Alaska. BEYOND,

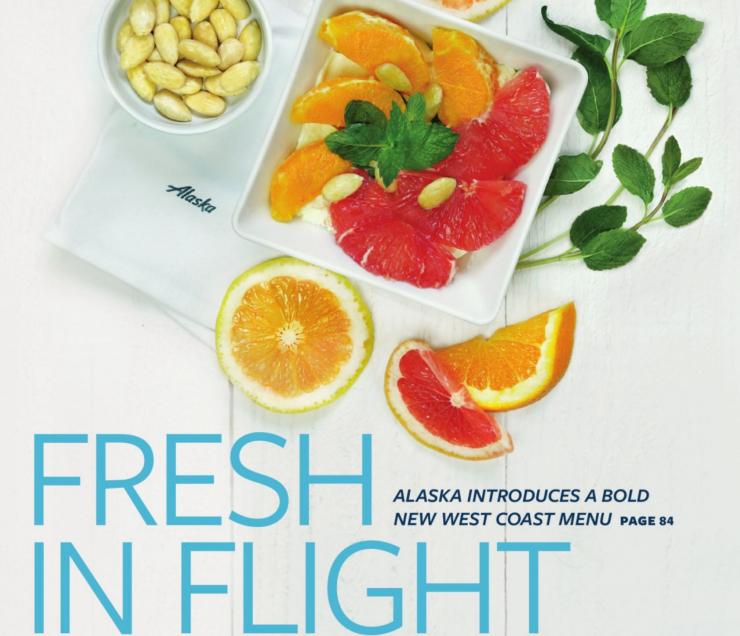
MAGAZINE APRIL 2018

FAMILY PARADISE

Hawai'i is the perfect place for kids of all ages **PAGE 126**

DISCOVERING D.C.

A tour of the nation's capital **PAGE 150**



YOU, PLUS ONE PLUS SUN.





Buy One

it icket icket

Introductory Offer

- → 31,000 bonus miles offer when you apply today.
- → First checked bag FREE.
- → 3x miles on Alaska Airlines and Virgin America purchases.

Apply with an Alaska employee today or visit AlaskaOffer.com



There are two types of cards: the Visa Signature® card and the Platinum Plus® card. The card you receive will be determined by several factors including your income and credit history. The benefits and bonus miles mentioned herein apply to Visa Signature® cards only. The Annual Fees, benefits and bonus miles for Platinum Plus® cards are different. For more information on the differences, see the Features section accompanying the application.

The Visa Signature card benefits described herein are subject to certain restrictions, limitations and exclusions. For more information about the rates, fees, other costs and benefits of this credit card, visit AlaskaOffer.com or see an Alaska employee and refer to the disclosures accompanying the application. This credit card program is issued and administered by Bank of America, N.A. Visa and Visa Signature are registered trademarks of Visa International Service Association and are used by the issuer pursuant to license from Visa U.S.A., Inc. Platinum Plus is a registered trademark of Bank of America Corporation. ©2018 Bank of America Corporation.



Higher standards

Construction Machinery Industrial and Epiroc – Part of the Atlas Copco Group.

In the World – The best construction equipment technology. In Alaska – The best sales and product support lineup. In Your Corner – The Winning Team.

Rigs | Drill bits | Steel

Anchorage (907) 563-3822 (800) 478-3822 Juneau (907) 780-4030

Fairbanks (907) 455-9600 Ketchikan (907) 247-2228

www.cmiak.com

Kirk Currey, Anchorage Sales Representative



Paul Larson, Juneau Mining Sales



epiroc.com



play another hand. buy another round. double up dessert. puff a fat cigar. scream for an encore. blow past bedtime.

call us when you land.











INSIDE_»



APRIL 2018

126 Hawaiʻi The Islands are a family paradise. By Ilima Loomis

167 Here & Now: Seattle Hip and historic Pioneer Square. By Margo Vansynghel



The New Pearl Perspective



A New Venture and a Whole New Perspective.

Welcome to Vista. Green spaces. Distinctive design.

Thoughtful amenities, like private verandas, a garden terrace, even a dog-washing room. It's all waiting for you, right along with your next adventure.





LIVE IN THE VISTA CONDOMINIUMS IN 2018

NOW SELLING VISTA CONDOMINIUMS. Prices starting from \$415,000 to \$3,000,000+ VISTA SHOWROOM OPEN DAILY: 10-5 M-F, 11-5 S-S or by appointment.

1130 NW 10th Avenue, Portland, OR | 503.227.2000 | Vistanorthpearl.com





APRIL



94 Pioneering Parks New ideas for preserving our natural wonders.



150 Near & Far Visiting monumental Washington, D.C.

WELCOME

11 A message from CEO Brad Tilden.

IN THE KNOW

- 17 What's New The latest from Alaska Airlines.
- 19 People Behind the Spirit Seattle Senior Engineer Ernest Yeun.
- **25 Community**Protecting the Kenai.
- **27 Partner Airline Perks**Dreams of quokkas and fine wines on Qantas.
- 29 Old School Dining in style.

ON POINT

- 33 Fresh Takes, Tom Douglas
- 37 View, Rob Dunton
- 41 Savvy Traveler, Johnny Jet

THE FEED

- 45 The Mix
- 55 In Focus: The Decemberists
- 58 #WeekendWanderer
- 60 When in Indianapolis
- 63 Out & About Sacramento
- 67 Plates & Pours
- 73 Likes
- 75 Looks
- 77 Finds
- 79 In Play
- 81 Wheels

NEAR & FAR

- **150 Historic Washington**Touring the National Mall and other sites in D.C.
- 158 Vilnius Through the Ages Lithuania's capital celebrates heritage, art and reinvention.

HERE & NOW

- 167 Seattle
- 174 Alaska
- 178 California
- 181 Portland

FEATURES

94 Pioneering Parks

The National Park Service's new ideas for sustainability and education.

112 Memorable Golf

A tour of unforgettable layouts and new equipment.

126 Family Paradise

Hawai'i is the perfect place for people of all ages to play.

142 Multicultural San Diego

From Little Italy to Kearny Mesa.

FLYER GUIDE

185 Alaska Airlines Flyer Guide

Travel tips, flight information, Mileage Plan, Air Safety, Route Maps, Vacations and more.

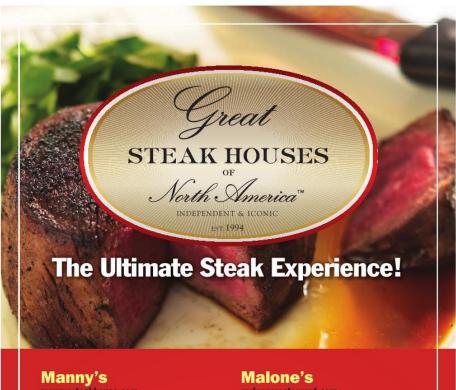
204 Games

212 #iFlyAlaska

ON THE COVER

Look for fresh new flavors on Alaska Airlines.

Photo by Charles Koh. Food styling and preparation: Minna So & Justin Khanna.



MINNEAPOLIS. MN 612.339.9900

PROPRIETORS: Phil Roberts, Peter Mihajlov & Kevin Kuester

Grill 225

grill225.com

CHARLESTON, SC 843.266.4222

PROPRIETOR: Nick Palassis EXECUTIVE CHEF: Demetre Castanas

Benjamin Steak House + Benjamin Prime

benjaminsteakhouse.com

NEW YORK, NY 212.338.0818

PROPRIETORS: Benjamin Prelvukaj & Benjamin Sinanaj

McKendrick's Steak House

mckendricks.com

ATLANTA, GA 770.818.6346

PROPRIETORS: Claudia & Doug McKendrick



malonesrestaurant.com

LEXINGTON. KY 859.335.6500

PROPRIETORS: Brian McCarty & Bruce Drake

Metropolitan Grill

themetropolitangrill.com

SEATTLE, WA 206.624.3287

PROPRIETOR: Ron Cohn

RingSide Steakhouse

RingSideSteakhouse.com

PORTLAND, OR 503.223.1513

PROPRIETORS: Jan, Scott & Craig Peterson

St. Elmo Steak House

stelmos.com

INDIANAPOLIS, IN 317.635.0636

PROPRIETORS: Steve Huse & Craig Huse

Elway's

www.elways.com

DENVER, CO 303.399.5353

PROPRIETORS: John Elway & Jennifer Wiard

INDEPENDENTLY OWNED & OPERATED www.GreatSteakofNA.com



Volume 42, No. 4

Publisher Mimi K. Kirsch

Editor-in-Chief Paul Frichtl

Senior Editor Michele Andrus Dill Associate Editors Jeff Bond, Ben Raker,

Andrew Waite

Assistant Editor Lara Hallock

Editorial Interns Chhavi Mehra,

Chace Mortimer-Davy, Ellisha Rosli, Michaela Ware

Contributors Dave Anderson, Tami Asars Avalon Ashley, Don Ayres, Barbara Beckley, Dave Boling, Tom Douglas, Rob Dunton, P.M. Fadden, Bengt Halvorson, Megan Hill, Johnny Jet, Ilima Loomis, Eric Lucas, Ken Marsh, Carolyn McCarthy, Dianne McGinness, Jim Moore, Andrea Poe, Jill K. Robinson, Michael Shapiro, Donna Stonecipher, Drew Tyson, Jacob Uitti, Margo Vansynghel, Ken Van Vechten, Kevin Williams, Nanette Wong

Art Directors Margaret Elson, Nancy O'Connell

Associate Art Director Ellen Ordóñez

Production Director Paul Frichtl

Advertising Production Manager Theresa Santucci

CEO Edward B. Kirsch

Accounting Manager Holly L. Genest

Advertising Data Wrangler Liz Borovik

Office Coordinator Courtney Evans

Coordinator for Alaska Airlines Elliott Pesut

SALES OFFICES

2701 First Avenue, Suite 250, Seattle, WA 98121; 206-441-5871; fax 206-448-6939 email sales@paradigmcg.com

Advertising Director: Kenneth J. Krass, ext. 11

Western Washington/Eastern Washington/ Florida/Canada: Becca Conversano, ext. 21

Western Washington/Illinois:

Stephany Angelacos, ext. 13

Oregon/Idaho/Montana/Colorado/Utah/Michigan:

Clay M. Schurman, ext. 33

California/Arizona/Nevada/New Mexico/Texas: Yael Kallin, ext. 27

Alaska: Duane Epton, 3705 Arctic Blvd., #452, Anchorage, AK 99503; 907-561-2450, fax 907-344-7262

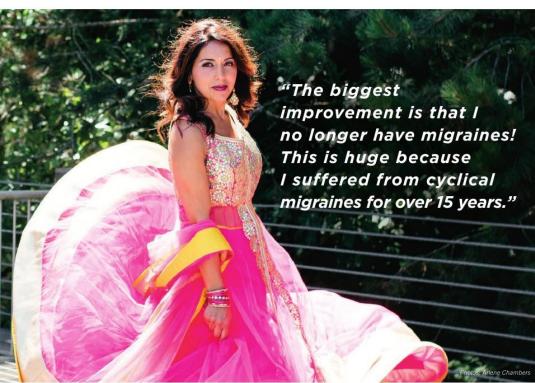
East Coast/Mexico: Kenneth J. Krass, ext. 11

Hawai'i: Debbie Anderson, 808-739-2200, fax 808-739-2201



alaskabeyondmagazine.com

Alaska Beyond Magazine (ISSN 0199-0586), the monthly inflight magazine of Alaska Airlines, is published by Paradigm Communications Group, at 2701 First Avenue, Suite 250, Seattle, WA 98121. Copyright ©2018 by Paradigm Communications Group, all rights reserved. No part of this magazine may be reproduced without permission of the publisher. Subscriptions: \$65 in the U.S.; \$70 elsewhere. Single-copy price: \$8. Photocopy of individual articles: \$3.50. Publisher assumes no responsibility for return of unsolicited manuscripts or art. Printed in the U.S.A. Postmaster: Send address changes to Alaska Beyond Magazine, 2701 First Avenue, Suite 250, Seattle, WA 98121-1123.







Be your best. Feel strong & vibrant. Awaken ageless beauty.

Step into our time machine and roll back the years with our step-by-step rejuvenation program. Together with our experts, you will look and feel your best in just 10 weeks.



Get started today! Call 1.877.497.6210 mybest10.com

10 WEEKS TO YOUR BEST YOU!

Fitness and nutrition have always been an important part of my life. Eight years ago, I picked up tennis and fell in love with this amazing sport. My passion led me to become a co-captain of four to six teams a year. This kept me busy and, over time, I spent less time with other exercise. As a result, my cardiovascular fitness and core strength declined. I ended up throwing out my back and suffered from various overuse injuries. All this, combined with intense migraines, caused me to slow down quite a bit. I gained weight, began to eat poorly due to the nausea caused by the migraines, wasn't sleeping well, and my tennis game slowed down. I really had to make a change.

My goals were simple. I didn't join the program to just lose 10 pounds. Rather, I wanted to decrease my migraines, increase my cardiovascular fitness, and build my core strength and muscle without any further injury. I was confident that my weight loss would come naturally with the changes I was about to make.

My success came from having a mindset to give it 100 percent in spite of having a busy schedule as an event planner, managing an annual cashmere sale, and being a mom to two active boys. I asked a ton of questions, never missed an appointment with my trainer or dietitian, and when I began noticing changes right away, I became even more motivated!

I absolutely loved my dietitian appointments and always came in with lots of questions. I learned so much. I thought I already knew how to lead a healthy lifestyle. I couldn't have been more wrong! I also loved the personal training, which I continue to this day because I'm motivated to keep the results I worked so hard to attain. Plus, it adds a sense of accountability. My tennis game is better than ever! The beauty care was a great bonus. I'd been using the same skincare products for several years and although my skin looked great, I loved my new line of products and all the tips I got on how to maintain beauty as I age.

The biggest improvement is that I no longer have migraines! This is huge because I suffered from cyclical migraines for over 15 years. In fact, they had escalated so much in the last three years that I'd even ended up in the emergency room. I'm still so surprised by this result. I believe that everything combined – exercise, nutrition, reducing stress, better sleeping habits – is what did it. My goal was to reduce my migraines. I never thought I'd ever eliminate them completely!

My Best 10 is truly special and I received much more than I ever expected.

FLY-AND-GO-SEEK.

Most nonstops from the West Coast at nonstop low prices.



WELCOME





Brad Tilden, Chief Executive Officer



Sangita Woerner, VP of Marketing

THE BEST THINGS IN LIFE ARE BRIE

>>> This month, our VP of Marketing, Sangita Woerner, shares how her team has been busy in the kitchen, tasting some great new items that are popping up on our First Class menu. We hope you enjoy them! - Brad Tilden

As a marketer, one of the most important things to know is what your brand stands for, and what makes it different from everyone else. With total confidence, I can say that Alaska Airlines stands for the genuine, caring service that our employees provide to our guests every single day. Then we can start to discuss some of the other things that set us apart, like our low fares, our industryleading Mileage Plan and our Annual Companion Fare associated with our credit card.

And there's our Signature Fruit & Cheese Platter. Our guests truly crave our Fruit & Cheese Platter. One guest wrote an entire blog about how, and in what order, to eat the three different cheeses and how to use the crackers in the most efficient manner. (I am sure you have your own special way to eat it, too.)

Alaska Airlines is proud to be your West Coast airline. That not only means giving you lots of

flight options to incredible places, but it also means bringing a fresh and local West Coast vibe to your onboard experience. With our Fruit & Cheese Platter as motivation, and working with our team of culinary experts and our catering partner, LSG, we launched our new West Coastinspired First Class menu last month.

We asked, and you told us that "fresh and local" meant fruits and vegetables such as avocados, apples, berries, asparagus, tomatoes and kale. Starting this spring, we're weaving these fresh ingredients into new menu items in our First Class cabin. Among the choices you can sample are all-natural, strawberry-lime-flavored smoothie shots, made fresh every day. You can also try some new sweet treats such as Nancy's Fancy gelato from Los Angeles, in flavors including Amarena Cherry and Bourbon Vanilla.

For our First Class main dishes, we took inspiration from Virgin America's award-winning meals, incorporating fresh, vibrant ingredients in thoughtfully plated dishes updated quarterly to add variety and seasonality. Other First Class enhancements include a choice of two meals on all flights that serve meals. We'll also soon

>> WELCOME

be featuring local West Coast wines, served and poured from the bottle, much like the experience you get at your favorite restaurants.

On our coast-to-coast and Hawai'i flights, you can preorder one of our First Class meals, which include our Fruit & Cheese Platter option, ahead of time (using our app), and we'll have it ready for you onboard. We're planning to offer First Class meal preordering across all flights early in 2019.

These changes are in First Class to start, but later this year you'll see changes to our Main

Cabin meals, as well. (Don't worry, the Fruit & Cheese Platter isn't going away.) While we haven't finalized the menu yet, imagine options such as a West Coast Cobb salad with rotisserie chicken, baby spinach, cage-free hard-boiled egg, grilled asparagus and Roma tomato, with basil vinaigrette. Or smoked turkey on a baguette with Havarti, pesto, avocado and roasted tomato.

We'll also be pouring more craft brews to complement the food, starting with Ballast Point's Sculpin IPA, among other

brews that will be rotated throughout the year.

Have I made you a little hungry, and thirsty, by now? We're excited about the new, fresh and local offerings to come. We'll know we've succeeded when a blogger writes an article obsessing about the Cobb salad they had onboard.

After all, the Fruit & Cheese Platter shouldn't get all the attention.

Thanks for flying with us today.

-Sangita Woerner

>> BIENVENIDO



Brad Tilden, Jefe Ejecutivo

LAS MEJORES COSAS EN LA VIDA **VIENEN CON QUESO BRIE**

>>> Este mes, nuestra vicepresidente de marketing, Sangita Woerner, nos cuenta cómo su equipo ha estado ocupado en la cocina saboreando algunos productos nuevos que empiezan a formar parte de nuestro menú para la cabina de primera clase, iEsperamos que los disfruten! - Brad Tilden



Sangita Woerner, VP de Márketing

Cuando trabajas en el campo de la mercadotecnia, una de las cosas más importantes es saber qué representa tu marca o qué la hace diferente de otras. Puedo decir con toda confianza que Alaska Airlines representa un servicio genuino y cuidadoso, que nuestros empleados proporcionan a nuestros clientes cada día. Después, se puede debatir sobre qué otras cosas nos representan, como nuestras tarifas bajas, nuestro Mileage Plan líder en la industria o nuestra tarifa anual de Acompañante asociada con nuestra tarjeta de crédito.

Y también tenemos nuestro emblemático plato de frutas y quesos.

A nuestros clientes realmente les encanta nuestra bandeja de frutas y quesos. Un cliente escribió un blog entero acerca de cómo, y en qué orden, se deben comer los tres diferentes quesos y cómo usar las galletitas saladas de la forma más eficiente. (Estoy segura de que usted tiene su propia forma de comerlas también).

Alaska Airlines se enorgullece en ser su aerolínea en la Costa Oeste. Esto no solo significa ofrecerle varias opciones de vuelos a lugares increíbles, sino también brindar una buena vibra, fresca y local propia de la Costa Oeste a su experiencia a bordo. Con nuestro plato de frutas y quesos como motivación, y trabajando con nuestro equipo de expertos culinarios y nuestro socio de comidas a bordo, LSG, el mes pasado lanzamos nuestro menú de primera clase inspirado en la Costa Oeste.

Les hemos preguntado a nuestros clientes, y ustedes nos han dicho que "fresco y local" significa frutas y vegetales como aguacates, manzanas, frutos del bosque, espárragos, tomates y diferentes tipos de col. En esta primavera, entrelazaremos estos ingredientes frescos en nuevos productos del menú de nuestra cabina de primera clase. Entre las opciones que puede degustar tenemos copas de batido de fresa y lima, frescos del día. También puede probar algunas sorpresas dulces como el gelato de Nancy's Fancy de Los Ángeles, en sabores como cereza amarena y vainilla bourbon.

Para nuestros platos principales de primera clase, nos inspiramos en las comidas galardonadas de Virgin America, incorporando

ingredientes frescos y vibrantes en menús que son actualizados cada trimestre para agregar variedad y estacionalidad. Otras opciones para primera clase incluye el ofrecer la elección de dos platillos en todos los vuelos que sirven comidas. Pronto ofreceremos vinos locales de la Costa Oeste, servidos directamente de la botella, similar a la experiencia que recibe en su restaurante favorito.

En nuestros vuelos de costa a costa y a Hawái, puede encargar con anticipación (usando nuestra aplicación) su comida de primera clase, que también incluye nuestro plato de frutas y queso, y la tendremos lista para usted a bordo. Planeamos ofrecer reservas de comidas para nuestros pasajeros viajando en primera clase en todos los vuelos a principios de 2019.

Estos cambios comenzarán en la cabina de primera clase, pero más adelante en el año verá cambios en nuestras comidas en la cabina principal también (pero no se preocupe, el plato de frutas y quesos no desaparecerá). Aunque aún no hemos terminado el menú, espere opciones como la ensalada Cobb de la Costa Oeste con pollo asado, espinacas tiernas, huevos duros de gallinas de corral, espárragos a la parrilla, y tomates romanos con vinagreta de albahaca, o pavo ahumado en una baguette con queso Havarti, pesto, aguacate y tomate a la parrilla.

También ofreceremos cervezas artesanales para complementar la comida, comenzando con Sculpin IPA de Ballast Point, entre otras que rotaremos durante el año.

¿Le he abierto el apetito ahora, se le antoja algo? Estamos emocionados por las nuevas ofertas frescas y locales. Sabremos que hemos tenido éxito cuando un bloguero ha escrito todo un artículo sobre la ensalada Cobb que comió a bordo. Después de todo, el plato de frutas y quesos no debería llevarse toda la atención.

Gracias por volar con nosotros hoy.

-Sangita Woerner



Introducing the Hybrid MBA

Created for busy professionals, the Hybrid MBA from the UW Foster School of Business lets you advance your career on your terms. It provides the best of both worlds: the flexibility and convenience of interactive online learning reinforced through quarterly in-person sessions on campus in Seattle. With the Hybrid MBA, you'll enjoy:

- ▶ The same rigor and accreditation of a Foster MBA while learning on your own time.
- A work-compatible schedule consisting of 95% online and 5% on-campus learning.
- A brisk, two-year program with no courses during the summer quarter.

Learn more at foster.uw.edu/hybridMBA



Seastar has a new look...



...but we're a lot more than just a pretty face.









Introducing the new Seastar. New look, new menu, same great service.

205 108th Ave NE, Bellevue, WA 98004 * 425-456-0010 * seastarrestaurant.com









From Sea to Serve.

Lynden's Cool ChainSM service manages your seafood supply chain from start to finish. Fresh or frozen seafood is transported at just the right speed and temperature to meet your particular needs and to maintain quality. With the ability to deliver via air, highway, or sea or use our temperature-controlled storage facilities, Lynden's Cool ChainSM service has the solution to your seafood supply chain challenges.

lynden.com | 1-888-596-3361

IN THE KNOW»

WHAT'S NEW: ALASKA LOUNGE COMING TO JFK

>>> This month, Alaska Airlines is opening its first Alaska Lounge on the East Coast, on the mezzanine level of Terminal 7 at New York's John F. Kennedy International Airport. Alaska operates 14 flights a day to New York's JFK and offers connections to many international destinations through its global partners.

Picture a living room with a barista. The new Alaska Lounge in JFK will offer handcrafted coffee and tea beverages made by our Lounge Baristas. Hungry? Enjoy fresh and local complimentary food offerings, featuring oatmeal and yogurt bars in the morning and salad and soup in the afternoon and evening. Looking to unwind? Head to the bar for local beer and wine, and signature cocktails.





Over the next year, you will start to see other Alaska Lounges undergo upgrades designed to make your travel more comfortable, more productive and a lot more enjoyable. And in 2019, Alaska will open its new flagship 15,000-square-foot Alaska Lounge in Seattle. Alaska continues to be the only do-

mestic airline providing all paid First Class guests with complimentary access to airport lounges.

