan Schnitzer Museum of Art, which features collections of art from Asia, Europe and the Americas. The university's Museum of Natural and Cultural History displays 14,000 years of Oregon history with artifacts from the first people known to live in the state, such as 10,000-year-old sagebrush bark sandals, among the world's oldest shoes ever found ([jsma.uoregon.edu](http://jsma.uoregon.edu); [mnch.uoregon.edu](http://mnch.uoregon.edu)).

- **Oregon Coast:** Enjoy the many coastal beaches, including Cannon Beach, where you can see Haystack Rock. On the Central Coast, explore the Oregon Dunes National Recreation Area, which stretches 40 miles south from the town of Florence, located about 65 miles west of Eugene. You can also kayak on the Siltcoos River Canoe Trail, just south of Florence ([eugenecascadescoast.org](http://eugenecascadescoast.org)). —S.G.H.



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## OREGON

terrain. The ski area also has 35 miles of Nordic skiing trails and a long ski season that often lasts into late May.

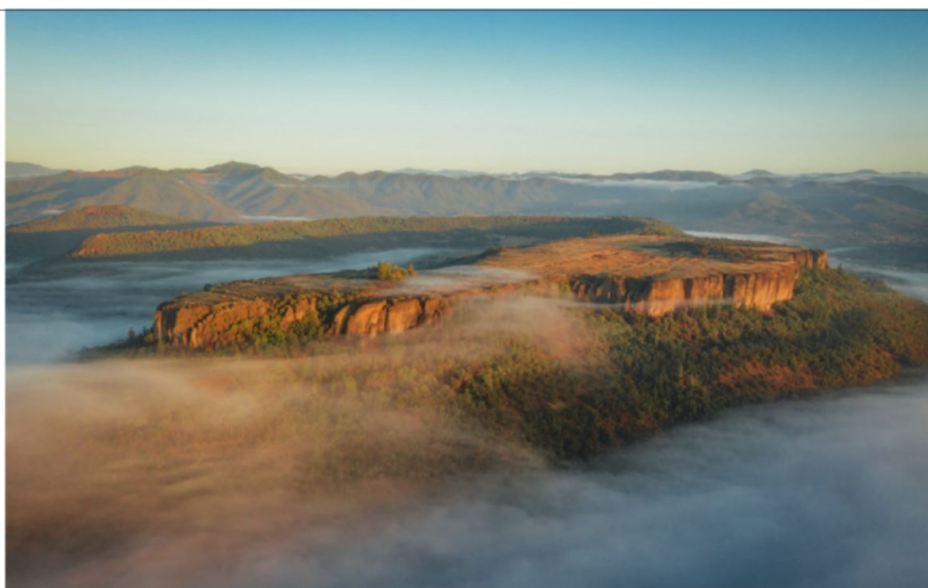
In the resort town of Bend, known as a center for craft brewing, you can walk part of the popular Bend Ale Trail.

Breweries on the trail have free pub passports. Gather

at least 10 stamps from participating pubs and you will earn a pint cup. Those who gather stamps from all 18 pubs on the map also receive a bottle opener.

Bend's Roundabout Art route is a tour of the town's 24 public art installations at city street roundabouts. Pick up a map of the art installations at the Bend Visitor Center, at the corner of

*Above: Early-morning fog encircles the plateau of Southern Oregon's Lower Table Rock, a popular hiking destination that stands more than 700 feet above the surrounding Rogue Valley.*



Oregon Avenue and Lava Road. If you correctly answer 10 art questions on the map, you will earn a bar of chocolate from the visitor center.

### Medford and Southern Oregon

In the Medford area, Lower Table Rock and Upper Table Rock are volcanic plateaus that reach more than 700 feet above the valley floor, offering fantastic views of the surrounding Rogue Valley, an area that is home to the cities of Medford, Ashland and Grant's Pass.

While the 2.8-mile roundtrip Lower Table Rock Trail and 2.5-mile roundtrip Upper Table Rock Trail can be hiked

throughout the year, one of the best times is between March and May when wildflowers are in bloom.

The Bear Creek Greenway, a 20-mile biking and hiking trail, runs southeast from the town of Central Point through nearby Medford and on to Ashland, the home of the famous Oregon Shakespeare Festival.

Both Matilda and I love cheese, and Central Point is the home of Rogue Creamery, which crafts the Rogue River Blue cheese that in October was named World Champion Cheese 2019 in Bergamo, Italy. The trail also ends in Ashland at the perfect spot—the Ashland Dog Park. What's not to love about that? 🌲

*Susan G. Hauser writes from Portland. For more information about Oregon recreation, go to [traveloregon.com](http://traveloregon.com).*

*Alaska Airlines ([alaskaair.com](http://alaskaair.com)) provides regular service to Portland (PDX), Eugene (EUG), Redmond/Bend (RDM) and Medford (MFR), including new service to Redmond/Bend (RDM) from Los Angeles (LAX) and San Diego (SAN) on January 7, and San Francisco (SFO) on March 19.*



### ONE SMALL STEP

Walk where the astronauts trained at the Newberry National Volcanic Monument, 20 miles south of Bend. From 1964 to 1966, NASA astronauts practiced walking in spacesuits on area lava flows, including Lava Butte, left. The lava flows were thought to be similar to the lunar surface.



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*The Coeur d'Alene Resort  
Holiday Light Show.*

## Illuminating Idaho

BY BUDDY LEVY

**We're standing on a bluff** at Coeur d'Alene City Park overlooking the marina at Lake Coeur d'Alene in Idaho. My wife, Camie, pours steaming hot chocolate from a thermos, while I add mini marshmallows for my niece Hayden, 14, and nephew Ben, 10. The kids huff out plumes of steam, and we all await The Coeur d'Alene Resort Holiday Light Show, a magnificent celebration with more than 1.5 million resplendent, sparkling lights.

As the skies darken and the stars flicker above, the light displays at the marina and built onto boats and barges

floating on the lake switch on in a visual extravaganza. Outlines of reindeer, snowmen, trees and snow-covered cabins gleam and shimmer against the water's surface, illuminating 250 holiday displays all at once in what is said to be the largest on-water holiday light show in the United States.

To provide an up-close look at the twinkling lights, the resort operates evening Holiday Lake Cruises during the festival. The cruises travel to the "North Pole," where visitors will find floating Christmas trees and Santa's workshop.

The show seen from shore at the

## MORE RECREATION

- **McConnell Mansion:** The home of Idaho Governor William J. McConnell, who served in the late 1800s, was added to the National Register of Historic Places in 1974. The home, built in 1886 and located in the quaint college town of Moscow—where the University of Idaho is located—showcases Queen Anne and Eastlake architectural styles ([latahcountyhistoricalsociety.org](http://latahcountyhistoricalsociety.org)).

- **Stanley Basin–Sawtooth Basin Area:** Snowmobile on more than 185 miles of groomed trails near Stanley. Smiley Creek Lodge offers full- and half-day excursions, with rentals available ([stanleycc.org](http://stanleycc.org); [smileycreek-lodge.com](http://smileycreek-lodge.com)).

- **Sun Valley Resort:** America's first destination ski resort (shown below) features two peaks: Bald and Dollar mountains. The resort offers 3,400 vertical feet and 2,054 acres of varied terrain, including more



than 55 acres of gladed skiing on "Baldy." Dollar features seven terrain parks and a Wundercarpet uphill transporter that kids love. Sun Valley slopes also offer consistent pitch and open bowls ([sunvalley.com](http://sunvalley.com)). —B.L.





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## IDAHO

marina culminates in the lighting of what's called the "Largest Floating Christmas Tree in the United States," a 70-foot mechanical tree, followed by a colorful fireworks display that makes me feel as young as the kids.

Afterward, we head inside the resort to listen to carolers in the lobby (visit [cdaresort.com](http://cdaresort.com) for schedule information). Then we savor decadent Christmas Goopy Desserts, which are a wonderful mix of ice cream and sweet treats, at the Dockside restaurant.

This annual family event, which runs nightly through December, is one of many great ways to enjoy winter in Idaho. From holiday festivities to outdoor explorations to cultural experiences, the Gem State has a range of ways to inspire your imagination.

Another seasonal event in the Idaho Panhandle is the annual eagle migration that occurs between November and February at Lake Coeur d'Alene. Hundreds of migrating bald eagles stop at the lake to feed on spawning kokanee salmon. Bring binoculars to view eagles—soaring or perched in trees—from Higgins Point, Mineral Ridge Boat Launch or viewpoints in the Mineral Ridge Scenic Area.

Also worth a visit in Northern Idaho is historical Wallace, less than 20 miles west of Lookout Pass and the Idaho/Montana border. Dating to 1884,



*Above: Skaters glide on the Ice Skating Ribbon & Rink at a community space in Caldwell, near Boise.*

Wallace has been called the "Silver Capital of the World" for its once highly productive silver mines.

### Boise and the Treasure Valley

The Gem State's capital city of Boise is also terrific in winter and throughout the year, whether you're in search of art or adventure. Boise boasts a vibrant cultural community, and Camie and I love to stroll the streets and view the many outdoor installations—there are

more than 100 pieces of public art situated throughout the city. At Freak Alley (between Bannock and Idaho streets), the ever-changing displays are created by artists who are given permission to cover brick walls with striking, vibrant murals.

On The Grove Plaza, which hosts concerts and events, we like to admire the sculptures. I particularly enjoy *Great Blues*, depicting three stainless steel great blue herons in the act of fishing in a rocky creek.

A few blocks south of the plaza in Julia Davis Park, the Boise Art Museum, built in 1937, holds a collection that includes American, Northwest, Asian and Native American art. An original



### THAT'S DEEP

Hells Canyon plunges more than 7,900 feet, making it nearly 2,000 feet deeper than the Grand Canyon. Hells Canyon National Recreation Area, which runs along the Snake River in Northeastern Oregon and Western Idaho, is 652,488 acres.



## IDAHO

exhibition curated by BAM from a variety of collections, "Impressionism in the Northwest," through February 9, 2020, showcases painters such as Childe Hassam, Sydney Laurence and Clara Jane Stephens, who lived and traveled in Alaska, Idaho, Oregon or Washington.

For outdoor exploration, we also walk or bicycle part or all of the scenic 25-mile Boise River Greenbelt, this year celebrating its 50th anniversary. With sites such as Esther Simplot Park, the greenbelt offers scenic views and the chance to spot wildlife along a picturesque waterfront.

Near Boise in Caldwell is the Ice Skating Ribbon & Rink, an outdoor ice-skating venue at the Indian Creek Plaza outdoor community space. Open,



Fat biking at Bogus Basin.

weather-permitting, through February 29, 2020, the ribbon resembles a frozen, curvy lazy river, with handrails for support, and includes a traditional circular rink at one end.

For winter sports enthusiasts, Bogus Basin, less than 20 miles from downtown Boise, offers 2,600 acres of alpine skiing, a Nordic center, fat biking, a

tubing hill and Idaho's only mountain coaster—the Glade Runner. Open for night skiing and riding until 10 P.M. daily, the ski area is just one of many exciting ways to enjoy Idaho. ▲

Buddy Levy lives in Moscow, Idaho. Go to [visitidaho.org](http://visitidaho.org) for more information about Idaho.

Alaska Airlines ([alaskaair.com](http://alaskaair.com)) provides regular service to Boise (BOI) and Sun Valley (SUN), as well as to Pullman, Washington (PUW), and Spokane, Washington (GEG), gateways to Northern Idaho. New service to Spokane begins from Los Angeles (LAX) on Jan. 7 and from San Francisco (SFO) on March 19. New service from Los Angeles to Boise begins on March 19.

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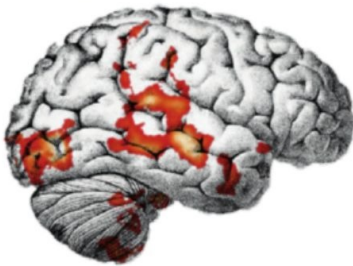
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*A river runs through the heart of Missoula, Montana. The Clark Fork River is among Montana's centers of outdoor recreation.*

## Majestic Montana

BY AARON THEISEN

**Mist rises from the ripples of Kootenai Creek**, in the Bitterroot Valley of Western Montana. In the December air, the steam freezes onto everything it touches. Boulders in the creek wear skirts of ice. Flinty hoarfrost crystals float down from the tops of ponderosa pines and cottonwoods. And a sheet of ice coats the high walls of the creek's canyon, which was carved, as was its neighboring canyons, by the plowlike advance of ancient glaciers.

The frost does little to muffle the chatter of the creek or the crunch of

my boots on the fresh snow that covers the Kootenai Creek Trail. Nor does it seem to have kept local hikers away from this favorite route about 30 miles southwest of Missoula. Despite it being early in the morning, early in the winter, I'm already following boot tracks.

I'm not surprised. The area's hiking runs year-round, with daily use of trails such as this one, which is popular for its mountain-stream scenery and moderate elevation gain over the first few miles, to near the Selway-Bitterroot Wilderness boundary. After that, the trail gets more

### MORE RECREATION

- **Giant Springs State Park:** On the banks of the Missouri River in Great Falls, this park's extensive system of freshwater springs has a temperature of around 54 F year-round. The Lewis and Clark expedition explored the springs in 1805; today, visitors learn about this history at the neighboring Lewis and Clark Interpretive Center.
- **Mount Helena City Park:** Visitors to Montana's capital, Helena, can enjoy this in-town recreational treasure. Among the park's 80 miles of trails is the





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## MONTANA

## GREAT NORTHWEST



rugged en route to a trio of alpine lakes more than 9 miles from the trailhead.

Within Missoula, dozens of miles of trails around the city provide opportunities for trail runners, day hikers and hardy parents with thick-tired strollers. One popular in-town hike is the steep trek of less than a mile to the iconic “M” emblazoned on Mount Sentinel, above the University of Montana campus.

For Missoulians, there is no such thing as an off-season. In the winter, wetsuited surfers play on human-made waves on the Clark Fork River in downtown Missoula, while skiers find powder days to head to one of the five ski areas within about two hours of the city.

*Bicyclists, above, enjoy roads closed seasonally to motorized vehicles in Yellowstone National Park. After adventures, outdoor enthusiasts can enjoy a local brew such as at Missoula’s KettleHouse Brewing Company, below.*

As befits any outdoorsy town, there’s beer to be had when you get back from your adventures. Montana consistently ranks near the top among U.S. states for the most craft breweries per capita, and Missoula alone boasts several fine options. My choice after a December hike? KettleHouse Brewing Company’s Cold Smoke Scotch Ale—an award-winning dark brew that tastes especially smooth after winter exertions.

