

Alaska Airlines

MAY 2014



Showcase 2014

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MAY 2014
VOLUME 38, NUMBER 5

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Alaska Airlines Magazine (ISSN 0199-0586), the monthly inflight magazine of Alaska Airlines, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2014 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Subscriptions: \$65 in the U.S.; \$70 elsewhere. Single-copy price: \$8. Photocopies of articles: \$3.50. Publisher assumes no responsibility for return of unsolicited manuscripts or artwork. Printed in the United States of America.

POSTMASTER: Send address changes to
Alaska Airlines Magazine, 2701 First Avenue, Suite 250,
Seattle, WA 98121-1123.



MAY 2014 ALASKA AIRLINES MAGAZINE



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Spirit of Alaska



Brad Tilden
Chief Executive
Officer



WASTE NOT

Keith Loveless wears a couple of hats at Alaska Airlines. He's our executive VP and general counsel as well as head of our sustainability efforts. This month he talks about our latest progress toward helping our planet. —Brad Tilden

A few years back, I was waist deep in waste, sorting through a garbage bin at one of our airports after the trash had been taken off the airplanes. Half-eaten meals, crumpled napkins, wads of newspapers and sticky soda cups. As I waded and sniffed and sorted, I knew we had to do more about all the trash that we, as airlines, send to landfills. Diving into trash bins is one of the most fun parts of my job as executive sponsor of our sustainability program at Alaska Airlines.

In 2004, we made a strategic decision to be *the* industry leader in environmental stewardship. The reasons are simple: Our employees expect it. Our customers in the beautiful locations where we fly expect it. And it's the right thing to do.

Sustainability is about more than being green, though. Being sustainable is also about treating people right by providing a safe work environment and seeking diversity in our hiring of employees and suppliers. And it is about creating a successful business so we can assure good-paying jobs and fully fund pensions. Thinking long term and integrating sustainable practices and policies throughout our business helps us become more efficient. Being efficient lowers our costs so that, among other things, we can offer you low fares, pay our people well and support worthwhile organizations in the communities we serve.

But in recognition of Earth Day last month, I want to focus here on our environmental efforts and the four areas

where we have the greatest impacts: emissions from aircraft and vehicles; waste; energy use in our buildings; and consumption of materials. Our 2013 Sustainability Report, which we released last month, establishes ambitious 2020 goals to reduce our negative impacts. I'm very proud of the progress we've made.

With our new aircraft fleet and aerodynamic improvements, and by flying more efficiently, we've reduced our emissions and fuel consumption by more than 31 percent over the past 10 years (measured by flying you and each of your fellow passengers one mile). These improvements led the International Council on Clean Transportation to rank Alaska as the most fuel-efficient domestic airline in 2013. We've committed to reducing our fuel consumption (and associated emissions) by another 20 percent by 2020 (measured again by flying each of our passengers one mile).

On the ground, we're making improvements to reduce the emissions from our vehicle fleet by switching to electric vehicles. In 2012, we purchased more than 200 new pieces of electric ground-support equipment for our Sea-Tac Airport operation, and we introduced two solar-powered units last year.

I'm especially proud of our inflight recycling program. Alaska and Horizon are the only airlines that recycle on every domestic flight. Through the efforts of our flight attendants, kitchens and catering staff, we've cut the amount of waste

4 WAYS YOU CAN HELP US

- **Pack light.** If every one of our passengers packed just 2 pounds less, we'd reduce our carbon dioxide emissions by the equivalent of burning 32 railcars' worth of coal.
- **Download our mobile app** on alaskaair.com to eliminate paper boarding passes.
- **Pack an empty water bottle** and fill it up after passing through security to save disposable bottles.
- **Separate your recyclables**—bottles, cans, paper and cups—from your trash before handing them to your flight attendant.

sent to landfills by more than half per passenger since 2010. And we're committed to reducing it by 70 percent by 2020.

To supplement our new environmental commitments, we're partnering this month with The Nature Conservancy to support a conservation project in one of the areas we serve. Vote for one of six projects on the Alaska Airlines Facebook page, and we'll support the one with the most "likes."

In this way, you can join our efforts to help our planet. And if you'd like to know more about our sustainability programs, our full report is at alaskaair.com/sustainability. Thanks for doing your part, and thanks for flying with us today.

—Keith Loveless

El Espíritu de Alaska



Brad Tilden
Jefe Ejecutivo



NO AL DESPERDICIO

Keith Loveless desempeña diversas funciones en Alaska Airlines. Es nuestro vicepresidente ejecutivo y asesor general así como el director de nuestros esfuerzos de sostenibilidad. Este mes él habla sobre nuestro más reciente avance para ayudar a nuestro planeta. —Brad Tilden

Hace algunos años, yo me encontraba en uno de nuestros aeropuertos, metido hasta la cintura en desperdicios, haciendo la clasificación de un contenedor donde se había arrojado la basura de los aviones. Comidas a medio consumir, servilletas arrugadas, fajos de periódicos y vasos pegajosos de refrescos. Conforme vadeaba y olía y clasificaba, me di cuenta de que teníamos que hacer más acerca de toda la basura que nosotros, como líneas aéreas, enviamos a los vertederos. El buceo en contenedores es una de las tareas más divertidas de mi trabajo como patrocinador ejecutivo de nuestro programa de sostenibilidad en Alaska Airlines.

En 2004, tomamos la decisión estratégica de ser el líder del sector en compromiso con el medio ambiente. Las razones son sencillas: Nuestros empleados lo esperan. Nuestros clientes en los bellos lugares donde volamos lo esperan. Y es lo correcto.

Sin embargo, la sostenibilidad significa mucho más que ser ambientalista. Practicar la sostenibilidad tiene que ver también con tratar bien a las personas, contratando empleados y proveedores de diversos orígenes y proporcionar un ambiente de trabajo seguro. Y también se trata de crear un negocio de éxito con el que podamos garantizar puestos bien pagados y pensiones totalmente financiadas. La proyección a largo plazo y la integración de prácticas y política sostenibles en todo nuestro negocio nos ayuda a

hacernos más eficientes. Ser eficiente reduce nuestros costos para que, entre otras cosas, podamos ofrecerle pasajes más baratos, pagar bien a nuestra gente y respaldar a organizaciones de gran valor en las comunidades donde volamos.

Pero en honor al Día de la Tierra el mes pasado, me gustaría centrarme en nuestros esfuerzos de preservación del medio ambiente y las cuatro áreas donde tenemos más impacto: emisiones de aeronaves y vehículos; desperdicios; uso de energía en nuestros edificios; y consumo de materiales. Nuestro Informe de sostenibilidad de 2013, que publicamos el mes pasado, establece ambiciosas metas de reducción de nuestro impacto negativo para 2020. Estoy orgulloso del progreso que hemos realizado.

Con nuestra nueva flota de aeronaves, las mejoras aerodinámicas y la mayor eficacia de vuelo, hemos reducido las emisiones y el consumo de combustible en más de 31% a lo largo de 10 años (medido por el vuelo de una milla de usted y cada uno de sus compañeros pasajeros). Estas mejoras llevaron al Consejo Internacional sobre Transporte Limpio a ubicar a Alaska como la aerolínea nacional más eficiente en consumo de combustible en 2013. Nos hemos comprometido a reducir nuestro consumo de combustible (y las emisiones asociadas) en otro 20% para 2020 (medido nuevamente por el vuelo de una milla de cada uno de nuestros pasajeros).

En tierra, estamos realizando mejoras

para reducir la emisión de nuestra flota de vehículos mediante el cambio a energía eléctrica. En 2012, compramos más de 200 nuevas piezas de equipo eléctrico de apoyo en tierra para nuestra operación en el Aeropuerto Sea-Tac, y el año pasado introdujimos dos unidades impulsadas por energía solar.

Me siento especialmente orgulloso de nuestro programa de reciclaje en vuelo. Alaska y Horizon son las únicas aerolíneas que reciclan en todos sus vuelos domésticos. A partir de 2010 y a través de los esfuerzos de nuestros auxiliares de vuelo, cocinas y personal de catering, hemos reducido en más de la mitad la cantidad de desperdicios por pasajero que enviamos a los vertederos. Y estamos comprometidos a reducirlos en un 70% para 2020.

Para complementar nuestros compromisos con el cuidado del medio ambiente, nos estamos asociando este mes con The Nature Conservancy para apoyar un proyecto de conservación en una de las áreas que operamos. Vote por uno de los seis proyectos en la página de Facebook de Alaska Airlines y apoyaremos al que reciba más "me gusta".

De este modo usted puede colaborar con nuestros esfuerzos de ayuda al planeta. Y si desea conocer más acerca de nuestros esfuerzos de sostenibilidad, nuestro informe completo se encuentra en alaskaair.com/sustainability. Gracias por poner de su parte, y gracias por volar con nosotros hoy. —Keith Loveless

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- Baltimore/Washington, D.C., starting September 2
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- Cancún, Mexico, starting November 6 (pending government approval)

With the crabcakes of Baltimore, the unique blending of cultures in Albuquerque, and the resorts and beaches of Cancún, each great city offers something for everyone. Including these new flights, Alaska will offer 279 peak-day departures nonstop to 78 destinations from Seattle. Find Alaska's lowest fares at alaskaair.com.

FOCUS ON SUSTAINABILITY

Alaska Air Group invests in new eGSE

Continuing its efforts in environmental stewardship, Alaska recently introduced new electric Ground Service Equipment (GSE), such as airplane tugs and belt loaders. Currently, 22 percent of Alaska's GSE fleet is electric, with plans to increase this to 30 percent over the next six years. By converting from fossil fuel-powered equipment to eGSE, Alaska expects to save 180,000 gallons of fuel each year.



AROUND THE SYSTEM

► **Join us for film, food and fun** at all four events of the Hola Mexico Film, Food and Music Festival, May 9–18 in Los Angeles. Find more information at holamexicofest.com.

► **We'll be on-site** for the 23rd-annual Kapalua Wine & Food Festival on Maui, June 12–15. Visit kapaluwineandfoodfestival.com for more information.

Living the Legend

Each year, Alaska Airlines recognizes a handful of its most celebrated employees as Customer Service Legends—the airline's highest honor. We invite you to learn about one of our Legends, Customer Service Manager, Honolulu, Craig Trounce.

As a 16-year-old Nordstrom sales associate in the late 1970s, Craig Trounce was a legend in the making. That's when he was working in the retailer's Fairbanks store, and an old miner walked in with a pair of dirty, worn tires. The man had purchased the tires several years earlier, and had been told that if the tires didn't work out for him, he could return them.

In 1975, Nordstrom had purchased local retailer Northern Commercial, which at the time sold tires. The man had a case to make, on a promise made in that very building, never mind that the space was now filled with pleated slacks and button-down Oxford shirts.

Craig's priority was to do right by the customer. He called a local tire dealer, came up with a fair value for the used tires—\$25 for the pair—and paid the man out of the till. A legend was born.

Over the next 30 years, as a manager in a number of different positions with Alaska Airlines, Craig occasionally used that story in training sessions. Yet over all those years, he had no idea that his story

had become one of the most famous customer-service anecdotes in corporate America—until it recently dawned on a co-worker at the airline that Craig was that unnamed Nordstrom clerk.

The strong customer-service parallels between Alaska Airlines and Nordstrom are obvious for Craig. For both companies, good customer service derives from giving people the training and authority to say, "This is what we can do for you today."

"So many companies have the desire and the expectation of delivering good customer service, but standing behind what you say is what makes all the difference," he notes.

As a kid in Fairbanks, Craig wanted to be an Alaska Airlines flight attendant. Ironically, that's one of the few service positions at Alaska he's not held. Two years after joining the airline in Anchorage in 1983, Craig was asked to help launch new service to Phoenix. Since then, he's served as a customer service agent, operations agent, cargo customer

service agent, station trainer and reservations supervisor. He was involved in opening four stations in Alaska bush villages. For the two years prior to his current assignment in Hawai'i, he was customer service supervisor in Portland.

Rick Hines, director of the airline's southern region, hired Craig to help with the airline's 2007 launch of service to Hawai'i. Hines had long known Craig as an energetic, caring and genuine leader—the kind of person who can easily turn complaints into accolades.

"When Craig has been involved in difficult situations, customers often respond by talking about how Craig dealt with them personally, how he followed up and how he made them feel cared for. He can take a really bad situation and turn it around so that customers are giving him hugs and shaking his hand," Hines says.

"Craig will always find a way to make a customer's day."

But don't expect him to take your old tires. —Paul Frichtl



Craig Trounce,
Alaska Airlines
Legend

VOLUNTEER SPIRIT

Stage Presence

When Rapunzel lets down her hair this month, she can thank her dad for helping to make it happen. Adam Kalb volunteers with the Ensemble Ballet Theatre (ebtballet.org), a nonprofit youth dance company, where his daughters—Erin, 16, and Vivi, 12—perform ballet and other dance styles. EBT, located in the Maple Valley area near Seattle, serves kids ages 9 to 18, and Erin has the leading role in *Rapunzel*, the group's spring production.

Adam has volunteered with EBT for the last eight years, serving on the board of directors and working on sets, props and stage productions for



Adam Kalb helps with
an EBT stage prop.

EBT's two annual professional-style productions—including *The Nutcracker*—and community performances for local events and charities such as Seattle's Ronald McDonald House.

Adam is a project manager for Alaska Airlines, a role that can oversee a diverse range of projects, such as a recent program to more efficiently handle weight and balance for loading aircraft.

While Adam admits ballet was not part of his experience growing up, he says his work with EBT "is a great way to stay involved with my daughters, in something they're passionate about." —P.F.

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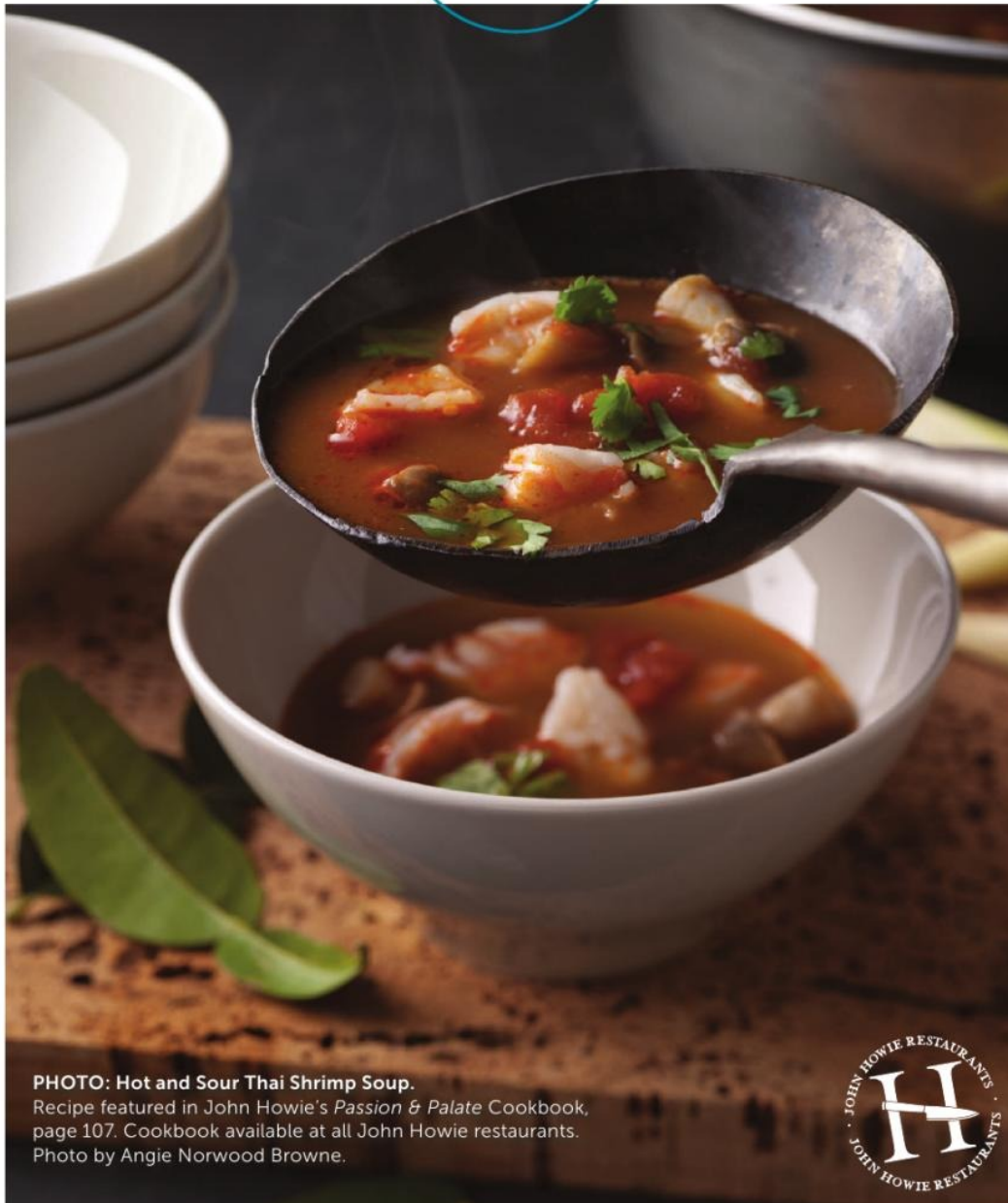


PHOTO: Hot and Sour Thai Shrimp Soup.
 Recipe featured in John Howie's *Passion & Palate* Cookbook,
 page 107. Cookbook available at all John Howie restaurants.
 Photo by Angie Norwood Browne.



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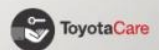


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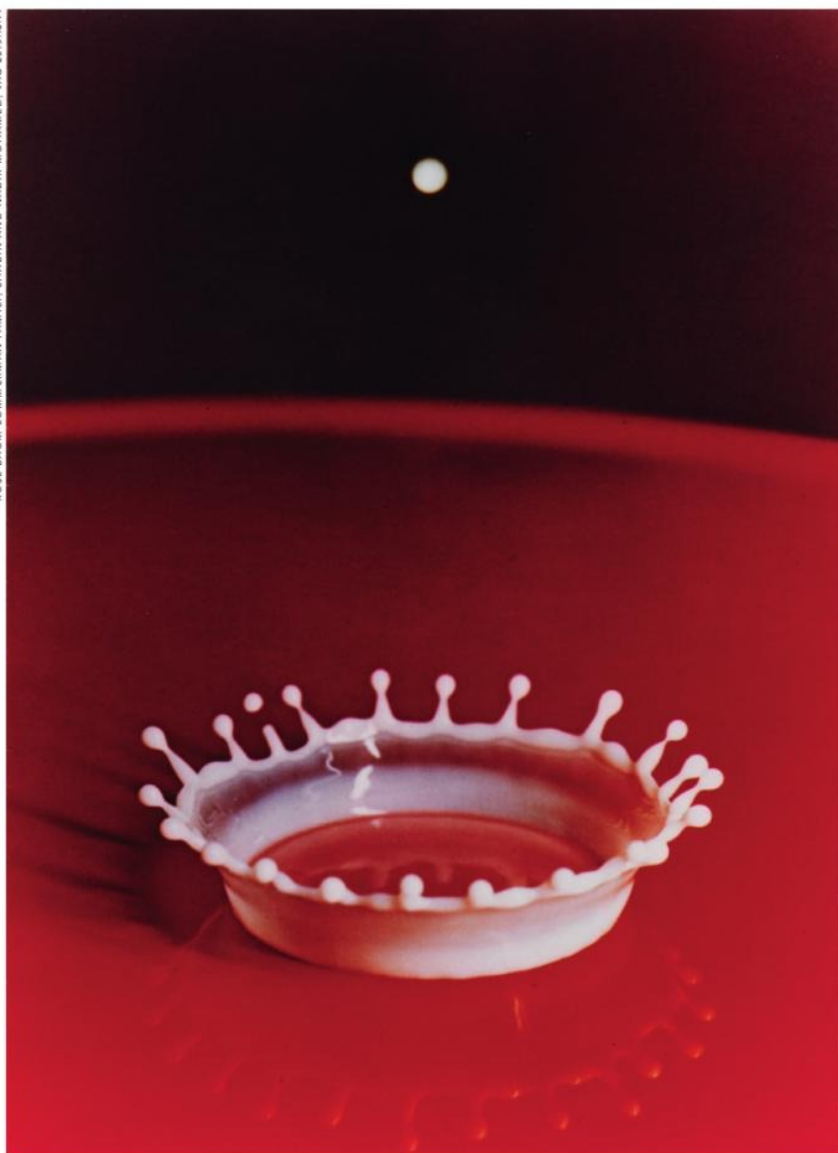
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VANCOUVER, BC

OUT OF SIGHT ART

Featuring 72 works by 20 artists, “**Out of Sight: New Acquisitions**” (showing through September 1) unveils the Vancouver Art Gallery’s newest additions, with emphasis on a set of high-speed photographs by Eadweard Muybridge and Harold Edgerton.

Muybridge’s pioneering stop-motion photography (used to create an image sequence for animation or representation of a movement) provided insight into the mechanics of motion. The exhibition includes 14 works from Muybridge’s 1887 “Animal Locomotion” collection.

Scientist-photographer Edgerton invented stop-action photography (used to capture high-speed movements) and paved the way for modern flash photography. The exhibition includes 26 images created by Edgerton between 1934 and 1964.

“Out of Sight,” which focuses on how people perceive and represent reality, also includes pieces by contemporary artists such as painter Rebecca Brewer and multimedia artist Corin Sworn. For more information, call 604-662-4719 or visit www.vanartgallery.bc.ca. —*Madison Cavell*

Harold E. Edgerton, Milkdrop Coronet (1957), silver gelatin print.

WESTERN WASHINGTON

A Week for Museums

Washington state museums and cultural institutions are teaming up this month to offer special access to exhibits highlighting regional history, art and innovation. For **Museum Week Northwest** (May 16–23), participating

institutions are featuring admission discounts as well as other promotions and events. Partner venues include The Center for Wooden Boats in Seattle, the Washington State History Museum in Tacoma and more than 50 others. The Tacoma Museum of Glass is running

a program that teaches military veterans glassblowing. Bellingham’s Whatcom Museum is spotlighting Northwest Coast art in the exhibit “Paint: The Painted Works of Lyle Wilson.” The Bill & Melinda Gates Foundation Visitor Center in Seattle is

showcasing science and technology innovations that reduce poverty and improve people’s health worldwide. To learn more, visit www.museumweeknw.com.

—*Zachary Stringham*



Seattle-based **Sub Pop Records** is scheduled to open a new retail store this month at Seattle-Tacoma International Airport. The 26-year-old company helped popularize Nirvana and other grunge-era bands, and has had continued success finding new acts in various genres. The store offers merchandise such as music, apparel, books, travel-related items and art.

ST. PAUL, MN

Toy Stories

From Legos to Pet Rocks to Easy-Bake Ovens, the exhibition **"Toys of the '50s, '60s and '70s"** will tell the stories of famous playthings through interactive displays, educational videos and play zones. The exhibition will premiere at the Minnesota History Center on May 24, 2014, and run through January 4, 2015, before touring nationally. Museumgoers will walk through three "living rooms" that each represent a different decade, to learn about toy inventions and how people experienced them.

Highlights include the Big Wheel, first sold in 1969, and board games such as Mouse Trap, released in 1963. The exhibition will also feature a "garage" area where visitors can practice hula-hooping and tossing Nerf balls. To learn more, call 651-259-3000 or visit www.mnhs.org.

—Madison Cavell

Items from the exhibition "Toys of the '50s, '60s and '70s" will include: 1. a Skipper doll, released by Mattel in 1964; 2. a Pet Rock kit, invented by Gary Dahl in 1975; 3. a Big Wheel tricycle, first sold by Louis Marx & Co. in 1969; and 4. a Mouse Trap board game, released by the Ideal Toy Company in 1963.



1.



2.



3.



4.



CAYLE AMAN

PORTLAND, OR

The Rose City Blossoms

The **Portland Rose Festival** celebrates the approach of summer in the Rose City this year with more than 50 events. Some of the festival's most popular attractions are back—including the Rose Festival Dragon Boat Race, which pays tribute to Portland's cultural diversity, and the Spirit Mountain Casino Grand Floral Parade (June 7), featuring flower-bedecked floats. This year is also the 100th anniversary of the festival's Queen's Coronation (June 7), with candidates chosen based on their volunteerism

Alaska Airlines' float from the 2013 Spirit Mountain Casino Grand Floral Parade.

and community service. Alaska Airlines is a premier sponsor of the 2014 Portland Rose Festival, which runs May 18–June 15. For more information, call 503-227-2681 or visit www.rosefestival.org.

—Zachary Stringham

Also of note ...

Oregon Wine Month, May 1–31; special events and promotions statewide, including "Memorial Weekend in the Wine Country" in the Willamette Valley (May 24–26); multiple locations; oregonwine.org

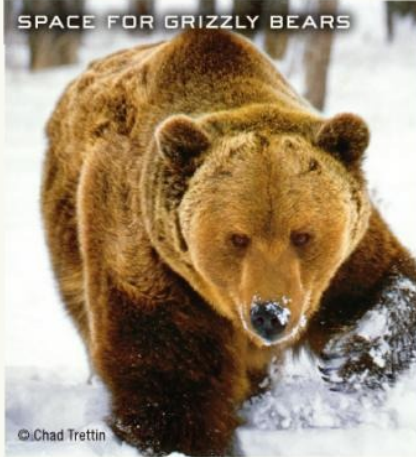
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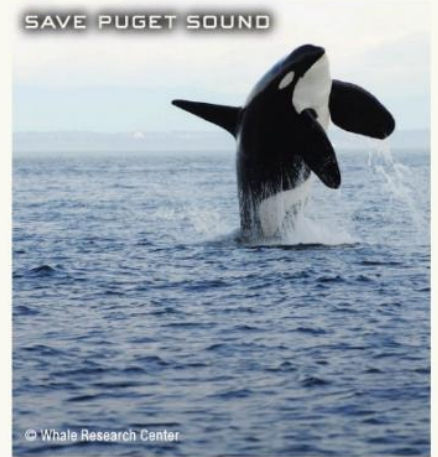
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SPACE FOR GRIZZLY BEARS



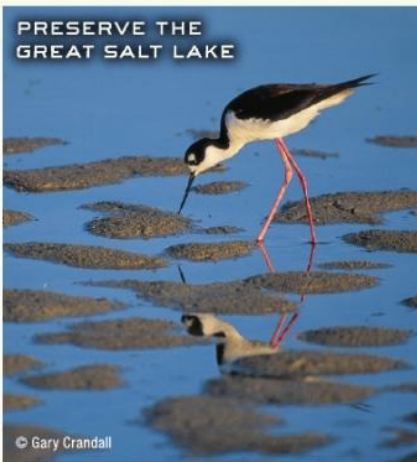
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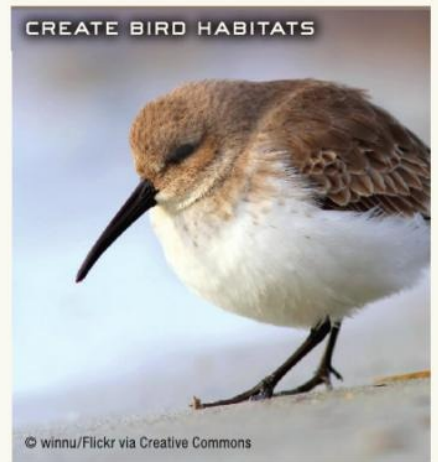
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Nature's Adventure Sweepstakes

Alaska is giving \$60,000 to The Nature Conservancy to help fund one of six projects.

Vote to help preserve your favorite project and earn a chance to win a 7-night trip for two to Montana's Pine Butte Guest Ranch.

[Facebook.com/AlaskaAirlines](https://www.facebook.com/AlaskaAirlines)

PINE BUTTE GUEST RANCH



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Sweepstakes terms and conditions: Entries must be received by 11:59 p.m. Pacific time on May 31, 2014, at www.facebook.com/AlaskaAirlines. Entries are limited to one per person, with the exception of those who enter through Alaska Airlines' Facebook page and share the contest, who will receive an additional bonus entry. Winners must be 18 years of age or older, a legal resident of the United States and reside within a 120-mile radius of an airport serviced by Alaska Airlines. For complete contest rules, visit www.facebook.com/AlaskaAirlines.

PROFILE

Of Moose and Men

Alaska cartoonist casts home state's creatures and characters in comics and a new film

Alaska's first and only cartoonist laureate (as awarded by the state legislature) is taking his comedic talents to the big screen. **Chad Carpenter**, author of the nationally syndicated comic strip *Tundra*, will begin producing the live-action film *Moose* in his hometown of Wasilla this month. The title character is based on the classic half-man-half-bull Minotaur, but is instead half-moose—a nod to the iconic Alaska ungulate.

The story, written by Carpenter and his brother, Darin, involves a newly hired park ranger and a young coroner's assistant/librarian, who take on the supernatural beast in the fictitious town of Gangrene Gulch. Other characters include hippies, puppets and a "mountain pirate." A family-friendly movie, *Moose* is based on the Carpenters' graphic novel, due out soon. To bring in a different style of art, this book will be illustrated by another Alaska artist.

In keeping with his independent style, Carpenter used the Internet platform Kickstarter to fundraise for the film. His \$50,000 goal to cover startup costs was quickly met. Eventually, investors contributed \$64,000—a good start toward the overall budget. The Wasilla community also pitched in with props and permission to use buildings and storefronts.

"It's very humbling," Carpenter says of the support he's received. "And it basically tells me that now I have no choice but to make the movie." Carpenter aims to finish the film in early 2015.

Carpenter's success at creatively funding his movie mirrors the results he's had self-syndicating his comic.



Now published in more than 600 newspapers across North America and Europe, *Tundra* had its start more than 22 years ago in the *Anchorage Daily News*.

Carpenter enjoys this success, though he jokes about its drawbacks. "I started drawing to avoid a real job," he says. "I've since realized a flaw in my logic. Now I work 12 hours a day."

Carpenter's strip strongly reflects its roots. *Tundra* is populated by a riot of wacky, bulbous-nosed Alaska critters in situations that take place in The Last Frontier

yet tickle readers worldwide with universally funny themes.

Carpenter may now have a global audience, but he also finds ways to stay grounded. "My wife still makes sure I take out the trash," he says.

To learn more about Chad Carpenter and his work, visit www.tundracomics.com.

—Gail West

Alaska resident Chad Carpenter is known around the world for his comic, *Tundra*. Alaska animals and human characters star in his celebrated strip.



KAPALUA, HI

Wining and Dining in Paradise

Visitors to Maui can satisfy an appetite for the good life at the 33rd-annual **Kapalua Wine & Food Festival** (June 12–15). Billed as "the longest-running food and wine event in the United States," the festival will feature wine

tastings, a golf tournament and culinary events with celebrity chefs. Wineries from around the world will pour at the event, with information provided by master sommeliers. The Alaska Airlines Visa Signature Card is a sponsor of the event. To learn more, visit www.kapaluawineandfoodfestival.com. —Joshua Stollenmaier

Also in Hawai'i ...

- **Mele Mei**, April 29–May 31; 30-plus concerts and events celebrating Hawai'i music, including the Nā Hōkū Hanohano Awards (May 24); multiple venues, O'ahu and Hawai'i Island; melemei.com
- **50th State Fair**, May 23–July 6, select dates; a tradition since 1903; Aloha Stadium, Honolulu; ekfernandez.com

I THOUGHT I WAS ON TOP OF THE WORLD

By Pat O'Day

My career had been spent in radio and rock and roll. I ran the No. 1 radio station in Seattle and on the air when I also started the world's largest rock-and-roll concert company. On this day I was broadcasting my show from the top of Seattle's new skyscraper, the Columbia Tower. I mean, what could be wrong? Well, several things.

I'd been drinking to excess for years. Being on the road with our rock acts, from Hendrix to Zeppelin, The Beach Boys to Bad Company, cocaine and other things also entered the picture. Oh sure, I thought I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where a little group of friends cornered me and demanded that I get treatment. "Are you kidding?" I thought. I'm no weak, simpering alcoholic or addict. I just like to drink.

The group demanded I go to Schick Shadel Hospital in Seattle, which has a unique ten-day medical treatment that halts addictions. "OK, fine," I said, "Ten days, these guys will get off my back and I can drink again, socially of course."

Ten days later I walked out of Schick Shadel Hospital to never, ever, have another drink or any bad substance. My habit, the urges, the desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed. **So, may I tell you the rest of the story?**

Mr. Charles Shadel of Seattle once said, "Something just isn't right. People are addicted to alcohol. It's wrecking lives. They know they should quit, and they want to, but they can't. Churches, rehab centers, counselors all try to help, but the craving seems impossible to extinguish. Soon, they're right back into drinking or the drugs. Shadel said, **"We must be doing something wrong!"**



Photo of Pat O'Day, Seattle radio personality, celebrating the completion of Seattle's Columbia Tower with a broadcast in 1984. (Photo courtesy of Dennis Law)

He joined with Doctors Lemere and Voeghtlin in search of a solution. It was clear from their studies that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase overpowering urges of dependency. Those latent cravings simply become overwhelming. So they concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious." **And they did!** Their stunning achievement created a medical treatment that is proven to be very successful. **Logically, you're asking, "What is it they do?"** The answer is two powerful but painless medical innovations were combined to erase patients' habits.

First, they developed a powerful "Counter Conditioning" method that brings the patient to hate the sight, smell, taste and thoughts of using the addictive substance, be it alcohol or drugs. Further medication isn't required to maintain this protective shield.

Second, the doctors introduced medically administered deep sleep therapy. The cleansing of the patient's low self-esteem, guilt, regrets and other emotional burdens are critical to long-term mental health.

Understand that Schick Shadel's approach contends these habits are not the fault of the patient. We live in a world of intoxicants and many people are genetically unprotected from their addictive impact. Such vulnerability is passed from parents to kids, generation to generation.

Following these two treatments, patients can leave the hospital after just 10 days, free from cravings, guilt and destructive habits. The original wonderful individual returns. This success is enjoyed by many thousands of former patients including myself. It's now been 27 sober, happy, healthy years for me. It took no willpower; they simply erased my addictions.

So may I say to you, "Your life on this earth is so very short. You needn't let intoxicants control or wreck it, when eliminating the problem is so quick and easy at world-famous Schick Shadel Hospital."

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"I can't begin to measure the influence this program has had – on every aspect of my life."

- Rhonda, age 50

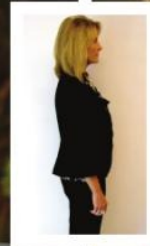


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I've always been a health and fitness advocate. I spent my weekends hiking, taking 30-mile bike rides, running 5 or 10K races, boating, playing tennis, or dancing. Then I developed low back pain, and it slowly became the focal point of my life. Eventually, I stopped doing all those things I loved. Even simple housecleaning became a challenge and, worse yet, sleeping became increasingly difficult.

I began taking medicine to help me sleep and wake up, pain relievers for my back pain and migraines. For a period of time, I also took anti-depressants. As I entered my late 40s, I began to notice extra weight in areas I'd never had it before, my clothes felt snug, and my skin starting to change.

When I read the My Best 10 ads in Alaska Airlines magazine, I knew that, like these other women, I wanted my life back too.

Although I knew I could be successful, I needed support. One of the biggest perks was that I didn't have to organize anything. All I had to do was show up and trust in the process.

My personal trainer challenged me with workouts that were exciting, varied, and results-oriented. I thought I knew what healthy eating was, but learned that I could actually eat more, lose weight and increase my energy level, all without feeling hungry

or cranky. I also discovered which foods inhibit or promote weight loss and how to supplement my diet.

Aside from the obvious decrease in body fat and the resulting euphoria of feeling strong and fit, I can now accomplish simple tasks like loading the dishwasher without any back pain. No more migraines and no more medication. For the first time in years, I sleep restfully and peacefully throughout the night.

I can't begin to measure the influence this program has had on me. The focus on my health provides energy and purpose in every aspect of my life because I feel good!

For the first time in years, my closet contains bright, vibrant colors. And on a recent trip to Bora Bora to celebrate my 50th birthday, I was able to choose from a selection of itsy-bitsy, teeny-weeny bikinis to wear while playing in the sun.

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



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

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

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

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

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

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

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

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



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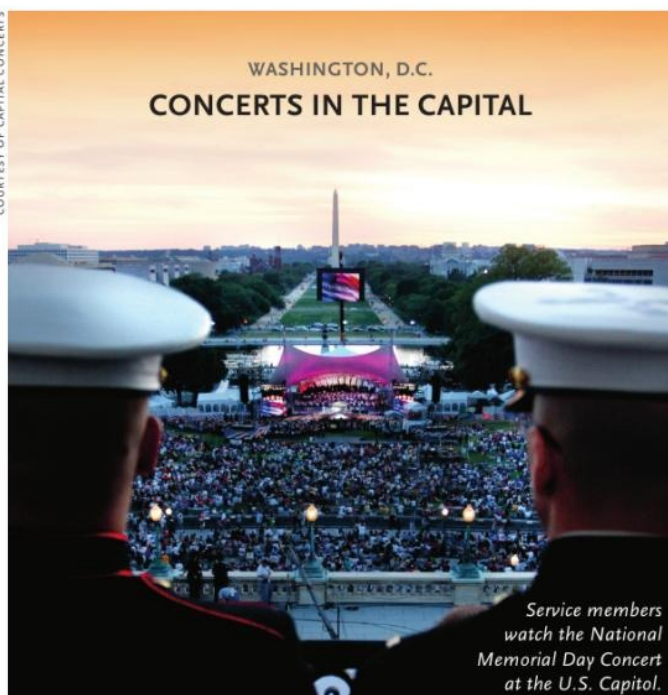
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COURTESY OF CAPITAL CONCERTS



WASHINGTON, D.C.
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Service members
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Memorial Day Concert
at the U.S. Capitol.