Not an Alaska Lounge member? Visit an Alaska Lounge or alaskaair.com/content/airport-lounge/join-renew to join. Or try us out by purchasing a day pass for only \$45.



NEW TUNES TO FLY BY

)) Alaska Airlines has hit play on a new airport music experience, launching in the Seattle area.

Earlier this year, the airline began testing music at the check-in counters at Seattle-Tacoma International Airport. Inspired by Virgin America's airport music, Alaska is bringing audio to life with state-of-the-art equipment and curated playlists.

"We wanted to incorporate music into our check-in experience to keep this beloved part of the Virgin America brand alive," says Natalie Bowman, Alaska's managing director of marketing and advertising.

Alaska's sound incorporates West Coast artists and music tracks that inspire travel and discovery.

Selections include songs by John Mayer, Coldplay, Justin Timberlake, Lana Del Rey, Maroon 5, Bruce Springsteen, and Tom Petty and The Heartbreakers. As an example, the playlist "Most West Coast" features music from the Portland-based band The Decemberists (profiled on page 55 of this magazine) and from other musicians in Western states.

Alaska began developing a music strategy in 2017, led by Erika Fogarty, then head of brand creative at Virgin America. The team met with several music vendors before choosing PlayNetwork, which manages music for other major brands.

"At Sea-Tac, PlayNetwork designed and installed a custom home-theater-style Sonos audio system, specific to our check-in lobby, and worked with us to curate our brand playlists," Fogarty says.

For now, guests hear the new music only at Sea-Tac, but an expanded rollout is being considered for select airports in 2018, with the goal of having customized music systemwide by 2020.

"Music is an element that we wanted to make even bigger and better as part of Alaska's travel experience, since it's quite popular," says Bowman. "We're excited that it's coming to life." —*Dianne McGinness*

ALASKA SAMPLES

The following are a couple of the playlists you may hear at Sea-Tac, and some of the songs from each playlist:

Most West Coast

- Want You Back, Haim
- What Lovers Do, Maroon 5, featuring SZA
- Here I Dreamt I Was an Architect,
 The Decemberists

That's How We Fly

- Learning to Fly, Tom Petty and The Heartbreakers
- Stargazing,
 Kygo, featuring
 Justin Jesso
- Something Just Like This, The Chainsmokers and Coldplay

WOODFORD RESERVE®

THE OFFICIAL BOURBON

OF KENTUCKY DERBY 144"



PEOPLE BEHIND THE SPIRIT

A STAR AT NIGHT

Senior Engineer Ernest Yeun is a Legend of Customer Service

>> Ernest Yeun does his best work while most people are asleep.

A 22-year veteran of Alaska Airlines, Yeun prefers the challenges of working on the night shift in the Seattle hangar-a busy time for maintenance, because more planes are in the hangar overnight than during the day.

"All the fun stuff happens at night," Yeun says. "We get to cover anything that might come up. I feel very lucky that it's always new."

Though he had trained in engineering, Yeun began his career with Alaska cleaning airplanes. Within a year, he was a mechanic; within two, an engineer. Eventually, Yeun was tasked with creating the Aircraft on Ground department. Today, he works in AOG to assess maintenance needs and to design repairs that mechanics implement. His group typically faces a slate of issues when they start a shift in the evening. Their goal is to have the slate clean, and the fleet up and running, for the day shift.

While they aim to put planes back in operation quickly, Yeun says, they are also "sticklers for safety and compliance." They have grounded planes to wait for parts as small as a washer if they can't approve or design an equivalent part. "I don't think there could be a safer airline," Yeun says. "My family flies on these planes, too. They need to be completely safe."

Yeun, who is married with two daughters, greatly enjoys spending time with his family. And working the late shift has allowed him to participate in daytime activities, such as volunteering at his daughters' schools over the years.

At work, Yeun has mentored college-level interns, and his depth of experience makes him a natural teacher for younger engineers at Alaska. He is also known for being a calming influence in high-pressure situations.

Although he handles a high volume, Yeun doesn't mind being behind the scenes. "My job is to make sure my guys are supported for legal, safe, well-designed repairs," he says. ⊀



QUESTIONS & ANSWERS

What do you like most about your job? It's never boring. There's never really a "typical" night.

How do you keep things fun on the job? I think most workplaces have to have a "toy guy." I'm that guy. I'm known for driving remote-control cars in the parking lot after my shift. Also, guys often come to me really stressed out. So, years ago, I started putting toys on my desk-things like yo-yos and tops. Guys pick them up as

we talk. It calms people down.

What do you like to do outside of work?

I like camping and fishing with my family. We also like cooking shows, and we try to sample exotic foods when we travel. Also, we're a big Disney family. Our backyard patio is shaped like Mickey Mouse ears. I poured a lot of concrete for that!

What are some favorite travels?

We often visit family in Mexico. My most unique trip was above the Arctic Circle in Alaska. And I still get that butterfly excitement getting ready for any trip.

KUDOS FROM ERNEST'S CO-WORKERS

"Ernest is always thinking beyond what's in front of him, and seeing through even the toughest challenges. He takes the edge off with his ability to turn around a bad situation. Even frustrated technicians coming to him are turned into satisfied customers."

-Robert A., Operational Engineering Manager, Seattle

"Safety clearly stands out with Ernest. He's extremely resourceful in finding

solutions for what others have called 'impossible problems.' However, I would say his strongest areas are his professionalism and his absolute dedication to caring for his customers."

> -Kevin C., Managing Director Engineering, Seattle

"I really enjoy being Ernie's night-shift counterpart. He's like family to me." -Vince M., Senior Engineer, Seattle



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











Beach Resort & Spa At the Islands of Loreto, México

UNLIMITED GOLF PACKAGE

\$214 per person, per night, based on double occupancy. Booking window: Now to April 30, 2018 Travel window: Now to July 30, 2018

Promo Code: ASAPR18

Includes:

Three Nights stay in a Deluxe Suite Unlimited Golf including cart (Three days) \$25 USD SPA certificate, per adult, per stay \$500 USD Resort Credit Coupon per stay



















OWNERSHIP STARTING FROM BELOW \$300,000 USD

Beauty has a home. Yours. The way the home conforms to your lifestyle, seamlessly combining indoor and outdoor spaces. The way the property is enveloped by the Sierra Giganta mountains, carved liked rugged jewels by millennia of rain and sun. And the way the Islands of Loreto stand like sentries protecting your own private sanctuary. Own the beauty. Now selling home sites, single-family estates and fractional condominiums. Property Preview Vacation Package from \$999 (based on double occupancy).

Seller reserves the right to change the product offering without notice.











BAJAHOME.COM | 844.622.0799



AIRLINE 101

GREENER IN FLIGHT

>>> Terms such as "green" and "sustainable" reach far and wide these days, but efforts to reduce, reuse and recycle resources also reach up into the skies. While Alaska Air Group puts great effort into improving its sustainability measures throughout its operations, its progress inflight is particularly notable. The company now operates more than 300 aircraft, making more than 1,200 departures daily. Following are a few of the initiatives that are leading to greener skies:





Fleet Efficiencies

Alaska Air Group has one of the youngest commercial fleets in the country and in recent years has made commitments to purchase some of the most efficient, leading-edge new jet aircraft from Boeing and Airbus.

- Alaska Air Group is the highest-ranking carrier on the 2017 Dow Jones Sustainability Index (North America).
- Boeing 737 MAX aircraft entering Alaska's fleet in 2019 will be about 13 percent more fuel-efficient than its older 737s. Virgin America's new Airbus A321neos are up to 20 percent more efficient than its older models.
- Alaska Airlines has been recognized as the most fuel-efficient carrier in the nation for seven years in a row by The International Council on Clean Transportation.
- Split scimitar winglets on the tips of Alaska's 737s save more than 5,800 gallons of fuel per year per aircraft.
- In 2016, Alaska flew the first-ever commercial flight using biofuel derived from wood residues.
- Employing RNP (Required Navigation Performance)—a satellite-based navigation technique Alaska pioneered to define more direct aircraft routing—Alaska and Horizon saved an estimated 1.2 million gallons of fuel last year.

>>> In the Cabin

In 2017, more than 1,900 tons of inflight waste was diverted from landfills. Credit here the ingenuity of employees who have championed initiatives that take advantage of new technology to make operations more efficient and less wasteful, and the willingness of employees to come together and create change.

- Improvements in technology and operational efficiency save about 24 million sheets of paper each year.
- Since 2010, waste to landfill has declined54 percent per passenger.
- A switch to 100 percent recycled-content

paper for aircraft toilet tissue, facial tissue, cocktail napkins and paper towels has saved more than 665 tons of trees each year since 2010.

- In 2017, Alaska and Horizon flight attendants collected 82 percent of all newspapers, cans, plastic cups and other recyclable materials onboard their aircraft. Several crews have collected 100 percent.
- Horizon Air started onboard recycling efforts in the late 1980s. Alaska and Horizon flight attendants have even added composting to their routine, collecting coffee grounds.

That's taking sustainability to new heights. ⊀





hours and 20 minutes, far exceeding my own expectations! I used to make excuses for not exercising. Now, I look forward to working out, hitting the workout room or running on the road six days a week. I also swim, cross-train and plan to get back into hiking and yoga, as well as try skiing for the first time next winter and kayaking over the summer. I'm also trying Pilates for the first time.

Exercise is great for busting stress and staying in shape, but exercise alone won't fix the problem. You have to have diet and exercise in harmony. Even now, I see my trainer and dietitian regularly to get my diet dialed-in to support my level of activity.

Biggest changes? I could list so many, but what I love the most is that I have more energy, feel so much more confident, and love wearing clothes from stores I couldn't have set foot in before. It's a lifestyle change, not a diet. I'll be working on my lifestyle for the rest of my life. At least now, I have the tools to get it right most of the time

BRIAN LOST 72 POUNDS



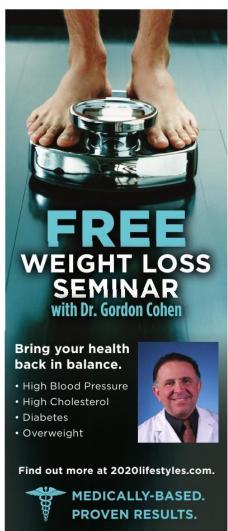
My son is the primary reason I joined 20/20 LifeStyles. When he was born, I wanted to be around for a long time to watch him grow up and, more importantly, I wanted to be a role model so he'd learn healthy habits. I also just wanted to feel better and healthier so I can keep up with him and all the activities he'll want to pursue in the future.

I've struggled with my weight my entire life. By my mid-30s, I was starting to battle the health effects of being overweight. I was on medication for high blood pressure and acid reflux, and had started to notice new issues with cholesterol levels. I knew my diet was unhealthy but, no matter how many times I resolved to change my ways, it just wouldn't stick. I might exercise more, but wasn't taking the steps to improve my diet. I saw that my poor eating habits were impacting my wife's eating choices too. Something had to change.

When I began the 20/20 LifeStyles program and started learning about proper nutrition, it was eye-opening! I discovered that even the "healthy" fruit

smoothies I'd been making for breakfast were having the opposite effect. I learned so many little tips and tricks, but what stood out the most for me was the theme of mindfulness. By just stopping for a moment to think about what I was eating and, more importantly, why I was eating it, has changed my view on food forever. I no longer snack mindlessly. I make each meal count. If it's "on plan," then I want the right fuel to get me through to my next meal or carry me through an activity. If it's "off plan," then it needs to be delicious. I won't waste calories on comfort food like pizza unless it's a pizza I'll really enjoy, and even those moments have become fewer and fleeting. I don't overindulge. It's all about being present and mindful, choosing what I eat and not letting the food choose me.

My personal trainer was also a huge part of my success. When I was younger, I despised running and couldn't string together two miles without a lot of motivation. Once I got into shape, exercise became fun! Now, I routinely run 5-6 miles, three or four times a week. I recently completed the Seattle Half Marathon in 2



>> IN THE KNOW COMMUNITY

PROTECTING THE KENAI

By P.M. Fadden

>> Alaska's legendary fish runs and rivers are part of what make the Great Land such a unique and important environment. This is certainly true for the Kenai Peninsula's river system. For 26 years, Alaska Airlines employees have supported the nonprofit Kenai River Sportfishing Association (KRSA) by donating money and volunteering to help restore and protect the Kenai River and the state's other world-class waterways.

"The airline recognizes that the Kenai is a marvelous resource," says Bill MacKay, retired Alaska Airlines vice president and current KRSA board member. "Not only have world-record salmon been caught there through the years, but the Kenai also is uniquely important for all four forms of local fishing: sport, commercial, personal use and subsistence."

Founded in 1984 by Alaska angler Bob Penney, KRSA advocates for the sustainability of the Cook Inlet Basin, the Kenai River and water sources across Alaska. KRSA's three full-time employees, led by 21 volunteer board members, organize volunteers to run programs that educate others on the importance of the Kenai and other fisheries, help manage the fishery resources, protect the salmon habitat and research how to keep fisheries healthy.

"The Kenai is Alaska's most popular place to catch salmon," says KRSA Executive Director Ricky Gease. "Through the years, the organization has expanded its capacity to promote science-based fish management, to educate the public on the enjoyment and preservation of the Kenai, and to engage the next generation in stewardship."

The nonprofit works with state agencies to help maintain the river habitats and to educate the public. "KRSA brings like-minded anglers and conservationists together in support of making a difference in managing fishery resources," says Gease. "This is our greatest



strength as an association."

Alaska Airlines employees have embraced the organization's goals and are a regular presence at fundraising events, including KRSA's Kenai River Classic series of fishing events held during the summer.

The Kenai River Classic, August 22–24 this year, is celebrating its 26th anniversary and has raised more than \$14 million for habitat restoration, as well as fisheries education, research and management. The 11-year-old Kenai Women's Classic, September 6–8 this year, encourages fisherwomen to get out on the Kenai, and also to learn about the fisheries program and what is needed to protect the salmon runs. The Kenai River Jr. Classic, August 15 this year, helps instill a love of the river and of fishing in a new generation. About 80 kids, ages 8 to 16, get to fish in boats on the Kenai with professional guides.

Those participating are supported by donations and with money from the other fishing events. They earn a spot on the boats by first

>>> Volunteers with the Kenai River Sportfishing Association and other organizations pick up litter along the rocky banks of the Kenai in Alaska.

taking part in a day of activities and workshops on stewardship of the Kenai, protecting the salmon runs and river ecology. The fishing events "generate memories that will last a lifetime," says Gease. "KRSA makes a tangible difference for ensuring the health of world-class fishing resources while providing access for anglers to enjoy the river with family and friends."

MacKay says that the powerful Kenai imparts a sense of importance and wonder to those taking part in the program. "The state's waters are something Alaska Airlines feels strongly about for both current and future use," MacKay says. "KRSA is a marvelous organization and one that is dedicated to preservation of the resource for everyone."









WINE IS JUST the beginning

CHARACTER, CULTURE, AN ABUNDANCE OF OUTDOOR ACTIVITIES AND EPICUREAN ADVENTURES

OREGONWINECOUNTRY.ORG | 866.548.5018 | #ORWINETRAV

TRAVEL OREGON



DREAMS OF QUOKKAS AND FINE WINES

By Dave Anderson

>> Flying from Los Angeles to Sydney

is not a short distance, and normally when I complete this 15-hour journey, I can't wait to get off the plane. But not this time.

On my most recent flight to Australia, I was fortunate to sit in Qantas' International Business Class, and I honestly didn't want to leave! In fact, I easily could have done another 15-hour journey back to Los Angeles in that comfortable Skybed seat.

The top-notch customer service, delicious meals and seemingly endless hours of entertainment were truly outstanding.

After takeoff, I was stoked to get into my Qantas Business Class uniform, aka the designer gray pajamas. I made my way to the lavatory to change and then got back into my assigned award-winning Skybed, opened the Qantas Curates amenity kit, and slathered on moisturizer, to help stay hydrated during the flight.

I had already enjoyed a glass of Champagne when the cabin crew welcomed Business Class passengers with bubbly, but the indulgence

really began when the Sommelier in the Sky came by to chat with me about the extensive wine selection. I loved the glass of Australian Brokenwood Cabernet Sauvignon Merlot the sommelier recommended.

Just as I began feeling a tad hungry, a flight attendant presented the multicourse dinner menu, designed by Australia's influential Neil Perry, who leads the Rockpool Dining Group and has been Qantas' creative director for Food, Service and Beverage for 20 years. I decided on the pumpkin-and-chickpea curry with rice. When it arrived, I quickly realized I'd ordered the vegetarian meal, but I didn't care in the slightest; it was incredible.

Then came the sweets, and I gobbled up a tasty slice of cheesecake, paired with a glass of dessert wine.

Over the course of dinner, I watched one of my favorite TV shows, Veep, on a beautifully

sharp 12.1-inch screen. And did I mention that during this entire time I was enjoying a light Skybed chair massage?

After a few episodes of Veep, it was time to get some shut-eye, and I reclined my Skybed to the fully flat setting. I finished my glass of wine, pulled on my eye mask and enjoyed the best sleep I've ever had on a plane, dreaming of friendly kangaroos, koalas and quokkas.

When I woke up, breakfast was being served, and I ordered a helping of French toast with macerated strawberries and yogurt that was out of this world.

Before I knew it, we had landed in Sydney. The flight flew by incredibly quickly, and I couldn't believe how refreshed and ready to explore Sydney I was. Though Business Class is a bit more expensive than the economy and premium economy options, it provides an



INTERNATIONAL BUSINESS CLASS travelers can enjoy the **one**world International Business Lounge operated by Qantas, in the Tom Bradley International Terminal at LAX.

No risk, 100% reward.

Discover delicious wines the right way — with an iron-clad money back guarantee.



Enjoy \$100 off your first case at nakedwines.com/alaska

Delivery Included

*restrictions apply, see nakedwines.com/voucherterms for details



DINING IN STYLE

>>> Alaska Airlines has a long and proud tradition of serving fine meals in flight. Over the years, it has boasted fresh and local, serving entrees such as baked salmon and Alaska shellfish, while poking fun at other airlines in its television commercials.

In the late 1960s, aviation giant Pan American World Airways, claiming unfair competition, apparently had struggling Alaska Airlines pulled before the Civil Aeronautics Board. In part, testimony centered around the food Alaska served. Alaska President Charles Willis had his lawyer ask him who catered Pan Am's

inflight meal service. The answer: Maxim's of Paris. When the lawyer then asked who catered for Alaska Airlines, Willis replied, "Sally's Box Lunches of Fairbanks." Laughter, in effect, ended the CAB hearing.

Actually, it was Sally's Catering, but Willis modified the name for effect; he had "an instinct for puncturing stuffed shirts," according to airline biographer Robert Serling, writing in Character & Characters: The Spirit of Alaska Airlines, published in 2008.

Read about Alaska's current updates to its inflight menu on page 84. ⊀

Class A High Tech Office NOW PRE-LEASING!

SEATTLE'S PREMIER WATERFRONT

683,000 sq. ft. of Class A office space across three buildings

Located on the scenic shores of Lake Washington

Next to sprawling 57-acre waterfront park

Luxury housing, shops & restaurants

15 minutes from Sea-Tac Airport, 20 minutes from Bellevue and 25 minutes from downtown Seattle



www.southport.life

LEASING CONTACTS: Dwight Newell | Nick Carkonen | Scotta Ashcraft +1 206 292 6000



NOW OPEN

HYATT REGENCY LAKE WASHINGTON

at Seattle's Southport



www.southport.life



AAA 4-Diamond award winner

347 luxurious guestrooms & suites with lake, mountain and Seattle skyline views

Grand Ballroom with capacity for up to 1,000

14 meeting rooms totaling 44,000+ sq. ft.

Water's Table a Lakeside Kitchen + Bar, seating for up to 240

24-hour Market

Spa, saltwater pool & 3,400 sq. ft. gym

4 Green Key-rated for sustainability efforts



LAKE WASHINGTON AT SEATTLE'S SOUTHPORT

hyattregencylakewashington.com +1 425 203 1234





DATING. UNPLUGGED!

CLICK, TAP, SWIPE, REPEAT. IT'S ALL SO... IMPERSONAL. ONLINE DATING WAS SUPPOSED TO

MAKE FINDING SOMEONE EASIER, SO WHY DOES IT FEEL LIKE SUCH A CHORE?

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

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

Life before It's Just Lunch?

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

It's Just Lunch Matchmakers:

What was working with a matchmaker like?

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

Best part of the IJL experience?

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

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

What makes you two a great match?

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

Advice for singles considering IJL?

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

The success of It's Just Lunch is built on creating high quality matches in low pressure situations. In 26 years, they've set up millions of first dates. Get in touch at 800-858-6526 or itsjustlunch.com.

DATING TRENDS

16%

Of singles know immediately if they want to see a first date again.

0000000

1.5X

Men are 1.5X more likely to "friend" someone within one week of a first date.

0000000

3/4

Of singles love getting a text after a good first date.

0000000

44%

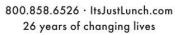
Of singles
wait until after
a first date
to do online
research on
their potential
partner.

0000000

#1

Personalized matchmaking service in the world.











JULIE LOPEZ

LLUSTRATION, KATHRYN RATHKE

ON POINT.





TAKING STALK

The versatile asparagus is a quintessential sign of spring

By Tom Douglas



>>> Right at this very moment, my favorite spears of spring are shooting up from the crusty earth in the Pacific Northwest, my home region. I'm talking about asparagus. Mossy-colored, hearty spikes knife skyward with tips that have been restrained by late winter frost and are now ready to burst upon the scene—eventually to reach our dinner plates. After eating my fill of Brussels sprouts, kale and cabbage through the winter, I look forward to this time of year for the freshness these succulent shoots bring. I like to use asparagus shavings in salad, blend shoots into a soup or-

Some folks refer to this veggie by its sound-alike nickname "sparrowgrass," or "grass," but asparagus is more closely related to garlic and leeks. It's available year-round in the jet age we live in, but I prefer using it in its traditional harvest season—late March to early June in Washington state (touted as the No. 1 asparagusproducing state in 2017).

my favorite—cook spears on the grill.

Asparagus is one of the easiest vegetables to incorporate into any part of a meal, though you need to make sure to choose the

best "grass" to begin with. Seek it out as close in time and place to harvest as you can—and if you can't find it freshly cut, then at least watch for good handling. You will often find bunches of asparagus in the market in rubber bands, standing cut end down in a shallow pool of water. This is beneficial because asparagus otherwise dehydrates and becomes limp soon after harvesting.

> The most common sizes are sometimes called "pencil" for thin stalks, "standard" for medium stalks and "fatties" (my term) for thick stalks. During harvest season, my company buys thousands of pounds a week from Connie Crawford of Crawford Farms, the neighbor of our Prosser Farm in Eastern Washington. Connie sells us assorted "field cut" asparagus that we sort and size ourselves for different uses a process that saves us money. I look for tight tips with tiny seeds still tucked invisibly into arrowlike heads. At the market, where options may be more limited, I just make sure the asparagus is firm, green and not too "woody."

>> ON POINT

FRESH TAKES

To prepare asparagus, I wash it in cold water and set it on a dish towel to dry for a bit. Next comes a decision: how to cut. There's a school of thought that you simply grab the base of a spear in one hand and near the middle with the other hand and bend the stalk until the "tough" end breaks off. Often you are throwing away at least 2 inches of base and sometimes more. That's like getting cash out of the ATM and throwing a good portion of it in the trash. I prefer to shave the base of a spear with a peeler, downward from where the stalk turns from green to gray-white. I cut successive small pieces of the shaved end, testing for toughness and bitterness until I like what I taste. A batch of asparagus is usually from one field, so just try one spear to know where to cut the others.

Like I said, it's easy to incorporate asparagus into any part of a meal. For a salad, you don't have to cook it at all—just use a sharp peeler to shave raw, cleaned asparagus until there's a big

enough pile of green ribbons to make a salad. Dress this with olive oil, lemon juice, flake salt, ground black pepper and a generous amount of finely grated Parmigiano-Reggiano cheese.