Montana offers a multitude of outdoor experiences. Another great gateway to recreational wonders is Bozeman, an ideal jumping-off point for the Yellowstone Country region that is world-famous for its appeal to adventurous travelers.

### Bozeman Area

“Hear that yawp?” asks Randy Hall, a guide based in the Big Sky area southwest of Bozeman. “That’s the sandhill

roughly 3-mile 1906 Trail that ascends about a thousand feet to the 5,468-foot peak of Mount Helena. After a climb, hikers can soak themselves at Broadwater Hot Springs, just west of town. They may find themselves as relaxed as the Sleeping Giant, the iconic topographical silhouette in the hills north of Helena.

• **Swords Rimrock Park:** Multiuse trails traverse the sandstone bluffs that edge north-central Billings. The park that runs along these “Rimrocks” has great places to watch the sun set behind the town’s tree-lined streets. Billings bills itself as “Montana’s Trailhead,” because, in addition to its own attractions, the city is a good jumping-off point for visitors exploring Central and Eastern Montana.



• **Whitefish Mountain Resort:** The official name of the peak on which this famed Kalispell-area resort sits is simply “Big Mountain” (above). With about 3,000 skiable acres, Whitefish is one of the largest ski resorts in North America. Skiers and snowboarders can find an abundance of snow, and, on clear days, views of the Lewis Range in Glacier National Park. Powder stashes abound. For a grade-A groomer, seek out Inspiration. From the Summit House, this intermediate run appears to plunge into Whitefish Lake some 4,000 feet below. —A.T.







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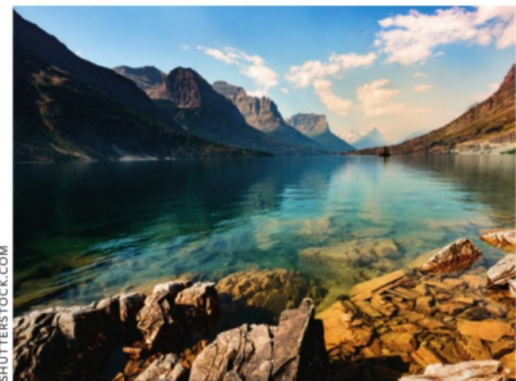
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## MONTANA



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crane. It's a prehistoric bird species. In fact, they used its call in *Jurassic Park*."

The film reference seems apt: Our small tour group is in another ancient glacier-carved canyon in Yellowstone National Park, watching large animals such as bison amble by in clearings beside the road. There are no other human beings for miles around us.

For the past few years, Yellowstone National Park has had more than 4 million annual visitors, the majority in summer, though winter is also a great season to visit, with many exciting trips offered. Snowmobiles (on guided or specially permitted tours) as well as authorized snowcoaches ply snow-covered roads within the park, and the road to Mammoth Hot Springs from the park's North Entrance is open to visitor vehicles year-round.

We're here at a different time, though. For three weeks, early in the spring, the park begins to maintain its roads while still keeping them closed to motorized traffic. This opens a window into the park as it wakes up from winter. During this period, when crews are preparing roads for the summer season, cyclists can experience this raw landscape closer to the way it would have sounded and looked to early explorers. The rewards include unimpeded views from a bike of bison, elk, wolves and other wildlife, and miles of epic scenery.





## PEACE & PRESERVATION

Montana holds part of the world's first border-spanning parkland. Created in 1932, Waterton-Glacier International Peace Park is a combination of Waterton Lakes National Park in Alberta, Canada, and Glacier National Park in Montana (left). The combined area became a UNESCO World Heritage site in 1995.

From the town of West Yellowstone, where we rented bikes at a local shop, Hall led us through the park's West Entrance and along the Madison River. We biked past lodgepole pine forests and meadows where moose grazed.

A strong and ambitious cyclist could continue to bike eastward, then north on plowed roads all the way from West Yellowstone to Mammoth Hot Springs—a roundtrip journey of nearly a hundred miles. The road (which opens to non-motorized vehicles before motorized vehicles) is open to independent travelers as well as to guided groups.

Yellowstone's variable spring weather means visitors should prepare for everything from sun to snow squalls and an ever-present wind. But it's easy to overlook cold toes when a herd of bison has you sitting upright in your bike saddle to watch. With almost nobody else around, you feel like one of the first humans to lay eyes on these shaggy beasts. 🌲

*Aaron Theisen is the author of Day Hiking Glacier National Park and Western Montana (Mountaineers Books, 2018). Learn more about the state at visitmt.com.*

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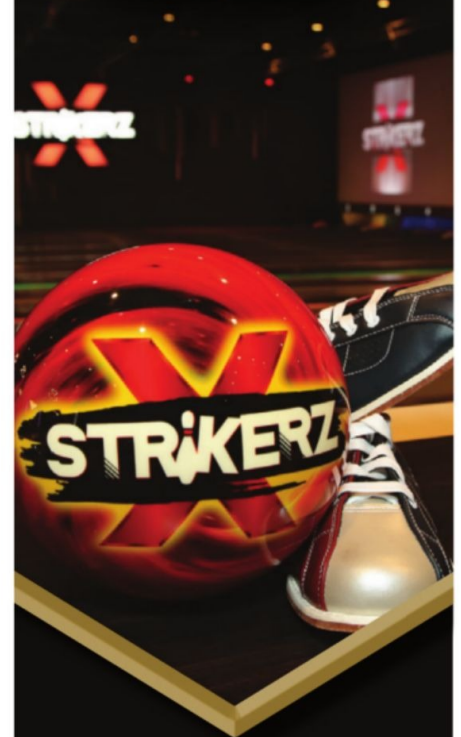
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## Breathtaking B.C.

BY LAUREN KRAMER

**The planks beneath me sway slightly** as I inhale the sweet fresh scent of cedar. I'm 230 feet above the floor of a coastal temperate rainforest, crossing the Capilano Suspension Bridge north of Vancouver, B.C. From the 450-foot-long span, I have grand views of towering evergreens and the emerald-green Capilano River below. It's one of many great perspectives in British Columbia, which offers experiences that range from outdoor adventure in the Vancouver area to British culture in Victoria.

In addition to a walk on the 1889 suspension bridge, the 27-acre Capilano Suspension Bridge Park features a

Cliffwalk with a cantilevered walkway that clings to a granite cliff above a canyon, and an interpretive center where visitors can see totem poles and learn about the culture and history of B.C.'s First Nations.

After I cross the suspension bridge, I explore the park's Treetops Adventure, a series of bridges attached to eight Douglas fir trees. The bridges offer safe access high in the trees for a squirrel's view of the forest, and I stroll surrounded by evergreens shrouded in soft mist.

I'm only about 5 miles north of Vancouver, but this serene natural environment feels a world away from the bustle of downtown.

## MORE RECREATION

### • The Butchart Gardens:

More than 100 years ago, a former limestone quarry less than 15 miles north of Victoria was converted into what's now 55 acres of beautiful gardens that bloom with about 900 bedding-plant varieties ([butchartgardens.com](http://butchartgardens.com)).

### • Indigenous World Winery:

Located on a steep bluff overlooking Okanagan Lake in Kelowna, visit the winery (below) for a tasting. You can also try an Indigenous-inspired meal at the Red Fox Club restaurant, where dishes showcase local harvests and First Nations flavors such as stinging nettles, cattails, watercress and yarrow ([indigenousworldwinery.com](http://indigenousworldwinery.com); [redfoxclub.ca](http://redfoxclub.ca)).



• **Skiing and Riding:** British Columbia offers some of the best downhill adventure in the world, including at the following resorts: Whistler Blackcomb features 200 marked trails on more than 8,000 acres about 70 miles north of Vancouver. Big White Ski Resort in Kelowna has 119 runs on more than 7,300 acres ([whistlerblackcomb.com](http://whistlerblackcomb.com); [bigwhite.com](http://bigwhite.com)). —L.K.



## BRITISH COLUMBIA



Victoria's Inner Harbour and the British Columbia Parliament Buildings.

### Victoria

The British Columbia Parliament Buildings are another unique attraction in the Canadian province. Situated on Victoria's Inner Harbour, the buildings are a spectacular sight, especially after dusk, when the complex is illuminated by more than 3,000 lights.

By day, visitors can take a guided or self-directed tour of the palatial structures, completed in 1898 and still serving as the seat of the province's legislative government. With the interiors' stained-glass windows, domed ceilings and 23-karat gold leaf trims, the buildings are design masterpieces that provide a snapshot of the Victorian Era of B.C.

In the Memorial Rotunda, paintings depict fishing, mining, agriculture and

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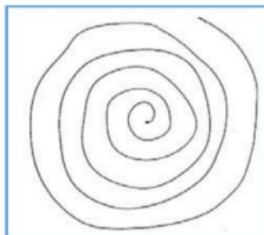
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logging, early industries of British Columbia, while a First Nations canoe on display in the Lower Rotunda represents the importance of the province's Indigenous cultures.

Visit when the Legislative Assembly of British Columbia is in session and you can observe quietly from the public galleries. And if you're hungry, head to the Parliamentary Dining Room for a bite—it's open on weekdays for breakfast and lunch, and there's a good chance you'll be eating alongside members of the legislative assembly. A meal here offers the perfect insider's glimpse of this great province. 🌲

*Lauren Kramer writes from Vancouver. For more information about British Columbia cultural and recreational activities, go to [helloworldbc.com](http://helloworldbc.com).*

*Alaska Airlines ([alaskaair.com](http://alaskaair.com)) flies regularly to British Columbia destinations Kelowna (YLW), Vancouver (YVR) and Victoria (YYJ).*



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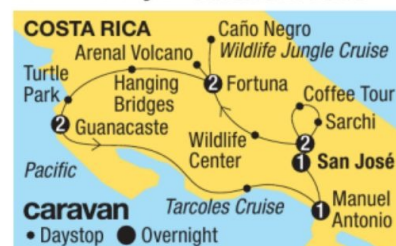
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# Baja

## *Adventures in Los Cabos and Loreto*

BY ROB DUNTON

*The Bay of Cabo San Lucas is a popular location for beachcombing, scuba diving and snorkeling.*



# Bonita

**As our dive boat bobs gently** on Cabo San Lucas Bay, I pull on a wet suit and strap a tank of air to my back. Past the bow of the boat I see Land's End and El Arco, where massive rock formations jut into the ocean and mark the spectacular southernmost tip of Mexico's Baja Peninsula.

In the distance, I see sailboats, megayachts and tour boats filled with snorkelers and day-trippers heading out to sea from the city's harbor. Along the coastline, broad, beautiful beaches are broken by dramatic rock outcroppings. To the west of us is the Pacific Ocean, and to the east the calm, turquoise waters of the Sea of Cortés sparkle in the sunshine. I'm on the first leg of a tour of Baja that will take me from bustling Cabo San Lucas to the historical town of Loreto. Rich in adventure and beauty, these destinations are blessed with striking desert topography, exciting marine activities and wonderful regional cuisine.

We are at the Neptune's Finger dive site, one of six in the Cabo San Lucas Marine Park, a preserve in the

Sea of Cortés side of the Land's End peninsula. This particular area is near the famed Lover's Beach and an easy 10-minute boat ride from the marina.

Because of dangerous currents, use extreme caution when diving, snorkeling, swimming or surfing on the Pacific Ocean side of the southern Baja Peninsula.

With diving gear in place, I slip into the warm water. Our group descends below the surface, and I see bright yellow butterflyfish darting among a few less-agile tan and white porcupine fish. We explore a reef and spot an octopus nestled between two rocks and a flat, gray guitarfish half-hidden in the sand.

Over my right shoulder appears a spotted eagle ray gliding gracefully through the water with a tail more than 6 feet long. Our guide leads us along the bottom to the edge of a dark trench that drops off to a depth of 500 feet.

There, the sand on the reef's shelf spills over the edge into the trench like a slow-motion sand waterfall—a "sandfall" of sorts. The stunning rock forma-








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tions, soft sand and aquatic life seem to blend together to form a beautifully harmonious habitat below the waterline.

After completing two dives, I return to shore and drive 35 miles east—past beaches, bays, world-class resorts and excellent golf courses—to arrive at San José del Cabo in time for the Thursday night Art Walk. The town of San José, originally founded as a mission in 1730 and located a mile inland from the newer resort area on San José Bay, retains elements of its original colonial charm. Handsome purple, orange, yellow and blue buildings line the narrow streets that surround Plaza Mijares and Mission San José del Cabo. Street vendors sell fruit smoothies, blankets and trinkets. Jewelry, sculptures and artwork—ranging from folk art to fine art—are on display. Local artists with their own galleries include Tanya Talamante, who is known for her vibrant paintings with deep connections to her Mexican heritage, and Enrique Bascón, from the Basque Region of Spain, whose oil paintings on wood are highly textural and mix modern and traditional images.

Restaurants and hotels are located among shops selling artisanal tequilas, handcrafted vanilla extract, and popular gifts and keepsakes. As the sky grows dark, warm lights add to the ambiance. I find a table on the patio of Jazmin's Restaurant and order a plate of *cochinita pibil*. The sweet, earthy dish is made of slow-cooked pork simmered in tart orange juice, achiote paste and garlic, served with fried plantains and rice. I enjoy my meal, while observing the people passing by.

The next day, I travel 40 miles north of Cabo San Lucas to ride a recommended surf break at Playa de Los Cerritos, on the Pacific Ocean. I arrive at Cerritos to find a long beach dotted with a few thatched buildings, houses and condominiums. Dominating the area



*From left: Visitors admire the art, jewelry and other items at a market in San José del Cabo. Playa de Los Cerritos draws surfers of all skill levels.*

is a lava rock point topped by the boutique hotel Hacienda Cerritos at the end of the beach.

A rack of longboards sits on the beach, next to a pop-up tent offering rentals and surf lessons. I select a 10-foot longboard (about \$20 for the day), freshen up the wax on the fiberglass deck, and paddle out into the surf that peels around the beach's point. I catch the forgiving waves and ride alongside friendly surfers and those getting lessons.

