Beyon C Magazine June 2016



Legendary Service

12 employees awarded Alaska's highest honor for going beyond

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JUNE 2016

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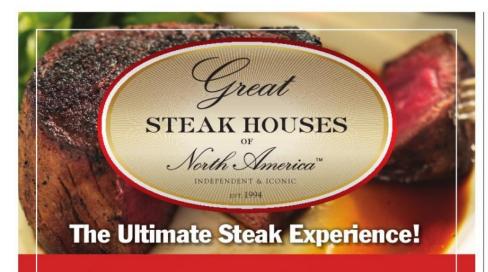
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COVER: Lynn Millard is one of the 12 Alaska employees recognized as Legends of Customer Service, the airline's highest honor; see "Exceptional Service," starting on page 18. Photo by Susan Ewbank.

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Spirit of Alaska

Lifting up the best

Lynn Millard was born to be a flight attendant. When she was 5 years old, she used to sneak downstairs in her pj's during her parents' dinner parties to have conversations with guests. Chatting among the adults,

she was in her element. Today, Lynn's still delighting her guests, even after 23 years with Alaska Airlines.

Flying out of Los Angeles, she's met some famous folks (actress Gwyneth Paltrow tweeted about Lynn's fantastic onboard service on a recent trip to Manzanillo). She's built strong bonds with our most loyal customers, as well. Two of her regular customers from Los Angeles to Vancouver, B.C., are Linda and Cornelius Houweling, of tomato- and cucumber-growing Houweling's Nurseries. Some of



Lynn Millard is one of the dozen Alaska employees recognized as Legends of Customer Service.

our customers saw her welcoming the couple as they boarded, and they whispered to her, "Who are those people—are they famous?" She said, "Oh, no, they are farmers—they grow cucumbers!" Everyone howled. That's Lynn.

She grew up in a large Portuguese family in Sacramento—so large, in fact, that at Thanksgiving they have to rent the church hall to seat all the aunts, uncles, cousins, etc. Random people walking by are drawn in by the noise, to which Lynn says, "Come on in, the more the merrier!" Everyone she knows is a friend.

Beyond the incredibly high quality of service she extends to all of her passengers, she has worked hard to make sure Alaska remains a great place to work. She's a key recruiter, helping the company identify future flight attendants who are going to

enable us to uphold our very high standard for customer service. Just as our aircraft get major structural inspections called "D Checks," which refresh the airplanes to ensure they can fly safely and reliably, Lynn and her colleagues decided that flight attendants needed something similar to refresh and revive them. Thus, the Flight Attendant "D Check" program was born. Lynn and seven fellow flight attendants led the creation of this program, ensuring its quality and that flight attendants knew how much we valued and appreciated what they did for our airline. She was also a key leader in "Flight Path," a recent workshop that all employees attended and which was designed to bring people together, hear concerns and build alignment around achieving our goals as a company.

These are just a few small examples of the generosity, caring and warmth that Lynn brings to everything she does here at Alaska. When you give Lynn a compliment, she will instinctively say, "It's nothing. You would have done the same thing." But it is something. And that's why Lynn and 11 other employees were recognized as Customer Service Legends. This is the highest honor we have at Alaska. Well under 1 percent of our employees have received this honor. In fact, the total number of awardees is 274, and that covers the last 25 years.

I think lifting up the best of the best at Alaska is one of the things our company does right. We recognize a Legend each month in the pages of this magazine. I thought you might like to hear more about the program, so in this issue we have a special feature article on the Alaska Airlines Legends awards. It starts on page 18. I hope you enjoy learning about this unique and important part of our culture.

Thank you for flying with us today.





Brad Tilden, Chief Executive Officer



Brad Tilden, Jefe Ejecutivo

Spirit of Alaska

Reconociendo a los mejores

Lynn Millard nació para ser sobrecargo. Cuando tenía cinco años de edad, Lynn se las arreglaba para bajar las escaleras en pijamas, y escuchar las conversaciones durante las cenas que sus padres organizaban para sus

invitados. Al participar en las pláticas entre los adultos, ella se sentía en su elemento. Hoy en día, Lynn sigue deleitando a sus invitados, incluso después de sus 23 años con Alaska Airlines.

El volar fuera de Los Ángeles, le ha permitido conocer a algunas personalidades famosas, (la actriz Gwyneth Paltrow quien una vez twitteó acerca del fantástico servicio que recibió a bordo por parte de Lynn en un reciente viaje a Manzanillo). También ha construido lazos muy fuertes con algunas personas no tan famosas. Dos de sus clientes que viajan frecuentemente desde Los Angeles a Vancouver son Linda y Cornelius Houweling, de los Viveros Houweling dedicados al cultivo de tomate y pepino. Algunos de nuestros clientes la observaron dando la bienvenida a la pareja mientras abordaban, y le preguntaron "¿quiénes son esas personas, son famosos?" Ella dijo, "Oh no, ellos son agricultorescultivan pepinos." Todo el mundo comentó ... Esa es Lynn.

Lynn creció en una gran familia portuguesa en Sacramento, la familia es tan grande, que de hecho, el día de Acción de Gracias tiene que alquilar el salón de la iglesia para acomodar a todos los tíos, primos, etc. Gente que pasa cerca del lugar de la celebración, son atraídos por el ruido, a lo que Lynn dice: "¡Adelante pasen, cuantos más mejor!" Todo el mundo es un amigo.

Más allá de la increíble alta calidad de servicio que brinda a todos sus pasajeros, ha trabajado muy duro para asegurarse de Alaska Airlines siga siendo un gran lugar para trabajar. Ella es una reclutadora clave, ayudando a la compañía a identificar futuros sobrecargos que nos ayuden a mantener nuestra excelencia en el servicio al cliente. Así como nuestros aviones reciben importantes inspecciones estructurales llamadas "D Checks," que refrescan a nuestros aviones para asegurar que pueden volar de forma segura y confiable, Lynn y sus colegas decidieron que los sobrecargos necesitaban algo

similar para renovarlos y revivirlos. Y así fue como nació el programa de sobrecargos "D Check." Lynn junto con siete compañeros, también sobrecargos, crearon este programa, el cual garantiza la calidad y asegura que los sobrecargos sepan lo mucho que valoramos y apreciamos lo que han hecho por nuestra aerolínea. Ella también fue uno de los líderes clave en uno de nuestros primeros talleres al que todos los empleados asistieron llamado "Flight Path", cuyo principal objetivo fue el de unir a la gente, escuchar sus inquietudes, y construir una fuerte alianza para lograr nuestros objetivos como empresa.

Estos son sólo unos pequeños ejemplos de la generosidad, el cuidado y la calidez que Lynn pone en todo lo que hace aquí en Alaska. Cuando alguien le da un cumplido a Lynn, ella por instinto le dirá "no es nada. Usted habría hecho lo mismo." Pero es algo. Y es por eso que Lynn y 11 empleados más fueron reconocidos como Leyendas de Servicio al Cliente. Este es el más alto honor que tenemos en Alaska. Menos del uno por ciento de nuestros empleados han recibido este honor. De hecho, el número total de ganadores es 274 y este cubre los últimos 25 años.

Creo que reconocer a lo mejor de lo mejor en Alaska es una de las cosas que nuestra compañía hace bien. Reconocemos a una de nuestras leyendas cada mes en las páginas de esta revista. Pensé que le gustaría saber más sobre el programa, por lo que este mes incluimos un artículo especial sobre el Reconocimiento a las Leyendas de Alaska Airlines. El artículo completo inicia en la página 18. Espero que disfruten al leer sobre esta parte tan única e importante de nuestra cultura.

Gracias por volar con nosotros el día de hoy.

Buch





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When I was younger, I was quite active. I enjoyed running, waterskiing and snow skiing After my second child was born, my life changed with the demands of working full time and being a mother. At one point in my career, I was traveling extensively, up to 100,000 miles a year. I had little time left for myself and stopped exercising completely. After a while, I felt horrible – lethargic and out of shape. I blamed it on age.

During my travels, I would read the My Best 10 success stories in Alaska Airlines Magazine. While I was intrigued, I always had the excuse that my life was too busy with kids and work. However, once my travel subsided, I decided to look into the program. To be honest, at first, I was a bit hesitant because I thought it might be a marketing gimmick. However, I decided to just do it. My goal was to lose at least 10

pounds and, more importantly, to simply feel better.

In the initial evaluation, I learned that my body's age was older than my biological age, I didn't have the strength or flexibility of most women my age, and my cholesterol levels were elevated.

As I continued to work with my personal trainer and dietitian, I began to feel stronger. My trainer was exceptional. I continued to train with him even after the program ended. My dietitian alerted me to the fact that I'm sensitive to wheat and dairy. As soon as I cut out the dairy, the weight came off. More importantly, I just feel healthier by not consuming any wheat or dairy products. Prior to My Best 10, I didn't take any vitamins. During the program, I found out that I was Vitamin D deficient and began a vitamin regimen, which has also helped tremendously.

The whole experience was terrific. It was much more than I had expected. I now realize that the stories in the magazine are not a marketing gimmick. These are real women who have experienced real results – just like I did.

I lost 14 pounds and my body age is now 10 years younger than my biological age. I absolutely love continuing to improve my fitness level. In fact, I completed my first Tough Mudder event last year, a 10.1-mile obstacle course. I never thought I could ever accomplish something like that – and I did!

I would absolutely do it all over again. I recommend My Best 10 to any woman who needs to get a good kick start to feeling like her younger self again!

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The Art of Hair Restoration

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

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

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

"It is important for today's patients to understand that the results that can be achieved can look completely natural and amazing when done properly," says Dr. Goertz. But patients should not be fooled with promises of new machines or instruments doing hair transplants. "The instruments are developed to aid the doctor," says Dr. Goertz. "Ultimately, natural results are achieved by the surgeon who has the surgical and aesthetic skill to create results that are completely natural." When a hair transplant can pass the scrutiny of a hair stylist, you know you have a great hair transplant. "Dr. Goertz has an eye for artistry in making it look natural, which is why I refer my clients to him," says David Cheung, master designer and owner of MARGIDAVID SALON in Seattle.

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

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

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



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What's new

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Alaska celebrities Mike Swanigan and Russell Wilson.



Captain Swani makes his final flight

After 36 years with Alaska Airlines, Captain Mike Swanigan made his final flight last month. Swanigan was raised an Air Force brat who knew he wanted to be a pilot in the first grade when a fellow student brought to school a model of a Boeing 707. He was the second African-American pilot hired at Alaska Airlines. Swanigan became one of the airline's most recognized employees after he starred in a series of TV commercials alongside Seattle quarterback and Alaska's Chief Football Officer Russell Wilson. The ads aired in 2014 and 2015. On one of his final flights, while he was hanging his hat before departure, a passenger asked a flight attendant excitedly, "Is that the guy in commercials?!" The flight attendant decided to have some fun with the passenger: "Yes, it is. He's just an actor. He has no idea what he's doing up there."

Alaska welcomes Japan Airlines

Members of Alaska's Mileage Plan frequent-flyer program will soon have a new option for travel. Alaska and Japan Airlines (JAL) last month announced a frequent flyer and codeshare partnership, pending government approval. JAL flies nonstop between Tokyo and West Coast cities that include Los Angeles, San Francisco, San Diego and Vancouver, B.C. JAL also flies between Los Angeles and Osaka, and offers an extensive network within Japan and



throughout Asia. Mileage Plan members will begin to earn miles on JAL early this summer, with mileage redemption for award travel following later in 2016. JAL is just the latest addition to Alaska's lineup of high-quality global partners offering Mileage Plan members access to 900 destinations worldwide via Alaska's 17 airline partners. For an introduction to the JAL partnership, read this month's Mileage Plan Adventures article on Tokyo (page 180).

Focus on sustainability

FROM TRASH TO FASHION IN SITKA

The town of Sitka, Alaska, recently supported a unique celebration of fashion through the Alaska Airlines Wearable Arts Runway Show. The eighth-annual event featured Sitka station employees who made eight 1950s-style flight attendant uniforms, with matching hats and suitcases, out of trash and recycled items. The show challenges people to create wearable artwork out of everyday items.



This year's theme was "8 Stars of Gold," since the Alaska flag features the big dipper. The employees made their uniforms and suitcases from materials such as recycled safety cards, "Live Animal" stickers and bag tags. They even created belts made from recycled seatbelts and necklaces made with suitcase zipper pulls.



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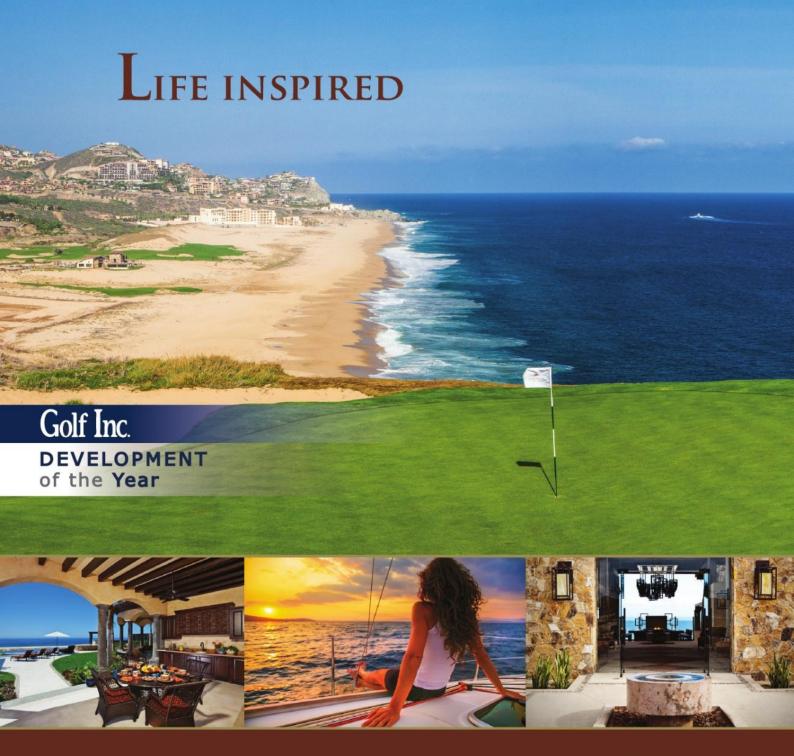
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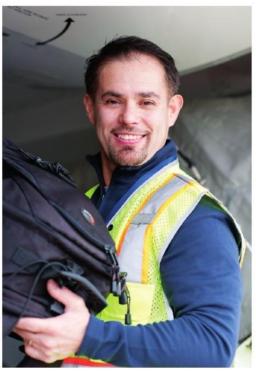


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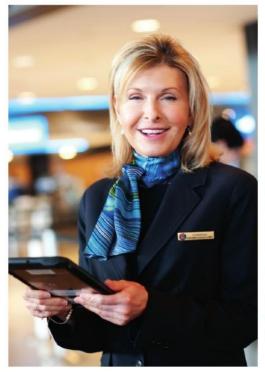
Alaska employees honored as Legends of Customer Service

By Paul Frichtl

s Ramp Service Agent Jorge Landeros walked through the Anchorage terminal one afternoon, he noticed a woman who appeared a little distraught. When he asked if he could help, he found that she had traveled from El Salvador and had missed her next flight. She spoke no English, and she felt lost and confused. Landeros readily stepped up to help. Not only did he serve as an interpreter in getting her reseated on a new flight the following day, but he also offered to let the woman stay with his family for the night, bought her food and some clothing, and he got her back to the airport in time for her flight.

Line Aircraft Technician Jack Jensen accompanied his daughter to Minneapolis on one of his days off. As Jensen waited for his return flight to Seattle, the captain of that flight walked into the waiting area and asked Jensen if he would come down to the ramp and investigate a fuel leak. Without hesitating, Jensen, who has 36 years of experience, agreed to help, and his day off soon turned into an all-nighter as he worked with a mechanic from a partner airline to troubleshoot the leak. Jensen worked until 2 A.M., took a break for a few hours' sleep and a shower, and returned at 6 A.M. when a new fuel pump arrived. Later in the day, he helped make sure the Alaska plane was ready to fly, and once he was onboard, he received a round of applause from grateful passengers.

Captain Bryan Burks is actively involved in autism advocacy and knows the difficulties that







Legend Jack Jensen.

many families have with simply taking a vacation. Burks, who has a daughter with high-functioning autism, has been instrumental in bringing to Alaska the Wings for Autism program, which allows individuals on the autism spectrum, and their families, to practice the flying process—checking in, going through security and to the gate, boarding an aircraft, taxiing around the airport and interacting with flight crews. Burks has not only helped coordinate the large volunteer effort involved, but he served as captain on all four of the Alaska Wings events. Burks also is an industry expert on "inflight upset" recovery procedures in development for pilots.

Landeros, Jensen and Burks are three of the extraordinary people recently honored as Legends of Customer Service at Alaska Airlines. And such instances of kindness, sacrifice and commitment are but a few of the stories that have helped define long careers devoted to the customers of Alaska Airlines.

The airline recognized 12 employees at an April dinner gala, noting that each Legend was selected by his or her peers as the employees who inspire their colleagues every day—warm, genu-

ine, caring people who lend a hand to strangers as readily as to family, friends and co-workers.

"It's our people who set us apart from the competition, keeping us at the top of the industry year after year," said Tammy Young, Vice President of Human Resources. "In every team, there's someone setting the standard, someone striving to be their best—and inspiring others to do the same.

"You are the superstars," she told the Legends and the 160 family members, friends and coworkers gathered for the celebration. "You are the people who set the standard for the rest of us."

It's that high standard that has helped the airline earn its ninth consecutive award from J.D. Power, which again ranked Alaska Airlines "Highest in Customer Satisfaction Among Traditional Carriers in North America."

At the banquet, Alaska CEO Brad Tilden was seated with the family of Seattle Customer Service Agent Deborah Abe, named a Legend after 19 years of service. Tilden leaned across the table toward Abe's daughter and son, both young adults, and told them that the Legends dinner is his favorite event every year, that he's inspired by the enthusiasm and support for the people who



are the front-line leaders of the company. "You know, these people here represent just a very small fraction of 1 percent of our employees. Your mom's a pretty special person."

The Legends class of 2016 represents four different work groups at the airline, from five different cities and two countries. Collectively, they total 324 years of service and experience, and they join a list of more than 270 Legends-award winners since the program was launched in 1991.

Legends are initially nominated by their coworkers. Nominees must have worked for Alaska for at least 10 years and still be employed by the company. Candidates are initially identified through a simple form providing background information and specific examples of how the nominee embodies the company's shared values, contributes to the success of the company, and interacts with customers, internal or external, with genuine, caring service.

Nominations are reviewed by a preliminary selection committee that looks for examples of how a nominee "has gone above and beyond" in not only his or her own specific job, but elsewhere within the company, the broader industry or the community in which the person lives. The resulting nomination packet can lead to many pages of testimonials and anecdotes from multiple enthusiastic co-workers. The subsequent list of nominees then goes to a committee of executives for the final selection of anywhere from eight to 13 Legends.

Those Legends come from throughout the company. They might be technicians servicing engines, or agents working with customers by phone from Boise or Phoenix call centers. Some Legends are pilots who began flying lessons long before they were old enough to drive. Other Legends started as summer interns stuffing mailers, or as mechanics cleaning parts on the hangar floor. For many Legends, Alaska Airlines is the only company they've ever worked for.

The employees recognized as Legends share an innate drive to reach high levels of success and professionalism. Invariably, they work well beyond their job descriptions, yet they never seek the spotlight for themselves. They personify the values that make Alaska special: an unwavering commitment to safety, resourcefulness, integrity, professionalism and excellence. At each Legend's

core is a genuine caring nature.

Many Legends have served as instructors and mentors who coach new

hires, and evaluate the technical and professional conduct of their peers and even their industries. They volunteer at high-school career days and community job fairs. They not only teach new employees how to do a job safely, efficiently and courteously, but also how to do it in a way that enhances a career, a department dependent on teamwork, and a company intent on growing based on the quality of the work it does and the loyalty of the customers it serves.

The Legends awards were not created to reward executives or to serve as lifetime-achievement honors for employees on their way out the retirement door. While it's true the cumulative years of service for each class of Legends is quite high, most are honored midstride. Most Legends complete any discussion about their career with Alaska by saying that they can hardly imagine retiring.

ustomer Service Agent Deborah Abe, who has been with the airline for 19 years, was celebrated at the Legends event for her incredible work ethic, which she attributes to how she was raised in a small Oregon town, from baking the bread for her family of six to helping to buck hay. She says her favorite part of the job is "knowing that I can make a difference every single day I go to work, whether it be for my passengers or for a fellow co-worker. I love the satisfaction that I receive when I change the course of my passengers' experience with Alaska Airlines."

It's that simple satisfaction that seems to drive all Legends, each seeking opportunities to serve, in ways large and small, one customer at a time.

"Throughout the years, our Legends have helped make us great," said Ben Minicucci, President and Chief Operating Officer. "They teach by example, they delight our customers, they inspire their co-workers, and they lead with innovation. They make us smile. They make us think."

Read about Flight Attendant Lynn Millard, our cover model, on page 9 of this issue. Each of the other 2016 Legends will be profiled in upcoming issues.



2016 Legends

Pictured above, clockwise from upper left:

JACK JENSEN, line aircraft technician, Seattle, 36 years.

CARMEN LAYNE, flight attendant, Seattle, 36 years.

EILEEN FLOCK, lead reservations agent, Phoenix, 17 years.

LYNN MILLARD, flight attendant, Los Angeles, 23 years.

BRYAN BURKS, captain, Seattle, 20 years.

KIM HOLZNAGEL, line aircraft technician, Seattle, 34 years.

JORGE LANDEROS, ramp service, Anchorage, 18 years.

JEFF BUTLER, vice president of airport operations and customer service, Seattle, 31 years.

ANTONIO ALVARADO,

manager customer service Mexico, Puerto Vallarta, 27 years.

JIM FREEMAN, captain, Seattle, 32 years.

DEBORAH ABE, customer service agent, Seattle, 19 years of service.

SHARON HOLLOWAY, flight attendant, Anchorage, 31 years.

The six qualities of a world class Steakhouse.

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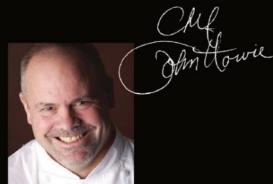
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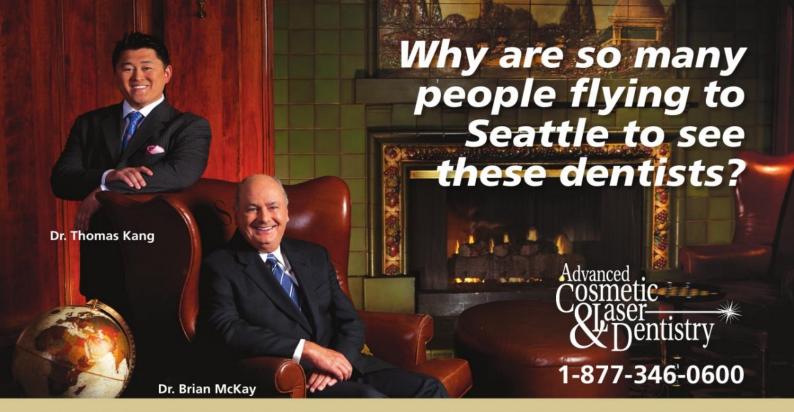




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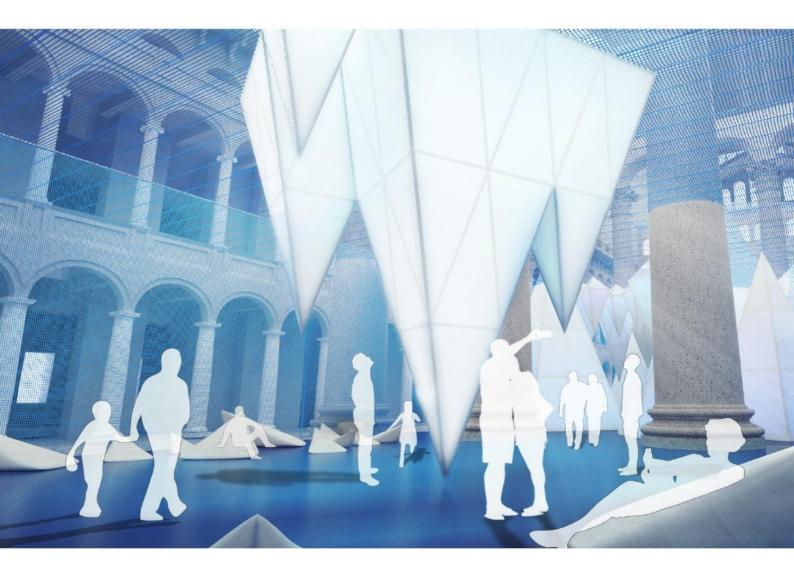








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WASHINGTON, D.C.

Chill Out

This summer, visitors to the capital can beat the heat at the National Building Museum. "Icebergs," a unique exhibition that will be displayed in the museum's Great Hall, July 2—September 5, will take guests above, below and inside giant sea-ice representations.

James Corner Field Operations, the firm that designed New York's celebrated High Line park, will create 12 icebergs from scaffolding and polycarbonate paneling. Some of these installations will be suspended from the ceiling; others will rise from the floor. The largest iceberg will be 56 feet tall and will contain a staircase to a viewing area where guests can see the bergs from above. Visitors can also cross a bridge to another model

or take a slide to ice caves and grottoes on the ground level.

A blue net suspended 20 feet off the floor will represent sea level and will provide a reference to indicate which parts of the icebergs are above and below the water line. Naturally, the museum will be kept cool for the exhibition. Call 202-272-2448 or visit nbm.org to learn more. —Emily Fourcroy Smith

A rendering of the "Icebergs" exhibition shows plans for the geometrical sea-ice representations in the National Building Museum's Great Hall, with icelike beanbags for visitors to rest on.

RENDERING BY JAMES CORNER FIELD OPERATIONS, COURTESY NATIONAL BUILDING MUSEUM





WASHINGTON STATE

A Cascade Classic

Pedals will churn and muscles will burn during the **Courage Classic** bicycle tour, August 6–8. Participants in this three-day ride will cover 175 miles of road, taking in the Cascade Range passes of Snoqualmie, Blewett and Stevens. The tour starts in the town of Snoqualmie and concludes with a ride down the Old Cascade Highway from Stevens Pass. Fans can also cheer riders in towns such as Cle Elum, at the end of the first day; Leavenworth, after the second day; and Skykomish, at the finish. A support crew will follow riders for safety, and rest stations will provide food and water.

The Fat Tire First Day, an alternative start, will allow participants to ride mountain bikes from the Snoqualmie Valley Trail to Rattlesnake Lake and continue on the maintained gravel John Wayne/Iron Horse Trail before joining the main race for days two and three. Alaska Airlines is a sponsor of the Courage Classic, which raises funds for Mary Bridge Children's Hospital. The registration deadline is July 27. Call 253-403-4374 or visit courageclassic.org to learn more. —Emily Fourcroy Smith

GET YOUR KICKS IN NEW MEXICO

Because of a major road realignment in 1937, Albuquerque is the only city in which Route 66 crosses an older portion of itself. And the city continues to identify strongly with this historic highway.

Through October 2, the Albuquerque Museum is celebrating "America's Main Street" with the exhibition "Route 66: Radiance, Rust, and Revival on the Mother Road." Art, artifacts, photos and dioramas represent the significance of the iconic 2,000-plus-mile roadway that stretches from Chicago to Los Angeles.

In a display representing the ruggedness of the route, a broken-down 1930s-era pickup rests in front of an image of an early Albuquerque gas station. Other ABQ-specific items include the neon sign from the historic El Vado Motel (right). Route 66 drew people from across the country. They needed places to stay en route, and neon signs, which gained popularity in the 1920s and 1930s, alerted weary travelers to motels. For more information about the exhibition, call 505-243-7255 or visit cabq. gov/museum. —Emily Fourcroy Smith





The neon lights of El Vado Motel and a 1940s highway sign are among the markers of Route 66 in New Mexico.



"MY COMPANY PUT ME THROUGH 20/20 LIFESTYLES AND IT SAVED MY LIFE."

At age 40, I had enjoyed life with no real sense how to take care of myself. I ate whatever I wanted, played a little golf and considered myself normal until one day I found myself to be 310 pounds – off the charts for a man six feet tall.

When I eventually decided that I needed to lose weight, I thought I'd start a popular low-carb/high protein diet. So I went to my doctor for a blood test to establish a baseline. The next day, my doctor ordered another blood test and diagnosed me with not only high blood pressure and high cholesterol but also, most alarmingly, with Type 2 diabetes. He told me that unless I changed my lifestyle and started medication for all three disorders, my lifespan may be shortened by up to 10-15 years with a progressive decrease in high quality of life. Complications I could experience would include heart disease, stroke, blindness, kidney disease, numbness of hands and feet, increased risk of infection and more.

I also had recently learned that Type 2 diabetes not only affects your body, but also your brain, turning into what some scientists call Type 3 diabetes or Alzheimer's. Since 20/20 LifeStyles could help normalize my blood sugar, help me lose weight and stop my diabetes before it creates any damage, it became more certain that I needed to make some serious lifestyle changes. I certainly didn't want my body to suffer from serious health conditions. Plus, I'm too young to be that old.

That's when my company made me an offer I couldn't refuse – they would pay for me to go through the 20/20 LifeStyles program, due to its impressive success record for curing disease and long-term weight loss.

Faced with my own mortality, I agreed. I joined 20/20 LifeStyles, which immediately impressed me because it's more than just a weight loss plan. The main reason I'm healthy today is because the 20/20 LifeStyles program is so complete. The full spectrum of the psychological, medical, nutritional and exercise expertise combined together allowed me to reach my highest goals, create new friendships, and open doors to experiences I never dreamed possible.

Curing my disease also helped me to gain more energy and be more productive at work. It's my understanding that I've saved my company over \$13,000 per year, just to control my diabetes.

Not only that, but my productivity has doubled and I feel more engaged, at work, than ever before.

After completion of the program, I lost 110 pounds, cured my diabetes, high cholesterol and high blood pressure – all without taking a single medication.

I went from a guy who had trouble climbing the stairs to climbing some of the highest mountains in the world, including Mt. Rainier and Mt. Kilimanjaro. I never dreamed in my life that I'd be taking on a physical and mental challenge that

would literally put me on the same playing field as world class athletes.

20/20 LIFESTYLES SAVES COMPANIES HEALTH CARE DOLLARS.

FACT: 20% of employees' with metabolic disorders cost companies 80% of their total health care dollars.

FACT: 32% of benefit dollars are spent on soft costs such as medical claims, absenteeism, short-term disability, etc.





Call (425) 376-3333 or visit 2020lifestyles.com/wellness-program to learn more about proven techniques for lowering corporate health care costs.



A Stardate with Seattle

Spock, one of the most celebrated characters in the *Star Trek* cosmology, was famous for saying, "Live long and prosper." And the *Star Trek* franchise, celebrating its 50th anniversary this year, has done both.

Through February 27, 2017, the EMP Museum in Seattle is hosting "Star Trek: Exploring New Worlds," an engaging exhibition that examines Star Trek's influence on pop culture. On display are more than 100 artifacts dating back to the original TV series in the 1960s. These include Captain Kirk's original command and navigation console, Lieutenant Uhura's first red dress and a USS Enterprise filming miniature (above). Interactive elements include a transporter simulation where guests appear to beam between locations, and a booth where guests can stand in for Captain Kirk and shout the name "Khan," to re-create the famous scene from Star Trek II: The Wrath of Khan. Call 206-770-2700 or visit empmuseum.org. —Kevin Lee-Simion

American League All-Star Mike Trout, No. 27 of the Los Angeles Angels of Anaheim, is congratulated by American League All-Star Josh Donaldson, No. 20 of the Toronto Blue Jays, after Trout hit a home run against the National League during the 2015 MLB All-Star Game at Great American Ball Park in Cincinnati.



SAN DIEGO, CA

All-Star City

Baseball's top talents will converge in San Diego next month as the city hosts the **87th MLB All-Star Game** at Petco Park, July 12, with activities citywide, July 8–12. Fans will watch to see if the American League can win a fourth straight Midsummer Classic or if the National League will break that streak.

In 2015, Mike Trout hit a home run and became the first player in MLB history to win back-to-back All-Star



Game MVP honors. Fans will tune in on July 12 to see whether he can extend his MVP streak.

Numerous family-friendly activities will celebrate baseball in the weekend leading up to the game. During the Color Run MLB All-Star 5K presented by Nike on July 10, participants will run with team mascots and former major leaguers. The run's Finish Festival will feature music and "color throws" in which participants decorate one another with cornstarch, baking soda and nontoxic dyes.

The MLB All-Star FanFest, which will be held at the San Diego Convention Center, July 8–12, will feature current and former players penning autographs and coaching skills clinics. Fans can also take their picture with the "World's Largest Baseball," signed by baseball legends. For more information, visit mlb.com/all-star-game.

-Emily Fourcroy Smith

LOS ANGELES, CA

An Artist of Many Guises

Director, photographer, makeup artist, hairstylist and model Cindy Sherman is a onewoman creative powerhouse whose celebrated decades-long career as an artist led her to also create influential works through videography.

From June 11 through October 2, The Broad, Los Angeles' newest contemporary-art museum, will feature its extensive collection of Sherman's work in its first special exhibition, "Cindy Sherman: Imitation of Life." Photographs and a feature film directed by the artist will be on view. Sherman's art explores representations of female identity as she takes on media-influenced stereotypes in a variety of environments and guises.

Through the use of costumes, prosthetics and sets, Sherman assumes different personas, ranging from representations of film heroines of the 1950s and 1960s to figures resembling the subjects of historical paintings.

For more information, call 213-232-6200 or visit thebroad.org/ art/exhibitions/cindy-shermanimitation-of-life. —*Bridget Hill*



Cindy Sherman strikes one of her many poses in Untitled #512 (2010/2011), a chromogenic color print.



Dating can be fun and invigorating – from that instant attraction you feel the first time you meet to jumping in the car for an impromptu weekend getaway. Unfortunately, it can take a lot of work to get to that stage of dating.

rom spending hours sorting through online profiles looking for a good match to trying to connect via pokes, winks and email, dating can suddenly feel like a full-time job. Wouldn't it be nice if you could just fast forward to the fun part of dating? That's exactly what Desireé and Michael Schlitt say It's Just Lunch, a dating service for busy professionals, did for them. The matchmakers at It's Just Lunch took the time to learn what they were looking for in a partner and then delivered.

With so many dating options out there, why did you choose It's Just Lunch?

It travel a lot for work, so I'd read about It's Just Lunch in airline magazines, and then I ran into a friend who was attending the wedding of an attorney in town who'd met her husband through IJL — the fact that those two events happened so close together, I thought I should call them. At the end of my work day I didn't want to come home and go look at profiles online. I felt like it was a waste of my time.

What would you tell a friend who was apprehensive about investing the money on IJL?

M: I'd ask, "Are you looking for a relationship

or not?" With online dating you never know who's on the other side of the line. IJL had better quality people who were interesting. It truly was an experience that was tailored for me

Tell us about your first date with one another.

I: I never went on lunch dates because I was always busy at work so I met Michael after work at a downtown restaurant. The conversation just flowed. I was attracted to him from the start. I remember it turned into dinner.

What was your favorite part about dating through IJL?

I met my husband, so I guess I would say that! It's Just Lunch — it's just a lot of fun. I remember I'd get off a plane and have a voicemail from the matchmaker saying she had a potential date for me. With online dating, you can go back and forth and waste a month with someone and not really get to know them. With IJL, you go meet your match and if you like them, you see them again, and if you don't, you're done.

Find out what an It's Just Lunch matchmaker can do for you by calling 800. 858.6526 or visit ItsJustLunch.com.



DATE BY NUMBERS

When it comes to personalized matchmaking, our success is unmatched!

25 YEARS

Of changing lives one match at a time.

+ 2 MILLION

Dates arranged by IJL matchmakers. (They know how to bring the right people together.)

64%

Of singles want to date others with similar political opinions and beliefs.

1 IN 3

Singles think talking politics on a first date is a bad idea.

20%

Of singles think talking politics is sexy.

1 IN 2

Singles could date someone who didn't have the same political beliefs but long term believe it won't work out.