Asparagus soup is simple enough to be a recipe-box staple in spring. To one quart of chicken or veggie stock, add one half pound of quarter-inch diced potatoes and one small diced onion. Simmer until these ingredients are tender (about 10 minutes). Add a pound of cleaned, chopped asparagus with some 1-inch tips set aside for garnish. Cook for a minute and use an immersion blender (or standard blender) to puree until the soup is smooth. Pour the soup into preheated bowls, or serve it chilledeither way works. Garnish with the asparagus tips. Top off the soup with a drizzle of olive oil.

If I could choose only one method of cooking asparagus, it would be grilling. Get your charcoal hot, or put your gas grill on high. Prepare asparagus fatties by cleaning them and

brushing them very lightly with olive oil. Then place them on the grill as close to the flame as possible. We want to char the outside of the spears without cooking them through. If they get a little burnt, that caramelization is flavor in my book. If your fire is right, the whole process should take three minutes or less. I like to garnish a platter of them with a squeeze and the zest of a lemon, some crushed toasted hazelnuts and/or a nice dollop of garlicky aioli.

When you wait for the natural season of a locally grown vegetable—as I wait through winter for spring asparagus—patience and anticipation make the heart grow fonder. And savoring these stalks at their peak freshness is a great way to usher in spring. Cheers! ⊀

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



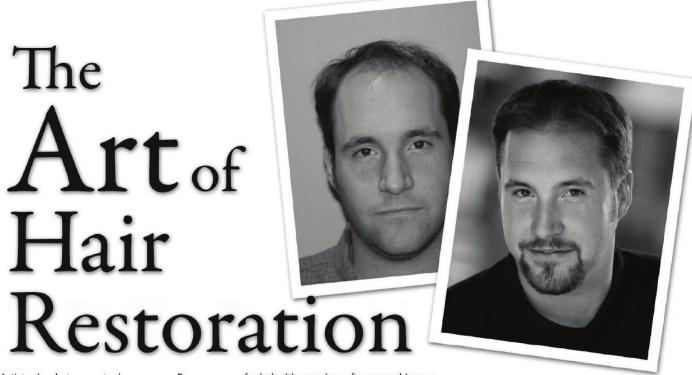
Introducing CloudFlex® SD-WAN

CloudFlex® SD-WAN's scalable network continuously adapts to meet the needs of your growing business. With customizable functionality, traffic engineering and agile technology, your network is ready for take off when you are.



Your Partner in Possibilities:

gci.com/cloudflex | 800.800.7754



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



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

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

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

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

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

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

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



Eyebrow Transplantation Before & After

Whether you are a man, woman or child, Dr. Goertz is dedicated to creating results that are so natural that the only way someone will know you have had a transplant done is if you tell them.

Visit www.HairTransplantSeattle.com or Call 1-888-642-4247

11007 Slater Avenue NE Kirkland, WA 98033

Hair Transplant Seattle

DASH KNOWS THE PERKS OF TRAVELING IN A PACK!



EXCEPTIONAL GROUP RATES AND TREATS INCLUDED.

sales@staypineapple.com staypineapple.com/small-groups



IN SEARCH OF SAND

Family beach fun in the California sun

By Rob Dunton



)) My toes curl into moist sand. Scattered stones, bits of driftwood and bright-green eelgrass dot the shore. In front of me stretches the vast Pacific Ocean. Behind me tower sandstone bluffs that have been sculpted by wind, tides and rain.

I am standing on a stretch of Leadbetter Beach near Leadbetter Point in Santa Barbara, California, with my wife and kids. While I often pack a collection of gear-standup paddleboards, bodyboards, beach toys, chairs, umbrella-today we brought no accoutrements, and our fun hasn't diminished one bit. Our boys are lost in unfettered play and exploration. Every stick, stone and shell is source material for creativity. The kids draw shapes on the wet sand, search for pirate gold and sand crabs, build sandcastles, run, skip. ... The pleasures are easy and endless.

As the tide recedes, tide pools emerge, and we spot anemones, urchins and other critters. The boys collect long strands of kelp and create dragon tails and jump-ropes. Small puddles of seawater prove to be a magnet for jumping in and splashing. Soon our boys are soaked to the skin. Although it's a quintessential sunny Southern California day, the water temperature is in the 60s, and under other circumstances, the kids would be cold and complaining, but the beach fun washes all this away.

Off the point, small friendly waves roll toward an adjacent cove, and are ridden by bodyboarders, surfers and SUPers ranging in age from 5 to 75.



>> ON POINT

VIEW

Fathers stand in waist-deep water as they instruct their kids on how to surf, providing a helpful push when needed to help their progeny catch the waves.

When I grew up in California, our home was located 40 miles from the nearest beach, which for a kid might as well have been a thousand miles. When I returned to California after college, I knew I wanted to live closer to the ocean. So for the past 30 years, I've made it a point to live within 3 miles of the beach. Time in, on and under the ocean has been a mainstay of my life. With such a longstanding connection to the water, searching for and exploring the welcome mats of the oceans beaches—has become a hobby.

Every person has elements that define his/ her ideal beach: dramatic cliffs or wide sand, vibrant reefs or peeling waves, lively boardwalks or lounge chairs with umbrella drinks. My ideal has morphed over the decades. In my

Beaches are the welcome mats of the oceans.

20s, beaches were the social setting for weekend get-togethers with friends, so places where we could set up a volleyball court or drag coolers and barbecues onto the sand were key. While dating, I looked for beaches or coves where we could enjoy a private picnic and talk for hours. When I became a dog owner, I sought out spots that allowed offleash pets, and when I got into surfing, easyto-ride waves reigned supreme. Thankfully, California has miles and miles of varied coastline (numbers vary by source, but the California Coastal Commission, a state agency, says approximately 1,270), with 437 named beaches and more than 100 beach towns, according to beachcalifornia.com. In Santa Barbara alone, within a 10-minute drive of downtown, our

family can find wide sandy beaches with volleyball nets and kayaks for rent; beaches with restaurants on the sand; and long empty stretches of coast tucked below towering cliffs.

As I watch the wave riders at Leadbetter Point, I wish that I were out there with my boys, but I know their swimming skills aren't yet ready for sending them off on a board, speeding away from the safety of my arms.

As I return my attention to our family beach play, I am aware of how deeply and simply happy we all are in this moment. At this time in my life, this spot reflects my ideal: a scenic beach, close to home, uncrowded, and family friendly. No surfboards, beach toys or umbrella drinks needed (at least today!)—just sand and the lapping sea, with people I love and time to enjoy it all. X

Rob Dunton is a Southern California writer and photographer.



DOWNTOWN ANCHORAGE

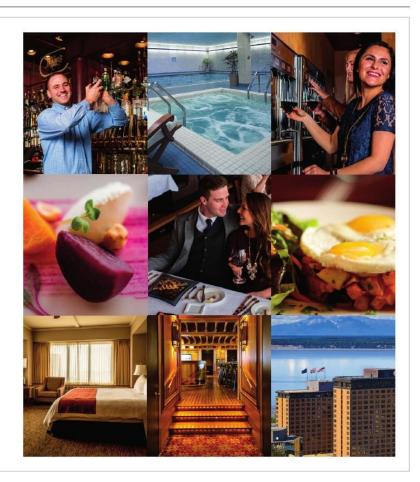
The only Alaskan place to stay for charm, culture and cuisine.

Featuring four distinctive restaurants, full-service espresso bar, 12 shops as well separate men's and women's athletic clubs.





907.276.6000 939 W 5th Ave., Anchorage, Alaska



Rejuvenate Tired Looking Eyes





Actual Patient of Dr. Stern

Your eyes are the first feature others notice. Droopy, sagging upper lids and lower eyelid "bags" can make you look tired and older than you really are. Eyelid surgery can freshen your look and take years off your appearance!



LOOK AS YOUNG AS YOU FEEL

Call the Stern Center today to schedule a consultation with Dr. Stern to learn more about surgical and non-surgical procedures to improve your appearance.





DR. FREDRIC STERN

www.thesterncenter.com (425) 455-9100

Creating Natural Appearing Beauty through the Art of Laser Cosmetic Surgery

Over 20 years of private practice in Bellevue, WA

Laser Eyelid Surgery
Endoscopic Brow & Forehead Lift
S-Lift ◆ Laser Assisted Liposuction
Skin Tyte™ ◆ CelluSmooth™ for Cellulite
ATGRAFT™ Fat Transfer ◆ Laser Peels
Hair Restoration ◆ Facial Injections & Fillers
Personalized Stem Cell Skin Care Products
Photorejuvenation ◆ Laser Hair Removal
Forever Young BBL™ ◆ Aesthetic Skin Care
Laser Tattoo Removal ◆ Microblading



Voted "Best Cosmetic Surgeon" in 425 Magazine and "Best Plastic Surgeon" in Evening Magazine's Best of Western Washington

The perfect pairing...

...Washington's best steak and a cellar full of Washington's best wines.



JOHN HOWIE STEAK



>> ON POINT SAVVY TRAVELER



GREEN TRAVEL

By Johnny Jet

>>> I travel a lot for work and pleasure, and now that I'm more environmentally conscious, I understand how small changes to my own personal habits can have a big impact. For instance, in the old days, one of the things I enjoyed about staying at a hotel was having clean towels and fresh sheets every day. But the small action of declining daily laundry service makes a significant difference for the environment by reducing the number of loads washed—as well as the related water, sewer, energy and labor costs. There are lots of other ways we can be friends of the environment when we travel. Here are some ideas to consider:

Turn the lights/ electricity off

When I'm at home, I make sure I don't leave the lights, TV or fan on in other rooms when I'm not using them. When I leave town, I also unplug all the appliances, such as the toaster and blender, as well as gadgets, such as our Amazon Echos and the DVR.

The same principle applies when I'm on the road. When I leave my hotel room or check out, I make sure all the lights and TVs are off.



2 Shop at local farmers markets

Some of my favorite places to shop are farmers markets. They're a great way to get a sense of place; you can't find fresher or tastier fruits and vegetables; and markets are eco-friendly. I was surprised to learn from CUESA (Center for Urban Education about Sustainable Agriculture) that in the United States, food travels an average of 1,500 miles before making its way onto our plates. When we buy from farmers markets, we can support the community that we are visiting as well as reduce waste from packaging and transportation.

3 Eat and drink local

Whether at home or on the road, I try to eat local as much as possible, for the same reasons given above. For instance, when I'm in Hawai'i, I'd much rather enjoy the fresh, local seafood options than

a lobster from Maine. There are plenty of websites and apps that feature businesses that produce or source locally, and we can get more info by asking servers where the food is coming from.

4 Buy local souvenirs

I used to collect magnets of the countries I would visit and place them on my refrigerator at home. I stopped when I realized that many of the magnets weren't actually made in the destination where I'd bought them, but in a factory in China. Now, when I buy souvenirs, I make sure they're made locally.

5 Leave seashells behind

When I was a kid, I used to get up early and collect seashells on the beach when on vacation. But as an adult, I know better.

According to the Smithsonian magazine, "Shells provide a diverse swath of environmental

functions: They help to stabilize beaches and anchor seagrass; they provide homes for creatures such as hermit crabs and hiding places for small fish; they are used by shorebirds to build nests; and when they break down, they provide nutrients for the organisms living in the sand or for those that build their own shells." So now, when I see a pretty shell on the beach, I take a photo instead of taking it with me.

We all love to travel, and with a little hard work and a few sacrifices, we can help ensure that generations to come can enjoy beautiful and interesting destinations as well. Remember this popular saying when you travel: Take only pictures, leave only footprints.

★

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

EMBASSY SUITES NOW OPEN





EMBASSY SUITES

by HILTON™

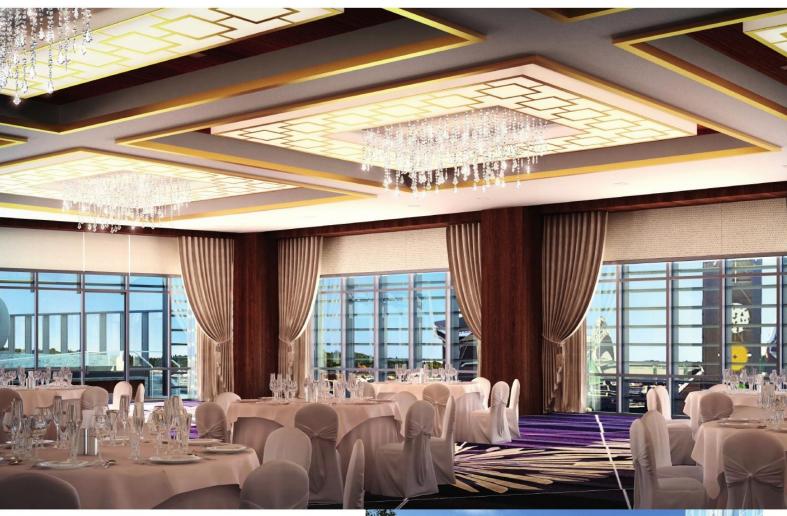
Seattle Downtown Pioneer Square

- 282 SUITES INCLUDING 5 VEGAS-STYLE PENTHOUSE SUITES
- 7,224 SQ. FT. BALLROOM AND OUTDOOR WEDDING DECK
- 12,072 SQ. FT. MEETING SPACE
- SPECTACULAR CITY AND PUGET SOUND VIEWS
- LARGE ATHLETIC FACILITY WITH SWIMMING POOL
- HOME OF ICONIC 13 COINS 24-HOUR DINING
- ADJACENT TO LIGHT RAIL AND KING STREET STATION



FOR BOOKING INFO CONTACT SEAPS-SALESADM@HILTON.COM OR 206-859-4400

KING ST. BALLROOM & PERCH NOW OPEN



- UNMATCHED VIEWS OF THE SEATTLE SKYLINE AND CENTURYLINK FIELD
- SEATS UP TO 500 FOR SIT-DOWN EVENTS
- FLOOR-TO-CEILING WINDOWS PROVIDE NATURALLY LIT BALLROOM WITH MORE THAN 7,000 SQ. FT. OF SPACE
- 15' CEILINGS ADORNED WITH BEVELED GLASS CHANDELIERS WARM THE INTERIOR
- SPECTACULAR OUTDOOR WEDDING AND EVENTS DECK WITH EXPANSIVE LANDSCAPING AND DEDICATED BAR
- EASY AND PLENTIFUL PARKING
- ADJACENT TO THE EMBASSY SUITES HOTEL AND SOUND TRANSIT STATIONS



FOR BOOKING INFORMATION CONTACT ANDREWW.HARRIS@HILTON.COM OR 206-859-4400



BECKER CAPITAL MANAGEMENT

ACTIVE PASSIVE

FINANCIAL PLANNING

FOUNDED IN 1976



PORTLAND •

9

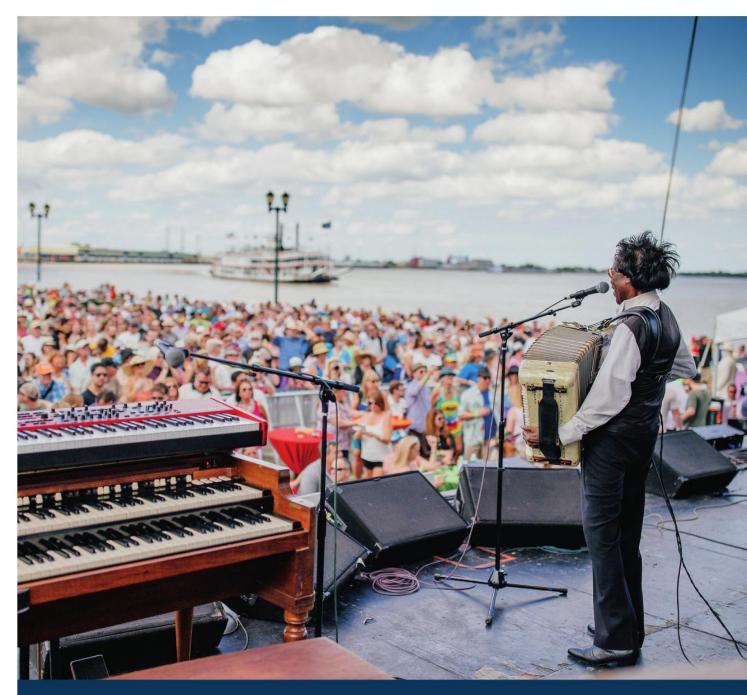
· · · · · · SEATTLE

503.223.1720 | 1211 SW Fifth Ave., Ste. 2185

206.805.2745 | 1201 Third Ave., Ste. 5030

BECKERCAP.COM

THE FEED,



FRENCH QUARTER FUN

)) The French Quarter is often considered the sparkling sequin of New Orleans, and the French Quarter Festival, April 12-15, is one of the neighborhood's opportunities to shine. Launched in 1984 as a way to support businesses during construction leading up to the World's Fair, the festival has grown into one of the largest showcases of Louisiana music, food and culture.

This year is especially important as it marks the city's tricentennial.

More than 300 Louisiana musical acts, including Grammy winners such as singer Irma Thomas and Cajun-music band Lost Bayou Ramblers, are performing. In addition, more than 60 food vendors, such as Antoine's Restaurant, which has been making French-Creole cuisine since 1840, and Rib Room, which is known for its Prime Rib Debris Po' Boy, are serving New Orleans fare—from beignets to gumbo. For more, visit frenchquarterfest.org. —Ellisha Rosli



Private Client & Luxury Real Estate

MIDTOWN COLLECTIVE

WINDERMERE



JAVILA CREER Premier Associate | Managing Broker

206 794 5284 javila.withwre.com



ERICA CLIBBORN Executive Premier Director | Broker

206 251 1869 ericaclibborn com



MICHAEL DOYLE Premier Director | Managing Broker

206 669 0203 MichaelDoyleProperties.com



SHAWNA ADER Executive Premier Director | Broker

206 251 2337 aderberger.com



AMY SAJER Premier Director | Broker

206 550 8903 amysajer.withwre.com



DEIRDRE DOYLE Executive Premier Director | Broker

206 234 3386 deirdre-doyle.com







PORSCHE POWER IN LA

Since the 1960s, the Porsche 911 has won some of the world's most prestigious races—the European Rally Championship, the 24 Hours of Le Mans. As a result, the 911 has become something of an icon, much like the Porsche brand itself.

"The Porsche Effect," running through January 2019 at the Petersen Automotive Museum in Los Angeles, pays homage to the engineering, marketing, style and history of the Porsche brand by showcasing 50 cars from the automaker's 70 years in business.

In addition to the 911, vehicles on display include a 1949 356, which was Porsche's original model and is one of the last vehicles hand built in Porsche's Gmünd, Austria, garage; a 1956 550 Spyder; and a 2015 918



Spyder, which can run a lap in under seven minutes at Germany's famous Nürburgring racetrack.

For more information, visit petersen.org/portfolio-item/the-porsche-effect. —Chace Mortimer-Davy



CARRYING ON TRADITION

Thousands of years and many generations ago, Alaska Native people developed traditional games and challenges to test abilities crucial for survival. Now, competitions such as the Alaskan High Kick, in which athletes balance on their hands while kicking a suspended ball, and Wrist Carry, in which athletes hook their wrists over a pole that is carried by two teammates, are among 10 events at the Native Youth Olympics.

This year's competition is April 26-28 at

the Alaska Airlines Center on the University of Alaska Anchorage campus.

More than 500 young people—seventh- to 12th-graders from more than 100 communities across Alaska—make up more than 50 teams at the event, which is meant to celebrate Alaska's rich Native culture and foster values such as teamwork, leadership and cross-cultural respect, while testing endurance, balance and strength. For more, visit citci.org/nyo-games. —Ellisha Rosli

SHE MAKES ME LAUGH

Comedian Tig Notaro is one of Rolling Stone's top 50 stand-up comics of all time. She's also the creator of the semi-autobiographical series One Mississippi. Now, she is one of the approximately 200 artists participating during Boston's Women in Comedy Festival, April 19-22. The festival, featuring local and nationally known acts in comedy styles such as stand-up, improv, sketch and musical, began in 2009 to provide a platform for women in comedy and help close the gender gap. Other performers this year include Emma Willmann, host of The Check Spot on SiriusXM, and Kat Radley, a writer at The Daily Show.

During the festival, working comedians are hosting public panel discussions and workshops that cover topics such as networking, pitching ideas and performing. Visit wicf.com for more information. —Chhavi Mehra



STAR HUGHES-GORUP

Senior Vice President & Director, Hughes Marino

THE MILLENNIAL EDGE.

Smart, intuitive, & savvy.

Creating a workspace that millennials love is critical to the success of today's companies, and no one knows better than Star how to set her clients up for success to find workspaces that attract and retain the nation's top talent. After serving nearly a thousand companies with their real estate needs, Star is an undisputed expert in helping businesses find and negotiate the space they need for their teams to thrive in the future.

With her extensive experience working with the nation's most dynamic startups and fastest growing companies, Star understands the keys to finding the perfect workspace for companies to recruit millennials, and is proud to represent so many businesses who are blazing the trail for the future of office space.

Learn how Hughes Marino and Star's office space insights are changing the game for business owners with our tenant-only approach to commercial real estate.

1.844.NO.CONFLICT | hughesmarino.com

TENANT REPRESENTATION

PROGRAM, PROJECT & CONSTRUCTION MANAGEMENT

LEASE AUDIT & ADMINISTRATION SERVICES

DESIGN & CULTURE CONSULTING



HUGHES MARINO

>>> THE FEED THE MIX

A KEY CHANGE

with music inspired by literature, and with performances by adults who've never before picked up an instrument, Shift: A Festival of American Orchestras is helping to change the perception of traditional orchestras. The event, April 9–15 in Washington, D.C., features innovative performances at The Kennedy Center—which is co-presenting the event with Washington Performing Arts—by four orchestras: D.C.'s National Symphony Orchestra, Indiana's Indianapolis Symphony Orchestra, New York's Albany Symphony and Texas' Fort

Worth Symphony Orchestra.
The Texas ensemble, for example, is performing Jimmy López's Bel Canto, an orchestral suite inspired by Ann Patchett's 2001 novel of the same name, and Leonard Bernstein's Serenade, which is based on Plato's Symposium.
Members of each orchestra are also hosting educational programs. For instance, the Indianapolis Symphony Orchestra's Second Chance Strings program features adults with no prior musical



background learning to perform on the spot. For more, visit kennedy-center.org/festivals/shift. —*Chhavi Mehra*





WORLD TASTES IN THE PHOENIX AREA

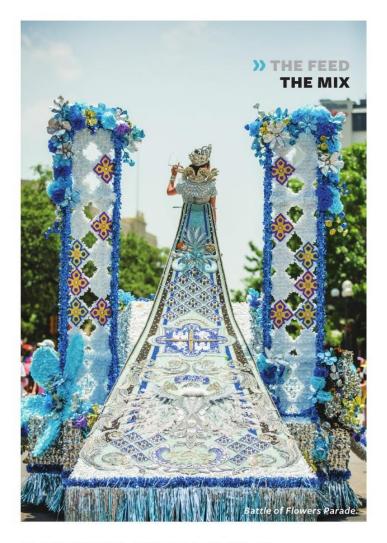
■ European Plaza. Latin Hill. Asian Village. Food districts such as these bring tastes of the world to the 40th-annual Scottsdale Culinary Festival, April 14-15. More than 40 local restaurants and food trucks, including Pho King, Modern Tortilla, and Sakana Sushi and Grill, are serving about 30,000 attendees as popular '90s bands Everclear and Eve 6 headline a weekend of music, food and craft beer.



At a teen cook-off event, six teams of two chefs from Phoenix-area high school culinary programs compete to win a \$5,000 scholarship and the opportunity to represent the Phoenix area at the World Food Championships, which will be Nov. 7-11 in Orange Beach, Alabama.

Festival proceeds benefit local arts and education programs, such as the ones in which the teen cook-off chefs are involved, helping to ensure the Phoenix-area food scene will keep on cooking for years to come. For more, visit scottsdalefest.org. —Chace Mortimer-Davy





A TEXAS-SIZE FIESTA

>>> Nearly two weeks long with more than 100 events, Fiesta San Antonio is a Texas-size festival—and this year's event, April 19-29, will be even bigger as San Antonio marks its tricentennial.