The **National Memorial Day Concert** salutes U.S. military veterans in the nation's capital on May 25. This free concert on the West Lawn of the Capitol building features headliners such as Danielle Bradbery, winner of TV's *The Voice*; Anthony Kearns, a member of The Irish Tenors; young classical-crossover singing sensation Jackie Evancho; and the famed National Symphony Orchestra led on this occasion by Jack Everly. As the concert celebrates Memorial Day, it also honors the upcoming 70th anniversary of D-Day; veterans of the Normandy landing will be in attendance. In July, the concert series will continue with **A Capitol Fourth**, a celebration of the nation's independence (July 4; also at the Capitol). To learn more, visit www.pbs.org/memorialdayconcert/ and www.pbs.org/capitolfourth/concert.html. —Zachary Stringham

CHICAGO, IL

Natural Innovations

Visitors to The Field Museum in Chicago can learn how a cheetah runs, a woodpecker pecks and a whale swims in "**The Machine Inside: Biomechanics**," showing through January 4, 2015. This interactive science exhibition features stunning examples of the mechanical processes that allow animals to survive and thrive in the wild. For instance, the multicolored mantis shrimp can move its front appendages quickly enough to superheat surrounding water and emit a shock wave that incapacitates nearby prey. The exhibition includes specimens, life-size models, videos and interactive activities to convey the wonder of animals' physical adaptations, and show how some have inspired the designs of technologies such as airplanes, chain saws and ship propellers. For more information, call 312-922-9410 or visit www.fieldmuseum.org/happening. —Joshua Stollenmaier



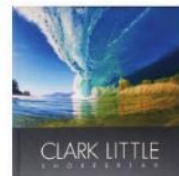
The mantis shrimp creates underwater shock waves with its rapid movements.

© PERRY ARAGON

TOP SHELF

Shorebreak

By Clark Little; Clark Little Enterprises
Award-winning photographer Little takes readers inside breaking waves in locations such as California, Japan, Tahiti and his home island, O'ahu. More than 100 dramatic color photos show the power and beauty of water that surges near shore—all shot from Little's hard-won perspective within the barrels of the waves. —Jordan Ilarde

**Josey Baker Bread**

By Josey Baker; Photographs by Erin Kunkel; Chronicle Books
Baker, founder of The Mill bakery in San Francisco, aims to inspire bread-makers in this, his debut cookbook. With can-do enthusiasm, Baker offers a step-by-step guide to baking essentials, accompanied by bold, instructive photos. The book contains 38 core recipes ranging from a beginner's sourdough to a black pepper Parmesan loaf. Recipes for nonbread baked goods round out this appealing, encouraging guide.

—Grace Marvin

**Goodnight Songs**

By Margaret Wise Brown; Sterling Children's Books
At the heart of this charming song-book are 12 previously unpublished lullabies by children's writer Brown, of *Goodnight Moon* fame. Vibrant illustrations by 12 award-winning picture-book artists—as well as an audio CD of Brown's words put to music—enhance the lyrics about subjects such as a goat on a mountain, the man in the moon and a town made of wood. —Madison Cavell



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Rodin's Hands Brought to Life

Sculptors often aim to re-create life in their work, but the lifelike detail of French artist Auguste Rodin's hand sculptures is proving useful today in unusual ways. Through August 3, a collection of 10 bronze Rodin sculptures is on display at the Cantor Arts Center at Stanford University as part of "Inside Rodin's Hands: Art, Technology, and Surgery," a joint effort of Stanford's art, plastic surgery and technology departments. Three-dimensional scans of three of the sculptures were combined digitally with scans of actual patients' hands to create lifelike digital models. Medical students and hand-surgery trainees have since used the composite models to practice diagnosing conditions represented in the 100-year-old bronzes. Museumgoers can view the sculptures and also use on-site iPads to see the multilayer digital models and learn about their modern applications. The exhibit also includes detailed sketches from historical medical journals. To learn more, call 650-723-4177 or visit www.museum.stanford.edu. —Joshua Stollenmaier



Stanford technicians combined a scan of Auguste Rodin's Left Hand of Eustache de Saint-Pierre with inner anatomy models to create a composite tool used by students.

RENDERING BY SARAH HEGMANN, DIVISION OF CLINICAL ANATOMY, STANFORD SCHOOL OF MEDICINE

OMAHA, NE

A Midwest Baseball Tradition

Omaha has been home to the NCAA Men's College World Series (CWS) since 1950. This year, fans will enjoy watching the top teams in men's college baseball play June 14–25 at TD Ameritrade Park Omaha. The eight teams that travel to Omaha are winners of the Division I Super Regionals that follow the regular season. Over the first seven days of CWS games, teams compete within brackets. The CWS culminates in a best-of-three championship series (starting June 23) with bracket winners vying for the title. Along with CWS games, fans in Omaha will enjoy food, live music and festivals. Preceding CWS competition, a free Opening Celebration (June 13) will feature fireworks and an Olympics-style student-athlete procession. To learn more, visit www.ncaa.com/cws. —Jordan Ilarde



TD Ameritrade Park Omaha is home to the annual NCAA Division I Men's College World Series.

CALENDAR

Through June 1 "Light From Shadow: Gold in Japanese Art," artworks featuring gold; from early Buddhist art to more-modern Japanese paintings; Honolulu Museum of Art, Honolulu, HI; 808-532-8700 or honolulu-museum.org/art

Through June 29 "Public Intimacy: Art and Other Ordinary Acts in South Africa," contemporary artists explore art in everyday life in South Africa; Yerba Buena Center for the Arts, San Francisco, CA; 415-978-2787 or ybca.org/public-intimacy

Through August 31 "The Lure of Chinatown: Painting California's Chinese Communities," art inspired by communities in San Francisco and Los Angeles; Bowers Museum, Santa Ana, CA; 714-567-3600 or bowers.org

May 15–31 Puerto Vallarta Restaurant Week, a 10th-annual event, with top Puerto Vallarta and Riviera Nayarit restaurants; Puerto Vallarta, Mexico; visitpuertovallarta.com

May 24–25 St. Louis Bluesweek Festival, blues music, barbecue and more; Chesterfield Amphitheater, Chesterfield, MO; 314-534-2100 or bluesweek.com

May 28–June 1 The World Science Festival, 50 events over five days, with leading scientists, performers and celebrities; multiple locations, New York, NY; 212-348-1400 or worldsciencefestival.com

June 5–8 X Games Austin, the first full summer X Games in Texas, with an accompanying music festival; Circuit of the Americas, Austin, TX; 512-301-6600 or xgamesaustin.com

June 11–August 16 Grant Park Music Festival, the 80th anniversary of this free classical-music concert series; Jay Pritzker Pavilion in Millennium Park, Chicago, IL; 312-742-7638 or grantparkmusicfestival.com

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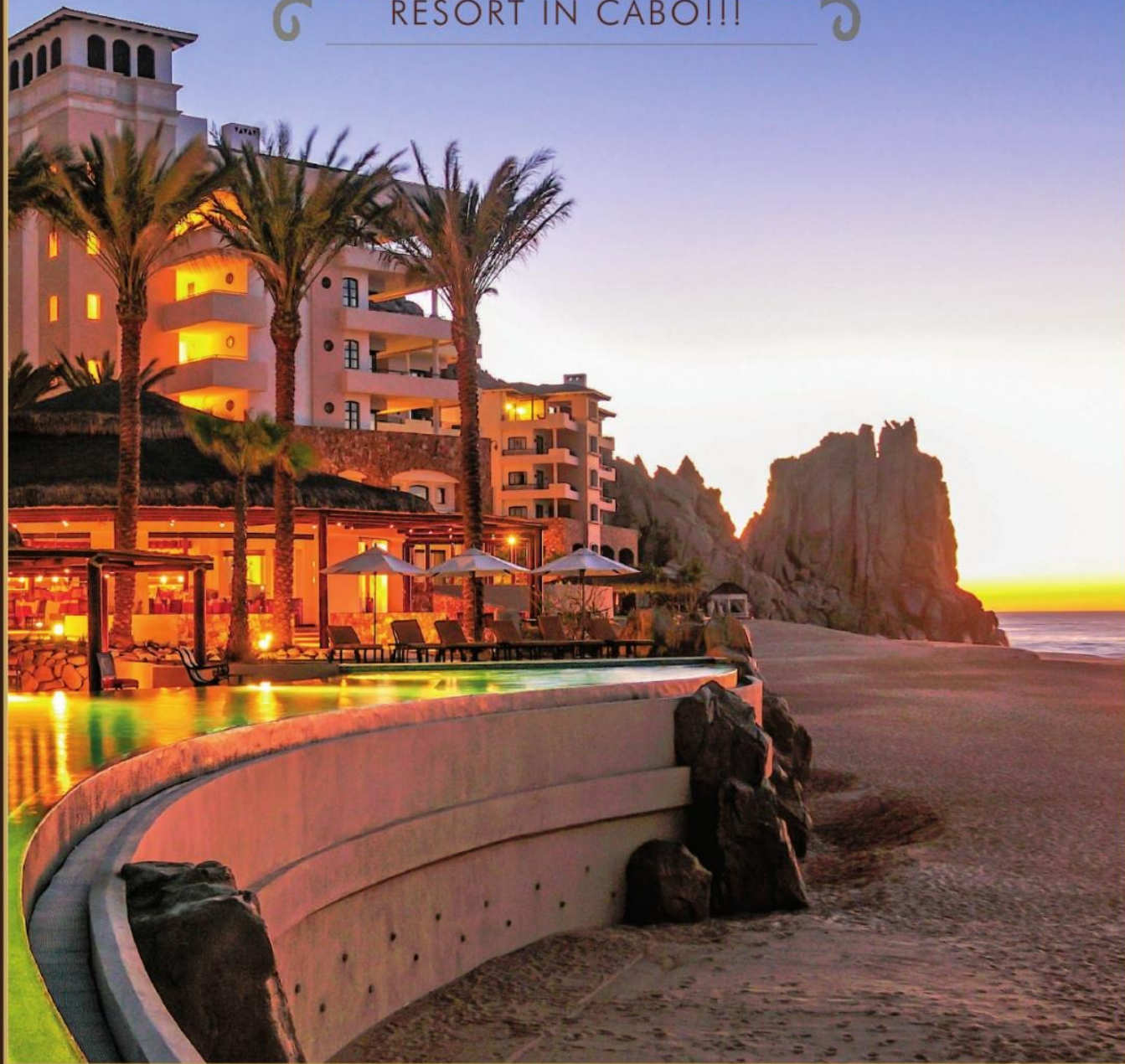


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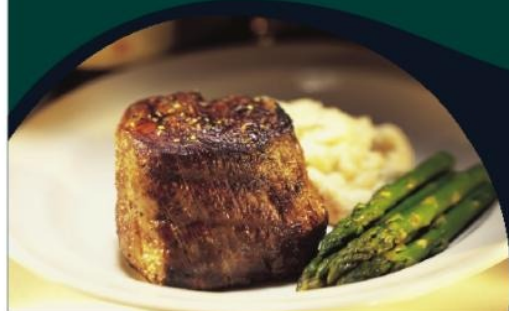


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SAN FRANCISCO, CA

Silence in the Cinema

Silence will again be golden at the 19th-annual **San Francisco Silent Film Festival**, May 29–June 1. Celebrating classic silent films from the early days of cinema, the festival will feature 19 film programs, all with live musical accompaniment. The festival will host musicians from around the world, with performances of music ranging from traditional orchestration to avant-garde compositions. Films will play at the historic Castro Theatre on Market Street, built in 1922. For more information, visit www.silentfilm.org.

—Joshua Stollenmaier



Silent-screen star
Rudolph Valentino.

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JUNEAU, AK

Capital Jazz and Classics

Featuring nearly 40 world-class musicians, the **Juneau Jazz and Classics Festival** (May 2–17) brings music to Alaska's capital with performances, workshops and special events. Concerts include classical, jazz and blues performances by luminaries such as festival-opener David Bromberg, known for his American-roots music, and acclaimed Greek classical guitar player Dimitris Kotronakis. Special events will include "A Night in N'Awlins," with New Orleans-based band Meschiya Lake and the Little Big Horns, and "Blues Cruises" in charter boats on Auke Bay, featuring contemporary blues artist Nikki Hill. To learn more, call 907-463-3378 or visit www.jazzandclassics.org. —Madison Cavell

Also of note...

Sitka Summer Music Festival, May 31–June 29; multiple locations, Sitka, AK; 907-747-6774; sitkamusicfestival.org



Strong with the Force this month is. **Star Wars** events blast off in May with Star Wars Day (May 4), George Lucas' 70th birthday (May 14) and Star Wars Weekends at Disney's Hollywood Studios near Orlando, Florida (May 16–June 15).

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 BOSTON: Natick Mall • Northshore Mall CHICAGO: Oakbrook Center • Woodfield Mall DALLAS: NorthPark Center
 DENVER: Cherry Creek Shopping Center LAS VEGAS: Grand Canal Shoppes at The Venetian LOS ANGELES: Glendale Galleria
 NEW YORK: Roosevelt Field PHILADELPHIA: The Plaza at King of Prussia PLEASANTON: Stoneridge Mall
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Photo: Garret Pope / Ashley Christina photography

Picture Perfect



I have to admit that I've always been hesitant about cosmetic procedures, but I was self-conscious about my belly. In spite of always being very thin, I had always carried some extra weight around my stomach which seemed to increase after having two children. When I became ill and had to go on bed rest, I was unable to exercise as usual and gained even more weight. I was getting married that fall in a destination wedding.

I had seen the results of other friends who'd had SmartSculpt and it seemed like the perfect solution. I knew that I could eventually lose the excess weight by exercising, but I wanted more. I hoped the results would take me beyond what I could achieve through exercise alone.

I got even better results than I expected!

The process didn't just remove the excess fat. It sculpted my body. My curves looked more defined than they would have just by exercise alone, and so quickly. I went from being round to hippy. Dr. Levy was like an artist sculpting my body with precision and care. Prior to my procedure, my husband had visited him to have a cyst removed. Dr. Levy was very patient, gentle and kind, the same way he

was during my SmartSculpt procedure. I felt completely at ease.

I have a low tolerance for pain and was very comfortable throughout. When the dressings came off, I was instantly happy. Even with the swelling, my figure already appeared better than I'd ever anticipated. My stretch marks also improved. Now, they're barely noticeable.



I still continue to meet with a trainer and watch my diet. I believe the secret is the combination of everything you do to take care of yourself. SmartSculpt gave me a jumpstart. Now it's just maintenance.

This was seven months before the wedding. It was a picture perfect day – and it continues to get even better!

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Farewell Flabby Arms.
Bye, Bye Baby Belly.
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Trent Hightower
Hood River, Oregon

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2nd

Eric Lew
San Francisco, California

Quiet pools glow in a canyon of Utah's Zion National Park.

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SHOWCASE 2014

Congratulations to the prizewinners and finalists in our 22nd-annual *Alaska Airlines* and *Horizon Edition Magazines* Photo Contest. Our art directors, editors and staff reviewed more than 1,500 entries to reach our selection of 10 finalists, which range from Columbia River Gorge sailing action to Alaska wildlife and spectacular landscapes. This year's reader photos explore the Alaska Airlines route system in ways that inspire travel and celebrate the joys of discovery.

1st

James Parsons
Bend, Oregon

A dramatic sunset settles over Central Oregon's Smith Rock State Park.

PRIZE: Two first-class tickets to any destination served by Alaska Airlines, including Alaska, the Lower 48 states, Canada, Mexico and Hawai'i.



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SHOWCASE 2014

FINALISTS



Jared Carlson
Spokane, Washington

A climber descends a moulin in Mendenhall Glacier, near Juneau, Alaska.



Tom Alvarez
Boise, Idaho

Monarch butterflies cluster on a branch at the Monarch Grove Butterfly Sanctuary in Pacific Grove, California.

William Anderson Jr.
Anchorage, Alaska

A team of dogs runs the Iditarod Trail Sled Dog Race in the light of their musher's headlamp.



AN EASIER WAY TO MEET SOMEONE

An Insider Look at Dating in the Modern World

Why does dating often times seem so difficult and daunting? With all the dating websites and social networks out there, you'd think it would be easier than ever for singles to meet someone special. But that's not the case. Meeting the right people seems harder than ever. To get the latest on real-time dating trends, we caught up with Melissa Brown, one of the many dating experts at *It's Just Lunch*.

Q: So what does today's dating scene look like?

A: Dating today is an interesting paradox: we're more connected than ever through social media and online networking, yet we're also more disconnected than ever. Today's technology makes communication faster, but I'm not sure it's better. You can't make a genuine connection with someone by texting, emailing or friending. When you meet someone in person and share a meal together, you see how that person interacts with you and the people around you. You observe their body language and how they carry themselves. That's where the true chemistry happens: face-to-face, one on one. At *It's Just Lunch*, our focus is to get people out from behind their computers and out making connections with real people.

Q: What's the biggest frustration singles have with modern dating?

A: I hear the same thing over and over: "it was like a second

job spending all that time looking over online profiles trying to find someone who could be a match". It just takes all the fun out of dating. Most singles don't have a problem finding dates, but they can't find "good" dates. After a round of bad matches and a busy schedule, it's easy for one to feel like giving up on dating all together.

Q: So why do people come to you at *It's Just Lunch*?

A: People hire specialists such as financial advisors and personal trainers to handle so many aspects of their lives, so why not use a professional to help you find someone special. We specialize in dating—we've made more than two million matches over the past 22 years!

Q: What differentiates *It's Just Lunch* from other dating sites out there?

A: We believe that the best way to get to know someone is face to-face. We meet every IJL client in person to get a feel for his or her personality, preferences and relationship goals. In addition, our clients meet their dates face to face at a local restaurant. All they have to do is show up and have fun meeting someone new. No wasted time with emails, winks and on-line chats.

Q: Does it work?

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Kerry Howard
Juneau, Alaska

A black bear grazes on
berries near Juneau.

Anh Doan
San Jose, California
Dusk descends on a
serene Pacific inlet near
Davenport, California.





Khanh Tran
Portland, Oregon

A northern pygmy owl
perches atop a mullein
stalk during a winter
snowfall near Chesaw,
Washington.

Sheryl Loesch
Winter Garden, Florida

A Maui sunset
illuminates a lone
tree at water's edge.





KURT LOST 49 LBS

This June, I celebrate the 10-year anniversary of completing 20/20 LifeStyles, the lifestyle management program that saved my life and opened doors to experiences, friendships, and opportunities I could have never dreamed of.



It's funny how the smallest, seemingly insignificant things can ultimately change your life. For me, the small event was a conversation I had with my friend, Adam, which led to discovering the health danger I was in. I can still

remember that turning point as if it were yesterday. After reaching a maximum weight of 310 pounds, I decided to try dieting and took blood tests to establish a baseline, only to learn that I not only had high cholesterol and high blood pressure but I also had type 2 diabetes. The doctor recommended a series of medications, but I decided to try 20/20 LifeStyles instead.

What I learned from 20/20 LifeStyles was how to build a lifelong approach to proper diet and exercise – types of foods, proper portions, meal tracking, plus proper exercise techniques. Correct cardiovascular training and strength training made such a difference, and I eventually lost 110 pounds.

The main reason why I'm this healthy is because the 20/20 LifeStyles program is so complete. What I really learned was how to build a lifelong approach to proper diet and exercise. The psychological,

medical, nutritional, and exercise expertise combined together to allow me to reach my highest goals.

And, speaking of highest goals, I discovered a passion for treading on snowy mountain tops. I became so fit that I started climbing mountains – Mt. Rainier, Mt. Hood, and many others, including the highest in the North and South Americas. I recently traveled to Katmandu, Nepal, where I spent eight weeks as a Mount Everest Base Camp Manager, living and working at nearly 18,000 feet. My next target is to return to my original 20/20 LifeStyles goal of climbing Mt. Kilimanjaro.

When I look back, it's incredible how far the 20/20 LifeStyles program has taken me. Even now, I'm amazed when I look at my before and after photographs.

I never dreamed in my life that I'd be taking on such physical and mental challenges that literally put me on the same playing field as world class athletes. Having big mountain climbing goals has helped me maintain my focus on health and fitness, and I attribute my success to 20/20 LifeStyles and PRO Sports Club. They provided me with the tools and resources to be in peak physical condition, and the confidence necessary to achieve success and realize my fullest potential.

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A green sea turtle swims in the surf near Waimea Bay on the North Shore of O'ahu.

CLARK LITTLE PHOTOGRAPHY



Returning to the Wild

**Endangered species are finding
new hope in old habitats**

BY LESLIE FORSBERG

At the north end of Maui's Kā'anapali Beach Hotel, it looks like the starting line of a marathon. Music rings out as hundreds of happy beachgoers form two lines from the promenade to the water's edge to watch six green sea turtles join the wild.

The turtles, raised at the Maui Ocean Center, are carried down the beach by scientists and keepers, and then lowered into the surf. As the turtles paddle into the ocean, the crowd claps and cheers.

Local reggae artist Marty Dread belts out a tune that seems written for the occasion: "Ooh la la; aloha; it feels good to let 'em go." The turtles themselves appear to be in no great hurry to get away. After a few minutes they disappear into a nearby reef.

While the turtles are clearly not impressed by the ceremonial aspects of the event, it is a momentous occasion. These half-dozen

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2-year-old *honu* (green sea turtles) are being released into their native environment to do what Hawai'i's wild sea turtles do every day: forage on algae along the reefs, swim freely wherever they wish and bask in the sun on sandy beaches. With luck they'll survive to maturity and add their own progeny to a population that continues to grow after facing near-extinction just a few decades ago.

The sea turtle release is part of a much larger story taking place around the nation and world as conservationists, zoologists and volunteers band together to give nature a boost where needed, helping to increase the odds of survival for endangered species. After years of managed breeding and reintroduction programs, many isolated populations of extremely vulnerable animals are beginning to turn the corner in terms of viability.

Alaska's wood bison, Washington's Columbia Basin pygmy rabbits and Hawai'i's green sea turtles are among the animals returning from the brink of extinction and, in the process, helping restore the health of entire ecosystems.

Alaska Bison Return

The Innoko River in Alaska's interior is bordered by expansive wetlands that are dotted with low-growing shrubs and crisscrossed by streams. It's a marshy breeding ground for vast populations of geese and ducks, which form fluttering clouds that sweep across the virescent landscape.

This gentle riparian nursery will soon nurture a far different animal: the massive, powerful wood

bison—North America's largest native land mammal—which once roamed freely here. Much larger than its southern cousin, the plains bison, wood bison can measure up to 6 feet tall at the shoulder and 10 feet in length, and weigh more than a ton. Once plentiful in parts of Alaska and northern Canada, the bison population was nearly wiped out by hunting and habitat loss.

By 1900 there were fewer than 300 animals in Canada, and in 1928 only three lone wood bison bulls were spotted in Alaska, near Fort Yukon. Soon, the species vanished from Alaska altogether. In 1922, to protect and help reverse the decline of the last known wild herd of wood bison, the Canadian government established Wood Buffalo National Park in Alberta.

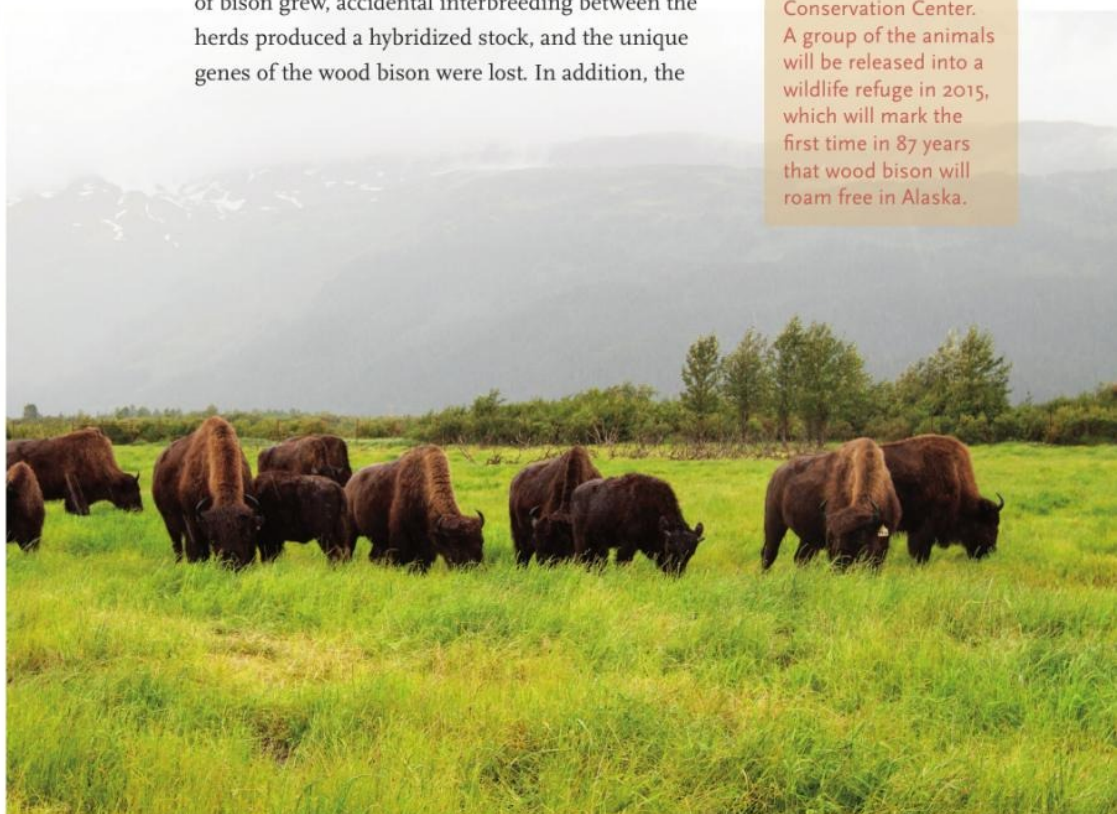
Canada also imported thousands of plains bison from the United States. While the overall population of bison grew, accidental interbreeding between the herds produced a hybridized stock, and the unique genes of the wood bison were lost. In addition, the



Left: Supporters look on as Scott Benson, a diver for the Maui Ocean Center, releases an adolescent green sea turtle into the surf at Kā'anapali Beach. Below: The upper shell of a juvenile turtle is measured during a regular checkup at O'ahu's Sea Life Park.



Below left: A young wood bison calf stands close to its mother at the Alaska Wildlife Conservation Center in Portage. Below: A herd of wood bison graze at the Alaska Wildlife Conservation Center. A group of the animals will be released into a wildlife refuge in 2015, which will mark the first time in 87 years that wood bison will roam free in Alaska.





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plains bison brought with them brucellosis, a serious infectious disease that also weakened the herd. By 1940 wood bison were declared extinct.

Seventeen years later, Canadian wildlife officers experienced a stroke of luck while in the process of conducting an aerial survey over a remote section of Wood Buffalo National Park. They spotted a tiny, isolated band of bison. Genetic testing showed that, against all odds, the animals were pure wood bison, likely the last in the world.

In a last-ditch attempt to save the species, 18 of the shaggy survivors were airlifted to the newly created Mackenzie Bison Sanctuary in the Northwest Territories, west of Great Slave Lake, to become breeding stock. In time, their progeny were released into the Mackenzie Delta and eight other Canadian locations. Today, more than 50 years later, there are 5,000 to 7,000 genetically strong, disease-free wood bison in Canada. A program is now underway to bring the wood bison back to its native habitat in Alaska. In 2006, with the aid of the Alaska Department of Fish and Game, 13 genetically pure wood bison were trucked from the Yukon territory to the Alaska Wildlife Conservation Center (AWCC) in Portage, 47 miles southeast of Anchorage.

The first wood bison born in the state of Alaska in nearly a century were calved in 2007. One year later, 53 additional calves were brought from Elk Island National Park in Alberta and added to the small group at the conservation center. Since then, the AWCC herd has grown to more than 135, with staff



MICHAEL DURHAM / OREGON ZOO

Meghan Martin, a research associate at the Oregon Zoo, holds a Columbia Basin pygmy rabbit that was bred in captivity and then released into its natural habitat in Eastern Washington.

members expecting another 45 calves to be born this spring. Mike Miller, founder and executive director of the center, feels a moral imperative to help wood bison thrive in their original habitat.

"If this was a mistake made by man, we have the opportunity to right that wrong," Miller contends.

The task is daunting. Routine maneuvers such as running bison through chutes, drawing blood samples, vaccinating and microchipping are not only challenging, they're dangerous. Each fall the center selects breeding bulls to manage the genetics.

"What we look for in bulls is aggressiveness. The ones that paw the ground and try to kill me are the ones we choose; they'll have better odds in the wild," Miller says.

Making a Comeback

The following are three examples of successful programs that are helping to bring certain species back from the brink of extinction.

California condors—the largest flying land birds in North America—once ranged from Baja, Mexico, to Canada. Yet by 1982, environmentalists could find only 22 of the birds left in the wild. The low number of condors led the Los Angeles Zoo and the San Diego Zoo to develop an innovative captive propagation program in which researchers climb canyon walls to reach nests and remove eggs, which are hatched in an incubator. The egg loss spurs female condors to lay a second egg. Human handlers stay out of sight and use condor puppets to

feed and care for the newly hatched incubator chicks, which are later introduced to taped condor calls and a "mentor" condor to help them learn life skills. Eventually, they're released into remote canyons in California, Arizona and Mexico.

By early 2013 the population of California condors had grown to 417, with 240 returned to the wild. Many dangers remain for condors, but their increasing numbers have proven encouraging. Condors can be seen at the San Diego Zoo Safari Park and the Los Angeles Zoo. The Oregon Zoo is opening a new condor exhibit on Memorial Day weekend.

The recovery of another denizen of the American West,



California Condor.



Black-footed Ferret.

the black-footed ferret, is very close to reality. Threatened by farming, grazing and disease, black-footed ferrets were near extinction in 1979. When the population of the last-known colony dropped to 18, an all-out effort to save the cute critters began, including using computerized DNA testing and artificial insemination.

The ferrets' captive population is now about 8,000. They still face an uncertain future, but these swift, sleek animals are proving that with help, they can survive in their native prairie habitats.

A decidedly slower creature is

making a comeback in Washington state. The hand-size Western pond turtle, once abundant in wetlands from Puget Sound to Baja, Mexico, nearly disappeared due to habitat loss, harvesting and the introduction of invasive bullfrogs. Only 150 were known to exist in 1991.

Now, the Western Pond Turtle Recovery Project, initiated by Seattle's Woodland Park Zoo, hatches pond turtle eggs and rears the young until they're large enough to fend for themselves and then releases them into protected areas. Today, there are more than 1,000 Western pond turtles in the wild. —L.F.



Western Pond Turtle.

In April of next year, 60 animals—a mix of younger bison with more potential breeding years and older cows that have better instincts—will be released into the remote, 751,000-acre Northern Unit of the Innoko National Wildlife Refuge, where they will be able to wander at will as they graze alongside the Innoko River, returning to a landscape that was devoid of their presence for more than 80 years.

Rabbit Rebound

In Eastern Washington, the region's semi-arid terrain once burgeoned with life. Rolling waves of sagebrush were home to strutting greater sage-grouse with drumlike mating calls and darting Columbia Basin pygmy rabbits.

In the mid-20th century, when Columbia River dams first brought irrigation water to Eastern Washington, many areas of rocky, marginal soil and sagebrush were tilled, creating farmland. The spread of farm fields pushed native animal species into smaller, fragmented parcels of land, and the remaining scraps of undisturbed



The Columbia Basin pygmy rabbit population is now recovering from near extinction.

sage too often fell victim to wildfires.

With the loss of sagebrush land, the sage-grouse population has declined, but continues to survive in the wild. The Columbia Basin pygmy rabbit proved to be not as adaptable. With fluffy bodies, button eyes and tiny, twitching noses, the pygmy rabbits—small enough to fit within cupped hands—build their burrows in deep soil beneath sagebrush, and the plant is their primary food source. An important part of the ecosystem, the rabbits fertilize and loosen the soil for plants, and serve as a food source for coyotes, birds of prey and

other local predators. Isolated from pygmy rabbit populations in other Western states for at least 10,000 years, Columbia Basin pygmy rabbits are genetically distinct from other populations. With unlimited shrub-steppe habitat, they once bred, well, like rabbits. Due to such factors as habitat loss and fire, the Columbia Basin pygmy rabbit population had shrunk by the late 1990s to a single, isolated colony.

Biologist David Shepherdson, deputy conservation manager at the Oregon Zoo, joined staff from the Washington Department of Fish and Wildlife (WDFW) to conduct one of the last Columbia Basin rabbit population surveys at the agency's 12,500-acre Sagebrush Flat Wildlife Area, on a cold, rainy spring day in 2001.

So few active burrows were seen, it was clear this final colony was heading toward collapse. The WDFW sped into action to develop a plan that would allow the surviving pygmy rabbits to breed with Idaho pygmy rabbits, in a process that would strengthen the Columbia Basin rabbits' genetics while also retaining as many

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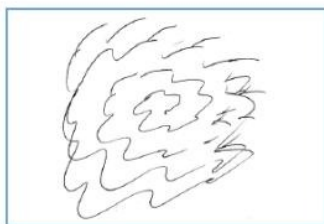
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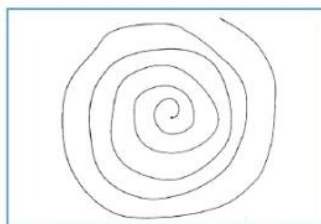
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unique characteristics of the species as possible. It wasn't clear, however, that the tiny remnant population could withstand being bred in captivity. As a starting point, wildlife officials captured more-abundant Idaho pygmy rabbits on which to practice captive breeding. Officials from the Oregon Zoo, Northwest Trek (an animal preserve about 30 miles south of Tacoma) and Washington State University joined in the effort.

Despite the cliché, breeding wild pygmy rabbits turned out to be difficult. Challenges included the stress of captivity, diseases, small indoor spaces and specialized diet. Still, there was no time to build the perfect environment. In 2002, 16 wild Columbia Basin pygmy rabbits were captured at Sagebrush Flat, and the few left behind soon disappeared. The WDFW, The Nature Conservancy and other organizations teamed up to help restore the shrub-steppe habitat at Sagebrush Flat and other areas in Eastern Washington with help from the USDA Farm Bill, which authorized funds for wildlife-habitat recovery. At the same time, biologists teamed up to care for and manage breeding of the few surviving Columbia Basin pygmy rabbits.

There were many surprises. For instance, pygmy rabbits can climb. While that much was known, it was a revelation to scientists just how well they could do so. At the Oregon Zoo, staff members put males and females in separate enclosures divided by chicken wire, to manage the breeding.

"We didn't bother putting tops on these cages," Shepherdson says. "We came back the first morning and found out the rabbits were back together. They had climbed up 6 feet and down the other side to be with each other." Breeding yielded another surprise. Typically, captive wildlife breeding takes a scientific approach, comparing the DNA of potential mates to select the best option for preserving important genes.

However, a graduate student decided to study what difference choice makes when pygmy rabbits select their mates. In a wild kingdom version of *The Dating Game*, the Columbia Basin rabbit does were offered a choice of two or three different Idaho rabbit bucks with which to breed. The result? They preferred to breed with a known

male—one from an adjacent pen, rather than one they'd never before seen. To everyone's surprise, the litter sizes from these matings were larger than litters from scientifically matched pairs. Yet one more revelation: The offspring of "love-match" litters were more likely to survive their first year.

Despite the work of the captive-facility employees, they were not able to breed enough rabbits to sustain large-scale releases to the wild.

Beginning in 2011, the WDFW and conservation partners tried a different strategy. They released the descendants of the original 16 rabbits, placing them in 6- and 10-acre enclosures at Sagebrush Flat Wildlife Area, along with pygmy rabbits from other states. Living in their rehabilitated native environment worked like a charm.

In 2012, more than 150 kits were born in the enclosure, and in 2013, 380 were born, requiring the building of additional enclosures. The plan calls for building more interconnected habitat areas over time with additional pens to allow for a growing rabbit population. In the winter of 2012–13, with 5 inches of snow on the ground, Penny Becker, a conservation biologist who oversees the various endangered species recovery efforts for Washington state, headed out with other researchers to take a rabbit census of Sagebrush Flat.

"It was so quiet and peaceful; the only sound was our footsteps crunching in the snow. I looked down at my feet and followed tiny tracks weaving through sagebrush leading to the burrows. At every burrow, we took a sample of rabbit pellets. From these we can pick up on the DNA and compare them to our database of all released rabbits," she says.

The scientists had expected 10 to 20 percent of the rabbits they'd released in 2012 to survive the winter. When the lab results came back, the researchers were astonished to find that nearly 40 percent had survived. There was yet another surprise to come: "Mystery" rabbits that didn't match the genetic database turned out to be the offspring of the rabbits that had been released by scientists—the first generation of healthy babies born in their native shrub-steppe habitat.

Continued on page 126

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Islands *of* Plenty

Hawai'i farmers markets abound with fresh, exotic fare

By Joan Namkoong

The predawn light reveals a bustle of activity beneath the dozens of bright-blue plastic tarps arranged at the corner of a city block in Hilo, on Hawai'i Island: farmers unboxing fresh salad greens, skinny purple eggplants, ripe red tomatoes, orange papayas, bundles of heavily scented basil, handfuls of short, plump bananas, bouquets of red-and-green anthuriums, and orchids in a kaleidoscope of colors.

Grabbing a cup of fresh-brewed Hawai'i-grown coffee and an apple banana (a stubby banana variety with a particularly sweet flavor), I make my way along the busy aisles to preview foods I might try later—a Peruvian tamale, an Indian samosa, a Vietnamese summer roll, a bowl of pad thai noodles, a Spam *musubi* (rice block with Spam banded by dried seaweed), or a *cascaron*—a Filipino fried rice-flour “doughnut.”