800.858.6526 ITSJUSTLUNCH.COM

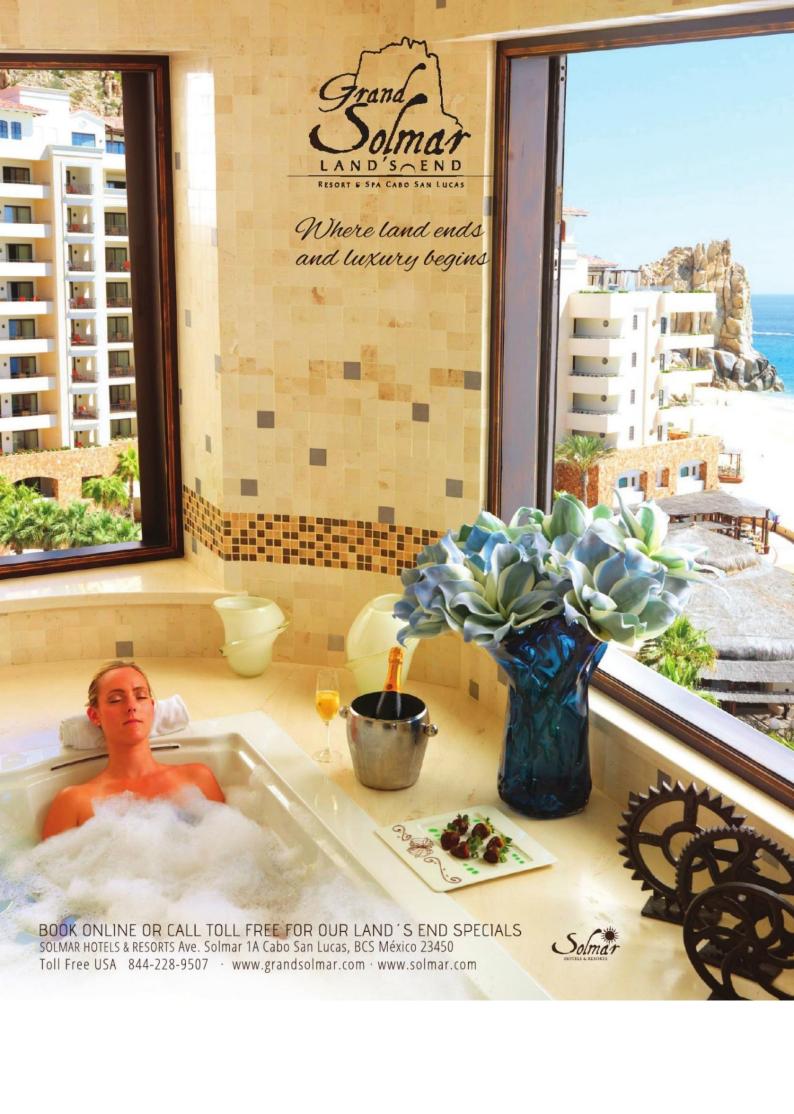
It's Just Lunch Matchmakers







IT'S JUST LUNCH





EUGENE, OR

The Road to Rio 2016

Competing in the Olympic Games and winning a gold medal is a dream for many athletes. And, from July 1 through July 10, more than 1,000 athletes will compete for the chance to fulfill such dreams, at the 2016 U.S. Olympic Team Trials—Track & Field, at the University of Oregon's historic Hayward Field. Over the course of the trials, an estimated 170,000 spectators will watch competitors try to finish in the top three in their events to secure places on the U.S. Olympic team. Expected participants include defending Olympic gold medal decathlete and Portland native Ashton Eaton, and Allyson Felix, a four-time Olympic gold medalist sprinter. Popular events include the men's and women's 100-meter sprints and high jumps. The 5,000-meter and 10,000-meter races are also well-appreciated in Eugene, where the University of Oregon has a long history of success at developing distance runners. Event attendees will also be able to visit the Fan Festival, which will feature a large video board, live music, food and beverages. Call 541-343-6129 or visit gotracktownusa.com and usatf.org. —Kevin Lee-Simion

MUSIC IN MILWAUKEE

when Henry Maier, then the mayor of Milwaukee, returned from Munich's Oktoberfest in 1960, he was inspired to create a festival that replicated the excitement of that event in Germany. In 1968, Summerfest debuted—and the festival has been going strong since.

From June 29 through July 10, around 800 acts will entertain an estimated total of 850,000 attendees at this year's Summerfest, at Henry Maier Festival Park. Eleven permanent stages will allow festivalgoers to enjoy a wide range of music. Headline performances will include the awardwinning country artist Tim McGraw, talented R&B singer Jason Derulo and musical legend Sir Paul



McCartney. Attendees can choose from a variety of refreshments while enjoying a family-friendly environment that also includes magicians, dance troupes and hands-on art activities. To learn more, visit summerfest.com. —Kevin Lee-Simion

CALENDAR

Through July 17,

"Megacities Asia," artistic responses to Eastern metropolises; Museum of Fine Arts, Boston; Boston, MA; 617-267-9300; mfa.org

June 18–19, Juneau Gold Rush Days, mining and logging competitions, food, exhibits and more; Savviko Park, Douglas, AK; 907-523-3325; facebook.com/ juneaugoldrushdays

June 18—Sept. 11,
"Wild West: Plains to the
Pacific," an exploration of
western U.S. history
through art; Legion of
Honor, San Francisco,
CA; 415-750-3600;
legionofhonor.famsf.org

July 4–10, 2016 U.S. Women's Open, top golfers vie for this Majors title; CordeValle golf course, San Martin, CA; 2016uswomensopen.com

July 9—Oct. 2, "Luxury: Treasures of the Roman Empire," gold jewelry, silver drinking vessels and more; Nelson-Atkins Museum of Art, Kansas City, MO; 816-751-1278; nelson-atkins. org

July 13–16, Mariachi Spectacular de Albuquerque, a concert set showcasing the musical tradition; multiple venues, Albuquerque, NM; mariachispectacular.com





NEXUS

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NEXUS will rise at 1200 Howell Street in the heart of downtown Seattle's new multi-billion dollar urban living core. This is an architectural achievement without compromise – advancing modern design and elevating city life to new heights. *Make it yours*.

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- · Expansive Sky Club & Rooftop Terrace
- Contemporary Interiors + Dynamic Floor Plans
- Integrated Co-Work Spaces + Guest Suites
- · Personalization Options + Smart Home Technology
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APPS

Mapping Apps

MOBILE SOFTWARE THAT HELPS YOU FIND YOUR PLACE WHILE YOU'RE ON THE GO By Bridget Hill

WITH TODAY'S MYRIAD APPLICATIONS

for navigation, finding your best route is just a tap away. The following popular map-centered apps provide tools for everything from hiking adventures to treasure-seeking GPS games to world travels to simply improving commutes or walking through a city. And with these tech tools, there should be no need to argue about whether to stop for directions.

AllTrails

Android, iOS; alltrails.com
Explore up to 50,000 trails
across North America with GPS
tracking, offline topo maps and
detailed trail reports. Selections
can be filtered to be dog-, kid- or
wheelchair-friendly.

CityMaps2GO

Android, iOS; ulmon.com
CityMaps2Go is a global
travel-tech companion with
maps, directions, suggestions of
popular attractions and insider
tips for cities around the world,
all usable offline and roamingfree after downloads.

Geocaching

Android, iOS, Windows Phone; geocaching.com
A guide to a modern-day treasure-hunting sport, the Geocaching app provides maps to hidden containers in more

than 185 countries, as well as tips, tricks and instructions to help you in your GPS-enabled search.

Just Ahead

Android, iOS; justahead.com
This app provides GPS-guided
audio tours of locations all over
the world. The tours include
detailed information about
history, geology and wildlife, with
on-screen maps and directions.
The app is free to download;
in-app purchases are required
for specific audio tours.

Maplets

Android, iOS; mobilemaplets.com
Maplets offers more than 10,000
downloadable items, including
maps of national parks, transit
systems, universities and ski
resorts. Many maps utilize the
GPS on smartphones to show a
user's location on a previously

downloaded map, allowing for navigation without the need for phone service.

Moovit

Android, iOS, Windows Phone; moovitapp.com
Public transportation is made easy with Moovit's real-time arrival and departure times in 850 cities. Features also include live community-service alerts and the ability to bookmark your favorite routes for easy access.

MotionX-GPS

iOS; gps.motionx.com
Great for outdoor activities such as biking, hiking and running, this app offers downloadable maps of roads, terrain and NOAA-charted marine areas. MotionX-GPS allows users to keep track of adventures by recording speeds, times, distances and elevations.

Waze

Android, iOS; waze.com
A community-based traffic-and-navigation app, Waze collects data from drivers in a certain area to share real-time road info. This app also allows users to find the cheapest gas along routes and stay connected to

NATIONAL PARK APPS

friends via social media.

- Chimani National Parks, chimani.com; a large database of guides with geographic locations, historical data and overviews of attractions.
- National Parks by National Geographic, nationalgeographic. com; includes stunning photos and lesser-known park details.
- Passport to Your National
 Parks, easternnational.org; helps
 visitors record their experiences
 as they participate in the
 National Parks Passport
 program.
- National Park Service Tours, nps.gov; official tours of National Park Service locations, including audio tours, directional information, historical info and trail listings.



■ Maplets





JUNE 2016 ALASKA BEYOND MAGAZINE 33



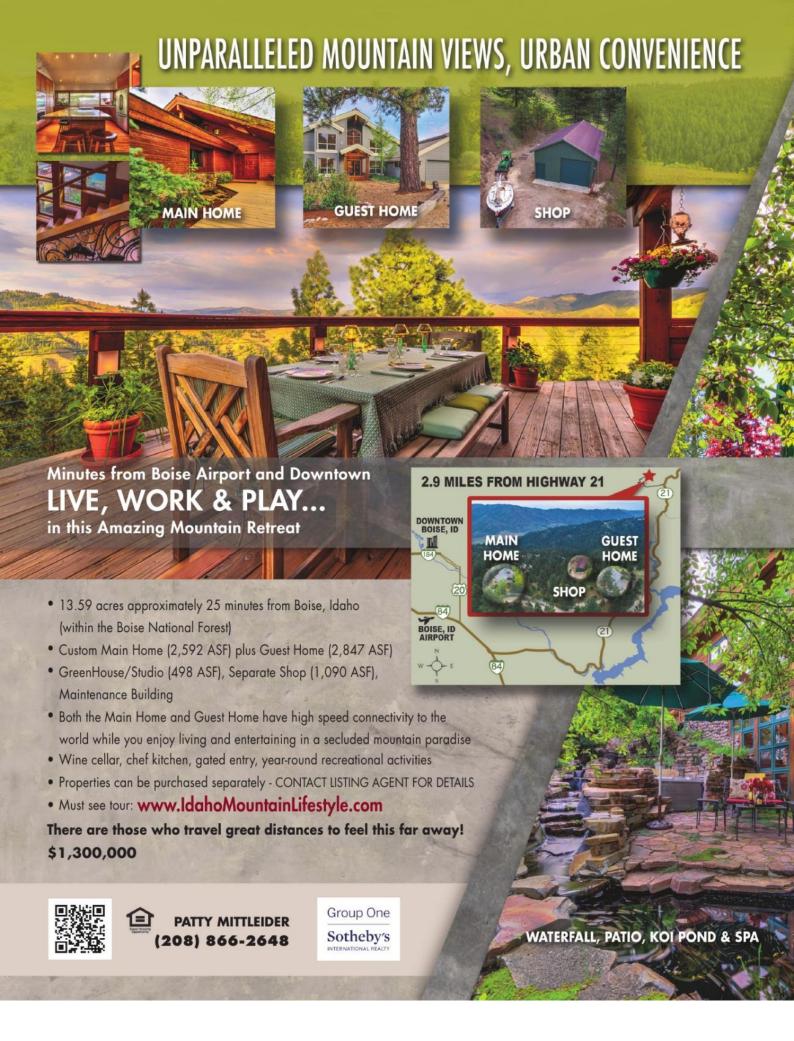


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JOURNAL

SPORTS SPOTLIGHT

Sailing the Ocean Blue

THE PACIFIC CUP PRESENTS SOME OF THE WEST COAST'S BEST SAILING By David Schmidt

hen conversation turns to long-distance
West Coast sailboat racing, the Aloha State
reigns as a premier destination. Warm
water, trade-wind breezes and "surfing-friendly" seas
(with waves oriented for catching extra speed) make
Hawai'i-bound races time-honored rites of passage.

On even-numbered years, the biennial Pacific Cup unfurls its sails at a starting line in front of the venerable St. Francis Yacht Club, near the Presidio in San Francisco. From there, boats race to a finishing line near Kāne'ohe Bay, on O'ahu's windswept northeastern coast. Along the race course, nothing but blue separates California from O'ahu, but spectators can watch—from Crissy Field, Marina Green or the walkways of the Golden Gate Bridge—as the boats depart San Francisco. The staggered starts begin on July 11. Alaska Airlines is the race's official airline.

More than 70 boats—the event's biggest fleet in more than a decade—have registered for this year's "Pac Cup," and more than half of these entries are first-timers. While some of the teams consist of polished racers sailing aboard dedicated racing boats, plenty of entrants are Hawai'i-race newcomers who are sailing aboard their trusted (and dual-purpose) cruiser/racers and who are using the event to improve their offshore sailing and racing skills. In an effort to help less-experienced teams join the race, each entrant is encouraged to participate in safety sessions, which include the Alaska Airlines Pacific Offshore Academy and Safety at Sea seminars. Each yacht is also carefully inspected before racing to make sure its sailing and safety equipment meet the event's rigorous standards.

To ensure that all boats finish within a few days of one another, race organizers group yachts into seven divisions based on each boat's performance abilities. In the staggered starts, the slowest boats start first, and the fastest boats launch four days later.

While each year brings different conditions, classic Pac Cup routing takes boats upwind and offshore for several days. Then it's a matter of tapping into the trade winds, hoisting the spinnakers and holding on tight. Depending on conditions and each boat's characteristics, the 2,070-nautical-mile course takes six to 17 days to complete.

Race veterans have referred to the finish at Kāne'ohe Bay as "epic," as the long ocean passage is celebrated with families, friends and a "Leis and Trays" committee that greets each



boat with floral accoutrements and rum-focused libations. Trophies await various division and overall winners, but the real reward for most sailors is the knowledge that they crossed wide ocean waters on their own keel.

A crew approaches the finish in the 2014 Pacific Cup sailing race between San Francisco and O'ahu.

Alaska Airlines has numerous daily flights from the U.S. mainland to Honolulu, so supporters wanting a smoother, faster trip across the Pacific can enjoy the spectacle of the finishers arriving on O'ahu. Learn more at pacificcup.org.

The Return of the R2AK

▶ Along with the Pacific Cup, Alaska Airlines will sponsor the second-annual Race to Alaska, a seat-of-the-pants dash from Port Townsend, Washington, to Ketchikan, Alaska, by way of waters east of Vancouver Island. While this all-comers race is "only" 750 miles, the waters are extremely cold, and competitors can't use internalcombustion engines. Due to typically "there-but-spare" winds, many racers will use human-powered systems, ranging from oars to pedal-driven rigs. Choosing the right setup is critical to winning the \$10,000 purse, and a look at the starting line on June 23 will reveal varied craft, from kayaks to catamarans. Spectators will be able to view the fleet in Port Townsend; Victoria, BC (at the end of an initial, qualifying leg); certain areas of Vancouver Island; and Ketchikan. Visit r2ak.com. —D.S.



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PROFILE

A Musician Takes Flight

SEATTLE SINGER-SONGWRITER BRANDI CARLILE STAYS ROOTED WHILE SPREADING HER WINGS By Albert Rodriguez

n the morning Brandi Carlile found out she'd received her first Grammy Award nomination, for her 2015 album, "The Firewatcher's Daughter," she was online aboard an Alaska Airlines plane, returning to her hometown of Seattle.

"I was flying back from New York City, and the twins [band members Tim and Phil Hanseroth] were asleep about four rows behind me," says Carlile. "I just stood up in my seat midflight—it was an early flight, too, and most people were sleeping—and I said, 'Tim, Phil, we got a nomination!'"

The achievement would come as no surprise to longtime fans, some of whom first happened upon Carlile in her early days, when she performed regularly at The Paragon Bar & Grill, in the Emerald City's Queen Anne neighborhood. A self-taught vocalist, guitar player and pianist, Carlile honed her skills at small clubs and festivals throughout the Northwest until 2005, when her self-titled debut album led to a breakthrough and a series of opening gigs for top acts and musicians, such as Maroon 5, Chris Isaak and Shawn Colvin.

Carlile's audience grew again when *The Story*, the title track of her 2007 studio recording, was featured in a General Motors commercial that aired during the 2008 Olympics and was also played on two TV shows, *Grey's Anatomy* and *Anthony Bourdain: No Reservations*.

Blending folk, country, bluegrass, rock and indie pop, Carlile's sound is an audio backdrop for the Pacific Northwest. Snowcapped Cascade mountains, forests, freshwater lakes and rolling hills come to mind when you listen to her songs, such as *Hard Way Home*, the lead-off track of her 2012 album "Bear Creek," which was recorded at Bear Creek Studios in a lush valley in Woodinville, Washington, northeast of Seattle.

Natural surroundings and a melancholy vibe figure prominently in Carlile's music, aligning her work with that of other Northwest musicians.

"It has a lot to do with the weather and the realism, just being where it's at geographically," says Carlile of the influence of setting on the Northwest sound.

What's most distinctive about Carlile is her voice, specifically the quality and range of it. Whether she's

singing a hushed acoustic number or a powerful ballad with instruments playing in the background, the star ingredient of her music, on recordings and on stage, are those strong, articulate, sweet-yet-feisty vocals that recall old jukebox records of Patsy Cline and Roy Orbison.

When Carlile isn't recording music or touring, or tending to her family—she's married with a toddler—she devotes herself to causes that are close to her heart. In 2008, she launched the Looking Out Foundation, which,

through music, supports humanitarian efforts in local communities and around the nation. One dollar from each of her concert ticket sales is donated to organizations that support the arts, women, public health and other causes.

Carlile is often headed for a concert. And whether or not you see her passing through Sea-Tac Airport any time soon—boarding another Alaska Airlines flight or enjoying a meal at Ivar's Seafood Bar—it's possible you'll hear one of her songs in the terminal, thanks to a curated playlist of Seattle-area artists that is on constant rotation. Born in small-town Ravensdale, southeast of Seattle, the Northwest native has gone from busking around the Emerald City to playing shows at Madison Square Garden in New York City, Ryman Auditorium in Nashville, Red Rocks Amphitheatre in Colorado, and many other places along the way.

Simply put, she has taken off.



Musician and humanitarian Brandi Carlile tours internationally, but always keeps close connections to her Northwest home. Someone you know had a little work done

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Yellowstone National Park ➤ ID/MT/WY Seattle-based photographer Art Wolfe captured this image of two bison, representing the largest North American land mammal, during a frigid morning

in February 2000.



Grand Canyon National Park ► AZ

Painted by Thomas Moran in 1912,

The Grand Canyon of Arizona from Hermit

Rim Road depicts the majesty of the

Grand Canyon.



Arches National Park > UT

Taken by Tom Till, whose work has also appeared on two other stamps, this photograph features Delicate Arch, one of 2,000 stone arches in Arches National Park.

FIELD GUIDE

Stamps of the National Parks

The U.S. Postal Service is celebrating this year's National Park System
Centennial by introducing 16 park-themed postage stamps.
These stamps, including the ones shown on this page, are being issued June 2. Visit nps.gov/subjects/centennial/postage-stamps.htm.

—Emily Fourcroy Smith



San Francisco Maritime National Historical Park ► CA

The 301-foot square-rigger Balclutha is one of the eight National Historic Landmark vessels anchored at the San Francisco Maritime

National Historical Park.



Haleakalā National Park > HI

Photographer Kevin Ebi spent more than an hour in pouring rain on the rim of the crater of Haleakalā, waiting for breaks in the storm when he could shoot rainbows.



Mount Rainier National Park ► WA

While serving as an intern with the NPS Geoscientists-in-the-Parks program, Matt Dieterich took this time-lapse image of an aurora and star trails above Mount Rainier.



Glacier Bay National Park & Preserve ► AK

This park is home to 1,045 glaciers, 50 of which are named. Three of the named glaciers each cover an area greater than 200 square miles.



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OTHER FEATURED PARKS ▶ Acadia National Park (ME) • Bandelier National Monument (NM) • Carlsbad Caverns National Park (NM)
• Everglades National Park (FL) • Gulf Islands National Seashore (FL/MS) • Kenilworth Park & Aquatic Gardens (DC) • Marsh-Billings-Rockefeller National Historical Park (VT) • Theodore Roosevelt National Park (ND).





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BOOKS

Writings on the Last Frontier

RECENT RELEASES SHOWCASE THE NATURAL WONDERS, LIFESTYLES AND CULTURES OF ALASKA By Anna Jacobson

From travel tips about navigating the deep and winding fjords of Southeast Alaska to photographic accounts of the vast and wild scenery around Denali, there is ample intriguing content represented in books focused on the great northern state. The following new and recently released titles feature exquisite visuals, vivid tales of outdoor feats and experiences, odes to wildlife, and travel guides that each in their own way answer Alaska's call of the wild.



By Tom Walker; Mountaineers Books Large, beautiful photographs of wildlife, ranging from grizzly bears to Dall sheep, are complemented by text focused on Alaska's natural history.

Braving It

By James Campbell; Crown In a touching and riveting true story of hope and adventure, a father's and daughter's relationships with nature—and with each other—unfold on the Alaska tundra.

Coastal Alaska

By Bob Devine and Michael Melford; National Geographic A guide to ports of call and destinations along Alaska's Inside Passage and areas west of Anchorage. Includes sections on Seattle, and Vancouver, British Columbia.

Fast into the Night By Debbie Clarke

Moderow; Houghton
Mifflin Harcourt
A compelling nonfiction
account of a musher's
experience in the Iditarod
Trail Sled Dog Race examines the connections that
humans (and particularly
trail racers) have with
their dogs.

Made of Salmon

Edited by Nancy Lord; University of Alaska Press A tribute to the fish that has sustained the people of Alaska for centuries with poems and essays that honor salmon and their place in Alaskan life.

My Coyote Nose and Ptarmigan Toes

By Erin McKittrick; Illustrated by Valisa Higman; Sasquatch Books In this illustrated children's book, a boy and his family set off on a hiking excursion in Alaska's backcountry, and he imagines himself as well-adapted animals—from a caribou with great endurance to a bushwhacking sparrow.

Swallowed by the Great Land

By Seth Kantner; Mountaineers Books A collection of essays exploring lives of northwestern Alaskans including award-winning writer Kantner's tales of his childhood in northern Alaska and stories of his present-day parenthood.

Where Eagles Gather

By Joe Ordoñez; Rainbow Glacier Adventures
With stunning images and insightful commentary, photographer-guide Ordoñez describes the Chilkat Bald Eagle Preserve in Haines, the scene of what is likely the world's largest assemblage of bald eagles.

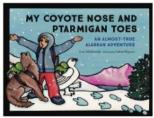


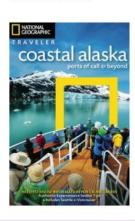
▶ Jimmy Bluefeather
By Kim Heacox; Graphic
Arts Books. A young man
and a wise elder embark
on a canoe journey in this
vivid novel by celebrated
Alaska writer Heacox.

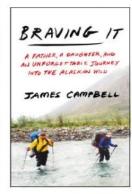
WHERE EAGLES GATHER

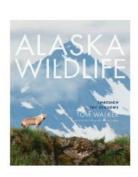
- ► Where Water Is Gold By Carl Johnson; Braided River. Vibrant images display the wonders of Bristol Bay, with discussions of the environment, traditions and future of this area.
- ► Alaska Range Photos by Carl Battreall; Mountaineers Books. Scheduled for a fall release, this book will feature images that Battreal gathered during eight years of Alaska mountain explorations.

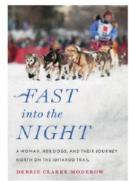


















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WATERFRONT | Bainbridge Island

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WATERFRONT | Bainbridge Island

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\$1,795,000. MLS# 930716. Adedovar@windermere.com

Amy Dedoyard · 206.715.3043 · WRE EAST/Inc.



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WATERFRONT | Olympia

Stunning! Low bank, west facing, Cape Cod completely remodeled and situated on huge. pristine flat lot. An exceptional home and lifestyle this offers! \$935,000. MLS# 940278. Joanie Brennan · 206.595.5443 · WRE/MIDTOWN



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Along a Golden Pathway

By Peter Potterfield

As June sunshine warms the deck of the MV LeConte, the ferry steers north on its six-hour voyage toward Taiya Inlet and Skagway. After flying in to Juneau from Seattle, I am on my way to Alaska's storied Chilkoot Pass Trail—the trade route Native people used for centuries to get through the Coast Mountains, and the path that prospectors used during the 19th century Klondike Gold Rush.

I'm discovering that getting to the trailhead is an adventure in itself.

At the Alaska Marine Highway System ferry terminal in Juneau, I caught the "day boat" for the 90-mile run up to Skagway. The chance to see the Inside Passage—and spend a day in the deepest fjord in North America, watching whales and eagles—seemed like a tremendous experience to have en route.

Arriving at the waterfront in Skagway, our mid-size ferry ties up beside the giant cruiseships already at the piers. Visits by cruise passengers are important to the town, whose population of about 1,000 increases tenfold when the boats are in. It's a celebratory scene, and Skagway puts on a good show for its visitors. Gold Rush—era saloons, replete with historically wardrobed dancers beckoning from the upper balconies, give the place the feel of a party. Brass bands play, and the streets fill with passengers enjoying the hours they have ashore.

I meet my friends Stefan and Polly, and we stop at the Chilkoot Trail Center in town to pick up our permits. The ranger there tells us that a dangerous bear has been harassing hikers on the Canada side of the trail (which begins after Chilkoot Pass) and gives us some suggestions about staying safe. And, he adds, high water from snowmelt has risen above some of the bridges, so be prepared to wade. Clearly, even though the route lies completely within two well-administered national

parks, the Chilkoot traverses genuine wilderness. The Chilkoot is the real deal.

Most hikers spend at least four nights on the trail at established camps, some sites with tent platforms and cooking shelters. With a predawn start the next morning, we feel confident shaving a day off the route. We catch an early shuttle from Skagway to the trailhead at Dyea, and then cover the easy first 10 miles along the densely forested banks of the Taiya River, skipping over several possible campsites and climbing directly to Sheep Camp, the last official camp before the steepest part of the hike to the 3,300-foot summit of Chilkoot Pass.

The sense of history is palpable. Both sides of the trail are peppered with rusting relics, equipment the 1898 gold seekers jettisoned as they became exhausted venturing into the wild Coast Range with cumbersome loads. But who would have thought that a century later, the backcountry path those miners braved would become one of the most iconic wilderness routes in the world?

After spending the night at Sheep Camp, we climb almost 3,000 feet up the steep, rocky slope the miners called the Golden Staircase before we crest Chilkoot Pass itself, and cross into Canada. The rest of the route is a glorious wonder, a gentle stroll through scenic alpine terrain to the aptly named Happy Camp (7.9 miles from Sheep Camp). The next day, we hike on good trails through more pristine backcountry to our third overnight at Lindeman City camp. The final day takes us to the terminus of the 33-mile route at Bennett Lake. Once a thriving Gold Rush village, population 30,000, there's nothing here now but the miners' rickety 100-plus-year-old church and a railway station, still functioning.

When the White Pass & Yukon Route railway was completed in 1901 (blasted through the Coast Range in just 26 months), it made the arduous hike over the Chilkoot irrelevant: Miners could simply take the train. These days, the

Opposite: Hikers tackle an uphill section of the Chilkoot Trail in Alaska. Below: Campsites along the trail offer tent platforms such as this one.



restored railway offers a day-trip excursion for cruiseship passengers anchored in Skagway—and a way home for hikers.

From Bennett Station, the narrow-gauge tracks climb through tunnels and over tall trestles to 2,864-foot White Pass before dropping down to Skagway. After days on the Chilkoot Trail, we board historically

INFORMATION: For schedules and reservations on the Juneau to Skagway ferries, visit the Alaska Marine Highway System website at ferryalaska.com or call 800-642-0066. • The Chilkoot Pass Trail is jointly managed by the Klondike Gold Rush National Historical Park in Alaska and the Chilkoot Trail National Historical Site on the Canadian side. Advance reservations are required and can be made via Parks Canada (867-667-3910; pc.gc.ca/lhn-nhs/yt/chilkoot/index.aspx) or the U.S. National Park Service (907-983-2921; nps.gov/klgo). The NPS website also has safety tips and historical information. • For schedules and prices on seasonally operated White Pass & Yukon Route rail trips, call 800-343-7373 or visit wpyr.com.



Left: Families ride on the Cape Cod Rail Trail, near Orleans. Below: A cyclist passes a pond beside the CCRT.

styled coaches—happy, fulfilled and glad to have the packs off. Like the Gold Rush miners, we have journeyed by ship, on foot, and by rail—but we return home with a different treasure. The entire journey has been an adventure like no other.

Peter Potterfield is a Seattle-based adventureseeker and writer.

Cape Cod on Two Wheels By Steve Jermanok

The small strip of pavement forms a straight line into the horizon like an express route to freedom. Astride my bike, I zip over bridges and through tunnels, past large ponds, salt marshes and cranberry bogs, all while breathing in the sweet smell of spring wildflowers and the potent brine of the sea. The hum of traffic is absent, replaced by the call of the yellow warbler. The only obstacles before me are runners, inexperienced inline skaters, and other bikers proceeding at a leisurely pace. In the Cape Cod town of Orleans-just onto the "forearm" of the Cape's flexed-arm geography—I hop off my bike for a few minutes and take a quintessential New England snapshot of fishing boats bobbing in the harbor.

The approximately 22-mile-long Cape Cod Rail Trail (CCRT) was once a corridor used to ship cranberries from the Cape to Boston aboard the Old Colony Railroad. Today, the relatively level rail trail allows a placid retreat on what has quickly become one of the most popular biking destinations in the Northeast.

The CCRT might get the most fanfare, but the entirety of Cape Cod is blessed with an abundance of paved bike trails, including the Cape Cod Canal Bikeway that snakes under the Sagamore and Bourne bridges across from mainland Massachusetts; the long Shining Sea Bikeway that heads south from this area and skirts the shore near Falmouth and Woods Hole; and the topsy-turvy Province Lands Bike Trail on the outskirts of Provincetown at the tip of the Cape. Naturally, many visitors travel the Cape by car-and exploring the beaches, small towns and seaside attractions in this way makes for an enjoyable trip. But for my family and me, there is a special appeal to the two-wheeled rhythm of the road.

It has become a summer pilgrimage for my family to drive from suburban Boston and spend a very full day biking on the Cape—on designated trails, with short connections on back roads. One of our favorite rides starts on Main Street in Orleans in the parking lot next to Orleans Cycle. Head north on the Cape Cod Rail Trail and soon you're surrounded by a velvety marsh, where red-winged blackbirds sit atop the swaying cattails.



At Locust Road, veer right off the CCRT, then cross Route 6 to reach the Cape Cod National Seashore's informative Salt Pond Visitor Center.

By the visitor center you will find the start of a 1.6-mile bike trail that sweeps up and down through the forest, taking you to Coast Guard Beach on the cape's east-facing shore. Here you'll find a long stretch of glorious coastline, backed by towering dunes. Not surprisingly, Coast Guard Beach has been named one of America's top 10 beaches by the ratings expert Dr. Beach. If you feel like a dip in the ocean, simply lock up your bike and head toward the water. Or

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bike north another mile to visit Nauset Light Beach.

Once you've had your fill of sun and sea, head inland on Cable Road past the Three Sisters Lighthouses, a trio of 22-foot-tall structures that date back to 1837.

Continue inland to head back to the CCRT, which you'll follow south to Orleans. On the way, you'll smell the fried clams of Arnold's Lobster & Clam Bar. This awardwinning, seafood-in-the-rough restaurant is open seasonally and beloved by my family. Stand in line and order your platter of clams, scallops, lobster rolls and sides, and then grab a picnic table outside. Afterward, work off that heavenly stack of onion rings with a round of miniature golf at Arnold's 18-hole course before returning to Orleans.

If the kids have a hankering for hills, we head to the 8-mile-long Province Lands Bike Trail at the Cape's inward-curling fingertips. The roller-coastering route here dips in and out of sand dunes, weaving through scrubpine forests and beside beaches along one of the most distinctive paths you'll ever ride. Start a loop at Herring Cove Beach and head inland toward the Beech Forest Trail. where the trees are often home to colorful warblers. Return to the main trail after exploring the short Beech Forest Trail loop. Before sweeping downhill to the Province Lands Visitor Center, we always stop to regard the dunes as they roll to the ocean. One glance at this breathtaking coastal image, and you'll be returning to the Cape year after year as we do.

Steve Jermanok pens the "Go Play" column for The Boston Globe.

The Magic of Tahoe Summers

By Melissa Siig

➤I have climbed and huffed 5 miles on my mountain bike along the Tahoe Cross Country trails for this view, the place where the sky meets the earth. Below is Lake



A kayaker paddles near Sand Harbor on Lake Tahoe. Tahoe, so vast and blue it always amazes me—even after living here 15

years. The peaks of the Desolation Wilderness extend into the western sky. The top of the Heavenly Mountain Resort ski hill peeks out to the south.

I hop back on my bike and coast down to Skylandia Beach, where I jump into the cool lake, keeping my eyes open under water to marvel at the endless indigo. This is just half of one summer day in Tahoe, where even locals have an abundance of possible adventures.

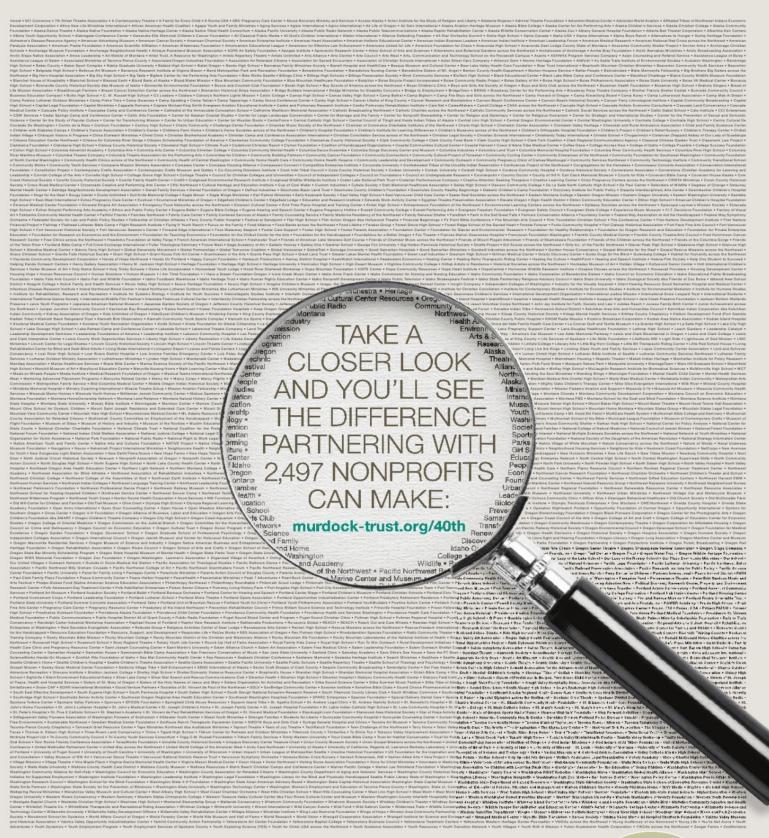
On a different day, my family and I cruise the Truckee River Trail to the weekly Foothill Farmers Market on Commons Beach. The flat, 5-mile paved trail winds along the river from the Squaw Valley Ski Resort to Tahoe City, cutting through a canyon marked by steep, evergreen-covered slopes.

We cool off in our favorite emerald swimming hole and then stop for a snack along the river's grassy shoreline, where we watch ducks bobbing for food and rafters floating downstream. We continue on, though, because it's hard to beat the view from Commons Beach.

Once there, my kids swing on the playground while I bite into a juicy peach bought fresh from the market and take in the snowcapped mountains encircling the massive lake.

Another day we head northwest of the lake to Squaw Valley's Shirley Canyon Trail, which follows Squaw Creek as it carries snowmelt over waterfalls. The path also traverses forests of towering pines and meadows of colorful wildflowers. We pause to refuel on a flat granite rock next to a swimming hole, complete with a waterfall, which—if you can brave the cold—is the perfect respite on a hot summer day. Our

INFORMATION: The city of Lake Tahoe is a destination for dining, shopping and entertainment; go to visittahoecity.org or call 530-583-3348. To explore the town of Truckee, visit townoftruckee.com or call 530-582-7700. Hiking in the Lake Tahoe region? Go to tahoesbest.com/hiking. For more general information on the area, go to visitrenotahoe.com.



After 40 years, the names of our nonprofit partners may be tough to see on just one page, but their impact on our communities is clear. We are honored to support a thriving Pacific Northwest and thankful to Jack Murdock, our founder, for thinking ahead. See some of the great work our partners are doing to serve the common good at: murdock-trust.org/40th





Left: A hiker enjoys the view from a lookout spot on Montana's Sinopah Mountain in Glacier National Park. Below: Stunning alpine lakes and more than 700 miles of trails are found in Glacier National Park.



2.5-mile climb, gaining 2,000 feet, reaches Shirley Lake. We opt to climb a mile farther to High Camp and hitch a free ride on the aerial tram.

In the Village at Squaw Valley, my husband and I treat ourselves to burgers and beers at 22 Bistro, and the kids enjoy self-serve frozen yogurt and gelato at Euro Sweets.

Of course, no trip to Tahoe is complete without exploring the lake, and my favorite method is by stand-up paddleboard. One of the most stunning places to launch is the west shore's Meeks Bay, a crescent of white sand bordering Caribbean-blue waters. As I paddle on the sparkling surface, I can see straight down to the sandy bottom. My husband and I stroke to the wide-open lake, stretching for miles in every direction. I want to drink it in, be a part of this glorious, magical alpine beauty. I drop my paddle and dive.

Melissa Siig is a writer and editor based in Tahoe City, California.

Renewing Friendships in Glacier National Park

By Alan Kesselheim

➤In the predawn hours, we start up the trail to the summit of Mount Cleveland in Montana's Glacier National Park.