Just as the community has grown from a small settlement near the Alamo mission into one of the country's biggest cities, Fiesta San Antonio has evolved from an 1891 parade honoring the heroes of the Alamo and the Battle of San Jacinto into a premier event celebrating San Antonio's spirit, diverse culture and rich heritage.

Fiesta festivities include parades, a carnival, masquerade parties, a 5K race, oyster bakes, a fashion show and a flower show. For more information, visit fiesta-sa.org. - Chhavi Mehra

4 inches to 30 feet tall and include Spider (2003, pictured), which has a handstitched tapestry resembling a person nesting in needlelike stainless steel legs.

Bourgeois thought of the eight-legged creatures as spirit animals that strike a delicate balance between being protectors and predators. She first began drawing spiders in the 1940s, and she

returned to the motif throughout her career.

The exhibit showcases Bourgeois' talent with threads, needles and textiles—skills she developed during childhood, when her mother taught her to restore worn tapestries. For more, visit sfmoma.org/exhibition/louise-bourgeois-spiders. - Chhavi Mehra



work that makes the festival possible, but also because the event is an opportunity for visitors to learn about the charming Inman Park neighborhood, which was established in 1890 as Atlanta's first streetcar suburb. Dotting the tree-shaded streets are homes built in a variety of styles, including colorful Victorian homes that date to the founding of the neighborhood. Inman Park was modeled after parklike neighborhoods designed by landscape architect Frederick Law Olmsted, and many of Atlanta's 19th and 20th century elites, including Coca-Cola founder Asa Griggs Candler, called it home. The festival features tours through houses, a parade, an arts-and-crafts market, and performances by groups such as Full Radius Dance (pictured above), which showcases stunning choreography by people with physical disabilities. For more, visit inmanparkfestival.org. —Ellisha Rosli

ROOTED IN PARADISE

)) Nā Keiki o ka 'Āina.

Children of the land. That's how the Garden Club of Honolulu's chair, Priscilla Growney, describes residents of the state. The club's Rooted in Paradise Flower Show. at the Honolulu Museum of Art May 11-13, is the chance to celebrate those beautiful roots. The event will feature creative floral arrangements



blooming with sprays of orchids, creamy gardenias and other types of flowers in more than 40 displays that will be assessed by judges from The Garden Club of America in categories such as floral design, horticulture and photography.

The show also features several exhibits. For instance, "Floral Traditions" honors May Moir, who for more than 50 years was part of the team behind the Honolulu Museum of Art's noted floral program. And "Global Hunger Initiative" highlights the work of the National Tropical Botanical Garden's Breadfruit Institute, which promotes breadfruit reforestation as a way to help mitigate world hunger. For more, visit rootedinparadise2018.com. — Ellisha Rosli

>>> The Rooted in Paradise Flower Show will feature more than 40 floral arrangements.

MARQUEE EVENT IN MINNESOTA

This year's Minneapolis St. Paul International Film Festival opens with RBG, a documentary directed by Julie Cohen and Betsy West about the life and influence of Supreme Court Justice Ruth Bader Ginsburg. The film helps the 37th-annual festival, April 12-28, establish one of its key themes: showcasing works about women made by women. The festival also seeks to focus on finding common ground, which Ginsburg personifies. As depicted in the



RBG is a documentary about Supreme Court Justice Ruth Bader Ginsburg.

documentary, she had a close friendship with the late Justice Antonin Scalia, who was an ideological rival.

The festival features about 400 screenings, showcasing more than 250 films by directors from more than 70 countries. The primary hub is the St. Anthony Main Theatre in Minneapolis, but films are shown at venues across the Twin Cities region.

Narrative features include The Blessed, about a middle-aged couple celebrating their 20th wedding anniversary in postwar Algiers; Number One, about a French woman working to break through the glass ceiling; and A Moment in the Reeds, about a student returning from a university in France to his native Finland to help renovate the family lake house.

Other festival features include Nextwave, which shows films by Minnesota high school students, as well as director and actor panels that give festivalgoers the opportunity to hear directly from filmmakers about how motion pictures get made.

Visit mspfilm.org/festivals/mspiff for more information.

—Chace Mortimer-Davy



thinning hair & balding. Wear the cap for just 6 minutes every day to reverse the process of hair loss. It can nurture fuller, healthier looking hair by revitalizing the hair follicles. Our 4 home-use models are cleared by the US FDA as safe & effective for treating hair loss due to heredity. Made by hand in the USA from foreign source raw materials, Capillus lasers are easy to use and have no reported adverse side-effects. From \$899.



Laser Diodes Stimulate
Cellular Activity in the
Hair Follicle to Regrow Hair

FOR MEN & WOMEN



Our Cap+ hair care line is great for use in conjunction with Capillus laser therapy for overall scalp health.

\$125 STORE REWARDS WITH PURCHASE

Use Code AB125 on checkout at www.capillus.com with any purchase of a Capillus laser therapy cap. Some restrictions may apply. Rewards good for use on future purchases at www.capillus.com. Offer expires April 30, 2018, 11:59PM PST

ORDER TODAY AT WWW.CAPILLUS.COM CALL TODAY 1 (888) 959-5383











CAPILLUS, LLC - 1715 NW 82 AVE, MIAMI, FL 33128, USA +1 786 888-8249 - THE CAPILLUS NAME & LODO ARE REGISTERED TRADEMARKS OF CAPILLUS, LLC. PATENT PENDING, ALL RIGHTS RESERVED. CAPILLUSZOZ PRO, CAPILLUSZOZ ADE INTENDED FOR THE PROMOTION. OF HAIR GROWTH IN FEMALES WITH ANDROGENIC ALOPECIA WHO HAVE LUDVING SAVIN CLASSIFICATIONS I - III, AND IN MALES WITH ANDROGENIC ALOPECIA WHO HAVE LUDVING SAVIN CLASSIFICATIONS II- III, AND IN MALES WITH ANDROGENIC ALOPECIA WHO HAVE LUDVING SAVIN CLASSIFICATION SI - III, AND IN MALES WITH ANDROGENIC ALOPECIA WHO HAVE NORWOOD HAMILTON CLASSIFICATIONS III-47, AND BOTH JEHODERS HAWNIS FITZPATRICK CLASSIFICATION OF SKIN PHOTOTYPES I TO IV.- MANUFACTURED IN USA FROM POSEIGN.-SOURCE RAW MATERIALS, JOB DETAILS ON SATISFACTION GUARANTEE, VISIT WWW. CAPILLUS COM/SATISFACTION-GUARANTEE, MANY PHYSICANIS RIDICATE BETTER PARIENT COMPLANCE WITH CAULES LASER CAPIC SOMPARED TO OTHER DEVICES, MSRP SHOWN IS FOR THE CAPILLUS MODEL PRODUCT SHOWN IS THE CAPILLUSZYZPRO, MSRP SA,000.

SCHICK'S TREATMENT **PROGRAM** WORKS **AND IT CAN WORK FOR YOU TOO!**

A first-of-its-kind imaging study was conducted by Schick Shadel Hospital and the University of Washington. In the study, scans showed reduced cravingrelated brain activity after chemicalaversion therapy, Functional MRI scans taken before and after treatment showed significant changes in the brain among 13 subjects. Sixty-nine percent of the participating patients reported still being sober 12 months after treatment, Read the full study online at SchickShadel.com.

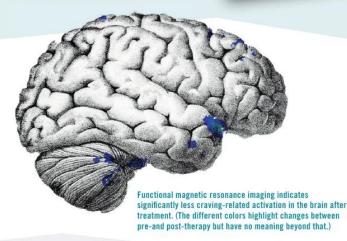


fMRI: A BRAIN STUDY OF ALCOHOL CRAVINGS

PRE-TREATMENT



POST-TREATMENT



Schick Shadel has a 65 percent overall success rate for

treating alcoholism. Our inpatient hospital and medical

professionals who understood that alcoholism is a medical problem that cannot be conquered by traditional methods

alone, Our patient care team works to treat addiction as a

detoxification facility was founded in 1935 by medical

By treating the addiction at both the physiological and psychological levels, Schick Shadel gives patients the ability to spend their time and energy on rebuilding their lives. The program is designed to help patients reroute the neuropathways to medically conquer the physical dependency - followed by aftercare support to help heal any emotional damage that may be an underlying cause of the addiction.

If you need help or have a friend or loved one who has an

addiction problem, please call us today at 800-CRAVING.

life-threatening disease. SCHICK SHADEL

HOSPITAL

www.schickshadel.com

12101 Ambaum Blvd. SW, Seattle, WA 98146

Many insurance plans cover treatment. Ask for a free, confidential insurance assessment. Our patients stay connected during their stay with cell phones, laptops, tablets and visits from friends and family.

>> THE FEED IN FOCUS

SPRINGTIME WITH THE DECEMBERISTS

By Jacob Uitti

>>> For their new album, "I'll Be Your Girl," released in March, the members of Portland-based rock band The Decemberists set out to challenge themselves. The group hit No. 1 on the Billboard 200 with its 2011 LP "The King Is Dead" and has built a following for creative sounds and lyrics. But fresh tactics, says frontman Colin Meloy, had to be taken to keep making invigorating music.

"I just had this suspicion," Meloy says, "that we were falling into some old habits. I felt like I was doing that with



lives on a 5-acre farm outside Portland with his family, is built around a Pacific Northwest mindset. "I feel attached to the elbow room that I have out here," he says.

The Decemberists will travel all over the country, as well as to Canada and Europe, on their extensive 2018 tour. While the lead singer says he'll be "living

for those two hours onstage," he and his bandmates have also planned a routine to wait out the long hours between sound checks and shows. "We have a road case full of board games," says Meloy, naming Settlers of Catan and Pandemic as favorites. "And I can be a little competitive."

They also want the tour to be about more than board games and hotel rooms. Meloy says he plans to explore more this year. "I'm going to go out and try to find independent bookstores," he says. "Where the good coffee is, that's where I want to spend the day wandering, getting exercise."

It is The Decemberists' bent toward exploration that Meloy feels has helped the band produce its reinvigorated new album. "The thing about having a body of work that people know is that it's very easy to close yourself off to new ideas," Meloy explains. "But if you throw yourself into the same spaces all the time, you're probably not going to push yourself very far." The group's latest set of songs offers a new direction. Learn more at decemberists.com. * >>> Portland rock band The Decemberists took a fresh approach for its latest album, released in March. The band, shown at left at the 2017 Travelers' Rest festival in Missoula, is now on a world tour.

songwriting. So it seemed like a good opportunity to try something different."

Recording in an unfamiliar studio with a new producer, the five-piece band drew from Russian folklore, played vintage synthesizers and experimented with bold choruses. They arranged songs on the lip of a skate bowl and recorded drums inside the bowl for its distinctive acoustics.

"We wanted to create an environment that would force us to make different decisions," Meloy says. "Whatever got everybody excited got the green light."

The resulting album is a sweeping set of songs that's at times raucous and energetic and at other times solemn, even dirgelike.

Meloy, a singer with a voice that is both lilting and edgy, started the band in 2000 after moving to Portland from Missoula, Montana. He says he's "always looked west," even as a child. He considers "the boundaries of Cascadia" his true home. And the identity of the group, says Meloy, who











FOR RESERVATIONS CALL 1.800.344.3349

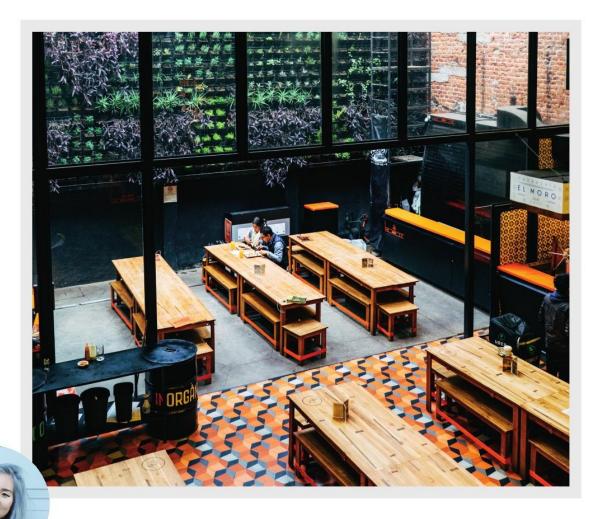
www.ranchosanlucas.com | www.solmar.com





DAY

)) Mercado Roma has a wide selection of authentic and fusion food and drinks, from horchata to churros to short ribs. And the market's green wall makes for quite the backdrop!



Whether hanging out at local coffee shops or museums in San Francisco or traveling through world cities, Nanette Wong knows how to showcase pretty places and spaces. She posted these vibrant scenes of Mexico City while traveling as part of Alaska's #Weekend-Wanderer series. For more #Weekend-Wanderer posts, be sure to follow @alaskaair on Instagram.

blog alaskaair com

MARVELOUS MEXICO CITY

)) I arrived on the tail wind of a storm,

but even on gray days, Mexico City (Ciudad de México) still shines. In fact, the regular rain in Mexico's capital helps create a city that's full of lush greenery and vibrant parks. Flowers were in full bloom; buildings were covered in romantic ivy; and everywhere I went reinforced that this welcoming city is full of life.

Mexico City's innovative design culture is prevalent, and I loved all the colorful buildings. At the same time, the architecture has a very organic feel—think lots of living green walls and outdoor dining patios. I visited the house and studio of Luis Barragán, a famous Mexican architect and civil engineer who won the Pritzker Architecture Prize and has had a huge influence on contemporary design. I also

made arrangements to tour Barragán's Cuadra San Cristóbal, which is truly jaw-dropping, with geometric shapes throughout and water features in the courtyard.

Mexico City was also home to Frida Kahlo (1907–1954), one of the most famous modern Mexican artists. At the Frida Kahlo Museum, which has exterior walls painted a bright cobalt blue, I saw where the artist lived, loved and worked.

And, of course, amid all the appealing designs, appetizing cuisine energized my trip—from the tacos served out of small storefronts to the 11-course dining experience at Pujol.

In just four days, I fell in love with Mexico City, a design hub, foodie destination and—let's be real—a truly Instagrammable place.

THE FEED

#WEEKENDWANDERER



and Cristóbal is a lush estate and horse stable designed by famed Mexico City architect Luis Barragán.



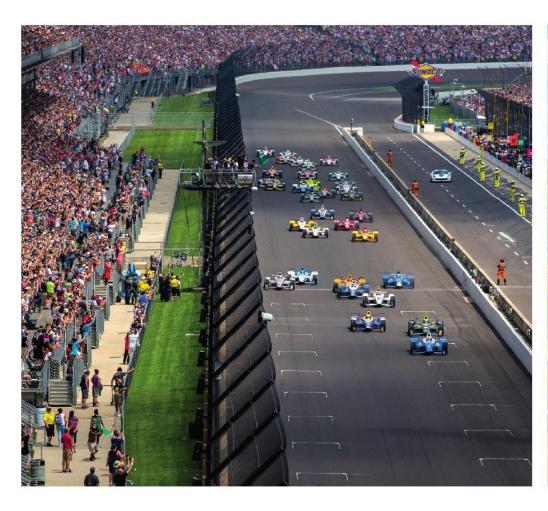
🙎 Afternoons at Elena Reygadas' Lardo are served with warm light, freshly brewed coffee and the delectable spicy crunch of chilaquiles.



The presentation of Pujol's small plates, such as this dish with greens, avocado and pork, is as artful as Mexico City's architecture. The restaurant itself is cozy and beautiful.



Hotel Condesa DF is modern and gorgeous, with an inviting atrium in which guests and locals mingle amid live greenery.





EXPERIENCING INDIANAPOLIS

The Midwest metropolis is a center for art, auto racing and food

By Kevin Williams

>>> Warming April weather in Indianapolis means auto racing, the purple blush of bloom-

means auto racing, the purple blush of blooming coneflowers and a large helping of Hoosier hospitality.

Your first stop in Indy (local residents call it that) should be to the Indianapolis Motor Speedway, home to the storied Indianapolis 500, one of the nation's most famous auto races. The 500 is held each year on Memorial Day weekend (May 27 this year).

Even if your visit doesn't coincide with the "Big Day," there are plenty of activities throughout the summer at "The Brickyard," the speedway's nickname. You can take guided tours of the track and visit a museum paying tribute to racing legends.

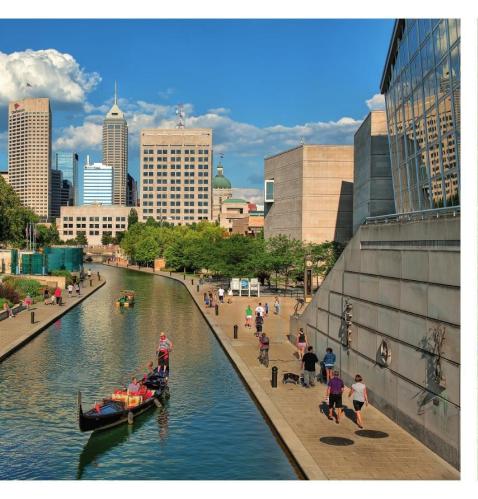
And, there is a lot more to this city than the Indianapolis 500, including arts and culture. The downtown is anchored by the impressive Indiana Soldiers & Sailors Monument, which

stands 284 feet, 6 inches tall. It is part of the Monument Circle, a popular downtown destination. A short distance away is the beautiful Canal Walk, a promenade that follows the path of the old Indiana Central Canal through the city. You can walk the area, rent pedal boats, or relax in a gondola and float along the canal.

Another great place to visit is Newfields, which bills itself as a place where nature and art meet. The 152-acre "cultural campus" includes the Indianapolis Museum of Art, a world-class museum with works by Calder, Hopper, O'Keeffe and Picasso, to name a few.

Outdoors at Newfields, you can explore a lake and various gardens. This month, Newfields will be bursting with blooming flowers to commemorate its *Hello Spring* exhibition of spring-inspired art. April also marks the opening of its beer garden, which will offer an exclusive beer from Sun King Brewery.

>> THE FEED WHEN IN INDIANAPOLIS







Dickwise from left: The Indianapolis 500 will be held on May 27 this year. A gondola glides along the Canal Walk. People admire the spring flowers at Newfields. Visitors watch the Conner Prairie blacksmith shape metal.

About 20 miles northeast of Indianapolis, in the suburb of Fishers, is Conner Prairie, one of the most popular outdoor museums in the country. During the summer months, the park showcases different periods in the area's past, including what life was like in Indiana in the 1800s. Visitors can also ride in a tethered helium balloon.

Indianapolis is known for its food, including one culinary staple in particular: the breaded pork tenderloin sandwich. It is a large, thin-cut piece of pork that is battered, deep-fried and served on a bun. Great places to enjoy the local delicacy include the Aristocrat Pub & Restaurant and the Tie Dye Grill.

For dessert, try another local favorite: the sugar cream pie. This quintessentially Indiana confection is a blend of sugar, eggs, heavy cream, cinnamon and brown sugar that is baked in a crust. The creation became the

state's official pie in 2009. For one of the city's best pies, visit the trendy SoBro neighborhood and stop at Locally Grown Gardens to enjoy a slice. Afterward, explore the area's restaurants, galleries and niche boutiques.

For a taste of Indianapolis nightlife, head north of downtown to the Broad Ripple neighborhood to visit the Jazz Kitchen and the legendary Vogue Theatre, which has hosted musicians ranging from Willie Nelson to The White Stripes. Downtown, stop by the Fountain Square Cultural District, home to the White Rabbit Cabaret. The nearby Fletcher Place neighborhood offers great restaurants, breweries and distilleries, including the popular Hotel Tango Artisan Distillery. Fletcher Place is also home to Milktooth and Bluebeard, two of the city's top restaurants. They helped power Indianapolis onto Food & Wine's Top 20 list of "America's Favorite Food Cities."





HIDDEN HISTORY

By Jill K. Robinson

with the 1848 discovery of precious metal on the South Fork American River established the town of Sacramento, now the state's capital. In the town's early days, its transportation-friendly waterfront location, at the junction of the Sacramento and American rivers, was a commercial boon. But it meant that early Sacramento, which was built at river level, was prone to severe flooding. In the 1860s—after a series of floods in 1850, 1852 and 1861–62—the town embarked on a bold project to raise its streets by as much as 24 feet. Today, this means that touring Old Sacramento works, literally, on multiple levels.

The original street level—excavated foundations and enclosed pathways under boardwalks and in basements, hidden since the city raised its streets—can be found in the Old Sacramento district. You can get a glimpse for yourself on Old Sacramento Underground walking tours run by the Sacramento History Museum. On these excursions, guides take

visitors for walking adventures to see sloped alleyways and underground spaces created in the process of raising Sacramento.

Each guide assumes the role of a historical character—a real person or an invented one—and gives the tour from that perspective. Your tales of the past may, for example, be delivered by Sam Brannan (California's first millionaire) or the fictional Kanakas Sap (a Hawaiian sailor, swine herdsman, alfalfa farmer and trader).

Underneath the B.F. Hastings Building—which was once the western endpoint and staging area for the Pony Express mail route, and once the home of California's Supreme Court—is an interactive physical model that can be manipulated to raise structures up and down, showing the engineering feat that it took to raise a building in Old Sacramento.

An excavated archaeological site lies beneath the Hall, Luhrs & Co. building, which was built over four gold rush–era properties during the street-raising. Artifacts from this site are still being studied and added to museum displays.



The Old Sacramento district, top, honors the city's past. On Old Sacramento Underground tours, above, guides act as historical characters and show subterranean artifacts.

After an underground tour, guests can continue with a historical theme above ground in Old Sacramento—with a visit to the River City Saloon, The Firehouse Restaurant or the Sacramento History Museum.

The Old Sacramento Underground tour season runs from April 7 through December 31 in 2018. Underground After Hours tours are also available for those 21 and over. These explore more-scandalous elements of Old Sacramento's history.

Visit sachistorymuseum.org/tours for more information. **⊀**



>> THE FEED OUT & ABOUT SACRAMENTO

A CALIFORNIA LAKESHORE HIKE

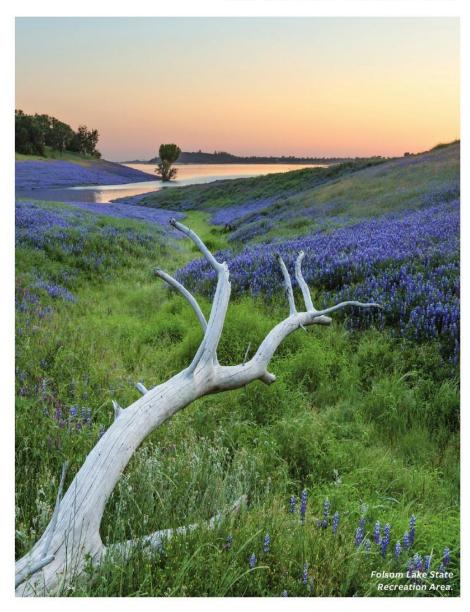
By Jill K. Robinson

>> At the base of the Sierra Nevada foothills, Folsom Lake is a modern human creation surrounded by natural wonders. Between 1948 and 1956, the U.S. Bureau of Reclamation built Folsom Dam on the American River about 25 miles northeast of Sacramento, as part of California's Central Valley Project. This dam and the nearby Nimbus Dam created Folsom Lake and Lake Natoma, respectively. They provided reservoirs as well as flood control and hydroelectric power. Today, lake volume can vary significantly between winter and summer, especially in times of drought, and recent dry years have revealed previously hidden California Gold Rush artifacts under the waters of Folsom Lake.

Folsom Lake State Recreation Area has 95 miles of trails for hikers, runners, bicyclists and horseback riders. A favorite, the hike-andhorse-only Brown's Ravine Trail (sometimes referred to as the South Side Trail because it follows the arm of the lake that becomes the South Fork American River), starts at Brown's Ravine and meanders for about 11 miles to the Old Salmon Falls parking lot. If you've parked a second vehicle at Old Salmon Falls, you can end the hike there, or you can turn around at any point along the way for an out-and-back hike with your choice of distance. Beyond Old Salmon Falls, at Sweetwater Creek, the route changes names and becomes a multiuse trail shared with bikes.