Fresh pineapples and other tropical fruits (above) as well as exotic plants such as the anthuriums at Hawai'i Island's Hilo Farmers Market (right) are mainstays at farmers markets in Hawai'i.



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TIPS FOR SHOPPING AT HAWAII FARMERS MARKETS

- Bring a shopping bag for purchases.
- Carry cash in small denominations.
- Wear flat shoes for comfort.
- Remember your sunscreen, sunglasses, hat and camera.
- Consider what you can and can't take home: Jams, jellies, honey and other semiliquid items will need to be packed in checked baggage for air travel. Generally, fresh fruits and vegetables cannot be transported out of Hawai'i.
- Come with a sense of adventure and an appetite for 'ono (delicious) local food offerings. —J.N.

The pastry and fresh-baked bread options tempt me, too. They are all part of the cornucopia of food on display every Saturday morning here at the Hilo Farmers Market.

Similar visual and sensual feasts greet market visitors every Saturday morning on each of Hawai'i's major islands. (Some markets are open other days, too.) The markets range from large, established enterprises, such as the 26-year-old market in Hilo, to small, intimate farm stands with vendors selling high-quality products. Regardless of size, these farmers markets are treasure troves of fresh food and handmade products that reflect the terrain, climate, people and continually changing food culture of the Aloha State.

I have a long-standing love of Hawai'i farmers markets. As a food editor at a Honolulu newspaper in the mid-1990s, I reported on emerging culinary trends, specifically the evolving Hawai'i Regional Cuisine movement and the star chefs who put Hawai'i on the map of places to eat. Equally significant was the beginning of the farm-to-table

movement (though it didn't have a specific name then) and the new food items that were being grown throughout the state.

It was an exciting time to be a food writer. Chefs were beginning to include mesclun, microgreens, hearts of palm, fennel, arugula, vine-ripe tomatoes and fresh herbs in their recipes—items that were relatively new to foodie palates in Hawai'i. Fresh-caught tuna, *ōpakapaka*, mahimahi and sweet farm-raised shrimp were showing up on restaurant menus. Local, artisanal goat cheeses accompanied salads. Hawai'i-grown strawberries, cacao and vanilla beans created flavors that made desserts delightful.

Writing about all these newly available foods and flavors led to a desire to try them in my own home kitchen. But the specialty items came from all corners of the state, and they were produced in small quantities that didn't make it to supermarkets.

In 2003, I decided to start a farmers market along with Dean Okimoto of O'ahu's 'Nalo Farms, a grower who supplied chefs with specialty greens and herbs. We wanted



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Ono Organic Farms sells packaged items and produce at its roadside stand in Hāna, Maui.



Buyers and sellers come from miles around for markets such as this one, at Kahului Shopping Center, on Maui.

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Farmers markets are community gathering places, where friends and neighbors meet and greet one another while perusing and tasting good, fresh food.

to showcase the growing bounty of island produce and foods, and make these items available to home cooks on O'ahu.

Up until then, the state's best farmers market was the one in Hilo, a venerable market known for its locally grown tropical fruits and diverse vegetables, as well as an abundance of flowers grown in the area. If you traveled to Hawai'i Island from O'ahu, you would have likely made an effort to be at the Hilo Farmers Market on Saturday so you could take items back to Honolulu.

We wanted to bring the market experience more directly to O'ahu. Kapi'olani Community College, located on what is to Honolulu residents the back slope of Diamond Head, was already home to a culinary school for aspiring chefs, and it became the venue for our new farmers market. We encouraged 30 vendors to begin selling their fruits, vegetables, beef, preserves, beverages, prepared foods, flowers, baked goods and snacks—all of which had to be grown and produced in Hawai'i.

As tents appeared on the market's first Saturday morning in September 2003, we knew this venture was going to be a success. An hour after opening, many vendors were sold out of what they had brought.

The success of the KCC market led to several more markets sponsored by the Hawai'i Farm Bureau Federation and to even more markets sponsored by farm bureaus and private entities

throughout the state. Farmers markets became catalysts for the Hawai'i locavore and farm-to-table movements.

Today, growing more food for local consumption continues to be a goal for Hawai'i communities. In a state where more than 85 percent of food supplies are still imported, farmers markets provide access to the agricultural riches of Hawai'i—a string of islands with a wide spectrum of climate zones. Crops such as lettuces, herbs, leafy greens, cucumbers, tomatoes, squashes and cabbages flourish in Hawai'i, where growing conditions allow farmers to plant and harvest year-round.



Favorable growing conditions allow Hawai'i farmers to grow a delicious array of fruits and vegetables.



Exotic fruits create a kaleidoscope of color at many Hawai'i markets.

FOODS TO FIND AT HAWAI'I FARMERS MARKETS

➤ Exotic fruits available

when in season: lychee, rambutan, longan, carambola (star fruit), cherimoya, atemoya, jackfruit, durian, mango-steen, *pohā* (cape gooseberry), *ōhelo* (native cranberry), mountain apple, star apple, dragon fruit, *liliko'i* (passion fruit), guava, jaboticaba.

➤ Fruits available most or all of the year:

Year-round: papaya, apple, banana and pineapple; **May–September:** mango.

➤ Especially delicious and unique:

purple sweet potatoes; breadfruit; taro products; farm-raised abalone, shrimp and oysters; sea asparagus; hearts of palm; Hawai'i-grown cacao products and confections; *pohole* or *hō'i'o* (Hawai'i fern shoots); pasture-raised beef; coffee products made with beans from any one of five Hawaiian Islands; fresh macadamia nuts. —J.N.



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The mostly warm tropical climate produces fruits full of flavor, which are picked at their prime. Firm, melonlike papayas, sugary pineapples, full-bodied sweet-tart mangoes and flavorful apple bananas are consistently available—to the point where Hawai'i residents take them for granted.

Other exotic fruits, such as the spiny-skinned red rambutan; the spiky-green and aromatic durian; and the brilliant-pink, scaly-skinned dragon fruit are grown in Hawai'i, too—partly because many Southeast Asian immigrant farmers have come to the state over the years and brought with them new produce varieties.

Farmers markets exhibit the diversification in agriculture that has transformed Hawai'i from a primarily sugar-growing and pineapple-growing state to one with many farmers growing many types of crops. Along with its many fruits, veggies and other produce, Hawai'i is now the only state in the nation that grows cacao, vanilla beans and coffee beans, with its largest coffee plantation on Kaua'i.

The diverse offerings at Hawai'i farmers markets mirror the unique set of people who live in the Islands—a melting pot of South Pacific, Asian, European and American migrants who have settled in the tropical Pacific Ocean archipelago over many centuries. Food vendors use locally grown products in dishes with various influences: taro hummus, *poke* (a dish with seasoned morsels of raw fish), fried green Hawai'i tomatoes, omelets with *kālua* pork (Hawai'i roast pork), goat-cheese pizzas and iconic “two-scoop rice” plate lunches with samplings of different dishes that can sustain you for more than a day. Farmers markets are an ideal venue to sample what's known as “local grindz”—distinctive island cuisine.

The fresh produce and innovative dishes found at farmers markets are much appreciated by residents and visitors alike. And many of the markets' offerings—preserves, snacks, honey and other shelf-stable or safely shippable foods, as well as locally made crafts and souvenirs—are perfect for

COOKING FARMERS MARKET GREENS

Asian greens are ubiquitous at Hawai'i farmers markets. They include *choy sum* (Chinese flowering cabbage), *bok choy* (flowering white cabbage), *Shanghai bok choy* (baby green flowering cabbage), *ong choy* (water spinach), *gai choy* (mustard cabbage), *gai lan* (Chinese broccoli) and *een choy* (amaranth). All of these are delicious stir-fried and served alongside grilled meats and seafood. They're good for you, too!

Ingredients:

- 1 pound Asian greens
- 1 tablespoon cooking oil, such as canola
- 2 cloves garlic, peeled and crushed
- 3 tablespoons oyster sauce
- 2 tablespoons mirin (rice wine for cooking)
- 2 teaspoons sesame oil

Preparation:

Trim the stems of the Asian greens. Rinse the greens well and dry in a clean towel. Cut greens crosswise into 2-inch pieces, separating the stem pieces from the leaves.

Cooking:

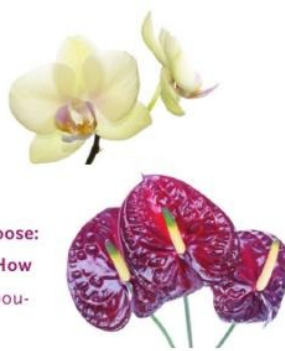
Heat a wok or large skillet over high heat. When the pan is hot, add the cooking oil. When the oil is hot, add the garlic and the stems. Stir-fry for a minute, moving the pieces around the pan. Add the leaves, and then add the oyster sauce and mirin. Stir-fry for a minute or until the leaves are wilted. Add the sesame oil, stir again, and remove from the heat. Serve at once. —J.N.

Island Treasures

ORCHIDS AND ANTHURIUMS

What they are: Both of these tropical flower types—of which there are thousands of species—grow in tropical climates because they require warm temperatures and high humidity. Orchids have intricate, delicate flowers in a variety of colors; anthuriums have broad, brightly colored, slightly leathery-waxy flowers and leaves. **How to choose:** The variety of colors, sizes and patterns gives buyers many choices. **How to use:** Anthuriums are popular, long-lasting additions to cut-flower bouquets; orchids are sometimes used in Hawai'i to make beautiful lei.

Fun fact: Hawai'i Island is a leading producer of orchids and anthuriums.



Saturday morning breakfast at the Nakamoto Farms stand on Hawai'i Island is an amazing showcase of the farm-to-table theme. And in this case, the farm is not far away.

Island Ingredient PAPAYA

What it is: Called the "fruit of angels," papaya is a sweet, melonlike tropical fruit rich in vitamin C. **How to choose:** A papaya is ripe when fully or partly yellow and slightly soft to the touch. **How to use:** The ripe fruit is best eaten raw with a squeeze of lemon or lime. Unripe, green papayas can be cooked in dishes such as curries or shredded for green papaya salad. Papaya seeds are edible and have a peppery taste.



Fun fact: Papaya contains papain, a natural enzyme that tenderizes meat and aids digestion.

DMITRI BELOCONI / SHUTTERSTOCK.COM

guests wishing to take home a bit of Hawai'i from whichever island they visit.

HAWAI'I ISLAND

Saturday morning breakfast at the Nakamoto Farms stand on Hawai'i Island is an amazing showcase of the farm-to-table theme. And in this case, the farm is not far away.

Nakamoto Farms is one of the regular vendors at the **Waimea Homestead Farmers Market**, a roadside venue in the town of Waimea, toward the north end of the island. Favorite dishes at this stand feature

the Nakamoto family's vegetables, grown nearby. Many visitors enjoy the stand's *bibimbap*—a traditional Korean dish of rice, seasoned vegetables and meat, topped with a fried egg and served with a chili-pepper sauce. Customers who instead choose eggs Benedict or made-to-order omelets often have kimchi alongside; this pickled-vegetable delicacy is prepared by hand from the family's radish, cucumber and cabbage harvests.

Residents and visitors often venture from various parts of the island to the

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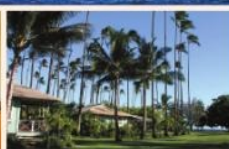
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Māmalahoa Hwy., two miles east of Waimea
waimea farmersmarket.com

Waimea Town Market

Saturdays, 7:30 A.M.–noon

Parker School
65-1224 Lindsey Rd., Waimea
waimea townmarket.com

Keauhou Farmers Market

Saturdays, 8 A.M.–noon

Keauhou Shopping Center
78-6831 Ali'i Dr., Kailua-Kona
keauhou farmersmarket.com

Kings' Shops

Farmers Market

Wednesdays, 8:30 A.M.–5 P.M.

Kings' Shops
250 Waikoloa Beach Dr., Waikoloa Beach Resort
kingsshops.com

Volcano Farmers Market at Cooper Center

Sundays, 6:30–10 A.M.

Cooper Center
19-4030 Wright Rd., Volcano Village
thecoopercenter.org

Waimea Homestead Farmers Market—a 20-plus-year-old establishment originally founded in 1992 by five local families. Here, buyers can find delicate salad greens, root vegetables and cabbages that are not always available at other island venues. Visitors to this market often seek out cheeses from Hawai'i Island Goat Dairy, as well.

Waimea is not a huge town, yet it supports a second fine market, just two miles away. At the **Waimea Town Market**, visitors



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The entrepreneurial spirit of small, family-owned enterprises can be seen in the way vendors beam with pride about their fresh and 'ono (delicious) food offerings.

can find baked goods, garden plants and vegetables from several local farms. Kekela Farms produce is a hit here, as are Island Thyme Gourmet veal sausages, Hawaiian Homegrown Wool products, BLT sandwiches from Mai Bacon, and Sandwich Isle Bread Company's fresh-baked artisan breads.

On Hawai'i Island, the climate ranges from arid to wet-tropical to cool-temperate zones, and even includes areas with freezing temperatures near the tops of Mauna Kea and Mauna Loa volcanoes. The diversity of climates helps to explain the diversity of food crops represented at the island's farmers markets.

The Kona region, on the west side of the island, has a particularly warm tropical climate that endears the area to many visitors. The **Keauhou Farmers Market**, to the south of Kona, is a natural stop for acquiring eye-popping flowers, exotic seasonal fruits, 100-percent Kona coffee from small family farms nearby, and just-picked macadamia nuts. Shoppers may also seek out pasture-raised beef from ranchers on the island.

North of Kona, visitors can enjoy the **Kings' Shops Farmers Market**, held Wednesdays from 8:30 A.M. to 5 P.M. at the Waikoloa Beach Resort. This privately operated outdoor market features local growers and artisans selling items such as fresh baked goods, locally made jams and jellies, Hawai'i sea salts, locally grown and roasted macadamia nuts, produce and juices.

Across the island on the lush east side, the **Hilo Farmers Market**, established in 1988, remains a delight for its wide variety of exotic fruits, vegetables, flowers and other offerings.

"Lots of people still come to Hilo just for the market," says Steve Sayre of Puna Goat Cheese, in Kurtistown, which is said to be Hawai'i's first goat-cheese dairy. Sayre has been a vendor almost since the Hilo Farm-

Island Ingredient PINEAPPLE

What it is: This iconic tropical fruit became a leading Hawai'i crop and export in the 1900s, famously grown by Dole Foods on O'ahu and Lāna'i and, later, by the Maui Gold Pineapple Company on Maui. **How to choose:** The body of the fruit should be firm, the leaves fresh and green and the skin golden in color, depending on the variety. Pineapple must be harvested when ripe. **How to use:** Pineapples are used worldwide in many cuisines. Like papayas, they can be used to tenderize—and complement—meat. Pineapples are best eaten fresh. Cooks use fresh pineapple in salads, desserts and preserves (though gelatins will not set with fresh pineapple).

Fun fact: Legend has it that New England sailors set pineapples on their porches to indicate when they had come home from foreign lands.



VIKTAR MALYSCHYTS / SHUTTERSTOCK.COM

ers Market's beginning. "It's still a good showcase for the Islands."

One Hilo highlight is the staple fruit of the region: the papaya, an orangey orb of melonlike sweet fruit, highly prized in the Islands and far beyond Hawai'i's shores. The scents of fresh herbs waft through this market, and jicama, long beans, winged beans, bok choy and *hō'i'o* (fiddlehead fern shoots) are prominent among the vegetable displays. Anthuriums and orchids, two of the region's biggest flower exports, are amazingly diverse in their colors and

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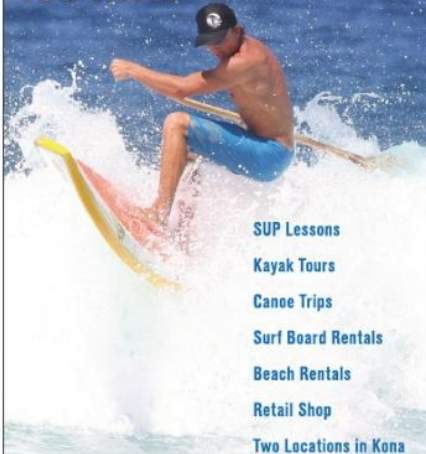
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MAUI AND MAUI COUNTY MARKETS

Kula Country Farms stand

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Saturdays and Sundays,
10 A.M.–4 P.M.

Kula Highway, across from
Rice Park

kulacountryfarmsmaui.com

Lipoa Street Farmer's Market

Saturdays, 8:30–11 A.M.

95 Lipoa St., Kihei
mauicountyfarmbureau.org

Maui Swap Meet

Saturdays, 7 A.M.–1 P.M.

Behind UH Maui College
310 Ka'ahumanu Ave., Kahului
mauiexposition.com

Maui's Fresh Produce Farmer's Market

Tuesdays, Wednesdays, Fridays,
8 A.M.–4 P.M.

Queen Ka'ahumanu Center
275 W. Ka'ahumanu Ave., Kahului
queenkaahumanucenter.com

Ono Organic Farms stand

Daily, 10 A.M.–6 P.M.

Hāna town, next to the gas station
onofarms.com

Upcountry Farmers Market

Saturdays, 7 A.M.–11 A.M.

Kulamalu Town Center
Highway 37, near Long's
upcountryfarmersmarket.com

Lāna'i Farmers Market

Saturdays, starting around
7:30 A.M.

Dole Park in Lāna'i City

Moloka'i Farmers Market

Saturdays, around 8 A.M.–noon

Ala Malama Ave., across
from the library, Kaunakakai

For listings of other farmers
markets on Maui, visit
mauicountyfarmbureau.org/
maui-farmers-markets

shapes. Visitors can also find coffees from farms in Hilo, Kona and Ka'ū, as well as many prepared foods. Crafts are across the street.

South of Hilo, in Volcano Village, near Hawai'i Volcanoes National Park, shoppers arrive early at the **Volcano Farmers Market at Cooper Center**. Residents of towns as far away as Ka'ū—on the southernmost part of the island—come here to procure salad-bowl staples, fresh local produce, breads, jams, grass-fed beef, gifts and more. This market starts early and ends early; visitors wear jackets for the cool temperatures of this region.

MAUI AND MAUI COUNTY

Whenever chef Beverly Gannon needs succulent, just-picked strawberries, sweet, crisp Kula onions and crunchy sweet corn, she heads to the **Kula Country Farms stand**, just a short drive up the slopes of Haleakalā volcano from her restaurant, Hali'imaile General Store (in Hali'imaile). She knows garden-fresh produce from upcountry Maui farmers is always here. (And, just for fun,

it's possible to pick your own sweet strawberries near the Kula Country Farms stand, through June; there is a pumpkin patch here in the fall.)

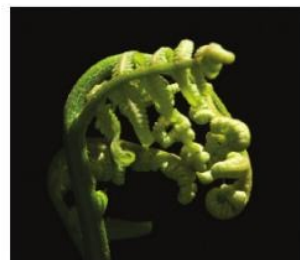
Farm stands are a daily reminder of Maui's agricultural bounty, which is varied, exotic and often organic. If you take the winding road to the town of Hāna on the east end of the island, you'll be rewarded with exotic tropical fruits at the roadside **Ono Organic Farms stand**. Certified organic fruits such as mountain apple, star

Island Ingredient

EDIBLE FERN SHOOTS

What it is: Certain wild ferns are harvested for consumption in Hawai'i—these are called *pohole* on Maui and *hō'i'o* on Hawai'i Island. Their taste is often compared to asparagus or okra. **How to choose:** Look for ferns that are still firm without wilted ends. **How to use:** Fern shoots can be eaten raw but are best blanched in boiling water first. They can be dressed with a vinaigrette or sautéed in butter. Island cooks often use a mix of soy sauce, rice vinegar and sesame oil as a dressing.

Fun fact: Traditionally, fern shoots were wrapped in leaves to keep them fresh.



DAVID FRANZEN / PHOTOSOURCEHAWAII.COM



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Island Ingredient CHERIMOYA

What it is: A light-green tropical fruit about the size of a grapefruit (or larger), with white, creamy flesh and bumpy or lobed skin. Also known as a custard apple, a cherimoya's flavors may include hints of pineapple, papaya, banana, peach and/or strawberry. **How to choose:** Cherimoyas vary by type, but are generally ripe when uniformly green and still firm but slightly soft to the touch. **How to use:** Slice open a cherimoya and pluck out the inedible dark-brown seeds. The flesh of this fruit has a sherbetlike texture; you can spoon it out and eat it directly. Some people also chill a cherimoya, which has led to one of its nicknames: the "ice cream fruit."

Fun fact: Mark Twain, writing from Hawai'i in 1866, called the cherimoya "the most delicious fruit known to men."



fruit (carambola), star apple, sour sop, cherimoya, jackfruit and durian can be found here, along with many vegetables. The Kula Country Farms and Ono Organic Farms stands each offer a wide selection of produce from Maui and other islands every day of the week.

Farmers markets in Maui County—

which encompasses the islands of Maui, Lāna'i and Moloka'i, as well as the smaller, uninhabited Kaho'olawe—emphasize food as well as non-food items.

At the **Maui's Fresh Produce Farmer's Market**—a long-standing market open Tuesdays, Wednesdays and Fridays in Kahului's Queen Ka'ahumanu Center—visitors can find produce, flowers, baked goods, crafts and other items.

Organic fruits and vegetables are on shoppers' minds when they go to the **Lipoa Street Farmer's Market** in Kīhei. Visitors to this market find organic fruits and vegetables, and a variety of exotic tropical fruits.

And the mix of Maui-grown goods with non-food products is especially noticeable at the **Maui Swap Meet** in Kahului, where a few well-known farmers sell their produce among many craft and flea-market vendors.

One item to search for at Maui markets is *pohole*, or fern shoots, similar to the *hō'i'o* on Hawai'i Island. Pohole is Maui's fiddle-

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head fern, best blanched for a few minutes in boiling water, and then sautéed in butter or eaten cold with a vinaigrette.

The social aspects of farmers markets on Maui can't be overlooked: "It's the social scene for upcountry folks," says Neil Coshever, organizer of **Upcountry Farmers Market** in Pukalani, where residents catch up on the latest community news and connect with their neighbors. Visitors come to observe the social scene, enjoy Indian and Thai prepared foods, and visit vendors of cultured and fermented foods, condiments and honey.

Farmers markets on Lāna'i and Moloka'i are active on Saturdays. These markets are informally organized and charming. On Lāna'i, look for prepared Filipino and Mexican foods, grilled whole fish and home-grown produce. On Moloka'i, look for produce and crafts from roughly two dozen vendors. Visitors can learn about life on these small islands by striking up conversations with the resident farmers who are sharing their backyard crops with their communities.

O'AHU

The occasional trip I make to Honolulu from my home on Hawai'i Island demands a visit to the **KCC Farmers' Market** and a stop at Dean Okimoto's booth to buy his trademarked 'Nalo Greens, a potpourri of 12 different young leafy greens. It's the perfect blend of feathery and crisp textures, green and red colors, and mild and spicy flavors for my salad bowl. 'Nalo Greens were once sold only to top-notch restaurants in Honolulu, but now home cooks can buy them for their tables at the KCC and at other markets.

The KCC Farmers' Market is Honolulu's largest farmers market. This homegrown venue, which started with Okimoto as one of the original 30 vendors, now has 70 vendors. These days, the market offers the widest selection of Hawai'i-grown vegetables and fruits on O'ahu, as well as prepared foods.

The KCC market is a lively Saturday morning experience. The entrepreneurial spirit of the small, family-owned enterprises can be seen in the way vendors beam with pride about their fresh and 'ono (delicious) food offerings.

O'AHU MARKETS

The following Hawai'i Farm Bureau Federation Farmers Markets are focused on locally grown and produced foods. For more information, visit hfbf.org/markets.

KCC Farmers' Market

Saturdays, 7:30–11 A.M.

Tuesdays, 4–7 P.M.

Kapi'olani Community College
4303 Diamond Head Rd., Honolulu

Mililani Market

Sundays, 8–11 A.M.

95-1200 Meheula Parkway,
Mililani

Honolulu Farmers' Market

Wednesdays, 4–7 P.M.

Neil S. Blaisdell Concert Hall
777 Ward Ave., at the corner of Ward Ave.
and King St., Honolulu

Kailua Farmers' Market

Thursdays, 5–7:30 P.M.

609 Kailua Rd., Kailua



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Many of the same Saturday vendors can be found on other days of the week at other O'ahu markets—especially the set of markets that are, like the KCC market, sponsored by the statewide Hawai'i Farm Bureau Federation. The HFBB shows a particularly strong support for local farmers. At the HFBB markets on O'ahu, one can find enticing local offerings such as sea asparagus from Marine Agrifuture, Milner's Tokyo negi (a type of onion), Maunawili's red leaf and butter lettuces, Big Island abalone, PacifiKool ginger ale, OnoPops gourmet frozen-juice pops, La Tour Bakehouse fresh-baked breads and pastries, Big Island Bees' honey, Malie Kai and Madre Chocolate confections, Hawaiian Chip Company's taro and sweet potato chips, and Sea Salts of Hawai'i products.

"Everyone selling fresh produce is a farmer," says Kacey Robello, the general manager for HFBB farmers markets. "The farmers are also making value-added products, and food vendors are sourcing their ingredients from local farmers. Our market is like a family, and there's a common respect for farmers among all of our vendors."

On Sunday mornings, there is an HFBB market in Mililani, north of Honolulu, where one finds some of the vendors who appear at the KCC market the day before. This market is more out of the way than the one at KCC, but visitors can expect to find stands selling produce, flowers, coffees, teas, jams, jellies, baked goods and prepared meals.

A few HFBB markets are open in the late afternoons and evenings on certain days, including the KCC market, the **Honolulu Farmers' Market** at Neal S. Blaisdell Center, and the **Kailua Farmers' Market**. The late-afternoon hours provide shoppers with an array of local grinds for dinner.

KAUAI

Noshing on a healthy tortilla wrap of lettuce, tomatoes, onions and feta cheese laced with creamy taro hummus is one of my favorite Kaua'i experiences. This tortilla wrap is a must-eat item, though *kulolo*, a quintessentially Hawaiian baked taro and coconut cream pudding, also beckons whenever I'm

KAUA'I MARKETS

Kaua'i Community Market

Saturdays, 9:30 A.M.—1 P.M.

Kaua'i Community College
3-1901 Kaumuali'i Hwy., Lihue
kauaicomunitymarket.org

Sunshine Markets

Sunshine Markets, sponsored by the County of Kaua'i, are neighborhood markets featuring small producers. They take place around Kaua'i every day of the week except Sunday. Timing varies by market. For a schedule, visit kauai.gov/Kamaaina/SunshineMarkets/tabid/214/Default.aspx

at the Hanalei Taro and Juice Co. food truck at Saturday morning's **Kaua'i Community Market** in Puhi, just south of Lihue. Taro, the starch staple of the Hawaiian diet, is grown on a *lo'i* (irrigated terrace) by the Haraguchi family on the north end of the island. The food truck features taro in smoothies, burgers and Hawaiian food plates.

The truck is among the 40 vendors supporting the "eat local" theme at Kaua'i Community Market, which is the biggest and best of the island's farmers markets.

"It's a great market," says Martina Hill-dorfer, Kaua'i resident and culinary instructor at Kaua'i Community College. "Tourists and residents love it."

Gluten-free taro taco shells can be found

Island Ingredient

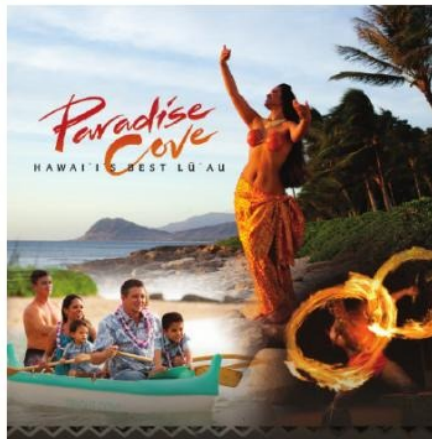
TARO

What it is: Taro is the traditional starch staple of the Hawaiian diet, linked by legend to the birth of the Hawaiian people. The starchy corm (the round, thick stem base) is slightly sweet and nutty when cooked. Taro leaves are also used in Hawaiian cooking and are often compared to cooked spinach. **How to choose:** Taro roots ready for consumption generally have a light-purple color. **How to use:** Taro roots and leaves must be cooked to be edible; taro is roasted, steamed, baked or boiled. Hawaiians mash cooked taro root into a smooth paste known as *poi*, which people eat like mashed potatoes. Taro chips are popular as a snack; taro is also included in pancakes, breads and puddings.

Fun fact: Hawaiians are prolific taro producers and once cultivated hundreds of varieties of taro.



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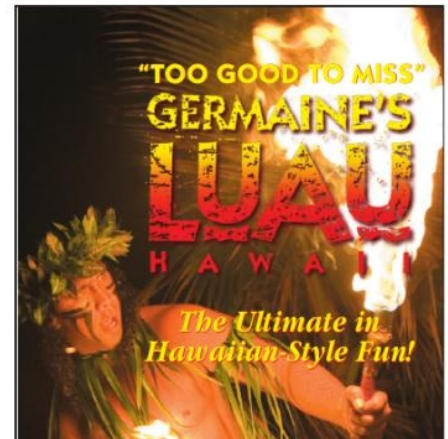
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at Rafael's, the Mexican food truck at this market; visitors can also enjoy Puerto Rican and Filipino plates or take away freshly made products from Hanalei Pasta. Other highly sought items include products from Moloa'a Bay Coffee, Monkeypod Jam, Uncle Bear's smoked meat, Haole Girl Island Sweets and Kauai Kunana Dairy goat cheese.

The Garden Isle bustles with farmers-market activity just about every day of the week. **Sunshine Markets**—neighborhood venues sponsored by the County of Kaua'i—occur around the island. Each of these markets may include just a few vendors, such as representatives of small family farms. Yet these venues have been supplying Kaua'i residents with fresh foods since the mid-1970s, and they are worth a visit if you're near one.

Farmers markets have grown and prospered in Hawai'i over the last decade. Home cooks now have access to ingredients once reserved for chefs. Little did I know back in 2003, when I helped start the KCC market, that farmers markets would also be so important to sustaining agriculture in Hawai'i, supporting hardworking farm families, keeping green areas open and generally enhancing the natural beauty of the Islands.

Just as vital, farmers markets are community gathering places, where friends and neighbors meet and greet one another while perusing and tasting good, fresh food. It happens at Hilo and at the KCC market every time I'm there, and it's part of the experience that makes all the farmers markets of Hawai'i so rich and rewarding. ▲

Joan Namkoong writes about food from Hawai'i Island. Born and raised in Hawai'i, she writes a column for the Honolulu Star-Advertiser, has authored several food-related books, and consults with farmers, ranchers and farmers markets.

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Fun things to see and do in the Puget Sound area.

The Space Needle and the Pacific Science Center's Sonic Bloom art installation (which uses solar power to demonstrate sustainability) are among the attractions at Seattle Center. Photo by Stefano Politi Markovina / AWL Images Ltd.

Paradigm Communications Group
2701 First Avenue, Suite 250
Seattle, WA 98121
206-441-5871; www.paradigmcom.com

Publisher Mimi K. Kirsch
Editor-in-Chief Paul Frichtl
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Destination: Seattle, an annual supplement to *Alaska Airlines Magazine* (ISSN 0199-0586), the monthly inflight magazine of Alaska Airlines, and the *Horizon Edition* (ISSN 1050-2440), the monthly inflight magazine of Horizon Air, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2014 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Printed in the United States of America. This publication is a supplement to the May 2014 issues, and its pages are numbered independent of the host magazines.

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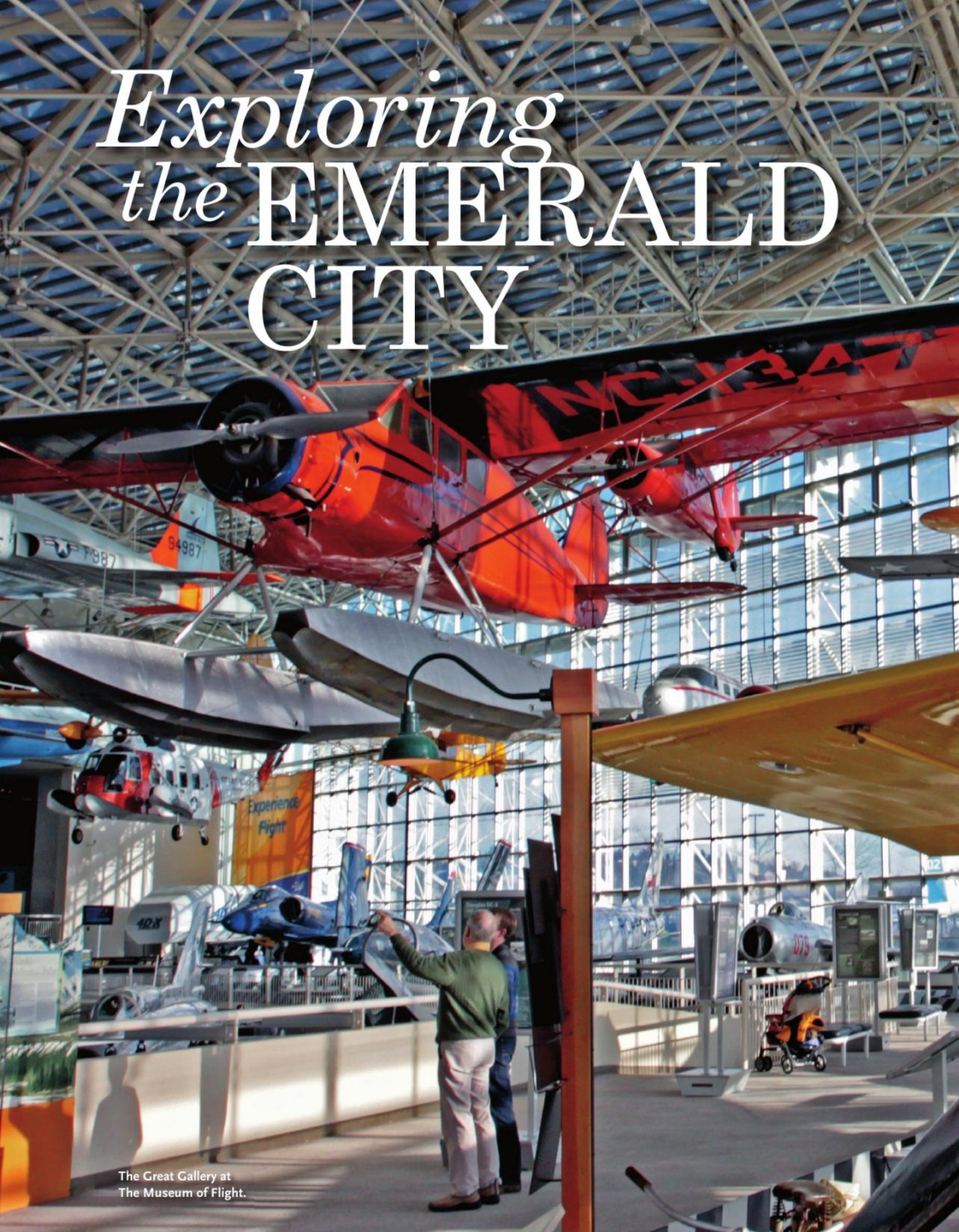
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Exploring the EMERALD CITY



The Great Gallery at
The Museum of Flight.

Recreation for
the young and young
at heart in Seattle
and beyond

By Lora Shinn



“Hey, Mom, you gotta check this out,” my 14-year-old daughter, Isabelle, calls to me. She’s the first member of our group to climb aboard **The Museum of Flight’s** 120-foot-long Space Shuttle Trainer, a full-size wooden replica of the space shuttle’s fuselage, including the crew cabin and flight deck. For 30 years, NASA astronauts used this very trainer to prepare for missions. My 8-year-old son, Emmett, nervously eyes a rocket booster replica. “Are you sure this doesn’t actually go into space?” he asks me. The trainer is just that realistic looking.

He takes a deep breath and scrambles up the steps. I follow, trailed by my friend Haley and her three children: a preschooler, a kindergartner and a second-grader. When we’ve all gathered in the 60-foot-long payload bay, we linger in this piece of history—this place where astronauts once stood. We know there’s still enough room for the 30-something couple in line behind us to come aboard, along with the two baby boomers and their adult son.

“I feel so small,” Emmett says. I nod my head in agreement. The trainer is huge, and its top is open, giving us an impressive view not only of the



Clockwise from top: A family visit to the Olympic Sculpture Park (the Space Needle is in the background). A flower vendor at Pike Place Market. The Seattle Great Wheel and Miners Landing on the waterfront.



[TOP TO BOTTOM] STEPHEN MATERA, DELIMONT HERBIG / AWL IMAGES; PAUL FELL / SHUTTERSTOCK.COM

rocket booster hanging above our heads (it was used to boost satellites to higher orbits), but also of a 120-foot-long Milky Way wall mural that contributes to the sense that we are tiny entities in the vastness of space.

Eight-year-old Charlotte accompanies Emmett down the black metal flooring of the payload bay to the glassed-in crew compartment, and they peer through the air lock into the area where seven astronauts practiced living in cramped quarters. A panel of switches, dials and buttons makes a big impression. The kids say the only appropriate thing at a moment like this: "Whooooah, cool."

The trainer is the centerpiece of the Charles Simonyi Space Gallery, one of the six main galleries at The Museum of Flight, which is located just seven miles south of downtown Seattle. In The Museum of Flight's Great Gallery, the kids pretend to battle while seated in the cockpit of an SR-71A Blackbird reconnaissance plane, handily managing the controls and flip switches. "A fleet of planes is flying toward us," my daughter says, and it's true. More than 20 brightly colored spy planes, fighter jets and airliners hang in the air above and before us, suspended by giant cables from the six-story-tall, glass-and-steel ceiling.