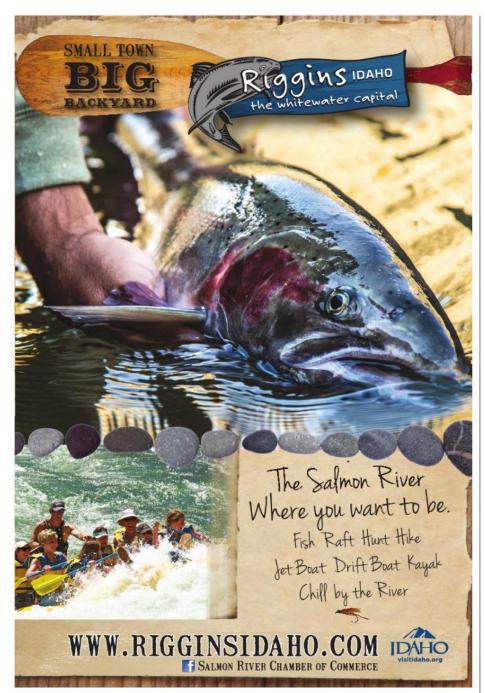
Nobody says much as the nine of us follow the limited glow of our headlamps to the park's highest peak, which is located near the Canadian border.

The silence doesn't last long. With this group of friends, who have known each other since college 30 years ago, it never does. There is too much history, too many opportunities to rib each other. The banter rises with the first warming rays of sunshine, illuminating Mount Cleveland and other nearby peaks and their glaciers.

For the members of our group, who live in various locations across the West, from Alaska to Colorado, Montana to Oregon, these trips have taken on a 50th-birthday theme. One of the group members realized that we would all be reaching that milestone within a few years of each other, and we should celebrate the achievement. So we came up with a simple concept—whoever was turning 50 in a given year would propose a trip in the Northern Rockies. The rest of us would show up at the trailhead, no questions asked, with packs loaded. What better reason to get together, renew friendships and celebrate the fact that we remain healthy and adventurous?

Over the next half-dozen summers, the trips have unfolded, and time after time, most everyone has joined in the celebrations. They have run the gamut from a

INFORMATION: Start planning your Glacier National Park trip by visiting the park website, www.nps.gov/glac, to find tips for trip logistics, permits, closures, safety protocol and more. Area guide services offer a variety of hikes. For information, visit glacierguides.com. For information on climbing Mount Cleveland, visit summitpost.org/





ADVENTURES

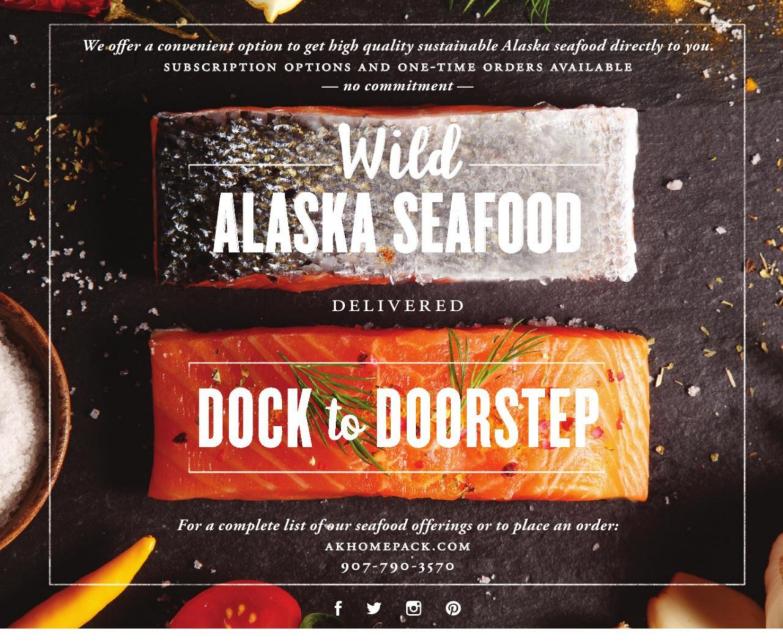
traverse of the La Sal Mountains, near Moab, Utah, during which we never camped below 9,000 feet, to a week in Kootenay National Park in British Columbia, where we were treated to a stunning bloom of Indian paintbrush, to our latest excursion—the choice of two members of the group—to spend a week in Glacier National Park.

The centerpiece of the weeklong trek through the park's high peaks and ice fields is an epic day hike up Mount Cleveland. At 10,466 feet high, it is one of the more imposing peaks in a formidable landscape. During the early August morning along the shores of Glenns Lake, I had found myself fumbling for my clothes by headlamp and wondering if I was getting too old for this type of activity. However, there was no way I was letting this group down. Backpacks secured, we had all started up the trail.

Now, as the sun rises in the sky, the nine of us keep climbing, first out of the valley and into the high alpine country, then on toward Stoney Indian Pass, where we leave the trail and ascend toward the peak. We work our way up steep, hummocky slopes that form narrow rock bands. Maps come out, discussions ensue, and panoramic landscapes lie before us as we gain altitude. We scramble through a notch in the ridgeline and cross to the sheer east face of Stoney Indian Peaks. Ledges no wider than a sidewalk are contoured across the exposed, airy face of the ridge. Conversation fades.

We all feel tiny, perched in space, dwarfed by thousands of feet of vertical rock. We *are* tiny. And not far away, the summit of Mount Cleveland looms.

After lunch in a high saddle with a valley spilling away below and the pale summer sky overhead, we make our final scramble up to the summit ridge. Then, just as we reach the rocky summit, we spot a grizzly bear, which appears to be mining the rocks for moths that congre-





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"So I know where my food is coming from"

Most 9 year olds are spending their time playing sports, exploring with friends, or playing video games, but not Michael Elola. "I grow in an aquaponic garden in floating raft beds." That's a sophisticated hobby for a 9 year old, but it's a wonderful experience for him to learn about the ecosystem and how food goes from seed to salad. When asked what he thinks about growing his own food.

Michael said, "It makes me feel better because I know where my food is coming from." Michael is not alone. Kids and schools all over the country are learning how to grow their own healthy food.

Aquaponics is one of the oldest forms of agriculture dating back more than a thousand years to Mayan and Aztec civilizations. Aquaponics is an integrated system of aquaculture and hydroponics. Aquatic animals, such as fish, are raised and combined with hydroponically grown plants. The two work harmoniously together. The fish create waste, the plants use the waste as nutrients to grow and purify the water in the process." I have a 70 gallon reservoir filled with bass that create the waste for my plants to feed off and grow big and lush," says Michael.

Nearly anything can be grown aquaponically, but Michael proclaims, "My favorite thing to grow is lettuce, because it tastes really good in a yummy salad...I am a vegetarian." Just like anything new, there are challenges, Michael's are, bugs! "The aphids love my lettuce." He has learned how to deal with pesky aphids organically, "Sunlight Supply sells the best organic bug killer to get rid of the bugs."

Whether it's aquaponic gardening, hydroponic gardening, indoor gardening, or traditional "of-the-earth" gardening, Sunlight Supply is proud to be part of a growing educational trend to support and teach young gardeners all over the world. Michael has learned that, "It is fun! It takes a lot of patience and sometimes your plants get eaten by bugs." Well said, Michael.

As the world's largest wholesale distributor and manufacturer of year round gardening supplies, Sunlight Supply provides the necessary resources to help create gardening enthusiasts of all ages worldwide. With more than 5,000 products and 1,500 Authorized Retail Dealers nationwide, you'll find Sunlight Supply products everywhere. Shop...and grow!



Natalie Elola's Son, Michael Elola. 9. The Lucky Garden, Dublin, CA



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Visiting the Portland, Oregon / Vancouver, Washington area this summer? Be sure to check out upcoming concerts at the Sunlight Supply Amphitheater at www.SunlightSupplyAmphitheater.com - tickets also available through Ticketmaster.















Above: The Appalachian National Scenic Trail is about 2,200 miles long. Right: Harpers Ferry is a popular town to visit while walking the trail. gate in the talus at this time of year. The moths are believed to be a source of protein for the big mammals. We take proper precautions

and keep our distance. Fortunately, the grizzly is as startled as we are. With a remarkable display of speed and grace, the bear disappears down a steep gully, clattering away in a cloud of rock dust.

Hours later, the day waning, memories fresh from reaching the summit with the surprise encounter with the grizzly and the horizon-filling mountain vistas, we tromp back toward camp. Dinner, then bed, I think to myself. At the same time, I am savoring the pride of still being able to pull off a day like this at my age.

Just then, someone brings up the next round of our extended birthday tradition, the 6os theme, just a few years off. From the brainstorm that erupts, it doesn't sound like it will feature lawn bowling.

Alan Kesselheim writes from Bozeman.

A Walk Into History By Robert J. Sutherland

As I enter Harpers Ferry, West Virginia, from the Appalachian National Scenic Trail (AT), I feel as if I am stepping back in time about 150 years.

Women and children, clothed in period costumes from the 1800s, walk about the town. Young men in Civil War–era garb greet me as they stand next to cannons and guard an encampment of soldiers seemingly right out of the 1860s.

I'm stopping in the quaint and historic village, located at the confluence of the Potomac and Shenandoah Rivers, because it is a popular resting point along the nearly 2,200-mile trail, one of the longest marked



footpaths in the United States.

Each year, an estimated 3 million people walk at least part of the trail, which runs from Springer Mountain in North Georgia to Mount Katahdin in Maine's Baxter State Park. Along the way it spans 14 states, various mountain ranges, national forests, national parks and just about every type of terrain imaginable.

Thousands of rugged wanderers are enticed to hike the entire trail, which commonly requires five to seven months to complete. Those who complete the trip within a year earn the esteemed title of "thru-hikers."





A number of communities along the AT are known as "trail-friendly towns," where local residents warmly welcome the subculture of roving hikers who traverse the trail.

The most famous of such towns is Harpers Ferry, located fewer than 70 miles west of Washington, D.C. Hikers come here to resupply, take a breather from the challenging wilderness and enjoy a touch of civilization before heading back into the surrounding woods.

However, Harpers Ferry is a unique experience all its own. Hikers often find themselves walking into a place that seems to be part of a lost time. To me, the Harpers Ferry National Historical Park, which surrounds the town of fewer than 300 residents, gives the impression that I am in an elaborate interactive museum. History is everywhere here, with many of the buildings and homes dating back more than a century.

Meriwether Lewis came here in 1803 to collect weapons from the Armory for the Lewis and Clark Expedition. Park rangers offer tours that discuss John Brown's raid on the same armory in 1859. Brown hoped to touch off a rebellion that would lead to the abolition of slavery. His raid did play a role in helping to launch the Civil War two years later.

You can take a 4-mile hike through the park and see Civil War battlefields where Union and Confederate armies repeatedly fought for the town. It regularly hosts historical re-enactments, including Civil War battles. Artisans, often in period costumes, also provide workshops that focus on 19th century trades such as blacksmithing.

Harpers Ferry is a popular location for hikers to either enter the trail or end their trip. For those joining the trail, local outfitters can supply everything they might need.

After shopping and taking in the local sites, I make my way up Washington Street to the headquarters of the non-

ADVENTURES

profit Appalachian Trail Conservancy (ATC) in one of the town's many historic structures. The ATC's mission is to "preserve and manage the Appalachian Trail for centuries to come."

I know I have come to the right place when I see hikers' backpacks piled along the front porch. I spend a few minutes with the ATC's information services man-

INFORMATION: To learn more about the Appalachian National Scenic Trail, visit www.nps.gov/appa/. To plan a trip to the Harpers Ferry National Park, go to www.nps.gov/hafe/. The Appalachian Trail Conservancy can be reached at appalachiantrail.org. A great source on the latest news about trail conditions is appalachiantrail.com.

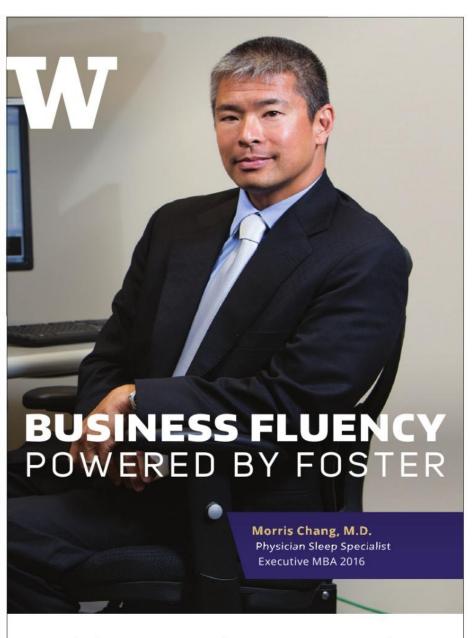
ager, Laurie Potteiger, a former thruhiker. She is a friendly ambassador for the trail and always willing to share a tale or two about the trail.

If you'd like to get a taste of the trail but don't have the time or inclination to begin walking to Maine, follow the hikers as they walk to The Point, at the edge of town, where the Potomac and Shenandoah rivers meet. Take a short walk across the Potomac to say you "hiked the Appalachian Trail in West Virginia and Maryland" when you get back home.

For those interested in really giving the trail a try, grab your gear and start walking north. The next stop is 78 miles ahead at Pennsylvania's Pine Grove Furnace Store, home of the Half-Gallon Ice Cream Challenge, the best way I know to celebrate reaching almost the exact half-way point on this historic trail.

Robert J. Sutherland is a Georgia-based freelance writer.

For flight reservations to numerous summer-adventure destinations, go to alaskaair.com or call 800-ALASKAAIR.

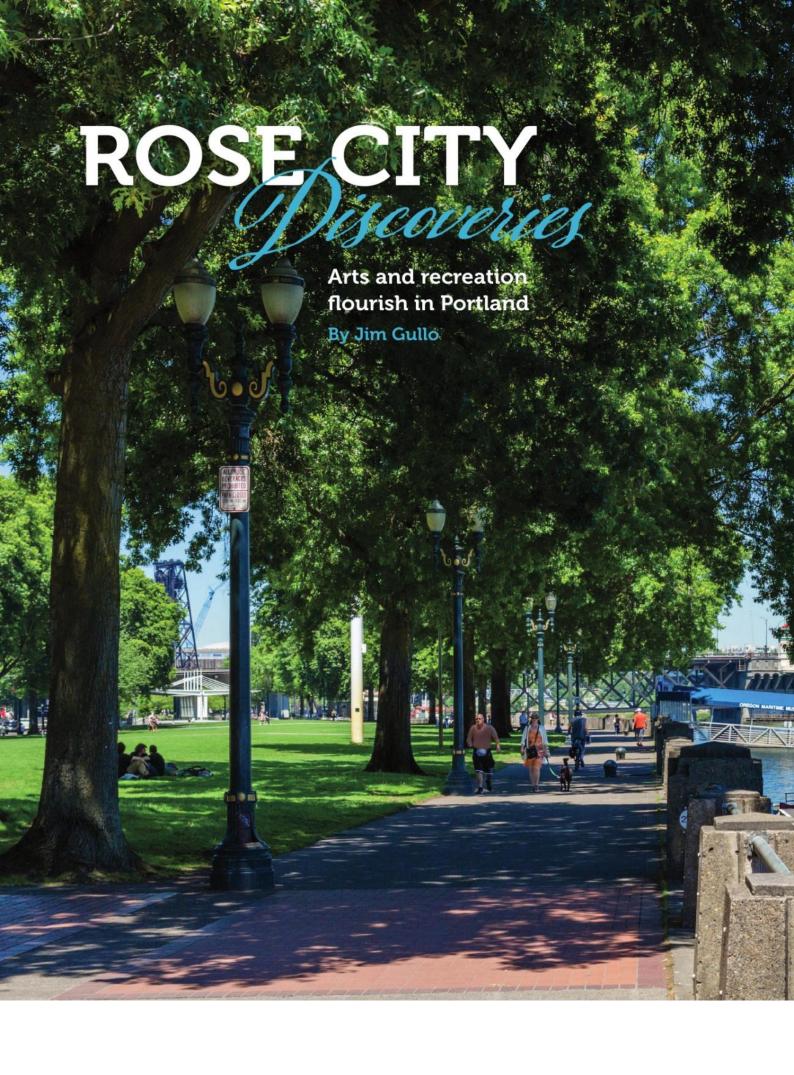


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Summer is the season when the Rose City really blooms and residents take advantage of typically warm and dry days to get out, get active, have fun and soak up the pleasures of Oregon's thriving urban hub.

It might start for you on the Willamette River, with a trip on the sternwheeler *Portland*, one of the last steam-powered tugs of its kind operating in the U.S. Or, perhaps a trip on the Portland Spirit tour boats, which offer daily trips that highlight the city's beautiful setting.

Sometimes the excursions are combined with dinner, dancing and even great views of Independence Day fireworks celebrations.

A scenic pleasure cruise and a gorgeous Northwest day? It doesn't get much better than that. Portland summers are vibrant with both arts and recreation. The city keeps growing, and the entertainment and festival calendars keep pace.

Newbies and old-timers, alike, will discover a full slate of great things to do, with new festivals and events complementing older, beloved Portland institutions such as the 109th-annual Rose Festival this month.

The following is a look at some of the top activities this summer in and around the metropolitan area.

GETTING INTO GEAR

Let's set the scene of a Portland day as our tour boat heads north on the Willamette River, which divides the city into east and west sides. Portland

The Oregon Maritime Museum's steam sternwheeler *Portland* offers tours on Wednesday, Friday and Saturday, leaving from Tom McCall Waterfront Park in Portland.

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Above: Portland's International Rose Test Garden in Washington Park features more than 10,000 rose bushes. Right: Children enjoy the underwater view of sea lions in the Stellar Cove exhibit at the Oregon Zoo.

is sometimes referred to as the "City of Bridges," and it is clear why as we find ourselves cruising under a wide variety of bridges that span the Willamette, from older structures, such as the Hawthorne, built in 1910, and the Steel, completed in 1912, to new bridges, such as Tilikum Crossing, a pedestrian-, cycle- and light-rail-only span, opened last year. In the distance, snowcapped Mount Hood rises majestically to the city's east.

On the west side, the city begins with the grassy lawns of Governor Tom McCall Waterfront Park, and then slopes upward from the immediate downtown area of tall buildings and dominant structures, such as Providence Park, home to the MLS champions, the Portland Timbers. Alaska Airlines continues its proud sponsorship of the Timbers soccer team this season. The club has long been a league leader in fan support, with the loud cheering section known as the Timbers Army providing plenty of pageantry.

The line of people waiting just south of Burnside Street will invariably be for the flagship Voodoo Doughnuts shop. Chinatown, with its dragon sculptures and walled garden, lies just to the north of Burnside. To the west begins the elegant Pearl District, which is known for its



restaurants, galleries and shops, including the iconic Powell's Books.

North of the Pearl begins the upscale Northwest neighborhood, with more great shopping and dining on 21st and 23rd avenues. Continuing northwest, you reach Forest Park, a huge urban wilderness of trees and hiking trails, and Washington Park, which is home to many great attractions, including the Oregon Zoo, Pittock Mansion, the International Rose Test Garden and the serene Japanese Garden.

Walk over to the starboard side of the tour boat to view the eastside landscape, which in recent years has become increasingly vibrant, with neighborhoods such as Division Street, Williams Street and Alberta Street becoming stars of the famous local food, brewery, distillery and recreation scenes.

The Oregon Museum of Science and Industry (OMSI) is on the eastern bank of the river. Housed in a former power plant, OMSI offers hands-on science exhibits that delight kids (and their parents). Also on the east side is the Vera Katz Eastbank Esplanade, a bike trail at the water's edge. The NBA's Portland Trail Blazers make their home at the MODA Center on the east side, near the busy Convention Center. The high, hilly area beyond the convention center is home to the Sellwood neighbor-

hood's antiques shops and elegant homes, and the Reed College campus near Mount Tabor.

To get a quick lay of the Portland land, in the self-powered style of the locals, try a guided bike tour with a bike outfitter, such as Pedal Bike Tours. The service offers cyclists everything from historic downtown tours to food cart tours.

A popular place for people to cycle is along the trails of Forest Park, the 5,200-acre wilderness area that is the largest such park within the boundaries of any U.S. city. It's also easy to glide (mostly downhill) from the park to the heart of the downtown area.

Of course, cyclists and urban hikers can also use Tilikum Crossing, the first new bridge to span the Willamette River since 1973. In addition, the bridge accommodates MAX light-rail trains and buses, but is otherwise free of vehicles, making it an ideal thoroughfare for walkers and cyclists, especially those who are heading to the 21-mile Springwater Corridor, a paved trail on an abandoned trolley line that runs alongside meandering Johnson Creek on the east side of the river.

For another vigorous pedal in the country, head west of the city to the Banks–Vernonia State Trail, a former railroad bed that connects the two towns. The 21-mile paved path, with an adjacent path for horses, is smooth and flat for much of the journey.

There are also plans to develop the Yamhelas Westsider Trail, which would allow cyclists to ride about 30 miles southwest of Portland to the nearby



Portland's Gardens

In Washington Park, Portland lives up to its name as the Rose City. The park is home to the International Rose Test Garden, the oldest garden of its kind in the U.S., which features about 10,000 plantings of more than 600 rose varietals. Another 5,000 roses are planted in lesserknown but equally beautiful Peninsula Park Rose Garden in north Portland.



The Japanese Garden, located up the hill from the International Rose Test Garden, is receiving some renovations to its parking lot and entrance, but a shuttle is available (check with the garden for its schedule) from the parking area to the serene and lovely collection of gardens, koi ponds and distinctive structures. In the heart of Chinatown you'll find the tranquil Lan Su Chinese Garden, which has a surrounding white wall to shut out city noise and distractions, and a pleasant teahouse serving refreshments. -J.G.





Top: Kayakers take to local waterways.

Left: Darlington Nagbe of the Portland Timbers, the 2015 MLS champions, who are proudly sponsored by Alaska Airlines, battles for the ball during a recent match. Bottom: The City of Roses has developed into a top cycling town.

wine country towns of Carlton and Gaston. As the trail is developed, it will offer a whole new dimension in self-powered wine-tasting through the valley.

Kayaking is another way to gain a unique perspective on the city. Outfitters such as Next Adventure Paddle Sports Center or the Portland Kayak Company will supply all the equipment necessary. For something outside Portland, visit Oregon City's Enrg Kayaking company, which offers daily tours to the roaring 40-foot-high Willamette Falls, one of the largest waterfalls in the country by volume.

You can see sea lions, jumping salmon, birds and up-close views of the Willamette Falls Locks, which were built in 1873 and operational until 2011. The company also offers stand-up paddleboards, tandem kayaks and fishing gear for a round of kayak fishing on the river.

Another location for nature lovers and paddlers is the Smith and Bybee Wetlands Natural Area, located in Portland's industrial area to the north of downtown. At nearly 2,000 acres, the natural area, located at the confluence of the Columbia and Willamette rivers, is one of the largest protected urban wetlands

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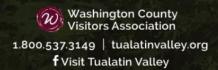
WELCOME TO OUR TUALATIN VALLEY

In Portland's Backyard

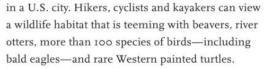
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ABUNDANT ARTS

Broadway-style shows, sponsored in part by Alaska Airlines, take the stage at the Keller Auditorium, formerly known as the Portland Civic Auditorium, which has been recently renovated to reduce the number of seats to 2,992, allowing you to get closer to the action.

The auditorium will present the musical *Sweeney Todd*, June 3, 5, 9 and 11; the Motown musical, *Get Ready, 'Cause Here We Come*, June 14–19; and Disney's *The Lion King*, August 10–September 4. The Keller is located downtown on Southwest Clay Street at Southwest Third Avenue.

The many venues of the Portland Center for the Arts will be humming with activity all summer. Located a few blocks from the Keller Auditorium, on Southwest Broadway Avenue and Main Street, Portland's complex of theaters and performing spaces includes the venerable Arlene Schnitzer Concert Hall, built in grand Italian Rococo fashion in 1928. On July 24, things will get decidedly silly when comics Steve Martin and Martin Short take the stage for a joint performance, and founding Beach Boy Brian Wilson will perform there on October 7. Opera







Clockwise from top left:
The Oregon Brewers
Festival will be held July
27–31. Alaska Airlines is
sponsoring this year's
Grand Floral Parade
at the Portland Rose
Festival. Feast Portland
offers a variety of fun
culinary experiences.
The Portland Museum
of Art is among the
region's finest cultural
attractions.

buffs will enjoy the intimate Newmark Theatre next door to the concert hall for performances of Tchaikovsky's Eugene Onegin on various nights, July 8–26.

A block away from the Schnitzer Concert Hall is the Portland Art Museum, which

is featuring William Eggleston's photos of the American South through August 21.

In the same area, the popular Portland Farmers Market includes 200 vendor stalls that sell fresh produce from nearby farms, as well as artisanal cheeses and prepared foods. The shores of the Willamette River just north of the waterfront park are where you'll find another favorite, the colorful craft stalls of the Portland Saturday Market, which is open every weekend, from March through December.

FEASTING ON FESTIVALS

One of the many things Portlanders love about the summer is the plethora of festivals that take place in the city. Everything from great beer to blues music and jazz is celebrated every year, attracting thou-

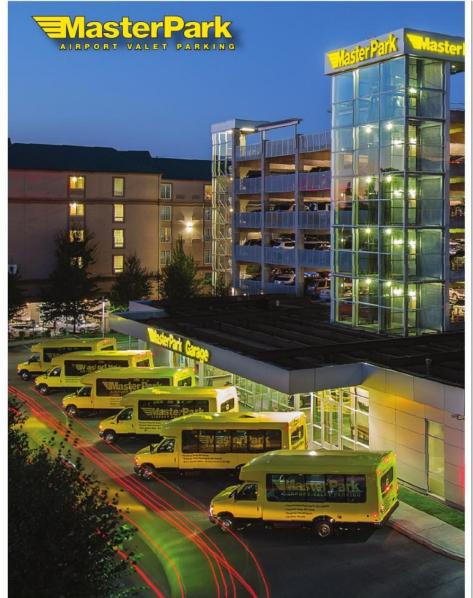
Farm Fresh

Local is the mantra of the justifiably famous Portland food scene, and it doesn't get any fresher or more local than the fare offered at Portland Farmers Markets through the summer. There are satellite markets throughout the city, but the flagship remains the Saturday market at Portland State University (Southwest Park Avenue and Southwest Montgomery Street), a short distance from the Portland Art Museum. Oregon is also famous for its luscious berry industry. The marionberry was first grown in nearby Marion County, and summer yields bumper



crops of strawberries, blackberries, blueberries and cherries, many of which can be self-harvested at Sauvie Island Farms, Kruger's Farms, and farmsteads in Yamhill and Marion counties.







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Flicks on the Bricks at Pioneer Square.

sands of people to enjoy the food, libations and entertainment.

One of the largest events of the year is the Portland Rose Festival, which features dozens of activities through June 12. Alaska Airlines is a sponsor of the event, which culminates in the Grand Floral Parade on June 11, with a floatladen march from the Memorial Coliseum to downtown Portland.

Another favorite is the Oregon Brewers Festival, July 27-31, which shows off the city's proud status as one of the leading craft brewing centers in the world. More than 80 craft brewers offer tastes of their malty, hoppy, fruity, bitter and sour concoctions. From the festival, you can go forth and discover your favorite urban brewery or taproom in the city.

Wine lovers will enjoy the International Pinot Noir Celebration, July 29-31, on the grounds of Linfield College in McMinnville, about 40 miles southwest of Portland. The event attracts some of the world's leading producers of Pinot Noir wines to meet their Oregon counterparts and provide samples of their favorite vintages.

The entire weekend sells out quickly, but tickets are generally available for the Saturday night Salmon Bake dinner and the Sunday afternoon Passport to Pinot, a walk-around tasting in the shady campus oak grove with dozens of wineries pouring samples.

A festival that has taken the city by



FINANCIAL UPDATE

BY DIANNE WASSON, Affinity Lending Member dianne.wasson@homestreet.com 206.389.7781

Employee Buys Home with Unique Benefit

nurse Krissy VanDoorn-Logan said the moment was "surreal." It wasn't that long ago that the single mother was new to Portland and renting in a Northwest neighborhood. Homeownership in her neighborhood did not seem to be an option for her, and she feared she'd have to move elsewhere in the city and her children would need to change schools.

When she received the

keys to her new home,



VanDoorn-Logan discovered that her employer CareOregon offered a homebuying benefit through HomeStreet Bank's Hometown Home Loan Program. The award-winning program enables employers to offer a free housing benefit to their workforce. Employees can take advantage of significantly reduced closing costs, homebuyer and financial management education, and access to downpayment assistance. The program also includes partnerships with nonprofit housing organizations that provide indepth credit and budget counseling. VanDoorn-Logan attended an informational session at her workplace and was soon working with HomeStreet Bank Loan Officer Jennifer Larsen.

Larsen gave VanDoorn-Logan the confidence and the information she needed to make her first home purchase.

"She always called and helped me," VanDoorn-Logan reported. "She reassured me that my situation was normal and that I wasn't a bad person. I didn't feel judged and better understood the process."

VanDoorn-Logan was put in touch with a down-payment assistance program, and she saved significantly on the closing costs through the Hometown Home Loan Program. Another aspect VanDoorn-Logan appreciated was that HomeStreet worked directly with CareOregon to source the W-2s, pay statements and wage history that is commonly needed for the application process. CareOregon has been participating for just over a year and values the relationship it established with HomeStreet Bank.

"It's been pretty unique," said Shannon Clesceri, CareOregon's HR benefits specialist. "There are banks that maybe offer discounts, but HomeStreet goes much further. I know we have employees who did not know they could buy homes."

There is no cost to employers or employees to participate in the program, and the amount of time required for the administration of the program by the employer is minimal. In addition to offering reduced closing costs and access to down-payment assistance programs, HomeStreet Bank

provides employee communication materials, and loan officers hold onsite homebuying and financial-wellness seminars. At these sessions, employers like CareOregon can offer a benefit that helps employees understand the process and provide the opportunity to ask questions about buying a home, as VanDoorn-Logan did.

The Hometown Home Loan Program was first developed in 1994 to help Seattle Police and Seattle Fire employees qualify for homes in neighborhoods close to where they worked. The goal was to improve emergency response times in the event of a natural disaster and increase homeownership opportunities in the city of Seattle. It is now used by more than 175 participating employers in Washington, Oregon, California, and Hawaii to assist their employees with affordable housing and financial wellness.

Contact me today to discuss how your employees could benefit from the Hometown Home Loan Program.

About the author: Dianne Wasson is
First Vice President and Manager of
HomeStreet Bank's Affinity Lending
Department, where she oversees affinity
lending activities in Washington, Oregon
and Hawaii. HomeStreet is a full-service
community bank offering consumer,
commercial, and mortgage services to
customers throughout the Western United
States and Hawaii.









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storm during the past five years is Feast Portland, a four-day event, September 15–18. This year, there will be lavish food and drink events around the city, with more than 100 stellar chefs who cook for local, national and international restaurants preparing exquisite meals.

The kickoff Sandwich Invitational offers a lineup of creative sandwich offerings from competing chefs and restaurants. There is also the Friday Night Market on the waterfront with booths offering international fare and libations.

It's not really a drive-in—more like a walk-in—when downtown Pioneer Courthouse Square, affectionately nicknamed "Portland's Living Room," hosts Friday night movies from July 22 to August 19.

The Flicks on the Bricks series is a crowd-pleaser for families who gather chairs and coolers and blankets for a communal cinematic experience.

WINE COUNTRY FUN

Summer in Portland brings the successful and eagerly awaited free productions by Willamette Shakespeare, with plays by the famous bard staged outdoors at nearby Willamette Valley wineries.

The eighth season will feature Love's Labour's Lost during three consecutive weekends in August at Stoller Vineyards in Dundee, Montinore Estates in Forest Grove and Ponzi Vineyards in Sherwood. The shows are open to all ages, with wine available for purchase.

The Willamette Valley wine country, which begins about a half-hour's drive south of downtown Portland, continues to grow, with more than 500 wineries now registered by the Willamette Valley Wineries Association.

New this year is Dijon-native Bruno Corneaux's Domaine Divio in the Ribbon Ridge sub-AVA outside of the town of Newberg. His Pinot Noir and Chardonnay, sourced from nearby vineyards, are superb, and the tasting room he and Art and Rec



Bruno Corneaux has opened a new Domain Divio tasting room near Newberg, southwest of Portland.

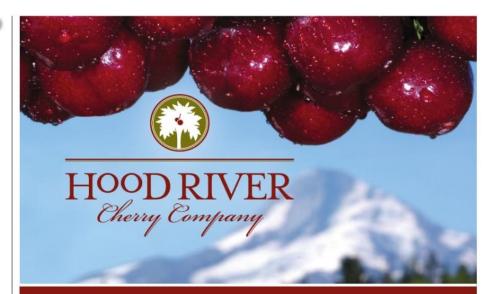
wife, Isabelle, built is as cheerful and welcoming as it gets. Fairsing Vineyard, with a stunning location high up on a knoll, has built a new tasting room this year that is designed to reflect owners Mike and Mary Ann McNally's Celtic heritage. Winemaking siblings Alex and Alison Sokol Blosser have added a demonstration kitchen with cooking classes to their Dayton area winery. The classes are taught by chef Henry Kibit. Sokol Blosser's second-annual Summer House Party, with food and music to go with the wine, will be held July 16.

What would Lewis and Clark say about the summer entertainment and recreation at the confluence of the Willamette and Columbia Rivers? I won't venture a guess.

Suffice it to say that a summer in Portland allows plenty of opportunities for exploration and discovery.

Jim Gullo writes from the Portland area.

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An Urban and Outdoor Playground

Lane County offers a variety of activities and attractions

ANOTHER OREGON AREA THAT OFFERS both natural beauty and urban excitement is Lane County, a recreation center located at the south end of the Willamette Valley.

One of the few Oregon counties that stretch from the Cascade Mountains to the Pacific Ocean, Lane County has a diversity of topography and geography that is rarely found in the state.

The county is anchored by the twin cities of Eugene and Springfield. Eugene is the home of the University of Oregon, which boasts nationally ranked college football and basketball teams. The city is a popular center for arts, food and culture, and has a busy street market. Eugene's downtown is the location of the Holt Center for the Performing Arts, which attracts major touring shows and top productions.

Springfield has a historic Main Street, friendly shopping districts and a great craft-beer scene. However, the town may be best known as the inspiration for the town of Springfield in *The Simpsons* television program, co-created by Oregon native Matt Groening.

The town honors the program with attractions, including a large mural downtown.

Hikers and equestrians will enjoy the Howard Buford Recreation Area, located south of Springfield. There are trails throughout the area, including those to the top of Mount Pisgah. Also popular is the Ridgeline Trail, a 5.6-mile loop that rings the southern edge of Eugene. The trail leads to Spencer Butte—the highest point in the city, with an elevation of 2,065 feet.

Beyond craft beers, the area also offers an urban wine district, showcasing

local wineries, including Capitello Wines and Territorial Vineyards and Wine Company.

In addition, the area around Eugene and Springfield includes numerous wineries and tasting rooms, such as King Estate Winery, one of Oregon's largest wine operations. Sitting on more than 1,000 acres about 20 miles southwest of Eugene, the winery has a beautiful tasting room and an excellent restaurant.

Those looking for exercise can visit Fern Ridge Lake, an immense reservoir located about 15 miles west of Eugene. The lake has 32 miles of shoreline around a roughly 25-square-mile body of water. On warm summer days, it is the ideal spot for all kinds of aquatic activities, including fishing and boating. Swimmers will enjoy taking a dip at Orchard Park and Richardson Park.

Birders love the lake's nature trails, which offer sightings of more than 250 species of migratory birds and waterfowl. The town of Veneta, located on the southwest edge of the lake, is the site of the annual Oregon Country Fair, July 8–10 this year. The fair features food, arts exhibits and music.



The county continues west to the coast, and includes the town of Florence, a charming location at the mouth of the Siuslaw River. The town is a base for visiting the Oregon Dunes National Recreation Area to the south. In this amazing natural area, the dunes can reach hundreds of feet tall, and they offer some of the most beautiful windswept scenery on the Oregon coast.

Whether you seek a Cascade Mountains getaway, an urban experience in Eugene or a coastal adventure, Lane County will meet your needs. —*J.G.*

Hikers enjoy the view of the Willamette River and surrounding valley from the lower slopes of Mount Pisgah, near Springfield.

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TIMBER. TECH. BEER. WINE. On their own, each industry is rapidly evolving in Oregon. But to really see the forest for the trees, you need only look to Eugene-Springfield, where these seemingly unrelated industries are punching through the canopy. While the largest trees may command the most attention, it's often the smallest seedlings and youngest saplings—and in this case, a fire—that is sparking diversity in this green, economic forest.

TIMBER TOWN

Rising from the ashes on Springfield's Main Street, in the heart of a city that sprung from a single sawmill, is a 345,000-square-foot mill that is being built by Swanson Group Inc.

When a devastating fire consumed the former 250,000-square-foot mill two years ago, 240 workers were left uninjured but out of work. Deciding whether to move on or rebuild took careful consideration, says President and CEO Steve Swanson, but in the end, the pros outweighed the cons.

"Among other things, the trees that grow in this area tend to yield the types of logs needed to make the panels we produce," Swanson says. "And the city has been very supportive of us and the rebuild plan—hats off to them, because anywhere else, that might not have been the case."

Business Oregon, the state's economic development agency, granted the company \$460,000 that will be forgiven if agreed upon employee hires are met, while the City of

Springfield has offered the company a property tax exemption for up to five years, under the rural enterprise zone program that city officials manage in partnership with the state, says Courtney Griesel, City of Springfield Economic Development Manager.