On my return to Cabo, I explore the beaches near the Grand Solmar at Rancho San Lucas Resort, which includes one of the region's widest, Playa el Suspiro. Later, I treat myself to one of the most elegant and sumptuous meals of my trip at Anica Restaurant, enjoying seared tuna with an amaranth crust and habanero mayonnaise. After dinner, I travel to renowned Grand Solmar Land's End Resort & Spa, perched close to El Arco. The resort is breathtaking, with its amazing architecture, exclusive location overlooking the Pacific, and eight pools. I order a pineapple juice at a poolside bar and find a comfy seat to watch the setting sun paint the sky pink as a warm ocean breeze crafts the perfect temperature. The experience is sublime.



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*A yacht anchors in the pristine waters off Isla del Carmen, near Loreto, Mexico.*

Beach lovers will enjoy pocket beaches between Cabo San Lucas and San José del Cabo, including Playa Las Viudas and Santa María Bay. Golfers will want to play the area's impressive collection of layouts, including the Jack Nicklaus Signature-designed courses, Cove Club (formerly known as the Ocean Course) at Cabo del Sol and Quivira Golf Club, which is part of the Quivira Los Cabos development.

You can also explore the countryside by hiking into Cañon de la Zorra (Fox Canyon) in the foothills of the Sierra de la Laguna. Some of the best diving conditions and most abundant marine life in the region are at Cabo Pulmo National Park, about 40 miles northeast of San José.

Food lovers will want to visit Flora Farms, northeast of downtown San José, and eat at Flora's Field Kitchen, which uses ingredients from the organization's farms and nearby ranch. The changing menu has a few staples, including roasted chicken with farm potatoes and vegetables, and roasted cauliflower with whipped lime-herb goat cheese and toasted pepitas.

### Loreto

As the sun rises over the bay of Ensenada Blanca, I stroll to the beach and dip my toes into the warm Sea of Cortés. The golden light of morning enhances the deep orange color of the grand rock formations around

the bay. The air is so still I can hear the wings of gulls flap as they fly along the shore, and the contrast of the rich blue of the Sea of Cortés against the warm earth tones of the desert is mesmerizing.

On the horizon, I see the ridgeline of Isla Danzante and, behind it, the peaks of Isla del Carmen, two of five major islands that are part of the 800-square-mile Bahía de Loreto National Park, a marine sanctuary located in the waters near the town of Loreto. Nestled between Baja's majestic Sierra de la Giganta and the Sea of Cortés, the town of Loreto was founded in 1697, and is home to the first mission in the Californias. It also served as the first capital of Spanish California.

Loreto offers easy access to the desert, mountains and sea. Looking out at the shimmering water, I contemplate a range of aquatic adventures for the day, which include visiting gray whales, typically seen December through April in Magdalena Bay; scuba diving off Isla del Carmen; or snorkeling at Isla Coronado.

Soon I am sitting in an open-bow panga, the traditional fishing boat of Mexico, with a few other visitors, zipping across the channel toward Coronado, the northernmost island in the marine park. It is still early, and the water remains calm, almost glassy.

A roving pod of dolphins joins us for a while, weaving at the bow as they keep pace with the boat going 30 miles per hour. During the spring months, it is not uncommon to catch sight of blue whales, humpbacks



## Baja Bonita

and schools of mobula rays breaching the water in this area.

After a quick 25-minute crossing, we reach Coronado, and because of its small size (approximately 4 square miles), the captain circumnavigates the island at a leisurely pace. The topography varies dramatically, from glistening white sand to chaparral and craggy, rust-colored lava rock that reaches a peak of 461 feet.

The captain stops at the northernmost point, near a colony of sea lions resting on black lava rock that has been polished smooth by eons of lapping waves.

The emerald-green waters are perfect for snorkeling. I slip on fins and a mask and lower myself over the side of the boat.

As I put my head into the water, a stunning reef and rock garden comes into focus below me, and hundreds of black-and-white-striped damselfish flit about. I

hear the barking of sea lions on the shore, muffled only occasionally as my head dips below the surface.

I soon spot the silhouette of a sea lion in the water. I swim closer to shore and count a dozen more of the endangered mammals swimming below me, then two dozen, moving with the playfulness and self-absorption of children enjoying recess. While I keep the required distance of 50 yards from the sea lions, a few curious sea lions swim closer to me, while others turn somersaults, blow bubbles and nuzzle or dance in pairs, always with grace and flow.

After 30 thrilling minutes, the captain calls us back and we continue on, motor-ing southwest through the blue-green waters to Playa Isla Coronado, a white crescent beach with a row of yellow and red kayaks awaiting us. We paddle the



Visitors tour the courtyard of Mission Loreto.

kayaks around the shallow bay, exploring the surrounding shoreline, until lunch is served in the shade of a palm-fringed palapa.

Back on the mainland, I head into the historical center of Loreto. From the Civic Plaza, I walk beneath a row of topiary arches toward Mission Loreto. The small

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## Baja Bonita

church has a stone exterior, a handsome bell tower and a simple white interior.

Near the plaza I find a number of small restaurants line the sidewalk, providing cozy patios in the shade, while vendors display Mexican blankets, clothing, som-breros, totes and other local wares.

In the evening, I return to my lodgings at the Villa del Palmar Beach Resort & Spa, which is adjacent to the spectacular Rees Jones–designed TPC Danzante Bay Golf Club, a ribbon of brilliant green through the local desert landscape.

Ready for dinner, I choose the upscale Danzante Restaurant, with its signature surf and turf, and enjoy a perfect pairing of lobster tail and tender beef served with a vanilla sauce, mushroom risotto and baby vegetables sautéed in cilantro butter.

For my last day in Mexico, I travel into the Sierra de la Giganta to explore the

town of San Javier, located about 40 miles inland. Here the Jesuits built one of the earliest missions in the Californias, in 1699, and planted some of the earliest grapevines and olive trees in the west.

On the way to the town, I stop at a noted cave-painting site and see the ancient work of the native Cochimí tribe. Simple black shapes and figures are painted on mountain walls just off the roadside. Continuing up the winding road, I arrive in the small town of San Javier, which is surrounded by towering peaks.

I park in a cobblestone square in front of Mission San Javier, a handsome church built of dark, rough stone. A kindly gentleman approaches and offers to show me around. We enter the church, with its white interior, and tour the grounds as he tells me about the winemaking history of San Javier, the small local farms, and the

story of a fat, gnarled olive tree on the church grounds that he confidently states is the oldest in the Californias. I have never seen an olive tree its size or with such contortions. I believe him.

On the drive back to Loreto, I pull off the roadside to take in the view of the Sea of Cortés and the many area islands. There are no other people in sight, and though there is a breeze, no leaves rustle. I soak up the quiet of the moment and smile at the stillness of the desert, the beguiling magic that is Baja. ❄️❄️❄️

*Rob Dunton lives in Santa Barbara.*

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*A humpback whale breaches in the warm waters off Maui.*





# SWIM, BASK, BREACH!

**The marine mammals of Hawai'i  
are fascinating to behold**

**BY LAVONNE LEONG**

**It was the highlight** of a day of “going *holoholo*” (wandering, adventuring) around the island of O‘ahu—a leisurely drive, stopping where we felt like it, enjoying all the sights and sounds the island had to offer, with nothing on the agenda except what felt right. We’d had shave ice, seen glorious beaches, and were nearing the island’s northern tip when we decided to stop and stretch our legs at Shark’s Cove, a popular swimming and snorkeling area where sharks are no more common than elsewhere, despite the name. And that’s when we saw them: the dolphins. Leaping. Playing. Spinning and splashing, far out beyond the reef. Reminding us that beneath the ocean’s vast, glittering surface, there is a whole other world.

Marine mammals such as those spinner dolphins have a special place among Hawai‘i’s native flora and fauna. Native (or “indigenous”) animals are those species that arrived at a place under their own steam or through natural processes, without the help of humans. Hawai‘i’s location, more than 2,200 miles from the next nearest landmass, means that it has only one native land mammal, the Hawaiian hoary bat, whose ancestors were likely

blown in by strong winds. All of Hawai‘i’s other native mammals—several types of whales, seals and dolphins—swam to the archipelago. Some of them are located in Hawai‘i seasonally, taking up residence for only part of the year. Others make the Islands their home year-round. Some populations are genetically distinct from those anywhere else on Earth.

Whether or not these species wander, they are a joy to observe in Hawai‘i. With the assistance of experienced, responsible experts, or by taking appropriate measures to be responsible when viewing these creatures independently, visitors can experience the beauty and wonder of seeing these distinctive ocean beings—and helping to allow these encounters to continue for years to come.

Here is a guide to the majestic, playful and mysterious marine mammals of the Hawaiian Islands.

## Whales

There are several species of whales in Hawai‘i’s waters, including false killer whales and pilot whales. Yet the undisputed seasonal superstar is the humpback whale. Every winter, about half of the





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members of the North Pacific population of these gentle giants migrate from their summer feeding grounds in the cold, plankton-rich waters off Alaska and Western Canada. They swim steadily across the ocean at about 3 to 7 miles per hour until they reach the Hawaiian archipelago.

Why do they come so far? Scientists have speculated that Hawai'i's waters offer a prime environment for the whales to mate, calve and raise their young, with warmer water temperatures, a variety of ocean depths and relatively few predators.

This means that every year between November and April (with a peak season from January through March), humpbacks will put on a display of playful breaching, spouting and spy hopping. The best area to see humpback whales during this season is the portion of the Pacific bounded by the islands of Maui, Lāna'i, Moloka'i and Kaho'olawe. About 1.2 million years ago, these four islands were a single mega-island called Maui Nui—Great Maui—spanning 5,640 square miles. Erosion, subsidence and sea-level change have had their impacts over the millennia, but the shallow zones between the islands that were once part of Maui Nui now form a protected nursery for baby humpback whales. Humpbacks “aren’t born with a big blubber layer,” says the Pacific Whale Foundation’s chief scientist, Jens Currie, so the water’s warmth is another big plus.

The behaviors that whales exhibit at or above the water’s surface can be spectacular, but humpback whales spend the majority of their lives underwater. Whale songs can be heard for miles. If you’re swimming, snorkeling or diving, listen for the humpback’s distinctive singing, some of the most complex in the animal kingdom. Whale-watching excursions use hydrophones to amplify the whales’ songs. Only males sing, and each breeding population sings its own song, a complex melody with repeating themes that can last for up to 30 minutes. Amazingly, every few years, a new song is created and adopted.



## VENUES, TOURS AND EXPERIENCES

See and learn about Hawai'i's marine mammals by exploring land-based venues and events, as well as by embarking on oceangoing tours.

### Venues:

**Maui Ocean Center** ([mauioceancenter.com](http://mauioceancenter.com)): In February, the renowned Maui Ocean Center, in Mā'alaea, opened a stunning new permanent installation—the “Humpbacks of Hawai'i” exhibit and sphere. The sphere and surrounding exhibit space (above) are housed in their own building; visitors entering the sphere are afforded a new way to peer beneath the ocean's surface and (virtually) see eye-to-eye with massive whales—by way of underwater videography and 3D imaging. Maui Ocean Center also boasts the largest collection of live Hawaiian corals in the world, daily demonstrations and more than 60 exhibits. Another centerpiece is the 750,000-gallon Open Ocean exhibit with an acrylic tunnel that offers guests wraparound views.

**Waikiki Aquarium** ([waikikiaquarium.org](http://waikikiaquarium.org)): This compact, lovely aquarium located between the hotels of Waikiki and the dormant-volcano slopes of Diamond Head is the only place I know of where you can always see a Hawaiian monk seal: a rescued animal named Hō'ailona (translated as “a sign from the sea”).

### Tours and Experiences:

**Hawaiian Islands Humpback Whale National Marine Sanctuary's Ocean Count Project** ([hawaiihumpbackwhale.noaa.gov/involved/ocwelcome.html](http://hawaiihumpbackwhale.noaa.gov/involved/ocwelcome.html)): Participate in this citizen-science whale count led by the National Oceanic and Atmospheric

Administration and held in the mornings of the last Saturday in January, February and March. The important results generated from this count (along with the Great Whale Count held on Maui) are used to track whale populations.

**Majestic Whale Watch Cruise** ([atlantis-adventures.com](http://atlantis-adventures.com)): Departing from Honolulu, this whale-watching cruise features boat-stabilizing technology and a guarantee that if you don't see whales on your first journey, you can take another for free. Also, each paying adult can receive a free child's ticket. The tours watch for humpback whales January through March, during the peak breeding season.

**Maui Whale Festival** ([mauiwhalefestival.org](http://mauiwhalefestival.org)): This festival, whose events occur mostly during the month of February, in peak humpback whale season, is the signature event of the nonprofit Pacific Whale Foundation. A highlight of the season, the celebration includes a whale-themed parade, a film festival, concert cruises and the Great Whale Count (one of the world's longest-running citizen-science projects, at more than 30 years old).

**Pacific Whale Foundation Tours** ([pacificwhale.org](http://pacificwhale.org)): The Maui-based Pacific Whale Foundation is a leader in marine mammal research and responsible tourism. The foundation has “Sustainable Tourism” as well as “Dolphin SMART” certifications—and the tours it runs follow independent guidelines that exceed even the expectations of these certifications. For example, during peak humpback whale season, the foundation's boats observe strict speed limits in Maui's whale-rich leeward waters. —L.L.





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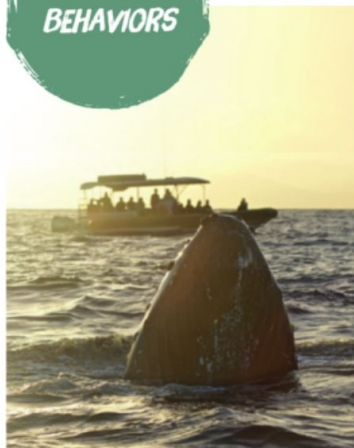
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## WHALE BEHAVIORS



**Blow:** Whales surface primarily to breathe. Watch the surface for these telltale spouts as the whale exhales.

**Breach:** The most spectacular of all humpback whale behaviors is the breach, in which a massive whale propels itself out of the water and slams back onto the surface. Whether this behavior is meant to convey messages, dislodge barnacles, has other purposes or has multiple purposes is not fully certain. Regardless, a whale's breach is a sight to behold.

**Head lunge:** This mostly male behavior, in which whales rise out of the water and lunge forward, is a display of competition or dominance.