Oak trees and grasses dot the trailside along the rolling hills. There are no major climbs. In spring, blooming wildflowers may include brodiaea, fiddleneck, larkspur, lupine, Dutchman's pipe, Indian paintbrush and monkey flower. The views from the trail include Folsom Lake, the surrounding foothills and the Sierra Nevada.

Hikers should also keep an eye out for wildlife. Coyotes, gray foxes and black-tailed deer are some of the area's larger mammals,



and wrens, scrub jays, California quails and red-tailed hawks are plentiful year-round.

Long grasses can conceal small animals, so hikers should stick to the trail and follow California State Park hiking-safety precautions, which can be found at parks.ca.gov.

After you return to the hike's starting point at Brown's Ravine, you can also enjoy some of the recreation area's other activities—such as fishing or boating (rentals are avail-

able), horseback riding or simply picnicking at a scenic lakeside location.

It's also worth exploring Mormon
Island Wetland Natural Preserve, a
short drive from Brown's Ravine.
This preserve, which is part of the
larger recreation area, is ideal for

larger recreation area, is ideal for bird-watching. From here you can look out on the lake and imagine the underwater remains of Mormon Island, a flooded gold-rush

town. Learn more about the recreation area at www.parks.ca.gov/?page_id=500. **⊀**

AIR CONDITIONED!

New Apartments Downtown Kirkland









A BREEZE FROM THE LAKE In the heart of Kirkland's Park Lane pedestrian oasis. Two blocks from sparkling Lake Washington. Vibrantly designed living spaces with air conditioning, modern tonal finishes, quartz counters and view decks. Resident 24-hour fitness center, community terrace with BBQs and active neighborhood scene. Viva la Voda!

By Continental Properties LLC



207 PARK LANE KIRKLAND, WA 98033 Mon-Fri 9am-7pm, Sat-Sun 9am-6pm CALL TODAY! 833-398-5277

RENT**VODA**.COM





>> THE FEED **PLATES & POURS**

WASTE NOT, WANT NOT

By Megan Hill

>> Americans waste a staggering amount of food annually, and restaurants-even with their tight margins—are no exception. A single restaurant can toss out 25,000 to 100,000 pounds of food waste in a year, research by the nonprofit Green Restaurant Association shows. Most of that extra food-around 93.7 percent—is sent to landfills, according to a study by Deloitte on behalf of the Food Waste Reduction Alliance.

Some restaurants are taking creative steps to combat food waste. At Royal Dinette in Vancouver, British Columbia, head chef Eva Chin saves scraps as she chops and slices, inventing new dishes using extras that would normally be discarded. The preserved-lemon tonnato, or tuna-based, sauce (recipe below), which is served with a poached albacore dish at lunch, incorporates trimmings from the fish.

Royal Dinette sources its produce seasonally as much as possible, a practice that brings in large amounts of items such as cherries and tomatoes when their seasons hit peak. To avoid waste—and to make sure the winter pantry isn't empty—the restaurant's kitchen preserves whatever it can't use fresh. The result is an array of jams and vinegars. Chin also works closely with the bar, saving citrus peels and herb stems for use in infusions and syrups for cocktails.

New York restaurant Sunday in Brooklyn takes a similar tag-team approach. The kitchen's leftover pumpkin seeds are toasted and transformed into a syrup for cocktails. Chef



Jaime Young dehydrates limes after they've been squeezed for cocktails and pulverizes them into a powder to accent his dishes. Even spent corn husks are used to infuse spirits such as rum for cocktails.

"Sustainability has always been a huge part of our thought process and food philosophy at the restaurant since we first opened," says Young. "We're very aware of how we can better minimize waste and utilize all parts of a particular ingredient. It's also a fun and creative challenge between the bar and kitchen teams to work together and come up with ideas." ⊀

PRESERVED-LEMON TONNATO SAUCE

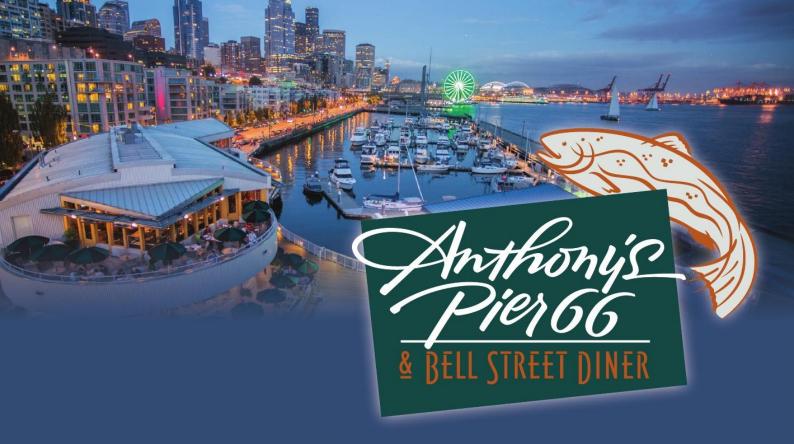
9 cloves garlic confit* About 21/2 tablespoons lemon juice 1/3 cup preserved-lemon paste

1 teaspoon Dijon mustard

1 egg yolk 1/3 cup anchovy oil 1/3 cup garlic confit* oil 1 cup poached tuna trim/ends 1 tablespoon capers Salt to taste

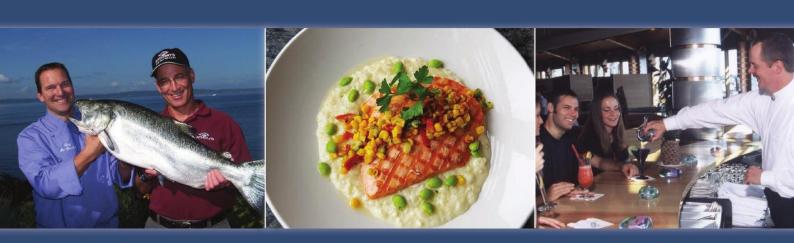
In blender, combine garlic confit, lemon juice, preserved-lemon paste and mustard. Blend at low speed. Add egg yolk, and blend until incorporated. Slowly add both oils, and puree on high speed until emulsified. Transfer the sauce to a mixing bowl, and gently fold in the tuna and chopped capers. Do not over-mix the sauce. Season with salt, and keep chilled until ready to serve.

*Garlic confit is made by poaching garlic in olive oil.



Fresh Northwest seafood on the downtown Seattle waterfront.

Dine in a sophisticated waterfront setting at Anthony's Pier 66.



Anthony's Pier 66 offers the quintessential Northwest dining experience with the finest fresh seafood and an award-winning wine list. Casual dining for lunch and dinner available downstairs at the Bell Street Diner.

Complimentary valet and validated parking!

2201 Alaskan Way • (206) 448-6688 • www.anthonys.com

>> THE FEED PLATES & POURS



LET THEM DRINK CAKE

By Don Ayres

>> A small distillery in San Diego County is doing its part to pour a solution to food waste, one glass at a time.

"The history of distilling starts with farms," says Whit Rigali, an artist and bartender who co-founded **Misadventure & Company** along with Samuel Chereskin. "What farmers couldn't sell at market, they'd turn into spirits." Taking a page from that strategy book, last summer the distillery released its flagship Misadventure Vodka, made from a different type of edible excess: baked goods.

"Food banks want to distribute the healthiest food possible," says Chereskin, who studies food's life cycle as an agricultural economist.

To ensure that grocery stores are happy to provide healthy foods, food banks may agree to take everything the stores give them, including items that may not be as desirable, such as pastries of little nutritional value.

"That creates a structural oversupply of bakery products," he says. "Food banks choose not to distribute some of the unhealthy oversupply and instead throw it away."

While the concept of spirits derived from sheet cakes might sound odd, it actually makes scientific sense. Yeast produces alcohol by consuming starches and sugars, so what better food for the microscopic organisms than a steady diet of pastries?

Once vodka is distilled and filtered through charcoal, it retains no flavors from its source material, which means Rigali and Chereskin can create a consistent product—a slightly sweet, smooth and neutrally flavored spirit—using everything from lemon bars to jalapeño bagels.

By considering grocery stores and food banks what Chereskin calls "tiny urban wheat farms," Misadventure's weekly "harvest" yields more than half a ton of baked goods, with 3 pounds going into each bottle. Rigali estimates the distillery could intercept as much as 39 tons of pastries that would otherwise get thrown away every year. This not only keeps water and other agricultural resources from going to waste, it also reduces methane and other greenhouse gases commonly produced by decomposing food. In addition, any spent grain left after fermentation is composted.

Since the spirit's launch in June 2017, more than 50 bars, restaurants and liquor stores across San Diego County have started carrying Misadventure Vodka, and the company hopes to reach the entire West Coast in the future.

"We're not asking people to change habits, pay more money or sacrifice quality," Rigali says. "We're just saying if you're going to drink vodka, why not have something that has a net positive impact on the environment?"



AMAZING VIEWS | Battle Ground, WA Paradise on 12.51 acres - 4,769 sq. ft. of quality. 3 Beds 4 1/2 Baths with a bonus room and office. Private, close in gracious living, with beautiful outdoor living. \$850,000. MLS# 18438328. Barbara Corigliano · 360-606-7641



MOUNTAIN VIEWS | Spokane Valley, WA A feeling you are on top of the world. Private and paved gated entry. Custom designed. \$1,148,000. MLS# 201811346.

Annette McAlister-Mundell · 1-509-991-5207 · WRE/Liberty Lake



CLASSIC CAPE COD | Mercer Island, WA 120' of prime, no bank Mercer Island waterfront. Offered at \$6,500,000.

MLS #1243246.

kellihowison.com

Kelli Howison · 206-491-3227 · WRE/EAST Inc.



178' ON PT. RICHMOND | Gig Harbor, WA Estate-size setting. 180-degree views from Seattle to Tacoma. 3,600 sq. ft., 5-car garage. Boat launch. Make this yours. \$1,179,000. MLS #1175649. Carole@ISellGigHarbor.com Carole/John Holmaas · WRE/Gig Harbor



WINDERMERE MARKETS YOUR PROPERTY TO THE WORLD



windermere.com



PACIFIC OCEAN VIEW | Cohasset, WA If you have considered Seabrook, consider this stunning high quality home that is closer to the beach AND closer to you!

1601 Seagrass Lane. \$825,000. MLS #1232785. Mike Coverdale · 360-581-3399 · WRE/Westport



CAPTIVATING PROPERTY | Enumclaw, WA NW Lodge home on 10+ acres with full guest quarters in basement & additional 2 bedroom home. Over 10,000 sq. ft. shop space plus barn and outbuildings. \$1,398,000. MLS# 1135210. Laurie Kittelman · 253-350-2686 · WRE/Enumclaw



SPORTSMAN'S PARADISE | Mead, WA 65 acres - Views, rolling pastures - indoor arena 60' x 140' with lounge & stalls - amazing 22' x 48' shop for the car buff! Lovely home! \$849,900. MLS #201811262.

Suzy Dix · WRE/Mountain West



COUNTRY ESTATE | Moran Prairie, WA French country home on 80 acres. 3 ponds, creek, meadows, timber & vineyard! 8,000 sq. ft. house, winery, caretaker's cottage. \$5,000,000. MLS #201725605.

Suzy Dix · WRE/Mountain West



MODERN MASTERPIECE | Seahurst, WA Striking new construction on private waterfront. Short drive to Seattle, Minutes to airport. \$3,698,000. MLS #1209460.

Veronique Hval · 206-214-8499 · WRE South



ENCHANTING MANOR | Des Moines, WA

Gated grounds, stunning French architecture & private waterfront. Minutes to airport. Short commute to Seattle.

\$2,498,500, MLS #1105946.

Veronique Hval · 206-214-8499 · WRE South



LAKE WASHINGTON | Bellevue, WA Luxurious NW contemporary on 42' of prime waterfront with gourmet kitchen, lavish master suite & open floorplan.

\$2,388,000. MLS #1235848. KritsonisLindor.com John Kritsonis · 206-498-0288 · WRE/EAST, Inc.



LAKE SAMMAMISH | Bellevue, WA NW luxury on 65' of waterfront. MacPherson custom build w/ chef's kitchen, outdoor living space with fireplace & spectacular views. \$3,800,000. MLS#1250293. KritsonisLindor.com John Kritsonis · 206-498-0288 · WRE/EAST, Inc.



A WORLD OF EXCEPTIONAL HOMES

> LUXURIOUS. IMPECCABLE. DISTINCTIVE.



windermere.com



MAJESTIC FOREST AVE | Mercer Is, WA Seattle skyline, Olympic Mountains and Lake WA views embellish this stunning 4,950 sq. ft, custom waterfront home built in 2015. Price upon request. MLS #1255524. MajesticForestAve.com. Larry Williams · 425-445-9870 · WRE/MI



TOTALLY REMODELED | San Diego, CA Custom Home in Crown Point. Blocks from the ocean and bay. Main house with 5 beds & 3 full baths. GUEST QUARTERS with bed & full bath. Price \$1,699,000. MLS #180008460.

Debra Fine · 858-442-9249



VIEW ESTATE | Kirkland, WA Sweeping views of Lake WA, downtown skylines, the Olympics and Mt. Rainier from this 5,649 sq. ft. Finn Hill Meadows 4 BR/4 BA estate. \$2,400,000. MLS #1238913. BryanLovelessRealEstate.com Bryan Loveless · 425-968-8181 · WRE/NE, Inc.



WATERFRONT LOT | Sammamish, WA Magnificent 103' SW facing waterfront lot on Lake Sammamish. Build your dream home & enjoy a quality of life that is truly incomparable. \$1,800,000. MLS #1150955.

Bryan Loveless · 425-968-8181 · WRE/NE, Inc.



GORGEOUS GREEN SPACES

By Ellisha Rosli

>>> Urban parks, with their combinations of woodlands, lakes, museums and other attractions, make cities more captivating and enjoyable. The following western parks offer unique recreational experiences.



Klyde Warren Park: Located in downtown Dallas, the 5.2-acre park is unique because of its location atop a deck that covers an eight-lane freeway. Each day, the park offers various activities, ranging from yoga classes to concerts, making any day a good time to visit this green space.



Griffith Park: Despite its immense size (more than 4,200 acres), Griffith Park is only about 5 miles from downtown Los Angeles. The park is popular with hikers and joggers. For some of the best views of the city, visit the famous Griffith Observatory. Other popular park sites include the Autry Museum of the American West and the Los Angeles Zoo.



Cateway Arch National Park: Located in the heart of downtown St. Louis, the park is best known as the home of the iconic Gateway Arch, which stands 630 feet tall. You can take a tram to the top of the arch for a breathtaking view of the area. This July, the national park's remodeled underground Museum at the Gateway Arch is set to reopen.

Other gorgeous green spaces: Forest Park: At 5,200 acres, the Portland, Oregon, park is one of the largest urban forests in the United States. The Presidio of San Francisco: Part of the Golden Gate National Recreation Area, the park has 24 miles of hiking and biking trails. Explore the Walt Disney Family Museum, and visit the Yoda Fountain and grounds at the Letterman Digital Arts Center, headquarters of Star Wars maker Lucasfilm.



Clympic Sculpture Park: With 25 permanent artworks and more temporary works on display, the Seattle park is a special space situated at the north end of the downtown waterfront. You can enjoy the artworks as you walk the park's paths, and take in spectacular views of Puget Sound and the Olympic Mountains.

United Starson

HomeStreet Bank®

First Class Checking.

Upgrade to a HomeStreet Bank Select Checking Account and say "bon voyage" to fees.

Free checking *

No monthly service charge and no minimum balance.

No ATM fees **

Unlimited ATM fee refunds nationwide.

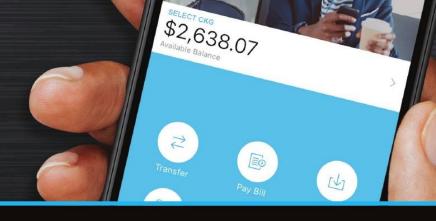
Cardless Cash

Withdraw money from ATMs using your smartphone.

\$300 CASH BONUS

Open an account online at homestreet.com/alaska or visit a branch and mention this ad.

fees are subject to change. Account opening is subject to approval



[HomeStreet]Bank

• Charges and Fees - All Accounts are subject to HomeStreet Bank's customary fees for stop payments, insufficient funds, returned items, automatic transfer, other miscellaneous services and account early closure fees. Refer to Schedule of Fees. Fees are subject to change upon notice as may be required by law. •• Refund of Domestic Non-Bank or Non-Network ATM Fees - The monthly ATM surcharges for use of out-of-network ATMs will be assessed to your account each statement. The domestic ATM surcharges to be refunded will be calculated on the last business day of the month and will be refunded on your next monthly account statement. The number of domestic ATM surcharges refunded each month will be capped at the number of refunds allowed within the checking account you select. Eligibility for the unlimited refunds in the Select account is based on direct deposits of at least \$500 monthly. If the account does not have at least \$500 in direct deposits each month, ATM fees incurred for that month will not be refunded. *** \$300 Bonus - 1 You must open a new Select Checking account with a \$100 minimum opening deposit. 2 You must make \$500 or more in total qualifying Direct Deposits to this account each month, each of which must post to this account by the last business day of the month. Qualifying direct deposits totaling \$500 or more must be deposited into your new account in each of the first four full calendar months following the second month in which your new account was opened. A qualifying direct deposit includes an electronic deposit from your employer, or from the Social Security Administration, or from a retirement benefits administrator or from any other federal or state government agency. However, federal income tax refunds, or any state income tax refunds, are not considered qualifying direct deposits. Person-to-Person and bank transfers between your HomeStreet Bank accounts or accounts you have at other financial institutions or brokerages also do not qualify. 3 You must use your HomeStreet Bank debit card to make seven or more debit card purchases each month, all of which must post to this account by the last business day of the month for each of the first four full calendar months following the second month in which your new account was opened. Each purchase must be \$5 or more. ATM transactions are excluded. You must enroll in Online Banking and sign up for eStatements within 30 days of account opening. This account must remain open for at least 180 calendar days. The Bonus will be deposited into your new account within 90 business days after completing all six of the requirements stated above. Your new account must remain open at least 180 calendar. days prior to receiving any Bonus. Your new account must remain open until the Bonus is processed in order to receive the Bonus. The Bonus is considered a deposit of interest and will be reported on IRS Form 1099-INT. This offer is only available to new HomeStreet Bank consumer checking customers (either as the primary or secondary account holder) or individuals who have had a HomeStreet Bank consumer checking account in the last 12 months. Bank employees and members of their household are not eligible for this promotion. Limit of one new consumer checking account Bonus per individual and per mailing address. If the customer or other individuals residing at the same address received or may receive any other consumer checking bonus from HomeStreet Bank within the last 12 months prior to this account opening then no one at the address is eligible. Offer is subject to change without notice, can be withdrawn at any time and cannot be combined with any other offer. The new account is available only to individuals and is not available to businesses, non-profits, or for use as a personal retirement account. See HomeStreet Bank's Terms and Conditions for Personal Accounts and the Schedule of Fees for terms and fees that may apply Terms and

>> THE FEED LOOKS

SUSTAINABLE STYLE

Brands that feature green fabrics and innovative processes

By Ellisha Rosli



SugarSky provides a fun and fashionable way to greet sunny weather-with original designs, and with fabrics largely made from recycled water bottles. The company's hand-sewn, painted-fabric headbands and bandanas offer 35-plus UV-protection ratings, and are great for a day at the lake or a festival (sugarskyshop.com).

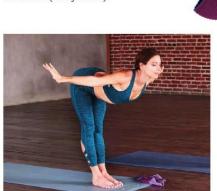


In hopes of contributing to fashion-industry eco-friendliness, husband-and-wife team Christoph Frehsee and Linda Balti formed Amour Vert, which uses fabrics made from renewable materials and low-impact dyes. The company also partners with American Forests to plant a tree for every T-shirt sold (amourvert.com).





Each pair of jeans by Bluer Denim is made using only U.S. materials and is washed using ozone laundry processes. Bluer Denim also offers an initiative in which those who have purchased jeans from Bluer Denim can send in their used jeans for credit toward a future purchase. The company then prepares the jeans for shelter donation (bluerdenim.com). Since its launch in 2016, Rothy's has used more than 9 million recycled water bottles to craft sophisticated women's flats. The shoes are made with 3-D-knit technology that the company says significantly reduces waste, and the shoes are machinewashable (rothys.com).



For nearly 20 years, Manduka has been a go-to brand for yoga mats and accessories free of toxic chemicals, phthalates and dyes. The company's new activewear collection uses recycled polyester and plant-based fabrics, and is designed to provide comfort and style on and off the mat (manduka.com).





Downtown Bellevue Brand NEW APARTMENTS

Just one block north of Bellevue Square, Lincoln Square and surrounding shopping, restaurants and nightlife. • stainless steel appliances • private decks • garage parking • air conditioning • rooftop terrace • 24-hour fitness center. Lux living at its best in Bellevue.

By Continental Properties LLC



1000 100TH AVE NE **BELLEVUE, WA 98004** Call today! 425.646.1100

RentAtLux.com

AVENUE5 (a)



BELLEVUE LUX. WALKABLE LUX. LIVE LUX.









GREATER GOODS

Socially conscious gifts that keep on giving By Avalon Ashley

>> According to the nonprofit Earth Day Network, more than 1 billion people participate annually in activities associated with Earth Day, April 22. Earth Day promotes environmentally and socially beneficial programs worldwide. Learn about taking part in these year-round programs at earthday.org. And, to honor Earth Day, consider gifting a product designed to do good beyond the act of giving itself. Through donations tied to purchases, or through job creation, the following items aim to help people and places in need.

Sackcloth & Ashes Blanket:

Perfect for a night under the stars or for curling up by a fireplace, this soft, recycled-material accessory is a two-in-one gift. With the purchase of a blanket, a second blanket is donated to a homeless shelter near the buyer (\$109; sackclothandashes.com).





LifeStraw Go 2-Stage Filtration Bottle: Using a carbon insert, this handy bottle's two-stage water filtration removes chemicals, bacteria and more, in the field or at home. The technology was created to make water drinkable in communities with poor-quality supplies. For each purchase, a school in a developing country is provided safe water for one child for one school year, via LifeStraw's Follow the Liters program, which can be tracked online (\$44.95; lifestraw.com).



(code)word Hats: Represent your town proudly with one of these caps featuring your area code on the front. Each hat also has a patch sewn to the inside naming the children's hospital near you where 30 percent of profits from hat sales are donated. For example, the "206 Seatown" hat benefits Seattle Children's Hospital (\$35/hat; codewordhats.com).



OneGrid Candles: These candles come in four earthy scents, each inspired by a part of the world where people live without electricity. For each candle bought, a solar light is sent to a person in that area. The African Petals candle is scented with African violet and rose, and benefits people in Kenya who otherwise burn kerosene (\$28/candle; onegridcandle.com).



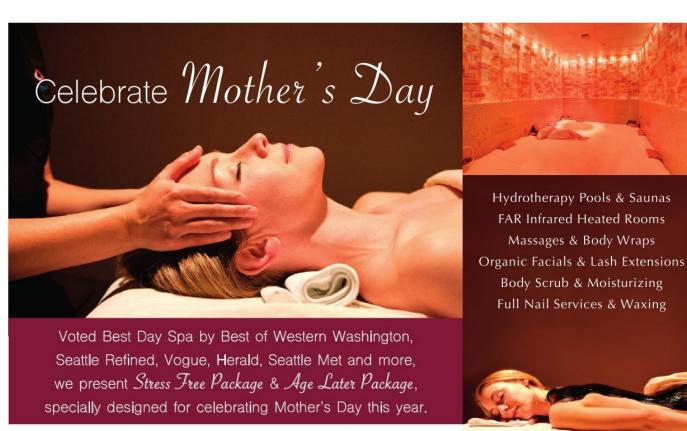
cuddle+kind Dolls: Ranging from woodland creatures to glittering mermaids, these fun, ethically produced dolls are handmade by artisans in Peru who are assured fair-trade wages. Through partnerships with nonprofit organizations, cuddle+kind donates 10 meals to children in need for every doll purchased (\$50-\$75/doll, depending on size; cuddleandkind.com).