"Swanson Group's specialty plywood mill is one of six mills that make up our wood products manufacturing workforce, which employs more than 1,000 people in Springfield (population 60,000)," Griesel says.

Its neighboring city, Eugene (population 161,000), also has its share of successful wood products manufacturers. Countywide, the industry employs almost 4,300 with \$223 million in total payroll and is expected to grow 23 percent by 2022, producing roughly 1,700 new and replacement jobs.

Swanson Group's rebuilt mill will feature new automated equipment >>>

TOP: Douglas fir trees thrive in Oregon's temperate rainforest. They are highly valued and ideal for producing wood products, particularly plywood, due to their massive size.

LEFT: FertiLab Thinkubator is a tech incubator, offering desk space, technology support, business mentorship and a biotech lab to fuel innovation and business development.

CENTER: Plank Town Brewing Co. in the heart of historic downtown Springfield is contributing to a hopping craft-beer industry. In its first 12 months of brewing, Plank Town produced 700 barrels; this year, they're rolling out 1,800 barrels.

RIGHT: Iris Vineyards is one of over 100 vineyards in the South Willamette Valley, known for its cooler-climate grapes.

















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that will eliminate back-breaking manual labor jobs required at most mills, to be replaced with high-tech operators, trained to run the new machines.

Fire-proof metal construction, high ceilings, bright LED lighting, and a dust-free atmosphere—in contrast to most dark, time-worn mills—will make it a welcoming place to work.

"I think people are going to be really happy with the way it feels," Swanson says.

SILICON SHIRE

Technology is the highest paying and also one of the fastest growing sectors in the Eugene-Springfield area, with 418 firms employing more than 4,400 with \$328 million in total payroll, according to Lane Workforce Partnership.

The tech sector in Lane County has advanced at nearly double the pace of what economists had projected over the last three years, says Matt Sayre, director at the Technology Association of Oregon.

"The industry is tracking to produce about 2,300 new and replacement tech jobs from 2012 to 2022, well above forecasts," Sayre says.

Dubbed the Silicon Shire and named one of "The Next Top 10 Cities for Tech Jobs" by Fast Company in 2015, Eugene is luring both start-ups and big-player satellite offices with its highspeed fiber network, reasonable cost of living, uncrowded outdoors and cool urban vibe.

"The industry is tracking to produce about 2,300 new and replacement tech jobs from 2012 to 2022, well above forecasts."

- Matt Sayre, Director Technology Association of Oregon

Jake Weatherly, along with co-founders David Shear and Marci Hansen, launched SheerID in 2011, raising more than \$6 million from local angel investors to get the company off the ground.

Now backed by Pacific Northwest VC firm Voyager Capital, the software firm has grown to more than 35 employees and has opened a second office in Portland. SheerID's clients include Spotify, DirecTV, PGA TOUR and T-Mobile, all of which use its services to instantly verify whether their customers meet eligibility requirements for special offers, such as pricing for students or members of the military.

Weatherly says that Eugene comes with numerous perks that tech professionals appreciate—one being easy access to an airport with daily, nonstop flights to 10 major destinations, such as Portland, San Jose and Seattle, which makes doing business in big cities easier than living there and slogging through a congested daily commute.

"It's like a time machine. I can be on

a plane in the morning and back home, playing with my three children that same night."

A fearless backcountry skier and mountain biker, Weatherly says he also enjoys the area's many outdoor amenities and the solitude he finds when spending time on the trails.

Entrepreneurs looking to launch a business in Eugene will find that there are incubator and accelerator programs that can help with seed funds, grants, venture capital, crowdfunding and investors, Sayre says, adding that Eugene's \$235,000 median home price is also a big draw for tech professionals who are being priced out of housing markets in bigger cities.

BEER & WINE

Even during the Great Recession, employment was up year over year in the greater Eugene-Springfield beverage industry, which includes beer, wine and distilleries. Combined, they employ almost 600 and contributed \$18 million in payroll to the local economy—almost half of which was in beer.

Plank Town Brewing Co. founder Bart Caridio, who has a history of creating social gathering spots in places in need of revitalization, saw potential in the old Odd Fellows building in downtown Springfield, which he transformed into a welcoming place for those who love locally sourced pub grub and craft beer.

Adorned with reclaimed, locally sourced wood, the look and feel of the brewery is a nod to the town's logging history. The name, Plank Town, comes from a time when wooden planks were placed over rain-soaked roads to make travel possible, while their barrel-aged beer bottles come with wood veneer labels that play to the personality of the brewery and the local wood products industry.

Plank Town is one of 12 breweries in the greater Eugene-Springfield area. Those who want to take a tasting tour can grab a Eugene Ale Trail Passport, which includes maps and information about participating breweries, taprooms, cideries and distilleries, and have the passport stamped along the way.



TOP: David Shear, left, and Jake Weatherly, right, along with co-founder Marci Hansen, launched software firm SheerID in Eugene in 2011, raising more than \$6 million from local investors.

BOTTOM: Recently included in the Willamette Valley AVA, 43-acre Iris Vineyards took Double Gold at the 2016 San Francisco Chronicle Wine Competition for its 2014 Chalice Estate Chardonnay.



Plank Town Brewing Co. joined the craft beer scene in 2013. Adorning its exterior is a mural of local icon Ken Kesey, author of "One Flew Over the Cuckoo's Nest."

For wine enthusiasts, endless tasting opportunities await.

More than 100 vineyards—small to large—dot the rolling hills of the fertile South Willamette Valley, which produced 7,000 tons of grapes in 2015, says Jim McGavin, owner of Walnut Ridge Vineyard and president of the South Willamette Wineries Association.

One of the most recent developments in the industry came with an expansion to Oregon's best-known wine region, the Willamette Valley, which brought into its fold well-known King Estate and neighboring Iris Vineyards.

One of 18 American Viticulture Areas (AVAs) in Oregon, the Willamette Valley is known for its cooler-climate grapes. While Pinot Noir is king in these parts, Pinot Gris, Chardonnay, Sauvignon Blanc, Gamay and Riesling are also produced here.

Richard Boyles, owner of Iris Vineyards, says the recent inclusion makes it possible to add Willamette Valley to its already reputable label.

"Earlier this year, we were awarded Double Gold for our 2014 Chalice Estate Chardonnay at the San Francisco Chronicle Wine Competition, the largest and one of the most prestigious wine competitions in the country," Boyles says.

It's one of several award-winning wines produced in the South Willamette Valley wine region.

For a fun, interactive way to tour tasting spots, wine lovers can pick up a Pinot Bingo card at one of 21 participating wineries or the Eugene, Cascades & Coast Adventure Center in Springfield.

For more great reasons to live, work and play in Eugene-Springfield, visit EugeneCascadesCoast.org/relocation









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North Pacific salmon are an Alaska treasure

Imost everything about this summer morning in
Alaska's Copper River Delta is silver. A metallic sheen
ripples atop the rolling curves of the Eyak River. Mist
lifting from the wetlands filters early light through riparian
willows whose leaves and branches are pewter-hued. The gravel
bar I'm on is a long comma of platinum pebbles. And the fish
I've just landed is silver, in name and color and meaning.

As I heft the 6-pound beauty in the time-honored way of fishermen everywhere, its lower jaw slung along my fingers, a shaft of sunlight picks out a faint iridescent rainbow along its side. Before I rest the coho salmon on the sand, I pause to appreciate the simple majesty of this gift of the ocean, its graceful shape and strong spine, and its never-ending story. Four years ago this fish was born here, hatched from one of millions of eggs laid in cool waters along a nearby gravel bar. Since then it has traveled thousands of miles, grown a hundredfold and accomplished a complex ocean navigation that returned the fish to this very river to spawn, continuing a cycle as ancient as

the towering mountains just a couple of miles away.

This salmon and its countless compatriots represent one of the economic, cultural and culinary foundations of the North Pacific—billions of dollars and millions of dinners. It's a symbol of many of the things we hold precious on the West Coast. It is revered for the recreation it provides, and for the heritage it represents, reaching back to the first arrival of humankind in the Western Hemisphere.

It's the first salmon I've caught this year. Were I a fisherman centuries ago, this would be a sacred moment. I'd lay the salmon carefully on the ground and thank it for confirming the annual arrival of its kind. At home, I'd add a traditional prayer, such as:

Now I will go and lay you down on this mat, which is spread on the floor for you, Swimmer. This is your own saying when you came And gave a dream to my grandfathers.

That prayer, adapted from a book by Native-culture popularizer Hilary Stewart, is part of a ceremony with which Alaska commercial fisherwoman Claire Lukaitis and her family greet the first salmon they catch each summer at their home near False Pass, in the Aleutian Islands. Lukaitis is not just a second-generation fisher; she and her sister, Teal, operate a thriving website, Salmon Sisters, which purveys T-shirts, sweatshirts, food products, posters, towels and a hundred other items—some designed by the two sisters, most made by Alaska artisans, all of it salmon-centric.

"In my family, salmon is everything," says Claire. "And for we Alaskans, it's our major source of pride. It's our identity."

Claire and Teal, who fish all summer, began their business as something to do in the off-season, which they spend in Homer. They naturally chose an enterprise focused on the centerpiece of their lives. Claire says her earliest memories are of working with her mother to catch salmon on the beach in front of the family homestead in False Pass. That's where the Lukaitis family today performs their first salmon ceremony, catching, cleaning and cooking the fish right on the beach.

First or not, each single salmon represents a stupendous natural system. Every year, 5 billion salmon or more ply the North Pacific, born in streams around the Pacific Rim, and then feast on and fatten in the food-rich salt waters, such as the Gulf of Alaska and the Bering Sea. Japan, Korea, Russia, Canada and the United States are the major homes for, and consumers of, Pacific salmon, and these countries are also members of fisheries management organizations that oversee their industries.

While Alaska's annual harvest is in the hundreds of millions of fish, the Alaska commercial industry is one of the few human resource-extraction enterprises that seems, in most respects, to be



Salmon Sisters Claire and Teal Lukaitis harvest sockeye salmon with a gill net.

sustainable. For one thing, unlike other places, wild salmon still dominate. In Alaska, hatchery-bred fish are just a third of

the harvest each year, and are mostly pink salmon headed for the canning industry. The rest—king, coho, chum and sockeye—are largely modern wild descendants of native fish that have spawned in North Pacific waters for millions of years.

The overall statistics for Alaska salmon are huge. Annual harvests can near (even exceed) 200 million fish and 1 billion pounds. The sales volume approaches \$1.5 billion. More than 30,000 individuals earn a living in commercial fishing, and several Alaska cities, such as Petersburg, Cordova and Kodiak, like to say they are the largest commercial fishing ports in the United States.

Even more interesting, from the point of view of cultural and geographical heritage, is the fact that Alaska salmon runs are, by and large, as strong as ever. For example, about 50 million sockeye return to the rivers, streams and lakes of the Bristol Bay drainage each year, supporting one of the world's largest single commercial fisheries. Each summer, the populations of remote towns such as Dillingham and King Salmon swell by thousands as fishermen and onshore workers labor long days to harvest, process, pack and ship the run.

"Isn't it amazing that here is a natural resource which we can harvest half of, or more, and it simply replenishes itself year after year?" observes University of Washington Professor David Montgomery, author of a highly regarded book about salmon, King of Fish (a phrase he borrowed from 17th century author Izaak Walton). Montgomery is a geomorphologist who studies river systems. When asked to explain how a geologist came to study and write a book on salmon ("Not exactly an obvious progression," he concedes), he describes the complex, ancient relationship between salmon and the landscape.

"As the western edge of North America was crumpled, the mountains evolved and the fish evolved along with them,"



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June 4-5 & 11-12:

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King Salmon Derby

Beginning Memorial Day weekend

June 18: Sole-stice Shoe Auction benefiting PeaceHealth Ketchikan Medical Center Foundation

June 23: Race to Alaska begins in Port Townsend, Washington

June 24: Ketchikan CHARR King Salmon Derby Awards Banquet

July 1-2: Fish Pirate's Daughter 50th Anniversary Special Performance July 4: Fourth of July Celebration: Parade, Food & Game Booths, Duck Race, Fireworks & More!

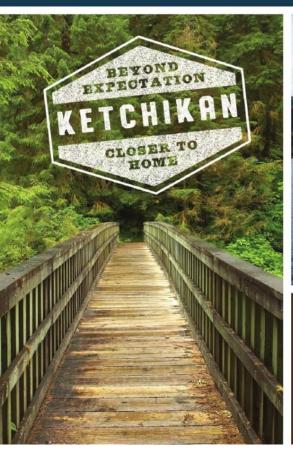
July 1-5: Race to Alaska participants expected to finish race in Ketchikan, Alaska

Aug 5-7: 41st Annual Blueberry Arts Festival

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Montgomery says. "That's why we have six different species, and in the North Atlantic there is only one. As the landscape changed, it opened up new habitat for new kinds of salmon."

Landscape changes also opened up new habitat for humans, and Montgomery is just as impressed by how Western Hemisphere peoples have incorporated salmon into their cultures.

"I'd say salmon helped humans colonize Alaska, especially along the coastal route, and spread down North America," Montgomery says, adding that this remains true whether you believe that humans came to our continent across the Bering Land Bridge (near Nome), voyaged across the North Pacific in canoes, or both.

Notice that Montgomery refers to six species of "salmon," while most biologists and officials

recognize five ... for now. The outlier is steelhead, which is similar in almost every respect to other salmon, and has been reclassified several times from a type of salmon to a type of trout, and back

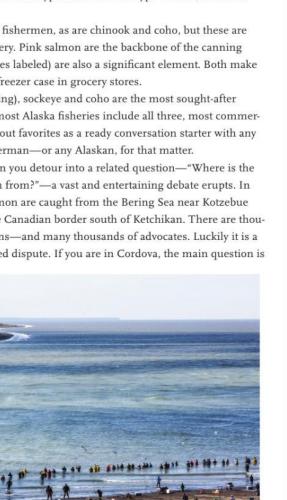
Steelhead are highly revered by recreational fishermen, as are chinook and coho, but these are lesser elements in the commercial salmon fishery. Pink salmon are the backbone of the canning industry; sockeyes ("reds," as they are sometimes labeled) are also a significant element. Both make up most of the salmon you find in cans or the freezer case in grocery stores.

For fresh catch and preparation, chinook (king), sockeye and coho are the most sought-after species. All three have their advocates, and as most Alaska fisheries include all three, most commercial fishers catch all three. Thus you can ask about favorites as a ready conversation starter with any

Alaska fisherman-or any Alaskan, for that matter.

But when you detour into a related question—"Where is the best salmon from?"-a vast and entertaining debate erupts. In Alaska, salmon are caught from the Bering Sea near Kotzebue down to the Canadian border south of Ketchikan. There are thousands of runs-and many thousands of advocates. Luckily it is a good-natured dispute. If you are in Cordova, the main question is

Above: A fishing crew from Copper River Seafoods off-loads their catch of salmon. Below: Recreational fishermen dipnet along the mouth of the Kenai River in a short personal-use opening in July.





BY THE NUMBERS

97 pounds: Largest salmon ever caught, according to official records kept by the International Game Fish Association. Rumors persist about catches of kings over 102 pounds.

6: Species of salmon worldwide. Five inhabit the North Pacific (see p. 82) and are grouped in the Onchorynchus genus; Atlantic salmon are found in both North America and Europe, and are classed as Salmo.

500-700 million: Approximate annual commercial catch of salmon in the North Pacific. Numbers vary widely from year to year; 2014 was one of the biggest years ever, with close to 1 billion fish caught in Canada, Japan, Korea, Russia and the United States.

\$5.9 billion: Annual economic activity associated with Alaska seafood industry.

60,000: Number of Alaska seafood-industry jobs, the largest private-sector industry by direct employment. -E.L.



THE KINGS OF FISH: NORTH PACIFIC SALMON

There are five generally recognized species of salmon native to the North Pacific. All of them have at least two commonly used names, and all generally follow a four-year life cycle in which they are born in freshwater streams and rivers; migrate to the ocean in their first year; spend two or three years at sea; then return to the stream where they were born to spawn and die. All are included in the *Onchorynchus* genus biologically.

King: aka chinook, blackmouth, spring. The biggest salmon of all, these fish, when mature, range from 15 to 97 pounds or more. Their "spring" nickname derives from the fact they generally are the first salmon

to return to spawning streams. Seafood connoisseurs often rate chinook the best-tasting salmon.

Silver: aka coho. Usually the second-biggest salmon, their nickname derives from the polished glint of their bodies. Anglers prize their tendency to fight, with flashing leaps out of the water, when hooked. The record silver in the North Pacific hemisphere is 27 pounds. Coho are often found in seafood restaurants and on restaurant menus.

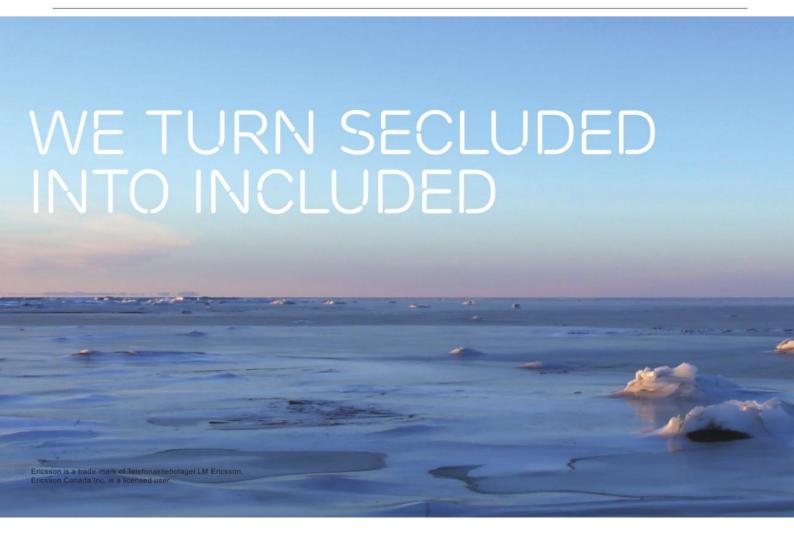
Chum: aka dog, keta, calico. Though they may rival silvers in size—up to 15 pounds—the gamy flavor of these late summer and autumn-running salmon makes them favorites for smoking; their vast numbers make them attractive for commercial canning. Keta is a modern name aimed at broadening its appeal as a fresh fish.

Pink: aka humpy. The smallest salmon's nickname is due to the large hump spawning pinks grow as they return to their home streams. Though rarely seen on restaurant menus, it is a fine fish for cooking. It's the most numerous salmon in the North Pacific.

Sockeye: aka red. Distinguished by their brilliant crimson and green spawning colors. Ranging 5 to 8 pounds (the record is 16 pounds), the sockeye is prized for its great abundance in Alaska waters. Many gourmets consider its flavor superior to king salmon.

Numerous other anadromous fish populate the streams and salt waters of the North Pacific. Most famously, steelhead, which is closely related to rainbow trout, is avidly sought by anglers. For one thing, it is found in coastal rivers in midwinter, providing food and sport when other salmon are long gone.

Cutthroat trout also have anadromous races, as do Dolly Vardens, which are closely related to brook trout and Arctic char. —E.L.





North Pacific salmon species: 1) king; 2) silver; 3) chum; 4) pink; 5) sockeye.

which species of salmon you like best, caught when and cooked how. In Bristol Bay, Valdez, Homer, Juneau, Sitka, Fairbanks and across the state, similar divisions pertain.

IN CORDOVA'S PIONEER HALL, just a 15-minute drive from the river where I caught that marvelous silver, a hundred local residents have gathered for a fundraising dinner to benefit the Copper River Watershed Project, which represents stakeholders throughout the

river's Southcentral Alaska domain and works to keep the Copper River fishery healthy through habitat preservation and improvement, watershed education and advocacy, and community stewardship.

The Copper River system not only is big—larger than any of 10 other states, including Maryland, Massachusetts and Hawai'i—but also holds one of the most celebrated salmon populations. Copper River king and sockeye salmon represent what may be the most successful wild food "brand," a designation that brings annual celebration, colorful publicity, high prices and market favor across the United States.

When the season started this May, the first catch was flown on an Alaska Airlines plane to Seattle, occasioning a first-salmon ceremony vastly different in style—but not meaning—from traditional indigenous events such as the one the Lukaitis family adopted. A

red carpet was laid out on the Sea-Tac tarmac near a plane that touched down on May 17 with 20,000 pounds of salmon. The captain descended with a 40-pound Copper River king and formally delivered it to Seattle chefs Ethan Stowell, John Howie and Sam Burkhart for the seventh-annual Copper Chef Cook-off.

Similar fanfare greets the first Copper River fish in major dining markets across the country, and it's hard to remember that, once upon a time, the Copper River fishery was no more distinguished





than any other among Alaska's major runs. Then 20 years ago, several Cordova commercial fishermen, led by Bill Bailey, decided to improve their harvest and processing techniques to provide a better quality fresh salmon. They installed cleaning and chilled fish storage onboard; spiffed up the handling systems on shore; and arranged to fly the fish as quickly as possible to the nearest major market, which was Seattle.

Bailey and his partners founded Copper River Seafoods, and the handling techniques CRS pioneered have spread across the industry. Bailey and his group are now considered visionaries, and many other areas have attempted, with varying degrees of success, to achieve similar visibility.

So far, none has been as successful as the Cordovans, whose Copper River/ Prince William Sound Marketing Association is akin to the Blue Diamond almond growers and Ocean Spray cranberry producers who have achieved such wide recognition.

Bailey disclaims guru status, though. "I'm just a commercial fisherman who wanted to get a slightly better price for his fish," he demurs.

And he is certain the secret to Copper River's success is simple:

"It's the best fish. No doubt."

He grins, knowing full well the implications of his assertion.

"Well, anybody can say anything," Heather Hardcastle, a Juneau fisherman, replies good-naturedly about Copper River's supposed superiority. She and her husband, Kirk, operate Taku River Reds, a company that provides a branding platform for fish caught near the mouth of the Taku River. Each fish sold under the TRR label is not only cleaned onboard the vessel minutes after it is caught, it is processed, immediately placed in chilled storage, and handled with keen care all the way to markets such as Midwest grocery chains. TRR has been in business 10 years, and buys from a dozen other Southeast Alaska fishing families.

"The best thing we can do to honor our land and our families is to treat the fish as well as possible," Hardcastle explains. "Our customers located elsewhere in the country are often amazed that, up here, families still make a good living—actually, a good life—fishing."

CLAIRE AND TEAL LUKAITIS' four-year-old Salmon Sisters enterprise has become successful, with North America customers and sales beyond anything they ever expected, but Claire says she remains cautious in her entrepreneurship.

"People are looking for a connection to the sea and the land, and Salmon Sisters seems to help provide a bit of that." She smiles. "My mission is that I want more Americans eating Alaska seafood, but I'm not going to give up fishing for this business."

That sentiment epitomizes the deep bond to their home that so many Alaskans hold, and salmon perfectly embodies both the meaning and the reality. State regulations allow every Alaska resident to catch, for personal use, 30 salmon a year. Thus a large proportion of Alaskans take a weekend in July or August to travel to areas such as the Chitina River, a Copper River tributary that's popular with both Fairbanks and Anchorage residents, and, using nets, take home bushels of fish. It's a truism about Alaska that most every house has two freezers, one for salmon and one for game.

Anna Hoover, who is a Bristol Bay artist with Aleut and Norwegian heritage, is also a commercial fisher and has kept salmon at the center of her life. Among other things, she designed a popular T-shirt with a salmon drawing, used as a fulfillment for her Master of Arts in Art History degree at the University of Washington.

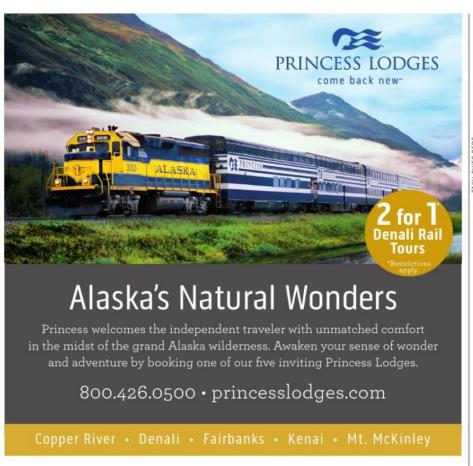
"Salmon is an essential source of protein and happiness to life in Alaska. Salted, pickled, smoked, poached, baked, boiled and fried, the plethora of ways we preserve it and prepare it for consumption and enjoyment is testament to our appreciation and reliance upon it," Hoover says.

"All my life I have returned to spend summers in Bristol Bay. Many of my family members who live outside the area share in this physical, mental and spiritual need to return just as the salmon return to the same river, generation after generation. We yearn to rejoice in the awe-inspiring miracle that is literally millions of

SOUTHEAST FEAST

Although the array of Alaska seafood is broad, salmon will be the centerpiece of a July 23 event in Juneau, Southeast Feast. Organized by an advocacy group, Salmon Beyond Borders, and local James Beardnominated chef Beau Schooler of The Rookery Café, the event offers an afternoon of tasting and learning about Southeast's ocean bounty, along with local craft beers and spirits. Schooler, noted for his rich sockeye fillet poached in duck fat, is also hosting seafood dinners with guest chefs from the Lower 48 at his new restaurant, In Bocca Al Lupo, Thursday and Friday preceding the Saturday feast. For more information visit salmonbeyondborders.org. -E.L.









Taku River sockeye salmon is known for its rich color and flavor.

creatures bottlenecking through a river mouth to reproduce as their parents and grandparents have. We humans somehow share in this response, returning to our home river year in and year out."

All these wonders—the successful fishing families, the annual pilgrimages to fill household freezers with salmon, the wild, powerful beauty of the fish, not to mention the incredible, intense flavor—mark life in Alaska as in few other places in the world.

"Salmon and Alaska are synonymous," says Melanie Brown, who fishes in Bristol Bay.

Though I am only a frequent visitor, that seems true to me. I recall one late-summer morning, kayaking in a remote bay south of Juneau, watching vast schools of pink salmon in the water beneath me, lining up in pointillist patterns as they aim for a nearby stream. The moment combines art and wonder, holding past, present and future.

Since they are in the water below me, headed for a wilderness stream just yards away, none of these salmon will be part of a ceremony for the first fish. And here in Alaska, both the land and its people are doing their best to make sure there is never a last fish. It's a never-ending story as wild and big as the state itself.

Eric Lucas visits Alaska often from his home in Seattle. Sockeye is his favorite.

Alaska Airlines serves fishing communities throughout the state of Alaska. Get flight information and book tickets at alaskaair.com or call 800-ALASKAAIR.





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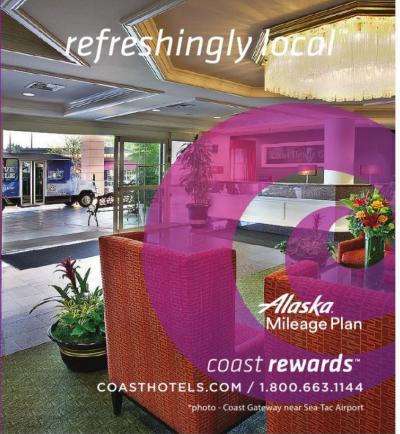
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Cover: Eldorado Peak and meadows of pink mountain heather, in North Cascades National Park, Washington. Photo: Alan Majchrowicz





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Sound Perspectives

Experiencing the charms of Seattle and the Puget Sound region By Evelyn Spence



THE MORNING WAS BECOMING A PERFECT ENCAPSULATION OF SUMMER IN SEATTLE.

As I jogged along a sandy bluff in the expansive forestshore-and-field space of Discovery Park, I spotted a bald eagle winging its way up in the cloudless sky. When I turned to watch the raptor, I saw the jagged jawline of the Olympic Mountains to the west and ice-cool Mount Rainier to the south. I bounded down a steep trail through the forest to the driftwood-jumbled beach and then passed the West Point Light Station. Nearby, a red spinnaker billowed out in the wind. On my drive home, I bought fresh-off-the-boat salmon at a **Fishermen's Terminal** dock before stopping for an espresso at one of the 20-plus coffee shops in my new North Seattle neighborhood, **Ballard** (yes, 20-plus; that's not a typo).

For my first weekend of living in the city, I did a pretty respectable job of enjoying some of Seattle's best.

Of course, I had a head start. I was born here. Even so, home isn't really home until you move away and then return—that's what I realized when I left Seattle for an East Coast college, spent almost 20 years living everywhere from Boulder to Brooklyn, then made my way back to the Northwest.

The summer sparkle of Puget Sound, the scent of the sea at Pike Place Market, the backdrop of downtown behind the Sound, as viewed from a rumbling state ferry—I grew up with all of this, but only my long hiatus made me see the city with the wide-eyed love of a first-time visitor.

I had no idea that there are more than 450 parks in Seattle,

WA4 WASHINGTON JUNE 2016

ALASKA BEYOND & HORIZON EDITION MAGAZINES



Above left: A biker rides the trails of Discovery Park, which overlooks Puget Sound. Above right: Exploring Ballard and other Seattle neighborhoods is a favorite pastime for residents and visitors. Right: Pike Place Market is a Seattle landmark. adding up to some 11 percent of the city's land area. One of the crown jewels is 534-acre Discovery Park, home to nearly 12 miles of woodsy trails, along with a wide beach and an environmental learning center.

In first grade, I won an award from the Woodland Park Zoo for an essay about what this Seattle landmark might look like in the year 2000; although I can't remember my predictions, I hope they included something like today's "Banyan Wilds" space, dedicated to tigers, sloth bears and conservation.

Until I returned to town, I'd never climbed the water tower in Capitol Hill's Volunteer Park for a panorama almost as good as the Space Needle's, and I'd never been inside the morethan-a-century-old Volunteer Park Conservatory nearby.

Another cool place I'd never visited: **Seward Park**, a thumb-like, 300-acre peninsula jutting into the south end of Lake Washington, with some of the oldest trees in the city—it's not called the Magnificent Forest for nothing. It took me decades before I saw it in person.

When my parents took me downtown as a kid, there was no Seattle Great Wheel, a 175-foot-tall waterfront ride that's the tallest Ferris wheel on the West Coast. There was no Olympic Sculpture Park, with the art of Richard Serra and Alexander Calder sharing the limelight with views of the outdoor museum's namesake range. There was no EMP Museum, a colorful Frank



O. Gehry shrine to rock and roll that has displayed items ranging from Lady Gaga's infamous meat dress to Jimi Hendrix's handwritten lyrics.

At Seattle Center, the eventhen-quaint rides at the amusement park under the Space Needle have given way to the innovative Artists at Play playground (opened in May 2015), designed by Northwest artists, with features such as a 30-foot climbing tower and rope web, giant slides, and play equipment that allows kids to make music. Also occupying part of the old amusement-park site is Chihuly Garden and Glass, an indoor/outdoor gallery populated by the







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distinctive glass works—which evoke sea anemones, flowers and other vivid forms—of Washington native Dale Chihuly.

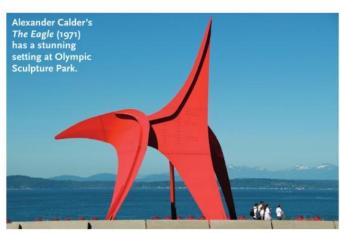
In Seattle, even the libraries are destinations: The Central Library branch building, designed by Rem Koolhaus and Joshua Prince-Ramus, opened in 2004, and has won raves for both its steel-matrix shell and its innovative layout.

Then there is Pike Place
Market—always a draw for
locals as well as visitors. On
childhood trips with my father,
I used to eat sackfuls of mini
doughnuts from the Daily
Dozen Doughnut Company
stall, grab pizza ingredients
at the specialty-food-and-wine

Top: The Center for Wooden Boats, at the southern end of Lake Union, has been offering boat rentals and classes for many years. Left: With its bold shapes, shining outer surfaces and angular interior spaces, the Central Library branch building is an architectural gem of Seattle's downtown.

shop **DeLaurenti** and pick out massive \$10 bouquets (at one of several stalls) for my mom. And I still can. Now, though, I can also sip a grown-up drink at the restaurant **Radiator Whiskey** and nibble the *nigiri* of local legend Shiro Kashiba at **Sushi Kashiba**, which opened at the market in December 2015.

If the heart of Seattle has changed incrementally, its surrounding neighborhoods have almost completely metamorphosed. Back in my high school days, **Ballard** still felt like a



Scandinavian fishing village, and Capitol Hill was more gritty than glam. And South Lake Union? This emergent neighborhood—which is home to world-class biotech facilities, an enormous Amazon campus, its own streetcar line and dozens of new restaurants—used to be a patchwork of parking lots and warehouses.

South Lake Union might win for Seattle's fastest-changing neighborhood—look around anywhere in this neighborhood and you'll see construction; turn right or left and you'll find a brand-new celebri-chef restaurant. The Museum of History & Industry relocated to a historic armory on the banks of the lake in 2012, and it's a love letter to local culture, from Boeing to Nirvana. Nearby, The Center for Wooden Boats and its predecessor, The Old Boathouse, have been lending out small craft and running boating classes for 50 years. Don't want to row your own boat? Book a 20-minute aerial tour of the city on a seaplane with Kenmore Air, taking off from a dock nearby.

Another community that has to be in the running for "Most Changed Neighborhood" is Ballard. Stroll Ballard Avenue NW on a Sunday and you'll get a sense of the new Seattle vibe: People-watch at the yearround Ballard Farmers Market. considered by many to be the best weekend market in the city (although there is competition). Look for sweet red-and-gold Rainier cherries (usually in season in June, July and August), artisanal apple ciders and Jonboy caramels, made a few blocks away. Then get an organic coffee to go from Caffè Fiore

On Deck ...

Seattle gets into the maritime spirit with Seafair (which runs events June 15-Aug. 21 and features Seafair Weekend, Aug. 5-7), a smorgasbord of hydroplane races, air shows, beer gardens, Fleet Week ship tours, pirates and parades (including the Alaska Airlines Seafair Torchlight Parade on July 30). • For a taste



of artsy culture, peruse Tacoma's Art on the Avenue (July 10), an annual, nearly-10,000-personstrong block party. • Since 1971, the end-of-summer Bumbershoot music-and-arts spectacular at Seattle Center (Sept. 2-4) is one of the Northwest's biggest fests. Acts such as Macklemore & Ryan Lewis, Death Cab for Cutie and Billy Idol are scheduled this year. . The event that's now called the Washington State Fair (Sept. 2-25, closed Tuesdays) will still have longtime locals planning to "Do the Puyallup" (say "pyoo-AL-up" to pronounce the host town's name) based on popular past marketing. Carnival rides, deep-fried foods, live concerts and animal shows will be found here in September. • And about 12 miles northeast of Puyallup, in Auburn, is the Muckleshoot Casino, which recently set the Guinness World Record for the Largest Slot Tournament. The casino will continue to host exciting events, gaming and entertainment throughout the year.



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(on Leary Avenue) and browse nearby shops such as the gift boutique **Lucca** or **Jax Joon**, with its bright, funky accessories, before walking west to boatwatch or fish-watch at **Hiram M. Chittenden Locks**, the busiest locks complex in the country.

Peer through the underwater windows of the locks' 21-step fish ladder, which helps sockeye salmon (easiest to see in July), chinook (late August) and coho (September) journey back into Seattle's lake system and eventually up streams to spawn. And if you still have the legs for it, walk about 2 miles north to the sandy beach of Golden Gardens

Above: The west entry of Sound Transit's Capitol Hill Station, opened in March, features Ellen Forney's art Walking Fingers (2015).

Below: Boats tie up in the Ballard Locks to make waterlevel shifts between Lake Union and Puget Sound.

Park and dip your toes into the chilly Sound while you watch thick-skinned—and dry-suited—kite surfers at play in the waves.

During stretches of cooler weather, Seattleites and visitors have plenty to do indoors, too. A movement is afoot to make Seattle a UNESCO Creative



City-and it could be the second UNESCO City of Literature in the United States (after Iowa City). If this effort is to succeed, it will rely on the clout of local institutions such as the libraries and the Elliott Bay Book Company, opened in 1973. The bookstore, which relocated from Pioneer Square in 2010, is now at the cultural heart of Capitol Hill, an area east of downtown that's transformed from blue collar to artistic to trendy. But Cap Hill is still eclectic at heart: You can watch bike polo games at Cal Anderson Park, lick a waffle cone of salted caramel or balsamic strawberry ice cream from Molly Moon's, watch independent films at the Egyptian Theater, and admire century-old mansions on residential blocks.

In March, the Capitol Hill Station of Seattle's light-rail system opened, linking Capitol Hill, downtown Seattle and Sea-Tac Airport to the south, while also connecting all these to the University of Washington Station (also new) to the north. A bonus of the underground Capitol Hill Station: Its Broadway Avenue escalators deliver you to within a few steps of the summertime buzz at Dick's Drive-In, a Seattle institution that started serving "Deluxe" burgers in 1954, before McDonald's even existed.

Then again, the dependable, hand-cut fries and old-school milkshakes at Dick's are juxtaposed by the offerings of more than 100 restaurants and bars that have opened in Capitol Hill in the last three years. The mix of past and present around the Sound is dynamic, and for a reinvented local like me, this makes the possibilities for adventure close to endless.