**Pec slap:** Sometimes whales slap the water's surface with one or both pectoral fins—possibly as a nonvocal way to communicate.

**Spy hop:** This vertical poking of the head above the water (shown above) is thought to be a whale's way of seeing what's going on above the surface.

**Tail slap:** These powerful blows of a whale's tail on the ocean surface may signal warning or aggression, or serve for long-range communication. —L.L.

Learn more at the National Oceanic and Atmospheric Administration's site [hawaii.humpbackwhale.noaa.gov/explore/humpback\\_whale.html](http://hawaii.humpbackwhale.noaa.gov/explore/humpback_whale.html).

Numerous places along the leeward coast of Maui offer good whale-watching from shore. Currie particularly recommends the Papawai Point Lookout, also called Pali Lookout, near the town of Mā'alaea: "It's elevated, so you can see quite far, and it doesn't take you long to see a humpback whale blow, especially during peak season."

On O'ahu, stick to the island's extremities: Whales tend to congregate near the North Shore, Makapu'u Point to the east and Ka'ena Point to the far northwest.

If you're looking for a whale-watching cruise, Currie says to look for companies that follow the Pacific Whale Foundation's "Be Whale Aware" guidelines. These tour operators have made a commitment to ensuring that they're caring for the well-being of whales and dolphins. Whale-watching options vary from day to day, week to week, and year to year.

Currie says it never gets old for him and his fellow scientists to go and watch for whales. "It's not like once you've seen one, you've seen it all. That's what keeps a lot of people who have been doing this for a long time coming back. ... You never know what you're going to get to see."

## Dolphins

Several types of dolphins are seen often in Hawaiian waters, including bottlenose, spinner and spotted species. If you see a dolphin in nearshore waters, says Currie, it could be a spinner dolphin. Spotted dolphins generally roam in deeper waters, have spots, and are bigger and darker.

All of Hawai'i's dolphins, especially the acrobatic spinners, are social; they travel in pods that can have hundreds of members, and are sometimes seen together with other dolphin species or whales. Unlike humpbacks, dolphins are present in Hawai'i's waters year-round, so you have a chance to witness these gorgeous creatures in any season. Dolphins don't migrate great distances—in Hawai'i, some tend to stick to their particular islands. Dolphin populations can be found near each of the biggest islands in Hawai'i—congregating around Kaua'i, gathering along the western side of Hawai'i Island, and roaming the somewhat shallower waters between O'ahu and Maui (or nearer the coasts of these two islands).

Hawai'i's spinner dolphins are some of the most curious and viewing-accessible dolphins in the world—but keep in mind

*Bottlenose dolphins frolic in waves off Hawaiian shores.*







**When viewing wildlife, the rule is: Don't change the animal's behavior.**

Social media shots often make it seem like the photographer was up close and personal—perhaps too up close and personal—with wildlife. If you used a telephoto lens or zoomed in for the photo you post, say so, and say why, so that your friends know how to maintain a safe environment for these animals when they try to re-create your inspiring encounter. —L.L.

that these animals are nocturnal, hunting cooperatively in deep waters at night and then moving closer to shore during the day to rest. Dolphins allow only half their brain to rest at a time, sometimes literally resting with one eye open, in order to avoid predators. If they sense you are approaching, they're likely to rouse themselves and investigate. Dolphins that have not rested well are less likely to be alert enough to catch prey.

If a dolphin surprises you in the water (while you're swimming or boating), stay where you are and enjoy the experience. They might approach curiously or play in a boat's bow wake, giving you glimpses of their streamlined swimming forms. If they don't approach, try to stay 50 yards away. Although these creatures are not listed as endangered or threatened, it's against state and federal law to harass



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Three Hawaiian monk seals rest on the shore near Po'ipū on Kaua'i.

BRADLEY HEBDON / ISTOCK

dolphins in the wild. Currie says that if you're searching for a dolphin-tour company that will keep the animals' best interests at heart, look for the "Dolphin SMART" certification logo.

### Hawaiian Monk Seals

The only Hawaiian marine mammal you might encounter in its natural state on land is the Hawaiian monk seal. This distinctive creature is a lovable lump onshore but is the picture of grace in the water and able to hold its breath for up to 20 minutes and dive down to as deep as 1,800 feet.

The Hawaiian word for these generally solitary animals is *'ilio-holo-i-ka-uaua*, or "dog that runs in the rough seas." There are only about 1,400 Hawaiian monk seals in existence, with a population that ranges from the wild, isolated atolls of the

Northwestern Hawaiian Islands to the main Hawaiian Islands. It's surprisingly common to see these doe-eyed creatures on some of Hawai'i's most-populated shores.

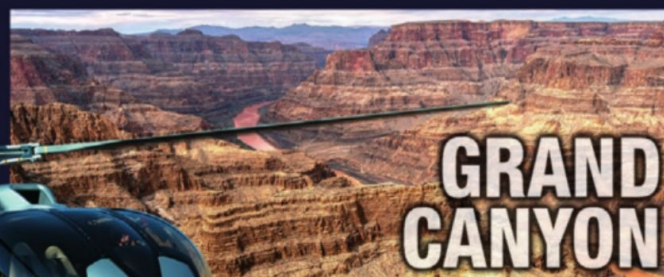
Although you may well come across a monk seal on the beach, don't be fooled—this is one of the most endangered seal species in the world. However, in recent years, and with intense efforts by conservation groups, the Hawaiian monk seal population has slowly been climbing.

Each year, female monk seals choose a beach on which to give birth to and nurse their young. Especially in the spring and summer, if you're lucky, you may be able to watch the young seals at the serious business of play. And year-round, you may encounter a lone monk seal lying still on the beach. Do not be concerned—it is probably not ill.

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"The vast majority of the time, if you see a monk seal on the beach, it's resting," says Angela Amlin, Hawaiian monk seal recovery coordinator for National Oceanic and Atmospheric Administration Fisheries. "They spend two-thirds of their life foraging, and they expend a lot of energy doing so. If they do come out of the water, it's to sleep, to pup or to molt."

Monk seals appear to have little fear of humans. If there's a physical barrier around the seal or other local rules, respect these. Otherwise, the general guidance is not to approach and to try to stay about 15 meters (about 50 feet) away. There's literally a rule of thumb: Close one eye and stick out your thumb horizontally at arm's length. If you can cover the seal with just your thumb, you're probably far enough away.

Hawaiian monk seals are most populous on Ni'ihau, Kaua'i and O'ahu, the islands closest to their main population in the Northwestern Hawaiian Islands. In recent years, though, monk seals have been seen on all of the main Hawaiian Islands.

Hawai'i's marine mammals have long made use of the Islands as a haven of warmth, safety and welcome. Catching sight of these wild animals enjoying their native habitat is an unforgettable experience—and if we keep making space in Hawai'i for our warm-blooded cousins, we may have this privilege for many generations to come. ❄️❄️❄️

*Writer and editor Lavonne Leong divides her time between Hawai'i and the Pacific Northwest—and goes whale-watching as often as she can.*






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## SEATTLE

# RESPLENDENT RAVENNA

From holiday shopping to the lights of Candy Cane Lane

By Christy Karras

» **I've made a deal with myself:** After I shop for gifts at Third Place Books, I can grab a sweet treat such as chocolate baklava at the onsite Cafe Arta—as long as afterward I visit Ravenna Park to do some extra walking before I sit down for a hearty comfort-food dinner at JuneBaby, one of Seattle's most acclaimed restaurants.

The Ravenna neighborhood, northeast of downtown Seattle, is one of my favorite places for four of December's greatest pleasures: shopping, crisp-air walks, dining and enjoying holiday cheer.

At the neighborhood's heart lies Ravenna Park, a serpentine swath of shady forest with a picnic shelter, a children's play area, a seasonal wading pool, and animal sculptures ranging from turtles to a pika to a hummingbird. Paved and gravel paths lead down into a wooded half-mile-long fern-filled gully along Ravenna Creek.

The park and subsequently the neighborhood were given the name "Ravenna" because the parkland reminded late-19th-century settlers of Ravenna, Italy, which was famous for its trees. Ravenna Park has been an escape from city life since around the 1880s, when Seattle residents started coming to stroll in the park's woods. Visitors paid 25 cents per visit, or \$5 for an annual pass, according to the nonprofit Friends of Ravenna—

» **This page, clockwise from top left:** Third Place Books, a popular neighborhood gathering site; award-winning chef Edouardo Jordan's Lucinda Grain Bar; turtle sculptures at inviting Ravenna Park. Facing page bottom left: Edouardo Jordan's acclaimed Southern-cuisine-inspired JuneBaby restaurant.

Cowen. Adjacent Cowen Park was set aside as a green space by a developer in the early 1900s.

In the often quiet parks—both now owned by the City of Seattle—it's easy to feel far away from civilization. And yet civilization is always near. Some of Ravenna's most beloved shops and restaurants are within 1.5 miles of the neighborhood's peaceful green hub.

At Third Place Books (named for the idea that beyond home and the workplace we need a "third place" where people from many walks of life come together to build community), I choose



# HERE & NOW»

presents from the carefully curated selection of new and used books. Other locally owned shops range from The Herbalist, which makes its own line of extracts, tonics and teas, to beloved knitting, crochet and needlepoint supplier Acorn Street Shop.

In addition, University Village, a shopping complex so named because it is also near the University of Washington to the south, boasts more than 120 national and local stores and restaurants, including the new sustainability-focused Bamboo Sushi, which opened in October. Shoppers can find items ranging from plants at neighborhood retailer Ravenna Gardens to furniture at Room & Board; merino-wool shoes at Allbirds; and Korean-inspired beauty supplies at K Banana.

Along Roosevelt Way, west of Ravenna and Cowen parks, a collection of businesses that appeal to students, such as The Trading Musician instrument store, Laughs Comedy Club and Scarecrow Video, also indicate the neighborhood's connection to the University of Washington. The Burke Museum, on the northwest part of the UW campus, reopened in a gorgeous new building in October, with working labs visible to the public, to showcase The Burke's collection of items related to natural and cultural history. I'm looking forward to experiencing the museum later this winter.

Today, after shopping and strolling, I enjoy a pre-dinner Pear Rosemary Collins drink at heirloom-grains-focused Lucinda Grain Bar, which is located close to Third Place Books and is one of my favorite spots for inventive cocktails. December options include the Stocking Stuffer, crafted with rye-infused vodka, rum, triple sec, orange bitters, and housemade chocolate rye bitters.

Lucinda Grain Bar, which opened toward the end of last year, is chef/restaurateur Edouardo Jordan's third and most recent enterprise. Nearby is Jordan's Southern-cuisine-inspired JuneBaby, which earned the 2018 James Beard Award for Best New Restaurant. Two blocks east lies Jordan's first restaurant, Salare, also influenced by Southern food culture, but with a



FACING PAGE, CLOCKWISE FROM TOP LEFT: NANCY O.; SHANNON RENFROE; NANCY O.; THIS PAGE, BOTTOM LEFT: COURTESY JUNE BABY; FROM TOP RIGHT: DOROTHEE BRAND (2); NANCY O.

## A FEW RAVENNA-AREA FAVORITES



**Pair** ([pairsteattle.com](http://pairsteattle.com)): As its name suggests, this French-inspired neighborhood bistro (above) specializes in matching wine with shareable small-plate dishes, such as Dungeness crab popovers. And the decadent banana-bread pudding, topped with ice cream and walnuts, is a popular dessert.



**Frank's Oyster House & Champagne Parlor** ([franks-oysterhouse.com](http://franks-oysterhouse.com)): Frank's (above) serves upscale, carefully constructed fish-forward cuisine, as well as gorgeous cocktails.

**Mioposto** ([miopostopizza.com](http://miopostopizza.com)): One of the many pizza restaurants in the family-

focused Ravenna area, Mioposto is my pick for classical Neapolitan-style pizza cooked in a wood-fired oven.

**Triple R Brewery Alley Tavern** ([triplerbrewery.com](http://triplerbrewery.com)): Its modest slogan, "Chasing our dreams one beer at a time," gives you an idea of how laid-back this local favorite is—and yes, it's down an alley, which makes it feel like a delicious secret.

**Ravenna Brewing Company** ([ravennabrewing.com](http://ravennabrewing.com)): Pop into this brewery (below) to try inventive brews such as jalapeño kolsch or pineapple-boysenberry sour ale, as well as the brewing company's own takes on the classics. —C.K.







A home on Candy Cane Lane.

focus on French and Italian cuisine, for which he received the 2018 James Beard Award for Best Chef: Northwest.

I meet up with friends at JuneBaby, and we take our time choosing from items such as Green Gumbo, Nashville Hot Chicken Livers, and Catfish with Cheese Grits. We decide to share everything we order at dinner, although I feel a bit territorial about my thick, juicy pork chop topped with pickled corn and mustard greens.

In December, the desserts at JuneBaby might include pecan or sweet potato pie, or

Spiced Apple Cranberry Betty, in keeping with the flavors of the season. After all, the Ravenna area jumps wholeheartedly into the holiday spirit.

For 70 years now, homeowners have turned Park Road, just off Ravenna Boulevard, into “Candy Cane Lane.” The 23 brightly decorated 1920s-era homes along this neighborhood loop route near Ravenna Park seem like a life-size version of a gingerbread-house village, on view evenings, Dec. 7 through Jan. 1 (specific hours vary by date), this holiday season. Not surprisingly, light-adorned giant candy canes feature prominently at more than one house.

Some visitors drive slowly past, but I join others who like to walk to really take in the details (and perhaps meet Santa, who makes regular appearances). Visitors can walk along the narrow sidewalks any night, but pedestrian-only nights, opening the street itself to walkers, with no cars allowed, are

Dec. 10 and 19 this year. I often begin my excursion by strolling six or so blocks of Ravenna Boulevard, also lined with many beautifully decorated houses, to connect with the official Candy Cane Lane route.