MORE TO GIVE

Alaska Airlines Charity Miles: Support a range of important causes by donating your Alaska Mileage Plan miles. See alaskaair.com/charitymiles for a list of giving options.

Conscious Step Socks: Each style of this organiccotton Fairtrade-certified footwear has a design and emblem telling what the sale of those socks supports (from \$11.95; consciousstep.com).

Love Your Melon Beanies: U.S.-made knit caps with 50 percent of profits benefiting organizations that fight pediatric cancer (from \$30; loveyourmelon.com).

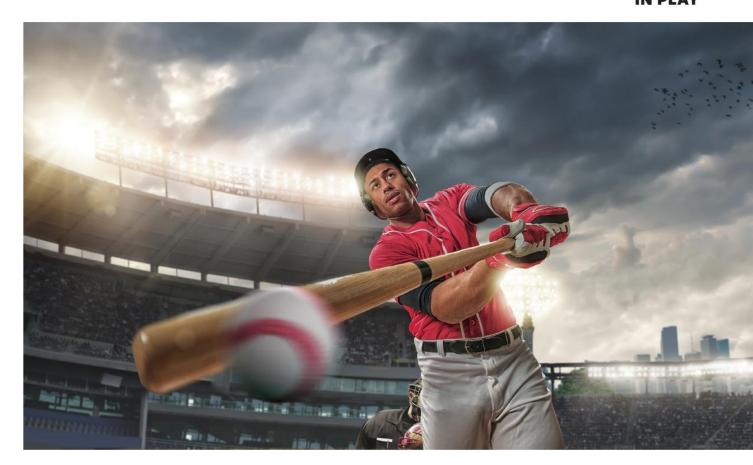




Lynnwood 425.697.3000 Tacoma 253.588.3355

www.OlympusSpa.com





ENDEARING BASEBALL TRADITIONS STILL ENDURE

By Dave Boling

)) As Major League Baseball starts its 142nd season, it is laudable how the sport has been able to accommodate new technology and the shortening of fans' attention spans while also clinging to endearing traditions.

If current trends hold, this baseball season will provide more fireworks at the plate, being countered by a parade of relief pitchers streaming in from the bullpen.

After more than a century of games being dictated by the bigname starting pitchers, MLB set consecutive records in 2016 and 2017 for innings pitched by relievers. The steady supply of fresh arms is needed because the home run totals per game have gone from 1.72 in 2014 to an all-time record of 2.52 in 2017.

Why so much power? Research from USC's Keck School of Medicine and Kent State University cited slight changes in the density of the core of the baseball since the midpoint of the 2015 season.

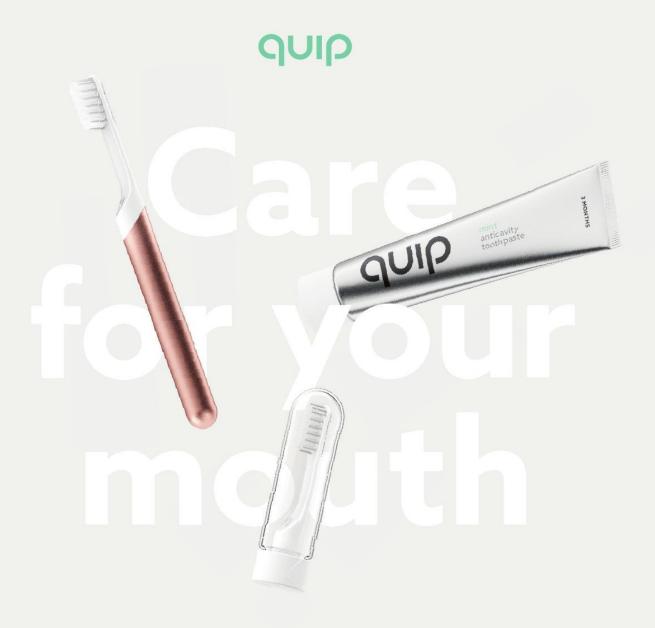
While the game and the baseball itself have changed, some storied traditions survive. The game is still played in some of sports' most

iconic parks, such as Wrigley Field and Fenway Park, with age-old rivalries—Yankees vs. Red Sox and Giants vs. Dodgers—still fiercely contested. Fans who feel that baseball evokes a simpler time embrace this colorful history.

Even now, every ball used in the major leagues is still handstitched. All 108 stitches in the "figure-8" pattern are done in the town of Turrialba in central Costa Rica.

More remarkably, each of the new baseballs that the Rawlings Sporting Goods company supplies for every game still receives a special low-tech treatment. Fresh from the box, the balls are glossy white, with a slippery surface. Each team has an employee responsible for rubbing every ball with a special mud to take the shine off and give the surface a tackier feel that helps pitchers grip the ball better.

The sources of the mud, used for the past 80 years, are the banks of an undisclosed tributary of the Delaware River in New Jersey. The exact location is just one of the mysteries that help baseball sustain its age-old appeal. ≺



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

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



Bristles vibrate for two minutes



Designed to travel with no charger or wires



Brush heads delivered every 3 months

FIRST SUPPLY REFILL FREE* AT GETQUIP.COM/ALASKA



A NEW LEAF

Nissan revamps its all-electric model

By Bengt Halvorson

>>> About a decade ago, Nissan made one of the boldest technological investments in automotive history when it invested billions of dollars toward the development of an all-electric car. The Leaf, which was first delivered to customers in late 2010, was designed to be a global model, aiming for production in the millions.

Now, Nissan has created a second-generation Leaf to give the model new life. For instance, a larger battery pack—up from 30 kWh to 40 kWh—brings the rated driving range up to 151 miles. Here are several other new features that make the 2018 Leaf, starting at \$29,990, even more appealing.

Modern Style

The new Leaf has a more

modern look. It's shed the bug-eye headlights in favor of more squinted lights that flank a version of Nissan's V-Motion Grille, and the Leaf's taillights are in the shape of boomerangs. The cabin is sleeker, too, especially the gauge cluster, with colorful digital displays.

A Break from Braking

Engage Nissan's e-Pedal and the Leaf is designed to slow smoothly to a complete stop when you lift off the accelerator.

Without the e-Pedal engaged,

the Leaf is designed to coast when you lift off the accelerator, just like an ordinary gasoline car with an automatic transmission.

Green Energy

The 2018 Leaf makes 37 percent more power and 26 percent more torque than before—bringing its ratings up to 147 hp and 236 foot-pounds.

Lower gearing, quicker steering, and a re-tuned suspension add up to a sportier, sharper feel from the driver's seat—and all of it with zero emissions from a 110 kW AC synchronous electric motor.



Between the Lines

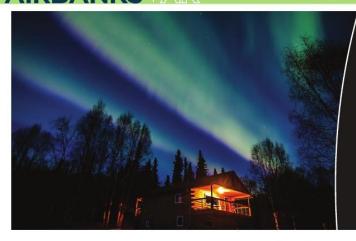
Nissan says its new ProPilot Assist can reduce the hassle of driving in highway traffic. The system uses radar to "see" surrounding vehicles and obstacles, as well as an actual optical camera to identify lane markings.

With a press of a blue button on the steering wheel, ProPilot Assist is designed

to help with the steering. But it's not intended to be a true autopilot—if you don't keep at least one hand lightly on the wheel, the system should start reminding you after 20 seconds.

Meanwhile, the Intelligent Cruise Control system is designed to maintain a safe distance between you and the car in front of you, even when traffic starts and stops.







Order your free Visitors Guide on Fairbanks, Denali, Interior & Arctic Alaska.

1-800-327-5774 • www.explorefairbanks.com

Visitor information at 101 Dunkel Street in Downtown Fairbanks



IN THE BEAUTIFUL GOLDSTREAM VALLEY 8 EASY MILES FROM UNIVERSITY MUSEUM

Featuring Alaskan Seafood, Prime Beef, Large Appetizers, Sandwich Menu All Major Credit Cards

Off-Premise Liquor Store

Open daily 11 A.M. to 10 P.M., Fri.-Sat. to 11 P.M.
Serving Lunch and Dinner • Weekend Breakfast
Reservations Accepted
(907) 455-6666
Call for Directions





ARE YOU LOOKING TO MAKE A DIFFERENCE?











Alaska infuses a new menu with West Coast flavors BY ERIC LUCAS

The central market in Old Town Zihuatanejo is a cosmos of culinary marvels: a hundred stalls with a thousand familiar items ranging from avocados to zucchini, plus a thousand mysteries that famed local chef Juan Antonio García Giles is happy to explain to me during a tour of the market. This green is verdolagas (purslane), which adds a crunchy zest to salads. Those mahogany-colored seed pods are guajes—the beans from acacia trees.

And that jar there, which is simply labeled "Doña María's" and holds a viscous amaranthine substance?

"Mole," Giles tells me. The jellylike paste, cooked up with water or broth, makes Mexico's most famous sauce, a redolent mixture typically ladled over chicken or turkey.

And all these other jars, some labeled, some not? All mole pastes? Yes, each one named for its family of origin, Giles explains. And the glassine packets of powder, in a rainbow of colors from pomegranate to ebony? All mole mixes. So, there are thousands and thousands of distinct moles in Mexico?

"Well," he smiles, "if each family has its own recipe, how many families are there in Mexico?"

Ask Joshua Rappaport, LSG Sky Chefs' executive chef, menu design, in Seattle, about the plenitude of mole recipes, and he laughs, too.

"As many different moles as there are Mexican grandmothers," he declares. And now one more, because mole is among the ingredients in Alaska Airlines' new catalog of First Class menus.

In this case, mole is applied to braised beef shoulder, which is served with a corn pancake and a slaw made of pineapple and jicama. So Rappaport's mole recipe joins the millionsstrong pantheon of versions of this famous ancient Mesoamerican sauce, which dates back at least to Spanish colonial Mexico, and probably to Aztec times or before.

While some mole recipes are incredibly complex, involving

MOLE

> What: A spicy, highly flavored paste or powder made of a dozen or more ingredients, used to make sauces in Mexico. Ingredients might include chiles, fruits, peanuts, onions, garlic, chocolate, cumin, cinnamon, stale bread, sesame, cloves, plantains, anise and more.

> Where: Legend says it was thrown together using all the ingredients on hand when a Spanish colonial dignitary dropped in to visit a convent on short notice. In reality, the term mole likely derives from the Nahuatl word mõlli, which means "sauce," and such concoctions have been prepared in

Mexico for thousands of years. > Look for it: The mole-braised beef shoulder entree on premium long-haul flights.

> Did you know? Mexican chefs know and use more than 30 different kinds of chiles. Their moles typically include peanuts and chocolate, also native to the Western Hemisphere.





KIMCHI

- > What: Pickled, fermented Korean vegetable dish famed for its spicy, sharp flavor; almost always contains Asian cabbage and radishes; spiced with hot chiles, salt, garlic, ginger and sometimes fish. Other ingredients range from burdock roots to tomatoes. It ferments for several days to two weeks or more. As with mole in Mexico, almost every Korean family has its own distinct recipe.
- > Where: Originated in Korea more than 2,000 years ago.

- > Look for it: The lemongrass chicken entree.
- > Did you know? South Korean kimchi culture (kimjang) was added to the UNESCO Intangible Cultural Heritage of Humanity list in 2013; the North Korean version in 2015. Traditionally, before modern refrigeration, kimchi was stored underground in jars to keep it cool—as were other traditional fermented dishes around the world, such as seafood preparations in Alaska and Sweden.

days of preparation and dozens of ingredients, Rappaport's is necessarily adapted to the rigors of air travel catering so that it can be efficiently made in the multiple Sky Chef kitchens across the United States that service Alaska Airlines flights.

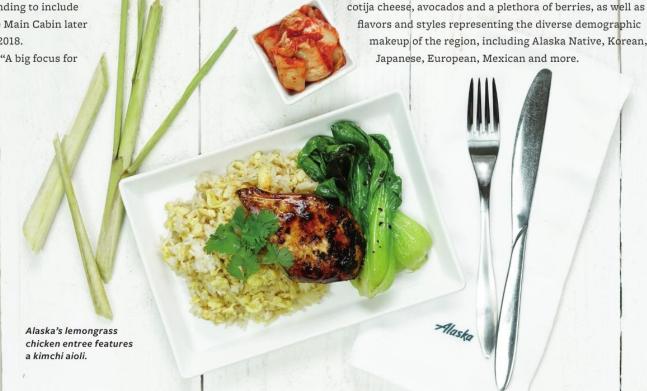
While this mole will be made from scratch, Rappaport's recipe pares down the mixture to about 20 ingredients, including guajillo chiles, roasted tomatoes and onions, apricots, cherries, pumpkin seeds, vegetable broth and bittersweet chocolate. And it reflects the mission he was assigned when Alaska decided to revamp its onboard menus this year, beginning with First

Class meals and expanding to include the Main Cabin later in 2018.

us is hospitality, including our meal service," explains Alaska Food & Beverage Product Manager Ethan Grossman. "We want to create a meal experience that's welcoming. We also want to incorporate the adventurous, zesty character that Virgin America guests so treasured, now that we are one airline."

That description encompasses both the scope of the meal service—Alaska's onboard menus are found on flights as short as 675 miles, while most airlines start at 900 miles or moreand the character of the food. "Fresh, local and West Coast" was the charge given Rappaport, and the resulting new menus include regional ingredients such as salmon, cod, pineapple,

flavors and styles representing the diverse demographic makeup of the region, including Alaska Native, Korean,





"We want to introduce new experiences to people, but in a low-key fashion," Rappaport explains of new dishes that blend assertive styles and flavors with more moderate, classic Continental techniques familiar to most Americans. For example, cod marinated in white miso, with a sesame garlic farro pilaf, and the sesame miso butter sauce that accompanies it.

Miso illustrates another aspect of the new menu: While

buckwheat or rice.

> Where: Similar flavoring pastes originated in Japan more than 10,000 years ago; younger versions were brought from China along with Buddhism in the sixth century.

> Look for it: Miso-marinated cod entree.

> Did you know? Miso is a common flavoring in Japanese soups; a popular treat is corn on the cob coated with miso and grill-roasted.

SOBA

> What: Soba is Japanese for buckwheat and usually refers to thin noodles made from buckwheat (or sometimes wheat) flour. Alaska's hot soba dish uses a yakisoba sauce—a sweet and savory blend of sugar, rice vinegar, soy sauce and mirin-with carrots and cabbage. Alaska's cold soba dish is served with a creamy sesame sauce, shiitake

mushrooms and shrimp.

- > Where: Originated in Japan in 17th or 18th century.
- > Look for it: Lunch or dinner second entree.
- > Did you know? Yakisoba is among the most popular fast foods in Japan, available prepackaged and fresh at stores, and at small cafes and food stands everywhere.





Matson's people are more than Alaska shipping experts. They are part of what makes our community unique. Visit Matson.com

Matson.

many elements may seem exotic to mainland U.S. travelers, they are part of daily life elsewhere. Miso is a good example; so is yakisoba, which appears as a noodle entree.

"Miso is a flavor enhancer that's been used for centuries in Japan to marinate fish, among many uses," says Honolulu celebrity chef Roy Yamaguchi. He also speaks fondly of yakisoba, which he ate almost daily while growing up. As an adult, he likes to garnish yakisoba with furikake, a spice that often blends sesame, seaweed, dried fish, sugar and salt.

Rappaport's emphasis on melding Asian, North Pacific and European elements can even be seen in a salad that epitomizes the "fresh, local" focus. It blends arugula, roasted baby rainbow carrots, grape tomatoes and cotija cheese with a dressing that incorporates *vadouvan*, the French-South Asian curry flavoring that is largely unknown in the United States, but widely used in France.

"It's tailor-made for European tastes—delicate rather than pungent, sweet with onion rather than punchy with cumin," explains Max Falkowitz, New York-based former executive digital editor at *Saveur* and a popularizer of vadouvan, which is usually a blend of turmeric, black pepper, corian-

der, onion and perhaps a couple of other items.

With a milder persona than most curry
blends, it's perfect with dairy items,
such as the salad's cotija cheese
and the yogurt the vadouvan joins
in the dressing. What could be
more diverse than a simple
salad that combines ingredients from three continents?

"Call this an organic synthesis of everything West Coast," says Rappaport, wanting to move past the older term fusion that has been applied to cuisines that blend different styles.

"This menu breaks down many of the culinary rules we were all taught 25 years ago," he says. The result is gloriously inventive, reflecting the distinctive Pacific Rim ethos that has made the American West Coast a world capital of innovation and enterprise.

"From Seattle to Silicon Valley

to Hollywood, the Pacific is the global capital of change and innovation, and the vanguard of a creative and technological revolution," wrote *CNNTech* reporter Dylan Byers in March to inaugurate a regular newsletter, *Pacific*, embracing our region by using a new view of the globe: "There in the foreground are South Lake Union, Sand Hill Road and Sunset Boulevard. Asia is on the immediate horizon, very near and growing closer."

That's a philosophy that guides Rappaport as he designs meals for the diverse range of Alaska Airlines flyers.

Consider, for instance, the kimchi aioli that accompanies a classic roast chicken breast. Onboard the planes, this culinary mainstay is refreshed by first being marinated in lemongrass, shallots, soy and ginger, then served with mushroom fried rice, bok choy, radish sprouts and the cross-cultural aioli that spans the Earth from Korea to Italy.

"Kimchi is in vogue, but aioli is not something you'd find in Korean food," concedes Rappaport. "Kimchi has a flavor many people would find aggressive, so mellowing it into an aioli. ... Why not?" The same approach applied to using vadouvan in a salad dressing. "Many people find curry pretty assertive.

dressing. "Many people find curry pretty assertive.

Vadouvan is a little more subtle, so adding it to a salad dressing, or blending miso into butter, makes the flavor more accessible."

That kind of thinking reverberated

Alaska's frittata entree features





VADOUVAN

> What: A curry spice mix of black pepper, turmeric, coriander and salt; usually a powder chefs blend into sautéed onion and garlic. > Where: It originated in French colonial South Asia and became a common "exotic" spice flavoring in France.

> Look for it: In the dressing on the arugula/carrot salad.

> Did you know? Curry is among the most popular foods in the U.K., which has a National Curry Week in October. A Tamil word that

actually just means "sauce," it almost always describes a spiced stew. However, there is an actual curry tree whose leaves are sometimes used in "curry" spice mixes, which usually include cumin, turmeric, coriander, chile powder, nutmeg, cinnamon and many other ingredients.

around a Sky Chefs test kitchen in Dallas last fall when Rappaport convened a brainstorming weekend with a half-dozen of his fellow chefs. The adventurous dishes that came of those three days began appearing onboard Alaska flights in mid-March, and will constitute the First Class menu into June. A new menu will be introduced then, and transformed every three months, as was the case on Virgin America. Later this year, new food items will be available in the Main Cabin, as well, changing the buy-onboard menu with the same inventive, fresh, diverse philosophy.

Not that tried-and-true will disappear entirely: The hugely popular Fruit & Cheese Platter will remain. Longtime favorite ingredients such as Beecher's Flagship Cheddar will make regular appearances in dishes such as the new cheddar and mushroom frittata. And, Rappaport is already working on the summer menu, which will carry forward very few items from spring.

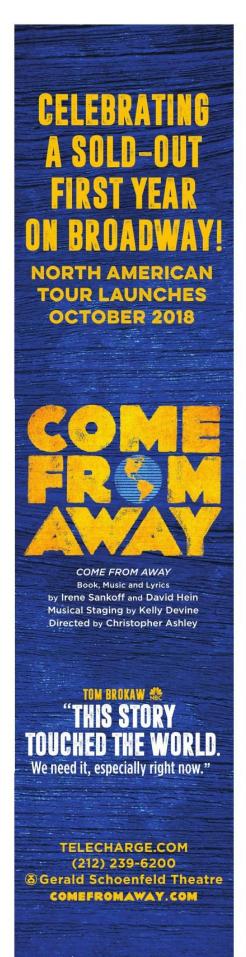
"It's been a lot of fun," he says. "We tell ourselves: Let's pretend there are no limitations.

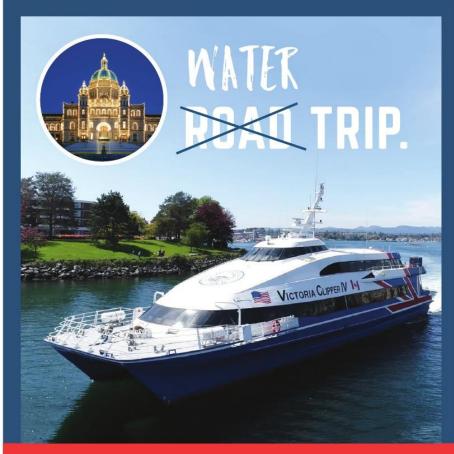
"If it tastes good, it is good." ズ

Eric Lucas lives in Washington state's San Juan Islands.

MENTION THIS AD AND RECEIVE \$1000 OFF!







SEATTLE TO VICTORIA, BC OVERNIGHT THE PERFECT PNW GETAWAY!

Skip the drive! Hop aboard the Victoria Clipper for an easy and relaxing escape to vibrant Victoria. Whether you choose to explore the beauty of The Butchart Gardens, check out Afternoon Tea at The Fairmont Empress or take the family on a whale watching adventure, Victoria has it all! SAVE on your Clipper cruise when you book a hotel package! Use special discount code: CLIPPERTRIP2018

includes Victoria Clipper r/t + Hotel





"I loved the speed, comfort and convenience of how to get to Victoria. It drops you within walking distance of great hotels and all the Inner Harbour activities."

- Doug M., Seattle, WA



CLIPPERVACATIONS.COM | 206.448.5000

Restrictions apply. Prices subject to change.

SOUTHERN IDATIONS SPACE FOR LIVING - AND PLAYING - BIG

Nature didn't do anything small in Southern Idaho — we're talking waterfalls that number in the thousands (really!) and plunge farther than Niagara. Big, dark skies where you can see billions of stars. And potential so big it's attracting some of America's favorite brands and new residents who are discovering the fastest-growing state in America. So what makes Southern Idaho such a hotspot?

The Heart of Southern Idaho

The Snake River winds its way through Southern Idaho, and for the people who live here it's a way of life - the heart of it all. Never stepped foot on a paddleboard or jumped into a canoe? You can remedy that at Centennial Waterfront Park in Twin Falls, located at the bottom of the 486-foot-deep Snake River Canyon. Rent a stand-up paddleboard from AWOL's rental booth in the park and hit the water — adventurous types can travel all the way to the base of Shoshone Falls, a Western treasure that's even higher than Niagara! Every spring, the Snake River puts on a fantastic show with billions of gallons of water rushing over the area's 10-plus waterfalls.

If you're looking for thrills rather than quiet time, head further east to Burley for heart-stopping sprint-boat races and the Idaho Regatta. The regatta — a must-see event for more than 40 years — features a boat parade and three fun-filled, action-packed days of boat races.



When you're ready for a break, tool down the Thousand Springs Scenic Byway and take in the stunning view of the countless waterfalls that line the canyon walls. Here, you have your choice of hot springs: Miracle Hot Springs, Banbury Hot Springs, or 1,000 Springs Resort. If you'd like to extend your stay, no problem! Each location has overnight accommodations.

Powering Innovation

During the summer, the Snake River and its canyon springs power the agriculture that's behind "the Silicon Valley of food innovation," as Chobani founder and CEO Hamdi Ulukaya calls it. Chobani, like dairy powerhouse Glanbia, was drawn to Southern Idaho for its world-class dairy farms. Other manufacturers that have flocked to the area include frozen potato company

McCain Foods, Clif Bar, Idaho Milk Products, and trout aquaculture companies in Buhl and Hagerman. Turns out those thousands of Snake River springs are the perfect temp for one of America's favorite fish!