Outdoor Dining

I used to joke that summer in Seattle begins on July 4. But whenever it starts, it's a beauty— and it signals the happy launch of patio—and sunglasses!—season at area restaurants. Lean back into an Adirondack chair and order an oyster roll at Westward, on the



shores of north Lake Union, with a front-row seat to downtown lights. Across the way, 100-Pound Clam, due to open in June, will soon sit dockside and dish out fish-and-chips (and deliver by dinghy to near-shore locations). . The upper deck of the classic Ray's Boathouse, in Ballard, which juts out into the Sound, makes for Instagram-inducing sunset experiences. • The water taxi from downtown conveniently disembarks by the West Seattle back deck of Marination Ma Kai, where Hawaiian meets Korean in the form of kimchi fried rice, spam sliders and real-deal shave ice. Beach Cafe, in Kirkland, has a wraparound patio on Lake Washington's Carillon Point-and burgers you can top with guac and bacon. . In Tacoma, whether you want a date night (Harbor Lights) or a happy-hour nosh (Lobster Shop), the waterfront Ruston Way has a set of places to get your seascape on. -E.S.

Of course, the Capitol Hill food scene is just one instance of how the old is holding its own with the new around the region—in Seattle, and also in Tacoma and on the Eastside, where refurbished industrial areas meet innovative museums, and where culture and food attractions are also flourishing.

Tacoma

Legend has it that American explorer Charles Wilkes, who mapped many of the inlets and bays of Puget Sound in the 1840s, made note of a promontory—with high cliffs above a narrows—that could "bid defiance to any attack." It was never used for military operations, and Point Defiance

Park became public land back in 1888. And what a park it is. Here you'll find Point Defiance Zoo & Aquarium, the only combination zoo-aquarium in the Northwest, where you can ride camels and dive with sharks.

The Fort Nisqually Living
History Museum at the park is
a reconstructed trading post,
with people in period costumes
to interpret settlement life in
the 1850s. The park's Five Mile
Drive (which is partially closed
to cars weekend mornings and
early weekday mornings) offers
a scenic ramble, and more than
a dozen miles of trails wind
through forest classified as oldgrowth. The Dahlia Trial Garden
at the park is one of the largest
in North America; blooms begin



bursting in July, peak in August, and sometimes grow as tall as 6 feet.

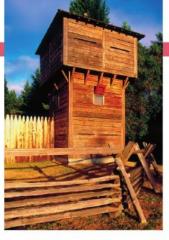
In addition to its outdoor attractions, Tacoma is well-equipped for indoor activities, thanks to its museums, such as the Museum of Glass—one

The Washington State History Museum, with its brick arches, is a fixture of the Tacoma museum scene. The Museum of Glass, visible through one arch, is another.



of the nation's top institutions solely dedicated to glass arts. The area's strength in glass art owes thanks to Tacoma native Dale Chihuly.

After you enjoy the exhibits and opportunities to watch professional artists at work in the Museum of Glass hot shop, cross the Chihuly Bridge of Glass, a pedestrian overpass displaying thousands of Chihuly pieces on the ceiling and walls, to the Washington State History Museum, known for its exhibits of artifacts, maps, photos and other historical items telling the story of the state. The Tacoma Art Museum-also known for glass art, as well as extensive Japanese prints and American West art-is just up the street.





Top: Point Defiance Park has a reconstructed trading post at Fort Nisqually Living History Museum. **Above**: The park's Dahlia Trial Garden is a summer must-see.

By the harbor, amble along the revitalized Thea Foss Waterway and its ever-evolving ribbon of parklets and paths. For all things maritime, don't miss the Foss Waterway Seaport, which is scheduled to reopen on June 19 after an extensive overhaul.

Car enthusiasts will fall for LeMay-America's Car Museum, which is one of the largest auto museums in North America.
Businessman Harold LeMay had amassed a staggering collection—some 3,500 vehicles—during his lifetime. A selection of these cars is on display at ACM, including a Ford Model T and a 1930 Duesenberg Model J Roadster. But what makes the museum unique is a dedication to all cars, not just rare and ex-

pensive ones; you'll find a 1983 Mercury station wagon, as well as a 2016 BMW i8.

The Eastside

The old Evergreen Point Floating Bridge that took State Route 520 east from Seattle across Lake Washington used to be the longest floating bridge in the world-until the replacement SR 520 Floating Bridge opened in April 2016 and beat it out by 130 feet. Whether you drive, bus, or use the new bike lanes (which are expected to open in mid-2017), it's a convenient trip to the other side of the water, where towns that were once merely Seattle suburbs have become booming cities in their own right.



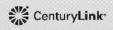


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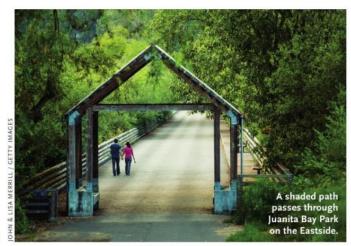
To get a taste of Eastside culture, start in Bellevue, with the rotating exhibitions of contemporary local art inside the Tetris-evoking building of the Bellevue Arts Museum, known as a top-notch temple to unique and thought-provoking work. The museum—which occupied several locations before its current site opened in 2001—was spawned by an annual street fair that launched in 1947. The fair, now called the BAM ArtsFair (July 29-31), brings tens of thousands of people out on the streets to browse and buy from 300-plus artisans.

While you're downtown, put your name on the list for a table at **Din Tai Fung**, a popular Taiwanese dumpling emporium that's part of Bellevue's impressive shopping complex, **The Bellevue Collection**. (The restaurant also now has a popular location in Seattle's University Village, with a downtown location expected to open in summer.)

For a more old-school experience, browse the smaller stores—including Seattle-area chocolatier Fran's—along Main Street in Old Bellevue, which used to be surrounded by fields of strawberries. Then take in fresh air, and an intimate Japanese garden, along the trails of the Bellevue Botanical Garden, a short drive from Bellevue's downtown.

On summer evenings, the waterfront in the town of Kirkland (north of Bellevue) feels like a true lakeside beach town: picnic blankets in Marina Park, ice cream, music booming from cars—and stellar views of the Olympic Mountains across Lake Washington. Particularly in July and August, the water is warm enough for a dip in the sheltered swim area at Juanita Beach Park. And a swim will whet your appetite for an haute Italian meal at Cafe Juanita, a high-end restaurant that was converted from a home more than 35 years ago.

Just a half-hour drive from downtown Seattle, and about 8 miles northeast of Kirkland, is **Woodinville**, one of the Puget Sound area's most enjoyable day



SEATOWN BY BOAT

→ Water, water everywhere: It's what makes the Sound the Sound. And there's no shortage of ways to get your sea legs around Seattle. You can take a 35-minute ferry ride from downtown's Colman Dock to Bainbridge Island to grab a sticky bun at Blackbird Bakery or a frozen treat at Mora Iced Creamery, and peruse regional art at the new Bainbridge Island Museum of Art. • You can also take a trip to see sights in Bremerton, about a one-hour ferry trip from downtown Seattle. • Or take a shorter ferry ride from West Seattle or Point Defiance, in Tacoma, to laid-back Vashon Island. On-island, wander a farmers market, take a lighthouse tour or enjoy the Vashon Island Strawberry Festival (July 15–17). • Back in Seattle, rent a kayak from Agua Verde Paddle Club to get up-close looks at floating homes on Lake Union and Portage Bay, and then refuel at the restaurant with margaritas and tacos. • The University of Washington's Waterfront Activities Center rents canoes and rowboats, and is the perfect jumping-off point to cruise through the channels of the Washington Park Arboretum. In West Seattle, Alki Kayak Tours has stand-up paddleboards, kayak rentals and guided kayak tours, plus a postcard-worthy location across Elliott Bay from downtown. And only in Seattle can you hire a water-within watercraft from Hot Tub Boats—yes, a hot tub, in a boat—that you can motor around Lake Union. —E.S.









Woodinville Wine Country offers a great variety of exceptional tasting options.

trips, with more than 100 wineries and tasting rooms in the Woodinville Wine Country. The renowned Chateau Ste. Michelle opened for winemaking and visitor tours in Woodinville in 1976. The iconic winery now produces about 3 million cases a year, including some of the world's most celebrated Rieslings. CSM also has a venue for an annual picnic-friendly summer concert series featuring world-class performers.

And there's more than grape-based elixirs to be found in the Woodinville area. The Woodinville Whiskey Company distills award-winning spirits, and it adjoins the historic Hollywood Tavern, a reimagined roadhouse. At the Redhook Brewery, which started brewing craft beer in Washington in 1981, you can sip ales and watch movies under the stars.

If you're a cyclist, take the Sammamish River Trail north to Bothell, where it meets the Burke-Gilman Trail. The "BGT" is a roughly 21-mile-long rails-to-trails gem that can lead you—on a flat, paved path—all the way back to Seattle. wa

Evelyn Spence looks forward to introducing her young children to the wonders of the Puget Sound region.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to the Seattle area. To learn more about Seattlearea attractions, see sites such as visitseattle.org and seattlesouthside.com.



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Hope. Care. Cure."





From Sea to Sky

Exploring the greater Bellingham area By Lauren Kramer

A SUN-SOAKED COASTLINE and a high tide with nary a ripple greet me the day my husband and I sit patio-side at a beach restaurant on Birch Bay, northwest of Bellingham. As I take in the tranquil scene, a pickup truck pulls in near our table. Out clambers a young man who grabs a paddleboard from the back of his truck under one arm and a paddle in the other. Seconds later, he's on the water paddling effortlessly out into the bay, his figure receding in the afternoon sunshine. The motion of the board on the water's surface is like rhythmic poetry, and the bay's glassy water offers the ultimate conditions for stand-up paddleboarding.



Top: An orca surfaces in the waters near the San Juan Islands. Above: Kayakers tour Bellingham Bay.

Below: A founder of Bellingham's Fairhaven area, Dan Harris is immortalized in bronze in the neighborhood.



Activities such as paddleboarding are only the beginning of the fun available in Whatcom County, a playground for outdoor lovers and adventureseekers, just 90 miles from Seattle and 54 miles from Vancouver, British Columbia. The county is a tree-shrouded haven encompassing a swath of land from Bellingham and other coastal communities to the peaks, lakes and valleys of the North Cascades National Park. There are snaking hiking trails, pristine lakes perfect for water sports and farm-to-fork restaurants warmed by the hospitality of local residents.

I bask in some of that hospitality over a double-decker ice cream cone at The C Shop

JUNE 2016 WASHINGTON WA17



Cyclists gather in the historic Fairhaven neighborhood of Bellingham, which offers a variety of shops, coffeehouses, brewpubs and restaurants. in Birch Bay, a family-run candy shop since 1971. Birch Bay's C Shop is a local favorite, with families often cycling or walking over from the beach. Kids line up patiently to choose snow cone flavors and sample caramel straight from the oven.

We arrived at C Shop after a short drive from our accommodations at the luxurious Semiahmoo Resort, Golf and Spa, located on Semiahmoo Bay. The resort is known for its pristine trails, excellent golf courses, recreation opportunities and wonderful spa.

Our ice cream stop complete, we travel about 20 miles south to Bellingham, passing near the Hotel Bellwether, known for its wonderful setting, views of Bellingham Bay and the Lighthouse Bar & Grill. We continue past the Whatcom Museum, where the Lightcatcher building is featuring the exhibit "Colorfast: Vivid Installations Make Their Mark." through September 18. Our goal is the nearby Spark Museum of Electrical Invention, known for the "MegaZapper Electrical

Show," which features 10-foot arcs of purple lightning that are released by the 4-million-volt zapper. The show can be loud and is not recommended for children under 5.

Following the "shocking" but entertaining show, we visit the Saturday Bellingham Farmers Market in full swing on Railroad Avenue. The market is open every Wednesday, from June to September and on Saturdays, June to December.

Meandering among the rows of plump vegetables from local farms and past the trays of smoked salmon samples, we explore the work of artists and culinary entrepreneurs. Buskers perform and add their music to the delight of the market crowd.



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1521 1st Ave S Seattle, WA 98134 206.792.3988 | isolahomes.com We sample our way through the market and decide it is time for some exercise. Renting bikes in the Fairhaven neighborhood of Bellingham, we take to the South Bay Trail, an easy route that leads from the historic town center through Boulevard Park and past the popular Chrysalis Inn and Spa, which is known for its elegant setting, wonderful views and excellent food at its restaurant, Keenan's at the Pier.

While we would like to linger longer on this waterfront path, the Chuckanut trails are calling. In the late afternoon, my husband and I drive a few miles south on Chuckanut Drive to the North Chuckanut Mountain Trailhead, where we

Alpine Wonderland

To the east of Bellingham you'll find **North Cascades National Park**, an alpine wonderland known for its snowcapped mountain peaks, pristine lakes and deep canyons. The park offers a variety of activities, including kayaking, white-water rafting, horseback riding and mountain climbing. Those interested in hik-

ing the northern reaches of the park can drive State Route 542, which leads from Bellingham to the Mount Baker Ski Area, located on the edge of the park. For access to more areas in the park, including Ross Lake and the North Cascades Visitor Center, travel 25 miles south of Bellingham to Burlington and head east on the scenic State Route 20, known as the North Cascades Highway. For information, visit the park's website, nps.gov/noca/—L.K.



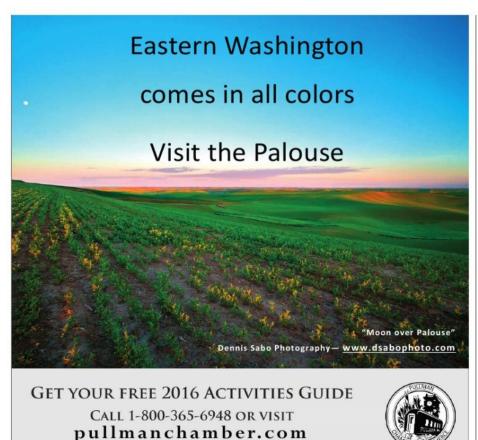




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EXPLORING EVERETT

→ Visitors to Everett will find this Snohomish County city, located 60 miles south of Bellingham, to be a vibrant community. It is home to Naval Station Everett and the Future of Flight Aviation Center, which offers tours of the Boeing Everett Factory, the largest building by volume in the world. Everett has attractions for both nature and city lovers. Jetty Island, a small, man-made island accessible by ferry, is a great place for a family picnic. Downtown, explore the city's beautiful waterfront, home to the Everett Farmers Market and the Waterfront Concert Series, held through the summer at Port Gardner Landing. Plans are also underway for Waterfront Place, the city's new commercial, recreational and residential community. For visitor information, visit snohomish.org. -L.K.

hike among the labyrinth of trails in the area, affording us glorious views of Bellingham Bay and the Salish Sea. In the distance, we can see the San Juan Archipelago, which is dotted with 172 islands

To get a closer look at the islands, my husband and I book an excursion with **San Juan Cruises** the next day, motoring into the Salish Sea on a 100-foot vessel in the company of naturalists who share information



about the region and its wildlife. The boat cruises among the islands, which are home to resident pods of orcas that spend most of the year in this healthy ecosystem, making the area excellent for whale-watching.

For instance, on the west side of San luan Island—the largest in the island group-visitors

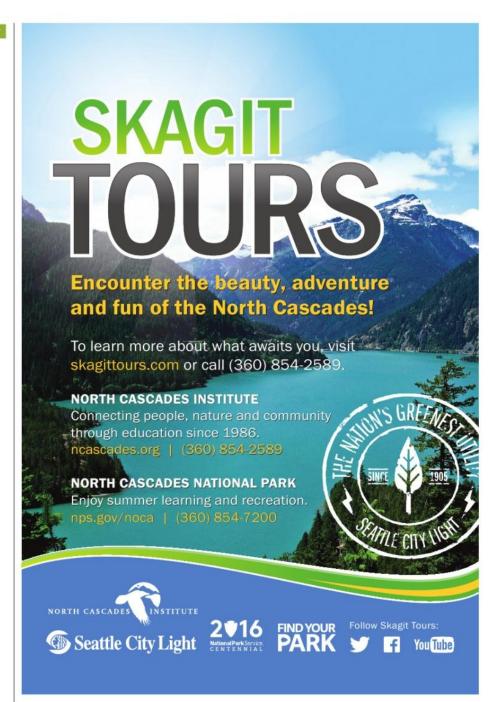
gather at the Lime Kiln State Park to watch orcas in the deep bays off Haro Strait, a favorite nursery for the mother orcas and their calves. Our captain takes the boat past various rock outcroppings where we view sea lions lounging in the sun. We marvel at the hefty sizes of these animals. On another rock, harbor seals and their pups rest while a sharp-eyed juvenile bald eagle keeps watch from a perch.

At last, in the distance, we see the dorsal fins of a group of orcas moving swiftly through the waters west of Orcas Island, their black-and-white bodies gleaming as they catch the afternoon sun. The captain turns off the engine and we watch as the pod moves past our vessel, listening to their powerful bursts of air as they exhale through their blowholes.

With the forested hillsides of Orcas Island as a backdrop and the whales swimming by, it is a uniquely Northwest moment-one infused with exquisitely wild beauty. wa

Lauren Kramer writes about Northwest Washington and British Columbia.

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Grand Vistas

Eight Washington locations offer unique views of the state By Terry W. Sheely

VIEW THE BREATHTAKING summit of
Mount Rainier while being surrounded by wildflowers. Watch as a river flows off a cliff that was created during the last ice age, or admire the way in which the ocean can carve a rocky shoreline. The following places in Washington state are stunning in their beauty and illustrative of the power of nature.

Hurricane Ridge

→ This is where I come to feel as if I'm standing on top of the world. The road to Hurricane Ridge starts near sea level and, 17 miles later, reaches an altitude of 5,242 feet on a green heather ridge with views that can take your breath away. The glacier-covered peaks of the Olympic Mountains unfold to the south in Olympic National Park. To the north, while standing on a paved path, I can see freighters moving along the Strait of Juan de Fuca. Victoria, British Columbia, is in the distance. Wildflowers, marmots and black-tailed deer are prevalent throughout the area.

CAPE FLATTERY

In this most distant corner of the Olympic Peninsula, the northwesternmost point of the contiguous 48 states, you can feel the raw energy of the Pacific Ocean as it pounds into the cathedral hush of rain forest cedars, spruce, moss and ferns. From promontories on wooden platforms hammered by Makah tribesmen, you can enjoy the dramatic beauty of sea stacks, coves whose cliff walls have been sculpted and smoothed by waves, and headlands battered by the ocean's fury. Wildlife is abundant, including sightings of gray whales and sea lions. Parrot-beaked puffins, red-billed



oystercatchers and occasionally a rare sea otter also can be seen. To the north is the immense opening of the Strait of Juan de Fuca.



PALOUSE FALLS

In the flinty sagebrush-covered scablands of Southeast Washington, the raging Palouse River, with barely a warning, plunges into the desert air, dropping 198 feet into a circular chasm surrounded by basalt cliffs. The roaring white gush of water then continues downstream, flowing through a cliff-walled canyon hundreds of feet deep in places—all viewable from Palouse Falls State Park. The geological formations, plunge pool and dramatic drops are so striking that in March 2015, Palouse Falls was named the official falls of Washington state.



Paradise

→ Martha Longmire—the daughterin-law of James Longmire, who first developed a hotel on Mount Rainier—stood above the clouds in a mile-high mountain meadow saturated with bursts of wildflowers that included swatches of yellows, reds, whites and purples, and small islands of trees.

She looked at the chiseled outline of the Tatoosh Range silhouetted behind her, and the sunlight highlighting the brilliant hard ice on the most glaciated peak in the lower 48 states, and is said to have gasped, "Oh, this place is Paradise."

That was in 1885, 14 years before Mount Rainier became the centerpiece of the United States' fifth national park.

Longmire's exclamation became the name of the most visited area in the park, and it's as apt today as it was then.

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MARYHILL

On an isolated sun-seared ridge marked by outcroppings of volcanic columnar basalt

stands one of the most fascinating communities to be found anywhere. There, you'll find the Beaux Arts mansion known as the Maryhill Museum of Art. In 1907, businessman Samuel Hill bought 5,300 acres of land on the ridge to create a Quaker village. His dream was never realized, and Hill decided to make his home into an art museum and name it after his daughter, Mary. Facing south toward the Columbia River, the Maryhill complex includes the museum, which contains rotating exhibits, both historic and contemporary. Hill also built a full-scale replica of England's Stonehenge three



miles to the east of the museum. A few miles to the west is the separately owned Maryhill Winery, which is known for its award-winning vintages and star-studded concerts.

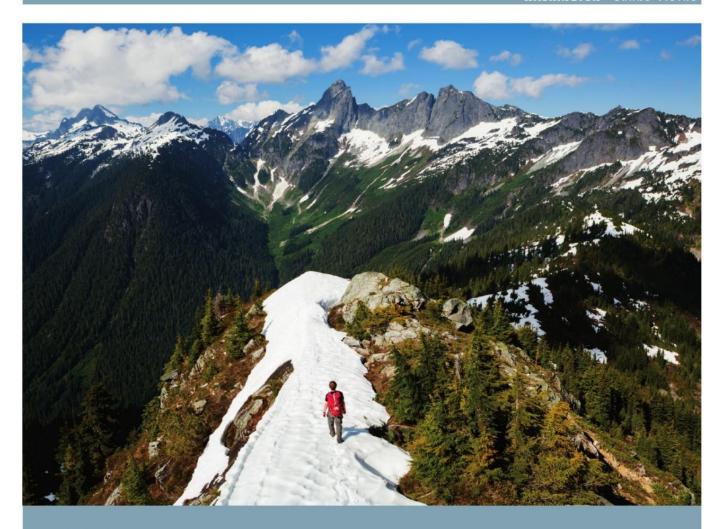


Maryhill Winery (top), Stonehenge replica (middle) and a collection of classical busts stored at the museum (bottom right).



Grand Coulee Dam

→ "Grand" defines this man-made marvel on the upper Columbia River in northeastern Washington. The dam was considered "The Eighth Wonder of the World" when it was completed in 1941. It is nearly a mile wide, 550 feet tall, holding back 151 miles of Lake Roosevelt, a source of irrigation water for the region. It sends 21 billion kilowatts of power a year to 11 states, with enough left over to power a laser show across the face of the dam each evening, from late May to September.



CASCADE PASS

The North Cascades are a wild, glacier-streaked and amazingly beautiful section of the Cascade Range. Even the names of such peaks as Mount Triumph (shown in the distance above) speak to the dramatic views that await those who venture into this rugged land. It is a place framed by jagged rock formations dotted with glaciers, open-slope meadows, and the royal white crowns of such imposing mountains as the pyramid summit of Mount Shuksan.

Mount Constitution

→ The highest point in the San Juan Islands, the summit of Mount Constitution, located in Orcas Island's Moran State Park, packs a lot into one viewpoint. From the top of the replica of a 12th century Russian tower, which stands on the 2,409-foot summit, you can see three

mountain ranges, two volcanoes, a calendar-perfect aerial overview of the San Juan archipelago, the Salish Sea, the southern islands of the Strait of Georgia and parts of British Columbia. Hiking trails and a winding road offer access to the summit. wa





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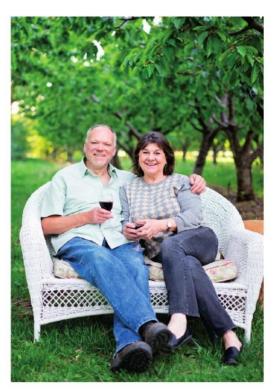
Better together.

A Bountiful Land

Eastern Washington is a rich agricultural region By Cheryl-Anne Millsap

MY HUSBAND AND I ARE TRAVELING through the wide plateaus and rolling hills that make up much of the eastern half of Washington state. We are taking an ambling excursion through country that still shows the signs of epic ancient geological activity. Amid an arid landscape that is marked by basalt outcroppings, farmland and sagebrush, we can see how the land has been altered by the slow grind of glaciers and the swift flow of mighty rivers through millennia.







One result of these prehistoric events is that the agricultural land east of the Cascade Mountains is among the most fertile and productive in the world. As many as 12 billion apples are picked here each year, and more than 110 million bushels of wheat were harvested in 2015. Eastern Washington is a top producer of such crops as onions, asparagus, dry peas, lentils, sweet cherries, raspber-

Above: Eastern Washington produces some of the finest wine grapes in the world.

Far Left: Ludger and Julie Szmania, owners of Wenatchee's Warm Springs Inn and Winery, offer gourmet meals such as the vegetarian breakfast at left.

ries, grapes and hops.

On our trip, we see large fruit orchards, fields of vegetables and produce, thousands of acres of wheat, and vineyards that stretch up hillside slopes.

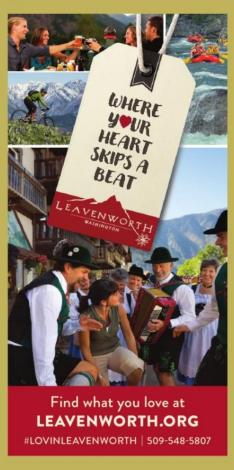
Farms that have been in families for generations are nurtured by the rich soil, dry climate and four distinct seasons. We're on the trail of wine and food and we intend to taste it all.

IUNE 2016 WASHINGTON WA27

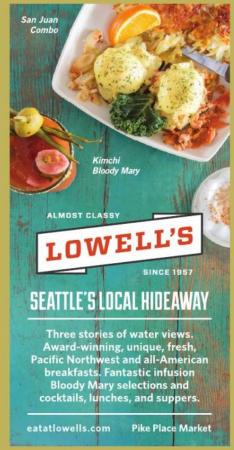
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Around the Sound...











THE ECONOMIC IMPACT OF WINE

→ While Washington is a leader in the production of many different crops, few have as much economic impact as the state's wine industry. Washington now produces 16 million cases of wine annually, ranking second in the nation in production, behind only the state of California. In

1981, there were just 19 wineries in Washington. Today, there are nearly 900. In 2015, the state harvested 222,000 tons of wine grapes from about 50,000 acres of vineyards.

Wine's impact can be felt throughout the state. One of the newest aspects of the industry has been the growth in wine tourism, with many rural communities benefiting from the influx of visitors enjoying the local vintages. The Washington Wine Commission estimates that in 2013, the state's wine industry had a total economic impact of \$4.8 billion.



Lake Chelan

In summer, the long and narrow lake, cradled by mountains, is a busy blue oasis.

It is usually dotted with boats and other watercraft as water-skiers slice the lake surface. Once a day, the *Lady of the Lake* ferry shuttles between Chelan and the small, remote town of Stehekin.

This time of year, the town of Chelan, located at the south end of the lake, experiences a swell Above: Lake Chelan is a popular destination for all types of summer fun. Many families have been coming to the area for generations to enjoy the water and local attractions.

of population as many families, some of whom have been gathering here for generations, come to enjoy the summer weather. Shops, galleries and boutiques line the main street. In the winter, the region offers

outdoor activities that include skiing, snowshoeing and snowmobiling. The Lake Chelan American Viticultural Area (AVA), with its unique microclimate and sandy glacial soil, now includes more than 20 wineries. We savor a glass of Lehm Sauvignon Blanc from Vin du Lac on the balcony of our room at Campbell's Resort in Chelan as we watch the sun set on an idyllic summer day.

Wenatchee

The next morning, we travel the short distance south to Wenatchee. The self-proclaimed "Apple Capital of the World" sits at the confluence of the Columbia and Wenatchee Rivers.

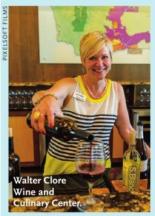
We arrive at the Warm
Springs Inn and Winery,
which is on the banks of the
Wenatchee River, and meet the
owners, Ludger and Julie Szmania. Ludger is an award-winning
chef, and the couple owned a
popular restaurant in Seattle
for 25 years before moving to
Wenatchee and taking over the
Warm Springs property in 2014.

We walk the grounds and watch hummingbirds fly by as we taste the robust new wines the Szmanias are producing, using grapes from regional vineyards, including their own 1-acre plot at Brender Canyon Farm in the nearby town of Cashmere.

In the afternoon, we visit the annual Wine and Food Gala at Ohme Gardens, an unexpected green jewel atop an arid landscape. In 1920 Herman Ohme and his wife, Ruth, began transplanting evergreen trees from the Cascade Mountains and hauling water in milk cans to the top of a high bluff over-

Wine Appreciation

The small town of Prosser is said to be one of the birthplaces of Washington's wine industry.
The area around the town was



awarded the state's first wine appellation and was the home of Walter Clore, a pioneer of the state's wine industry. Today, there are an estimated 75 wineries within a 50-mile radius of Prosser, and the town is home to the

Walter Clore Wine and Culinary Center, which holds wine tastings, cooking classes and events. However, wine is just the beginning. Prosser also is a major supplier of the nation's crop of beer hops.

The city will start the summer celebrations with the **Bottles**, **Brews and Barbecues** event, June 10–11, at the Vintner's Village. The event will include a barbecue competition. —C.A.M.

looking the valley below.

Today, the lush 9-acre gardens belong to Chelan County and offer a cool, shaded respite from the summer sun. It also hosts various events throughout the summer, including the Ohme Gardens Wine and Food Gala, July 9.

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The next morning, after a delicious breakfast by Chef Ludger of poached eggs with Dungeness crab, we head to **Pybus Public Market** in Wenatchee.

Located inside a refurbished warehouse, Pybus is a thriving market with restaurants, boutiques, produce stalls and live entertainment.

While at the market, we rent bikes from Arlberg Sports–Riverfront and ride the picturesque Apple Capital Loop Trail, an 10-mile paved loop path that runs along the Columbia River. We end the day back at the market with pizza and beer on the patio at the Fire restaurant.

The following day (after asking for seconds of Chef Ludger's creations, including a delectable breakfast sausage), we make another stop by Pybus Market to pick up some fresh cherries.

Yakima

We continue south to the Yakima Valley. With farmland stretching in all directions, the valley reinforces what an agricultural powerhouse this region has become.

With a mild climate, 300 days of sunshine and an average growing season of 195 days, the Yakima Valley is one of the great food centers of the nation—producing apples, cherries, pears, a wide variety of vegetables, seeds, field crops and cereal grains.

Yakima also supplies almost half the state's total wine grapes. This vineyard bounty has helped the region to be a center for wine tourism, with six wine trails for visitors to enjoy. The trails are scattered throughout the area, running from Yakima east to Prosser and



Top: The picturesque farming town of Steptoe is surrounded by the rolling hills of the Palouse, near the Idaho border.

Above: The Inland Northwest Ale Trail has compiled a map to 27 craft brewers located throughout the region, with most found between Spokane and the nearby Idaho town of Coeur d'Alene.

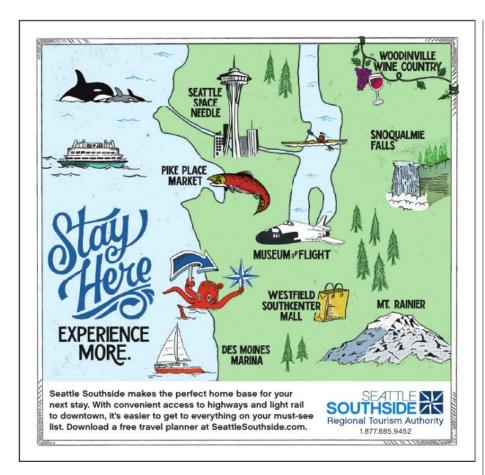
south to the Columbia River.

Here you'll find the Rattlesnake Hills Wine Trail (but don't worry, few rattlesnakes are seen here, just numerous excellent wineries); the Sunnyside-Grandview Wine Trail; the Prosser Wine Trail; and the Horse Heaven Hills Wine Trail.

There is a legend that in the late 1880s, James Kinney, a Yakima pioneer, stood looking out over land located southeast of Yakima. Noting the high grass that covered the hills, he declared it was "surely a horse heaven."

The name stuck, and today, the large Horse Heaven Hills area, which roughly runs from the Columbia River in the south to Goldendale in the west, Prosser in the north and near the Tri-Cities to the east, has become something Kinney

JUNE 2016 WASHINGTON WA31

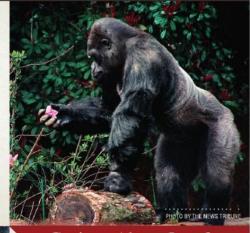


The "Shopping Mall Gorilla" – **Ivan** Returns in Bronze to Tacoma, Washington

This iconic gorilla, raised by a family and loved by visitors to Tacoma's B&I Shopping Mall and Zoo Atlanta, will be cast, life-size bronze, by artist, Douglas Granum.

The sculpture, placed at the entrance to Pt. Defiance Zoo and Aquarium, in Tacoma, WA, honors Ivan's legacy of human connections by inspiring generations of families to care about gorilla conservation.

WITH IVAN'S ASHES IN EVERY BRONZE POUR, IVAN IS TRULY RETURNING.





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Walla Walla's award-winning downtown offers a variety of shops, restaurants and tasting rooms in a charming setting.

could not have imagined. The fertile soil and warm and windy weather are perfect for growing wine grapes. The Horse Heaven Hills AVA is home to a number of wineries and 29 vineyards producing some of the finest wine grapes in the world. Other Eastern Washington AVA regions include Red Mountain, Wahluke Slope and Rattlesnake Hills. Like the wines they produce, the names of these AVAs are all a blend of geography, history and a bit of poetry.

Tri-Cities

The Tri-Cities are composed of the three towns of Kennewick, Pasco and Richland, near one another along the shores of the Columbia River. They were originally founded to support the agricultural area, especially with the introduction of irrigation, and that heritage is still strong today.

There are literally hundreds of wineries in the land between Yakima and the Tri-Cities. The three-city complex is also home to at least 10 farmers markets. We stop at the market in downtown Kennewick and buy corn that was freshly picked that morning.

As we travel east, I think about the hard work necessary to farm here. Working the soil is a demanding, but rewarding, job. One farmer I meet, Mark Wieseler, runs the Flying W Farms near the Tri-Cities. The operation covers 2,500 acres of irrigated ground and another 2,400 acres of rangeland used for grazing. He works the land his father settled in 1957.

"My father, Leonard, grew up on a family farm in South Dakota, but he had two older brothers who were already farming, and there was not enough room for him," Wieseler says. "Some friends of my parents had already moved out to Eastern Washington and told my father about all of the opportunities they believed the region had [with the irrigation water coming to the area] and they were right."

Now Wieseler grows alfalfa, Timothy hay, corn and wheat—in addition to raising 350 head of cattle. He works with his two sons, Levi, 22, and Remington, 20. And it appears the family tradition of farming and caring for the land will continue.

"We are working on the third generation here in Eastern Washington," Wieseler says. "My two sons have found a love for this land that my father and I also shared."

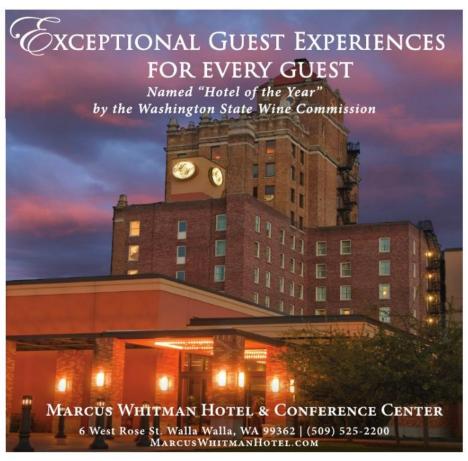
Walla Walla

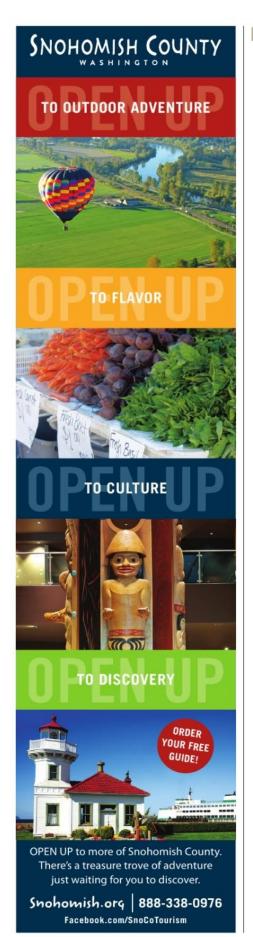
Southeast of the Tri-Cities, the town of Walla Walla is steeped in state history. It is the site of the Whitman Mission, which was founded in 1836 and was an important stop on the Oregon Trail.

Known as an agricultural center and for its famous sweet onions, the town has more recently become a destination for wine lovers looking for a weekend getaway. We find it a good place to spend a day or two sampling regional wines and relaxing.

Some of the state's most famous wineries are in the town, and at various times during the year, Walla Walla swells with visitors attending barrel tastings—when local wineries offer their latest vintages. However, we find the pace just right on our trip. We opt to spend the night at The Mar-







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Spokane is the economic hub for the Inland Northwest, drawing people from Washington, Idaho, Montana and British Columbia for business, shopping, arts and culture, and transportation. • Spokane International Airport is the second largest in the state. • WestCoast



Spokane's Lilac Bloomsday Run.