After earning my annual Candy Cane Lane stripes, I typically warm up at Seven Coffee Roasters Market & Cafe on Ravenna Boulevard (search for “Candy Cane Lane” on [sevencoffeeroasters.com](http://sevencoffeeroasters.com) for helpful parking tips). The cafe first opened as the Boulevard Grocery in 1922. Now it serves fresh-roasted brews featuring coffee from around the world, and Seattle-area-sourced snacks such as Flying Apron muffins and Honest Biscuits namesakes topped with Beecher’s cheese. In my experience, après-lane refreshments at Seven Coffee Roasters taste even better than sugarplums. ❄️❄️❄️

*Christy Karras loves shopping, dining and exercising in Ravenna.*

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## » HERE & NOW SEATTLE

## CALENDAR

■ Coming to Seattle for the first time, **Lumaze: Lost in Lights** is taking place through Jan. 4, 2020, at the **Smith Cove Cruise Terminal at Pier 91**. The indoor event will feature a million lights in twinkling displays, along with a holiday market, play spaces for kids, live music, food trucks and seasonal beverages ([lumazelights.com](http://lumazelights.com)).

■ During the **Dickens Festival at Stadium**, in Tacoma's Stadium District, south of Seattle, Dec. 14, enjoy free, approximately quarter-mile horse-drawn carriage rides to the W.W. Seymour Botanical Conservatory at Wright Park, which will have a poinsettia exhibit and musical performances. The district, named for castle-evoking Stadium High School, has many Victorian-, Tudor- and Colonial-style homes. The Dickens Festival, celebrating its 15th year, is also expected to include musicians,



plus a Victorian Dog Costume Contest and human costumed characters strolling the streets ([dickensfestival.net](http://dickensfestival.net)). In addition, the **Tacoma Little Theatre** is staging **Ken Ludwig's 'Twas the Night Before Christmas**, a 45-minute presentation described as a fun update on the classic poem, Dec. 14-28 ([tacomalittletheatre.com](http://tacomalittletheatre.com)).



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## » HERE & NOW SEATTLE

■ The inaugural **Winter Wonderland 5K and Lil' Reindeer 1K** is taking place Dec. 14 in Bellevue, east of Seattle. The 5K run (or walk) begins at Kelsey Creek Center and heads south into the **Lake Hills Greenbelt**, a City of Bellevue park that has forests, wetlands and nature trails. The 1K uses a portion of that same route (shoesnfeet.com/winterwonderland5k).

■ At the **Historic Everett Theatre**, dating to the early 1900s, in the city of Everett, north of Seattle, upcoming events include **Kalimba, The Spirit of Earth Wind and Fire Christmas Show**, Dec. 21, and **Improv Night**, Dec. 28 (historiceveretttheatre.org).



JEREMY DWYER-LINDGREN / WOODLAND PARK ZOO

■ Two new lionesses (above left) have joined **Woodland Park Zoo**, north of downtown Seattle. The 2-year-old African lion sisters, Kamaria and Ilanga, which arrived from an Eastern Idaho zoo, are forming a new pride with Xerxes (above right), who lost his mate earlier this year. In addition to seeing the lions, Woodland Park Zoo visitors can enjoy **WildLights**, featuring more than 800,000 LED lights, most evenings through Jan. 5 (zoo.org).

■ **Maryhill Winery Tasting Room & Bistro** has opened a new **satellite tasting room in Woodinville Wine Country**, northeast of Seattle. Maryhill, based in Goldendale, Washington, sources grapes from esteemed vineyards in the Evergreen State and crafts more than 50 wines, with 80,000 cases produced annually, showcasing the diversity of Washington terroir and varietals (maryhillwinery.com). ❄️❄️❄️





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Curiosity Mars rover selfie, courtesy NASA/JPL-Caltech

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*You can ride Portland's Holiday Express and meet Santa, below, who gives candy canes to the children on board.*

## ALL ABOARD

Experience the season with a ride on a holiday train

By Tiffany Hill

» There is always something magical about riding special holiday trains. Each winter, railroad lines in northwestern Oregon come alive with the spirit of Christmas. Steam locomotives and passenger cars are decked in twinkling lights, while festive holiday music plays. And for the kids, Santa also makes an appearance. Here are some area trains offering fun holiday rides this season.

### The Holiday Express

Ride through the scenic Oaks Bottom Wildlife Refuge in Southeast Portland in decorated vintage rail cars on the Holiday Express. Passengers can meet Santa and enjoy a hot beverage before the ride.

The 40-minute roundtrip is also a lesson in railroad history. The Southern Pacific 4449 steam locomotive, which powers the train, was built in 1941 and is reportedly the only model of this type of locomotive still in operation.

The train winds along the Willamette River, with views of Portland's bridges and skyline. The Oregon Heritage Rail Center operates the Holiday Express through December 15. The nonprofit helps restore locomotives and educates the public about the state's railroad history. The Holiday Express is the main fundraiser for the organization—and its jolliest.

The Holiday Express runs December 1, 7–8 and 14–15. For information, visit [orhf.org/events/holiday-express](http://orhf.org/events/holiday-express).

### The Train to Christmas Town

The town of Hood River, located about 60 miles east of Portland, along the Columbia River, is the home of the Mount Hood Railroad, a 100-year-old train route that winds 22 miles through the foothills of Mount Hood.

At this time of year, the train cars are decorated for the popular Train to Christmas Town, a 1.5-hour roundtrip. Based on the popular children's holiday book of the same name, the Train to Christmas Town features characters from the story—Zephyr the cat, Bumblebee the polar bear, and the Postman. The train leaves from the historical Mount Hood Station, passing through downtown Hood River, with



breathtaking views of the Columbia River Gorge. Along the way, elves serve cookies and hot chocolate, and lead the passengers in singing Christmas songs.

Very soon, the train arrives at the red-brick Christmas Town, and Santa and more elves board the train to create a magical trip back to Hood River, meeting with all the children, handing out gifts and posing for pictures.

The Train to Christmas Town runs on various dates through the month of December. For information, visit [mthoodrr.com/train-rides/the-train-to-christmas-town](http://mthoodrr.com/train-rides/the-train-to-christmas-town).





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## » HERE & NOW PORTLAND

### A BIRD'S-EYE VIEW OF PORTLAND

■ Another fun way to view Portland and the surrounding landscape is on the Portland Aerial Tram, owned by the city and managed by Oregon Health & Science University (OHSU). The tram runs between the OHSU South Waterfront campus and the university's Marquam Hill Campus, rising about 500 feet during the uphill trip, and offering 360-degree views of the area. On December 7, 11 A.M. to 3 P.M., visit the tram's waterfront terminal for free arts and crafts for children. The tram runs Monday-Saturday in December, except for Christmas Day. For information, visit [gobytram.com](http://gobytram.com).

### Candy Cane Express

Those heading to Oregon's northern coast during the holidays can visit Santa during a ride on the Candy Cane Express. The one-hour roundtrip ride departs from the station at Garibaldi, a bucolic coastal fishing town, and travels 5 miles to Rockaway Beach, known for Twin Rocks, the town's landmark offshore lava rock formations.

Passengers receive cookies and hot chocolate, and Santa is on board to meet with every family and child.

The Express is managed by Oregon Coast Scenic Railroad, a nonprofit that combines a love for historical trains with holiday cheer. The McCloud River No. 25 locomotive, built in 1925, pulls the Candy Cane Express, which runs on Dec. 1, 7-8, 14-15 and 21-22. Visit [oregoncoast-scenic.org/candy-cane-express](http://oregoncoast-scenic.org/candy-cane-express).



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## PASADENA COMES UP ROSES

By Barbara Beckley

» **I can smell the roses.** Many of them are woven into the parade floats that are passing in front of me. The one passing now features a giant, friendly-looking sea monster.

“Look at the head!” I enthuse. The head, neck, eyes and ears are in motion, as is the swaying serpent body. And the smoke blowing from the nostrils is about the only part of the float that isn’t covered in flowers and foliage and fruits—by rule, every float in the parade is covered with natural materials. The sky above this spectacle is blue, and there’s a clear view on this beautiful morning to the surrounding foothills—which provide a glorious backdrop as the animated creature rolls by. I thrill to its floral beauty even as I peer behind it, searching for the next float, or marching band, or equestrian unit to come up the street. It’s New Year’s Day in Pasadena!

I’m sitting in bleachers set up for the event on Colorado Boulevard, along with my family and thousands of other visitors who have come from near and far to watch the Rose Parade at the Pasadena Tournament of Roses. In the early afternoon, we’ll join other fans at Rose Bowl Stadium to watch the Rose Bowl Game, nicknamed “The Granddaddy of Them All.” This contest was the nation’s first collegiate postseason football game. In 1927, it became

the first transcontinental radio broadcast of a sporting event; in 1952, it was the first national telecast of a college football game.

The Rose Parade debuted in 1890, originally conceived of as a marketing strategy to attract East Coasters to sunny Pasadena. It has since grown into an event that transcends anything its planners could have foreseen. Today, the Rose Parade and Rose Bowl Game make Pasadena the center of the nation’s attention on New Year’s Day. In 2019, about 700,000 people lined the parade route; 37 million watched the parade on TV; and 91,900 fans attended the Rose Bowl Game, according to the Tournament of Roses Association.

Yet the excitement of Pasadena’s rosiest season isn’t confined to New Year’s Day. Events begin in October, with announcements of the Rose Parade Grand Marshal (or marshals), the Rose Parade Theme (it’s “The Power of Hope” for 2020), and the selection and naming of the Rose Queen and Court. I remember the latter well. I once tried out with 700 other women and was fortunate to be chosen as one of seven Royal Court members. I rode in the parade and am proud to be forever a part of the Tournament of Roses family. My friends still call me “the Rose Princess.”

» **Clockwise from left:** A 2018 sea serpent float with the theme “Books Bring Dreams to Life”; a 2019 float with the Rose Queen and Court; and the 2019 Rose Bowl Game, which featured the University of Washington Huskies and The Ohio State University Buckeyes.

CLOCKWISE FROM TOP LEFT: PASADENA TOURNAMENT OF ROSES; MEDIANEWS GROUP / TORRANCE DAILY BREEZE VIA GETTY IMAGES; XINHUA NEWS AGENCY / GETTY IMAGES





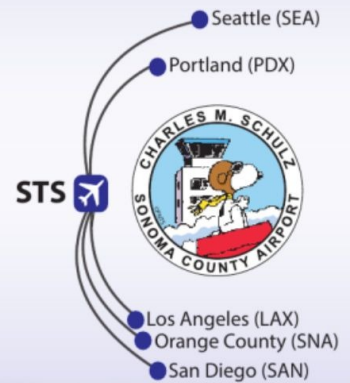
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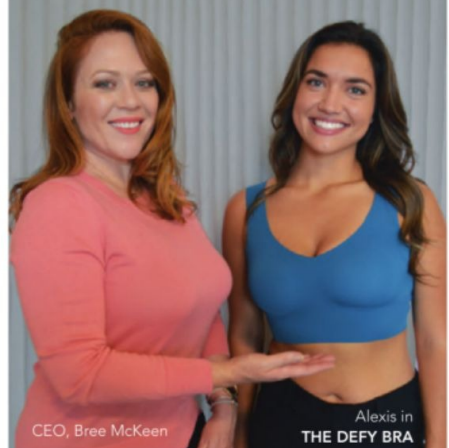
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By mid-December, the city is buzzing with Tournament of Roses fervor. White vehicles with the event's official logo can be seen all over town, carrying parade and game officials to events and functions. The drivers are part of the Tournament of Roses Association's more than 900 volunteer members (nicknamed "white suiters" because they wear white suits on the parade day) who make the parade and tournament activities run smoothly.

As the big day nears, the exhilaration is palpable. Visitors and locals fill restaurants and hotels, chatting together about the upcoming parade and game. Smitty's Grill is one of my go-to spots at this time of year. The stylish restaurant on South Lake Avenue, in one of Pasadena's popular dining and shopping areas, is always filled with enthusiastic holiday merrymakers. I also love to sip a cocktail in The Tap Room, a wood-paneled lounge inside The Langham Huntington, Pasadena. Opened in 1914, The Langham is the grande dame of hotels in the city and one of the favorite accommodations and gathering places for many Rose Parade and Rose Bowl Game dignitaries.

In-town events before, during and after the parade and game add to the fun. You can buy tickets in advance—and often at the door—for the following popular activities:

- **Tournament of Roses Sip & Savor** (Dec. 28–30): Held outside Rose Bowl Stadium, this event features food, wine and craft beer from SoCal's top purveyors; live music onstage; and roving entertainment groups.

- **Float Decorating Places viewing opportunities** (Dec. 28–31): Get a close-up look at dozens of floats being decorated at the Rosemont Pavilion near Rose Bowl Stadium—a building where decorators work throughout the year on floats for the parade.

- **Bandfest** (Dec. 29–30): Head to Robinson Stadium at Pasadena City College to enjoy preparade shows by marching bands that have been selected from across the country and around the world to perform in the parade.

- **Equestfest** (Dec. 29): At the Los Angeles Equestrian Center located in Burbank, near Pasadena, meet the horses and riders of the equestrian units that will participate in the parade. Horses and riders perform drills, trick riding and more. Walk through the stables and enjoy food, drink, vendors and live music.

- **Rose Bowl Bash** (Dec. 31): Celebrate college football with the Rose Bowl Game

teams' bands and cheer squads. Held at The Bloc Plaza in downtown Los Angeles, this event features family-friendly games, DJs, a beer garden, Rose Bowl merchandise and more.

- **Rose Bowl Hall of Fame Induction Ceremony** (Dec. 31):

Outside Rose Bowl Stadium, meet some Rose Bowl Game greats, enjoy lunch, and listen to a Q&A session with this year's inductees. ❄️❄️❄️

*Longtime local resident Barbara Beckley writes from the Pasadena area.*



## MORE ROSY ACTIVITIES

The following traditions are also beloved by locals and open to visitors.

- **Volunteer to decorate a float** (through Dec. 31): Check event websites and contact float builders directly—they are always looking for "petal pushers," even the day before the parade.

- **Camp along the parade route** (Dec. 31): The sidewalks of Colorado Boulevard open to campers at noon the day before

the parade, and the city of Pasadena welcomes camping along this parade thoroughfare. Many visitors and locals make it an annual tradition.

- **Drive down the parade route on New Year's Eve** (Dec. 31): Colorado Boulevard doesn't close to traffic until 10 p.m. on Dec. 31. Join the throngs cheering and waving from their cars and from the curb. The Pasadena Police Department and additional law-enforcement agencies have a strong presence and experience at keeping the party safe and under control.

- **Enjoy a showcase of floats post-parade** (Jan. 1–2, 2020): Don't forget the after-party! Take a close look at the design and workmanship of the floats as you walk within feet of each one lined up along Sierra Madre and Washington boulevards at the end of the parade route.