We move toward the Kid's Flight Zone, where our children jump into a hot-air balloon basket, pretend to surf air currents in a hang glider's harness, and use foot pedals and a control stick to see what it's like to steer a biplane.

Ready for a bigger challenge, Isabelle takes the controls of an F-15 Eagle simulator in the Great Gallery. Rolling and looping, she dodges enemy aircraft in a dogfight. "That was so fun," she says. "This museum makes me want to fly a plane, not just ride in one."

"Sounds like something another girl once felt," I say, leading her to a shiny, 1935 Lockheed Model 10-E, the same model Amelia Earhart flew. A goal of the museum is to inspire more girls to participate in aviation and science, and its exhibits and special programs frequently spotlight female aviators.

One of the things I love about living in the Seattle area is that inspiration takes flight at many attractions enjoyed by everyone, from grandparents to grandkids, that showcase the region's nature, history, dreams and achievements. Seattle is nicknamed The Emerald City, and like that capital city in the great land of Oz, it is a place of splendor, magic and



From top: The International Fountain at Seattle Center. A banded orange butterfly from Pacific Science Center's Tropical Butterfly House. An instrument sculpture at the EMP Museum.

delight. Below are more ideas for attractions that appeal to all ages.

Downtown: Great Wheel, Fur Seals, Market Deals

We start the morning in high spirits, at 175 feet in the air, on board **The Seattle Great Wheel** at Pier 57/Miners Landing along Seattle's waterfront. This Ferris wheel, the tallest observation wheel on the West Coast, offers a seagull's-eye view of downtown Seattle to the east and the Olympic Mountains to the west.

"I'll climb those one day," Emmett gestures toward the picturesque snowcapped peaks in the distance.

"The Olympics—sure. Or, how about that one?" I point south, toward Mount Rainier, in the Cascade Range. "Oh, yeah," he agrees. "That one, too."

Did You Know?
The smallest artifact in The Museum of Flight collection is a carved white elephant, 1/16th of an inch tall, carried into space by astronaut Michael Collins on the 1969 Apollo 11 mission, when humans first set foot on the moon.





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As the climate-controlled, wheelchair-accessible gondola circles three times, Emmett, Isabelle and I also count ships plying Elliott Bay, and we look across the water to the West Seattle peninsula, where settlers arrived in 1851; they subsequently founded the village that became Seattle. Then we look below to Pier 57, where the steamship *Portland*, bearing “a ton of gold,” docked in 1897, launching the Klondike Gold Rush.

We make plans to return to the pier on the next holiday, because spectacular LED light shows take place on the wheel for special occasions.

After today’s ride, a two-minute stroll north brings us to the **Seattle Aquarium**, where the first exhibit is “Window on Washington Waters.” We stand close to the 20-foot-tall, 40-foot-wide viewing window as a scuba diver, wearing a Seahawks jersey over his wetsuit, waves to us. Young coho salmon and wolf eels weave around him as he feeds them krill and shrimp. Other tank residents—there are nearly 800, all indigenous to Puget Sound—swim above rock formations, sea urchins and anemones.

Moving farther into the aquarium, which harbors about 350 total species, we pet mottled sea stars, and watch staff hand-feed a 3-year-old giant Pacific octopus.

My favorite exhibit has always been “The Underwater Dome,” where it feels like you’re in the middle of an upside-down glass bowl surrounded by seawater. Circling us are spiny dogfish, also known as dogfish sharks, and otherworldly looking sturgeon.

Outdoors in the “Marine Mammals” area—which showcases sea otters, river otters, fur seals and harbor seals—Commander, a sleek, black fur seal, glides by us, while in another exhibit, a sea otter lounges, floating on its back with paws folded on its furry chest.

“He’d be an adorable pet,” I say.

“Except for that whole stinky-fish-diet problem,” Isabelle reminds me.



Visitors watch a diver in the “Window on Washington Waters” exhibit at the Seattle Aquarium.

Did You Know?

You can view live camera footage of the aquarium’s harbor seals, sea otters, giant Pacific octopuses and hermit crab, named Marshawn Pinch (currently it’s his off-season, but live coverage is expected to resume this fall).

From the aquarium, it’s a short (but heart-pounding) hike up about 140 steps to **Pike Place Market**. This year-round market is a don’t-miss for visitors, yet it’s also regularly frequented by locals. Each outing offers something fresh: new seasonal produce, new performers, new stalls, new craft items.

In the market’s Lower Post Alley, the uneven cobblestones beneath our feet bring to mind the year 1907, when the market was founded. I imagine I hear the clack-clack of horses’ hooves—until “Ew, gross! Ew, cool!” interrupts my reverie. Emmett points to



COMING UP

The U.S. Open will be played in the Pacific Northwest for the first time when the tournament comes to the links-style Chambers Bay Golf Course, near Tacoma, June 15–21,

2015. Tickets for the general public will be available beginning June 9, 2014 (usopen.com).

Customers can watch Starbucks’ top-line Reserve brand—comprising single-origin

varieties—being roasted at the company’s new roastery/coffee shop scheduled to open this fall in the Capitol Hill neighborhood, just east of downtown Seattle (starbucks.com).

The Washington State Convention Center, which celebrated its 25th anniversary in 2013, is completing a \$21 million refurbishment this year (wscc.com).



the Market Theater Gum Wall, a favorite attraction for young and old. The wall is plastered with already-been-chewed gum. “Can I add mine?” Isabelle says. A crooked grin sneaks across her face. I nod, and she pushes a blue bubblegum dab into the wall.

Thankfully, Pike Place Market offers more than ABC gum art. The market is a feast for all five senses: The shouts of market fishmongers mingle with the chords of guitar-strumming buskers. The rich scents of saffron and cinnamon emanate from a spice shop. Flowers and farm-fresh produce burst like visual fireworks from

Above: Breathtaking Snoqualmie Falls, which is higher than Niagara Falls. Below: The new stingray touch tank at Point Defiance Zoo & Aquarium.

Did You Know?

Native peoples used the Snoqualmie Falls area as a seasonal meeting place.

stalls. Customers try on artisan jewelry, hug hand-crafted stuffed animals, wind up walking toys and curl their fingers around cups of Starbucks coffee. Local growers hand out sweet samples of organic cherries, peaches and apples.

My kids and I frequently call to each other, “Hey, look at this!”

Seattle Center: Museums and More

Like an irrepressible toddler, water leaps and jumps from the 283 water shooters of Seattle Center’s **International Fountain**. Children and adults alike creep toward the structure, gambling that they can dodge away before getting soaked by jets such as the “Super Shooters,” which skyrocket up to 120 feet. A child screams in delight, and I recognize the sound. It’s my son. Water drips from his shirt and shorts, and from his grinning face.

After Emmett dries off, he uses his imagination at the **Seattle Children’s Museum**, located in the Armory building on the 74-acre Seattle Center campus.

Emmett has loved the museum since his toddler years. Today, he pretends to shop for groceries from kid-size shelves, removes his shoes to pad through part of a home modeled after a traditional home in Kobe, Japan (Seattle’s sister city), and creates a theatrical play in the velvet-curtained theater, setting off thunder

with the push of a button. (Other interesting Puget Sound-area museums for kids include Children’s Museum of Tacoma and KidsQuest Children’s Museum in Bellevue.)

Isabelle meets us by the museum when she finishes this morning’s session of her weeklong drama camp at **Seattle Children’s Theatre**, a world-renowned professional theater company, based at Seattle Center, that during the summer season also presents student productions. These performances, starring actors ranging from fourth-graders to 21-year-olds, include upcoming plays such as *Singin’ in the Rain Jr.*, *The Snow Queen* and *Macbeth*, and ticket prices are just \$10. The theater will celebrate its 40th anniversary during the 2014–15 season.

The three of us walk over to the **EMP Museum**, a celebration of music, science fiction and pop culture. We gaze in awe at the two-story tower of 500 guitars, saxes and keyboards near the entry before moving to the Sound Lab, where Isabelle jams on a guitar with Bo Diddley, practices vocals with other pro musicians and remixes Annie Lennox.



(TOP) CAREY ROSE / PUGET SOUND ENERGY; (LEFT) POINT DEFENCE ZOO & AQUARIUM



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In the “Icons of Science Fiction” exhibit, we discover a special-effects interactive. I throw on a blue robe, and the kids create a video composite of me in a common sci-fi setting: a space galaxy. They “attack” me with tiny plastic dinosaurs while I’m standing in front of the camera, and I do my best to look scared. Thanks to the wonders of modern technology, the dinos appear life-size when combined with my image on the monitor.

For a different sort of wonder, we enter **Chihuly Garden and Glass**, featuring the magnificent glass art of Puget Sound-area native Dale Chihuly. It’s best for kids past the grab-for-it stage. We ask the front desk for the Kid’s Guide, which has activi-

ties such as matching photos with exhibits, and a place where budding artists can draw. In the Glass Forest, we’re entranced by pink and blue neon pods and stems that illuminate a nighttime landscape. We spot glass octopuses and manta rays in the Sealife Room, and in the Chandeliers gallery, we walk under glass chandeliers that for us evoke tornados as they spiral down from the ceiling. Another suspended sculpture, a 100-foot-long yellow, orange and red piece, captivates us in the atriumlike Glasshouse.

In the lovely exterior Garden, forms such as blue spires and purple spheres glow next to ferns, nurse logs and floral plantings that change seasonally. Our attention is also captured by pieces such as the amethyst-colored *Viola Crystal Tower*, named after Chihuly’s mother. “It looks like rock candy,” my daughter says.

The **Space Needle** stands watch over the

Glasshouse and the Garden. “Let’s go up,” my son says. Although we live in the Seattle area, we enjoy being swept off our feet every few years, and the Needle is an only-in-Seattle experience. We board a gold capsule-like elevator that will convey us to the top of the 605-foot Space Needle in 43 seconds.

“My ears are popping!” Emmett says as we go up. We step out onto the Observation Deck, at 520 feet above the ground, and are dazzled by the glow of afternoon sun behind Puget Sound and the Olympic Mountains. We circle the outside deck to enjoy views—sometimes via free-use telescopes and binoculars—of Mount Rainier, downtown Seattle and lively north-end neighborhoods.

“Hey, the science museum!” Emmett points. Just below us, we see the white arches of the **Pacific Science Center**. “You two want to go?” I ask. I get two enthusiastic “yes!” responses, so we return the next day to explore the science museum.

At the Tropical Butterfly House, hundreds of delicate creatures flutter overhead—and onto Isabelle, perhaps mistaking her yellow shirt for a banana. At Professor



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Wellbody's Academy of Health & Wellness, we learn about covering a sneeze in the Germnasium. (Spoiler alert: The lesson involves a kids-and-grandkids-love-it "ah-choo" and surprise water spray.)

Upon exiting the science center, we notice *Sonic Bloom*, a collection of steel flowers up to 33 feet tall, with solar-paneled centers. The art project was installed last year by Seattle City Light. The flowers gather light in the daytime, then glow pink, orange and green at night, and they give me the opportunity to discuss sustainable energy options with the kids.

Puget Sound Area: Natural Attractions

About 40 miles south of Seattle, we enter Tacoma's 765-acre **Point Defiance Park** to visit Point Defiance Zoo & Aquarium's South Pacific Aquarium exhibit, which opened a stingray touch tank last year. Cautiously, we reach into the tank to stroke yellow and Atlantic rays. They feel smooth yet squishy, like firm gelatin. Three-foot-long sharks will join the tank in June.

Next we walk down a few steps to a giant lagoon, populated by creatures such as tangs and triggerfish. A toddler walks up to the glass as a blue-and-green fish swims by. "Big like me!" the little girl shouts, and she's right. Fred, a 65-pound humphead wrasse, is roughly toddler-size, or maybe a little bigger.

Also new at the aquarium are the Eye-to-Eye Shark Dives, introduced in October. Noncertified divers ages 8 and up can do a cage dive, with air supplied from the surface, in the 240,000-gallon South Pacific Aquarium, which is home to more than 15 sharks. Certified scuba divers can swim among the sharks, one of which is a 9-foot-long lemon shark that volunteers have nicknamed Liz—like Liz Lemon, of 30 *Rock* fame.

A Puget Sound-area exploration wouldn't be complete without an all-natural experience. Emmett and I meet my friend Haley and her daughter, Charlotte, at **Snoqualmie Falls Park**, about 30 miles east of Seattle. The falls plunge 270 feet over the cliff face—making them about 100 feet taller than Niagara's famous cascades. The park completed significant renovations last fall, and it's our first time here since the upgrades. The children stroll along new ADA-compli-

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ant walkways featuring native plants such as salal and red-flowering currant. Interpretive signs provide insight into nature, history, culture and hydropower related to the falls. We head down a steep, switchbacking, six-tenths-of-a-mile gravel trail toward the base of the cataract. Many Douglas fir trunks along the trail stand above ferns and are covered with moss. "It's like the Ewok Village," I comment to Emmett. "Yeah, it's Endor," he says.

The trail leads to the new Lower Park, whose wooden viewing deck is just 900 feet from where the falls meet the Snoqualmie River, creating a fine mist. The Lower Park also has river access for kayaks, as well as a small beach and restrooms.

On the way back up, Emmett and Charlotte spot something afoot in the woods. "Deer!" Emmett whispers. At first, we adults don't see it, but then we spot the dark-brown eyes, staring quietly back at us while the black-tailed deer stands motionless. A truly magical moment, indeed. **S**

Writer Lora Shinn lives in the Seattle area. For more information on attractions and activities, see websites such as visitseattle.org, visitbellevuewashington.com, explorekirkland.com, seattlesouthside.com and traveltacoma.com.

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From Historic Cars to Big Cats

A roundup of great attractions, including the LeMay Museum and Woodland Park Zoo

When the original Ford Mustang was introduced 50 years ago, demand was so great, one dealership had 15 customers bid on the same car. The winning bidder was so afraid the car would be sold out from under him before his check cleared, he spent the night in the vehicle, according to Ford's online history.

The company's new model—which was selected as the pace car for the 1964 Indianapolis 500 and also appeared in the 1964 James Bond movie *Goldfinger*—soon became an icon of the American road.

The golden anniversary of the Mustang will be celebrated June 14 through December 31 in the exhibit "**Masters of Mustang**" at LeMay—America's Car Museum in Tacoma, about 30 miles south of downtown Seattle. The museum, which

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The Fremont Troll (fremont.com/troll), in the Fremont neighborhood north of downtown Seattle, is one of the city's most beloved sculptures. The 18-foot-tall big guy—holding a Volkswagen—lurks under the north end of the Aurora Bridge. The troll is also included in The Fremont Tour, a combination of quirky public art and improvisational street theater, May 25–October 26 (thefremonttour.com).

opened in 2012 next to the Tacoma Dome, explores how the automobile has played a distinctive role in American society and the American experience.

The Mustang exhibit will include the story of the individuals who developed the model by anticipating what young buyers would want, and will also present cultural and



The Frye Art Museum (fryemuseum.org) has an impressive collection of 19th and 20th century American, German and French paintings. The exhibit “Isamu Noguchi and Qi Baishi: Beijing 1930” is on view through May 25. Admission to the museum is free.

design achievements over the past 50 years. Cars such as the early-model Mustang shown on the facing page will be on display.

LeMay will also be spotlighting **Route 66**, in the “Dream of the Mother Road” exhibit, beginning May 3, with cars such as a 1932 Chevrolet Huckster wagon and a 1953 Chevrolet Corvette being rotated through the exhibit over the next 18 to 24 months.

In addition, the 165,000-square-foot museum presents many special events, and has a core group of cars that are typically on view, ranging from a 1906 Cadillac Model M and a 1930 Packard Eight to a 1963 Studebaker Avanti #1001 and the 1994 George

Barris Kustom Flintmobile created for *The Flintstones* movie.

The museum is one of the many attractions in the Puget Sound area. Below are some additional ideas for exploring the region.

Alki Beach Park (seattle.gov/parks) is a 2.5-mile stretch of sandy beach in West Seattle that includes a monument to the arrival at this beach of the first white settlers in what came to be called Seattle. Seattle Parks and Recreation also oversees **Jimi Hendrix Park** near the Northwest African American Museum in the Central District;

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Hing Hay Park (with a Grand Pavilion constructed in Taipei) in the Chinatown–International District; **Oxbow Park** (home to the historic *Hat 'n' Boots* sculptures—a 44-foot-wide cowboy hat and 22-foot-tall boots) in Georgetown; and **Tilikum Place** (with a lifesize 1912 statue of Chief Seattle, the city's namesake), just a few blocks from Seattle Center.

The Bellevue Arts Museum (bellevuearts.org) emphasizes the work of Northwest artists, as well as spotlighting artists in other parts of the globe. "Folding Paper: The Infinite Possibilities of Origami," featuring more than 140 works, from 45 master folders

worldwide, will be on display May 16–September 21.

Bellevue Botanical Garden (bellevuebotanical.org) is a 53-acre jewel with plants ranging from fuchsias to ferns, and specialty gardens such as an award-winning waterwise garden.

Burke-Gilman Trail (seattle.gov/parks/burke-gilman/bgtrail.htm and kingcounty.gov/



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recreation/parks/trails/regionaltrailssystem) runs more than 18 miles from Shilshole Bay in Seattle to the city of Bothell, where the trail connects with the **Sammamish River Trail**.

The 1917 Hiram M. Chittenden Locks (seattle.gov/tour/locks.htm) allow boat passage between freshwater and saltwater. You can watch boats go through the locks year-round. July–September are the best months to see salmon swimming up the fish ladder.

The Chocolate Box Tour de Chocolate (sschocolatebox.com) educates participants about chocolate, and includes a tour of Theo Chocolate's organic-chocolate factory, plus the opportunity to make your own chocolate bar.

The 7.5-acre Dunn Gardens (dunngardens.org), in northwest Seattle's Broadview neighborhood, was designed by the Olmsted Brothers, who completed their work in 1916. The shade-dappled woodland gardens and lush perennial borders are open for guided tours, by reservation, select days and times, April–July and September–October.

Emerald Downs Racetrack (emeralddowns.com) provides the opportunity to watch exciting thoroughbred racing through September 28. The premier event is the Longacres Mile, August 24 this year.

Emerald Water Anglers (emeraldwateranglers.com) guides fly-fishing trips, for novices to experts, on Washington rivers such as the Snoqualmie, Yakima and Skagit, and on Puget Sound.

Foss Waterway Seaport and Thea's Park (fosswaterwayseaport.org) commemorate the history of the Tacoma waterfront, including the accomplishments of late-19th century pioneer Thea Foss. The **Tacoma Maritime Fest** (maritimefest.org) will take place at the seaport and park, September 20 and 21, with boat tours, seminars, a boat-building competition and a shipping container kids can paint.

The Future of Flight Aviation Center & Boeing Tour (futureofflight.org) not only lets you take a tour of the jet-assembly plant, but also participate in interactive activities such as virtually designing and testing a jet.

The Bill & Melinda Gates Foundation Visitor Center (gatesvc.org), across from Seattle

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Mercer Slough Nature Park (ci.bellevue.wa.us/parks_intro.htm), along Lake Washington in Bellevue, has land trails and a water trail, an environmental-education center, a blueberry farm, guided nature walks and canoe tours. Bellevue also has a **new zip tour** (bellevueziptour.com).

Center, features exhibits that tell the stories of work being done to improve people's lives. Many exhibits are interactive, such as one in which you can lift a 16-pound water bucket and think about what it would be like to carry water to your home each day. The visitor center also suggests actions each person can take to make a difference. Special events are held throughout the year. Admission is free.

Harbor WildWatch (harborwildwatch.org), in Gig Harbor, southwest of Seattle, provides environmental education and seeks to inspire stewardship of Puget Sound via interpretive programs such as Get Your Feet Wet, Explore the Beach and Pier into the Night.

The Living Computer Museum (livingcomputermuseum.org), south of downtown, is dedicated to the history of the computer and computing milestones. The displays include many that people can interact with, including playing vintage computer games such as *Donkey Kong* and *Pong*.

Marina Park (kirklandwa.gov), on the shore of Lake Washington in Kirkland, has amenities such as a beach, a dock, a boat launch, a fishing area, a pavilion where live music is performed, and public art. It's one of the nearly 50 sites overseen by Kirkland Parks & Community Services, including nearby **Peter Kirk Park**, whose amenities include a heated outdoor seasonal pool.

Marymoor Park (kingcounty.gov/recreation/parks), along the Sammamish River near Redmond, has amenities such as birding trails, tennis courts, a velodrome, an airfield for flying remote-controlled model aircraft, a climbing rock, a concert venue and the early-1900s Clise Mansion.

Mount Rainier National Park (visitrainier.com) and the surrounding area feature activities such as hiking, biking, fishing, horseback riding, mountaineering and scenic drives. Other nationally designated sites include **Klondike Gold Rush National Historical Park—Seattle Unit**, **Mount St. Helens National Volcanic Monument**, the **North Cascades National Park Service Complex** and **Olympic National Park** (see nps.gov for more information).

The Museum of Glass (museumofglass.org) in downtown Tacoma focuses on contemporary glass art, with top glassblowing artists

from around the world demonstrating their expertise in the museum's Hot Shop. The exhibit "Coastal Alchemy" continues through January 18. An exhibit about the Irish glass-art industry is on view through September 1.

The Museum of History and Industry (mohai.org), located at Lake Union Park, highlights the history of the Northwest, with more than 4 million intriguing objects in its permanent collection. The traveling show "Chocolate: The Exhibition" will be at the museum June 14–September 28. The Lake Union area also includes **The Center for Wooden Boats**, **The Electric Boat Company**, **Northwest Outdoor Center** (kayak and SUP

rentals/classes), shops and restaurants, such as celebrated local chef Tom Douglas' **Cuoco**.

Nightlife (visitseattle.org): The numerous options include the **88 Keys Dueling Piano and Sports Bar**; **The Barrel Thief** wine and whiskey bar; the **Cowgirls Inc.** dance saloon; **The Crocodile** live-music venue; **The Parlor Bellevue** billiards and comedy club; **The Triple Door**, for live music; and **Unexpected Productions'** theatresports and improv.

Tours of Pike Place Market offered by various companies include a **history-themed tour** (publicmarkettours.com), the **Market Ghost Tour** (seattleghost.com); **Savor Seattle Food Tours** (savorseattletours.com), **Seattle Bites**

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Food Tours (seattlebitesfoodtours.com) and **Seattle Food Tours** (seattlefoodtours.com).

Ride the Ducks of Seattle (ridetheducksofseattle.com) features tours of Seattle by land and water in WWII amphibious landing craft, with sites including Pioneer Square, Gas Works Park (added to the National Register of Historic Places last year) and the *Sleepless in Seattle* floating home.

The San Juan Islands (visitsanjuans.com), about 80 miles north of Seattle, provide a relaxing, scenic getaway option—with recreation ranging from whale-watching and kayaking to cycling and hiking—that can be reached via a drive/state ferry, or the Victoria Clipper or Kenmore Air.

The Seattle Pinball Museum (facebook.com/pages/Seattle-Pinball-Museum/131237786915560), in the Chinatown-International District, features about 50 machines dating from the 1960s to 2014. Museum visitors are allowed to play all of them.

The Seattle Art Museum (seattleartmuseum.org) includes the main downtown Seattle location and the **Asian Art Museum** in Volunteer Park east of downtown, in addition to the outdoor **Olympic Sculpture Park**. "Miró: The Experience of Seeing" is on display at the downtown location through May 26. At the Asian Art Museum, "Deco Japan: Shaping Art and Culture, 1920-1945" will be on display May 10-October 19. At the Olympic Sculpture Park, installation of a major new addition is expected to be completed by the end of May. Titled *Echo* (2011), shown at right, the 46-foot-tall figurative sculpture by renowned Spanish artist Jaume Plensa depicts the mountain nymph from Greek mythology.



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Smith Tower (smithtower.com), completed in 1914, is one of Seattle's most famous buildings. The Observation Deck on the 35th floor of the structure is open to the public and provides a view of many landmarks.

Bill Speidel's Underground Tour (undergroundtour.com) is a walking tour combining history and humor. Visitors learn about late-19th century life in Pioneer Square—the city's first central business district—and see subterranean storefronts that were near sea level before civic leaders raised the street as part of rebuilding after the 1889 Great Seattle Fire. A sister tour, the **SubSeattle Tour** (subseattletour.com), Continued on page S45



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Below: The relaxing lobby at Hotel 1000.
Right: The indoor pool and whirlpool at The Westin Seattle.



All three are in downtown Seattle's retail/entertainment/business district, and less than a mile from attractions such as the Seattle Art Museum, Benaroya Hall, The 5th Avenue Theatre, The Paramount Theatre and the Washington State Convention Center.

Hotel 1000, a boutique hotel that recently introduced a new spa menu and an attractively priced \$15 to \$35 per day Pop-up Office option, is also just 3.5 blocks from historic Pioneer Square, and two blocks from the Seattle waterfront and the ferry terminal. Inn at the Market, a boutique hotel remodeled this year as it prepares to celebrate its 30th anniversary in 2015, is a serene oasis amid the bustle of famous Pike Place Market, and it is also near the waterfront. The Westin Seattle, which completed a remodel last year, is about a block from Westlake Center, where you can shop, dine and board the Seattle Center Monorail to be transported almost to the foot of the Space Needle.

HOTEL 1000,
1000 First Ave., 877-315-1088;
hotel1000seattle.com

In the inviting lobby of the luxury hotel, a front desk greeter named Chelsea is offering guests complimentary sparkling wine or cider as they check in. "What a nice way to start our anniversary-celebration weekend," my husband, Michael, comments. Chelsea

Also Notable:
Studio 1000 lounge, with a gas firepit, and the Library, with a gas fireplace, where complimentary A.M. coffee and tea are served.

also explains that the fitness room/dry sauna are open 24/7 and that the VoIP phone calls from the guestrooms are free to any place in the world. "Plus, there's free high-speed wireless Internet access throughout the hotel," she says.

We knew the contemporary property had a lot of high-tech attributes, including two golf simulators in a space known as The Golf Club, and we're discovering it has notable high-touch features, as well. We sip our "welcome" drinks while relaxing on a plush cocoa-colored lobby couch and admiring the space's

warm zebra-wood paneling, fresh flower arrangements and glass-bamboo sculpture by Seattle glass artist J.P. Canlis.

In our guestroom, whose decor includes soothing hues of gold and green, the high-tech/high-touch combination continues. The Do Not

Disturb and Housekeeping alerts are electronic. The screen of the flat-screen TV greets us by name. An electronic shade provides privacy in the bathroom, which includes a freestanding two-person soaking tub—with a rubber ducky perched on the rim.

After freshening up, we slide into a booth at BOKA restaurant + bar for our anniversary dinner. The restaurant's menu is globally and seasonally inspired, and sourced by West Coast providers focused on sustainability. The wine list pays tribute to Northwest appellations, along with some noteworthy selections from France and Italy.

Entertained by lighting that moves through a rainbow of colors in the hip space, we savor courses such as juicy, slightly smoky, certified-organic pork belly from Skagit River Ranch in Sedro-Woolley, Washington, and succulent braised lamb shank from Cattail Creek Lamb in Junction City, Oregon. Each dish is delicious and innovative. For instance, the lamb shank is served with organic cacao jus from Seattle's Theo Chocolate.

The next morning we play one of the golf simulators, selecting Australia's Royal Melbourne Golf Club from a list of more than 50 global choices. Sadly, I'm no better on a virtual course than a real one, but we have a good time, and while I'm trying to sink my

A weekday Pop-up Office with use of a large desk (bring your own devices) in Hotel 1000's meeting space, with snacks and drinks, plus valet parking and lunch if desired, is a popular option.

putts, Michael enjoys gourmet BOKA snacks such as grilled flatbread, ahi tuna *poke* and truffle fries.

Too many strokes per hole can give a gal some aches and pains, so I'm glad we booked a post-round couple's massage from the tranquil Spaahh's new menu. "Your muscles are really tight," my therapist, Holly, murmurs as she rubs in Icelandic Moonflower oil created by the Red Flower company. "Yes, I needed this," I whisper. I don't hear a word from Michael. I think he must have fallen asleep while therapist Jamie worked on releasing the tension in his back.

After our treatment, a Spaahh staff member invites us to lounge in the relaxation room because the hotel has something special for us. "Happy anniversary!" she calls as she brings in red velvet cheesecake, topped with brûléed figs and white chocolate. "Everyone gets a little treat if we

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Michael and I feel truly feted as we savor the rich cheesecake, feeding each other as we did at our wedding reception. "Yet another special Hotel 1000 touch," I enthuse, as we exchange delectable bites.

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"Talk about a view." Michael spreads his arms wide in front of our room's picture windows as if ready to embrace the scene before him, which includes barges, tugboats and ferries on Puget Sound; the red Public Market sign; the Seattle Aquarium; The Seattle Great Wheel; the tops of the Seahawks' and Mariners' stadiums; and the snow-swathed Olympic Mountains.

From our eighth-floor west-facing room and from the fifth-floor garden deck—open to all guests—the view is one of the best in the city. The seascape alone would make us delighted with our lodgings, and it's complemented by the hotel's renovation, which includes new custom furniture, such as reclaimed-wood work desks; custom-woven carpets; and Italian-tile bathrooms with walk-in showers

and vessel sinks. New windows are designed to better showcase the views, which for in-

terior rooms feature a charming courtyard with a fountain and benches. Guestroom remodels are scheduled to be completed this month, and the rest of the hotel by February.



The goal of the remodel is "modern ambiance and gracious style" that evokes the natural colors and light of the Northwest, such as hazelnut, cerulean blue and amber. The overall effect is airy and peaceful. The soundproofing must be good, too,

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since within our room we hear nary a sound from the market activity surrounding the inn. "This place is a find," Michael says.

The pleasure of exploring the market finally lures us from our window. We taste local produce, and wander into shops such as The Spanish Table, Oriental Mart, Saffron Spice and Bavarian Meats. On a street corner, a bearded guitarist simultaneously strums the strings, plays the harmonica and keeps a hula hoop going. Then he balances the guitar on his head and plays the instrument's neck while singing what he introduces as "the saddest blues song you ever heard."

"Oh, no ... broccoli ... for dinner ... again. ..." he mourns soulfully.

We like broccoli, and wouldn't mind it for dinner, but it originated in the Eastern Mediterranean and Asia Minor, according to an Internet search, and our plans tonight are to travel to France by way of Cafe Campagne, one of the three market restaurants where you can charge your meal to your Inn at the Market room.

The cozy, Parisian cafe-like restaurant has a four-page wine list, with selections from top European wine regions as well as the Northwest. The mineral water is Saint Geron, from France's Auvergne region.

We start our meal with hearty but not heavy carrot soup; firm yet tender calamari sautéed in olive oil, garlic, parsley, capers and lemon; and crisp market greens. My marvelous main course is a juicy pan-roasted hanger steak with sautéed spinach and pommes frites, and Michael graciously parts with a sample of his moist, pan-roasted chicken. We make plans to return and try the signature cassoulet.

As we're lazing in the hotel lobby the next morning—viewing artwork by Northwest masters Guy Anderson and Kenneth Callahan, and working up the willpower to depart—we see General Manager David Watkins and express our pleasure at the inn's ambiance and location.

"Yes, guests tell us they can go to an exhibit at the Seattle Art Museum, shop at the market's specialty stores, come back and have dinner at Cafe Campagne, and feel like they've been around the world," he agrees.

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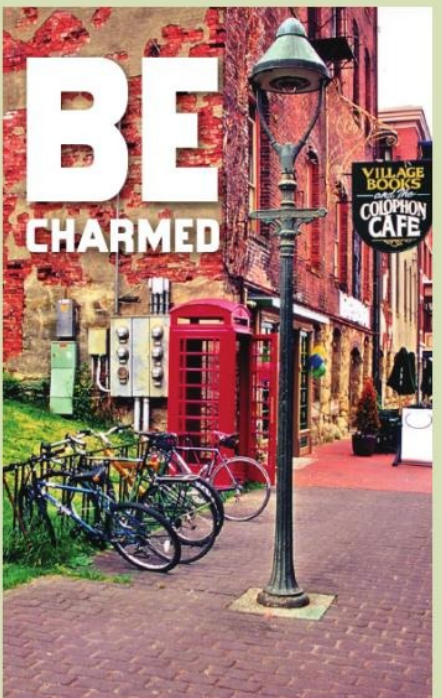
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Stencil-like words projected onto the bronze-colored carpet near the concierge desk at the Westin invite us to "Play Well." Near the hotel's Relish restaurant, which opened last year as part of an extensive remodel of the two-tower property, we see the phrase "Eat Well."

"Work Well," "Feel Well" and "Move Well" are projected near the row of front desks, while words near the elevator encourage us to "Sleep Well."

The Westin prides itself on supporting healthy lives, with the overarching goal that guests "Be Well."

Michael and I start with "Feel Well," our spirits immediately lifted by our high-floor guestroom with its view of Puget Sound and the Olympic Mountains, the Space Needle, and the Seattle Monorail zooming by on the track below.

The Heavenly Bed in our accommodations—whose renovation included nature-inspired hues designed to create a balance of energy and calm—promises that we will sleep well.

I sit in the ergonomic chair at the long desk to review a guest-services booklet that describes room-service options such as "Super Foods Rx dishes."

Inspired by the wellness idea, Michael suggests we work out before dinner in the two fitness studios. One has a large array of equipment (plus cold neck towels); the other, weights, mats and balls. Then we enjoy a swim through the silky-smooth water of the heated indoor pool and a soak in the nearby whirlpool.

We play well before dinner by challenging each other with trivia questions in the large lobby, whose picture windows provide people-watching entertainment. Guests

with laptops and smartphones take advantage of the complimentary lobby Internet access or chat at the long lobby bar.

Michael and I also have a great view of pedestrian traffic from our seats at Relish, where we order a mix of healthy and indulgent dishes: fresh tossed greens and crispy calamari; charred Brussels sprouts and sweet potato fries; grilled steelhead salmon and the Relish Signature Burger, topped with onion rings, bacon and Beecher's peppercorn cheese.

We sleep so well in the Heavenly Bed that

we're startled when the alarm goes off. "They're going to have to kick me out," announces Michael as he slinks back under the sheets.

I cajole him into getting up because before our stay we arranged to rent from the hotel, for just \$5 each, New Balance shirts, shorts, socks and shoes (we get to

keep the socks), which were waiting for us in our room when we arrived.

"Come on—three-mile power walk to and from the Olympic Sculpture Park and Myrtle Edwards Park—the concierge gave us a map," I remind my spouse.

Within a few blocks of the hotel, we're in our outdoor-exercise groove. "This is invigorating. This is a great way to spend a morning," Michael remarks as we boost cardio fitness amid views of Elliott Bay and works of contemporary art.

When we return the map to the concierge, she's full of positive reinforcement. "Here's two towels and bottled waters, and an encouraging pat on the back—way to go!" she says. During this stay at the Westin, we're doing very well, indeed.

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Michele Andrus Dill is the senior editor of Alaska Airlines Magazine.

 **Also Notable:**
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SMILE ZOOM RELAX

(REPEAT)



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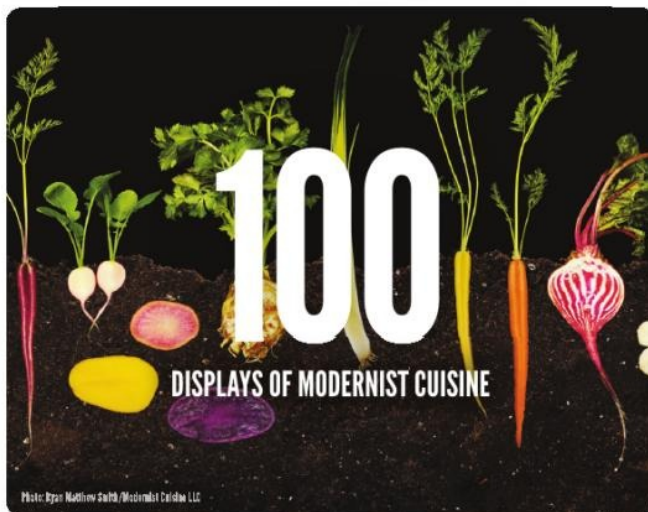
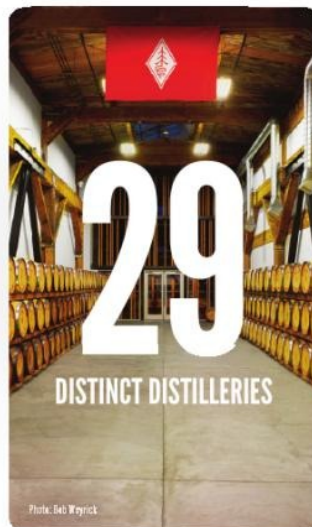
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Diners enjoy a meal
at Miller's Guild.

RINA JORDAN

DYNAMIC DISHES

BY PAUL CLARKE

Seattle is known for culinary creativity, and the region's dynamic food scene continues to grow and develop. From highly anticipated downtown debuts to intriguing options in other neighborhoods, here are four restaurants worth adding to your Seattle-area itinerary.