Entertainment brings top-rated touring Broadway productions to the city, and the Spokane Symphony performs in the beautifully renovated Martin Woldson Theater at The Fox. • The Northwest Museum of Arts and Culture houses an expansive collection of art and artifacts relevant to the region's history and culture. From September 2016 to January 2017, the museum will host "Lost Egypt: Ancient Secrets, Modern Science," which examines how modern science and technology can reveal the mysteries of Egypt, its culture and its people. • Known for outdoor activities, Spokane hosts as many as 50,000 runners, joggers and walkers of all ages for the annual 12k Lilac Bloomsday Run in May. Every June, Spokane hosts HoopFest, the largest three-on-three street basketball tournament in the world with more than 450 courts and 7,000 teams taking part. This year's tournament will be held June 25–26.• September's SpokeFest encourages everyone to get on their bikes with routes from a 1-mile park loop to a 50-mile ride. • Spokane offers dozens of golf courses, including the award-winning Indian Canyon Golf Course, listed by Golf Digest magazine as one of the top 25 public courses in the U.S. In the winter, the city's proximity to four area resorts within a two-hour drive means there is a slope for all levels of skiing. —C.A.M.

cus Whitman Hotel, Walla Walla's grand center of luxury since it was built in the 1920s. After a delicious meal at The Marc Restaurant, the hotel's premium dining experience, we catch an art film at the Gesa Power House Theatre, located in a renovated 120-year-old building that was once a Walla Walla power plant.

On the way out of town the next morning, we buy a bag of Walla Walla sweet onions, which are available at local stores, roadside stands or directly from farmers from mid-June through mid-August.

Pullman

Home to Washington State University, the town of Pullman is located 110 miles to the northeast of Walla Walla, near the Idaho border, in the middle of the beautiful rolling fields of the Palouse.

Wheat, barley and chickpeas are important crops in the area, and 16 percent of all lentils grown in the United States come from the Palouse. The National Lentil Festival is held here each August,

with a lentil cook-off, a fun run, a parade and the crowning of the Lil' Lentil King and Queen. The town is also known for its offerings of microbrews. We enjoy the Paradise Creek Brewery and then stroll around the charming college town.

The farmers market is open spring through the fall, with an array of fresh produce reflecting the bounty of the nearby farms and fields.

Spokane

Our home city of Spokane is the state's second largest city and the largest on the eastern side of the Cascades. It is also a great place to live. The city's food scene is innovative and expansive. The Inland Northwest Ale Trail runs through the region and Spokane's Cork District links 20 wineries and a growing number of tasting rooms, many within easy walking distance in the heart of downtown.

With plenty of sunshine, four distinct seasons and a landscape that includes mountains in the distance and a waterfall

ALASKA BEYOND & HORIZON EDITION MAGAZINES

in the center of the city, Spokane is an exceptional place to explore.

Despite its growth, the city remains deeply rooted in northwest farming. I am reminded of local farmer Dan Krause, who I met recently. He grew up on his family's farm, located an hour west of Spokane. He went to college in Spokane and planned to work in the corporate world.

However, when the time came to make a choice, he decided to carry on the family tradition. Now he's hoping that his own son will savor the same opportunities he had growing up on a farm and perhaps, one day, work the land as well. Krause says he feels a deep satisfaction in farming the fields of Eastern Washington. "There is just something about seeing the change of the seasons reflected in the fields of grain that brings great pride in the work I do," he says.

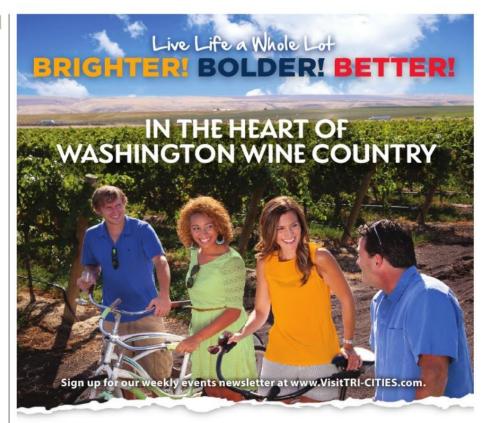
AS WE NEAR OUR HOME, a hawk soars overhead, scanning the fields. Warm, dry air sweeps through the car, and impulsively, I stretch out my arm, letting my hand surf the wind as we continue toward Spokane, caught up in the pure pleasure of the moment.

I think about what I heard at one of the farm stands we stopped at as the owner bagged my purchase. I'd asked him what kept his family farming in Eastern Washington. "Just look around," he said, gesturing at the expansive horizon. "This is a beautiful place to wake up every morning. Everything we grow here is good."

As we arrive home, I reach into a bag of fruit purchased at the farm and pop one more sweet cherry in my mouth. It is good, indeed. wa

Cheryl-Anne Millsap writes from Spokane.

For flight information, or to book a ticket to any Alaska Airlines destination in Eastern Washington, visit alaskaair.com, or call 800-ALASKAAIR.



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DESTINATION BELLINGHAM, WA









A Birding State of Mind

By Kathryn True

BIRDS ARE READY TRAVEL COMPANIONS that, in my home state of Washington, can turn any outing into a journey of joyful discovery. I am continually amazed by avian wonders that I witness on trips around the state. When I set out years ago to hike the Wonderland Trail—a 93-mile circumnavigation of Mount Rainier—I was a beginning birder. I had just read Terry Tempest Williams' poetic book *Refuge*, and the author's indelible portraits of her airborne neighbors awakened a lifelong passion.



Top: Sandhill cranes congregate around the Eastern Washington town of Othello on their migration to Alaska breeding grounds. Above: The robinlike varied thrush has distinctive markings—and a distinctive song.

Wherever I go, birds are there, too, elevating even the most humdrum of days by offering a portal into a universe of natural wonder.

As my hiking boots imprinted the ancient volcanic dust that coats the great mountain's fluted flanks, I thanked Williams for making me aware of birds' magic. While the chiming voices of kinglets encouraged me from the treetops, the trail at my feet offered me the bright orange quill of a northern flicker—the

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first of many feather portents of a good trek.

On the Wonderland Trail, I tried to identify hawks on the wing, laughed at the audacity of gray jays, and—within tent walls—entered dreams through the conversations of owls.

On one morning near Mystic Lake, I heard a strange flat, full whistle, with one tone following another—like an errant flutist performing scales. A friend hiking with me said it was the song of the varied thrush, and I followed the contemplative tune to its source. There, on a basalt stage in a glacial stream, punctuated by devil's club, performed the strikingly patterned robin relative—with a bold, black eye mask and a dark

scarf cinched at his handsome orange throat. The singing bird seemed to intuit the very soul of the mountain.

Seeing certain birds in certain places can define entire Washington seasons. On an annual winter birding weekend in the Skagit Valley, an hour north of Seattle, my friends and I migrate to the river estuary at dusk for our favorite aerial show—the mothlike dance of short-eared owls.

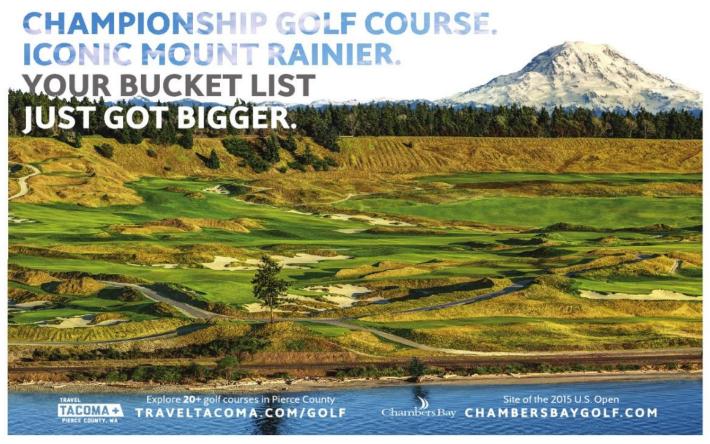
In another migration, every March, 35,000 sandhill cranes stop just outside of the Eastern Washington town of Othello on the way to breeding grounds in Alaska. They rise noisily each evening, their silhouettes skywriting salutations.

Writer Kathryn True makes an annual trip to the birding-rich Skagit Valley, north of Seattle.



GREAT BIRDING TRAILS

→ See the state via the magic of birding. Some of Washington's best birding areas are revealed in seven loop routes described by the non-profit Audubon Washington—available on paper maps as well as via a mobile app. Each of the trail overviews includes habitat descriptions, access tips and the best times to bird there. Visit wa.audubon.org. — K.T.





Left: The short-eared owl, which has a characteristically irregular wingbeat, is one of the many fascinating avian species found in Washington state. Right: The male western tanager sports beautifully bold plumage.



Bird encounters have a time-travel aspect, too—cueing memories like entries in a journal. Thanks to a group of sleek avian divers, I'll never forget a mind-clearing solo hike on the 5-mile reach of the Olympic Peninsula's Dungeness Spit, the driftwood spine of this long sand promontory to my right, a flock of penguinlike common

murres grabbing lunch in the Strait of Juan de Fuca to my left, their heads as smooth as seals'.

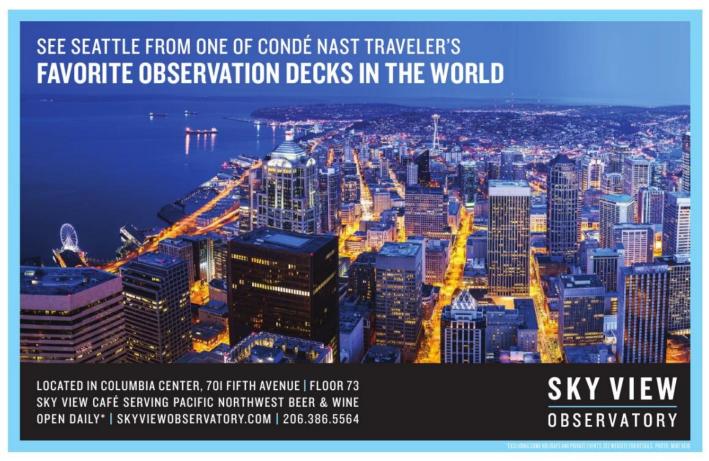
Another spring, while setting up camp in Eastern Washington's Yakima River Canyon one Mother's Day, just feet from the swollen river, a male western tanager appeared, so brightly colored he seemed better dressed for the tropics from

which he'd just migrated. My then 6-year-old was so taken by the bold red-and-yellow visitor that she spent hours sketching his portrait with colored pencils.

And I remember with striking clarity a long-ago Seattle spring day at Green Lake, when a belted kingfisher broke from its helicopter hover to dive, splash and carry away flashing silver prey.

Thanks to birds and my explorations in search of them, I can travel through vivid memories of my home state whenever I wish. Watching these feathered wonders makes me feel privy to planetary secrets, and reminds me of my own wild origins. wa

Kathryn True writes from Vashon Island, Washington.



THE NORTHWEST'S NEXT "IT" DESTINATION



Portland's newest hot spot isn't located in Portland, or even in Oregon. **Try Vancouver USA**.

Just across the Columbia River in Southwest Washington, Vancouver USA has steadily built up an impressive array of buzz-worthy new developments and vibrant attractions.

Known for its historic roots like **Fort Vancouver National Historic Site** and **Esther Short Park** (the oldest public square in
Washington State), Vancouver USA has grown to encompass both a vibrant downtown budding with public artwork & events and a bustling eastside boasting corporate headquarters and trendy dining.

What's buzzing in one of the Pacific Northwest's most livable cities?

- Affordable and locally sourced eats from a host of new restaurants (try TASTES).
- National businesses that have relocated operations to Vancouver's burgeoning Columbia Tech Center (see NEW BIZ).
- A growing downtown that looks to continue its expansion towards the Columbia River's edge (explore WATERFRONT).
- Pints of inventive new craft beers that continue to pour forth from a cadre of talented brew masters (discover BREWCOUVER).

Vancouver USA has all the ingredients to fuel new business ventures and satisfy wanderlust cravings. Whether you bike in for the weekend, catch an Uber for a meeting or fly in to PDX International Airport (just 10 min. away), make Vancouver USA your next "it" destination.



WHAT'S BUZZING

TASTES



Foodies take note: Vancouver has more than 120 restaurants. Chef Paul Klitsie relocated from Portland's Pearl District to open Willem's on Main.

NEW BIZ



Columbia Tech Center boasts 3.4 million sq.ft. of business space, including the corporate headquarters of Banfield Pet Hospital and its 600 employees.

WATERFRONT



Two multi-million dollar waterfront projects will bring new shops and restaurants, state-of-the-art bio-tech labs, high-rise office spaces and 7+ acres of parks and trails.

BREWCOUVER



More than 30 local breweries and taprooms call Vancouver home. New kids on the block include Trap Door Brewing and Trusty Brewing.

Vibrant Vancouver

Natural beauty and economic vitality in Southwest Washington By Lora Shinn

I THOUGHT I KNEW ALMOST everything about the city of Vancouver, Washington, which borders the northern shore of the Columbia River. After all, I grew up in the region and attended high school in this port city of 170,000 people. Still, as I visit Vancouver and other places along the Columbia with my own children, I realize there's always more to discover in and around this ever-changing community. Today, the fourth largest city in the state is a hub of activities and adventure.



About 20 miles east of Vancouver is the Columbia River Gorge National Scenic Area, one of only nine such areas in the nation. And about 100 miles to the west is the Washington coast, with its vacation communities and activities.

Closer to Vancouver, one of the area's unique attractions is the Ridgefield National Wildlife Refuge, located about 16 miles from the city in the wetlands

Tower is located in Esther Short Park in downtown Vancouver. The green space is one of Washington state's oldest public parks. Top Right: Beacon Rock State Park, located east of Vancouver, offers spectacular views of the Columbia River Gorge National Scenic Area.

Above: The Salmon Run Bell



along the edge of the Columbia. In the refuge's marshes, grasslands and woodlands, you can see bald eagles, hawks, songbirds, Canada geese and possibly even an otter or a coyote. On this visit, my children (ages 10 and 16) are busy trying to see who can find the most birds as we take the 4.2-mile auto tour of the area.

June is a spectacular month to visit the refuge, says a volunteer at the entrance point. Typically shy mother birds and their offspring are more visible as the younger generation learns how to fly. Our car acts as a moving "bird blind," giving us up-close views of herons, geese and flitting swallows.

Historic Area

I have always been thrilled by the beauty of the river's northern shoreline. On this day, we stroll along Vancouver's Waterfront Renaissance Trail, a 5-mile riverfront path popular with walkers, cyclists and inline skates. The views across the Columbia are stunning. Sunrise and sunset are the best times to visit the area and watch the light illuminate impressive Mount Hood, looming to the southeast, and reflect off the wide-span bridges. Make sure to visit the Vancouver Land Bridge, designed by artist Maya Lin and commissioned as part of the Confluence Project, which is a series of outdoor art installa-

JUNE 2016 WASHINGTON WA41

WATERFRONT

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The Waterfront will be an innovative, vibrant, one of-a-kind urban neighborhood, rich with history, full of amenities and a focal point for the entire region.



Situated along one half mile of south-facing riverfront, this unrivaled location will provide Vancouver with a dynamic reconnection to its waterfront. A showplace offering upscale and exciting dining opportunities coupled with a variety of retail shops and boutiques. Public spaces will be designed with The Grant Street Pier and the picturesque Columbia River in the backdrop, with expansive sidewalks that invite strolling and outdoor dining.



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tions and artworks along the Columbia River system. Right off the trail, we find the **Water Resource Education Center**, a hands-on facility with many activities for kids.

The city has extensive plans to develop the waterfront. By the time all construction is completed—in about 10 years—Vancouver's waterfront will have more than 1 million square feet of office space, a luxury hotel, restaurants and housing.

The Renaissance Trail joins up with the 2-mile **Discovery Historic Loop Trail**, which connects **Fort Vancouver National Historic Site** with downtown Vancouver.

The fort's location was used by indigenous tribes to raise the camas plant for food, and then it became a fur-trading location. In 1829, the British built a fort used for fur trading and a replica of that fort stands on the site today. The U.S. took control of the Oregon territory in the 1840s and U.S. troops came to the Vancouver area in 1849 to cement American control.

Within the wooden walls of Fort Vancouver, a blacksmith shows off the items he has forged in the smoky blacksmith's shop. The fort has a fur warehouse holding about 1,000 pelts, and a lookout tower providing a two-story vantage point for views of the Columbia River.

Top: A park ranger talks with volunteers at Fort Vancouver National Historic Site.

Below: Attendees dance during the Vancouver Wine & Jazz Festival.

Bottom: Kayakers paddle near Cape Disappointment on the Washington coast.



We also explore Officers
Row, owned by the city of Vancouver. Once used for housing
U.S. officers, the area includes
the Ulysses S. Grant House, so
named to honor the president
who served as quartermaster
at the barracks while he was
stationed in Vancouver in the
1850s. The home now contains
a restaurant and an outdoor
patio garden, which is a perfect
place to have a meal and reflect
on the past.

The George C. Marshall
House is the past home of the
man who went on to become
the U.S. Army chief of staff and
secretary of state and author of
the famous post–World War II
Marshall Plan for rebuilding Europe. Inside, we find mementos
of Marshall's life and learn about
his time at the barracks.

Arts Center

After learning about the region's history, my family heads to Vancouver's **Arts District**, which includes theaters, art galleries and murals in the downtown area. We wander among the district's murals and sculptures, and visit some of the neighborhood's nu-

Farmers Markets

Visiting local farmers

markets is a great way to meet residents and get acquainted with the region. The following are two of the markets that can be found in the Vancouver area.



Vancouver Market: Located in Esther Short Park, at West Sixth Street and Esther Street, the market is open Saturdays, 9 A.M.—3 P.M., and Sundays, 10 A.M.—3 P.M., through October 30; vancouver-farmersmarket.com.

Salmon Creek Market: Held on Tuesdays at the Legacy Salmon Creek Medical Center, 2211 N.E. 139th Street, 11 A.M.-3 P.M.; and on Thursdays on N.E. 134th Street, just west of Interstate 5, 3–7 P.M; through September; salmoncreek-farmersmarket.com.

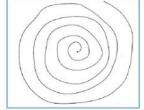


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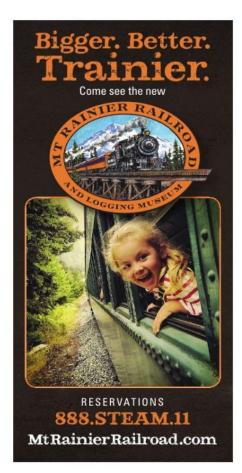
DRAWING SAMPLE AFTER TREATMENT

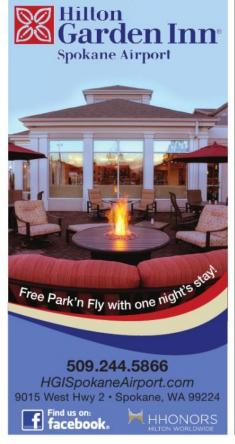
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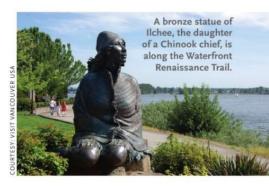
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merous art galleries. "The Vancouver Arts District was designated to amplify the creative component of our city," says Maureen Montague, Vancouver Arts District organizer and board member at North Bank Artists.

Another cultural happening is the local festivals, including the Vancouver Wine & Jazz Festival, being held August 26–28 at Esther Short Park. The Sunlight Supply Amphitheater in Ridgefield offers an eclectic lineup of musical artists this summer, ranging from the Dixie Chicks to Journey and the Doobie Brothers.

Beyond arts and music, visitors will also find Clark County's burgeoning beer and wine scene in Vancouver and the surrounding area. More than 30 breweries and taprooms are located throughout the region, including six in the downtown area. One of the more popular breweries is the Loowit Brewing Company, which offers live music with an array of its own beers.

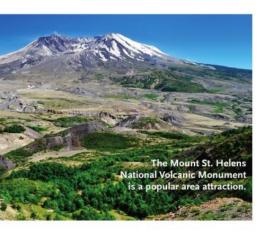
There are also more than 10 wineries located in Vancouver and around Southwest Washington. For information on visiting the wineries and a map of their locations, you can go to swwawine.com. Wine-tasting can be a unique experience in the downtown area, as well. At Burnt Bridge Cellars, sample Syrah and Cabernet Sauvignon in a converted 1930s-era auto garage. For a wine-and-dine experience, try Niche Wine Bar, where you can choose from a menu of 160 selections by the bottle, and more than 30 by the glass.

Mountains and Sea

Vancouver is also surrounded by outdoor adventure.

Mount St. Helens is located about 60 miles to the north. Best known for its 1980 eruption, Mount St. Helens draws visitors who climb to its summit and camp in the area. To grasp the sheer size and magnitude of the eruption, visit the Mount St. Helens National Volcanic Monument. Here you can learn about the eruption and its aftermath, and hike through the breathtaking landscape that is forever changed by the blast.

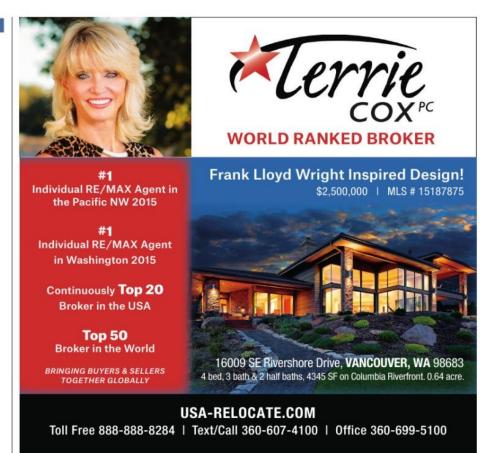
To the east is Skamania County,

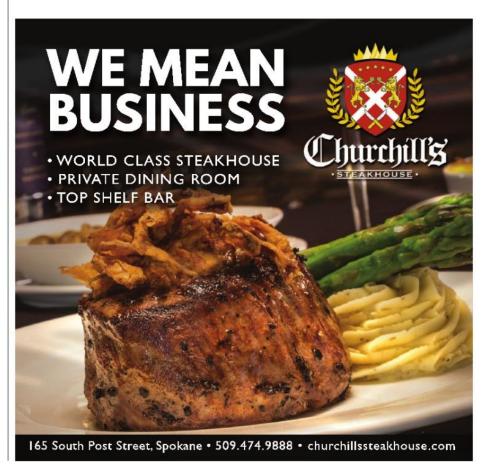


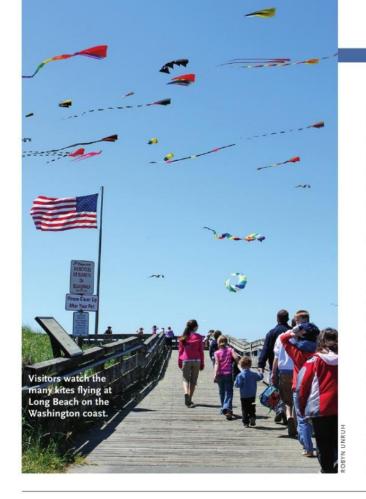
which includes part of the Columbia River Gorge National Scenic Area. It offers world-class windsurfing, dazzling green forests, granite cliffs and hiking trails. Elegant Skamania Lodge has introduced a zipline tour that is an exciting way to view the area's scenery.

About two hours west of Vancouver is the Washington coast, where the Columbia River reaches the Pacific Ocean. Just to the north is the Long Beach Peninsula, which stretches for 28 miles along the Southwest Washington coast.

The area has quaint little towns that offer fun attractions, such as Marsh's Free Museum, home of the famous "Jake, the Alligator Man," and a variety of arcades and other activities, including bike riding, beachcombing, hiking, boating and horseback







riding on the beach. Don't miss Sandsations, the 32nd-annual Long Beach sand-sculpting competition, July 20–23. Long Beach is also the location of the World Kite Museum & Hall of Fame and the Washington State International Kite Festival, August 15–21.

At the mouth of the Columbia is Cape Disappointment State Park, the site of the Lewis & Clark Interpretive Center, perched on a cliff 200 feet above the Columbia River, where you can find out more about the Corps of Discovery's adventures.

A favorite stop in the park is Cape Disappointment Lighthouse, the oldest operating lighthouse on the West Coast, according to the National Park Service. We always take photographs here, and they're different every time—an azure sky one time and billowing clouds in a dramatic windswept scene the next. That's the magic of Southwest Washington. Whether it's the city of Vancouver, the wilderness reserves along the Columbia River, or the Pacific Coast, this land has something for everyone. wa

Lora Shinn is a Skamania native and writes from Seattle.

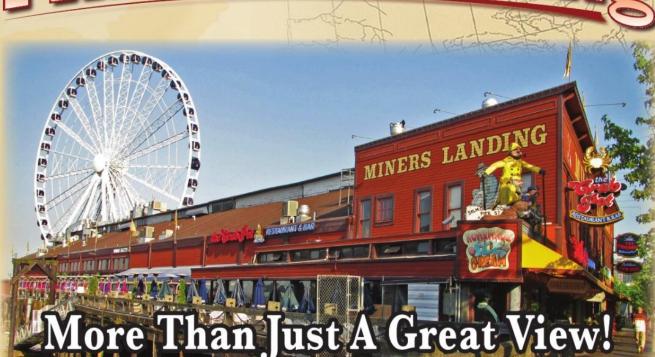
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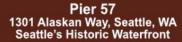














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TOP TRACKS

World-class designs draw golfers to Western courses

By Chris Santella

Lately, people in the golf industry have devised new ways to draw players to the links. These range from Golf-Boards (think motorized surfboard) to shortened loops of three or six holes to fusions that combine golf with other sports, such as FootGolf (soccer) and FlingGolf (lacrosse). However, with all the great open-to-the-public courses in the Western United States as well as in Mexico and Costa Rica, golfers have all the motivation they need to get out—though, full disclosure, the GolfBoard is pretty fun. >> This year's roundup features stellar mountain courses, beautiful waterfront links (including the 2015 U.S. Open venue, Chambers Bay) and a few (such as Gamble Sands in Eastern Washington) that defy easy classification. We've also included some "short courses," since par-3s and putting tracks are great ways to get your golf fix if you're short on time or introducing newbies to the game.





JUNE 2016 ALASKA BEYOND MAGAZINE 139





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WASHINGTON

Chambers Bay

University Place, Washington

» A dozen years before Jordan Spieth rocked the golf world by winning the 2015 U.S. Open, becoming the youngest player ever to capture the first two legs of a grand slam, Chambers Bay was nothing but an abandoned quarry. And that origin is still apparent. Pull in to the parking lot and you'll see the modest clubhouse but no course—until you look down. The field of play rests in the cavity of the former quarry, some 200 vertical feet below.

With massive mounds that rival the size of Northeastern snowdrifts, unruly waste areas, Ballybunion-esque dunes and hummocks, mercurial winds and exhilarating elevated tee shots, Chambers Bay has all the trappings of a classic Irish links course. Chambers' rolling greens and tight lies challenged some pros at the Open; you owe it to yourself to see how your game stacks up. (877-295-4657; chambersbaygolf.com)

Gamble Sands

Brewster, Washington

>> The rolling, dry terrain of the Columbia Plateau of Eastern Washington seems a far cry from the misty dunes of Scotland, though you might think otherwise after looking out from the first tee at Gamble Sands, located 35 miles northeast of Chelan. With features such as oversized greens and fescue grasses, architect David McLay Kidd of Bandon Dunes fame has brought the links feeling to the high desert overlooking the Columbia River.

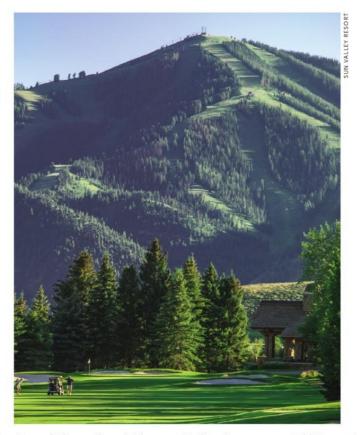
Kidd's mission was to design a course that is playable for high handicappers (read: big fairways to receive errant shots) but challenging for more seasoned linksters. Since opening in 2014, Gamble Sands has received rave reviews, including top newcourse honors by both *Golf Digest* and *Golf Magazine*. (509-436-8323; gamblesands.com)

IDAHO

Circling Raven Golf Club

Worley, Idaho

>>> Part of the Coeur d'Alene Casino Resort Hotel, Circling Raven has been carved from 620 acres of wetlands, woodlands and grasslands, though tee to green, only 100 acres have been developed. The



Coeur d'Alene tribe, which owns Circling Raven, is keen on preservation, and the result is a course with a wondrous natural setting.

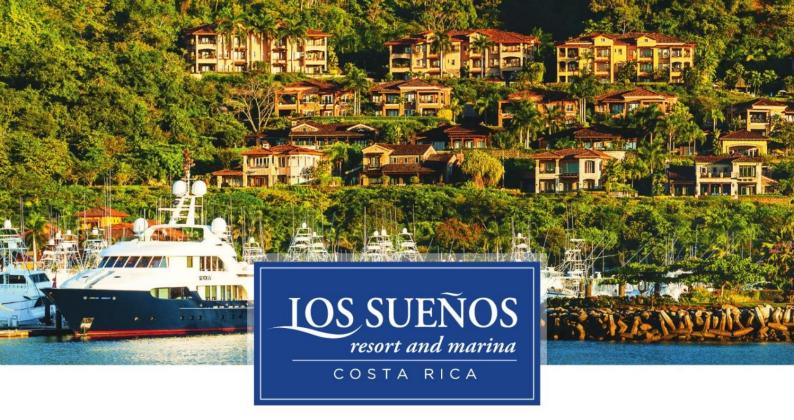
For Bob Bostwick, the resort's director of public relations and communications, there are several holes that speak to the course's beauty and challenge. "But if I had to choose a favorite, it would be No. 12, Grandfather [par 5]. From the back tees, it's 581 yards, requiring almost a 250-yard carry to reach the spacious fairway." (800-523-2464; cdacasino.com/golf)

Trail Creek

Sun Valley, Idaho

>> Designed by Robert Trent Jones Jr., this classic 6,968-yard alpine track crisscrosses the shimmering Trail Creek (seven times on the front nine alone) and is set against the backdrop of the surrounding mountains. From the elevated tee on the 412-yard par-4 seventh, views extend far up the valley—though you'll enjoy the scenery much more if you clear Trail Creek on your drive.

On the 197-yard par-3 10th, you'll carry a long iron or fairway wood over a lake that reflects Bald Mountain. A handful of short par 4s tempt big hitters to go Bald Mountain is the backdrop on many holes at Trail Creek, including No. 9.



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for the green-especially with the added carry at these mile-high elevations—but hit off-line and big numbers lurk. If you don't have time for 18, consider the nine-hole White Clouds course. (208-622-2251; sunvalley.com)

OREGON

Black Butte Ranch

Sisters, Oregon

>>> Black Butte Ranch sits in the midst of Central Oregon's Cascades, a few miles west of the town of Sisters. The resort has long been a favorite mountain retreat for Northwest families; today, the two 18-hole courses at Black Butte-Big Meadow and Glaze Meadow—are garnering enthusiastic reviews from serious players.

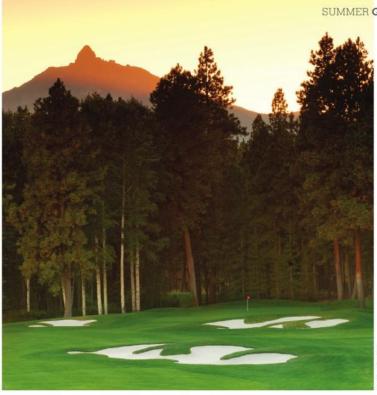
Big Meadow winds through towering ponderosa pines and stands of aspens, opening up to stunning mountain views on nearly every hole. A favorite is the par-4 14th, where the jagged Three Fingered Jack looms behind the green. Don't be too distracted by the peak, however, as three bunkers on the left side of the fairway wait to catch a hooked drive.

Glaze Meadow recently underwent a \$3.75 million renovation by architect John Fought. Here, the par-5 12th stretches more than 600 yards from the back tees, making it one of the Northwest's longest holes. (855-253-2562; blackbutteranch.com)

Heron Lakes

Portland, Oregon

>>> Just a few miles north of downtown Portland rests the refuge of Heron Lakes. The complex includes



two 18-hole courses, as well as Little Heron Greensa junior practice area and three-hole course. (Little Heron Greens was designed in concert with The First Tee, a nonprofit that helps children strengthen their character through golf.) The Great Blue Course is a links-style layout designed with low handicappers in mind. Small greens, more than 80 bunkers and numerous water hazards will make you pay for wayward drives and approach shots.

The Greenback Course, winding through a parkland setting, is slightly more forgiving, though there are enough water carries and bunkers to keep things interesting. Abundant birdlife is drawn to this urban oasis, including a number of-you guessed it-great blue herons. (503-289-1818; heronlakesgolf.com)

Above: The Big Meadow course at Black Butte features spectacular mountain views such as this one on hole No. 10.



CALIFORNIA

SilverRock Resort

La Quinta, California >> SilverRock sits on the former grounds of a working ranch at the base of the Santa Rosa Mountains. Owned by the city of La Quinta, SilverRock served as home of the PGA's Bob Hope Classic-now called the CareerBuilder Challenge—from 2008 to

Left: SilverRock, hole No. 8, sits at the base of the Santa Rosa Mountains.



2011. From the tips, it plays a whopping 7,578 yards, but seven tee boxes make it possible to match the course to your abilities. Save a good swing for the beautiful 17th, a par-3 that starts in the mountains and plays over a lake.

It's warm in Coachella Valley in the summer, but Director of Golf Randy Duncan doesn't let the heat dissuade him. "I encourage people to play early and keep moving," he says. "I personally enjoy playing in the heat because it's easy to stay loose." (760-777-8884; silverrock.org)

UTAH

Canyons Golf

Park City, Utah

>> Par-69 Canyons Golf, part of the Canyons Resort, opened last year to great acclaim. With limited acreage, the course's designers, Gene and Casey Bates, managed to create a visually stunning layout that winds around hotels and incorporates ski terrain into the field of play. Canyons has more than 550 feet of elevation change, which translates into spectacular views of the surrounding Wasatch and Uinta mountains, and some vertiginous tee shots—the 10th hole has a nearly 300-foot drop from tee to green. The first five holes slalom through the ski resort; the next six skirt the cliffs; the last seven wander through meadows and forested areas. If this isn't enough variety, there's an island green on the par-3 18th to finish the day. (435-615-4728; parkcitymountain.com)

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Playing across an inlet, the par-3 15th is Mauna Lani's signature hole.

HAWAII

Mauna Lani-South Course

Island of Hawai'i

>> The Mauna Lani Bay Resort, on the Kohala Coast on the Big Island of Hawai'i, boasts two fine courses-the North and South. (Golfers of a certain age may remember Mauna Lani from the Senior Skins tourney held here from 1990 to 2000.) The South is the more popular of the two and is considered one of Hawai'i Island's must-play courses. Fairways cultivated atop the stark Kanikū lava flow offer ocean and mountain vistas on each hole. The par-3 15th is unforgettable, playing across an inlet to a green that's framed by the open Pacific. The par-3 seventh is no slouch either, playing downhill across water while waves crash into cliffs adjacent to the tee.

After golf, stroll through
Kalāhuipua'a, a 230-acre protected
archaeological district featuring ancient
petroglyphs and fishponds once stocked
for Kamehameha the Great. (808-8856655; maunalani.com)

Turtle Bay-Palmer Course

Kahuku, Oʻahu

>> Opened for play in 1992, the Palmer Course at Turtle Bay on O'ahu's North Shore is perennially ranked among Golf Digest's top 100 public golf courses in the U.S. If you're not skirting the water hazards as you work your way around the 100-acre Punaho'olapa Marsh, you're dodging giant ironwood trees and yawn-









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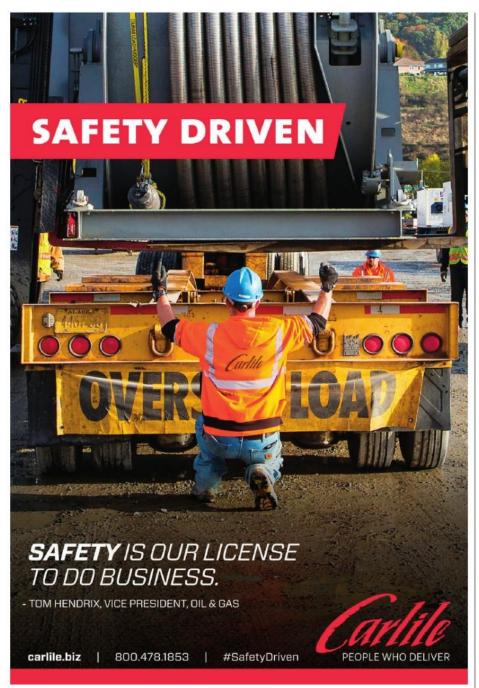


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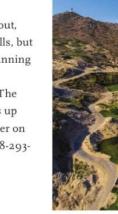
Booking window: Purchase by August 25th, 2016 and travel between April 15th and October 15th, 2016

For more adventures and reservations please visit: www.villadelpalmarloreto.com



ing bunkers—the par-4 fifth hole alone has seven.

Due to the challenging layout, you'll likely part with a few balls, but hang in there, because the stunning ocean view on the long par-4 17th makes it all worthwhile. The adjoining Fazio Course serves up more water views and is gentler on your scorecard—and ego. (808-293-8574; turtlebayresort.com)



MEXICO

Loreto Bay Golf Resort & Spa Loreto, Mexico

>> Halfway up the Sea of Cortés coast from Los Cabos is the tranquil resort town of Loreto, and Loreto Bay Golf Resort & Spa. Bright-green fairways wind through the development at Nopolo Bay, where stark brown mountains meet the blue of the ocean. Several man-made lakes punctuate the dry environs.