- **Explore the Rose Bowl Flea Market** (year-round): One of the world's biggest flea markets, with 2,500 vendors selling new and antique everything, is held the second Sunday of every month at Rose Bowl Stadium. —B.B.



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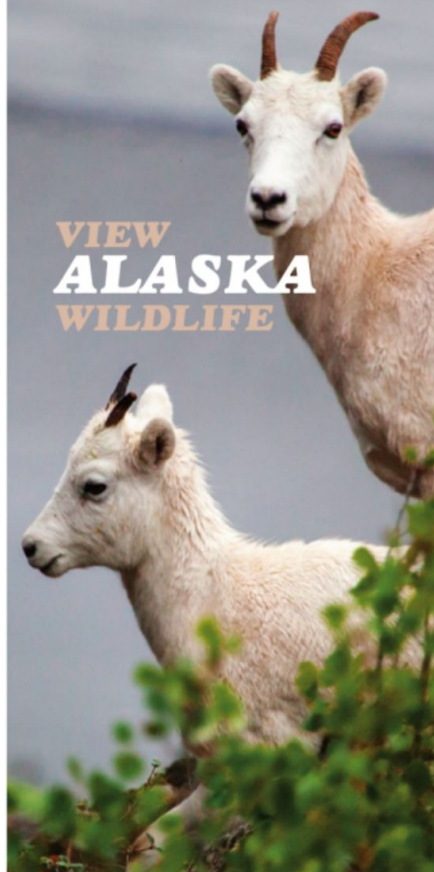
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## WORD SEARCH

Alaska residency program helps a writer create a narrative of hope

By Krista Christensen

» About 40 miles east of Fairbanks, down a long and two-lane highway bisecting the Chena River State Recreation Area, lies a cottage: Granite Tors Cabin, one of several in the recreation area.

This winter morning, the dawn is crisp and cloudless. I emerge from deep within my sleeping bag, as if from a cocoon, greeting the morning chill by tossing a blanket over my shoulders and padding directly to the efficient wood stove.

After stoking the coals to new life and laying on a few logs, I turn my attention to my camp stove, prepping water for my favorite morning beverage: jasmine green tea. Hot mug in hand, I open the blinds to reveal powerful sunlight shrinking the snow around the cabin.

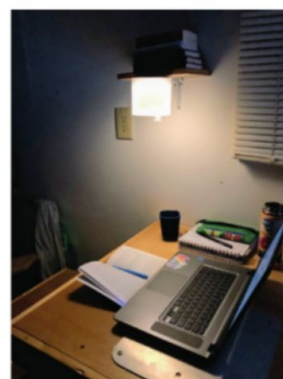
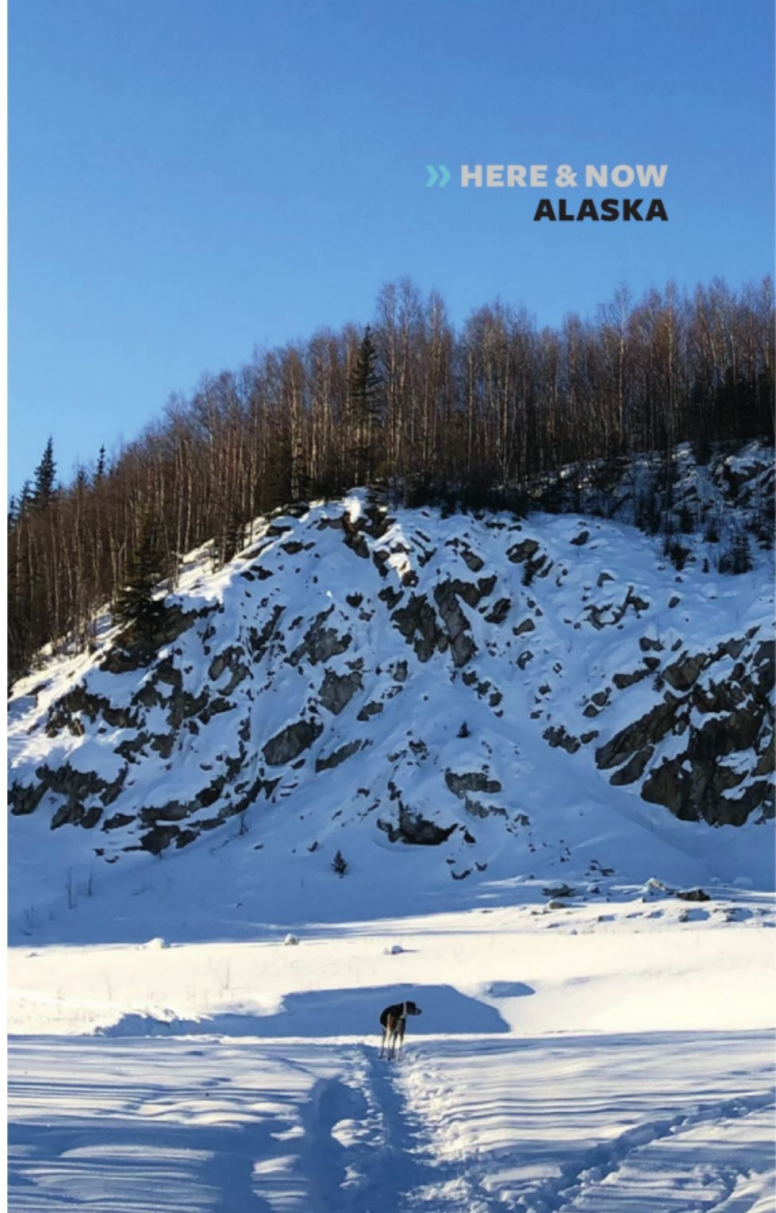
After breakfasting from a bag of reconstituted yet tasty Backpacker's Pantry, I am ready.

I settle down at the small table and benches and pry open my modest laptop.

This precious week was awarded to me by Alaska State Parks as part of the Artist-in-Residence Program. It affords me eight days in the cabin to write, but the program is open to artists of all kinds. The gift of a residency is the freedom from routine, the elimination of the distractions of everyday life. Here, there is no cellphone service, no email to check or social network to manage. Instead, each day mimes the previous: calm and quiet.

Each morning, I beat back the chill with a fresh, crackling fire and down mugs of hot tea and write.

In the afternoon comes my constitutional, a walk along the Upper Chena River, where open water burbles through crumbling ice. This river, placid beneath its shell of aging snow and ice, is



» During the Artist-in-Residence Program, Krista Christensen, top left, spent her days writing, and hiking with her dog Smokey.



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why I have come to this place, why I sit, day after day, at the small table and on one of the benches, tapping out page after page. I have come to tell a story that began months prior, on this same river, at this same cabin.

My family and I had visited here in September, that brief time of year during which one can observe the glory of the night sky, the aurora and the Milky Way without donning layer upon layer of extreme cold-weather gear.

The joyous memories are vivid. The glory of rolling hills gilded with turning leaves. The laughter of my son Kai, 11 and bold on the river in his new kayak. The constant and squeaky nature questions from little Axel, 6 and small in the belly of our canoe. My husband's skillful steering from the aft, and me in the fore, inhaling the river-scented breeze and smiling.

But I'm also flooded by scarier memories. During that afternoon paddle, our tiny flotilla was swept too fast into frothing rapids caused by fallen trees. All four of us—Kai from his kayak, and the rest of us from the canoe—were thrown into the near-freezing water. It happened so quickly, there was no chance to portage.

In hindsight, it was my husband's cool head that saved us. He managed to haul our canoe, full of frigid river water and with Axel still clinging to it, to the nearest gravel bar. I came up sputtering behind a nest of tree roots, in an eddy far stronger than my swimming. Meanwhile, Kai had been pinned to a log in the center of the river.

After getting the canoe and Axel on shore, my husband, a former lifeguard, forged into the swift, shoulder-deep river, step by careful step. First he pulled Kai to shore. Next, he came in for me, and together we swam through the strong current, scrambled up the bank and reunited with our boys.

Fortunately, I had packed a drybag with two towels, emergency blankets, air-activated warmers and a full change of clothing for each of us. On shore, we dried, changed clothes, and portaged to a safe spot from which we could reenter the river and float carefully to our planned takeout.

Months before my residency, my



## MORE ON THE RESIDENCY PROGRAM

■ **The Alaska State Parks' Artist-in-Residence Program** exists to showcase the Great Land's parks by offering artists up to two weeks in a state park unit of their choice to create art—from writing to visual art—inspired by the natural beauty. Accepted artists commit to donating at least one original work inspired by their stay to Alaska State Parks. They must also conduct one outreach activity, either in the park or after the residency, such as a talk, reading, workshop or performance.

Started in 2015, the program continues to grow, both in the number of applicants and the locations served. Originally, artists stayed only in the Ernest Gruening Cabin in Ernest Gruening State Historical Park, roughly 25 miles north of Juneau. Now, cabin requests throughout the state park network are considered. There are more than 80 cabins in Alaska's state parks to choose from. Applications are accepted and processed year-round. Alaska State Parks will be celebrating its 50th anniversary in 2020 and is looking for artists who want to focus on this theme for that year. Interested artists can apply anytime. For more information, visit [dnr.alaska.gov/parks/asp/artistinresidence.htm](http://dnr.alaska.gov/parks/asp/artistinresidence.htm). —K.C.



*Works made by Artist-in-Residence Program participants include a 2018 photograph from Bishop's Beach in Homer by Sheryl Maree Reily, top, and Nancy Angelini Crawford's Among the Giants, depicting Ernest Gruening Cabin.*

relationship with nature, and Alaska, was forever altered. As a mother and as an artist, I approached this residency as a reckoning: a time in which the experience of nearly losing my family to a fierce Alaska river shifted from a tale of terror to one of blessed survival.

In front of my laptop, at that table, it became a narrative of hope in defiance of odds, of the value of preparation and a cool head.

The calm afforded to me by the state's Artist-in-Residence Program, day after quiet day, enabled me to rebuild my story, to weave out of fear a narrative of fortitude and love and respect: for my family, of course, but also for this wild, stunning state I call home. ❄️❄️❄️

*Krista Christensen lives in Fairbanks with her husband, two sons and dog Smokey.*



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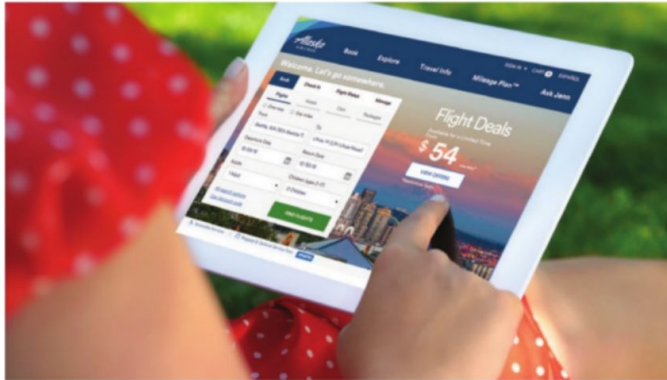


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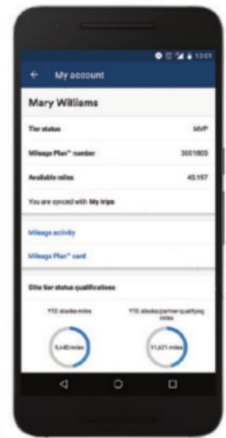
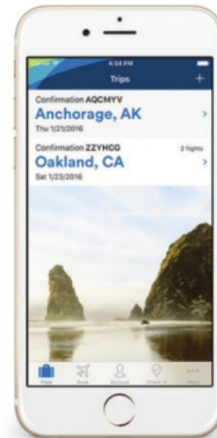
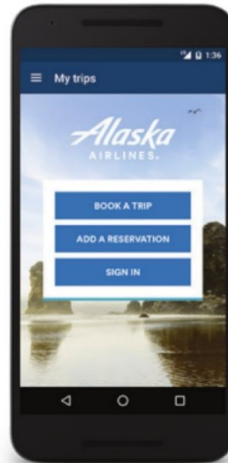


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Vince Guaraldi Trio	<i>Linus and Lucy</i>
Guster	<i>¿Donde Está Santa Claus?</i>
Emily Rowed	<i>Merry Christmas Mama</i>
Dia Frampton	<i>Rockin' Around the Christmas Tree</i>

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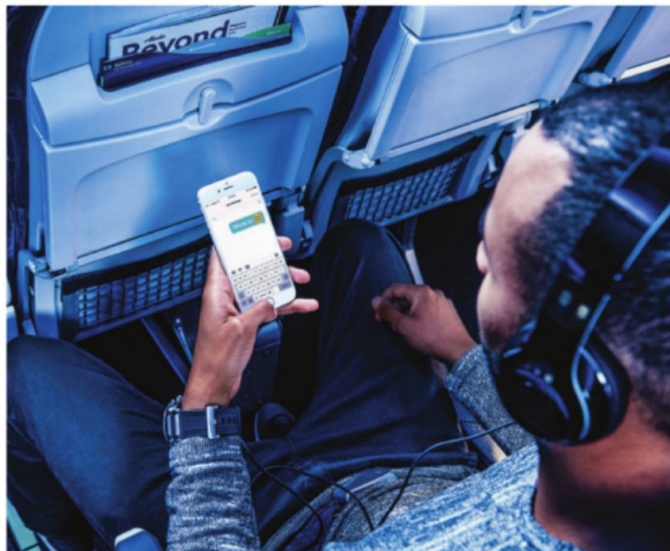


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- Four annual guest upgrades
- 100% bonus miles and more

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(75,000 miles flown on Alaska)

All MVP Gold benefits, plus:

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

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

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





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- **Earn 3x miles** on eligible Alaska Airlines purchases and 1 mile for every dollar spent on all other purchases.
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The benefits described herein are subject to certain restrictions, limitations and exclusions. For more information about rates, fees, other costs and benefits of this credit card, or to apply, see an Alaska employee or visit [AlaskaOffer.com](https://alaskaoffer.com) and refer to disclosures accompanying the application. This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A., Inc. ©2019 Bank of America Corporation

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Book one-way award travel within the continental United States and Canada starting at just 5,000 miles.\*

Starting price*	Distance each way	Sample routes
5,000 miles	Less than 700 miles (intrastate)	San Jose-Orange County
5,000 miles	Less than 700 miles	Seattle-San Francisco
7,500 miles	701 to 1,400 miles	Los Angeles-Portland
10,000 miles	1,401 to 2,100 miles	Portland-Chicago
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.