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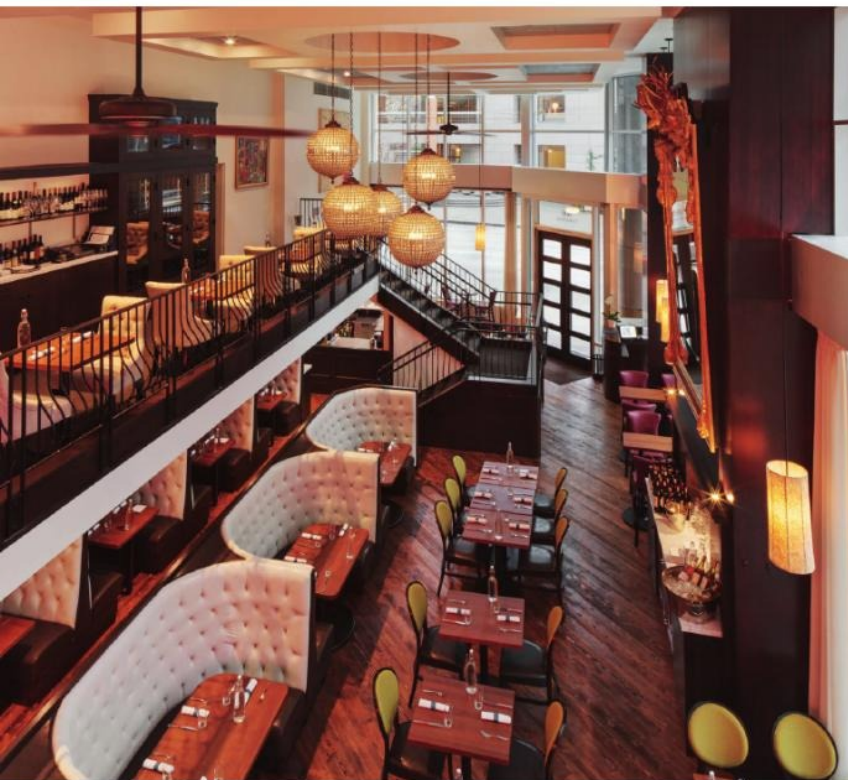


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Above: Creative sushi cones from Joey Kitchen. Left: The appealing dining room at Loulay. Below: Bone-in rib-eye with asparagus from Woodman Lodge Steakhouse & Saloon.

MILLER'S GUILD, 612 Stewart St., 206-443-3663; millersguild.com

It's a crisp evening in downtown Seattle as a sunny spring day turns to night, but we're warmed by the blazing Inferno at Miller's Guild. The nine-foot-long wood-fired grill is not only the focal point of the restaurant—guests can sit at a 16-foot-long maple counter to enjoy the display—but it's also at the heart of the nose-to-tail menu offered by James Beard Award-winning chef/partner Jason Wilson, whose Crush restaurant in Seattle will celebrate its 10th anniversary next year.

Wilson's cuisine is enhanced by selections from a wine list that is as global as it is formidable—not surprising, considering that renowned sommelier Jake Kosseff is the managing partner in the restaurant.

Since the restaurant's December debut in Hotel Max, Miller's Guild has attracted a steady stream of locals and out-of-town visitors to sample the steaks, chops and seafood arrayed above the Inferno's glowing coals on a system of crank wheel-adjusted grills, along with meats and vegetables braised in covered metal dishes nestled amid the hot cinders.

The restaurant's rustic-modern decor reflects the kitchen's reliance on wood, as—surprisingly—does the bar menu. Created by Alex Negranza and Bex Karnofski, it includes drinks featuring products from local distilleries—gin, vodka and other spirits—that have been oak-aged in-house, the barrels on display above the bar.

My wife, Leonora, and I settle in at the counter to watch the kitchen team as we start with cocktails. I order a Golden Age—a mixture of cask-aged gin with robust Italian vermouth and a bitter French aperitif—while Leonora sips a Haymaker's Punch, with rum and a tart ginger-apple shrub.

From the dinner-menu choices, we see that even appetizers and vegetable courses find their way to the massive grill, and we start with coal-roasted beets that are balanced with the fresh flavors of dill, mint and horseradish cream. We also share a salad of shaved kale—bearing the crispness and smoke of a brief encounter with the grill—that is enriched with merguez sausage, hazelnuts and currants, and brightened with lemon and mint.

Miller's Guild also has plenty of vegetable options,



(CLOCKWISE FROM TOP LEFT) SPIKE MAFFORD; COURTESY: JOEY KITCHEN; RINA JORDAN

but the restaurant is particularly well-gear­ed for carni­vores—the whipped lardo that accom­pa­nies a plate of focaccia even brings the bread course into the scheme—and we discover the chef’s mas­tery of meat with the arrival of our entrees. My smoky, tender, 75-day dry-aged prime New York steak, sourced from California’s Niman Ranch, is accented with bright spices

Also Notable:
Offers 75-day
dry-aged prime
Niman Ranch bone-in
rib-eye service for two.

and accompanied by housemade “motoraioli,” featuring drippings from meat and veggies on the grill. Leonora’s savory beef short ribs from Niman Ranch are played against a preparation of horseradish and tart yuzu. For accompaniments, the earth-

iness of roasted and smoked maitake mushrooms is complemented by a puree of sweet onion and a *sous vide* soft-cooked egg. A decadently rich side of Gruyère mashed potatoes is another noteworthy option.

The mighty flavor tones of the entrees have a foil in the delicate and sometimes playful dessert menu, with options including a “Snickers Bar” of chocolate cake and salted caramel mousse, and a PB&J bread pudding prepared with a housemade doughnut, raspberry sauce and vanilla ice cream.

The food at Miller’s Guild is big and bold—the kind of flavor muscle that’s a welcome addition to

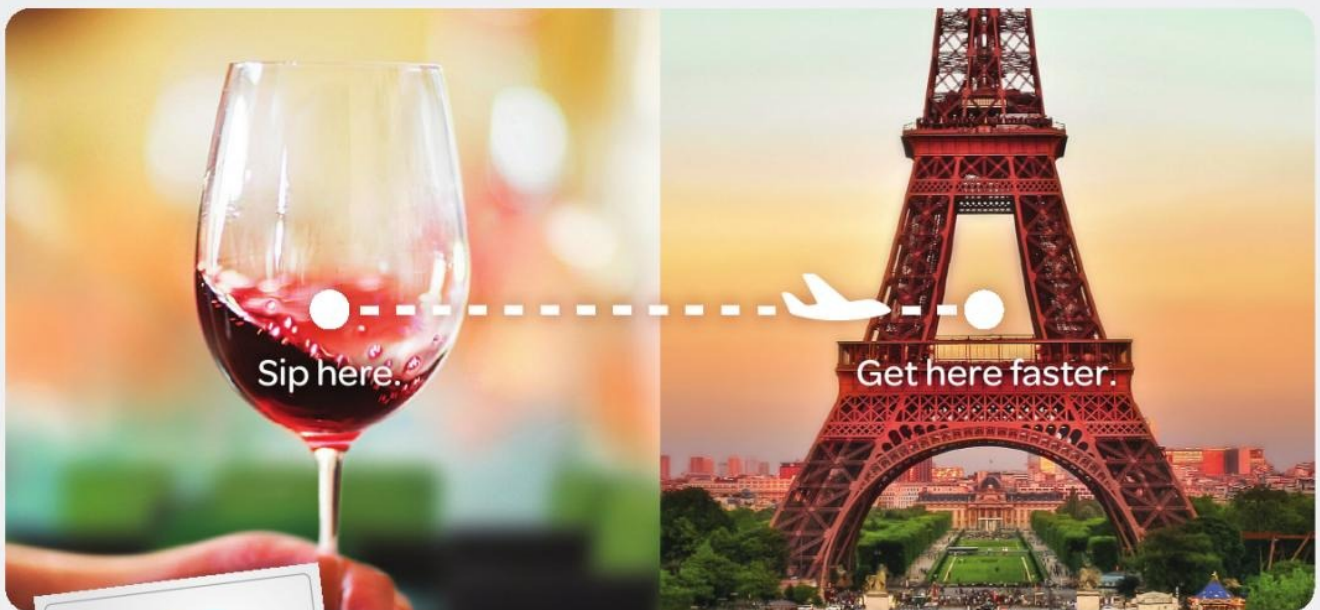
Seattle’s restaurant culture. In the summer, outdoor-patio dining is available, for those seeking a breeze or sun-generated warmth.

LOULAY KITCHEN & BAR, 600 Union St., 206-402-4588; thechefinthehat.com/loulay

Tuesdays are typically a slower night for restaurants, but when we step into the dining room at Loulay, the restaurant’s energy makes it feel like the week has fast-forwarded to Friday.

Since opening in December at the Sheraton Seattle Hotel, Loulay has brought the flavor of small-town France to downtown Seattle. Named for Saint Hilaire de Loulay, the hometown of chef-owner Thierry Rautureau, Loulay is a lively and expansive space that combines culture and comfort. An enormous chandelier hangs from the 25-foot-high ceiling; a massive 11-by-7 gilded mirror adorns one wall; and it seems like Rautureau’s signature fedora can be seen all around the dining room as he moves among the tables, greeting guests both longtime and new.

There are plenty of the former—Rautureau, a James Beard Award winner, is a Seattle institution, with his now-closed restaurant Rover’s having served guests for a quarter century, and his other venture, the bistro-style Luc, remaining a local favorite. With



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the downtown debut of Loulay, he is adding another layer to his already impressive fan base.

Leonora and I take our seats on a curving white-leather banquette and sip a Waitsburg Cellars' lively Chenin Blanc, from southeastern Washington, as we consider the extensive menu, filled with dishes designed for sharing. We embark with a plate of oysters, served with a classic mignonette and two inspired variations: The first is prepared with ruby pomegranate seeds, and the second has Vietnamese flourish, with fish sauce, tomato and a flash of chile heat. We follow the oysters with a grilled-endive salad in which the sweetness of caramelized apple is countered by the tart tang of a mustard-thyme vinaigrette.

For the second course, we opt for the simplicity of seared white polenta that's given depth with wild mushrooms and a vegetable demi-glace, plus a snap of salty richness via a Parmesan crisp. Our other second-course selection is tender pappardelle supporting a luscious mixture of braised rabbit, trumpet mushrooms, cipollini onions and bitter mustard greens.

I switch gears to a floral Loire Valley Cabernet Franc in preparation for my main course, a dish of duck served three ways: slices of seared breast, leg confit and savory duck sausage. The duck is accompa-

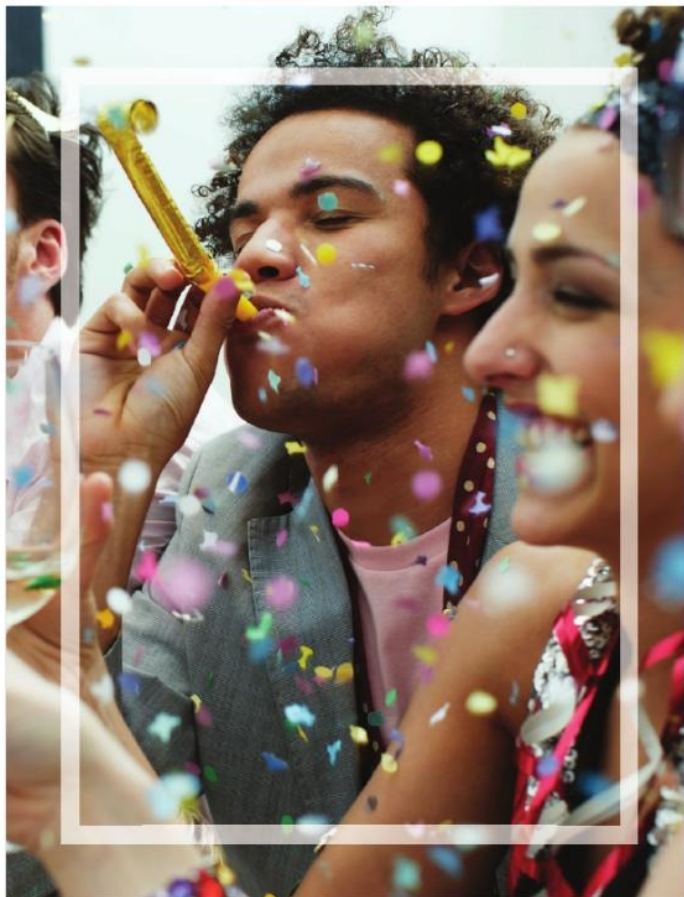
Rautureau is called "the Chef in the Hat" because his wife and co-owner, Kathleen, gave him a fedora for Christmas many years ago. When Rautureau entered Rover's with the fedora on, a diner said, "Look, it's the chef in the hat."

nied by a demi-glace enriched by a cassis puree, and a side of flageolet beans.

Leonora's albacore tuna is a lesson in the artistry of nuances—the delicately flavored fish served with celery-root puree and the gentle umami nudge of miso nage.

The dessert menu provides plenty of opportunities to indulge, including a warm pear tart Tatin with buttermilk ice cream or a crème caramel with toasted meringue and streusel, but during one of his pauses at our table, Rautureau tells us about a personal favorite, and that's what we order.

The Chef's Hot Chocolate is a deep and rich cup of simple chocolate, served with a slender stick of toasted brioche. The chef instructs us to spread salted butter on the brioche and then dip the brioche into the drink—comfortable, yet indulgent, and a summary of the Loulay experience in a single dish.



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The scenic Snoqualmie Valley, in the Cascade Range foothills east of Seattle, is a popular recreation destination, with golf courses, hiking trails, a spectacular waterfall and even a train museum.

Located in a 1902 building in the heart of the city of Snoqualmie, about 30 miles east of Seattle, Woodman Lodge pays tribute to the pioneers who helped settle this valley, laying railroad tracks through the mountains, mining coal, constructing power plants and harvesting timber for the growing community. At the time the restaurant's building was constructed, Snoqualmie was one of the world's most productive timber regions, and the lodge was built to house a fraternal order of woodmen.

Photos of early lodge members—with handlebar moustaches, and holding axes while dressed in early 1900s lumberjack finery—adorn the restaurant's walls, and the period decor is reinforced by the hammered-tin ceiling and assorted mounts of wildlife taxidermy, ranging from a chinook salmon on one wall to a grizzly that keeps watch over an upstairs dining room.

The restaurant blends upscale neighborhood lounge with destination steakhouse, and a menu featuring steaks, ribs and Northwest seafood such as Alaska sea

scallops also regularly includes wild game. Given the number of diners here on a busy Friday night, it's clear the menu is well-received.

We start with a steakhouse classic: a wedge salad, made from a half head of romaine lettuce that's flash-charred on the grill, drizzled with blue cheese and strewn with crunchy bacon.

Leonora considers the porcini-crusted half chicken with sautéed wild mush-

Also Notable:
Serves Montana grass-fed-buffalo rib-eye, as well as bacon-wrapped elk medallions.


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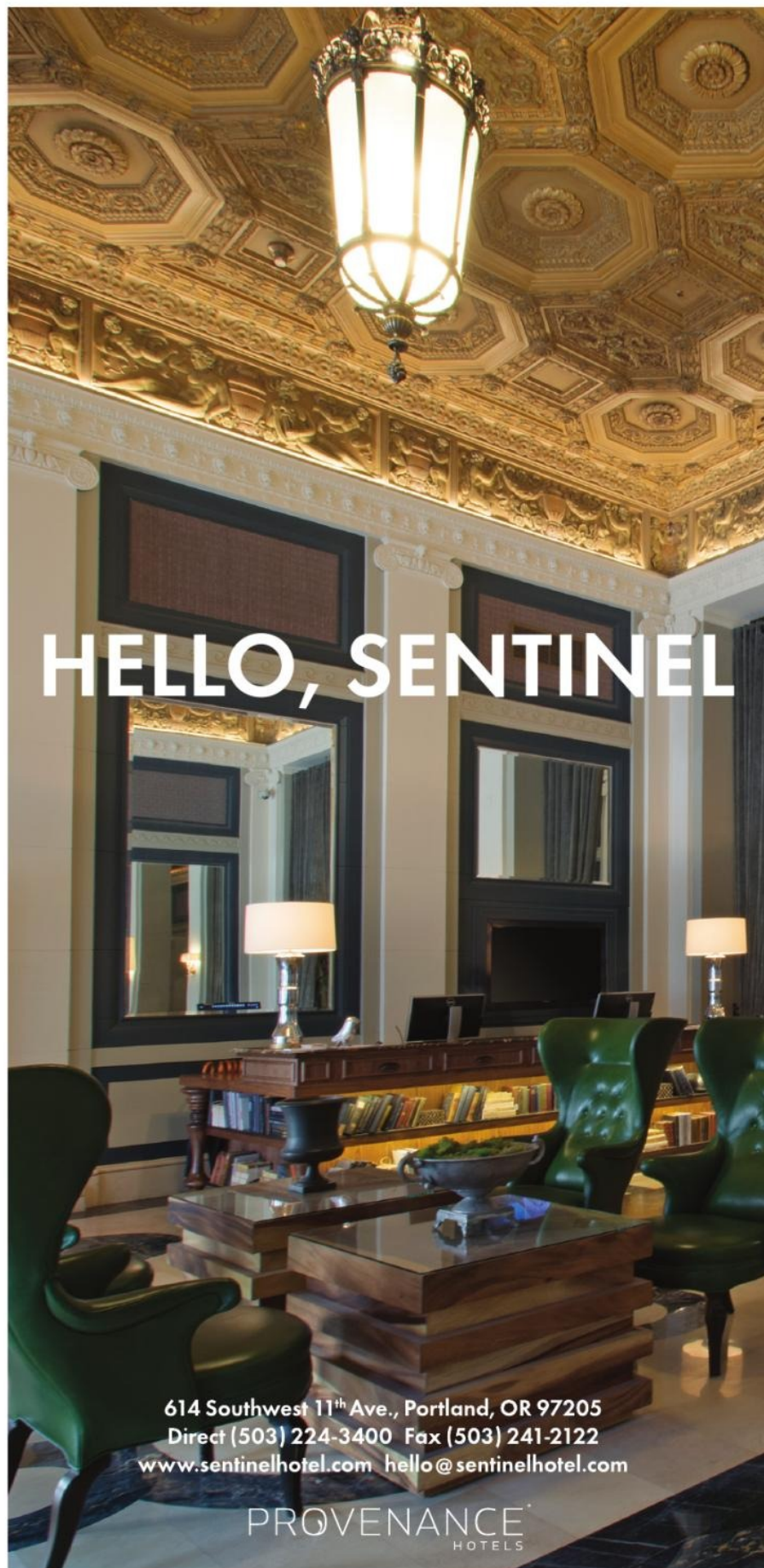
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rooms before deciding on beef. Her prime rib, tender and silky, arrives with spicy horseradish and a fragrant mound of rosemary fries.

I've followed the waiter's recommendation and opted for the evening's wild-game special: a rack of mustard-crusted wild boar. The robust spice of the seasoning balances the lean earthiness of the meat, and the accompanying glass of St. Supéry Cabernet, one of the many wine choices, provides an additional flourish of flavor.

Having started our meal with a classic steakhouse salad, we finish it in a similar comfort-food manner—with a dark and rich molten chocolate cake.

JOEY KITCHEN AT UNIVERSITY VILLAGE, 2603 NE 46th St., 206-527-6188; joeyrestaurants.com/kitchen-at-university-village

The University Village shopping center, in the University District north of downtown Seattle, has long been a gathering place for Seattle-area residents, and the center's recent expansion—which includes the opening of Joey Kitchen—has further bolstered University Village's appeal.

Restaurants owned by the Vancouver, British Columbia-based Joey Restaurant Group are

Also Notable: Joey Restaurants Executive Chef Chris Mills has twice presented dinners at the James Beard House.

longtime staples of upscale casual dining in cities such as Calgary and Edmonton, Alberta, and Vancouver, B.C., and Joey Kitchen—one of three Joey sites in the Puget Sound region—is the designated "test kitchen" for the Seattle-area locations and for the Los Angeles restaurant opening in 2016.

Joey Kitchen features dishes that are under development before being introduced to a wider audience, giving diners an early opportunity to taste the restaurant's newest creations and offer feedback.

A large, open kitchen occupies one end of the restaurant's clublike space,

with line chefs working grills and stations in view of the dining room. At one end of the line, a sushi chef cuts morsels of fresh fish.

Leonora and I sit at a bistro table near the sushi station (there is also a separate dining room), and she sips a Pimm's Cup sweetened with limoncello and vodka, and fizzed with ginger ale, while I have a glass of Precept Wine's Columbia Valley Cloud Cap Pinot Gris. It's served on tap as part of the restaurant's Barrel Fresh program, which includes red and white wines by the glass from a special keg system designed to ensure freshness.

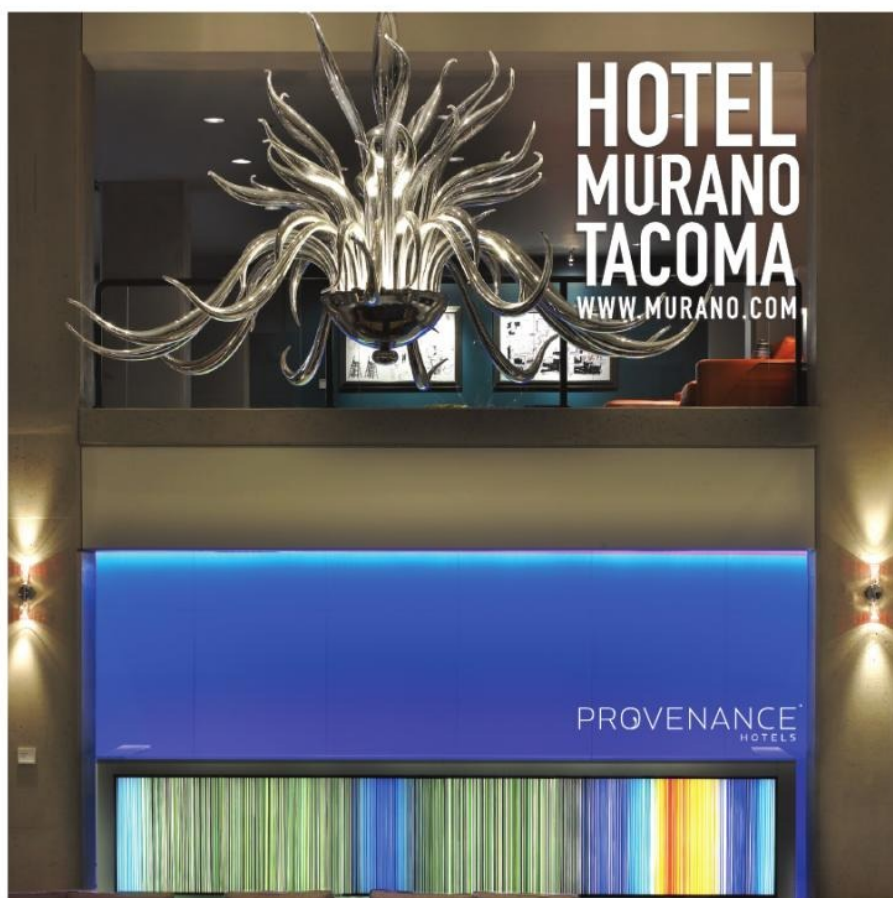
The menu is a mix of casual classics—burgers, steaks, sandwiches and pastas—and fare that takes a range of creative and often international directions. We start with tender gyoza filled with minced pork and vegetables, enlivened by hot mustard, with satisfying depth from soy broth. The wonderful test-kitchen starter of tuna tataki comprises seared ahi, sliced and served atop a nest of julienned carrot and green papaya, and drizzled with a tart yuzu dressing, with accompanying avocado slices, cubes of mango and slivers of serrano chiles.

A duck-prosciutto sandwich comes with the gentle sweetness of teriyaki sauce—a sweetness echoed by the sandwich's fruit-nut bread. The saltiness of the prosciutto underscores the duck's savory elements.

We take another international turn with an aromatic dish of Indian butter chicken. The cubes of tender chicken swim in a rich, red tomato broth dotted with a dollop of yogurt, and the dish is served with fragrant rice cooked with almonds and currants, as well as a slice of grilled naan.

Apple pie and chocolate soufflé are among the dessert options, but the sunny weather outside encourages us to order the key lime pie—the fruit's tangy brightness piercing through the indulgent spoonfuls of vanilla whipped cream. **S**

Writer Paul Clarke lives in Seattle.





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Continued from page S22 is done by bus and provides a look at "offbeat neighborhoods and sights."

Stadium tours of CenturyLink Field, home of the **Seahawks** and **Sounders FC** (centurylinkfield.com/tour-centurylink-field), and **Safeco Field**, home of the **Mariners** (seattle.mariners.mlb.com/sea/ballpark/safeco_field_tours.jsp), provide a behind-the-scenes look.

U.S.S. Turner Joy (ussturnerjoy.org) on the Bremerton waterfront, west of Seattle, is a Vietnam War-era destroyer maintained as a museum. Visitors can explore almost the entire ship.

The University of Washington (washington.edu/discover/visit), north of downtown, was the site of the 1909 Alaska-Yukon-Pacific Exposition. University performing-arts events and museums are open to the public, including the **Burke Museum of Natural History & Culture** (burkemuseum.org). Founded in 1885, the Burke Museum is Washington's oldest; its collection includes more than 15 million specimens and artifacts. Through October 26, the museum is presenting "Imagine That: Surprising Stories and Amazing Objects from the Burke Museum." The university's **Waterfront Activities Center** rents canoes and rowboats to the general public for paddling Lake Washington and Washington Park Arboretum waterways.

The Washington State History Museum (washingtonhistory.org) in Tacoma, with roots going back to 1891, has excellent living-history exhibits that bring the past to life. The permanent "Great Hall of Washington History" features many interactive displays, such as a video journey down the Columbia River and a computer station where you can learn Native words.

The Wing Luke Museum of the Asian Pacific American Experience (wingluke.org), a National Park Service "affiliated area," gives visitors the opportunity to view spaces such as the kitchen and Mahjong room in the historic 1910 hotel where many immigrants first found shelter in America. The museum, located in the heart of Seattle's Chinatown-International District, also offers guided walking tours, such as the **Touch of Chinatown**

Tour and the **Songs of Willow Frost Tour**, based on Jamie Ford's newest novel. Current exhibits include "Grit: Asian Pacific Pioneers Across the Northwest," through October 19.

Woodinville Wine Country (woodinville-winecountry.com), northeast of downtown Seattle, is home to more than 100 wineries and tasting rooms. A self-tour map is available, and so are guided tours. Special events in Woodinville Wine Country include the **Chateau Ste. Michelle Summer Concert Series** (ste-michelle.com), featuring big-name artists, and the **Celebrate Woodinville Summer Event Series** (celebratewoodinville.com), including concerts. Other attractions include the **Adventura Aerial Adventure Park** (climbing course, aerial trekking, at-height obstacle course; adventuraplay.com); **Redhook Brewery tours** (redhook.com/breweries/woodinville-brewery); and **Woodinville Lavender** (with seasonal U-cut opportunities; woodinvillelavender.com).

—Michele Andrus Dill & Madison Cavell



RYAN HAWK / WOODLAND PARK ZOO

Woodland Park Zoo (zoo.org), in Seattle's Green Lake neighborhood, presents about 1,000 individual animals representing more than 300 species from around the world. The zoo is opening a new cheetah exhibit with two female cheetahs, May 1, while three jaguars (shown above) that celebrated their first birthday in March will be on display until they go to new zoo homes. The zoo's four new Asian small-clawed otter pups, born in January, have joined their parents and four older brothers (named Sherman, Thomas, Chancellor and Maxwell in honor of the Super Bowl-winning Seahawks lineup) on view in the Bamboo Forest Reserve. **ZooTunes concerts** take place June through August each year.

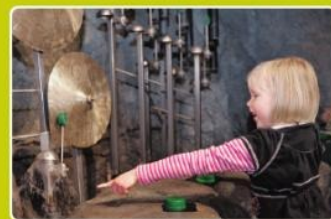
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Alaska Airlines flight attendants perform a dance during a past Torchlight Parade.

Alaska Airlines Seafair Torchlight Parade

The Alaska Airlines Seafair Torchlight Parade will be a signature event during the 65th-annual Seafair celebration this year. Taking place July 26, the parade will include giant balloons, clowns, equestrian units, pirates and bands, along with drill teams representing local communities.

The parade will start at 7:30 P.M. at Seattle Center and march a 2.5-mile route along Fourth Avenue to the Pioneer Square neighborhood. Related events on July 26 will include FanFest, with float displays, entertainment, booths and free vendor samples at Seattle Center from noon to 6 P.M., and the 8K and 5K Torchlight Run at 6:30 P.M. along the parade route.

The Seafair summer celebration also includes events such as the Seafair Pirates Landing at Alki Beach; a triathlon; a milk-carton derby; an SUP competition; the Miss Seafair Scholarship Program for Women Coronation; Fleet Week, with its Parade of Ships, July 30–August 3; and Seafair Weekend, August 1–3, with exciting hydroplane racing and an air show featuring the U.S. Navy Blue Angels. Contact: 206-728-0123; seafair.com. —Michele Andrus Dill

BURGEONING SPORTS TOWN

Sports fans will find a variety of options in the Emerald City. The following is a look at Seattle's leading professional sports teams. —Jeff Bond

Seattle Mariners (mariners.com)

The Mariners made one of the biggest splashes in Major League Baseball this off-season by signing All-Star second baseman Robinson Canó, above, who will join Cy Young Award-winning pitcher Felix Hernandez in leading a young and talented roster.



Seattle Sounders FC (soundersfc.com)

Superstars Clint Dempsey, left, and Obafemi Martins, who both joined the team in 2013, are expected to create plenty of excitement and help the Sounders make a run at qualifying for the MLS playoffs for the sixth consecutive year in 2014.



Seattle Seahawks (seahawks.com)

Following their 2014 Super Bowl victory, the world champion Seattle Seahawks hope to contend for a second Super Bowl ring in the upcoming season. While free-agent departures have cost the team important players, safety Earl Thomas and cornerback Richard Sherman are expected to anchor one of the NFL's best defensive squads, and quarterback Russell Wilson, left, will lead a potent offense that includes running back Marshawn Lynch and wide receiver Percy Harvin.



Seattle Storm (wnba.com/storm)

Star Lauren Jackson will be out for the season, leaving veteran point guard Sue Bird, left, to lead a Storm team ready to rebound from a 17-17 season in 2013. The Storm added scoring ability and veteran presence by acquiring All-Star forward Crystal Langhorne from the Washington Mystics. Langhorne should add strong post play during Jackson's absence. The Storm's home opener will be May 16 against Los Angeles.



Seattle Reign FC (reignfc.com)

With a retooled roster and a healthy Hope Solo, left, as goalkeeper, Reign FC is considered one of the National Women's Soccer League's most improved teams. The Reign's roster includes U.S. National Soccer Team members Stephanie Cox, Sydney Leroux, Megan Rapinoe and Solo, as well as Scottish National Team star Kim Little.

[CLOCKWISE FROM TOP LEFT] ROD MAR; SEATTLE SOUNDERS: SEATTLE SEAHAWKS: KEVIN C. COX / GETTY IMAGES SPORT; NEIL ENNS / STORM PHOTOS; BEN VAN HOUTEN / SEATTLE MARINERS

ROOM WITH A VIEW

For one of the best public viewing areas west of the Mississippi, visit the **Sky View Observatory** on the 73rd floor of the Columbia Center, downtown Seattle's tallest building. Located nearly 1,000 feet above the ground, the observatory offers a 360-degree panoramic vista that not only includes Bellevue, Seattle and Puget Sound, but also offers views of the Cascade Range, Olympic Mountains, and such peaks as Mount Baker and Mount Rainier. Contact: 206-386-5564; skyviewobservatory.com.



The P51-D Mustang at the Flying Heritage Collection.

WORLD WAR II HISTORY

Have you ever wondered what a P51-D Mustang or an M-41 Medium Sherman Tank looks like up close? The Flying Heritage Collection at Everett's Paine Field will give you the chance to view these famous World War II machines. The collection, owned by Microsoft co-founder Paul Allen, focuses on technology from the 1930s and '40s. It includes 22 combat aircraft, three tanks and many other rare World War II artifacts such as a V-2 Rocket. Contact: 206-342-4242; flyingheritage.com.

Northwest Art

The Tacoma Art Museum, which celebrates its 80th anniversary in 2015, presents "A Punch of Color: Fifty Years of Painting by Camille Patha," the first retrospective of the Seattle artist's work since 1979. The exhibit showcases her bright and colorful gestural abstraction style, which will be on display through May 25.

Another special Northwest exhibit at the museum this year is "Photographic Presence and Contemporary Indians: Matika Wilbur's Project 562," which runs May 15–October 5. This work-in-progress is a collection of photographic images of contemporary American Indians by the Seattle-area artist Wilbur, a member of the Swinomish and Tulalip tribes. Her goal is to photograph members of all 562 federally recognized tribes in the United States.

The Tacoma Art Museum, located about 30 miles south of Seattle, includes a permanent collection of more than 4,400 works in a broad range of aesthetic media—from Northwest artist Dale Chihuly's glass collection to Kenjiro Nomura's works depicting Japanese-American internment during World War II, as well as paintings by European masters Degas and Renoir.



Camille Patha's *The Juicier the Berry*.

A photograph of Stephen Yellowtail of the Crow Tribe by Matika Wilbur.



In November, the museum is scheduled to open a new 16,000-square-foot wing. The sustainable and energy-efficient structure will house the Haub Family Collection of Western American Art—about 280 works by artists such as George Catlin and Georgia O'Keeffe—as well as an interactive gallery, sculpture hall and visitor orientation room. Contact: 253-272-4258; tacomaartmuseum.org. —Jordan Ilarde



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SHOPPING

The Puget Sound area has excellent destinations for finding exactly what you need. Below are a few examples:

The Bellevue Collection, in the city of Bellevue, about 10 miles east of Seattle, features 250 shops, two luxury hotels, more than 25 sit-down restaurants, a 16-screen cinema, a bowling alley and a billiards parlor/comedy club. Some recent store openings at The Bellevue Collection include the world's only Farinaz Taghavi store; the United States' first Ivivva store; and Washington state's first Intermix, Max Mara and OroGold stores. New restaurants include Kaisho and Cactus; bellevuecollection.com.

At **The Bravern**, also in Bellevue, Gucci is scheduled to open an 8,000-square-foot location in July; Moncler is scheduled to open mid-summer; and Hermès is planning to expand to 9,300 square feet in spring 2015. The Bravern offers about a dozen shops, including the Northwest's only Neiman Marcus, along with a gym and top restaurants such as John Howie Steak; thebravern.com.

At the open-air **University Village**, in the University District, north of downtown Seattle, five additional floors of free parking make it even easier to shop at the 100-plus retailers, including 10 new stores and four new restaurants. The shopping center is the only Seattle location for the new stores Bluemercury, Scotch & Soda, Calypso St. Barth, Nike Running and Hot Mama; uvillage.com.

Enjoy shopping before or after your flight at **The Shops at Sea-Tac**, which include nearly 50 eating establishments, such as Anthony's, and about 30 acclaimed retailers, such as ExOffice; seatacshops.com.

ACCLAIMED FILM FESTIVAL
An African Pictures program, a Films4Families series, a Midnight Adrenaline series and a short-film challenge with the theme "Seattle, I Love You" will be highlights of the Seattle International Film Festival as it celebrates its 40th year of bringing extraordinary films from around the world to the Emerald City. • More than 270 feature films and 160 short films from more than 80 countries will be shown at this year's festival (May 15–June 8), whose sponsors include Alaska Airlines. Festival attendance of more than 150,000 makes SIFF one of the best-attended film festivals in the United States. Contact: 206-464-5830; siff.net.



CALENDAR

Teatro ZinZanni: circus/comedy/cabaret dinner theater. Celebrating its 16th season in Seattle, the theater presents *On the Air*—a trip back to the Golden Age of radio that includes acrobats and music—through June 1. 206-802-0015; zinzanni.com/seattle.

Nordic Heritage Museum, Ballard neighborhood: The exhibit "Danish Modern: Design for Living" features unique Danish furnishings from the 1950s and 1960s,

May 16–Aug. 31. 206-789-5707; nordicmuseum.org.

Northwest Trek Wildlife Park, Eatonville: This 725-acre, 200-plus animal park is open year-round and offers popular tram tours. The park's annual Slug Fest will be June 21–22. 360-832-6117; nwtrek.org.

Northwest Folklife Festival, Seattle Center, May 23–26: Enjoy cultural events, music, dance, film, author readings and lectures.

This year's event includes a celebration of India. 206-684-7300; nwfolklife.org/festival.

Town Hall: Upcoming events include "A Reading with Anne Carson," May 13; "An Evening with Rebecca Solnit," June 5; "The Lake Union Civic Orchestra performs Beethoven, Liebermann & Chagnard," June 13; "Mary Mackenzie: Pierrot Lunaire & New Works," June 24. 206-652-4255; townhall-seattle.org.

Skagit Tours, from Seattle City Light: Enjoy a boat tour on spectacular Diablo Lake in North Cascades National Park, 135 miles northeast of Seattle, Thursdays through Mondays, July 3–Sept. 15. Tours include lunch featuring organic and locally sourced ingredients. Other Skagit Tours include North Cascades Explorer Tours and historic Newhalem Walking Tours, all on select dates. 360-854-2589; skagittours.com.

CALENDAR

Bite of Seattle, Seattle Center, July 18–20: The event, for which Alaska Airlines is a sponsor, includes a weekend filled with gourmet delights from Puget Sound-area restaurants. 425-295-3262; biteofseattle.com.

Pacific Northwest Scottish Highland Games and Clan Gathering at the Enumclaw Expo Center, July 26–27. The event features Celtic arts, athletic competitions, combat exhibitions, traditional music and more. 206-522-2541; sshga.org.

Seattle Beckett Festival: From August through November, nearly 20 theater companies around Seattle will celebrate Samuel Beckett by producing his plays, performing readings of his works, screening his films and more. seattlebeckettfest.org.

Bumbershoot: Arts in the Great Northwest, Seattle Center, Aug. 30–Sept. 1: Billed as North America's largest urban arts festival, with music, theater, dance, visual arts, film and comedy. 206-673-5060; bumbershoot.org.

Washington State Fair, Puyallup, Sept. 5–21: The fair features rides, food, livestock exhibits, concerts and a professional rodeo. 253-845-1771; thefair.com.

Seattle Children's Theatre, Seattle Center. The theater features *Art Dog*, through May 18; The 2014-15 Season includes *The Garden of Rikki Tikki Tavi*, Sept. 25–Nov. 9; *Dick Whittington and His Cat*, Nov. 13–Dec. 21; *Mwindo*, Jan. 22–Feb. 15; *Goodnight Moon*, Mar. 5–Apr. 19; *Robin Hood*, Apr. 16–May 17. 206-441-3322; sct.org.