Originally designed by Mario Schjetnan and Pedro Güreca, Loreto Bay was recently revamped by professional golfer David Duval.

Coming soon to Loreto—Danzante Bay

A finishing touch in Loreto will be Danzante Bay, designed by noted architect Rees Jones. "It's an incredibly diverse site, with desert holes, links-style holes through dunes and cliffside holes," says Jones. "There's even one par-3 that plays by the Sea of Cortés. It makes me think of the seventh hole at Pebble Beach. I think there are more types of golf holes at Danzante than at any other site in Mexico." The course currently has 11 completed holes open for play and should be finished by the summer of 2017. (800-790-4187; villadelpalmarloreto.com)

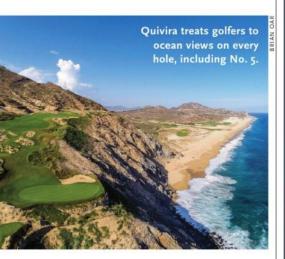


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Challenge comes early at Loreto Bay on the par-5 second, where a narrow fairway lined with water on the right demands precision off the tee, and a peninsular green advocates a careful approach. The par-3 15th highlights the region's beauty, with spectacular views of Punta Nopolo, the Sea of Cortés and a mile of pristine beach. (844-249-3673; loretobayresort.com)

Quivira

Cabo San Lucas, Mexico

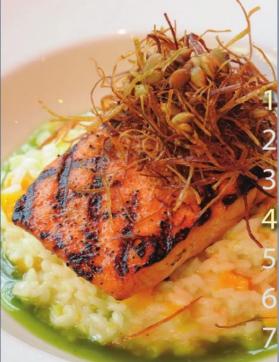
December 2014 and has quickly ascended to the top tier of Cabo's extensive golf offerings. Situated amid windswept dunes and tawny granite cliffs, the layout boasts extensive oceanfront footage, with 10 ocean holes and all 18 showcasing Pacific Ocean or Sea of Cortés views.

Quivira is the latest Cabo design by Jack Nicklaus; the Golden Bear shared a few of his favorite holes: "Quivira's fifth hole, only 310 yards from the back tees, is a very unusual par-4. We found a little green site that sticks out on a ledge, and we've placed some tees along the side of a cliff, and you can lay up or try to drive the green. The sixth is a beautiful par-3 that sits down below the cliff. I found a low ledge that has a spectacular sand valley. It's just an amazing view." (800-990-8250; quiviragolfclub.com)

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Challenge Course at Monarch Dunes

Nipomo, California
Award-winning architect Damian
Pascuzzo created the 12-hole par-3
Challenge Course to mimic the
experience at the Monarch Dunes
championship track, the Old Course.
Holes vary from 65 to 205 yards,
skirting fescue-dotted dunes and
playing over five lakes. Perhaps the
most distinguishing feature of the
Challenge is its immense, rolling
greens. With 3 to 4 feet of elevation
change, a two-putt is not a given.
(805-343-9459; monarchdunes.com)

Sun Valley Sawtooth Putting Course

Sun Valley, Idaho
The Sawtooth Putting Course was inspired by The Himalayas putting course at St. Andrews in Scotland.
The 18 holes meander over hills and valleys, with each "fairway" bordered by rough. "We see a range of folks enjoying Sawtooth," says Jeff Petersen, Sun Valley's director of golf. "There will be serious golfers, kids trying to beat grandparents and large groups doing team-building."

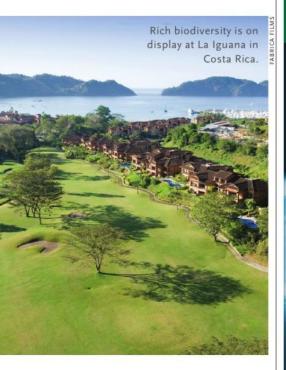
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Rancho Palos Verdes, California
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the Pacific and Catalina Island in the
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sculpted bunkers and undulating
greens deliver as much wow factor
as any 18-holer. There's also a great
short-game practice area. (866-5473066; terranea.com)

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COSTA RICA

La Iguana

Playa Herradura, Costa Rica

Thanks to its rich biodiversity and farsighted natural-resource management policies, Costa Rica has become a destination for ecotourism. At La Iguana (part of Los Sueños Marriott Ocean & Golf Resort) you can mix wildlife watching with your golf. The resort is located midway down the nation's west coast and is situated between a 200-slip marina where you can also enjoy sport fishing and a 1,100-acre rain forest. The flora at La Iguana includes banana trees and orchids; the fauna, monkeys, macaws and toucans.

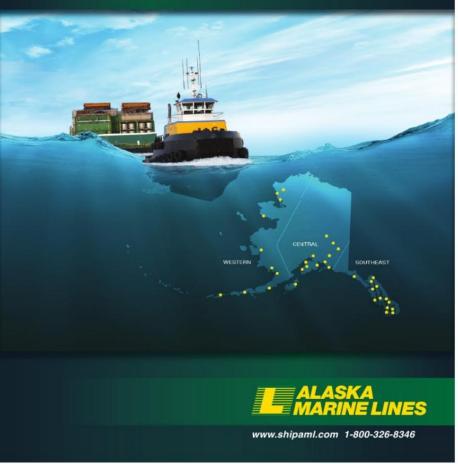
Numerous water hazards and tight fairways bordered by thick jungle create a one-two punch that gives this 6,698-yard Ted Robinson design an intimidating slope rating of 145. A local favorite is the fourth hole, El Tucan, a par-5 dogleg flanked and then bifurcated by a stream. (800-228-9290; golflaiguana.com)

Chris Santella writes about golf from Portland.

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Left: Horseback riders honor Hawaiian heritage in the Kōloa Plantation Days, on Kaua'i. Below: Guests enjoy a tasting at the Kapalua Wine & Food Festival, on Maui.

aking me by the hand, my daughter pulls me into the crowd, and we join the throng of people streaming toward the fairgrounds. It's a warm, perfect evening on Maui.

As dusk falls, the lights of the Century Wheel (resembling a Ferris wheel) and other rides cast a warm and inviting glow. The shrieks and squeals coming from the roller coaster promise thrills and excitement, while the savory smoke wafting from the food booths hints at gustatory temptations.

For our family, enjoying the Maui Fair has become an annual tradition. Each year, my daughter and I head to the fair on its opening night. We try out the rides—she finally talked me onto the "Wave Swinger," a carousel-swing ride that has riders rotat-

ing around its axis and flying high over the crowds, but I'm still not brave enough to try "Pharaoh's Fury," a giant, Egyptian-style galley that swoops back and forth on an enormous pendulum, taking passengers to great heights on each end. Afterward, we admire the animals in the livestock display, find her painting in the children's art show, and wonder at the giant pumpkins in the agriculture exhibit. For dinner, we make a feast from the food booths. Each booth is staffed by a different church group, cultural club or community organization, dishing up local specialties such as chow fun noodles, Korean kalbi ribs, pipi kaula (a form of smoked beef) and sugary Portuguese doughnuts called malasadas. With greasy hands, we happily share our meal and enjoy the sweet chords of Hawaiian music carrying over from the entertainment tent.

From hula and history to yoga and wine-tasting, festivals in the Islands offer chances to immerse yourself in the culture and flavors of Hawai'i. Here are some of Hawai'i's celebrated fairs and festivals, coming up this month and beyond.



KAPALUA WINE & FOOD FESTIVAL

June 9-12

THE RITZ-CARLTON, KAPALUA, MAUI

Admission: Prices range from \$100 for seminars to

\$995 for a festival pass

kapaluawineandfoodfestival.com continued on page 158

JUNE 2016 ALASKA BEYOND MAGAZINE 155



PALA'AU JOURNEY | 80MIN | \$260

Pala'au means to "to heal with plants." Hawaiian Lomi Lomi massage followed by a full-body cocoon and a scalp and foot massage using products created on Maui.

All spa services include a one-hour access prior to services to our termé hydrotherapy circuit.





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A Feast of Festivals

Here is a sampling of other great festival events around the Islands.

HAWAI'I ISLAND

Hawaiʻi Island Festival of Birds—Haʻakula Manu

Sept. 24-25
Multiple
Hawai'i Island
Locations
Admission:

\$10 general admission; special events priced individually



This inaugural event will honor the Hawaiian Islands' diversity of birds and mark the opening of the Hawaii Island Coast to Coast Birding Trail, with various food events, guided tours and children's activities.

Sponsored in part by Alaska Airlines.

Waimea Ocean Film Festival

Jan. 2-10, 2017

Waimea and the Kohala Coast

Admission: \$15 to \$165

Films from around the world explore ocean environments, island cultures, inspirational topics and ocean experiences (such as surfing). The festival includes Q&A sessions with experts and filmmakers.

Merrie Monarch Festival

April 16-22, 2017

Edith Kanaka'ole Stadium

Admission: \$5 to \$40

The world's premier hula competition includes a weeklong festival featuring a ho'olaule'a (party), Hawaiian arts fair and royal parade through downtown Hilo.

MAUI

Maui Jim Oceanfest

June 3-5

Kā'anapali Beach

Admission: \$125 to \$200 registration

Watermen and waterwomen compete in events including outrigger-canoe paddling, stand-up and prone paddleboarding, and swimming.

Maui County Agricultural Festival

April 1, 2017

Maui Tropical Plantation, Wailuku

Admission: \$5

Livestock and agriculture displays, a live-exhibit farm, children's activities, cooking demonstrations and food booths celebrate Maui's bounty.



MOLOKA'I

Moloka'i Ka Hula Piko

lune 2-4

Locations around Moloka'i

Admission: free

This celebration of hula's ancient traditions includes performances, lectures, excursions and a "talk story" with some of Hawai'i's most-renowned hula masters.

O'AHU

39th Annual Prince Lot Hula Festival

July 16-17

Moanalua Gardens, Honolulu

Admission: free

The state's top hālau (hula schools) perform traditional and modern-style dance in the largest noncompetitive hula event in the Islands.

Aloha Festivals

Sept. 3-24, select dates Multiple Locations

Admission: all events free

A celebration of Hawai'i's cultures, traditions and heritage, with music, dance, food and art-oriented events held at various locations around the island of O'ahu. This year's theme is "Hāli'a Aloha—Treasured Memories." Events are intended for kama'aina (local residents) and malihini (visitors).

Honolulu Pride

Oct. 22

Waikīkī and Kapiolani Park

Admission: free

Hawai'i's LGBT community gathers for a rainbow-hued celebration of diversity and equality in the Islands.

Great Aloha Run

Feb. 20, 2017

Aloha Tower to Aloha Stadium, Honolulu

Admission: \$50 for adults; \$25 for kids and seniors (early-registration discount); \$4 for expo (free to runners)

The 8.15-mile (13.12-kilometer) charity race from downtown Honolulu to Aloha Stadium is complemented by an expo of local products and services, with a healthy-living theme.

Hawai'i Book & Music Festival

Late April or early May; 2017 dates to be determined

Frank F. Fasi Civic Center, Honolulu

Admission: free

Panels, signings, concerts and more, featuring writers and entertainers from around the Islands, nation and world.

KAUA'I

Hawaii Sand Festival

Aug. 13 Hanalei Bay

Admission: free

This annual sand-sculpture contest is open to amateurs but also draws some of the world's top sand artists.

Eō e Emalani i Alaka'i Festival

Oct. 8

Kōke'e State Park

Admission: free

Held in a beautiful setting, this cultural event commemorates the 1871 journey of beloved Queen Emma to upland Kaua'i, with re-enactments, presentations and hula. —I.L.



The Maui Fair has rides such as the "Wave Swinger," an aerial carousel that whirls riders above the fair.

from page 155 The Kapalua Wine & Food Festival, which was established in 1981, offers a long weekend of sipping rare vintages while enjoying the rugged coastline and soft breezes of West Maui. With panels that feature top sommeliers and wine-

makers, the festival is a chance for even the most devoted oenophiles to deepen their understanding of wines and learn more about current wine trends.

This year's schedule includes a seminar and tasting hosted by master sommelier Michael Jordan





THE KAPALUA WINE & FOOD FESTIVAL FEATURES MASTER SOMMELIERS AND FOOD FROM TOP MAUI RESTAURANTS.

that compares young-vintage and 10-year-aged wines, another event that focuses on New Zealand Pinot Noirs, and a seafood festival with food from many of Maui's top restaurants. There will also be cooking demonstrations by celebrity chefs and a golf tournament.

The Kapalua Wine & Food Festival is sponsored in part by the Alaska Airlines Visa Signature Card and Alaska Airlines Mileage Plan.

KOLOA PLANTATION DAYS

July 22-31

LOCATIONS AROUND KŌLOA AND PO'IPŪ, KAUA'I Admission: Varies by event; many events are free koloaplantationdays.com

Ten days of ho'olaule'a (parties), cultural demon-

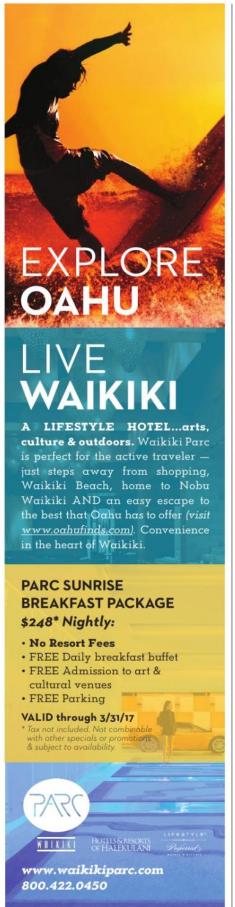
strations, food events, films, lectures, walking tours and a rodeo celebrate Kōloa's heritage and multicultural past.

Hawai'i's first sugar plantation was established near the south shore town of Kōloa in 1835, and laborers from Japan, China, Portugal, the Philippines and elsewhere arrived in the years that followed to work in the fields. These immigrants joined the indigenous population of Native Hawaiians to form a cultural melting pot that is feted at the festival.

During Kōloa Plantation Days, hikes are also offered, including a guided tour of archaeological and historic sites on the Hapa Road Trail, which was once a major route connecting the villages of Kōloa and Poʻipū.









The Kaua'i Chocolate & Coffee Festival will showcase some of the island's tastiest beans and confections, along with a variety of entertainment.

Hawai'i Festival Tips

- Dress for the environment. In Hawai'i, you might find yourself at a film festival on the beach or a hula performance in the cool mountains. Check the location, and wear appropriate layers and shoes.
- Taste something new. Festivals that appeal to both residents and travelers often serve up local favorites and unusual cultural specialties.
- Make a friend. Picnic-table seating often offers a chance to meet locals and learn something new about an island.
- Wear sunscreen and carry water.
 Outdoor celebrations mean fun in the (very hot) sun.
- Go in off hours to avoid crowds.
 Many weekend fairs offer discounted admission on Sundays.
- Take it easy on kids. Heat and crowds are tiring. Take breaks to rest and cool off, and head for the exit when youngsters aren't having fun anymore. —I.L.





In addition to cultural demonstrations and activities, the festival includes minigolf and Hawaiian-games competitions for kids.

KAUAI COUNTY FARM BUREAU FAIR

Aug. 25-28

VIDINHA STADIUM, LTHU'E, KAUA'I Admission: \$5 adults, \$2 children (discounted admission on Sunday) kauaifarmfair.org

Gardening and flower-arranging classes, an orchid show, and fruit and vegetable exhibits showcase Kaua'i's agricultural heritage at the Kauai County Farm Bureau Fair.

The Hawaiian ranchers of tomorrow will show off their prized steers, hogs, lambs and goats in a youth 4-H livestock competition.

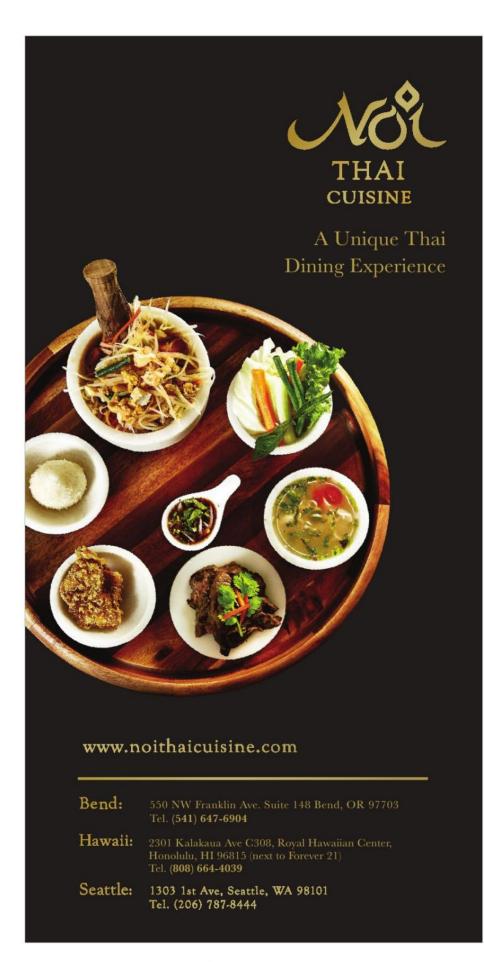
In addition to food booths featuring local favorites such as *laulau* (a dish that can include meat and other ingredients wrapped in leaves and cooked), *shoyu* chicken, and Portuguese bean soup, the agricultural exhibits will include a beef tasting provided by the Kauai Cattlemen's Association.

Rides will include festival favorites such as the Zipper and the Ferris wheel, along with other options for younger visitors.











Hawaiʻi Volcanoes National Park Cultural Festival & BioBlitz

Aug. 27

Hawai'i Volcanoes National Park, Hawai'i Island

Admission: free

nps.gov/havo/planyourvisit/event-details. htm?eventID=868731-307230 Celebrating the 100th anniversary of the Hawaiʻi Volcanoes National Park, the

theme of this year's festival is e ho'omau,

"to perpetuate."

Hula and Hawaiian cultural demonstrations honor the original inhabitants of the Islands and explore how Native Hawaiians have lived in a close relationship with nature for generations. Visitors can also learn about Hawaiian crafts and enjoy musical performances.

A "BioBlitz" (7 A.M. to 1 P.M.) offers conservation programming and handson opportunities to learn about the biodiversity of Hawai'i Island's volcanic areas.

The cultural festival (IO A.M. to 3 P.M.) will also feature interactive exhibitions and activities, including lei making, hula, tasting Hawaiian foods and learning more about medicinal herbs.





At the Made in Maui County Festival, visitors enjoy sampling treats and shopping for craft items produced on Maui, Moloka'i and Lāna'i.

MAUI FAIR

Oct. 6-9

War Memorial Sports Complex, Wailuku, Maui

Admission: 2016 prices to be announced; see website for updated information manifair.com

Now in its 94th year, the Maui Fair has actually been delighting residents of the Valley Isle since 1916 (events were cancelled during war years). Today, in addition to the usual rides and carnival games, the fair offers an entertainment tent with performances by favorite musicians, hula groups, magicians and an eclectic assortment of other local talent; along with a Maui Fire Department chili cook-off, the Maui Fair Pie Competition and other contests.

Livestock and agricultural exhibits give a nod to the island's farming history, while the craft tent offers plenty of localgift-buying opportunities. The fair's food selection is legendary among Maui resi-

What is AUTHENTIC?

The definition of authentic is something that is original or true, and made or done the same way as an original. At Noi, we take pride in serving authentic meals and every dish is made and served with the utmost care. Our food map who we are and where we come from.

Why art is one of the main ingredients on Noi's dishes?

At Noi, we believe in human creative skill and the art of carving. We combine these two things with our love of food to show our guests we care about them. The Thai Art of Fruit and Vegetable Carving is a valuable heritage of Thailand and one of its oldest art forms. It is a national heritage that has been passed from generation to generation for hundreds of years. There is a long tradition of fruit carving in Thailand, especially in the preparation of food for the Royal Family. The purpose of carving is to make food more attractive, more appetizing, and also easier to eat. Nowadays, not so many Thai restaurants do the carving, because it takes a long time to do and takes a lot more work especially when technology and social media are involved. No matter how the world changes around us, and no matter how fast, we still keep traditional Thai culture alive on Noi's dishes.





Settapong Nilket or Chef Pag, An Executive Chef at Noi Thai Cuisine.



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Hawaii: (808) 664-4039 2301 Kalakaua Ave C308, Honolulu, HI 96815

Seattle: (206) 787-8444 1303 1st Ave, Seattle, WA 98101

www.noithaicuisine.com







The Kona Coffee Cultural Festival Cupping Competition is an anticipated event in which judges (and Miss Kona Coffee) assess some of Hawai'i Island's best products.

dents; it features a diverse selection of local favorites and cultural specialties prepared by community groups. Alaska Airlines is a sponsor of the Maui Fair.

Kaua'i Chocolate \$ Coffee Festival

Oct. 21-22

HANAPĒPĒ, KAUA'I

Admission: \$18-\$20

kauaichocolateandcoffeefestival.com
Kona's beans may get most of the glory,
but excellent coffee beans are actually
grown on most of the Hawaiian Islands.
Celebrate and savor two of Kaua'i's most
delicious products at the Kaua'i Chocolate & Coffee Festival. Workshops cover
topics such as chocolate tempering and
coffee roasting.

In addition to performances by local entertainers, the festival's main stage features cooking demonstrations and presentations by local coffee growers. Other highlights include children's activities at the Storybook Theatre of Hawaii, in Hanapēpē, as well as a craft fair and farm tours. A \$20 "tasting passport" is the cost of admission and gets you samples of exclusive coffees and chocolates.

HAWAII INTERNATIONAL FILM FESTIVAL

Nov. 3-13, 2016; 2017 dates to be determined





LOCATIONS AROUND HONOLULU, O'AHU Admission: all tickets cost \$14 hiff.org

Celebrate cinema at Hawai'i's premier film festival—with events in fall and again in spring. Featuring both mainstream and independent films, the Hawaii International Film Festival is particularly well-known for showcasing movies from across Asia and Oceania—including Japan, China, South Korea, India, Australia and New Zealand—along with American and European productions.

The festival has a track record of launching acclaimed international films; breakthrough hits such as *Crouching Tiger, Hidden Dragon* (2000) and Y Tu Mamá También (2002) have premiered at HIFF. The festival also includes films with ties to Hawai'i, such as the comedydrama Midori in Hawai'i, which premiered at HIFF in 2015.

Along with more than 150 screenings, the festival includes seminars, workshops, receptions and awards ceremonies. A smaller "Spring Showcase" brings a selection of international films to Honolulu in April.

Made in Maui County Festival

Nov. 4-5

Maui Arts and Cultural Center, Kahului, Maui

Admission: \$5 public admission on Saturday; \$35 for a "shoppers preview" and opening ceremonies on Friday; admission for children under 12 is free madeinmauicountyfestival.com











Stand-up paddleboard yoga workshops are among the popular activities of Wanderlust O'ahu.

Buy local at this annual show featuring more than 140 vendors. Clothing, hats, toys, food items, bath products, jams, artworks and other goodies are all designed or made by small businesses on Maui, Moloka'i and Lāna'i.

Activities include a fashion show that highlights local designers, product demonstrations, cooking demonstrations and tastings.

Beyond sampling local treats, snacks, food products and spirits (21 and older), enjoy tasty dishes from some of Maui's most popular food trucks.

Kona Coffee Cultural Festival

Nov. 4-13

Kailua-Kona, Hawai'i Island

Admission: a \$3 button gets visitors into most events; farm and mill tours cost \$75 konacoffeefest.com

An art show, scholarship pageant, cooking demonstrations, recipe contest and tastings celebrate Kona's famous beans, which are among the most coveted coffees in the world. Now in its 46th year, the Kona Coffee Cultural Festival, which is sponsored in part by Alaska Airlines, offers 10 days of buzz-worthy events at locations along the Kona Coast.

Farm and mill tours offer chances to see how coffee beans are grown, harvested and processed (advance registration is required). The prestigious cupping competition includes a chance to meet local growers and experience a coffeetasting demonstration in which experts guide you through sniffing, sampling and comparing coffees like a real judge.





The Kona Brewers
Festival takes place on a
picturesque stretch of the
Kona coast near the
Kailua Pier.

WANDERLUST O'AHU

Feb. 23-26, 2017

TURTLE BAY RESORT, O'AHU

Admission: 2017 pricing to be determined

wanderlust.com/festivals/oahu

Yoga, meditation and music are focal points for this four-day feel-good festival on Oʻahu's North Shore.

With an emphasis on mindful living, Wanderlust O'ahu also includes adventures involving hiking, surfing, horseback riding and stand-up paddleboarding, along with lectures by authors, yoga teachers, musicians, health gurus and other experts. With the mindful focus, it should be no surprise that healthy food is on the menu. Raw, vegetarian, vegan, paleo





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2435 Kaanapali Parkway, Maui 808-661-4567 Open daily from 9:30am-10pm whalersvillage.com

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WhalersVillage

Free WiFi

and other diets are accommodated at food venues with everything from superfood smoothies to a "sea to table" dinner.

KONA BREWERS FESTIVAL

March 11, 2017

Courtyard King Kamehameha's Kona Beach Hotel, Hawai'i Island

Admission: \$70-\$75

konabrewersfestival.com

Raise a glass to sustainability with this eco-friendly annual event for beer lovers. From the hoppiest IPA to the palest pilsner, a diversity of brews is represented.

THE KONA
BREWERS
FESTIVAL HAS
A "RUN FOR THE
HOPS"; WAIKIKI
SPAM JAM
HONORS
HAWAI'I'S TOP
CANNED MEAT.

Nearly 50 breweries from across Hawai'i and the U.S. mainland will each present two styles of beer on tap. The admission fee buys seven tasting tickets, plus unlimited access to samples from 29 of Hawai'i Island's top chefs and restaurants.

While you sip and sample, enjoy live music throughout the day and a fashion show of wearable creations made from recycled materials. Other highlights include a homebrewers competition and the "Run for the Hops" 5K, 10K and walking event. Benefiting local nonprofits, the festival is a zero-waste event that promotes environmental awareness with informational booths and awards for the most sustainable food-tasting station. Alaska Airlines is an event sponsor.







The mascot Spammy entertains visitors at the Waikiki Spam Jam Festival, on O'ahu.

Waikiki Spam Jam Festival

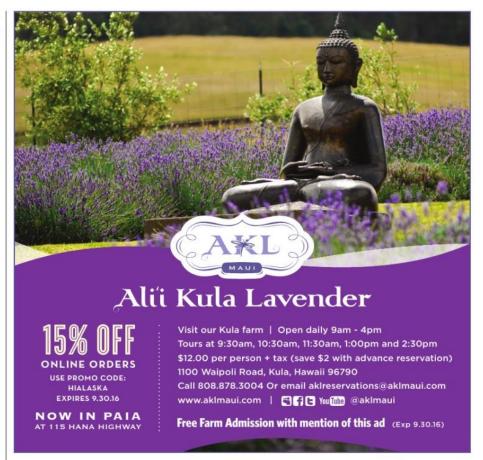
April 29, 2017

Kalākaua Avenue, Waikīkī, Oʻahu

Admission: free spamjamhawaii.com

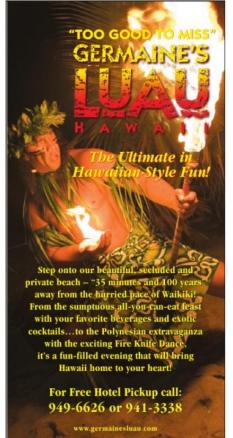
The crown champion of canned meat, Spam, was introduced to Hawai'i during World War II, and the Aloha State still boasts the highest per capita consumption of the famous protein product. Its maker, Hormel, estimates that Hawai'i residents gobble up more than 6 million cans of Spam annually.

Now in its 15th year, the Waikiki Spam Jam Festival (which includes Alaska Airlines among its sponsors) acknowledges Hawai'i's decades-long love affair with Spam, through musical entertainment; sales of merchandise (including Spam-themed shirts, hats and kitchen items, such as a Spam-slicer); and food booths featuring Spam burgers, Spam noodle bowls, Spam chips and even Spam desserts (such as Spam cupcakes). Appearances by mascot Spammy offer memorable photo opportunities.





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NIGHT HAS FALLEN ON THE

VALLEY ISLE, and it's past my daughter's bedtime, but we're not ready to leave the Maui Fair. Sticky and tired, we stroll the fairgrounds a bit longer, taking in the scene—the carnival barkers inviting passersby to play a game in the Joy Zone, the dreamy soundscape of music and rides, the local families enjoying a night out, the teenagers holding hands. We'll be back again at least once over the course of the four-day festival, probably on Sunday morning, when the rides are discounted, and there are smaller crowds. But there's just something magical about the fair at night.

"Let's go on the wheel again!" my daughter says, and she tugs me toward the towering wheel, alit with the promise of one last ride. I hesitate when I see the long line, and then I relent. After all, the fair only comes once a year.

She holds my hand until it's our turn to get on. We climb into our car and lurch off the ground as the other cars load. Snuggled together in the cool night air, we ascend slowly, slowly into the night. At last the ride begins, and we soar upward, rising above the darkened treetops, leaning toward the edge of our seats and looking down over the lights and the people and the smells and the music below.

All of Maui seems to be here tonight.

And, as much as I've loved being immersed in the sights and sounds of the fair, I realize this is the perfect end to our evening, above it all, taking it all in.

Ilima Loomis is based on Maui.

Alaska Airlines offers daily service to Oʻahu (Honolulu), Maui, Kauaʻi and Kona/Hawaiʻi Island. For flight reservations, go to alaskaair.com or call 800-ALASKAAIR. To book a complete Alaska Airlines Vacations package to Hawaiʻi, go to alaskaair.com/vacations or call 800-468-2248.





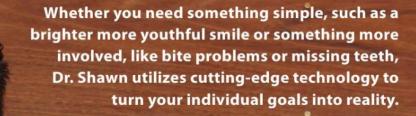




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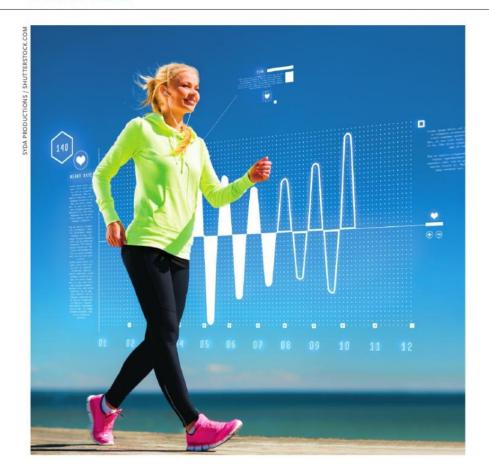


For more stories like Jordan, visit shawnkellerdds.com



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Tracking Steps

By Michelle W. Martin

The kids at Beverly Elementary School have got moves. Lots of them.
In fact, they've been moving so much in the past few years that they've garnered national attention. Last year, they received a national Let's Move! Active Schools award, and in March, U.S. Acting Assistant Secretary for Health Karen DeSalvo visited the school to applaud their efforts to be healthier.

For the past three years, every fifth-grader at the Lynnwood, Washington, school has received a wearable watchlike activity tracker by the name of Sqord. The device records the kids' movement and awards points based on how long and vigorously they move. More than 13,000 students in Snohomish County have received the trackers as part of a county-wide public-health campaign.

This effort is just one example of a trend that has taken hold across the country: Portable activity trackers are gaining traction with people of all ages. At the same time, 10,000 steps a day has become a popular goal and discussion topic among friends and colleagues, and on social media. For most adults, it's a worthy goal—simply increasing moderate activity can lead to health benefits for head and heart.

The American College of Sports Medicine issued its annual worldwide trends report in November. The new No. 1 trend was wearable technology—that includes smart watches, and trackers such as the Fitbit, Jawbone, Misfit and Apple Watch as well as GPS tracking devices and heart-rate monitors.

A common standard for fitness-tracker wearers has been those 10,000 steps a day—the origins of which are unclear, but this target is akin to the U.S. surgeon general's recommendations, according to a 2006 research study. The study was authored by Catrine Tudor-Locke, who was then with Arizona State University and is now kinesiology professor and department chair at the University of Massachusetts Amherst. By looking at step counts and energy expenditures of 40 participants, the researchers determined that 30 minutes of moderate exercise equaled about 3,000 to 4,000 steps; when added to the daily average of 5,000 to 6,000 steps, the 10,000 steps rule was about right.

In a more recent study, Tudor-Locke found that those who averaged about 30 minutes a day of moderate-intensity exercise completed an average total of 7,500 steps per day, though "10,000 is laudable," Tudor-Locke adds.

Incidentally, the recommendation for children and adolescents is higher, at 60 minutes of exercise a day, per the U.S. surgeon general—or closer to 12,000 steps, according to another study Tudor-Locke co-authored.

Tracking devices have proved to be reliably accurate at measuring steps during walking and running, though they are less reliable when it comes to measuring other types of activity. But perhaps there's more to consider than just how accurate the data are, says Jim Chesnutt, medical director of Oregon Health & Science University's March Wellness & Fitness Center in Portland. Through competitions and social interactions, tracking devices can be a tool

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FITNESS

to inspire healthier choices.

"People can achieve goals better if they encourage each other in groups," Chesnutt says. Trackers and associated online apps can facilitate friendly competition and group accountability by letting you share your steps with a spouse or friend. "Trackers can keep you connected even when you're traveling for work and not in front of each other," he says.

Making the most of a tracker

Fitness is about more than a number of steps. In a 2013 study, Tudor-Locke and her colleagues found that though many participants at risk for knee osteoarthritis met their 10,000-steps goal, nearly a quarter of them failed to achieve 30 minutes of moderate-intensity exercise. It's not only the number of steps that matters, but also how vigorous the activity.

One way to gauge if you're hitting the moderate level of exercise is the "talk test." If you can talk, but not sing, it's moderate-level activity, where you can incur many of the health-related benefits. Once you can't even talk, you've moved to a vigorous level, which can cause health complications. With moderate-level exercise at the recommended frequency of 150 minutes a week, or up to 30 minutes almost every day, come myriad benefits, says Chesnutt. And as long as you can get the activity in at least 10-minute chunks, you can still reap the benefits, he adds.

These benefits include possibly lowering your risk of health problems, such as high blood pressure, heart disease and diabetes; strengthening bones and muscles; and helping to burn more calories, according to the National Institutes of Health.

The brain gets a boost from walking

"The brain is actually felt to be just like the heart in terms of the need for exercise," Chesnutt says. "Consider that



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the brain functions like any other major organ with blood flow," he says. He points to recent Framingham study results, which linked good cardiovascular fitness at middle age to maintaining normal brain size 20 years later, compared to participants with lower fitness levels.

On the flip side, when blood flow is impaired to the brain, we can develop a type of dementia called vascular dementia that's related to hardening of arteries, which is a very similar process to what can happen with cardiovascular disease in the heart, he says.

Physical activity also provides the benefits of improved mood, decrease in diseases such as depression and cancers, as well as improved performance at work, he adds. The recommended 30 minutes of exercise a day benefits the whole body.

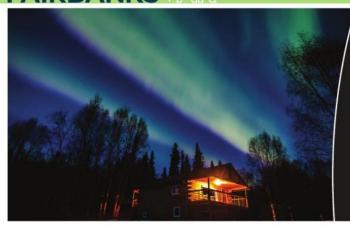
Chesnutt says 10,000 steps won't make sense for everyone. He suggests thinking in terms of increasing your activity—figure out your average, then attempt to increase it by 2,000 steps a day. The important thing is to improve. If, for example, you find that your normal average is 5,000 and you bump it up to 7,000—that's a success.

To track or not to track?

Of course, trackers are not for everyone, says Laurie Towey, an avid walker who regularly volunteers to lead walks around Seattle as a neighborhood walking ambassador with the nonprofit Feet First.

"When I turned 40 I lost a whole bunch of weight," says Towey. "I hadn't really been an exerciser before that, but realized that I needed to incorporate exercise to keep it off." She started with walking a little and built up slowly. Now, at 60, she typically walks 4 miles an hour, she says, laughing: "I'm known for walking fast."

"The walking clears my head; I love being outside," Towey says. "I'm very social, and as a walk leader, I get to meet





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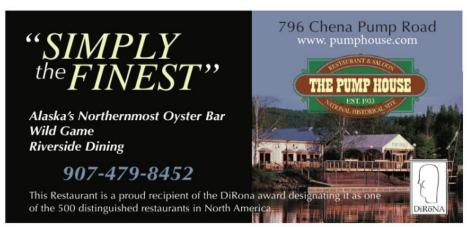
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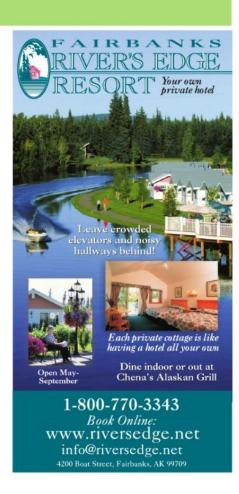
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FITNESS

so many different types of people." She says that about 80 percent of the people joining her organized walks are new to Seattle, coming to explore the city and to connect with others.

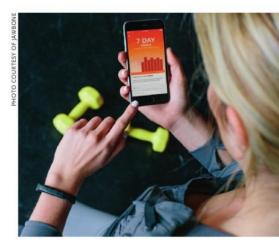
"Many years ago, I had one of those pedometers," Towey says, but after she got a feel for how many steps were typical for a fast hour of walking, she stopped using it. "In the end, if you're really serious about getting out there and walking, then you don't need one of those."