NEW

### NEED A PLACE TO STAY?

You can now use Mileage Plan miles to stay at more than 400,000 hotels worldwide with [alaskaair.com/hotels](https://alaskaair.com/hotels).

Visit [alaskaair.com](https://alaskaair.com) to explore all the ways to use miles.

Join today and start getting rewarded. [alaskaair.com/mileageplan](https://alaskaair.com/mileageplan)



# Mileage Plan gives you the world

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Hainan Airlines



**Lima, Peru**  
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**Dubrovnik, Croatia**  
Condor

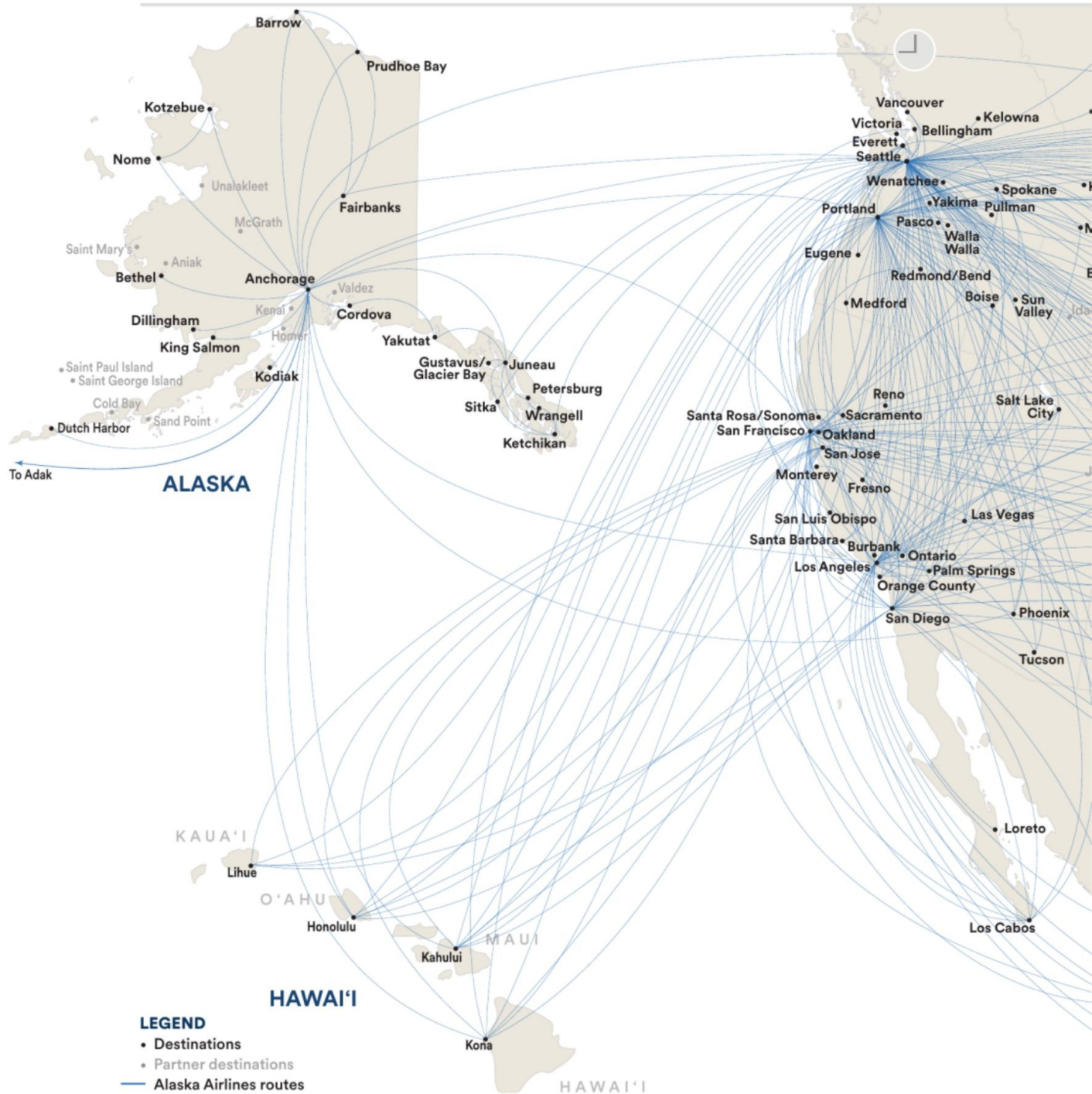


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Qantas



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### UPCOMING NEW SERVICE

Route	Service Begins	Route	Service Begins
Los Angeles (LAX)—Redmond/Bend (RDM)	Jan. 7, 2020	San Francisco (SFO)—Redmond/Bend (RDM)	Mar. 19, 2020
Los Angeles (LAX)—Spokane (GEG)	Jan. 7, 2020	San Francisco (SFO)—Spokane (GEG)	Mar. 19, 2020
San Diego (SAN)—Redmond/Bend (RDM)	Jan. 7, 2020	San Jose (SJC)—Puerto Vallarta, MX (PVR)	Mar. 19, 2020
San Diego (SAN)—San Luis Obispo (SBP)	Jan. 7, 2020	San Francisco (SFO)—Anchorage (ANC)	Apr. 21, 2020
Los Angeles (LAX)—Boise (BOI)	Mar. 19, 2020	San Luis Obispo (SBP)—Portland (PDX)	June 18, 2020
Los Angeles (LAX)—Missoula (MSO)	Mar. 19, 2020		





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

Some routes shown operate seasonally.



# Airport-terminal maps

## SEA Seattle/Tacoma International Airport

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

**Tip:**  
Our new Alaska Lounge is open in the N Concourse and is located on the Mezzanine Level above N13–N18.



## PDX Portland International Airport



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

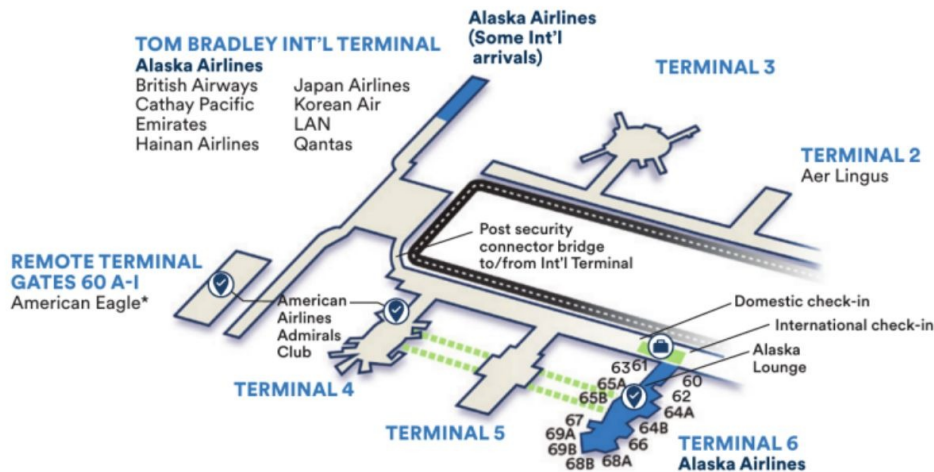
**Tip:**  
Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.

## SFO San Francisco International Airport

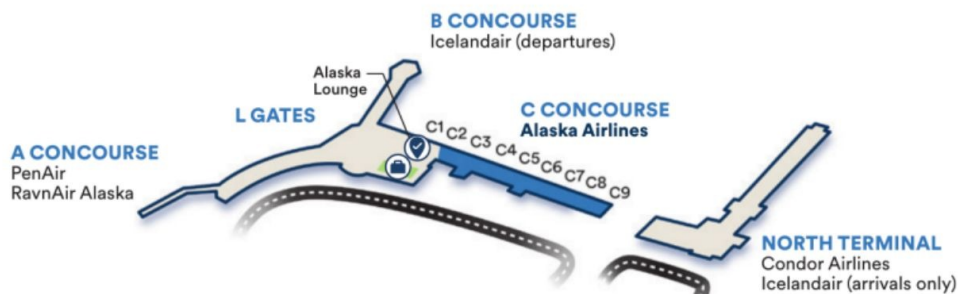




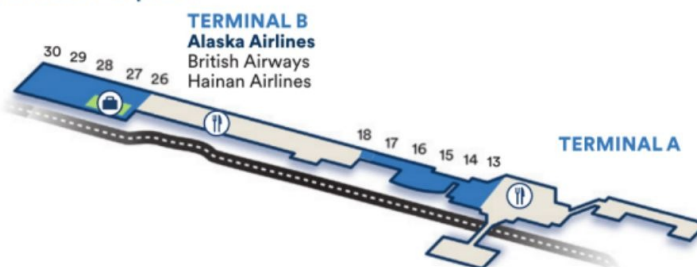
## LAX Los Angeles International Airport



## ANC Anchorage International Airport



## SJC San Jose Mineta Airport



## SAN San Diego International Airport



NEW

Alaska Airlines has moved all SAN operations to Terminal 2 East. Alaska now occupies Gates 20, 21, 22, 24, 26 and 28, with Gates 30 and 32 available as alternates.

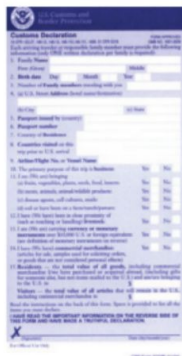


# Customs and immigration

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

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



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

## TO THE UNITED STATES PASSPORT CONTROL KIOSKS

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

### Helpful tips

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

## U.S. CUSTOMS DECLARATION

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

### Helpful tips

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

## INTERNATIONAL TRAVEL TIPS TO MEXICO

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

## TO COSTA RICA

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

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

## QUIOSCOS DE CONTROL DE PASAPORTES

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

### Datos de ayuda

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

## DECLARACION DE ADUANA

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

### Datos de ayuda

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

## CONSEJOS DE VIAJE INTERNACIONALES A MEXICO

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

## A COSTA RICA

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



# Your safety and comfort

## SEATS

- Seat belts must be fastened whenever the “FASTEN SEAT BELT” sign is on. Keep your seat belt fastened at all other times when seated, in case of rough air.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Seat-belt extenders are not allowed in exit rows. They can tangle and obstruct access to exit doors.

## CARRY-ONS

- All carry-on bags must be placed under a seat or in an overhead bin for takeoff and landing.
- Prior to takeoff and landing, service items provided by our inflight team must be picked up.

## LAVATORY

- Guests are requested to use the lavatory in their assigned cabin.

## PETS

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

## CREW AND GUEST SAFETY

- Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a guest's behavior.
- We respect the privacy and well-being of our guests and employees. We do not tolerate inappropriate verbal, digital or physical conduct of any kind, including sexual harassment, invasive photography, and assault. Please report unwelcome behavior to an employee immediately. Any crime committed onboard is considered a federal offense.

## TRAVELING WITH INFANTS AND CHILDREN

- To be used onboard, your child-restraint system must conform to all applicable federal motor vehicle-safety conditions, and the restraint must be certified for use in motor vehicles and aircraft with an FAA-approval sticker.
- Some restrictions for child-restraint systems apply based on seat locations and flight numbers. Visit <http://bit.ly/InfantTravel> for details.

## ALCOHOL AND TOBACCO

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

## DEVICES

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

## OTHER PROHIBITED ITEMS

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

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

## CONTACT US

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Customer Care)

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and Canada:  
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(800.252.7522)  
(TTY 800.682.2221)  
[alaskaair.com](http://alaskaair.com)

En Español:  
800.858.5525  
From Mexico:  
001.800.252.7522

Alaska Airlines  
Vacations:  
844.762.0087  
[vacations.alaska-air.com](http://vacations.alaska-air.com)

## 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)

### Not allowed during flight

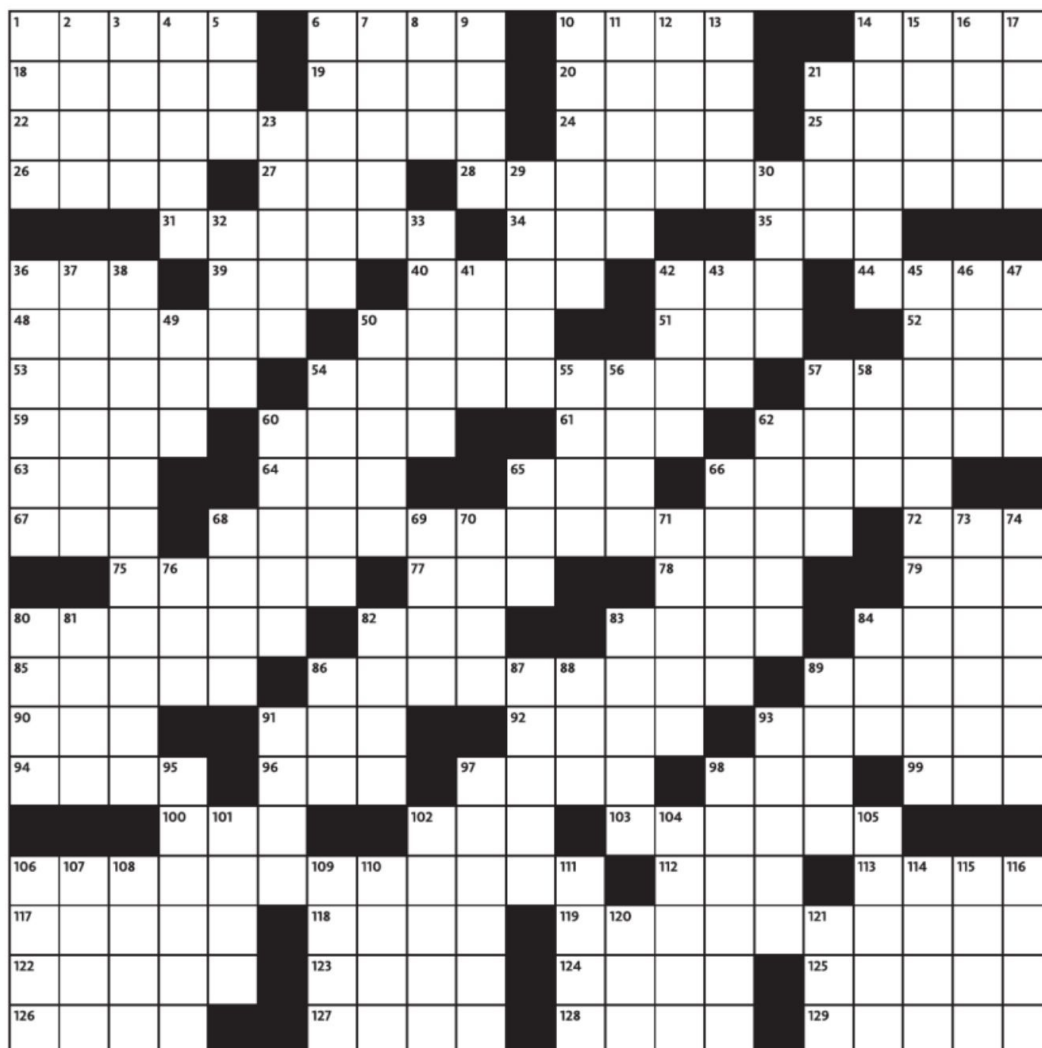
- Voice calls of any kind, including VoIP
- Devices with cell service enabled
- AM/FM radios or TVs
- Personal air purifiers
- Remote-control toys
- Electronic cigarettes