Pure, Unrefined Nature

Ask any newcomer to the area and they'll tell you why Southern Idaho is such a magnet: Low cost of living and doing business; small, friendly towns and good schools; downtown revitalization that has revamped Twin Falls and Rupert; and locally run breweries and wineries that are breathing new life into business districts.







And, of course, there's the chance to hit the great outdoors in just minutes.

Southern Idaho's outdoor playgrounds include Craters of the Moon National Monument and Preserve, which was just designated an International Dark Sky Park — imagine clear access to billions of stars strewn across the night sky. Check out the annual Sky Party featuring the monument's resident "astronomy ranger" and explore the galaxy with telescope stations set up under the clear desert heavens.

If you like your dark skies with a touch of luxury, head to City of Rocks National Reserve. where Idaho's newest Glamping Yurt promises the comfort of a king-size bed and soft linens at the end of a day of hiking and exploring. The yurt is nestled among the natural spires and hoodoos of City of Rocks, which is a magnet destination for rock climbers of all skill levels.



Height of Shoshone Falls. That's higher than Niagara!



Number of French fries produced here.

1 MILLION A



Square footage of the world's largest yogurt manufacturing plant and Chobani Global R&D Center in Twin Falls.



Percentage of the nation's trout raised in the Snake River Canyon.



Number of new primary and secondary schools in Southern Idaho.

.5.000 SQUARE FEET

Size of the new Gemstone Climbing Center in Twin Falls.

"the Silicon Valley of food innovation"

- Chobani founder and CEO Hamdi Ulukaya

There are more than 600 ascents here, plus horseback riding, hiking, and cross-country skiing for those who would like to stay closer to the ground.

Of course, there's much more to explore in Southern Idaho and all it takes to get started is a click on VisitSouthIdaho.com, where you'll find trip itineraries, event listings, and ideas for your next adventure. And if a visit makes you want to pack up and move, which tends to happen here, visit SouthernIdaho.org to learn more about exciting career opportunities available to you.

THIS IS AUTHENTIC IDAHO.

VISITSOUTHIDAHO.COM SOUTHERNIDAHO.ORG

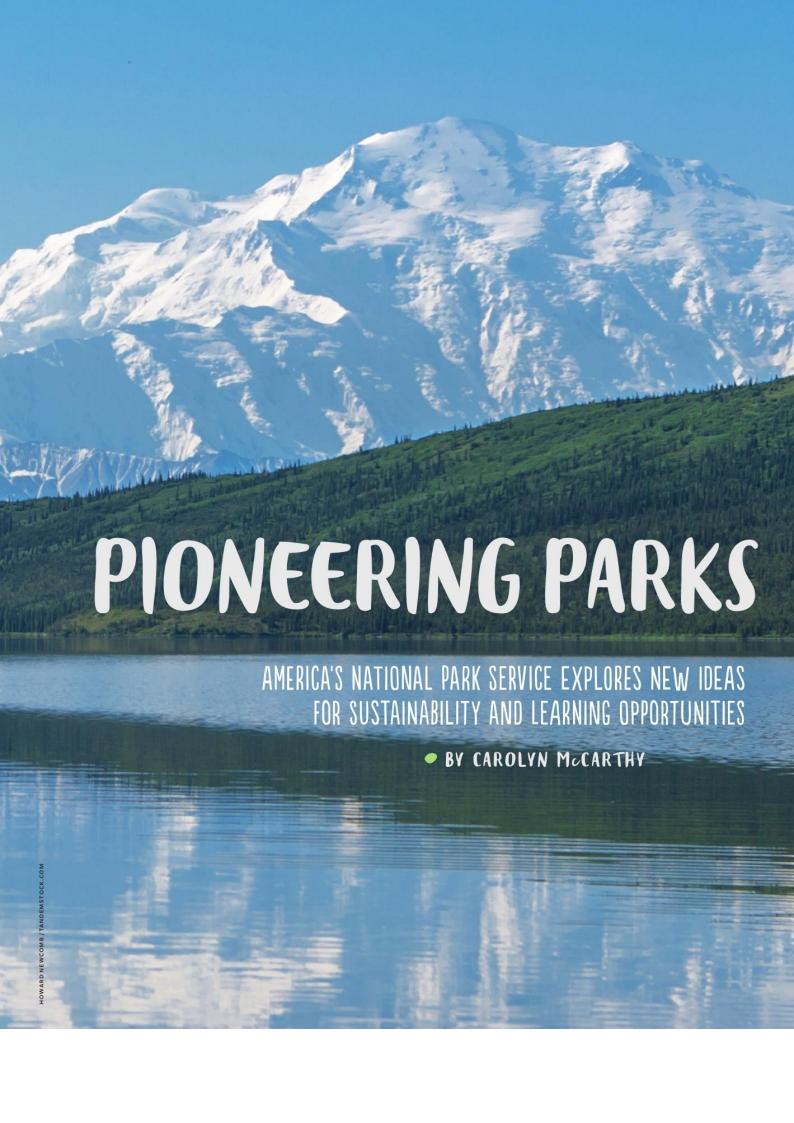


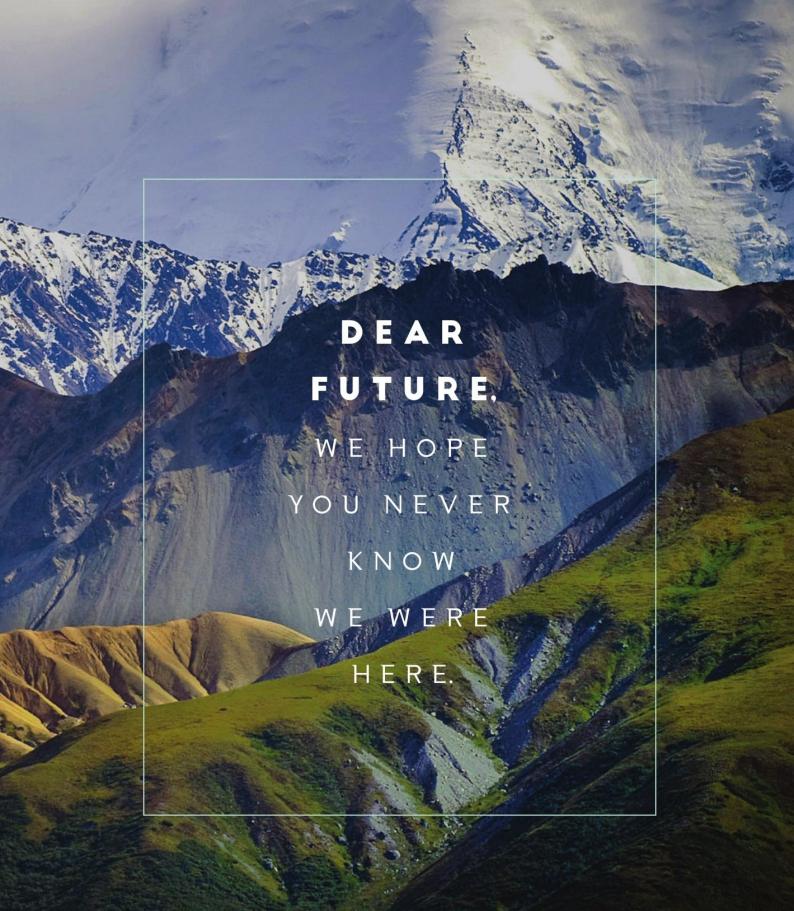
















You may hear stories or see photographs, but when you look at Alaska, we hope you wonder if anyone has ever been here before. Knowing who we are is what we leave behind, we created the Denali Zero Landfill Project to reduce the waste generated at Denali National Park and Preserve. And we have. In partnership with the Denali Education Center and Doyon/Aramark Joint Venture, and with support from Subaru of America, the National Parks Conservation Association and the Denali community, the park has increased waste diversion by 50%. We love you, Future. Enjoy the scenery.

Visit www.Denali.org/zerolandfill for more information about our progress.



ntering Denali National Park & Preserve in Alaska, visitors encounter an immense landscape that stretches across the horizon. Far below the massive snow-cloaked summits of the Alaska Range, caribou and wolves may appear in the foreground as mere specks moving across the tundra. In this park that is larger than the state of New Hampshire, it is easy to feel enveloped by wilderness.

The park's remoteness has also created a special challenge—in the form of what to do with its waste, especially with an increase in visitation. And this in turn has led to creative solutions. To address the issue of its trash, the park launched the Denali Zero-Landfill Project in 2015. The project's outreach and education coordinator, Melissa Blair, describes it as "a catalyst for innovative solutions to unique waste-management challenges." Already, the program-which now has affiliated programs in Yosemite National Park and Grand Teton National Park—is making strides. The hope is that similar efforts will be made in all U.S. national parks.

The grandeur of Denali illustrates the value of America's park system, and its pilot program is an example of the work being done by parks around the country to incorporate new initiatives and ideas.

Today's National Park Service manages more than 85 million acres across 417 sites, ranging from giant preserves to tiny historical sites. It has seen visitation grow from 1 million recreational visits in 1920 to about 331 million in 2017. From the Alaska wilds of Denali, to the venerated wonderlands of Yellowstone and Yosemite, to the beautiful sculpted sandstone of Arches National Park in Utah, officials are working to enhance access and experienceswhile setting examples of eco-friendly practices worthy of emulation.

As the park service ventures into its second century, it is redefining an Ameri-



Denali National Park & Preserve, in a partnership with Subaru of America, has been conducting public outreach programs and installing infrastructure to reduce waste via the Denali Zero-Landfill Project.

can legacy by promoting sustainability and introducing new ways to engage with a growing number of people.

INNOVATION IN A REMOTE LOCATION

Heading into 2015, Denali National Park & Preserve was sending nearly 400 tons of waste annually to the Denali Borough Landfill, filling up this site at a rapid rate.

To address the issue, Blair says, it was important to involve local communities and make business alliances. In an era of declining budgets, funding for initiatives can be hard to find. For Denali's program, the Alaska park entered a partnership with Subaru of America, which has its own zero-landfill manufacturing plant in Indiana. Through innovation grants and sharing expertise, Subaru helps national parks understand their waste streams and improve infrastructure for recycling, composting and repurposing materials.

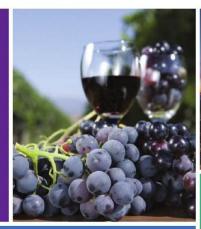
In the program's first years, results have been notable. "The amount of municipal solid waste being sent to the Denali Borough Landfill from the Denali National Park & Preserve [from the NPS and concessionaire Doyon/Aramark Joint Venture] decreased about 37 percent from 2014 to 2017, while the number of recreational visitors increased 23 percent," Blair says.

The park's location, more than 200 miles from the recycling facility it commonly uses, presents issues—and opportunities. Working with local stakeholders, the park is empowering communities to solve recycling challenges in the region even as it tackles its own waste reduction. It plans to recycle all of its cardboard at a plant expected to open soon in the nearby Alaska Native village of Cantwell. The plant will produce a cardboard-brick fuel for use in wood-burning stoves and fireplaces. This will bring jobs to the area and help residents combat high heating costs.



Alaska is just a 90-minute flight from Seattle or a leisurely, scenic 36-hour cruise by sea.

VISIT-KETCHIKAN.COM



THE WORLD STARTS HERE





- Portland
- Phoenix
- Seattle
- Chicago
- Los Angeles
- San Diego Las Vegas
- Guadalajara
- Salt Lake City
- OR connect from anywhere in the world!



CONVENIENT EASY & FAST!

- t fresnoairport





Yellowstone National Park encourages fishing for invasive lake trout, right, by offering to cook them at restaurants in its lodges. Its new Canyon Lodges, inset, feature sustainable design and materials.

In addition to businesses and locals, program managers aim to engage park guests. "We want visitors to see that they are part of the solution," says Blair. Visitors are encouraged to bring or purchase reusable water bottles and bags, minimize trash brought into the park, and use the recycling bins in the park that are more widely available thanks to the initiative.

In Denali, an area known for its majestic scenery, the zero-landfill program may be showing that what you don't see can be as significant as what you do see.

SUSTAINABLE EATS, GREEN SLEEPS

The largest high-altitude lake in North America, shimmering Yellowstone Lake, is a vibrant part of the Yellowstone ecosystem, with human presence dating back at least 12,000 years. At its outlet at Fishing Bridge, spawning cutthroat trout attract grizzlies and bald eagles. For millennia, it has been a place of abundance.

Yet the natural balance was upset by the introduction of invasive lake trout

around 30 years ago. The lake trout consume the native cutthroat trout and live at depths inaccessible to predators.

To help restore ecological balance, visitors are encouraged to fish for their dinner. Park dining rooms will serve the catch, prepared several ways. "For every adult lake trout removed, it saves up to 41 cutthroat per year," says Cameron Walker, sustainability program manager at Yellowstone National Park Lodges. "It definitely makes a difference. You catch your fish, bring it to get a meal, and be happy that you helped save cutthroat trout."

In addition, the park concessionaire is introducing the rental of electric outboard motorboats, which assist with a quiet approach to fishing grounds.

Fishing isn't the only way to dine eco-consciously in Yellowstone. Park restaurants now offer sustainable cuisine for more than half of their selections, supporting small regional farms and dairies that supply everything from organic greens and natural beef to locally made goat cheese and ice cream.

Green lodgings are also being emphasized. A short walk from the magnificent Grand Canyon of the Yellowstone, the park's new Canyon Lodges represent the largest green-building project in parkservice history. With LEED (Leadership in Energy and Environmental Design) Gold and Silver certifications from the U.S. Green Building Council, the lodges reduce their environmental impact while helping to serve the public. The redesign features a reduced footprint, switching from cabins spread over a large area to five three-story lodges with waste-sorting stations. The change provides more space for wildlife and more trails for human enjoyment.

Better buildings start with materials. The lodges use local wood impacted by





Visit the Greatest National Parks of America's Southwest with Caravan

Grand Canyon

Bryce, Zion, Monument Valley 8-Day Tour \$1495 + tax, fees

Your Grand Canyon tour is fully guided, and includes all activities with a great itinerary.

Visit Grand Canyon, Bryce, Zion, Lake Powell, Monument Valley, Sedona, and more! With Caravan, you spend 2-nights at Zion Park, and 2-nights at Grand Canyon.

Detailed itinerary at Caravan.com. Call now for choice dates.

Join the smart shoppers and experienced travelers who have chosen Caravan since 1952.

Choose A Guided Tour+tax.fees Guatemala w/ Tikal 10 days \$1395 Costa Rica 9 days \$1295 Panama Canal Tour 8 days \$1295 Nova Scotia & PEI 10 days \$1495 9 days \$1795 Canadian Rockies Grand Canyon 8 days \$1495 California Coast 8 days \$1595 Mount Rushmore 8 days \$1395 8 days \$1395 New England

"Brilliant, Affordable Pricing"
—Arthur Frommer, Travel Editor

FREE Tour Catalog:

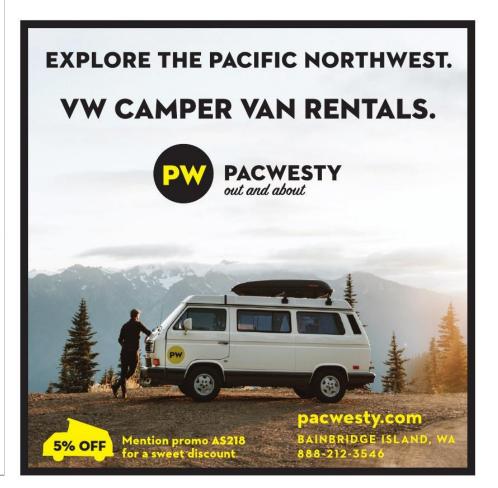
Call Now 1-800-CARAVAN Caravan•com



Caravan GUIDED TOURS SINCE 1952 PORT ANGELES

OLYMPIC NATIONAL PARK
VISITPORTANGELES.COM

Get the ins and outs of Port Angeles and the surrounding Olympic National Park.
Port Angeles is the spot to start-and stay-during your Olympic Peninsula journey. There's more to explore @ VisitPortAngeles.com







The Utah-based Canyonlands Field Institute runs programs for young park explorers, such as this geology hike near the Colorado

mountain pine beetles, as well as countertops of recycled glass and fly ash (capturing a carbon byproduct of coal burning, which is a major energy source in the region). Drinking glasses in rooms are made from repurposed wine bottles.

The lodges have also seen a positive response to their green housekeeping program, which reduces laundering to save more than 300,000 gallons of water and 150,000 kilowatt hours of electricity per year. Visitors who participate in the program get \$5 off per night.

Small changes, such as switching to green cleaning products, can make a big difference in improving environmental health. Yellowstone National Park Lodges has a pilot program in the park's Mammoth region for using environmentally sensitive cleaning products. Walker notes that their new products curb the necessity for toxic chemicals that are ecologically damaging, risky to transport and potentially dangerous to employees.

DEEPER CONNECTIONS

One way to increase people's connections to parks is through expert-led learning experiences. Such programs aren't brandnew, but they stay up to date with modern science and engage younger generations.

Based in Moab, Utah, the Canyonlands Field Institute (cfimoab.org) offers youth programs carried out in camps and over multiple days rafting the Colorado River. Children learn about the geology and wildlife of the Colorado Plateau from naturalist guides. The institute also offers a "step-on naturalist" service to bus-tour groups visiting Arches or Canyonlands national parks in Utah.

In Yosemite National Park, some of the most popular activities are ranger-led bear walks, which explore the natural habitat and behaviors of American black bears.

"Visitors from around the world are very excited to learn about black bears," says ranger Jamie Richards. "Publiceducation programs such as bear walks are critical tools that the National Park Service uses to help inform people about bear behavior, and these programs ultimately help rangers better protect bears."

In addition to in-person learning experiences, parks are using smartphone apps to help visitors get more out of their experiences. Citizen scientists enjoy iNaturalist (inaturalist.org), an app used by researchers as well as the public to identify plant

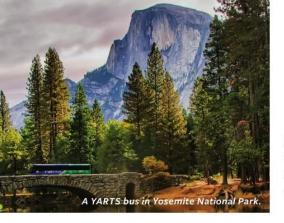
and animal species. With the app, users can keep track of animals they see, crowdsource identifications from a half million users and contribute data to studies.

Another resource, REI's National Parks app (rei.com/mobile.html), available to download for free, has topographical maps, hikes listed by difficulty, and general park information. It works offline, which helps in areas without good cell service. It can also tell you about real-time activities in parks and mark your location.

GETTING IN, GETTING AROUND

When visitors drive into one of Yellowstone's five entrances this summer, they won't have to fumble around in the glove box for their annual parks passes. Yellowstone has joined with seven other national parks in offering digital entrance passes (yourpassnow.com). Visitors can save time by buying an annual pass or sevenday pass online, and they can then show these at park gates on a mobile device.

How people get around parks is changing, too. As part of a broader initiative called the Green Parks Plan, the National Park Service is transforming its transportation fleet and adopting greener travel



methods to lower emissions and ease traffic. Parks are improving nonmotorized-travel infrastructure, such as the 3-mile Greenway Trail for cycling at the South Rim of the Grand Canyon. There are also new biodiesel buses, more hybrid vehicles in service fleets, and electric-vehicle charging stations in many of the parks.

Meanwhile, the number of vehicles in the national parks keeps growing. With nearly 5 million visitors per year, Yosemite National Park is at the forefront of confronting this issue. "Yosemite can handle the volume of people that we have, but it's the number of automobiles that is a challenge," says Yosemite ranger Richards.
"We do not have enough parking spaces to
meet the demand. We are looking at a
variety of options to improve parking."

Searching for a solution, the park has partnered with Yosemite Area Regional Transportation System to improve traffic flow by making it more attractive and convenient for visitors to use buses.

"If you are staying at one of the hotels or facilities outside the park, you can avoid some of the hassle of trying to find somewhere to park on your own by utilizing the YARTS buses," says Richards. A YARTS bus ticket includes admission to the park. Prices depend on distances traveled. YARTS offers service to multiple stops in Yosemite seasonally from Fresno, Mammoth Lakes and Sonora, and yearround from Merced (yarts.com). In summer, visitors can take a YARTS bus all the

way from the Fresno airport to several Yosemite Valley locations. YARTS buses into the park are free on Earth Day weekend this year (April 21 and 22), as well as on other national parks free-admission days through 2020.

The acclaimed writer Wallace Stegner once called the national parks America's "best idea"—a phrase repopularized by a 2009 Ken Burns TV series. And, through initiatives that range from models of sustainability to efforts that increase accessibility and learning, America's National Park Service is showing it can change with the times. The managers of these lands that represent the nation's best idea are showing they are open to new ideas, as well. ⊀

Travel writer Carolyn McCarthy is the author of several national park guidebooks.







CLASSIC PARKLAND EXPERIENCES

Federally protected lands may be changing with the times, but many of their experiences are timeless. Here are a few ideas to explore.

Sights and Sounds

- Watch for bison (above) and other wildlife in Yellowstone National Park, ID/MT/WY.
- Gaze into a volcano after climbing to the crater rim at Mount St. Helens National Volcanic Monument, WA.
- Hear elk bugle during the fall mating season in Rocky Mountain National Park, CO.

- Admire rock art in Horseshoe Canyon, Canyonlands National Park, UT.
- Bike Denali Park Road from taiga to tundra in Denali National Park & Preserve, AK.

Shorter Hikes and Family Activities

- Walk the slickrock trail to Delicate Arch (below) in iconic Arches National Park, UT.
- Float the scenic Merced River through Yosemite National Park, CA.
- Follow the easy Rim Trail to take in the natural splendor of Grand Canyon National Park, AZ.

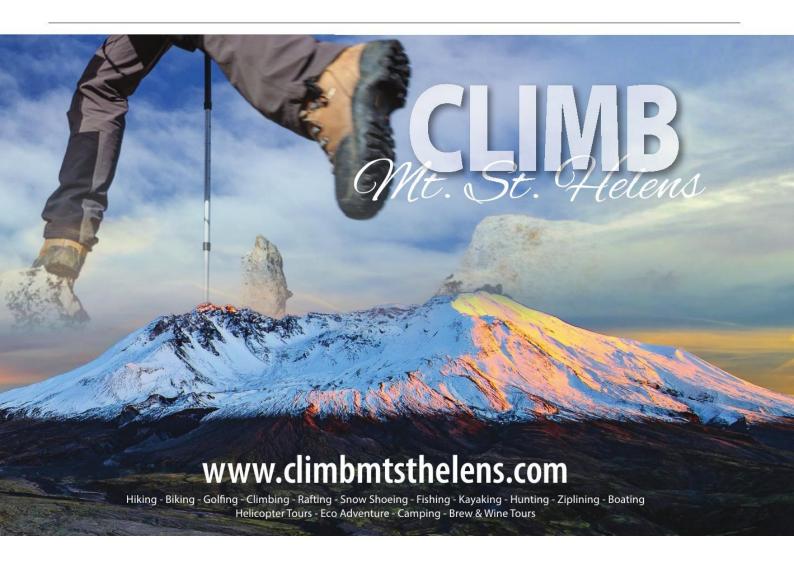




- Boat to Wizard Island inside the dormant caldera of Crater Lake National Park, OR.
- Stroll to a waterfall on the lushly forested Pīpīwai Trail in Haleakalā National Park, HI.
- Pick fruit from a pioneer-era orchard in Capitol Reef National Park, UT.