For people such as Towey who find their motivation in other ways, the trackers may seem like little more than a novelty, but for others, including the kids in Snohomish County, the trackers help users form healthy habits for the future.

"Activity really drops off starting around age 7, all the way to age 14," says Paul Sebastien, CEO of Sqord. "We intervene in a fun way that gets kids moving out of joy and pleasure."

A study to assess the Snohomish County initiative found that students who participated increased their activity over time. In fact, the group who started with the least amount of activity had the biggest increase-a whopping 55 percent. And students who participated as fifth-graders reported maintaining their higher activity level the next year. The assessment, which also found more student participation over time, was a collaboration between the University of Washington Northwest Center for Public Health Practice, the Snohomish Health District, the Snohomish County Health Leadership Coalition and the Group Health Center for Community Health and Evaluation.

Micaela Jones was working for Providence Health & Services in Anchorage when she first found out about Sqord. She gave each of her two kids a device, and they immediately wanted to compete with each other, she says. Jones studied what had been successful in Snohomish County and worked with the school administration and physical education instructors in Anchorage to get the devices onto the



Fitness trackers such as Jawbone's UP2 provide new ways to share, achieve and maintain exercise goals.

wrists of students there. She even got herself one to compete with her kids.

"They beat me every day," Jones says.

"I'm getting 45,000 points a day, and they easily get 100,000 a day." She says they love issuing challenges to their peers and, especially, to their teachers. Tyler, her II-year-old son, agrees. He enjoys that the points he can earn make it feel like a video game, with options to customize his avatar and to post messages to friends.

One reason the benefits may last, Jones says, is that Tyler is beginning to understand how active he is every day. Before they sync the devices to their computer in the evening, they guess how many points they have earned. Jones says Tyler has developed an accurate sense of his activity level, which will benefit him with or without the device.

For Tom Davis, a PE teacher at Beverly Elementary School, one of the best things is how excited the kids are to get active. One of his students, 11-year-old Connor Owens, says he wears his device all day, every day.

"It's fun to go against your friends,"
Owens says. "It's kind of cool to see how
much you're moving."

Michelle W. Martin writes from Seattle.

IUNE 2016 ALASKA BEYOND MAGAZINE 179



Tradition Blends with Modernity

Tokyo's intriguing temples, transportation and cuisine

By David Armstrong

Tokyo's shopping districts are filled with neon lights, video screens, and the bustle of visitors and residents.

When I first visited Tokyo back in 1996, it was still a few years before the dawn of the new century. But the glistening skyscrapers, the multistory emporiums overflowing with futuristic consumer electronics, the vibrant shopping districts aglow with neon lights and the giant outdoor video screens made me feel as though I had alighted in the world's first 21st century city.

Fast-forward 20 years: The skyscrapers, gorgeous neon, huge video screens and ever-more-advanced electronics are still here. But these days I'm impressed by just how well rich, time-honored Japanese traditions endure, and even flourish, in the midst of all this modernity.

Shortly after landing, I'm in the circa-2014 Coredo Muromachi building, sipping a cup of *dashi* made on-site by a company that dates to 1699. This is Nihonbashi Dashi Bar Hanare, operated by Ninben, a 317-year-old maker of traditional dashi—a nourishing broth made with dried and fermented bonito flakes and used in, among other things, Japanese noodle dishes and miso soup. My cup of mildly salty, hot dashi, which I buy for 100 yen

(90 cents), includes kombu-edible kelp rich in umami flavors. Ninben's original wooden building vanished long ago as the modern metropolis rose around its Nihonbashi district. But Ninben has smartly adapted this centuries-old staple-served in paper cups at a stand-up bar that resembles a hip espresso bar-to our fast-food

The artful combination of old and new is a distinguishing feature of Tokyo, Japan's capital and largest city. Nowhere is this more evident than in Ningyocho, one of Nihonbashi's intimate, low-key areas. Ningyocho was once downtown Edo, as Tokyo was called until 1868, when the emperor moved the capital from Kyoto to Tokyo and the city began to grow exponentially.

Now a sprawling metropolitan area of 38 million people, central-city Tokyo is best sampled in small bites, slowly and on foot.

Amazake Yokocho, a quarter-mile-long street in Ningyocho, is lined with compact, locally owned shops specializing in heritage goods. Strolling down the

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walkway, I pass a shop that sells sweet sake, another that specializes in colorful handheld paper fans and one that sells brooms. At Iwai Tsuzura-Yellou ten, a shop founded in 1861, artisans make lacquered woven bamboo baskets called

tsuzura. The day I visit, an older man sitting on the floor mixes pungent lacquer by hand and carefully applies the thick, rust-red liquid in slow brush strokes to the outside of bamboo baskets covered in Japanese rice paper. Generations of master craftsmen have made fine tsuzura baskets this way for centuries; originally, they were

used to hold folded kimonos.



Cherry trees blossom around Senso-ji, Tokyo's oldest Buddhist temple.

Back toward the heart of Nihonbashi runs Nihonbashi Chuo-dori, a broad commercial boulevard considered one of the main streets of Japan. I stop on Nihonbashi Bridge where a small brass plaque at the foot of the boulevard marks

Sea of

Japan's Kilometer Zero: Distances to and from Tokyo are measured from this spot. Nowadays, an elevated expressway built just before the 1964 Summer Olympic Games hums above the Nihon-Pacific bashi Bridge. Ocean Officials are considering removing the

expressway before the

2020 Tokyo Olympics to

bring back historic views of the handsome granite bridge, which was originally crafted in wood in 1603.

Much of Tokyo can be experienced by foot, but even an inveterate walker can't walk everywhere in a city this big. Fortunately, Tokyo's subways and trains are fast, frequent, clean and safe, with signs

and announcements in Japanese and English on main lines. I often use them.

Water buses that ply the city's rivers provide alternative, scenic transportation. This, too, is a legacy of the past in waterveined Tokyo, a city connected by rivers and touched by Tokyo Bay.

Bound for the Asakusa district, I board a sleek water bus from the manicured Hamarikyu Gardens on the banks of the Sumida River. A big boat holding perhaps 100 passengers, the "bus" is wrapped on the sides and on top with windows. As we go upriver, I turn my head to see the sights on



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both sides of the Sumida, which is densely lined with high-rise offices and apartments flanking vintage single-family homes, warehouses, a few factories and an inviting riverbank promenade. I imagine the sky colored by fireworks during the yearly Sumida Fireworks Festival in July, first held in 1733 to honor the god of water.

On the 40-minute trip to Asakusa, we pass under 12 bridges. I especially like Chuo-Ohashi Bridge, a contemporary white suspension bridge, strung taut like a harp. As we near Asakusa Pier, soaring above us on the right bank is the latest major addition to the skyline: Tokyo Skytree, one of the world's tallest towers. Opened in 2012, the 2,080-foot-tall metallic structure serves as a broadcasting tower and offers visitors panoramic views of the city and beyond. On a clear day during an earlier visit, I savored a picture-perfect view of Mount Fuji, Japan's cone-shaped sacred mountain, located 60 miles to the southwest.

From Asakusa Pier it's a short walk to one of Tokyo's most popular and venerated attractions: Senso-ji temple. An impressive Buddhist structure built in the year 645, it's Tokyo's oldest temple. Today's iteration, its wooden exterior painted vermilion, is a postwar reconstruction of the original. I pass through the enormous outer gate, Kaminarimon (Thunder Gate) and walk toward the temple down a pedestrian street lined with vendors' stands that



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sell Hello Kitty trinkets, cloth dolls, packaged snack foods and more. Just outside the temple, I catch a whiff of pleasantly aromatic incense coming from burning incense sticks placed in the sand in an urn by visitors.

A large red-and-black paper lantern hanging overhead marks the entrance to Senso-ji's high-ceilinged main hall. Inside, people pause silently, some praying. Small



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Nadaman: Classic Japanese dishes such as sautéed eggplant wrapped with wagyu beef, in Shangri-la Hotel.

Nihonbashi Dashi Bar Hanare: Hot or cold nourishing dashi and light Japanese snacks.

Sightseeing Hama-rikyu Gardens:

Manicured riverside garden with traditional tea house.

Nihonbashi: Historic district with centuriesold businesses tucked inside modern buildings. Good shopping and walking area.

Senso-ji Temple: Popular and dignified ancient Buddhist temple in Asakusa district.

Sumida River Water Bus: Ideal for seeing Tokyo from the water.



Matcha at Nakajima Tea House.

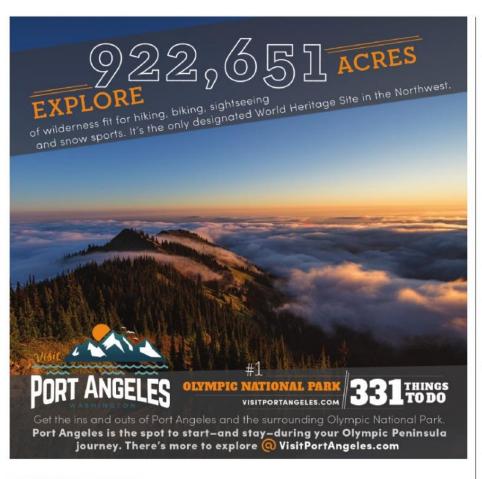
Tokyo

Buddha figures and symbols abound in the temple's spacious interior. Many Japanese move easily between Buddhism, imported from China, and Shinto, a religion native to Japan. I admire the quiet, contemplative temple in the midst of the dynamic city.

Dozens of cafes, bakeries and shops are in the warren of streets that surround Senso-ji temple. I choose a cozy place with just eight tables for a spot of lunch. Little English is spoken, but the point-and-smile method works fine. I tuck into grilled mackerel, the skin nicely crisped. This dish pairs well with sake, which is served chilled—as it usually is in Japan—and in a small, square cedarwood box, another tradition. The clear rice wine is appealingly dry and well-matched with the natural oils of the fish. Delicious.

Sake is both a traditional and modern favorite in Japan. More than 2,000 years old, sake predates the written Japanese language. Today, it's a fixture at religious ceremonies and weddings, as well as restaurants, clubs and even in vending machines. Japanese sake makers offer a wide selection of regional and seasonal varieties, and are as keen on terroir as Western winemakers, with the difference that their main focus is not on soil but water. Brewed from pure, locally sourced water and made with polished, designated varieties of rice (sakamai), sake is Japan in a cup.

So, too, is tea, which in Japan usually means green tea. After taking the subway from Asakusa to Shiodome Station, I wander past colorful peonies in Hamarikyu Gardens, once an Edo shogun branch castle, and I enter a serene wooden pavilion perched on pilings above a saltwater pond: Nakajima Tea House. After removing my shoes, I sit on a tatami mat and drink matcha—a slightly bitter tea brewed from fine-ground green tea powder—from a small







The Ginza district is world-famous for its shopping, in luxury department stores and shops.

ceramic bowl. A hostess wearing a kimono serves the tea on a lacquered tray, with a tiny cookie. I nibble the cookie, then take a sip of matcha. The cookie's sweetness rounds off the matcha, which forms a forest-green puddle in the bottom of my bowl.

On my last day in town, I walk around Ginza, the famous shopping district in central Tokyo that dazzled me 20 years ago. Here are major department stores such as Mitsukoshi and Takashimaya, as well as an impressive variety of cafes, bistros, pubs, galleries and shops. Something for everyone and every budget. Ginza's name means "silver mint" in Japanese-its glitzy history began in 1612, when the shogun government established minted silver coins in Ginza. In 1872, the Meiji government decided to rebuild Ginza as a tribute to modernization. Presently, Ginza is abuzz with new buildings, rising fast in the run-up to the 2020 Olympics.

From a floor-to-ceiling window at the Peninsula Hotel in neighboring Marunouchi, I look out over the Imperial Palace, home to Japan's emperor. It's a beautiful sight. The tree-covered palace grounds include a moat with gliding swans and massive granite-stone remnants of the 1457 Edo Castle, where

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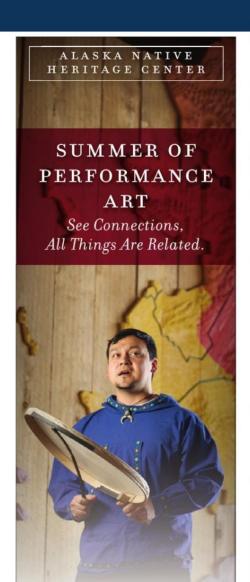


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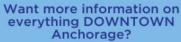


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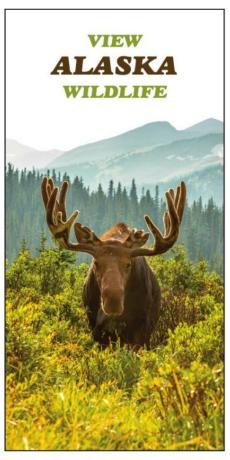
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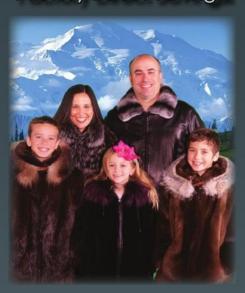
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10 THINGS TO SEE IN TOKYO

Edo-Tokyo Museum: A charming history museum inside a modern building, with artifacts, replica objects and reduced-scale models of famous city streets, buildings and bridges of bygone eras.

Mori Art Museum: Dazzling contemporary art museum on 53rd floor of 54-story Mori Tower in always-bustling Roppongi district.

Tokyo Station City: Recently renovated and expanded shopping, dining and transportation hub built around 1914 Tokyo Station in the heart of Tokyo, near the Imperial Palace and Ginza.

Kabuki-za Theatre: Central-city indoor theater with elaborately costumed traditional Kabuki actors performing onstage; renovated in 2013.

Baseball: Japan's most famous pro baseball team, the Yomiuri Giants, plays its home games in Tokyo Dome, a white-roofed, 55,000-seat indoor stadium nicknamed "the Big Egg."

Nippon Budokan: Vibrant 1964 indoor arena that hosts a variety of Japanese martial-arts events and music concerts by Japanese and international headliners.

Sumo wrestling: Huge men grappling at the center of 11,000seat Ryogoko Kokugikan indoor arena. One of Japan's national sports.

Tsukiji Fish Market: Very busy, publicly accessible wholesale fish market that supplies many Tokyo restaurants. Ringed outside with inexpensive and good sushi and sashimi places.

Mitsukoshi: Spacious and famous Japanese department store with stores in both Ginza and Nihonbashi shopping districts. Good source of high-quality goods and take-home items.

Under the Arches: Tokyo's many rail overpasses create spaces under the arches for eateries specializing in inexpensive, informal, savory meals. Where the locals eat after work.





Marunouchi ticket entrance to Tokyo Station.

powerful shoguns lived until the Meiji Restoration in 1868, when the Tokugawa shogunate abdicated power and imperial rule was restored in Japan. Emperor Meiji made the castle his home in 1868, and in 1869, he renamed the grounds the Imperial Palace. Today, I take an afternoon walk in the public part of the palace gardens while a squadron of crows caws overhead.

The night before my flight home, I ascend to the Peninsula's 24th-floor bar, Peter, and sip premium sake: Junmai Daiginjo ("pure rice," with no fortified alcohol added). Appealingly fruity and fragrant, this sake is made just for the hotel and served in a glass. Outside, uncountable lights on Tokyo's high-rises blink on, off, on. Traffic streaks down the boulevards. I'm back in the city of the future, back in the 21st century.

David Armstrong is a writer in California.

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Roads Ready

By Bengt Halvorson

People in the Pacific Northwest don't let wet weather slow down their weekend adventures. Though it helps to have the right rig. Fortunately, shifting automaker priorities have resulted in an entire market of comfortable and sporty all-wheel-drive vehicles capable on muddy trails and dirt roads, and in deep mountain snow. No longer must utility-vehicle drivers contend with bare-bones interiors,

wind noise, whining gears and cumbersome handling that result in a freight-car kind of feel. Modern sport and crossover utility vehicles combine the best of style and performance.

Twenty-seven new and/or noteworthy vehicles were on display at the Northwest Automotive Press Association's Mudfest, held this year at Ridge Motorsports Park, a racing facility in Shelton, Washington. The mostly Northwest-based group of automotive journalists tested the vehicles for acceleration, braking and handling on pavement before pushing their limits on an adjacent off-road track. We then voted on which vehicles best combined performance, features, capability, comfort and fuel economy to meet the region's active, outdoorsy lifestyle.

Family first

This year's overall winner and top-rated family vehicle was the Jeep Grand Cherokee, an SUV model that has long been ahead of the curve. We tested the 75th-anniversary edition, a special package that includes an all-black look and a bronze finish, plus tow hooks and roof rails. Inside, there are heated seats, contrast stitching, a power sunroof and a top infotainment system.

The Grand Cherokee at Mudfest was optioned with off-road adventure features, including an upgraded four-wheel-drive system and load-leveling air suspension. It was powered by the optional EcoDiesel V-6 engine, which remains a standout in its class for the combination of great mileage—up to 30 mpg highway for rear-

wheel-drive versions—strong low-speed torque for confident off-roading and great tow ratings of up to 7,400 pounds.

When it comes to newer models, the top-rated Honda Pilot is the embodiment of SUV evolution. The Pilot has a strong safety record and is impressive for its roomy interior, with three useful rows of seating that can fit the whole family. Meanwhile, the Pilot's handling on the off-road course demonstrated that the great packaging in this tidy, athletic model is tough enough for the woods.

Several other roomy crossovers in the Family category presented in top-of-the-line trims that maxed out the features—as well as the sticker price. While the Ford Explorer Platinum, Hyundai Santa Fe Sport Ultimate and Kia Sorento SX-L don't have all the off-road capabilities of the Jeep Grand Cherokee, each offers great interior style and refinement. The Sorento, after this year's redesign, stood out for its quiet cabin.

Remade right

The BMW XI is one of the more radical remakes of the year. It fits into the same parking space as a subcompact car, but its tall hatchback layout provides a spacious interior. As BMW's first front-wheel-drive model (though we tested an all-wheel-drive version at Mudfest), it's a break from the brand's traditional rear-wheel-drive designs that prioritize handling and agility over space and comfort.

The XI was made for smaller families in urban environments, and it offers strong acceleration from the 228-horsepower twin-turbo four cylinder with eight-speed automatic. The XI produces good fuel-economy ratings of 22 mpg city, 32 mpg highway, along with great maneuverability and reassuring all-weather traction.

Fuel savers

Several automakers have subbed in new, fuel-saving powertrains. Volvo is soon to roll out its downsized Drive-E four-cylinder





AUTOS

2016 MUDFEST WINNERS:

BEST OVERALL 2016 Jeep Grand Cherokee 75th-Anniversary Edition

BEST COMPACT 2016 Mazda CX-3 Grand Touring

BEST PREMIUM COMPACT 2016 Volvo V60 Cross Country T₅ AWD

BEST FAMILY 2016 Jeep Grand Cherokee 75th-Anniversary Edition

BEST PREMIUM 2016 Volvo XC60 T6 AWD Drive-E

> BEST EXTREME CAPABILITY 2016 Jeep Wrangler 75th-Anniversary Edition

engines, and a special 302-horsepower "twin-charged" version—with both turbocharging and supercharging—is now available throughout the company's XC60 model line as well as in the larger, three-row crossover XC90. The engine transplant gave the almost mid-size XC60 crossover an additional 2 mpg—to 24 mpg—and helped the essentially 7-year-old design win Mudfest's Premium category.

BMW has its own fuel-efficient engine in the X5 xDrive40e, a hybrid version of its mid-size X5 SUV. The xDrive40e plugs into a typical household AC socket and charges in just seven hours (three hours with a 240-volt level 2 charging station). The charge lets drivers go about 15 miles solely on electric power, resulting in a more fuel-efficient (24 mpg) version of the X5 while still getting to 60 mph in just 6.5 seconds.

A short drive on the off-road course and an extended drive on blacktop proved that the X5 plug-in hybrid—with its robust electric-motor system packaged inside a new eight-speed automatic transmission and working with a turbo-



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-Arthur Frommer, Travel Editor

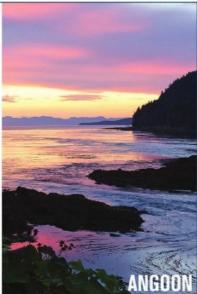


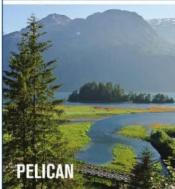
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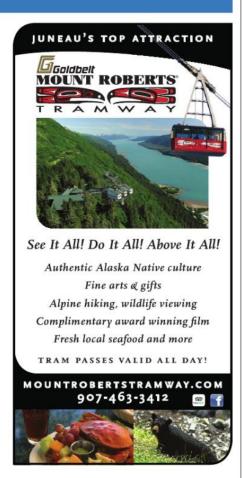


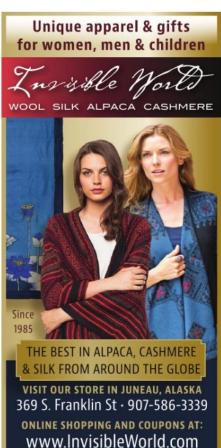
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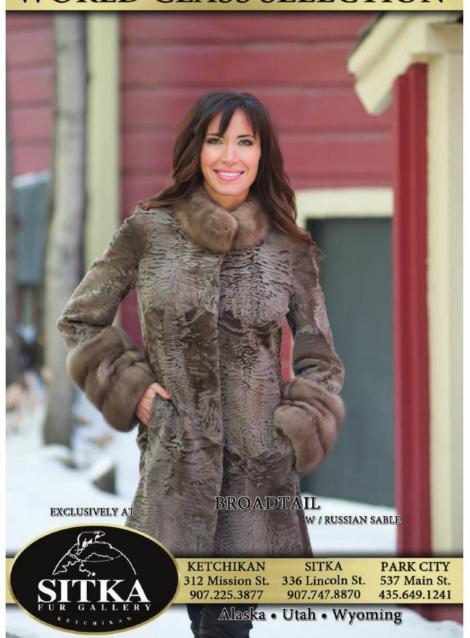
At a time when downsized engines, swooping rooflines and more organic, sculpted-sheet-metal contours are gaining popularity, the full-size Lexus LX570 impressed as the contrarian of the group. With a giant 383-horsepower, 5.7-liter V-8 and eight-speed automatic transmission, it's the largest SUV in the luxury brand's lineup and the companion model to the Toyota Land Cruiser-built with the same sturdy body-on-frame construction. The LX570 is not the model to push hard on a mountain highway, but it goes strongly and confidently. Look past the chrome and running boards, and it's not a stretch to imagine the LX570 churning down a desert trail.

If the Lexus LX570 is the contrarian, the Jeep Wrangler remains the SUV traditionalist. Having somehow resisted modernity with details such as removable side doors, a fold-down windshield and multiple top arrangements, the Wrangler is the only full-fledged offroader on the market that's also a convertible.

The rock rails, Goodyear Wrangler SilentArmor tires and the tough Command-Trac four-wheel-drive system that includes Dana 30 front axles and heavyduty Dana 44 rear axles equip this model for serious rock crawling. However, we had to go way off the existing mucky track to push the Wrangler noticeably beyond the capabilities of the Subaru Crosstrek-an affordable, high-riding hatchback that seems to churn through everything without breaking a sweatand the surprisingly apt Toyota RAV4 Hybrid-which has perfectly coordinated electric-motor power at the rear wheels, delivering instantaneous torque when needed with 33 mpg combined.

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WORLD CLASS SELECTION



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AUTOS



Perfect fit

Of course, most drivers don't need a vehicle to perform deep in the backwoods. Crossover utility vehicles might be sufficient, and the sporty, economical Mazda CX-3, complete with the iACTIV all-wheel-drive system that uses 27 sensors to create smooth, controlled steering, is one of the better picks for city dwellers who don't often stray from pavement.

Take note, though, that after a full day of muddy-trail driving, the CX-3 lost one of its underbody guards, and its wheelwell molding came loose. A few other more road-centric crossovers showed some similar signs of wear and tear. That might be of concern if we hadn't pushed these vehicles with more off-roading than most families will do in five years. It's something to keep in mind, though, when deciding on a vehicle.

Increasingly, utility vehicles will do it all—from in-town errands to road trips across the country; from heading into the mountains for a ski weekend to hauling kayaks out to a secluded lake. Choosing the right vehicle isn't about finding something that fits the trip you take once in a great while; it's about finding something that meets your everyday needs. Unless you're a regular off-road enthusiast, pick what drives well on the road—and what fits your family's needs—first. Then rest assured that whichever modern utility vehicle you choose is likely built to handle your next adventure.

Bengt Halvorson is an independent automotive journalist writing from Portland.

Flyer guide

Your overview of the Alaska experience.

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- Información sobre las salas de conexión en la página A10
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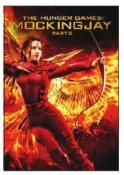
Watch movies and TV.

Laugh, cry, or both—all on your own device.

Power up your device with the latest hits.

Nearly every flight offers Alaska Beyond™ Entertainment, which allows you to watch more than 70 premium movies, 80+ TV shows and nearly 90 free video shorts on your own device. Movie and TV prices start at \$1.99.

MORE THAN 70 TOP MOVIES, INCLUDING:



The Hunger Games
The complete series



CATCHING FIRE





The Revenant R (edited); 2:31



Kung Fu Panda 3 PG; 1:24



Star Wars: The Force Awakens PG-13: 2:15

How to get started:

See the Amenities card in your seatback pocket or get instructions at loadplayer.com.

NEARLY 90 FREE TITLES, INCLUDING:



Brain Games



Knife Fight



Lego Ninjago



Sub Pop Featured Album Kristin Kontrol, X-Communicate

FEATURED CONTENT PARTNERS:









Rent a preloaded tablet and get watching.

On longer flights, you can rent an Inflight Entertainment Tablet that includes more than 30 hit movies and 20 TV shows—including new movies you can't get anywhere else. Also enjoy music, Xbox games and digital magazines.

Most titles available with English subtitles.

TOP MOVIES AVAILABLE ON THE TABLET:



Eddie the Eagle PG-13; 1:45



Midnight Special PG-13; 1:52



Zootopia PG-13; 1:46



Hail, Caesar! PG-13; 1:48



Deadpool R (edited); 1:46

Tablets are free in First Class, and available to rent for \$8-\$10, depending on flight length.

Go online

Gogo® Inflight Internet is available on nearly all our 737s and E175s, including all aircraft flying transcontinental routes.

- Check email and access social media sites
- Enjoy free access to alaskaair.com
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* Gogo Inflight Internet is not available on flights to/from Hawai'i or when aircraft are flying over Latin America—including Mexico.

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See the world and earn miles doing it.

Earn or redeem miles on every Alaska flight and flights to over 800 destinations worldwide with our 17 airline partners.

Earn miles on hotel stays, car rentals, and everyday purchases, too.





BRITISH AIRWAYS



CATHAY PACIFIC



























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- Two free checked bags
- Complimentary upgrades
- . 50% bonus miles and more

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(40,000 miles flown on Alaska)

All MVP® benefits, plus:

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

MVP GOLD 75K

(75,000 miles flown on Alaska)

All MVP Gold benefits, plus:

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- Four Board Room day passes
- 125% bonus miles and more

^{*}Miles flown on PenAir and Ravn do not count toward elite status qualification







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Get **30,000 bonus miles** after qualifying purchases with the Alaska Airlines Visa Signature® card. Enjoy added benefits like:

- · Annual companion fare offer-because traveling is more fun with a friend
- Free checked bag for up to six people on the same reservation

Learn about all card benefits at alaskaair.com. The benefits above apply to Visa Signature® accounts only and different benefits apply to Platinum Plus® accounts. Card type is determined by creditworthiness.

Apply at mynewalaskacard.com or ask your flight attendant.

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Alaska Airlines received the highest numerical score in the J.D. Power 2014-2016 Airline Loyalty Rewards Program Satisfaction Report. 2016 Report based on 3,073 total responses evaluating 7 programs, and measures the experience and perceptions of members who were surveyed March 2015. Your experiences may vary. Visit jdpower.com.

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



Explore more with Mileage Plan.











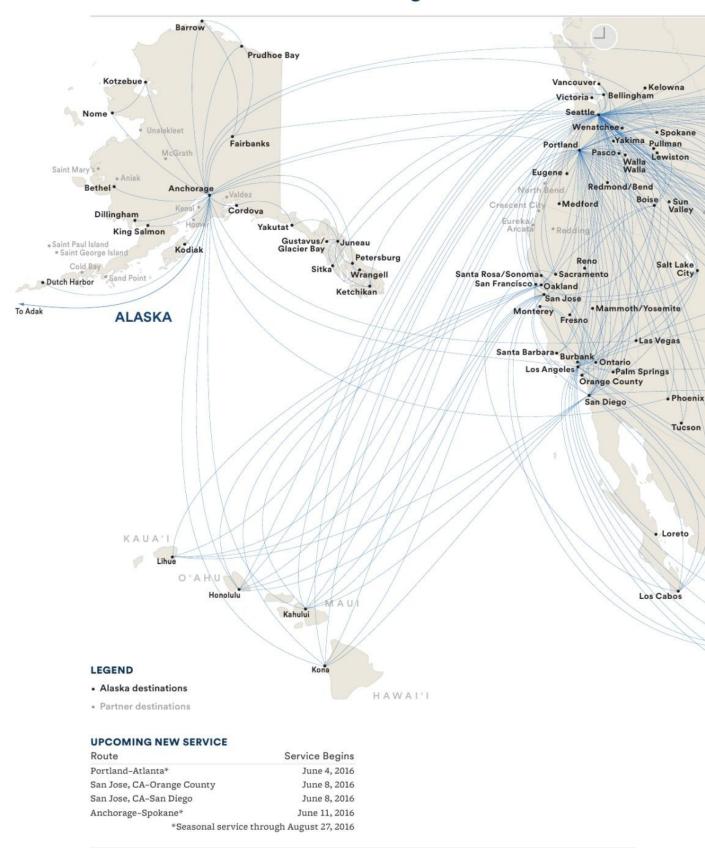
Emirates

Reykjavik, Iceland Icelandair

FLYER GUIDE

Where we fly

100+ destinations and counting.





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

Some routes shown operate seasonally.

Airport terminal maps

A quick guide to help you make easier connections.

ANC **Anchorage International Airport**



--- Satellite Transit System connecting the N, C, S, B Gates to the Main Terminal --- Satellite Transit System running between North & South end of Main Terminal

SEA

S GATES Alaska Airlines Air France/KLM British Airways Delta Air Lines

Seattle/Tacoma International Airport

CONCOURSE C

Alaska Airlines Ticketing & Bag Drop

C14 C16 C18

N GATES Alaska Airlines

N10 N9 N8 N7

CONCOURSE D

Alaska Airlines American Airline

N13 N14 N15

Emirates Hainan Airtines Icelandair Korean Air

CONCOURSE I

CONCOURSE A Alaska Airlines

ORD **PDX**



Portland International Airport CONCOURSE C Alaska Airlines American Airlines CONCOURSE B CONCOURSE D **CONCOURSE A** Alaska Airlines Alaska Lounge Ticketing & Bag Dropoff

LAX

Los Angeles International Airport



SFO

San Francisco International Airport



DFW

Dallas/Fort Worth International Airport



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 porporcionan a continuación. Las formas completas seran presentadas en la Terminal Internacional. Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.



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

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 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.



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

FMM

Who must complete this form?
All travelers except citizens of Mexico

FEM FOR MEXICAN NATIONALS

Who must complete this form? Citizens of Mexico

MEXICO STATE CODES: (CODE City, State)

ROO Cancún, Quintana Roo JAL Guadalajara, Mismaloya and Puerto Vallarta, Jalisco GRO Ixtapa and Zihuatanejo, Guerrero

BCS Loreto, La Paz, Los Cabos, and San Jose, Baja California Sur COL Manzanillo, Colima SIN Mazatlán, Sinaloa

D.F. Mexico City, Distrito Federal

NAY Nuevo Vallarta, Bucerias and north, Nayarit

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

FMM

¿Quién debe completar esta forma? Todos los viajeros, excepto los ciudadanos de México

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.





FMM



FEM

Your safety and comfort

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

SEATS

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

CARRY-ONS

- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

LAVATORY

 Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.

CREW SAFETY

• Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.

DEVICES

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

PETS

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

ALCOHOL AND TOBACCO

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

OTHER PROHIBITED ITEMS

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

CONTACT US

Customer care: 800.654.5669 (Mileage Plan, Web Support, Customer Care)

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

En Español: 800.858.5525 From Mexico: 001.800.252.7522

Alaska Airlines Vacations: 844.276.5297 vacations.alaskaair.com.

USING YOUR DEVICES

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

Allowed on the ground and in the air

- Laptops (must be stowed for taxi/takeoff/landing)
- Tablets/smartphones (Airplane Mode after door closure)
- · Wireless mouse/keyboard
- · e-readers
- Media/CD/DVD players
- Noise-canceling 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

Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions are on page 198.**

Difficulty: Easy

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

Difficulty: Medium

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



WORD GAMES

Monstrous Puns

ACROSS

- 1 Fabric surface
- 4 Visit Vail
- 7 College officials
- 12 Goose egg
- 17 Vigoda and Burrows
- 19 Bankrupt
- 20 Provide a gift
- Sanctum starter
- Third-rate vampire? 22
- 25 Alpaca's kin
- 26 Overflow
- 27 Propeller
- 28 Oodles
- Like some books 30
- 31 Produced fiction
- 33 Full strength, in a way
- Spider girl 35
- Fowl-tempered spirit?
- 42 Imbibed
- 43 Bungles things
- 44 Place to surf
- 45 Scriptures scroll
- John or Freda 47
- Make it? 50
- 51 Romance, e.g.
- Gas station feature 53
- 55 Tranquil
- 57 Sponge
- Spill the beans 60
- 62 Desiccated
- 63 Hidalgo hi
- 64 Pillages
- 66 Cool character
- 68 Of the Crescent
- 70 Paper type
- New Jersey seal goddess 72
- 73 Judge of the dead
- 74 Trials
- 75 Seed envelope
- 76 Rainbow maker
- Penthouse feature 77
- 78 Old Glory, e.g.
- 80 A way out
- 82 Hops dryers 85 Bright fish
- 86 Poe's bird
- 88 The Princess Bride actor
- 90 Loooong wait
- 92 Ink resin
- 94 Swear words
- 96 Common suffix
- 97 Lucy's husband
- 98 Lively dances
- 100 Ghostly representative?
- 104 One of the Andrews Sisters
- 107 Salacious stare
- 108 Bye-bye
- 109 In the ship's hold
- 110 Miami county
- 112 Falstaff quaff
- 114 Chet Atkins' instrument
- 118 Cycle starter
- 120 Monster's baby grand?
- 124 Anoint

125 Strange

109

118

124

128

50

- 126 Swerve
- Bard Teasdale 127
- 129
- 130 Desire
- 131 Hill VIP

DOWN

- 1 Madrid nothing
- 2 Seventh Biblical month
- 3 Mexican money
- 4 Phoenix player
- 5 Pioneer Carson
- 6 European leader
- 7 Mommie
- 8 Letter letters
- Scorched Void's partner 10
- 11 Abalone
- 12 Languish
- 13 Cursed cereal?
- 14 Grind one's teeth

- 15 Macho types
- 16 Profession
- 128 Lord's lackeys 19
 - Iraqi currency 23 Step ___!
 - 29
 - 32

78

110

125

93

- Straddling 34
- 37 Favorite
- 38 Viva-voce
- 40 Fellows
- 41 To be in France
- 42 Judi Dench's title
- 46 Con games
- 48 Campbell of fashion
- Immigrant island 49
- Zombie's sweetheart?
- 52 Pliny the
- 54 Westminster Abbey poet
- 56 Slicker

52

80

112

101

72

- Regatta sights
- Less polished
- 24 Sari wearer
- Mummy get-together?
- Force unit
- 36 Quotable collection
- Impulse 39

- 51

- Absentee lycanthrope?
 - 59 Italian thing

126

- Garish
- 65 U.S. physicist
- 67 Artemis' birthplace
- Simpson sibling 69
- Butcher buy 70 Consummate 71
- Like many canaries 72
- 74 Lacto-___-vegetarian
- 76 Antic
- 79 Rara The Buckeye State
- 83 Snead's needs
- 84 Mediocre
- 87 Winning margin
- All-star side 89
- 91 Diarist of note
- 93 Body of eau
- 95 Woofer or tweeter Plumber's concerns
- Flipped (through) 99 101 Shield border

102 Beeper

25

54

108

103 A case of pins and needles

56

- 104 **Buddhist monks** 105 Unaccompanied
- 106 Election participant
- 107 Memorize 7wei follower 111
- 113 Deadly sin
- 115 Moore contraction 116
- Brienzer See river 117 Clancy hero
- 119 Legal thing
- 121 Actress Peeples 122 Get the point 123 Downing Street number

SOLUTION ON PAGE 190.



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LOWERING CORPORATE HEALTH CARE COSTS IN REAL DOLLARS SINCE 1972

PROBLEM

20% of employees spend 80% of your medical dollars and most wellness programs only take care of the healthy employees.

SOLUTION

20/20 LifeStyles cures those with costly medical conditions such as Type 2 Diabetes, High Blood Pressure and High Cholesterol. Employees in remission eliminate medication and thereby cost you less, plus they increase productivity, up their attendance, and have fewer medical visits.

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HIGH BLOOD PRESSURE 79% (normalize blood pressure)

HIGH CHOLESTEROL 61% (normalize cholesterol)



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A windsurfer works the waves at Backyards, on Oʻahu's North Shore.