General Theater: ACT, *The Price* by Arthur Miller, May 30–June 22 (acttheatre.org). Book-It Repertory Theatre, *The Amazing Adventures of Kavalier & Clay*, June 7–July 13 (book-it.org). The 5th Avenue Theatre, *The Gershwins' Porgy and Bess*, June 11–29 (5thavenue.org). Paramount Theatre, *Once*, May 27–June 8 (stgprepresents.org). Seattle Gilbert & Sullivan Society, *The Mikado*, July 11–26 (pattersong.org). Seattle Repertory Theatre, *Who's Afraid of Virginia Woolf?*, through May 18 (seattlerep.org). Seattle Shakespeare Company, *Twelfth Night*, Oct. 21–Nov. 16 (seattle-shakespeare.org). Taproot Theatre, *Diana of Dobson's*, May 16–June 14 (taproottheatre.org). Village Theatre, *Funny Girl*, May 15–July 6 (villagetheatre.org).

Additional Performing Arts: Kirkland Performance Center, stand-up comedian and scientist Tim Lee performs, June 28 (kpcenter.org). Pacific Northwest Ballet, *Giselle*, May 30–June 8 (pnb.org). Seattle Opera (50th anniversary), *Don Giovanni*, Oct. 18–Nov. 1 (seattleopera.org). Seattle Symphony, "Morlot Conducts Mozart," May 15 and 17; Ravel's *Daphnis et Chloé*, June 5 and 7 (seattlesymphony.org). Theatre at Meydenbauer Center, Bellevue Jazz Festival, May 30–31 (meydenbauer.com).

For more information on Seattle-area recreation, ranging from the arts to outdoor activities such as golfing the Chambers Bay course (site of the 2015 U.S. Open) and hiking in local wilderness areas, please go to visitseattle.org.

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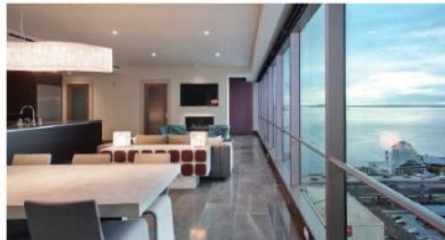
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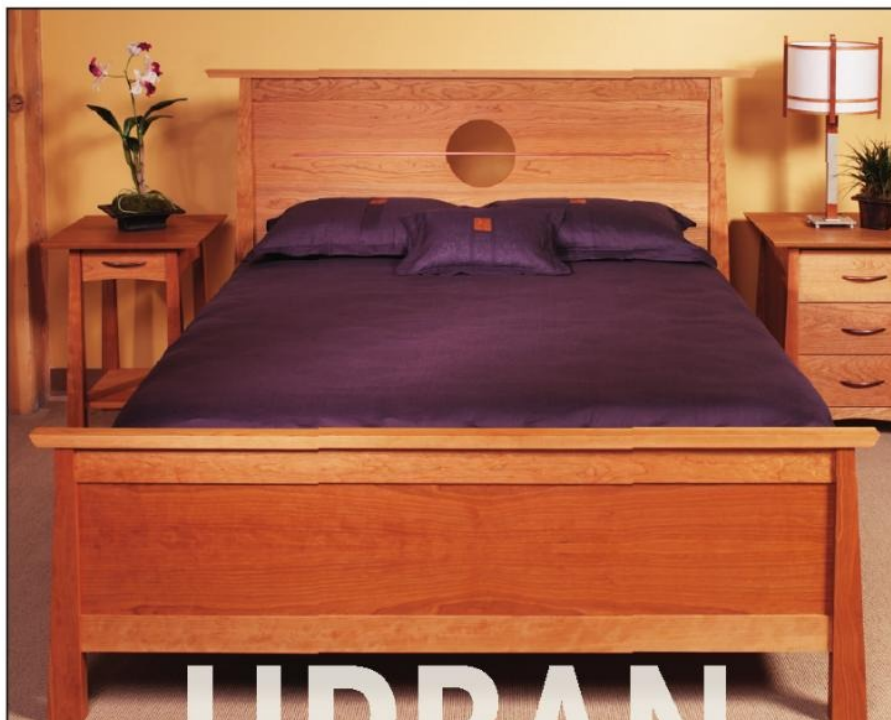
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Continued from page 51

Honu Homecoming

In a vastly different environment, another animal success story is being written as Hawai'i's green sea turtles are enjoying an astonishing rebound.

On a recent vacation in Hawai'i, I found myself floating above a magical scene while swimming in opalescent 'Anaeho'omalu Bay, on the northwest side of Hawai'i Island. Below me were the shifting shapes of a half-dozen honu as they paddled along the reef, munching on algae with the loud, crunching sounds you'd more expect of cows chewing hay.

Just a few decades ago, this experience would have been extremely unlikely due to the declining population of these legendary creatures. Their revival is one of the best examples of helping a species come back from the brink of extinction.

In 1973, George Balazs, who is now team leader of the Marine Turtle Research Program for the NOAA Pacific Islands Fisheries Science Center, was monitoring green sea turtles at their primary nesting spot, in the remote French Frigate Shoals, northwest of the main Hawaiian Islands. Earlier researchers had presumed the population was abundant, since they drew upon reports of many sea turtles basking in the sun. Balazs took a different approach.

"We sat out all night long waiting for turtles to come up to lay their eggs, and then sweated in a tent all day long trying to sleep," he recalls.

Surprisingly, only 67 mother turtles were identified throughout the entire nesting season. This extremely low number triggered lobbying that resulted in the 1975 ban on the commercial harvesting of green sea turtles in the Hawaiian Islands. Additional conservation measures have helped the turtle population edge back up, and in 2011, 857 mature female turtles were counted on the French Frigate Shoals' East Island.

For decades, O'ahu's Sea Life Park—in Waimānalo, located 14 miles east of Honolulu—has played a small but significant role in the rebirth of Hawai'i's honu. In the mid-1960s, the park collected a small number of mature green sea turtles for research and public education, and a decade later it

built a Turtle Lagoon exhibit with a sand beach at one end where the turtles could sun themselves. The park consulted Balazs, who said that the small "beach" would be great for a display, but he told exhibit planners, "I don't think they'll breed there."

To everyone's surprise, several years after the installation opened, baby turtles began popping out of the sand. Thus began Sea Life Park's unexpected role as nursery attendant. Each year when the baby turtles hatch, they're weighed, measured and tagged with a tiny microchip. Most are released at the nearest beach, with the hope that they will return to the same place to nest once they reach sexual maturity, at between 20 and 30 years of age. Since the beginning of the program, Sea Life Park has been responsible for releasing some 13,000 2- to 3-day-old honu to the wild, with some of the earliest turtles that were released now nesting in the Hawaiian Islands.

Life in the wild is a gauntlet for baby sea turtles, with hazards both natural and man-made. With predation by seabirds, fish and stray animals, ingestion of trash, entrapment in fishing nets and other dangers, it is estimated that only one in 1,000 of the turtles survive to adulthood. The Maui Ocean Center is among several Hawai'i conservation programs working to improve the odds for these tiny hatchlings. Sea Life Park provides the center with a half-dozen 5-week-old hatchlings each year. The center raises them until the turtles are large enough to have a better chance of surviving, at around two years of age. Then they're released in a joyful celebration filled with songs and blessings by native Hawaiian cultural practitioners.

Human-aided reintroduction is only part of the answer to the imperiled status of endangered species, but it's an important and heartwarming aspect of the story. Turtles may not care for ceremony, but the hundreds of supporters on the beach at Kā'anapali do. And that may be the most encouraging aspect of all: human care and compassion for the creatures with which we share the planet, and concern for the ecosystems that sustain a diversity of life. ▲

Leslie Forsberg is a Seattle-based writer.



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Cycling Adventures

Touring Western
back roads by bike
By Ellee Thalheimer

Joe Partridge pedals
Otter Crest Loop, a
bike-friendly side road
off Highway 101, along
the Oregon Coast.

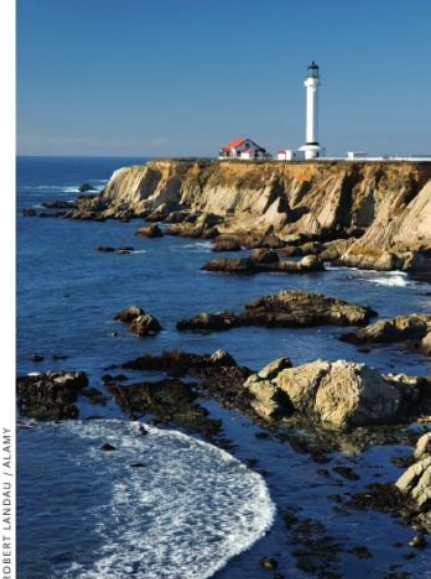


On Otter Crest Loop, a nearly forgotten coastal byway along the Oregon Coast, cars are restricted to a one-way lane. Bicycles and pedestrians take over the rest. My father and I leisurely pedaled this deserted sliver of pavement that clings to precipitous bluffs as waves pound the shore hundreds of feet below.

Farther east and a number of years later, I swooshed around hairpin turns through deep forest on the west side of McKenzie Pass in Central Oregon. Flying around one corner, I startled a towering elk grazing along the edge of the road.

Just recently, cycling in the heart of Washington's Okanogan-Wenatchee National Forest, my husband and I noticed a rope swing dangling over Beaver Lake. We didn't hesitate to lay our bikes down, don our swimsuits and fly through the air like little kids.

Through many stages of my life, cycling adventures have served as a form of celebration. Each ride has been a unique experience, and I've found that the



The Point Arena Lighthouse, south of Mendocino, California, is one of the many scenic and historic sites along the Pacific Coast bike route.

MAY IS NATIONAL BIKE MONTH

Established in 1956, National Bike Month is a chance to showcase the many benefits of biking. Many cities across the U.S. hold "Bike to Work Weeks" during May (bikeleague.org/bikemonth).

PACIFIC COAST ROUTE

ARRIVE: Portland International Airport (PDX); Astoria is about 100 miles northwest of Portland.

DEPART: San Francisco International Airport (SFO).

Touring-bike and pannier rental in Portland: **Everybody's Bike Rental** (pdxbikerentals.com).

ALONG THE WAY

- The tiny town of **Manzanita** is an Oregon Coast favorite. It's nestled between coastal mountains and an iconic Pacific beach, and you can buy a delicious organic picnic, receive a hot stone massage or luxuriate in the Coast Cabins (coastcabins.com).

- The **Stanford Inn by the Sea** (stanfordinn.com), with its excellent **Ravens Restaurant**, provides health- and eco-conscious luxury in Mendocino, California.

INSIDER TIPS

- The wind is with you more when riding north to south.

- State parks along the way have specific hiker/biker campsites that are very nice, inexpensive and typically have space available when other campgrounds are full.

MAPS AND RESOURCES

- **Adventure Cycling Association** (adventurecycling.org) offers cycling-specific maps covering the whole West Coast.

- **The Oregon Department of Transportation** bicycle map of the coast is available free online (oregon.gov/ODOT/HWY/BIKEPED/docs/oregon_coast_bike_route_map.pdf), or you can order a print version for free by calling the Maps Hotline: 503-986-3556.

TOUR OPERATORS

- **Bicycle Adventures** (bicycledadventures.com); **Backroads** (backroads.com). —E.T.

West offers some of the best cycle touring in the country.

And you don't need to be super-fit in Lycra to savor the journey. You can pedal as slow as you please, linger over a picnic with a glass of wine and plan days to maximize beach lounging. Whether you're splurging on luxury lodging or camping in state parks, traveling by bike allows an intimate experience with the natural environment and provides a sense of accomplishment, whether it's a weekend trip or an epic two-week journey.

RIDING THE PACIFIC COAST

It's not every blurry-eyed morning that you find your father trotting around your living room like an antsy horse in a corral. It was the summer of 2002, and the first day of our bike-tour adventure of almost 800 miles down the Pacific Coast, from Astoria, Oregon, to San Francisco—a cycling route found on many a bucket list.

Well before we were supposed to leave, Dad had donned his Lycra shorts (bless his heart) and a neon-yellow cycling jacket, and was wading anxiously among a self-made swamp of bike paraphernalia: a folded rainbow of cycling clothes, smudgy grease rags, a mishmash of tools, an unraveled spool of blue tire lining, a zip-tied bunch of wheel spokes. Neither of us had a lick of cycle-touring experience, but this uneasy beginning would launch lifelong love affairs with touring for both of us.

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The author rides a flat stretch of the Cascade Lakes Scenic Byway near Bend, Oregon.

As we pedaled south during our first week, we came to expect the dramatic scenery we'd found in the pages of coffee-table books. From our bicycle saddles we interacted with each shift of the wind, smelling the evaporating dew as the morning sun cleared the Coast Range peaks and launched another brilliant day. We traveled dozens of miles a day, yet slowly enough to identify wildflowers as we passed.

U.S. Route 101 frequently swerved inland through farm and forest, and then returned to the coastline and the clean split blues of the ocean/sky horizon. We rode up steep coastal heads, and descending the other side on a sparkling day felt like flying. The wind blasting my face made my eyes water and yanked away tears before they had the chance to streak down my cheeks. At these moments, Dad would yell, "Yeekaw!"

Crossing into California, we made our way to Klamath, and through redwood country. We laid our bikes at the giants' roots and ate lunch leaning against their trunks. Their musky scent surrounded us. It smelled like sun-warmed dirt, soaked-up rain and bark that had been combed over by wind.

From Leggett, California, we returned to the coast, riding State Route 1 toward Bodega Bay. South of the charming town of Mendocino, we cruised one of the most dramatic sections of the coast. The ocean was to our right, and lush fields and mountains rose on our left. The road twisted and narrowed; the shoulder thinned; and the grade turned steeper. Human ingenuity had etched a thin road along jagged cliffs.

After 17 days on the road, we rolled into San Francisco over the Golden Gate Bridge, its massive ocher cables gracefully holding the bridge deck 220 feet above the strait. Once we rolled into the city, deeply hungry, the bonanza of food choices was almost



Central Oregon's Dee Wright Observatory, Sparks Lake and Devils Lake.

OREGON CASCADES ROUTE

ARRIVE AND DEPART

Redmond Municipal Airport (RDM); Bend is 16 miles south.

INSIDER TIPS

- If you want to trade your road slicks for knobbies, the Central Cascades towns of **Oakridge, Bend and Sisters** are all jumping-off points for top-class mountain biking.
- Bend is home to nearly 20 craft breweries. Plus, Sisters and Oakridge each have a brewery. If you're a fan of craft beer, this is the tour for you. Don't miss the **Boneyard**

Beer IPAs (boneyard-beer.com)

out of Bend or the English Bitters from **Brewers Union Local 180** (brewers-union.com) in Oakridge.

MAPS AND RESOURCES

• **Cycling Sojourner: A Guide to the Best Multi-Day Tours in Oregon** (cyclingsojourner.com) includes a chapter detailing this route.

• **Oregon Road & Recreation Atlas** (benchmarkmaps.com) shows the paved and unpaved roads in the Central Cascades. —E.T.

overwhelming. Almost. Hello, Little Italy.

Here at the end of the trip, I felt strong. I'd pedaled every inch of the way. I'd seen seals and eagles that drivers missed. Plus, my dad finally let me change my own flat tire—a transition into adulthood.

The unexpected experiences of a bike tour can sometimes be the most memorable.

OREGON'S CENTRAL CASCADES

As enticing as an all-inclusive beachside honeymoon package sounded, I was one of those brides who preferred cycling sumptuous ribbons of pavement

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and tipping back a frothy microbrew at the end of the day. So after Joe and I got married a few years ago, I took my new husband on a 250-mile cycling loop in the Central Cascades for our honeymoon.

Don't get me wrong; we did spoil ourselves. Our summertime tour included

lower-mileage days, and we chose to "credit card camp," spending the night in hotels rather than hauling camping gear. It's surprising how luxurious self-supported bike tours can be.

While our route dipped in and out of the remote Deschutes and Willamette national forests, it also came up for breath in the more urbane mountain-chic towns of Bend and Sisters, where we drank famous Oregon IPAs, perused art galleries, enjoyed a noontime yoga class and bought fresh goat cheese at a farmers market.

In Sisters, the Five Pine Lodge (fivepine-lodge.com), cozied up to ponderosa forests, creates a lovely retreat with a luxurious Craftsmanstyle lodge and cabins (try the Romance Cabin with its voluminous, gorgeously tiled soaking tub). The campus includes Three Creeks Brewery, Shibui Spa, the Sisters Movie House and hiking trails right out your front door.

What more could a cyclist ask for? Jen's Garden (intimatecottagecuisine.com): a welcoming, French-inspired restaurant down the road that uses regional and seasonal ingredients.

In Bend, the Oxford Hotel (oxfordhotel-bend.com) beckons cyclists with a steaming hot tub, and both wet and dry saunas. Add a bike-friendly attitude and an eco-conscious approach that enhances the luxury experience, and you have a winner. Please pass

the pillow menu.

In terms of the cycling, this tour is quintessential Oregon. Riding the Cascade Lakes Scenic Byway just south of Mount Bachelor pass, you skirt a number of alpine lakes and a broad, high-country prairie with a parade of snowy volcanoes on the horizon.



PRISMA BILDAGENTUR AG / ALAMY

Many cyclists like to switch to mountain bikes for a day to ride Forest Service roads and trails of Central Oregon.

Devils Lake and Sparks Lake entice cyclists with their brilliant turquoise and emerald waters, respectively.

Our route also traced the Aufderheide Scenic Drive, an Oregon cycling classic. Tucked into conifer and hardwood forests, and flanked by nationally designated Wild and Scenic Rivers, this paved back road meanders about 60 miles through remote forest. The mostly gradual up-and-over route has a prize at the top: Constitution Grove, a cluster of trees more than 200 years old.

The last day of our journey, we tried another famous cycling mountain-pass



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road, the Old McKenzie Highway out of Sisters. Thanks to the diverse landscape, geologically dramatic scenery and low traffic on the road, the state named it a Scenic Bikeway. The former wagon trail is now for lolly-gaggers, in car and on bike, who wish to explore serene woods and gaze over a 65-square-mile lava flow.

At the 5,187-foot apex of this route reigns the Dee Wright Observatory, which was crafted in part from the pumice and lava stone that completely surround the area.

At the top, a 360-degree panorama encompasses six Cascade volcanoes—and the observatory was a perfect place to smooch my honey amid our Central Oregon honeymoon.

WASHINGTON'S OKANOGAN

On a deserted road along the sage-dappled canyon of the Similkameen River in the northern reaches of Washington state's Okanogan region, a truck passed us, then stopped along the shoulder. The driver gave us a come-on-over wave as Joe and I, in my first trimester of pregnancy, coasted to a stop.

A middle-aged man with a faded foam baseball cap smiled at us incredulously from his cab and turned to point back toward a gnarled tree next to the river.

WASHINGTON'S OKANOGAN ROUTE

ARRIVE AND DEPART

Wenatchee Pangborn Memorial Airport (EAT); Tonasket is about 120 miles north.

INSIDER TIPS

- The nearest bike shop is in **Winthrop**, 70 miles away from Tonasket, so come with a well-stocked bike repair kit.
- If you are traveling with a group and you want to dally on beautiful **Osoyoos Lake** outside of Oroville, head to the **Veranda Beach Resort**

(verandabeach.com). Posh cottages re-create an uncanny replica of a 1950s vacation retreat.

MAPS AND RESOURCES

- **Cycling Sojourner: A Guide to the Best Multi-Day Tours in Washington** (cyclingsojourner.com) includes a chapter that details this Okanogan route.
- **Washington Road & Recreation Atlas** (benchmarkmaps.com) shows the paved and unpaved roads in the Okanogan region. —E.T.

"Y'all were going so fast, you missed the family of bald eagles in that tree."

Sure enough, there was a nestful of eaglets hanging out with their mom. That was the first time a motorist had stopped me, as a cyclist, to tell me to slow down and smell the roses. This turned out to be common behavior among drivers in northeastern Washington. Not only did they give us an abundance of room on the road, but they went out of their way to be friendly.

Amazingly, we saw few other cyclists on this route. While a number of regions in Washington, such as the San Juan Islands and the bike trails around Seattle, attract thousands of riders every year, Eastern Washington's rural roads and dramatic scenery remain under the radar.

We started our 160-mile clockwise loop in the



Fossilized *Alnus* leaves found at Stonerose Interpretive Center.



A rope swing over Beaver Lake entices bike riders in for a swim.

OREGON'S SCENIC BIKEWAYS

Innovating the first Scenic Bikeways program in the country, Oregon has officially selected 11 routes that highlight some of the best riding in the state. On the Ride Oregon website (rideoregon-ride.com), you can find detailed information, maps and cue sheets for the Scenic Bikeways, which range from easy day rides to more challenging multiday tours.

—E.T.

SPRING AND FALL RIDING IN UTAH AND ARIZONA

For world-class cycling during the shoulder seasons, when many places in the Northwest are autumn chilled or still thawing out, create a tour that visits the national parks in Utah and Arizona.



Riding Saguaro Park West with Arizona Cycling Tours.

Zion National Park, Utah—With slot canyons and sunset-colored sandstone cliffs, this famous park makes for gorgeous cycling. Bonus: April through October, the park prohibits private cars

on the scenic Zion Canyon Drive, but welcomes bicycles.

Bryce Canyon National Park, Utah—Don't miss the epic climb to Rainbow Point, at an elevation of more than 9,100 feet. The road has many viewpoints with sweeping views of red cliffs and forests.

Arches National Park, Utah—The ride out to Devils Garden gives you views of much of the park, with its multicolored sandstone arches and desert spires.

South Rim of Grand Canyon National Park, Arizona—On the South Rim, Hermit Road, closed to private cars March through November, has great views of the canyon. Don't miss riding the new Hermit Road Greenway Trail.

Saguaro National Park, Arizona—The spectacular Cactus Forest Loop



COURTESY: CYCLING ESCAPES / WWW.CYCLINGESCAPES.COM

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TOUR OPERATORS:

Utah: Cycling Escapes (cycling-escapes.com). **Arizona:** Arizona Cycling Tours (arizonacyclingtours.com); Bright Angel Bicycles (bikegrandcanyon.com). —E.T.

Cycling Escapes' Five Utah National Parks tour begins in Zion National Park and concludes in Bryce Canyon on Day 7.



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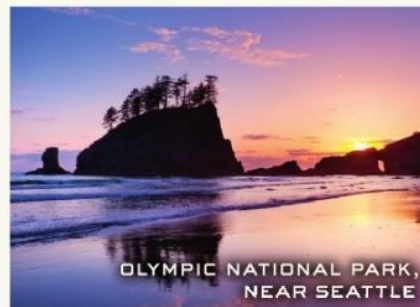
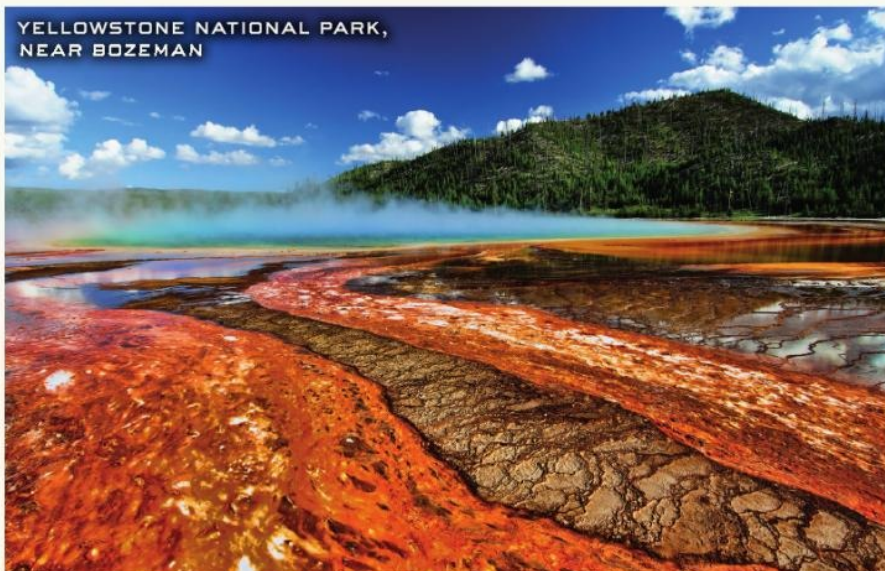


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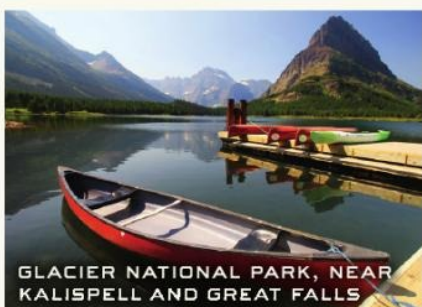
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small hamlet of Tonasket, and first meandered north, through valleys and cracked canyons scattered with azure lakes and robust fruit orchards. We then turned east, climbing into the highlands, where we earned cooler temperatures and wide-open vistas of rolling hills with snowcapped mountains gracing the western horizon.

Between Oroville and Chesaw, we rolled into the Eden Valley Guest Ranch (edenvalleyranch.net), and it proved to be a major highlight. The number of small ranches such as this has declined in the area for various reasons, but Eden Valley co-owner Robin Stice, who was raised on this ranch, diversified the business through tourism, grass-fed cattle and crop production. Now the Stice family gives guests the opportunity to appreciate ranch life, offering a window into the area's farming past through sustainable tourism.

En route, we passed through ghost towns left over from the area's late-19th century gold-mining boom, and the tiny mountain burg of Republic, which boasts the Republic Brewing Company (republicbrew.com) and the Stonerose Interpretive Center (stonerosefossil.org), where you can excavate Eocene fossils from the site of an ancient lake.

Rustic fishing resorts such as Bonaparte Lake Resort (bonapartelakeresort.com) made me wish for more time to explore forest trails, hook fat rainbow trout and splash around in turquoise mountain lakes.

An epic 27-mile cruise that's mostly downhill all the way back into Tonasket proved to be an ideal way to savor the last bit of our two-person adventures before becoming three. Even before our daughter was born, she had rope-swung into Beaver Lake and cycled along the Canadian border.

We hope this cosmically predisposes her to enjoy riding around in a bike trailer in years to come. ▲

Ellee Thalheimer is a freelance writer in Portland, Oregon.

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SAVORING Summertime Seafood



The Pacific's bounty is treasured on the table

By Cynthia Nims



Illustrations by Dave Eggleston

This was a potluck like none I'd attended before. The long tables were covered with a diverse array of dishes, platters and bowls; tucked among them were jars filled with wildflowers picked nearby. Groups of friends mingled before grabbing a plate and making their way down the length of the feast tables.

This may not, thus far, sound too unusual. At this Kodiak Island gathering one sunny July evening, however, almost every dish on the table contained wild salmon in one form or another. There were salmon quiche, salmon potato casserole and salmon pasta salad. Salmon by itself was pickled, poached, smoked and grilled. There were a few versions of Russian-inspired *pirog*, a savory pie with salmon, cabbage, rice and vegetables, one of which sported small pastry fish decorating the top. All in all more than two dozen salmon dishes were arrayed across the table.

This unparalleled feast demonstrated the degree to which seafood becomes a culinary centerpiece when summer arrives along the North Pacific coast. Not that we don't serve good old beef burgers and slow-smoked pork ribs on occasion. But from San Francisco to Kotzebue you're likely to find halibut burgers on the menu as well, or to relish a big salmon fillet fresh off the smoke-enhanced grill.

Just as colorful crocus blooms tell gardeners spring is here, so does the first big rush of fresh salmon in May let food lovers know summer is near. The glorious wild fish that populate the North Pacific (particularly abundant in Alaskan waters) serve as chronological bookends for gastronomic summertime, with the bulk of the commercial salmon har-

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COURTESY: ALASKA SEAFOOD



'In the hands of an able cook, fish can become an inexhaustible delight.'

—Jean-Anthelme Brillat-Savarin, French food philosopher

vest winding down by early fall in October.

Though it's not the earliest run of wild salmon each year, the most celebrated arrival of these marvelous fish is the first load of salmon flown down mid-May from Cordova near the mouth of Alaska's Copper River. The Alaska Airlines cargo plane slows to a stop on the tarmac at Seattle-Tacoma International Airport and glistening fish are paraded down the red carpet, then handed off to waiting chefs while cameras click away. From that moment, countless restaurant menus and seafood cases—across the entire country—tout Copper River salmon, whetting appetites for the broad bounty of salmon coming over the next few months.

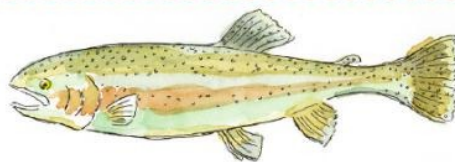
Salmon from the Copper River system, chiefly kings and sockeyes, are amazing fish, rich and delicious. But salmon from other North Pacific waters can certainly be their equal in quality. The commercial opening for Columbia River king (chinook) salmon generally arrives a few weeks prior to the Copper River season. Lyf Gildersleeve, owner of the Flying Fish Company in Portland, uses the term "pigs" for these early season fish: "They're big and fat and have the highest oil content of all fish all summer long." Improved management and habitat protection have boosted Columbia River runs significantly—in fact, this year is projected to be a record-setter, with up to 3 million fish returning to the Columbia Basin. "They've had quite the comeback," Gildersleeve notes.

Flying Fish Company customers can also pick up Oregon king salmon, which are troll-caught in the ocean in April, then appear steadily, if in limited quantity, through the summer. Trolling is a commercial type of rod-and-reel harvest in which a single hook catches a single fish, helping alleviate overfishing, bycatch (unintended harvest of other fish species) and habitat impact.

Salmon Quintessentials

- 1 King salmon:** Biggest, most famous, often considered best tasting. Also known as chinook; spring salmon.
- 2 Silver:** Leaner and smaller than king, famous fighters on the line. Coho is another name.
- 3 Chum:** Robust fish was prized as dog food by Natives, now often used for smoked salmon. Other names are dog and keta salmon.
- 4 Pink:** Small fish that develop humps on back when spawning. Nicknamed humpy.
- 5 Sockeye:** Bright red flesh, deep flavor makes "reds" favorites for many gourmets.

Trout? Salmon? What is this fish?



Steelhead: Biologists have long debated whether ocean-running rainbow trout are salmon or trout. Currently ... they're trout. Mostly. By any name, anglers and diners avidly seek them.

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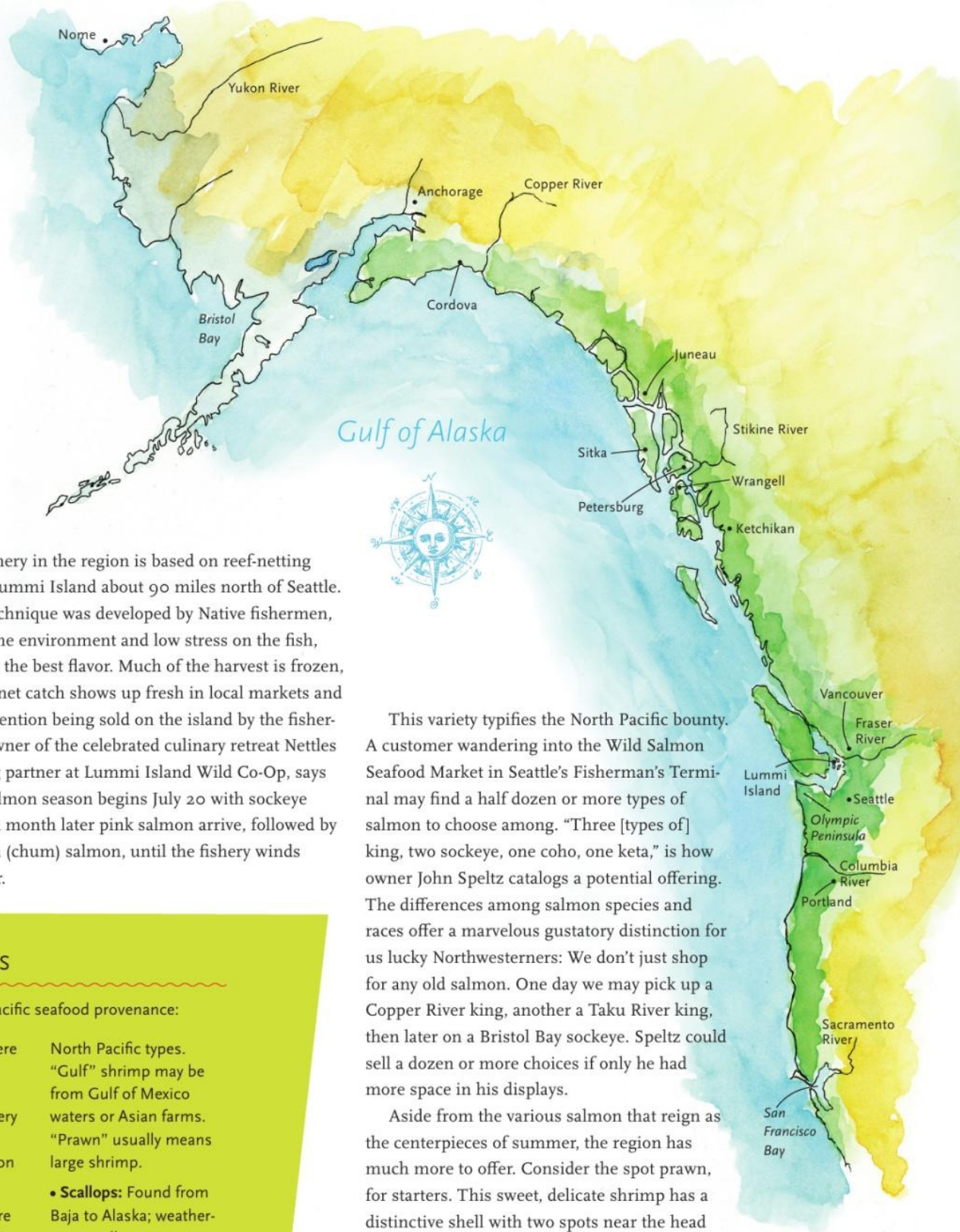


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Another small fishery in the region is based on reef-netting along the shores of Lummi Island about 90 miles north of Seattle. This centuries-old technique was developed by Native fishermen, with low impact on the environment and low stress on the fish, which helps preserve the best flavor. Much of the harvest is frozen, but some of the reef-net catch shows up fresh in local markets and restaurants, not to mention being sold on the island by the fishermen. Riley Starks, owner of the celebrated culinary retreat Nettles Farm and a founding partner at Lummi Island Wild Co-Op, says the Lummi Island salmon season begins July 20 with sockeye (red) salmon; about a month later pink salmon arrive, followed by coho (silver) and keta (chum) salmon, until the fishery winds down in mid-October.

Gastronomic GPS

A quick primer on Pacific seafood provenance:

- **Salmon:** Salmon were once abundant from San Francisco north; Alaska leads the fishery now, producing 95 percent of wild salmon sold in the U.S.
- **Crab:** Dungeness are caught from California to Alaska; snow and king crab are Alaska-caught species. Blue crab (soft-shell) is Atlantic in origin.
- **Shrimp:** Spot, coon-stripe, sidestripe are all North Pacific types. "Gulf" shrimp may be from Gulf of Mexico waters or Asian farms. "Prawn" usually means large shrimp.
- **Scallops:** Found from Baja to Alaska; weather-vane scallops are a popular wild-caught Alaska type.
- **Cod:** True cod, lingcod and black cod are all very different fish—but all are wild-caught from Oregon to Alaska.

This variety typifies the North Pacific bounty. A customer wandering into the Wild Salmon Seafood Market in Seattle's Fisherman's Terminal may find a half dozen or more types of salmon to choose among. "Three [types of] king, two sockeye, one coho, one keta," is how owner John Speltz catalogs a potential offering. The differences among salmon species and races offer a marvelous gustatory distinction for us lucky Northwesterners: We don't just shop for any old salmon. One day we may pick up a Copper River king, another a Taku River king, then later on a Bristol Bay sockeye. Speltz could sell a dozen or more choices if only he had more space in his displays.

Aside from the various salmon that reign as the centerpieces of summer, the region has much more to offer. Consider the spot prawn, for starters. This sweet, delicate shrimp has a distinctive shell with two spots near the head and two more near the tail. These, like many other shrimp, can be found frozen year-round, but this prized shellfish is especially at its best



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Virginia Beach, VA lynnhavenfishhouse.net

9 Capt. Anderson's Restaurant

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10 Oceana

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FRESH SHEET

Spot Prawn Festival

False Creek Fishermen's Wharf, Vancouver, BC

May 10 This free event includes chef demonstrations, a beer garden, live music and the chance to buy live spot prawns direct from a fishing boat. There's a small fee to indulge in the prawn boil.
www.spotprawnfestival.com



Kodiak Crab Festival

Kodiak Island, Alaska

May 22-26 Alaska's Emerald Isle celebrates locally harvested seafood—especially crab—wild greens and flavors found on the island.
www.kodiakchamber.org

Ballard SeafoodFest

22nd & Market Streets, Seattle

July 12 & 13 The 40th year for a popular celebration in Seattle's historic fishing community features multiple food vendors, entertainers and craft artisans lining the streets. Entry is free, food and drink extra.
www.seafoodfest.org

Copper River Wild! Salmon Festival

Cordova, Alaska

July 18 & 19 In Cordova, capital of the Copper River fishery, the salmon outnumber the people. Salmon dishes in a local chefs' contest highlight the first day; Salmon Jam Music Festival chimes in both days.
www.copperriverwild.org

Sitka Seafood Festival

Sheldon Jackson Campus

August 1-3 Southeast Alaska's fishing culture celebration ranges from poetry to a parade, from a gala seafood dinner to crab races and a fish head toss.
www.sitkaseafoodfestival.org

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when fresh in-season. Some stores and restaurants have live tanks so spot prawns will be at maximum freshness when cooked. Commercial harvest begins in May and continues throughout the summer. Connoisseurs snap them up quickly when local markets feature them; some believe these are among the best-tasting shrimp in the world, lent a remarkable sweetness by their cold North Pacific home waters.