# TOM SWIFTIES

## ACROSS

- 1 Code name
- 6 Techie
- 10 Grandma Moses
- 14 Munich mister
- 18 Wane
- 19 Concert sites
- 20 100 dinars
- 21 Uncanny
- 22 "I only get *Newsweek*," said Tom \_\_\_\_
- 24 Money to play with
- 25 Honey badger
- 26 Catchall abbr.
- 27 Fizzle out
- 28 "I pledge allegiance to the flag," said Tom \_\_\_\_
- 31 Michael and Gabriel
- 34 Madre's sister
- 35 Date
- 36 Medium power?
- 39 It's always in poetry
- 40 Not clerical
- 42 Fitness center
- 44 Rats!
- 48 Pirate, usually
- 50 Tale start
- 51 Musical sense
- 52 Part of EEC
- 53 Like raisins
- 54 "I'm waiting for the doctor," said Tom \_\_\_\_
- 57 Ghana capital
- 59 Lab burner
- 60 Whitewall, e.g.
- 61 Web provider
- 62 Flow
- 63 Rover's trick
- 64 Elev.
- 65 Thames islet
- 66 Take in
- 67 \_\_\_\_ Aviv
- 68 "I have no idea," said Tom \_\_\_\_
- 72 Flap
- 75 *The Waste Land* poet
- 77 Hasty escape
- 78 Application
- 79 Yellow bugle
- 80 Trigonometry ratio
- 82 Soissons salt
- 83 .035 ounce
- 84 Rara \_\_\_\_
- 85 Inception
- 86 "I'll do a quick drawing," said Tom \_\_\_\_
- 89 Vertical
- 90 Chum
- 91 Carte start
- 92 Consecrated
- 93 Lithe
- 94 *The Cherry Orchard* girl
- 96 Rubbish
- 97 Felt remorse
- 98 Overmuch
- 99 Hitherto
- 100 \_\_\_\_ Tuesday
- 102 Rev.'s speech
- 103 Rejects
- 106 "My stereo is only half-fixed," said Tom \_\_\_\_
- 112 Wonder
- 113 Hops dryer
- 117 Sound off
- 118 Drive the getaway car



- 119 "We're having a baby!" cried Tom \_\_\_\_
  - 122 Bread maker
  - 123 Tarry
  - 124 Wharf
  - 125 Permanent location?
  - 126 Coaster
  - 127 Kernel
  - 128 Chalcedony
  - 129 Clan
- DOWN**
- 1 Spouse
  - 2 Passing notice
  - 3 Vishnu incarnation
  - 4 Engraved pillar
  - 5 It may be electric
  - 6 More intrusive
  - 7 Ford's folly
  - 8 Sib, e.g.
  - 9 Calendar boxes
  - 10 Language of Morocco
  - 11 Strong, silent type
  - 12 Cager Archibald
  - 13 A Baldwin
  - 14 Tossed

- 15 Art Deco designer
- 16 Cambodian capital
- 17 Bank (on)
- 21 Native New Yorker
- 23 Lawn tool
- 29 Practical, once
- 30 Russian abdicator
- 32 Exigency
- 33 Roof top
- 36 Number one son
- 37 Mission
- 38 "May I sharpen my pencil?" asked Tom \_\_\_\_
- 41 Boxing great
- 42 Market
- 43 Fork over
- 45 "Do you have an appointment?" asked Tom \_\_\_\_
- 46 Glow
- 47 Cable car
- 49 Earl Grey, e.g.
- 50 Finnish treaty site
- 54 Barnstormer
- 55 Catch

- 56 Odds-displaying board
- 57 ABA member
- 58 French vineyard
- 60 Resort lake
- 62 *The Crucible* setting
- 65 Bucks dispenser
- 66 Kind of test
- 68 Cast
- 69 Mirth
- 70 Stop!
- 71 Menacing
- 73 Fly
- 74 Creel
- 76 One of a pack?
- 80 Manilow locale
- 81 Judah's second son
- 82 Card game
- 83 Applies gold leaf
- 84 A way to go
- 86 \_\_\_\_-mo
- 87 Lout
- 88 Tend the garden
- 89 English river
- 91 Woody's boy
- 93 Having more smarts?
- 95 Made amends

- 97 Sat a spell
- 98 Approaching
- 101 Roman way
- 102 Soft leather
- 104 Antic
- 105 Echolocation device
- 106 Crowds
- 107 Gemstone
- 108 Victory goddess
- 109 Collars
- 110 Theater award
- 111 Barks
- 114 King of the Huns
- 115 Dinner's often on him
- 116 Actress Daly
- 120 Ms. Zadora
- 121 NYC zone

**SOLUTION ON PAGE 159.**

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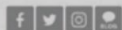


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Limit one Free Play redemption per guest per month. Not to be combined with other publications, promotional offerings and holidays. Alteration, duplication, or unauthorized use voids this offer. Must be or become a Players Club member to participate. Membership is free! Offer expires December 30, 2019. Free Play may not be available on all machines. For Free Play limitations, rules and details, see Players Club. Promotions are subject to change without notice. Management reserves all rights.



## 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.

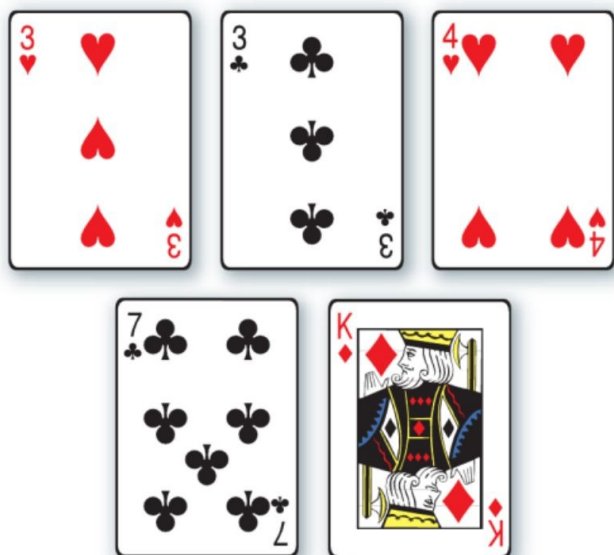
1.	2.	3.	
4.	5.	6.	
7.	8.	9.	
10.	11.	12.	
13.	14.	15.	

## DEFINITIONS

- |                      |                        |                         |
|----------------------|------------------------|-------------------------|
| 1. Unemployed        | 6. Occupied a chair    | 11. Short letters       |
| 2. Greek island      | 7. Voting ticket       | 12. Foot digits         |
| 3. Shoe bottoms      | 8. Puff up             | 13. Serving platters    |
| 4. Annoy playfully   | 9. Heavy-duty fastener | 14. Cast luminary       |
| 5. Sunrise direction | 10. Acquired illegally | 15. Contents of the Met |

## 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?



1. The diamond is neither on the bottom nor directly above a heart.
2. The four is somewhere between the threes.
3. The seven is somewhere above the king.
4. No two adjacent cards are the same suit.

## ANAGRAM MAZE

The diagram contains 36 words, 21 of which are anagrams of other everyday words. Start at the top arrow and anagram SAIL. 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 LIEU	2 FLIT	3 WAKE	4 ROCK	5 PROD	6 SAIL
7 TINY	8 HOES	9 FOIL	10 QUIT	11 ZONE	12 LOCK
13 CLAP	14 NEON	15 STUB	16 TEAM	17 AFAR	18 GONE
19 FINE	20 ALOE	21 CUKE	22 CHIN	23 LIVE	24 LIPS
25 KNEE	26 DIET	27 RAPS	28 FAIL	29 POUT	30 PACE
31 SHIP	32 CLEF	33 LEAP	34 FURS	35 SHAM	36 STEP

SOLUTIONS ON PAGE 159.

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Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions on page 159.**

DIFFICULTY: **EASY**

DIFFICULTY: **MEDIUM**

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

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

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- Fire suppression sprinkler systems

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- Heating and cooling lines
- Natural gas & petroleum product lines
- Electrical conduit
- Collection, Hold & Transfer (CHT) systems in maritime vessels

- Storm drains
- Rain & roof leaders
- Drain & sewer lines
- Vertical & vent stacks
- Industrial pressure applications
- Repair broken pipes

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CROSSWORD ON PAGE 152.



SUDOKU ON PAGE 156.

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

DIFFICULTY: MEDIUM

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

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BRAIN BOOSTER PUZZLES ON PAGE 154.

### LADDERGRAM

J	1. JOBLESS	2. LESBOS	3. SOLES	B
E	4. TEASE	5. EAST	6. SAT	E
L	7. BALLOT	8. BLOAT	9. BOLT	A
L	10. STOLEN	11. NOTES	12. TOES	N
Y	13. TRAYS	14. STAR	15. ART	S

### CARD SENSE

The bottom card isn't the king of diamonds (clue 1), four of hearts (clue 2), or seven of clubs (clue 3), so it's one of the two threes. By clue 2, one three is somewhere above the four of hearts and one three is somewhere below it. Since no two adjacent cards are the same suit (clue 4), the three of hearts and four of hearts are not adjacent, in either order, and the three of clubs and seven of clubs are not adjacent, in either order. The seven is somewhere above the king (clue 3). Since the king isn't above a heart (clue 1), it's below the four of hearts. The bottom card, then, is the three of clubs, and the king of diamonds is the fourth card. By elimination, the four of hearts is the third card, the seven of clubs the second, and the three of hearts is the first card. In summary from top to bottom: three of hearts, seven of clubs, four of hearts, king of diamonds, three of clubs.

### ANAGRAM MAZE

The path through the maze, with just one anagram given for each, is: 6. ails; 5. drop; 4. cork; 3. weak; 2. lift; 8. shoe; 14. none; 15. tubs; 16. meat; 22. inch; 23. veil; 24. lisp; 30. cape; 36. pets; 35. mash; 34. surf; 33. peal; 27. spar; 26. tied; 25. keen; 31. hips.

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

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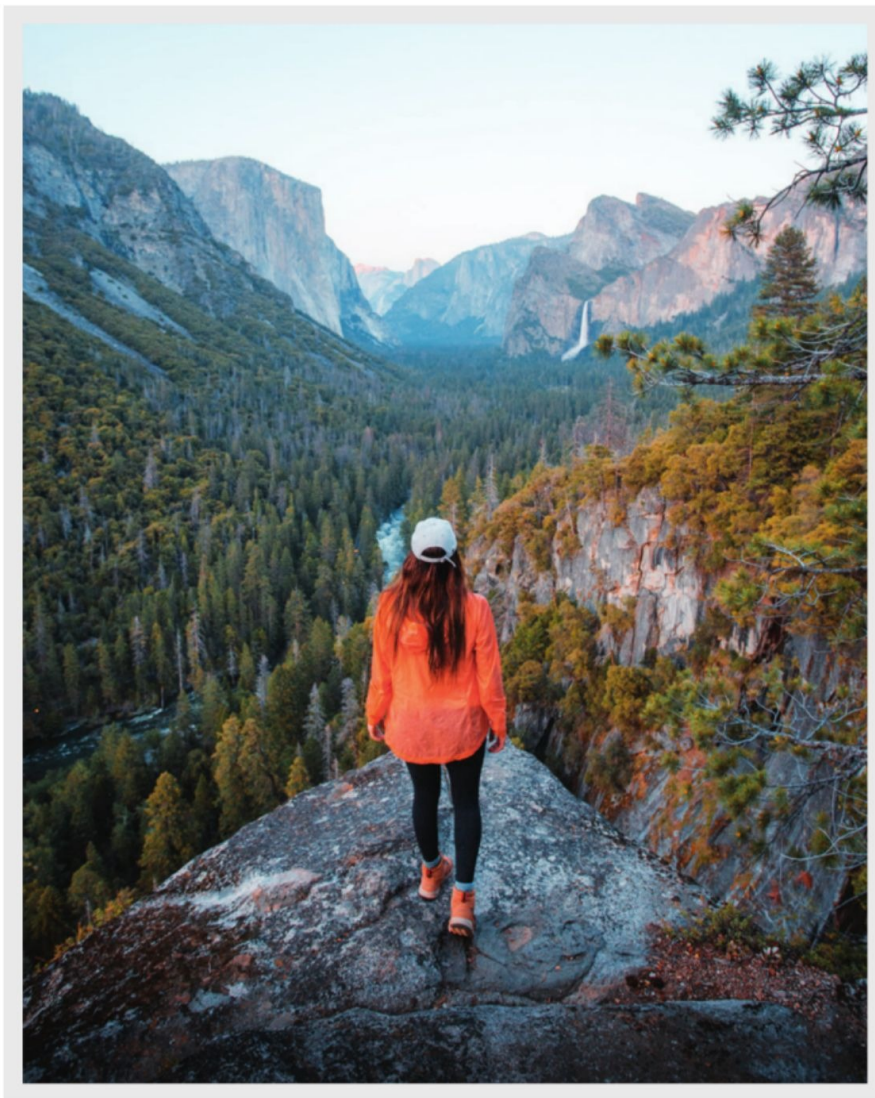
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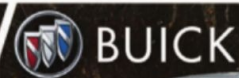
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