The king of white fish in this part of the world is halibut, the awkward-looking flat-fish that can grow to a hundred pounds or more. With mild flavor and a relatively firm texture, it's an incredibly versatile fish ideal


'Let the
seafood speak
for itself, it's
that good.'
—Riley Starks




for everything from fish-and-chips to simple grilling to an elegant pan-seared preparation; this culinary versatility contributes to its popularity. Halibut harvest begins mid-March and continues through the summer, so there is generally a rather steady supply of fresh halibut this time of year. Halibut cheeks are a delicious bonus that show up only sporadically in stores: Like spot prawns, get them when you can!

Another celebrated white fish of the Northwest is black cod, also known as sablefish. This is at the other end of the flavor scale from halibut, with much fattier flesh which translates into buttery richness that diners love. The main season begins in spring and fish are caught along the coast from California to Alaska, with the greatest supply reaching markets over the summer, making this a prime time to enjoy the fish.


While some fish lovers may be curbing





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their tuna consumption based on sustainability issues with some of the world's tuna populations, here in the Northwest albacore tuna is a choice to enjoy without any tug at your conscience. Most coastal albacore comes from waters off Oregon and Washington, with the season getting in gear mid-June and continuing into October. Northwest albacore tuna are considered abundant and the fishing methods fully sustainable; it appears on the Monterey Bay Aquarium's Seafood Watch list of sustainable seafood. The lean fish with a meaty texture has a milder flavor than other tunas, such as the tropical ahi, but is equally versatile for everything from raw Hawaiian *poke* to steak-style grilling.

Dungeness crab are most often associated with colder months, when the commercial season is most robust and supplies can be plentiful. But Alaska harvest begins around June, so Dungeness are caught somewhere along the Pacific coast nearly year-round. And Dungeness is a popular recreational catch this time of year, when countless Northwesterners and Alaskans get their crabbing permits and drop crab pots in their favorite spots (not to mention shrimp pots when the various shrimp seasons are open).

Once you've got your hands on some of the great regional seafood of the season, what do you do next? In the Pacific Northwest, the best answer is some variation on "as little as possible."

I fondly recall summertime family vacations in the San Juan Islands that included shoreside beach fires over which grates were perched to hold just-harvested oysters. At 6 years old I wasn't yet a devotee of grilled oysters, but since then they've come to be among my favorites. Set cupped-side down so a maximum of juices will be retained, the shells pop open when ready. Flip off that top shell, add a squeeze of lemon and drizzle of melted butter, and you've got a summer seafood delicacy pure and simple on the half shell.

Indeed, the backyard grill is ideal for virtually all these seasonal seafoods, particularly with the addition of alder or apple



wood chips to the coals. Even Dungeness crab is a great grill candidate, the cleaned portions taking on a slightly nutty-smoky flavor as the shells gently brown.

"Let the seafood speak for itself, it's that good," is Riley Starks' advice. "I never use anything but olive oil, salt and pepper on salmon," he explains. When it comes to those glorious spot prawns, he cooks them whole with the head on to preserve all their flavor. Using a hot skillet, a drizzle of olive oil and adding minced garlic just before serving, he produces a memorable Pacific Coast delicacy.

The Northwest doesn't really have a culinary culture that is codified into traditional recipes that everyone turns to, as in

Save Our Soles

Knowledge and consumer selection are powerful tools to support Pacific Coast fisheries. **Ocean Wise** is a conservation consortium sponsored by the Vancouver Aquarium to help consumers make informed, sustainable seafood choices; www.oceanwise.ca. **Seafood Watch** is a similar program sponsored by the Monterey Bay Aquarium; www.seafoodwatch.org. The **Alaska Seafood Marketing Institute** offers a wealth of product information, tips for selection and recipes for everything from salmon to scallops; www.alaskaseafood.org.

other maritime regions. Instead, most experienced chefs suggest just keeping preparation simple. Use a marinade if you like and add light flavor accents (fresh herbs, a squeeze of lemon or lime, maybe a quick fresh salsa) that easily complement the glory of the seafood. But there's no need for heavy seasoning, coatings and elaborate

sauces when the fresh seafood you start your cooking with is such a prime example of nature's bounty.

Whether baking or grilling, the maximum of moisture and flavor is maintained when cooking the fish whole. Add a few slices of lemon and onion to the cavity, maybe a handful of parsley, beforehand. The wonderful essence of summertime seafood in the Northwest is this: simplicity. Hot grill, amazing seafood, pinch of salt and pepper and you're done. Or you can use a blazing hot cast iron pan to sear pristine fish on both sides and finish it in a moderate oven: perfection. Add greens from the farmers market for a salad, ice-cold local craft beer or crisp white wine, maybe some fresh berries or juicy peaches for dessert. That's the only recipe you really need, best of the season, simply served at its best. It's among the best in the world. ▲

Seattle-based Cynthia Nims' latest e-book series covers Northwest foods from wild mushrooms to salmon and crab; it's available online from Amazon.com.

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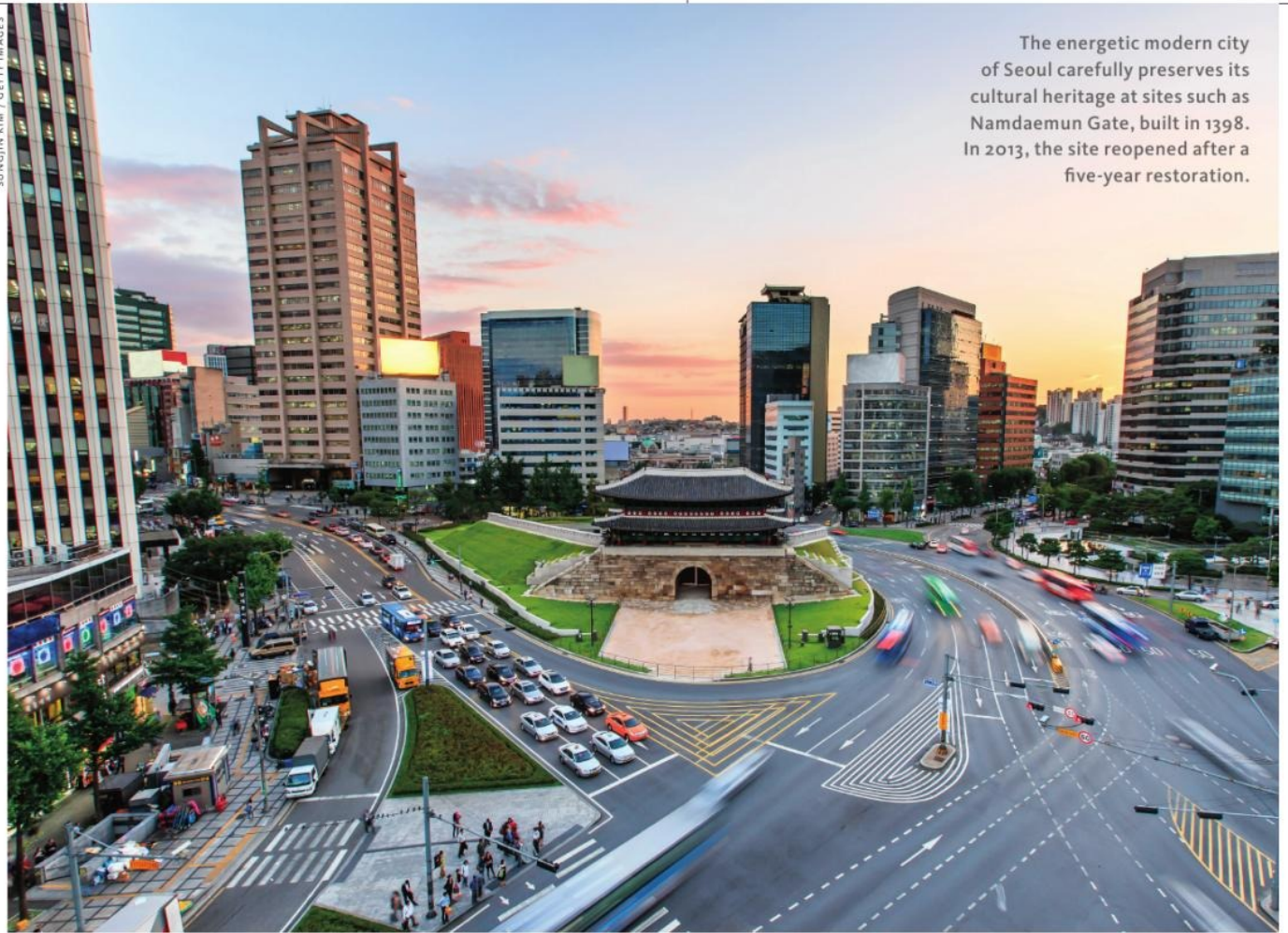
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The energetic modern city of Seoul carefully preserves its cultural heritage at sites such as Namdaemun Gate, built in 1398. In 2013, the site reopened after a five-year restoration.



Seoul Rejuvenation

A blend of old and new in South Korea's capital

By David Armstrong

Like so many travelers, I am always on the hunt for the perfect photo op. And this time, I think I have found it. ■ In the foreground, close to where I'm standing, I see Namdaemun Gate, a dignified 14th century edifice of stone and wood that once served as a main entrance to the city I've crossed the Pacific to see: Seoul. Soaring above in the background, and equally impressive, are gleaming 21st century towers of glass and steel. It is a classic combination of antiquity and modernity. Click!

I know that this photo will make an evocative souvenir of my visit to Seoul, South Korea's vibrant capital city. I haven't visited Seoul in nearly five years, and I've been

looking forward to making a return. I knew that the dynamic metropolis of 10 million people would have changed since I last visited, but little did I know by how much.

Just within the past year, Seoul has seen the formal opening of the stunning Dong-

daemun Design Plaza and Park, an artistically ambitious \$451 million building complex and outdoor space, which opened to the public in March. Last November, the \$230 million National Museum of Modern and Contemporary Art (MMCA Seoul) premiered its new central-city location. Earlier in 2013, Namdaemun Gate (also called Sungnyemun) reopened to visitors, rising phoenixlike from the ashes of a devastating 2008 fire, thanks to a meticulous five-year restoration.

Seoul matches the megacities of China



A drummer in traditional costume performs during the royal guard rotation at Gyeongbokgung Palace in Seoul.



and the Arabian Peninsula for creative energy and fast-forward development. Surrounded by a set of rugged mountains east of the Yellow Sea, it is a place of crowded neighborhoods punctuated by skyscrapers, refreshing green parks, and neon-lit shopping and nightclub districts.

Beneath its state-of-the-art sheen, this venerated city, inhabited for 2,000 years and a capital for more than 600 years, nurtures a serene core. Tea ceremonies have their place along with karaoke; traditional string music is honored along with bouncy K-Pop (Korean popular music); quiet cafes in vintage buildings complement buzzing fusion restaurants illuminated by the glow of smartphones.

The devotion of modern Korea to its rich cultural heritage is particularly evident at Namdaemun Gate (the “Great South Gate” of ancient Seoul, which was once a walled city). First completed in 1398, the majestic fortified gate is designated as South Korea’s National Treasure No. 1—it was officially bestowed this status by the government’s Cultural Heritage Administration. The building, which consists of a granite base structure and a pagoda-style wood superstructure—is revered throughout the divided Korean peninsula, in both the democratic south and the communist north. When the monument burned in February

2008, the people of Seoul went right to work rebuilding it.

They did a magnificent job. Looking up, I admire the gate’s curved tile roofs and its sturdy-looking walls. As the hum of city traffic registers in the background, I stroll casually through the gate’s central archway. Long ago, the structure was armored with heavy doors to keep out invaders and even, it is said, roaming Siberian tigers.

These days, the surrounding area is populated by bustling shoppers. Right near the gate, and named for it, is Namdaemun Market; this indoor-outdoor market that first opened around 1414 is the oldest and largest marketplace in Korea. Hundreds of shops honeycomb for block after block, and many streets are also lined with outdoor vendors’ stalls. Name it, and you can probably buy it here—clothing, shoes, kitchenware, housewares, toys, jewelry, and hot and cold food. I take in the bustle, impressed by the sheer energy of the place.

I buy a street snack—spicy chicken grilled on a wood skewer—and turn to head back to my hotel, the stylish JW Marriott Seoul, located on the south side of the Han River, in the heart of Korean pop culture, Gangnam. The Han more or less bisects Seoul: *Gangnam* means “south of the river”; *Gangbuk* refers to the area “north of the river,” where one finds, for example, Nam-

daemun Market and the Namdaemun Gate. (When I’m in Seoul, I frequently and easily cross a bridge over the river on the city’s sparkling, extensive and efficient Metro.)

It’s on my way back to the hotel that I spot several young men in a distinctive uniform: cool wraparound sunglasses, black beret, gray shirt, gray necktie and black trousers. These men are another new addition to Seoul: the Tourist Police. Unarmed, affable and multilingual, they work in favorite visitor areas to give directions and answer questions. They are dressed by the same Korean fashion designer who created the signature look (shades, dark suit) for Psy, the hugely popular South Korean rapper whose horse-riding dance and other dynamic moves helped make his song *Gangnam Style* familiar around the world. Released in late 2012, Psy’s *Gangnam Style* video is the most popular ever on YouTube,

Buried Treasure

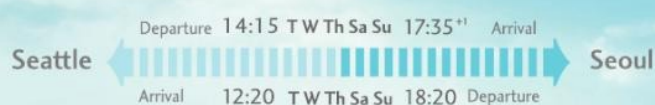
Kimchi, the national dish of South Korea, is traditionally made by fermenting vegetables and seasonings in pots buried partway into the ground. This controls the temperature to slow fermentation. The pots shown here are ready for burial.



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with nearly 2 billion views. The rap-inspired style of officials' uniforms in the 600-year-old Namdaemun area provides Seoul with yet another new-meets-old moment.

I'm dining tonight at Min's Club, a place I liked so much on my first visit, I decided to return. Ensnared in the former private home (*hanok*) of a Seoul nobleman, Min's Club—actually a restaurant, not a club—is traditional on the outside, with an upturned, pagoda-style tile roof. Modern on the inside, the elegant restaurant is adorned with fine wood carpentry. Min's serves sophisticated Korean-Western fusion food eaten with a knife and fork. I feast on impeccably prepared cured gravlax with dill sauce, followed by flavorful *neobiani* (marinated beef) and fluffy white rice—all accompanied by *soju*, the potent, clear, Korean liquor that is traditionally distilled from rice. My *soju* tastes sweet and strong.

Korean food is an attraction all its own. Seoul food is always enticing—whether it's thin-sliced *bulgogi* beef, self-cooked or cooked by a server at your table; Korean barbecue (*gogigui*); or the ubiquitous and delicious kimchi, Korea's trademark condiment of spiced, fermented vegetables.

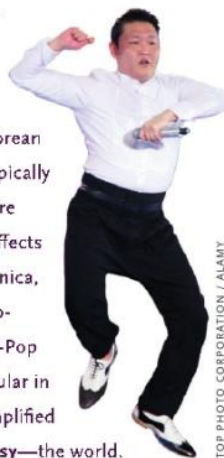
Cheonggyecheon Stream was covered with a highway until an urban renewal project restored it in the early 2000s.

International cuisines such as Italian and American foods are also popular in Seoul, especially in Itaewon, a bar and restaurant hub north of the Han favored by U.S. service members (the United States maintains a strong military presence in South Korea) and global backpackers.

Before the 20th century, insular Korea was called the Hermit Kingdom. Modern South Korea welcomes international visitors and is a major exporter of cars, smart-

K-Pop Ka-Pow!

The term *K-Pop* can refer to any variety of Korean popular music, but it typically indicates a modern genre with vivid audiovisual effects and elements of electronica, dance-pop, rock and hip-hop. Since the 1990s, K-Pop has become highly popular in East Asia and—as exemplified by YouTube sensation **Psy**—the world.



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Millennium Seoul Hilton (50 Sowol-ro, Jung-gu, Seoul 100-802; 011-82-2-753-7788; www3.hilton.com/en/hotels/south-korea/millennium-seoul-hilton-SELHITW/index.html): Featuring eight restaurants and an observatory with sweeping views, this centrally located hotel is close to Seoul's business district, museums, temples and shopping areas.

DINING

Min's Club (66-7 Gyeongun-dong, Jongno-gu; 011-82-2-733-2966; minsclub.co.kr): Tucked inside a refurbished 1930s home in the Insa-dong district, this restaurant offers elegant modern Korean food as well as Western food.

Mukshidonna (Eat, Rest, Pay, Go) (several locations, including 17-18 Jongno-gu, Anguk-dong, near Anguk Metro station; 011-82-2-723-8089; mukshidonna.com): Known for its *tteokbokki* (a dish with pieces of rice cake, and seafood, cheese or dumplings), this well-named establishment provides budget-friendly, informal dining.

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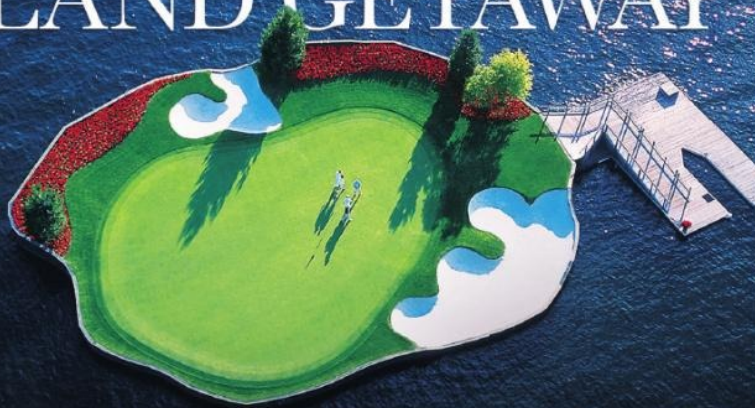
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phones, steel, ships and—especially to East Asia—food, fashion, design concepts and K-Pop music. While North Korea, just 35 miles from Seoul, still isolates itself, South Korea is increasingly globalized, and South Koreans—especially young urbanites—are learning English in great numbers.

On my second day in town, I visit Cheonggyecheon Stream. This swift, clear stretch of water runs through Seoul's central business and government district. In generations past, the stream was polluted and lined with humble homes. Over time, the houses deteriorated. They were demolished in the 1960s, and an expressway was built directly over the waterway, effectively concealing the stream, which is already below the level of its surroundings.

A restoration project in the early 2000s involved the removal of large sections of the expressway, which reopened the waterway to the sky. The city cleaned up the stream and placed flat stone blocks across the water to provide steppingstones for visitors. I love relaxing here, enjoying this breath of nature in the big city, in the company of strolling couples and families with happy children.

Seoul sprawls, but it also contains compact, walkable sections. My favorite is Insa-dong, north of the Han and (mostly) south of City Hall. The main road, Insa-dong-gil, is lined with tea shops, clothing boutiques, food markets and street vendors. I have a good time just following my nose and wandering around the neighborhood.

When I get hungry, I duck into the wonderfully named restaurant Eat, Rest, Pay, Go (Mukshidonna), located on a nondescript Insa-dong side street. Here, I use chopsticks to relish a casual dinner of *tteokbokki*. A popular snack and comfort food, *tteokbokki* features hot, noodlelike pieces of rice cake that are usually topped with some form of seafood, cheese or dumplings, plus a spicy red chili sauce. I order mine with fresh mussels and the delicious red sauce.

As much as I enjoy street-side Seoul—informal, affordable, energized, safe—I also find myself gravitating to Seoul's fine institutions. As South Korea's largest city, Seoul has a cultural menu that is both nourishing and thought-provoking. For example, Seoul has no fewer than five magnificent palaces.



The Dongdaemun Design Plaza and Park, with its futuristic architecture and landscaping, opened to the public on March 21.

My favorite is Changdeokgung Palace, an enormous former imperial residence encircled by neatly kept grounds.

I stroll through the palace compound, cross an ancient stone bridge, pass pavilions and small temples, and see pipes under the buildings that once provided steam heat in winter. Behind the circa-1405 palace, the Biwon (Secret Garden) is a lovely green space.

Seoul's historical sites are spectacular, yet I am particularly dazzled by the city's newest attraction, the aforementioned Dongdaemun Design Plaza and Park, which occupies 16 acres in central Seoul. I visit near the end of my trip. The main building—which is dedicated to design education, public art exhibitions, meetings and conventions—has been compared to a just-landed spaceship by admirers and detractors alike. Count me among the admirers. British-Iraqi architect Zaha Hadid (who won the Pritzker Architecture Prize in 2004) has given the design center a bold and distinctive look: curvilinear and sleek, with a taut metal skin. In Hadid, Seoul has found an architect with a vision strong enough to articulate the city's cosmopolitan, forward-thinking aspirations. I admire the building from the expansive public park, and think to myself: This isn't a spaceship that's just landed. It's the symbol of a city taking off. ▲

Journalist and author David Armstrong lives near San Francisco.

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The EMBA Advantage

By Lora Shinn

Dallas Poore culminated his Marine Corps career as a captain overseeing maintenance of dozens of helicopters and 300 workers at Camp Pendleton, near San Diego—and thus gained vast expertise in leading people, not to mention supervising logistics and systems organization. ■ That's priceless experience from a business point of view, and it exemplifies the reason so many former military officers become

business leaders. Still, when Poore decided to take the plunge into entrepreneurship, he went to ... school.

To executive MBA school, to be exact, in a program designed for working professionals who cannot or don't want to interrupt their careers. After his military career, Poore became a manager for an engineering,

construction and environmental firm. But he wanted to strike out on his own, and with funding from the GI Bill, entered the executive MBA program at San Diego State University in 2010 while still working. Poore couldn't take time out of his career to get his EMBA, so SDSU's Friday and Saturday daylong class schedule fit his needs.

Poore is like more than 12,000 busy professionals who enter EMBA programs each year in the United States, drawn by these key attributes:

- School is molded around work-friendly schedules and practical courses.
- Students' goal is new expertise such as accounting or tax law.
- They learn surrounded by like-minded, working professionals.

At SDSU Poore acquired new skills he needed for his nascent business—accounting, finance, statistics, law—and encountered a diverse array of new people and disciplines. One classmate had written two economics textbooks, while another held a molecular biology degree and had already taken one company public.

"You can go to an ordinary business networking mixer and talk to people for an hour, building a relationship here and there," Poore says. "It's a completely different experience interacting with experienced professionals and sharing the same rigorous curriculum for two years." The SDSU program introduced him to a key contact who helped him launch his business with a series of federal contracts in the veterans affairs arena. Just two months after graduation, he left his previous construction job and formed Fortitude E&C Inc., a now-thriving San Diego general contracting and construction management firm. And thanks to what he learned from the program's social entrepreneurship component, he gives at least 2 percent of net business profits to programs benefiting veterans.

While the EMBA phenomenon has boomed recently, it's not new: In 1943, the University of Chicago School of Business started the first such program for working professionals. Today, there are more than 320 programs offered worldwide, according to the Executive MBA Council.

Despite the term "executive" MBA, students don't always have to be employed as business managers or owners, although



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most are; EMBA students are typically in their 30s or 40s, with an average of almost 14 years of work experience, according to a survey conducted by the EMBA Council.

Executive MBA programs attract individuals for several reasons, says Randell Hernandez, associate director of the executive MBA program at the University of Washington's Foster School of Business. Many wish to move into a new role, he observes. Not all EMBA students seek business advancement; some may just want a change. "For example, accountants might like to transition into leadership roles, or engineers may wish to move into operations," he says. Eighty percent of UW EMBA students lack undergraduate business degrees, and instead learned on the job.

BY THE NUMBERS

- EMBA programs, worldwide: 320*
- EMBA enrollment: 24,000*
- New enrollment, annually: 12,000*
- Average duration: 19.7 months
- Average cost: \$73,401
- Average student age: 37.3 years
- Gender: 74.7% male, 25.3% female
- Programs that include an international trip: 66%

** estimates*

Midcareer, few professionals have time for a traditional MBA program, a two-year commitment with classes that run the standard academic week. EMBA's accommodate a student's full-time employment. Classes might take place on weekends and one weekday or several evenings, or in a similar work-friendly configuration.

Some EMBA programs don't even require in-seat class time. For example, Washington State University's EMBA is offered online-only, with interactive assignments, lectures, chat rooms and whiteboards. As a result, the class is made up of students around the world, from Washington to India. The University of Hawai'i offers both a classroom EMBA option and an online hybrid, which meets online weeknights and in person weekends, supporting enrollment across the six main Islands.



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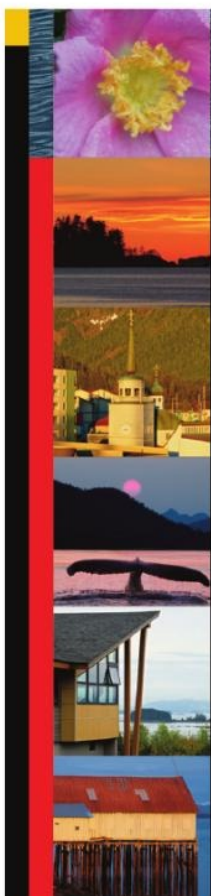
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EMBA cohorts comprise experienced executives, midlevel managers and ambitious achievers from a variety of industries and organizations, including health care, aeronautics, nonprofits, banks, hospitality and Fortune 500 companies. "The mushroom farm owner has a whole different set of problems from someone who has been flying a helicopter that costs millions of dollars," says Patricia van Damme, director of SDSU's EMBA program.

That broad range of industry backgrounds drew Ann Ardizzone, who returned to school to earn her EMBA degree at the Foster School of Business. Because she'd risen within the ranks at Alaska Airlines, she wanted a broader familiarity with business, in general. "I wanted exposure to other companies in the area, and it was an enormous help to me from that standpoint," says the current Alaska Airlines vice president of strategic sourcing and supply chain.

Students bring to class real-life, real-time workplace challenges and problems, observes Cheryl Oliver, assistant dean of online and graduate programs at Washington State University's College of Business. For example, one WSU student from a major travel organization had been wrestling with fuel and labor costs. A classmate from a major freight company faced the same challenge. "They put the pieces together to solve the problem," Oliver says.

Students should expect to put in 10-20 hours a week in study, research and writing, explains Toni Kruse Mingo, director of Executive Degree Programs at the University of Hawai'i Shidler College of Business. Courses include business statistics, marketing, competitive analysis, management, ethics and leadership. International coursework is increasingly popular. San Diego State requires a whirlwind international trip, visiting business sites and government representatives. At the University of Hawai'i, the optional international summer class is an Asian field trip to four countries in three weeks.

As part of his SDSU program, Poore visited Athens and Munich during the height of the European financial crisis. "We went from a crumbling economy to a booming economy," he says, allowing him to

TRY BEFORE YOU BUY

Not sure you're ready for a full EMBA program? Many universities offer short-term certificates and introductory programs. For example, Stanford Graduate School of Business offers the six-week "Executive Education Program," and has hosted guest presenters such as Condoleezza Rice and John Donahoe, CEO of eBay Inc.

The University of Washington's Foster School of Business invites prospective students to join the EMBA program director and admissions director at a special lunch to ask questions, then spend the afternoon on campus observing a class in session.

personally observe the differences between a society in flux and a stable one.

Not surprisingly, juggling time can be one of the most challenging aspects of an EMBA program, Ardizzzone says. "A lot of folks will tell you that you can do it, it's no problem, but be ready to address how you manage your time," she says. "It isn't easy to do. Make sure your friends and family will be understanding." She had to give up all personal time, essentially. "On the flip side, now I feel like I have this incredible gift of time," having earned her degree and returned to "regular" work life.

An executive MBA isn't cheap. The average program cost runs \$73,401, according to the EMBA Council. However, this often includes tuition, books, parking and in-residence sessions. Even on-site meals and snacks may be included. "All-inclusive" is how Hernandez describes UW EMBA pricing. Forty-one percent of EMBA students pay their own way, according to the Council, often utilizing loans, institutional scholarships and fellowships.

Some companies sponsor their employees as EMBA students, assisting with full or partial scholarships to cover tuition, books and fees. "The majority of our students receive some level of financial support from their organizations," says Yvonne Sertich, director of executive education at the University of Idaho. The university advises potential students about approaching the employer, even offering a sponsorship template on the U of Idaho site. "We want

to be sure they're thinking about potential sponsorship from the perspective of their company's leadership," Sertich says. "These are critical conversations students need to be prepared for." Start the process early, she suggests, with clear communication and expectations about time spent out of office, unique qualifications for an EMBA and what benefits the company will realize.

Van Damme suggests investigating several institutions to ascertain differences in university culture, the faculty's industry experience, the scope of the alumni net-

work, and the style of instruction. "Audit a class even before you apply," she says. "Imagine sitting there for two years."

Poore is glad his EMBA allowed him to achieve business ownership, his share of the American dream, and thus help veterans while he works. "I like the autonomy owning a business can offer, and being in control of my own destiny feels quite liberating," he says—to the benefit of many. ▲

Lora Shinn is a Seattle-based writer specializing in education and travel.



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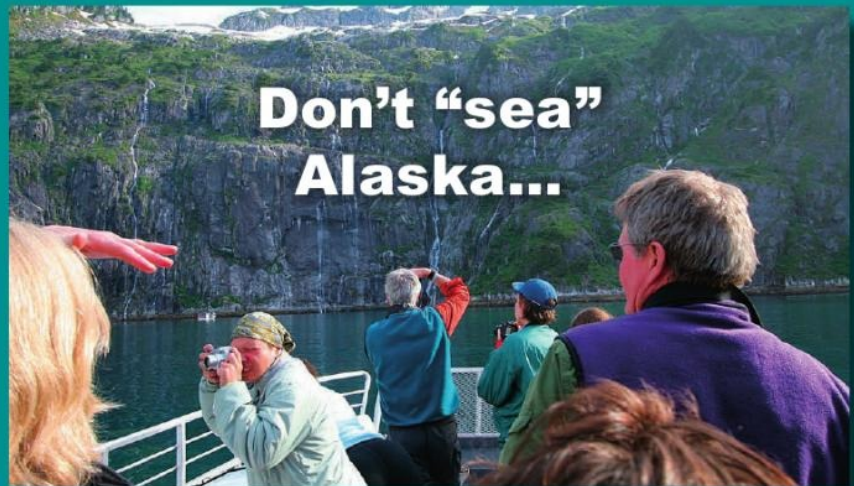
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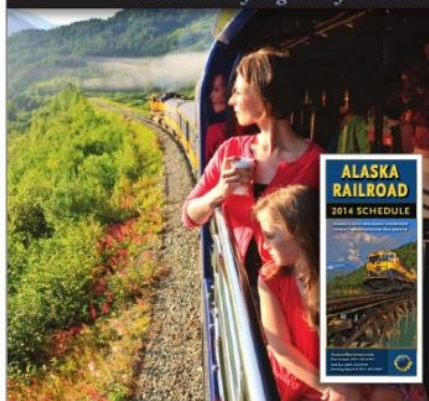
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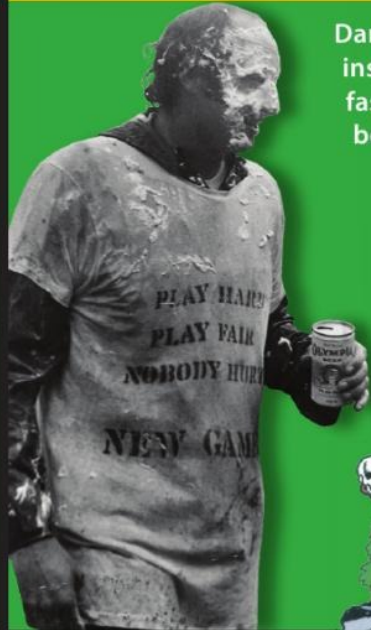
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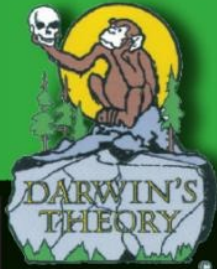


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2015 Subaru STI.

Rally Champs

By Bengt Halvorson

The Subaru WRX, and its pricier, more performance-focused STI companion, are perennial overachievers—always delivering a little more all-weather performance than their practical appearance and roomy four-door packaging might suggest. ■ Except, of course, to those in the know. ■ Ask a certain type of auto enthusiast—especially one younger than 45 or so—what vehicle offers the best performance value for the money

in an everyday car, and it's likely that the WRX will be near the top of the short list.

For a generation that can relate to the *Fast and Furious* movies and *Gran Turismo* gaming, the WRX (nicknamed Rex by some) has become a performance icon—in many cases, even more so than a Chevy Camaro or Ford Mustang.

But the WRX has always been an against-the-grain automotive superhero—the type you'd choose for grip, poise and precise control, as Ken Block's *Gymkhana* video acrobatics and various X Games appearances can attest.

It has a pretty interesting origin story, too. Back in the early 1990s, Subaru added a turbocharged engine, stiffer suspension and other upgrades to its Impreza compact car, creating the WRX (World Rally Cross).

The WRX was the basis for a competition race car that charged onto the international rally scene and claimed three manufacturer championships in 1995–1997, plus three World Rally Cross titles, in 1995, 2001 and 2003, when driven by Colin McRae, Richard Burns and Petter Solberg, respectively.

Today's 2015 WRX stays remarkably close to the formula introduced in the original Subaru WRX, and to what followed a couple of years later in the STI—prepared by Subaru Tecnica International, the automaker's tuning-house affiliate. The subsequent 2002 WRX models packed 227 horsepower from a turbocharged, horizontally opposed “boxer” four-cylinder engine and could blast to 60 mph in around 5 seconds, which was seriously quick for the time. Then the 2004 STI debuted and was even quicker. In that

original STI, limited sound insulation, an especially firm ride and the lack of a factory audio system all added up to a car that could be a bit too uncomfortable, and impractical, for a regular commute. But the STI was about as close to a factory-built rally racer as you could get.

Over the years, subsequent versions of the WRX were criticized as becoming a little soft, although with this latest, all-new WRX, Subaru has doubled back to sharpen this model's performance mission. The new WRX has a much stiffer new body that's quite different from that of the Impreza on which it's still based; a carefully tuned sport suspension; and a new, higher-horsepower engine with fresh powertrains that help make the most of it.

The resulting WRX is sharper and edgier when you need it to be, but it's also the most responsive and easy-to-drive WRX to date for everyday driving situations—such as those I encountered when I drove a WRX for a week around Portland, and then along some of my favorite roads on the way up Mount Hood. Under the hood of the 2015 WRX is a new 268-horsepower, 2.0-liter turbocharged boxer four, now with direct injection to aid fuel economy and responsiveness. You also get either a new six-speed manual gearbox, or a new continuously variable automatic transmission (CVT) that, when you switch the SI-Drive steering wheel controller over to its Sport Sharp (S#) mode, can act as a quick-shifting eight-speed automatic transmission, with steering wheel paddle shifters that let you click through each of the ratios.

While smart-driving enthusiasts should definitely go with the great manual gearbox (and its surprisingly light clutch-pedal takeup), you no longer need to avoid the automatic if you have someone in the household who refuses to shift their own gears. The CVT does what it's supposed to do well, shifting smoothly when you're in SI-Drive's Intelligent mode, or more responsively in Sport mode.

The new engine in the WRX is so good,

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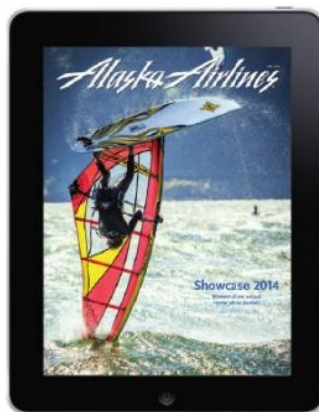
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and so flexible, that I prefer it to the more track-oriented STI in commuting conditions and ordinary traffic, where you might want a sudden burst of power to zip into a gap between cars. For that, the more affordable WRX might actually be quicker, as the engine makes usable torque over a much wider rev range.

The STI, which I drove just a week later around California's Monterey Peninsula, might look a lot like the WRX to most people who aren't clued in to the differences. But those who plan to spend any time at the track—or just want the most performance-optimized WRX—will still want to step up. You get Subaru's proven EJ-Series 2.5-liter engine, making 305 horsepower and now fitted to a Sound Creator that pipes into the cabin more of the intake engine sounds that serious performance enthusiasts crave.

There is no automatic transmission here, though—just a heavy-duty six-speed manual gearbox that has an even quicker, more precise linkage. And that's good, because you'll need to keep the revs up. There's a quicker-ratio hydraulic-boost steering system, as well.

Of course, both the WRX and STI include full-time all-wheel drive, but one key differentiator is that the STI has the Driver Controlled Center Differential (DCCD), a multimode system that lets you, with limited-slip differentials front and rear, tune how the all-wheel-drive system transfers its torque flow between the front and rear wheels. For instance, if you're racing on a very tight track, you can set the system up to actively behave a bit more like a rear-wheel-drive car.

Visually there are a few differences between these two models; the most noteworthy is the large, trunk-mounted rear wing that STI models flaunt. According to Subaru, it provides downforce and stability at triple-digit miles per hour. LED headlamps, larger wheels and a few other lower-body styling differences make this model look just a little more serious on the outside, while on the inside the STI steps up to dual-zone climate control (instead of single-zone in the WRX) and special leather-and-Alcantara (suedelike) sport seats.

After spending a morning driving the STI on tight, curvy roads near Monterey, and then an afternoon out on nearby Mazda Raceway Laguna Seca doing hot laps around the legendary track, I had no doubt that the STI is again, hands down, a significant step up in performance compared to the WRX—for those who really intend to push the car's limits. It's a more involving driving experience, for sure, and rewards those who know how to use the car's multi-mode settings for the center differential and stability control.

It's the WRX, starting at \$27,090, that's the greater performance value, however. In addition to its strong performance with better drivability, it now includes automatic climate control, a flat-bottomed steering wheel with audio and phone controls, Bluetooth phone connectivity and audio streaming, and a rearview camera system, as well as a reconfigurable screen that can show various performance readouts. Fully load up a WRX with the available options and you can get a sunroof, heated seats, a power driver's seat, push-button start, a navigation system, upgraded 440-watt audio and other options.

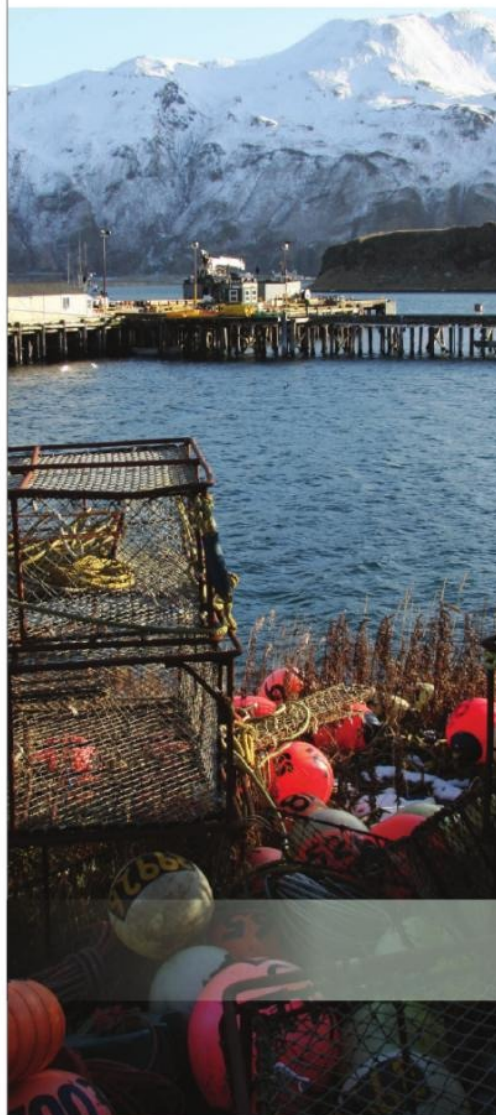
Currently the WRX doesn't have a lot of competitors. Mitsubishi's Lancer Evolution (the Evo, as it's called) used to be one of the strongest entries in this class, going head-to-head with the WRX and STI, but it has changed little over the years, and Mitsubishi has decided to recast the Evo as more of a green-performance car.

Ford's new Focus ST is a very strong performer, also with a 2.0-liter turbocharged engine and excellent handling, although it has only front-wheel drive, so it's not quite an all-weather, jack-of-all-trades transportation tool like the WRX.

Perhaps the strongest rival to the WRX arrives next year: The 2015 Volkswagen Golf R, with a 290-hp turbo four-cylinder engine and VW's 4Motion all-wheel drive, should be a little quicker and more fuel-efficient than the WRX.

Against any of these models, it's tempting to start comparing numbers, but the WRX has never been just a numbers car. It is quick, but its strengths are that it's

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refreshingly direct, tough to fluster and full of attitude. And the STI, with its aggressive hood scoop and rear wing, its always-present mechanical sounds, and a ride that can be a little harsh at times, is anything but subtle.

There's one other important reason the WRX has been so popular over the years: It's immensely practical. For a younger generation perhaps not as willing to see a performance car as an impractical plaything that you take out only once in a while, the WRX offers just as much space, and nearly as much comfort, as any other compact sedan. There's a backseat that's usable for adults, and a large trunk that could fit a vacation-size suitcase plus a couple of weekend bags.

Get a strong set of winter tires and a set of summer performance tires, and you'll be able to make the most of the WRX or STI in all four seasons.

Today the WRX family still distinguishes itself from the rest of the performance-car market the same way it did a decade ago, with a surefooted all-wheel-drive system, strong turbocharged engines, and responsiveness in the steering and brakes that you won't find in many other cars in this price range.

If you've driven previous WRX models, one of the first things you might appreciate about today's WRX lineup is how Subaru has made it better without going the path of muted performance characteristics. Yet measures such as soft-touch dash surfaces, a little more noise insulation and good, supportive front seats go a long way toward making these models day-to-day practical.

If the Subaru Outback and Forester are the sensible, down-to-earth family vehicles that have helped the brand ascend to far greater sales success over the past couple of decades, it's the WRX and STI that are the cheerleaders for what Subaru's engineers can do especially well—provide an astonishing level of performance, in a car you can drive every day, year-round.

Today's WRX family is no longer under the radar, and it's one great reason to be in the driver's seat. ▲

Bengt Halvorson is an independent automotive journalist living in Portland.



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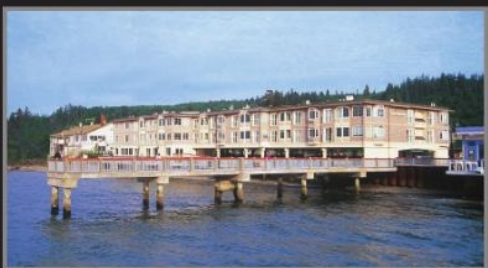
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Message and data rates may apply. Maximum of four messages per month. Text HELP to 44227 for help. Text STOP to 44227 to opt out. Terms and Conditions at <http://bit.ly/1hUeTdd>.



LET'S BE SOCIAL

Connect with us on Facebook and Twitter.



MVP, GOLD AND 75K STATUS

We know what it takes to be a road warrior, so the more you fly with us, the more we can take care of you and make your experience as comfortable as possible.

Gold and 75K benefits include:

- Unlimited complimentary upgrades
- Express security lines
- Initiation fee waived for Board Room membership
- Bonus Flight Miles
- One complimentary alcoholic beverage per flight

Elite status level miles/year:

MVP	20,000
MVP Gold	40,000
MVP Gold 75	75,000



BOARD ROOM

Become a Board Room member or purchase a One-Day pass for access to our award-winning airport club rooms. Enjoy complimentary snacks and adult beverages, private workstations, free Wi-Fi and our personalized service.

ONBOARD AMENITIES



For Purchase \$6 USD

Miller Lite
Budweiser
Sauza Tequila
Dewar's White Label Scotch
Jack Daniel's Black Label
Crown Royal
Baileys Irish Cream

Premium Liquor \$7 USD

Sun Liquor Vodka
Sun Liquor Gin
Sun Liquor Rum
Crater Lake Hazelnut Espresso Vodka
Courvoisier Cognac

Complimentary

Coca-Cola, Coke Zero, Diet Coke
Sprite, Sprite Zero & Fanta Orange
Seagram's Ginger Ale, Seltzer & Tonic
Athena® Bottled Water
Juices: Orange, Tomato, Cranberry, Apple and our special blend of Passion, Orange and Guava*
Bloody Mary Mix
Tazo® Awake® black tea
Tazo® Wild Sweet Orange herbal infusion (caffeine-free)
Proudly serving Starbucks®
Pike Place® Roast

Premium Wine \$7 USD

Canoe Ridge Exploration Merlot
Canoe Ridge Exploration Pinot Gris



Premium Beer \$7 USD

Alaskan Amber
Corona (to/from Mexico)
Kona Longboard Island Lager (to/from Hawai'i)



The Meals & Snacks card in your seatback pocket displays all our food and beverage options.

Beverage service may vary due to time of day and flight-segment time limitations. Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. Government warning: According to the Surgeon General, women should not drink alcoholic beverages during pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems.

Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

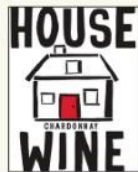
* On flights to Hawai'i only.

FIRST CLASS

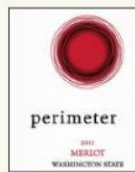
Passengers seated in First Class are always treated to our special brand of customer service. Enjoy our distinctive menus, a dedicated flight attendant, a convenient lavatory and complimentary use of an Inflight Entertainment Player when available.

WINES OF THE MONTH

First Class passengers enjoy fine wines from West Coast vineyards. This month, we're pleased to feature the wines below.



House Wine Chardonnay
Washington
Aromas of vanilla and ripe pear invite a sip that is followed by a sumptuous array of peach, pear and green apple flavors with vanilla and hints of toast.



Perimeter Merlot
Washington
This Merlot leads with cherry and vanilla, is spiced slightly with clove, and lingers with strawberry on the finish.



ARTISAN QUALITY
FOOD & BEVERAGES



ONBOARD RECYCLING

Please join our effort to reduce our environmental footprint by separating recyclable paper, cardboard, plastic, glass and aluminum, and passing these items to flight attendants for recycling. Thank you.

INFLIGHT ENTERTAINMENT

Put Hollywood in the palm of your hand

Enjoy our portable inflight entertainment system, including more than 75 movies, plenty of TV shows, sports, music, discounted Internet access and more.



BLOCKBUSTER HITS



The Lego Movie

PG; 1:41 (available with English subtitles)
Emmet, an ordinary, rules-following Lego minifigure is mistakenly identified as an extraordinary person key to saving the world. His fellowship of strangers embarks on an epic quest to stop an evil tyrant.



Saving Mr. Banks

PG13; 2:05
This is the extraordinary, untold backstory of how Disney's classic *Mary Poppins* made it to the screen. Walt Disney's promise to his daughters to make a movie of their favorite book would take 20 years to keep.



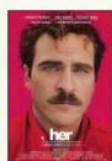
The Secret Life of Walter Mitty

PG; 1:54 (available with English subtitles)
A daydreamer escapes his anonymous life in a world of fantasies. When his job is threatened, Walter begins a journey more adventuresome than anything he's imagined.



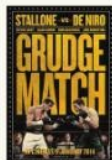
The Monuments Men

PG13; 1:58 (available with English subtitles)
An unlikely World War II platoon is tasked to go into Germany to rescue artistic masterpieces. They find themselves in a race against time, risking their lives to protect mankind's greatest achievements



Her

R-rated; 2:05
Theodore is a complex, soulful man who makes his living writing personal letters for others. He becomes intrigued with an operating system featuring "Samantha," a female voice who is insightful and surprisingly funny.



Grudge Match

PG13-rated; 1:53 (available with English subtitles)
The Kid and Razor, two local Pittsburgh fighters, end their careers suddenly in 1983. Thirty years later, their grudge match erupts into a hilarious melee that instantly goes viral, triggering a must-see television event.

MORE THAN 70 POPULAR MOVIES

- Adventure
- Comedy
- Drama
- Romance
- Oscar Winners

TV SHOWS

- 20 Network Favorites
- TV About Movies
- House of Cards
- How I Met Your Mother
- Justified
- The White Queen
- The Newsroom
- Big Bang Theory
- Dexter
- Broadchurch



MORE

- Music & Music Videos
- Discover Hawai'i
- Sports
- Health
- Discover Alaska
- Internet Access (\$7.95)

PRICING

- Flights scheduled 4.5 hours or longer: \$10 onboard
- Flights scheduled 3.5–4.5 hours: \$8 onboard
- Reserve at alaskaair.com 24 hours prior to departure
- Complimentary—First Class on flights scheduled 3.5 hours or longer

INFLIGHT WI-FI



Gogo® Inflight Internet is available on nearly all Alaska Airlines 737 aircraft, including all aircraft flying transcontinental routes. With Gogo you can

- Surf the Web, check email and access social media sites such as Facebook and Twitter
- Access your VPN
- Enjoy free access to alaskaair.com

In the air or on the ground, visit gogoair.com for flexible pricing options. Flight attendants will indicate when Gogo is available.

* Gogo Inflight Internet is not available on flights to/from Hawaii or when aircraft are flying over Mexico.

U.S., HAWAI'I AND MEXICO

Alaska Airlines is proud to serve more than 90 locations throughout the United States, Canada and Mexico. We serve many other cities with our codeshare partners, American Airlines, American Eagle, Delta Air Lines and Delta Connection.

On routes that require a connection to one of our partners, we strive to ensure a smooth transition, which includes the ease of purchasing your ticket with just one call or a visit to alaskaair.com, taking care of your bag transfer, and providing assistance at any stage of your journey should you have questions.

What's more, all our codeshare partners are also Mileage Plan partners, allowing generous opportunities to earn Bonus Miles. And with reciprocal elite-status benefits, you can enjoy several enhancements to your journey. Learn more at alaskaair.com.

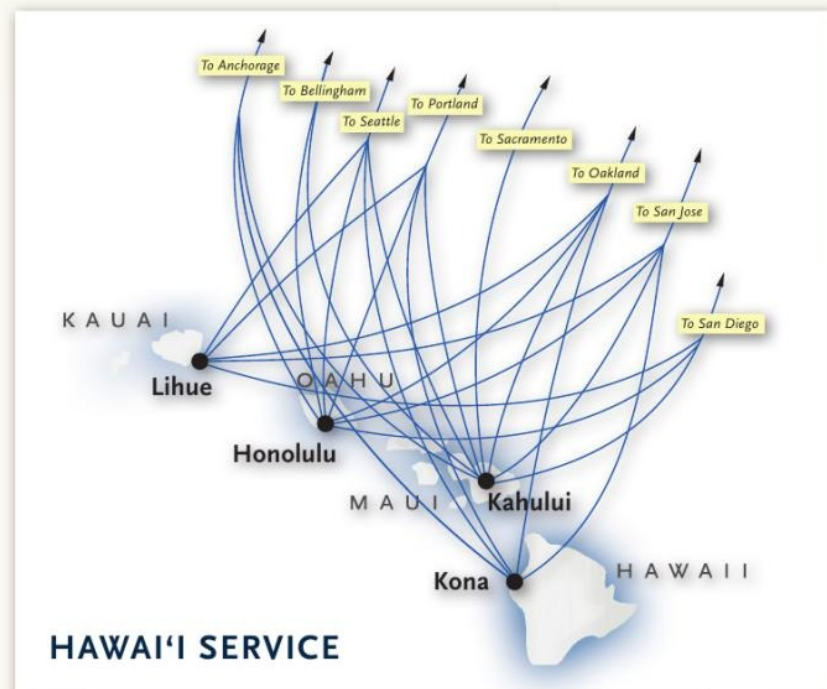
LEGEND

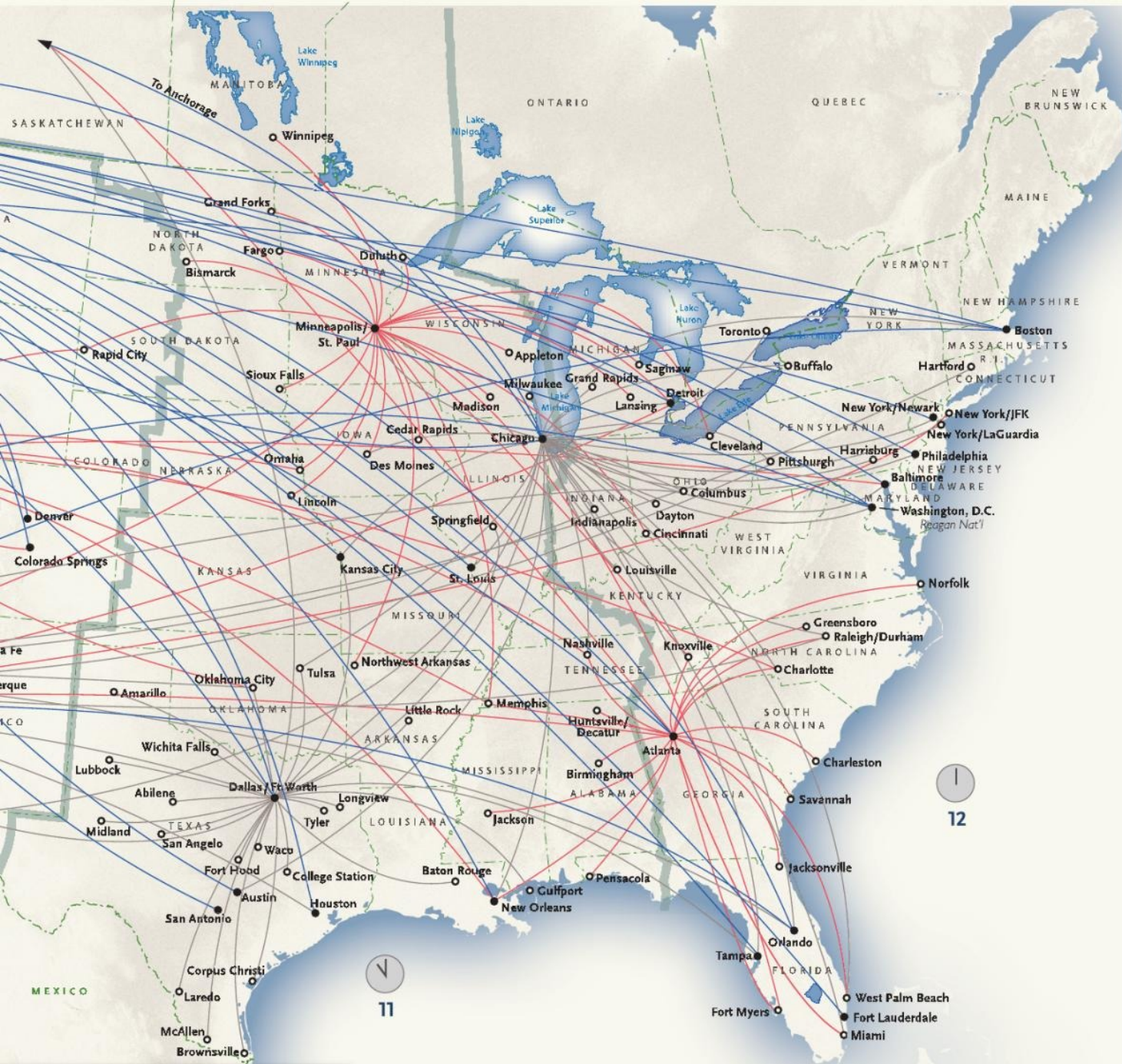
Routes served by:

-  Alaska Airlines
-  American Airlines
-  DELTA

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

Some routes shown operate seasonally.





U.S. MILEAGE

Between	Mileage
Seattle &	
Boston	2496
Denver	1024
Fort Lauderdale	2697
Honolulu	2677
Los Angeles (LAX)	954
New York City/Newark	2401
Orlando	2553
Phoenix	1106
San Francisco	678
Washington, D.C.	2306
Portland &	
Los Angeles (LAX)	834
San Diego	933
San Francisco	550

Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket.

UPCOMING NEW SERVICE

Route	Service Begins
Salt Lake City–Portland	June 9, 2014
Portland–Kaliispell	June 9, 2014
Salt Lake City–San Diego	June 10, 2014
Salt Lake City–Los Angeles	June 11, 2014
Seattle–New Orleans	June 12, 2014
Salt Lake City–San Jose	June 12, 2014
Salt Lake City–Boise	June 16, 2014
Salt Lake City–Las Vegas	June 16, 2014
Salt Lake City–San Francisco	June 18, 2014
Seattle–Tampa	June 20, 2014
Seattle–Detroit	September 4, 2014
Seattle–Baltimore	September 2, 2014
Seattle–Albuquerque	September 18, 2014
Seattle–Cancun	November 6, 2014

ALASKA



ALASKA MILEAGE

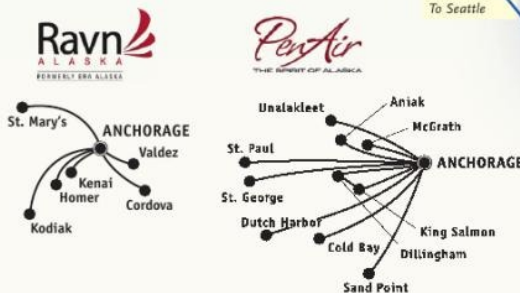
Between	Mileage
Anchorage &	
Cordova	160
Kodiak	252
Fairbanks	261
King Salmon	289
Dillingham	329
Bethel	399
Nome	539
Kotzebue	549
Juneau	571
Prudhoe Bay	627
Ketchikan	776
Dutch Harbor	792
Seattle	1448
Portland	1542
San Francisco	2045
Los Angeles	2375
Honolulu	2776
Chicago	2847

Between	Mileage
Fairbanks &	
Barrow	503
Seattle	1533
Chicago	2785
Juneau &	
Sitka	95
Petersburg	123
Yakutat	199
Ketchikan	235
Seattle	909
Ketchikan &	
Wrangell	83
Sitka	185
Juneau	235
Seattle	679

Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

AIRLINE PARTNERS

Make easy connections throughout Alaska with our partner airlines.



Some routes shown operate seasonally.

† Dutch Harbor–Anchorage service operated by PenAir.



Amy, Customer Service Agent, San Francisco

A SU SERVICIO

Alaska Airlines tiene el orgullo de ser la compañía de bandera extranjera más grande que presta servicios con destino a México. Por eso, hemos asumido el compromiso de cumplir nuestra promesa de proporcionar a nuestros apreciados clientes hispanohablantes una experiencia excepcional que, a la vez, sea segura, confiable y llegue a ellos con un servicio genuino y atento. Para atenderle mejor, nuestros productos y servicios se encuentran disponibles en español a través de:

- Centros de atención telefónica de Reservaciones y de Atención al Cliente

- Quioscos de registro del aeropuerto
- alaskaair.com/español
- El editorial mensual del director ejecutivo que se encuentra al inicio de esta revista
- Información sobre las salas de conexión en la página A10
- Información sobre formularios aduaneros e inmigratorios en la página A11

Asimismo, en el aeropuerto o una vez a bordo, nuestros empleados hispanohablantes con gusto le brindarán ayuda. Simplemente diríjase a nuestros empleados sonrientes y cordiales que llevan nuestras exclusivas identificaciones con la leyenda "A su servicio".

OUR BAGGAGE SERVICE GUARANTEE

We're proud to offer a Baggage Service Guarantee. If your baggage is not at baggage claim within 20 minutes of your plane parking at the gate, you're entitled to a \$25 Discount Code for use on a future Alaska Airlines or Horizon Air flight, or 2,500 Alaska Airlines Mileage Plan bonus miles. If we don't meet our 20-minute guarantee, simply see an Alaska Airlines or Horizon Air Customer Service Agent in the baggage claim area for your voucher.

- One voucher per qualified passenger, for one or more checked bags.
- Restrictions apply. See alaskaair.com for full terms and conditions.



A NEW WAY TO GIVE FEEDBACK

Visit alaskalistsens.com at any point in your journey

Alaska Airlines has a new, easy way for customers to provide instant feedback on their travel experiences. At any point in your journey, visit alaskalistsens.com from any device to take a fast, two-minute survey—



even inflight, where access to alaskalistsens.com is free if your flight offers Inflight Wi-Fi. Your feedback will enable Alaska to provide feedback directly to employees you interact with. Give it a try at alaskalistsens.com.

OUR FLEET

Alaska maintains a fleet of more than 125 Boeing aircraft. Our newest, the 737-900ER, features custom-designed Recaro seats and the Boeing Sky Interior, featuring sculpted overhead bins and mood lighting designed to provide a more spacious cabin experience.



HELPING YOU FIND YOUR WAY

A quick guide to help you make easier connections.

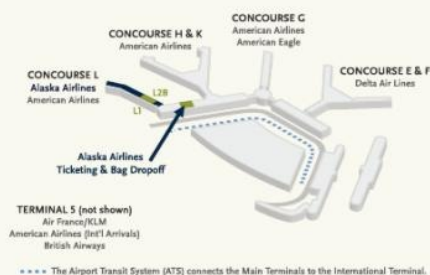
Anchorage International Airport (ANC)



Seattle/Tacoma International Airport (SEA)



Chicago O'Hare International Airport (ORD)



Portland International Airport (PDX)



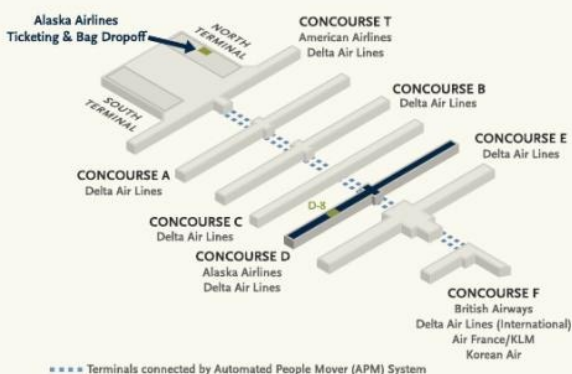
Los Angeles International Airport (LAX)



San Francisco International Airport (SFO)



Atlanta International Airport (ATL)



Helpful tips upon landing at SFO from Mexico:

- If necessary, clear all checked baggage through U.S. Customs.
- After clearing Customs, exit to the right through sliding glass doors.
- Pack all duty-free liquids securely in your checked baggage to avoid confiscation by the TSA. Then recheck your baggage with an Alaska Airlines Customer Service Agent at the baggage recheck point in the San Francisco International Terminal.
- Proceed directly down the hall and turn left to the connecting hallways leading to Domestic Terminal 1.
- Continue in the same direction and turn right at the signs for Gates 20-36: Alaska Airlines uses Gates 20 and 22.
- Average time from landing to Gate 20 is 40 minutes.

Datos de ayuda a su llegada de México a San Francisco:

- De ser necesario, pase por aduana de los EEUU con su equipaje que documentó.
- Después de pasar aduana, prosiga por la puerta de vidrio corrediza y a su derecha.
- Empaque seguramente todos los líquidos que adquirió en la tienda libre de impuestos (duty-free) en su equipaje documentado, para evitar ser confiscados por Seguridad (TSA). Después entregue su equipaje al agente de Alaska Airlines en los mostradores, justo afuera de aduana en la Terminal Internacional.
- Proceda directamente al fondo del pasillo y de vuelta a la izquierda hacia los pasillos de conexiones de la Terminal Doméstica 1.
- Deberá llegar hasta donde se encuentran las indicaciones para las salas 20 a la 36. De vuelta a la derecha y deberá pasar por seguridad. Alaska Airlines usa las salas 20 y 22.
- El tiempo estimado para el recorrido hacia la sala 20 desde que usted aterrizó, es de 40 minutos.

CUSTOMS AND IMMIGRATION

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.

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.

TO THE UNITED STATES

U.S. CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family with same address
- Lines 5, 6—If not using a passport, leave these lines blank
- Line 9—Enter "AS" for Alaska Airlines
- Sign at the "X"

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros

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"



TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form?

All travelers

Helpful tips

- One form per person or one per family with same address
- Section 6—It is not necessary to declare medicine for your personal use

DECLARACION DE ADUANA

¿Quién debe completar esta forma?

Todos los pasajeros.

Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Sección 6—No es necesario declarar sus medicamentos de uso personal



TO CANADA

Flight Attendants distribute a combined Customs and Immigration form during your flight. Prior to landing in Canada, complete this form, which includes easy-to-follow instructions. Completed forms are presented immediately upon entering the International Arrivals building.

Los Sobrecargos distribuyen una forma combinada para aduana y migración. Antes de aterrizar en Canadá, llene esta forma que incluye instrucciones fáciles de seguir. Las formas completas serán presentadas inmediatamente al entrar al edificio de la Terminal Internacional.



FMM

Who must complete this form?

All travelers except citizens of Mexico

¿Quién debe completar esta forma?

Todos los viajeros, excepto los ciudadanos de México



FEM FOR MEXICAN NATIONALS

Who must complete this form?

Citizens of Mexico

FEM PARA MEXICANOS

¿Quién debe completar esta forma?

Ciudadanos de México (Aun siendo residentes permanentes de EE.UU.)

Datos de ayuda

- Complete una forma por persona. No olvide firmarla.
- Seleccione la opción "Entrada a México".
- En la línea 5 escriba el tipo y número del documento que usara como identificación.



MEXICO STATE CODES

City / State	State Code
Guadalajara / Jalisco	JAL
Ixtapa, Zihuatanejo / Guerrero	GRO
Loreto, La Paz, Los Cabos, San Jose / Baja California Sur	BCS
Manzanillo / Colima	COL
Mazatlán / Sinaloa	SIN
Mexico City / Distrito Federal	D.F.
Nuevo Vallarta, Bucerías and north / Nayarit	NAY
Puerto Vallarta, Mismaloya / Jalisco	JAL

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

A GUIDE FOR AIR TRAVELERS

The Federal Aviation Administration (FAA) and Alaska Airlines have set the following rules and regulations to assure your safety and comfort:

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.
- 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.
- During taxi, takeoff and landing, portable electronic devices and headphones may be used. Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Players, etc.
- Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.
- Smoking is not permitted on any Alaska Airlines flight.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.
- Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal air purifying devices.
- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

IMPORTANT PHONE NUMBERS

CUSTOMER CARE:

800.654.5669
(Mileage Plan, Web Support, Customer Relations)

Toll-Free Reservations
Within the U.S. and Canada:
800.ALASKAAIR
(800.252.7522)

(TTY 800.682.2221)

En Español:
800.858.5525

From Mexico:
001.800.252.7522

Alaska Airlines Vacations:
800.468.2248

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 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



JOIN THE FORCE AGAINST LUNG CANCER

We are facing the #1 cancer killer of women. But when we walk together, we're a force to be reckoned with.

LUNG FORCE WALK

SEATTLE, South Lake Union
June 7, 2014

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30 CITIES AT LUNGFORCE.ORG/WALK



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Puzzle on page 186.



Puzzle © 2014 Penny Press, Inc.

Seattle's Top* Chef-Owned Restaurants





Volterra
Chef Don Curtiss
206.789.5100 / Ballard
425.202.7201 / Kirkland
volterrarestaurant.com



Seastar
Chef John Howie
206.462.4364 / Seattle
425.456.0010 / Bellevue
seastarrestaurant.com



Assaggio Ristorante
Chef Mauro Golmarvi
206.441.1399 / Downtown Seattle
assaggioseattle.com



Pearl Bar & Dining
Chef Bradley Dickinson & Owner Mikel Rogers
425.455.0181 / Bellevue
pearlbellevue.com



Koral Bar & Kitchen
Chef Bradley Dickinson & Owner Mikel Rogers
425.623.1125 / Bellevue
koralbellevue.com



John Howie Steak
Chef John Howie
425.440.0880 / Bellevue
johnhowiesteak.com

Dine where the locals dine!
*According to ZAGAT, SEATTLE'S BEST PLACES, NW/SOURCE.COM

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www.capobythesea.com

DRUG & ALCOHOL TREATMENT

Experienced Professionals
Our facility's staff includes several highly qualified, experienced therapists.

Custom Programs
7-10 day detox, 30-180 day programs. Guaranteed success with the 90 day program, call for details.

Privacy Assured
All communications are confidential, before, during and after recovery.

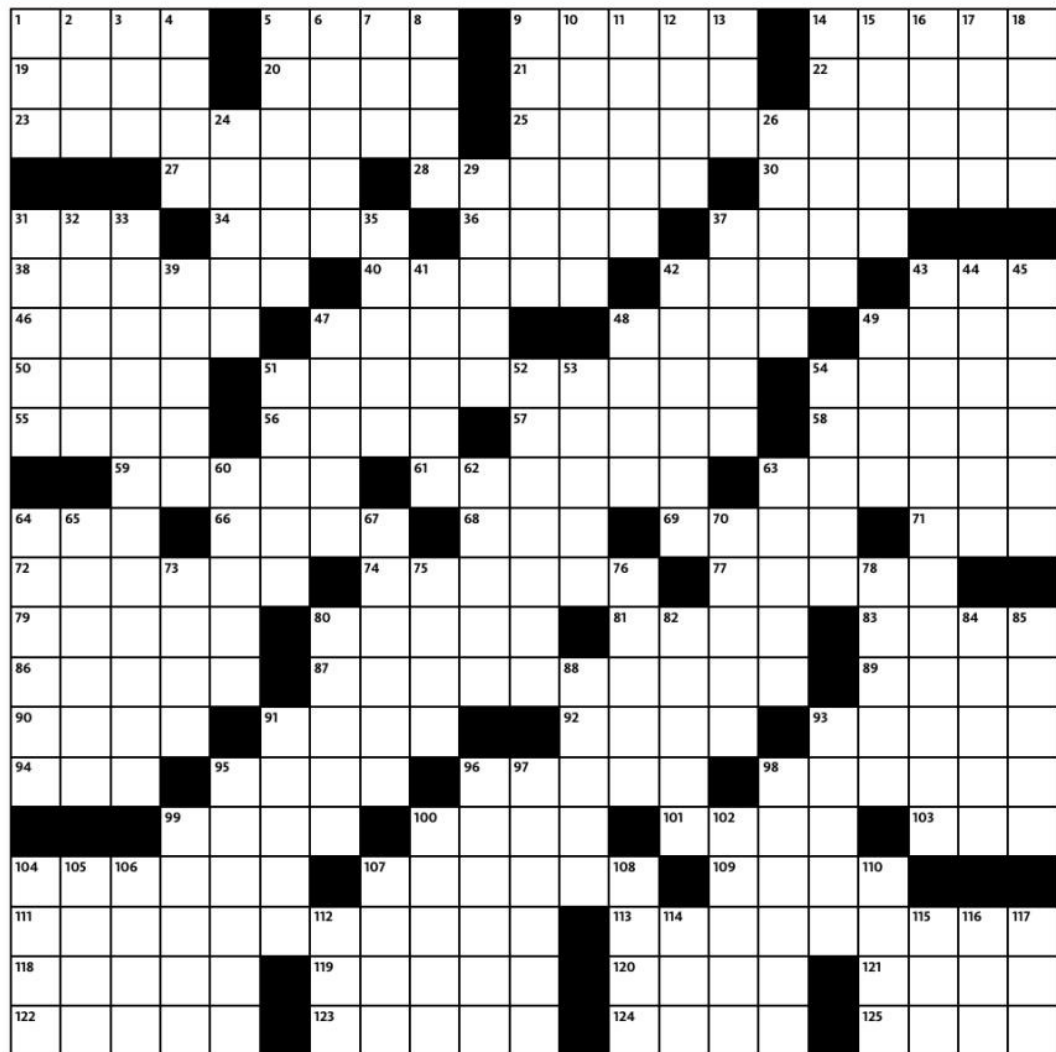
PRIVATE ROOMS AVAILABLE • INSURANCE FRIENDLY • BEACHSIDE LOCATIONS • PET FRIENDLY

ADDICTION • ALCOHOL • COCAINE • METHAMPHETAMINE • OXYCONTIN • VICODIN




ACROSS

- 1 Bernese mountains
5 Hot spots
9 Veranda
14 Draperies
19 Grime
20 Tempo
21 Put up with
22 Hot dog topping
23 Seltzer
25 Office apparatus
27 Jambalaya base
28 Rooster type
30 Ledger column
31 Craw
34 Puts to paper
36 Minor
37 London gallery
38 Saws
40 Matched, as socks
42 Doesn't know the words?
43 Wire thickness
46 Positioned
47 Synagogue book
48 Policy wonks
49 Skimpy skirt
50 Spotted
51 Salad green
54 Lucy's brother
55 New money
56 I agree!
57 Primary artery
58 Passive
59 Army noncom
61 Sharp as a tack
63 Antipasto follower
64 Collection
66 Classroom response
68 Court ruling?
69 Popular song topic
71 Tot up
72 Drawing room
74 Spooks
77 Organ part
79 Betelgeuse's constellation
80 One of fifty
81 Talk with
83 Gulp
86 Excessive
87 Harbor locale
89 Rational
90 Pip
91 Faculties
92 Fables
93 The Divine Miss M
94 Botch things up
95 Diminish
96 Praises
98 Dies (out)
99 Troglydte's home
100 Preserve
101 Unit of measure
103 Costly cracker-topper
104 Card game
107 Least believable
109 Appear



- 111 Well source
113 Perfume ingredient
118 Chalcedony
119 Gray and Moran
120 Terrible czar
121 Hellzapoppin' actress
122 Forestall
123 Florentine poet
124 Settles a debt
125 Took to court

DOWN

- 1 Beast of burden
2 Old card game
3 Whale herd
4 Kindergarten award
5 Parking spots
6 Altar plate
7 Master
8 Belgrade native
9 Platte River tribe
10 Lessened
11 Cronus, e.g.
12 Footnote note
13 Poetic contraction
14 Darts
15 Possessive pronoun
16 Needs aspirin
17 Mirth
18 Galahad and Gawain
24 Used a dish towel
26 Mollusks
29 Flower oil
31 Pool shot
32 Farewell
33 Pond bug
35 Punished
37 Oklahoma city
39 Port south of Milan
41 Realm
42 Cheap digs
43 Healthy drink
44 Hardened
45 In the book
47 Less likely to bite
48 Sassy

- 49 Brand-new
51 Hazard
52 Party party
53 1 or 66
54 Like notebook paper
60 French valley
62 Tablet
63 Happening
64 Better half
65 Breadwinner
67 Heir piece?
70 Reckon
73 Earsplitting
75 Hep dudes
76 Young cod
78 Money in the bank
80 Reprobate
82 Equine
84 Prelim
85 Grown goslings
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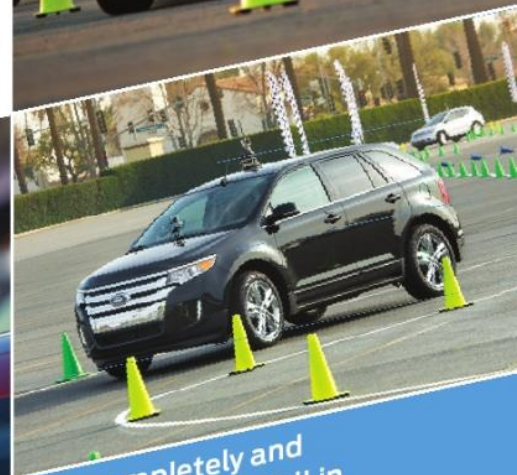
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