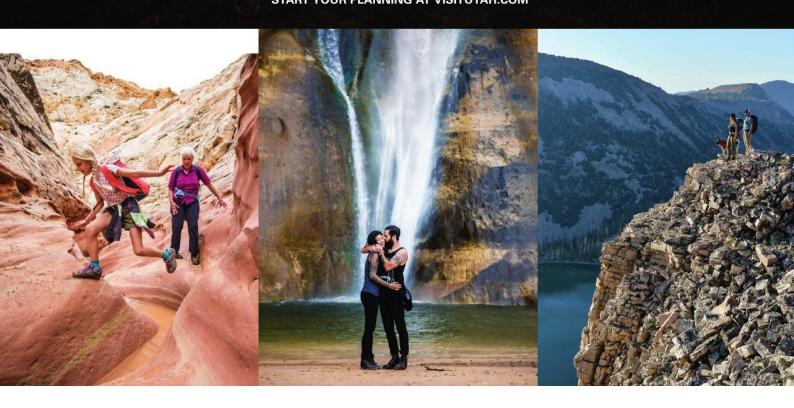
Additional Hikes and Expeditions

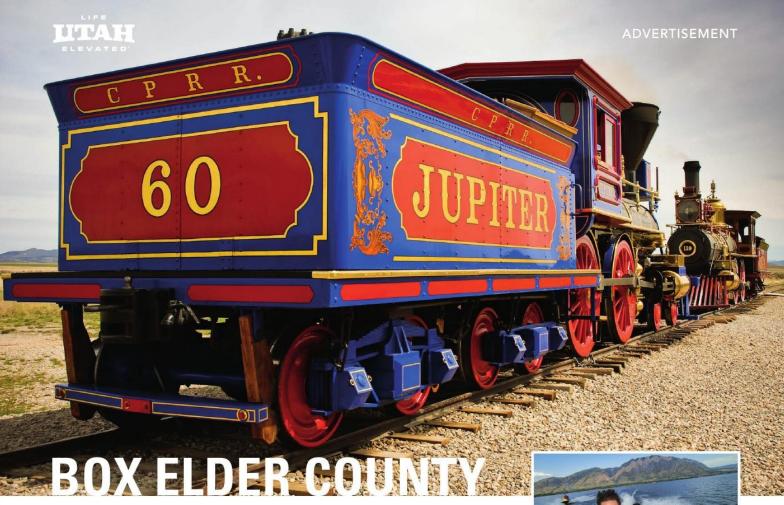
- Backpack the epic 93-mile Wonderland Trail (above) in Mount Rainier National Park, WA.
- Trek the Mesquite Flat Sand Dunes at Death Valley National Park, CA. C.M.





START YOUR PLANNING AT VISITUTAH.COM





We're all about your bucket list. Visit the premier birding destination of the western U.S. Check. Take in two renowned pieces of incredible land art. Check. Stand on the spot where the Union and Central Pacific railroads joined their rails and forged the A premier birding

destiny of a great nation. Check. Soak in a natural springs pool with the highest mineral content in the world. Check. Eat at Utah's original steakhouse. Check. Check,

check and check. You'll come for the birds and stay for so much more. Box Elder County is filled to the brim with can't-miss activities, events and sites.

From the legendary Spiral Jetty to killer murals scattered along Tremonton's Main Street, the art scene will delight and amaze you. When you include the museums, live theater, and historic architecture, you'll really up your culture

game and satisfy your creative itch.

Have we mentioned we've got birds? In case you choose to go a different direction, Box Elder County is filled with numerous water sports locations, exciting

> ATV opportunities, and gorgeous biking and hiking spots to explore. You want big fun? We've got big fun.

Here, you'll find the stuff of legends. Come get

inspired with our railroad history. Explore fascinating stories of early pioneers. Discover the history and wide variety of our agricultural bounty and taste the fruits of the farmer's labor.

In Box Elder County, you'll find a whole new set of experiences to fill up your bucket list, again.



MUST-DO THINGS WHEN YOU VISIT

- 1. Explore Golden Spike National Historic Site, where the Transcontinental Railroad met and changed the nation.
- 2. Have a soak at Crystal Hot Springs, home to the world's highest mineral
- 3. Take in Bear River Migratory Bird Refuge, the premier birding destination of the western U.S.
- 4. Enjoy a meal at Utah's original steakhouse Maddox Ranch House.
- 5. Boat, swim, SUP, water ski, and fish in the warm waters of Willard Bay at Willard Bay State Park.



GETTING THERE

ARRIVE AT SLC ADRIVE 62 MILES 1 HR 8 MINS

destination meets

legendary art

and history.

BOXELDER.ORG



When you see Bear Lake for the first time, you'll know why it's often referred to as the Caribbean of the Rockies. Brilliant turquoise waters invite you to dive in and enjoy the year-round recreational activities Bear Lake has to offer.

There are thousands of square miles of fun, including beach explorations, boating, fishing, jet skiing, sailing, hiking, snow skiing, ice fishing, snowmobiling, discovering local history and so much more!

Bear Lake has more than 70,000 acres of water. It is so large you'll often feel as if you have the lake entirely to yourself. With numerous boat ramps and access points, whatever fun you like best is right in front of you.

The shallow, sandy beaches are perfect for swimming or getting started

on your paddle board, kayak, canoe or raft. Bring plenty of sunscreen, your beach umbrella and food and beverages because it's easy to lose track of time while you spend the entire day relaxing, playing and enjoying being at the lake.

Bear Lake has more than 70,000 acres of water.

In summer, Bear Lake Valley is typically cooler than surrounding areas, which makes it a perfect option for summertime getaways. But even with the cooler air, lake

water temperatures remain excellent for swimming and wading.

Winter in Bear Lake feels like a classic wonderland where you can cozy up to the fire in one of the many available cabins after an exhilarating day spent cross-country skiing, snowshoeing and other fun winter actvities the entire family can enjoy.

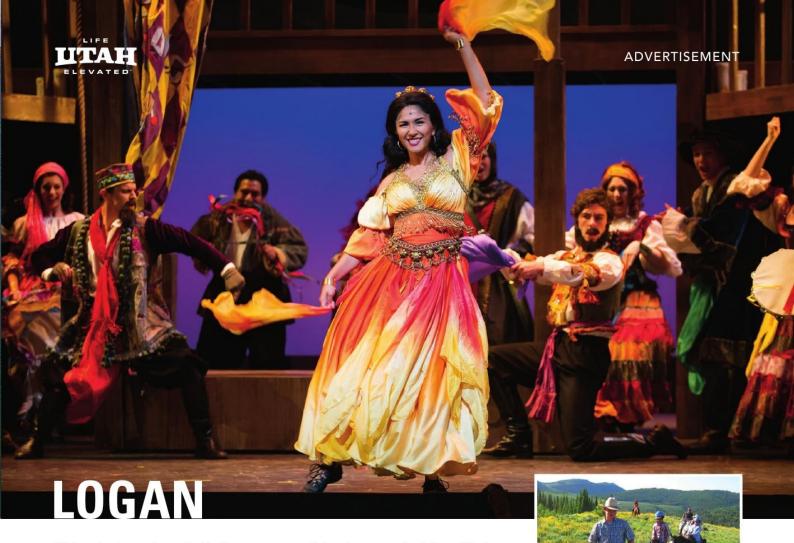




MUST-DO THINGS WHEN YOU VISIT

- 1. Go for lakeside fun surrounded by mountain pastures with numerous trails at Bloomington Lake.
- 2. Tour historic Paris Tabernacle, completed in 1889 by Mormon pioneers and constructed using red sandstone from the east side of Bear Lake.
- 3. Catch a live show at Pickleville Playhouse, which celebrates more than 40 years at Bear Lake.
- 4. Explore Minnetonka Cave and its fairyland rooms of gleaming stalactite and stalagmite formations.
- 5. Experience our world-famous raspberry shakes - they're dynamite!

BEARLAKE.ORG



Welcoming Logan is nestled in the impressive Wasatch Mountains on the Yellowstone Loop. It's an agreeable slice of old-time, unspoiled Americana.

In summer, Logan is Utah's Heart of the Arts. Utah Festival Opera and Musical Theatre features talented artists from leading U.S. venues. performing opera and Broadway musicals with full orchestra.

The 1913 Caine Lyric Theatre, home to Lyric Repertory Company, is one of the last remaining true repertory companies in the U.S., presenting an entertaining mix of musical, mystery, drama and comedy.

The 1924 Art Deco-style Utah Theatre boasts a mighty Wurlitzer organ, classic movie showings and live performances.

Enjoy free concerts at Noon Music at the Tabernacle downtown every weekday mid-May through July, featuring a musical variety from flutes to banjos to barbershop. The 1891 Tabernacle is a glorious example of early Mormon pioneer architecture.

Dig into an enormous banana split with mounds of ice cream.

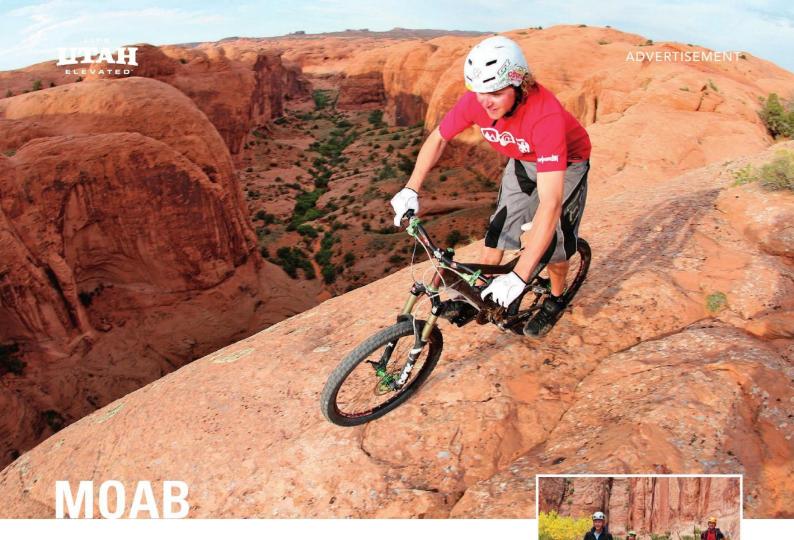
Experience Old West history at American West Heritage Center. Explore a mountain man camp, pioneer settlement and circa

1917 working farm. Hands-on activities, demonstrations and interpreters in period clothing provide an inside look into the American West past.

Logan Canyon National Scenic Byway is 43 miles of unspoiled paradise where you can hike, bike, fish, canoe and horseback ride. This beautifully scenic and uncrowded area is only a 10-minute drive from downtown Logan.

MUST-DO THINGS WHEN YOU VISIT

- 1. Get a taste of the area on the Foodie Trek and Signature Products Tour.
- 2. Look back in time at the 160-acre American West Heritage Center, showcasing mountain men, pioneers and turn-of-the-century farmers.
- 3. Explore spectacular mountain Scenic Byway.
- 4. Catch a live performance during our summer arts season sizzling with Broadway, opera, comedy and more.
- 5. Clean the Sink at Angie's split served in a mini kitchen sink.



Moab's unique combination of beautiful red rock scenery, along with the cool waters of the Colorado River, has made it one of the most sought-after destinations in the entire American Southwest. Let Moab be your base camp for worldfamous mountain biking, Moab also offers

hiking, river expeditions and mountain climbing. Sit some of the best back and enjoy the wide and mountain biking gorgeous vistas as you drive through these fantastic and historic national parks, and along Moab's three scenic byways.

Moab is home to a number of Utah's most diverse and unique national parks. You will surround yourself with the out-of-this-world red rock landscape of Arches National Park, boasting more than 2,000 of the world's largest concentration of sandstone arches. Visit the mythical-sounding Island in the Sky, a remarkable district of Canyonlands

National Park. The great scenery, however, only begins with our national parks. Dead Horse Point State Park is a quick drive from Moab and offers visitors amazing views of the snaking and meandering Colorado River, more than 2,000 feet below.

> Moab also proudly offers some of the best mountain biking on the planet. The Porcupine Rim and Slickrock trails, among the most

spectacular and challenging mountain bike trails anywhere in the world, have made Moab a must-ride destination for the serious rider. And, Moab has more than 100 trails which bike riders of all experience levels can happily enjoy, so bring your own bike or rent one of the latest models from one of Moab's many bike shops or outfitters.

MUST-DO THINGS WHEN YOU VISIT

- 1. Visit Arches National Park, home to the world's largest concentration of sandstone arches.
- 2. Wander Canyonlands National park, Utah's largest national park.
- 3. Capture photogenic views from Dead Horse Point at Dead Horse Point State Park.
- 4. Get on the Colorado River on a family-oriented whitewater trip.
- 5. Pedal your way to fun in Moab, home to the greatest mountain biking on the planet with an incredible variety of trails.



on the planet.



Dootl'izh (Navajo for turquoise) represents a timeliness of spirituality and purity. Turquoise is significant to the Navajos and integrated into their ceremonies, rituals and general daily life. In its simplest origin, it is considered to bring good fortune and provides protection and strength. This beautiful and colorful stone is central to many Navajo spiritual observances as offerings to the elements and spirits.

Navajo turquoise dates back nearly 12,000 years.

Navajo Creation stories convey how turquoise is utilized by the deities. It holds prestige and power and has been worn on one's person to bring good tidings and protection. Over time, these pieces were also worn as jewelry. Adorning the body with this sacred stone is a way to harness its power. Because it is intertwined in Navajo life, it is understandable why Navajo are famed for making exquisitely designed jewelry.

Navajo turquoise dates back nearly 12,000 years. It was in 1860 that Atsidi Sani (Old Smith) began to work metal into jewelry, which he had learned from the Spaniards. He taught his sons this craft - silversmithing - that eventually

> evolved into many other Navajos learning the craft and using turquoise. Currently, each individual Navajo silversmith imparts his or her own unique design on their jewelry, telling a history about the maker.

Genuine and authentically made Navajo jewelry is a wonderful investment because of its style, craftsmanship and appreciation value. One can purchase characteristic Navajo jewelry incorporating turquoise in its design at fair events, flea markets, rodeos and roadside vendors. High-end luxury Navajo jewelry can be purchased at Navajo arts and crafts stores.

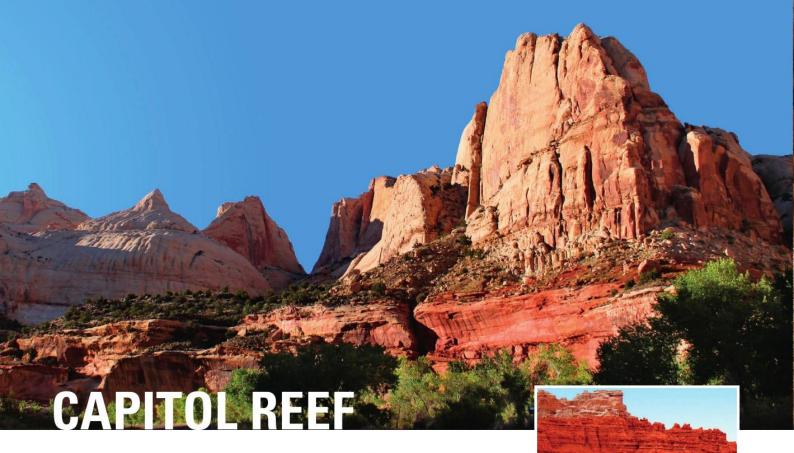
MUST-DO THINGS WHEN YOU VISIT

- 1. Learn about the distinctive Navajo history and culture at Monument Valley Tribal Visitor Center.
- 2. Explore Monument Valley Navajo Market where you can purchase a variety of intricate and unique items from Navajo artisans.
- 3. Watch a fascinating and skillful Navajo rug-weaving demonstration on Simpson's Trailhandler Tours.
- 4. Stop, visit and buy directly from Navajo artisans at roadside vendors.
- 5. Enjoy the October Utah Navajo Fair and Rodeo in Bluff, Utah.

GETTING THERE ARRIVE AT SLC 😝 DRIVE 388 MILES | 6 HRS 37 MINS

DISCOVERNAVAJO.COM





Come experience Capitol Reef Country's rich history of dinosaurs, Native Americans, outlaws and more. Capitol Reef Country is split into three distinct geographical zones: the eastern high desert, Capitol Reef and the western highlands. With diverse landscapes and intriguing histories, each area Discover offers a wide range of activities human past sure to suit all visitors.

The eastern high desert landscape. zone is located on the western edge of Canyonlands National Park. This desert land is where dinosaurs once roamed, where famous outlaws used to hide out and where Hollywood movies are filmed. Goblin Valley State Park lies here, with its Marslike appearance and mushroom-shaped red rock sandstone formations.

Within the Capitol Reef zone is the 70-mile-long Capitol Reef National Park, filled with colorful sandstone cliffs, large domes and massive monoliths. The white rock and sheer cliffs provide endless exploration opportunities and views of rare Fremont culture, petroglyphs and remnants of early settler establishments.

> The national park is most famous for its 100-mile long Waterpocket Fold.

The western highlands zone ranges between 4,000 and 11,000 feet in elevation, creating diverse landscapes

from forests to lakes to open plains. Some of the highest points of the region include Boulder Mountain and Thousand Lakes Mountain, both perfect for exciting outdoor getaways and activities.

With few crowds and so much to experience, come to Capitol Reef Country, where your Utah adventures await.

MUST-DO THINGS WHEN YOU VISIT

- 1. Venture throughout Goblin Valley State Park and its mushroom-shaped sandstone formations.
- 2. Hand pick your fruit at historic Fruita orchards located in Capitol Reef National Park.
- 3. Drive along Thousand Lakes Mountain Road, a 35-mile scenic backway (high-clearance vehicle
- 4. Hike to the 125-foot tall Hickman Bridge in Capitol Reef National Park.
- 5. Discover pictographs and petroglyphs in Horseshoe Canyon, near Canyonlands National Park.



in a dramatic



Cedar City is centrally located to Bryce Canyon and Zion national parks (only 90 minutes away) and a fast 20-minute drive from Cedar Breaks National Monument which, though similar to Bryce Canyon, is even more colorful and spectacular due to layers of oxidized soils that have eroded into intricate Cedar City is rock formations. Far removed Southern Utah's from big city lights, Cedar new art scene. Breaks is renowned for its dark skies and was named one of the top places in the world to enjoy the night sky by USA Today.

Cedar City is the hub for Southern Utah's amazing arts scene. The newly opened Beverley Center for the Arts is home to the Tony Award-winning Utah Shakespeare Festival, now celebrating its 56th year. Shakespeare's plays and contemporary works are performed in three majestic theaters: the outdoor Engelstad Theatre, a replica of William

Shakespeare's Globe Theatre in England, the Randall Jones indoor theater, and the intimate Anes Studio Theatre.

The Beverley Center is also home to Southern Utah Museum of Art which

> features a permanent collection of national park paintings plus rotating regional art exhibits. The museum building itself is considered a work of art - a

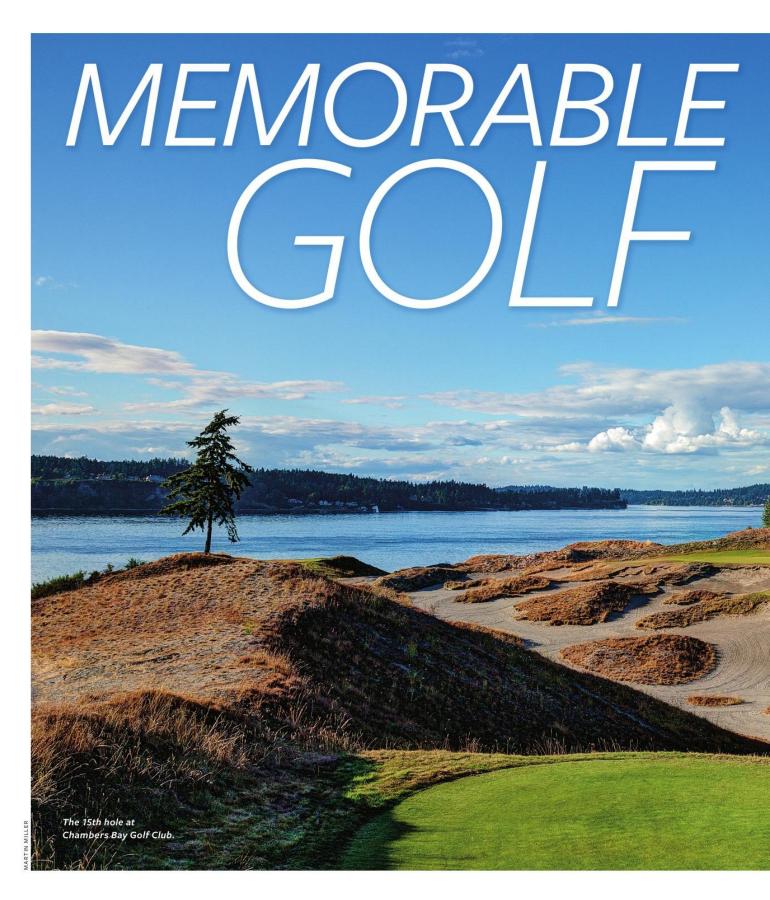
permanent sculpture housing an art museum.

Escape the heat of the valley at the cooler 9,000-foot elevation of Brian Head Resort, offering more than 200 miles of downhill bike trails, plus summer tubing, a mini zip line, bungee trampoline, climbing walls, archery and disc golf. The resort hosts outdoor concerts and events most weekends.

MUST-DO THINGS WHEN YOU VISIT

- 1. Attend a Utah Shakespeare Festival play - don't miss the song and dance of the free nightly Greenshow.
- 2. Enjoy a star party at Cedar Breaks National Monument on Saturday nights with park staff guides.
- 3. Take your pick of the action at Brian Head Summer Activity Center open most weekends.
- 4. Explore Cedar City's historic downtown – including southwestern Utah's only winery.
- 5. Pan for gold, make rope, dip candles - experience Old West pioneer life at Frontier Homestead State Park.







A tour of unique and unforgettable layouts By Ken Van Vechten

>>> You can find the sport of golf all over the globe and in many beautiful places.

What is rare is a round that resonates, a golf experience. A round in which, well, sure, you'll swing the sticks and chase the rock, but the sum of it all is far more than golf's parts. It's a setting, it's a feeling and it's memories.

Well, I know a few courses that fit this description to a ... tee.

The following tracks have a variety of difficulty levels, settings and styles. However, one element that each course offers is a memorable experience that will linger long after you've walked off the 18th green.







Chambers Bay Golf Club

University Place, Washington chambersbaygolf.com

Nutshell: A testimonial to how golf can change a landscape. Chambers Bay, located about 10 miles southwest of Tacoma, is on the site of a former gravel pit.

Overview: One of the most overused

phrases in American golf is "links-like." However, at Chambers Bay, it is apt, owing to how the game can be playedlow and running. The Puget Sound shoreline orientation simply adds to the effect. Seriously, It's True: "The dynamic trains passing by, the gorgeous views of Puget Sound and the elevation changes all make Chambers Bay one of the most unique courses I've played. Much like Scotland's St. Andrews, there is a vitality to the fact that it is a public park with all sorts of activities going on around the game of golf." -Tom Douglas, golf aficionado and Seattle restaurateur.

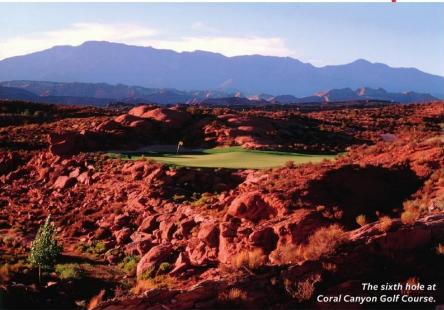
Double Your Pleasure: When you finish playing Chambers Bay, hop west across Puget Sound and embrace superior forestand-glade golf at 36-hole Gold Mountain Golf Club in Bremerton, Washington.

Circling Raven Golf Club

Worley, Idaho cdacasino.com

Nutshell: Birdies and eagles are good things in golf. Circling Raven is like an entire aviary.





Overview: Circling Raven, located about 30 miles southwest of Coeur d'Alene, isn't just golf in the West, it is golf as the West: a big-sky, broad-shouldered, friendly place to draw in a huge gulp of crisp, clean air and then take a mighty swing from the heels on a course that runs through woodlands, grasslands and wetlands.

Seriously, It's True: "There is nothing to compare Circling Raven to. You're winding through the Palouse and the trees, playing golf, and you don't see anybody, and you don't hear anything but the birds and animals." -Don Verlin, dedicated golf traveler and University of Idaho men's basketball coach.

> Double Your Pleasure: Another impressive area layout is The Coeur d'Alene Resort Golf Course, winding along the edge of Lake Coeur d'Alene. It is home to the famous floating green on the par-3 14th hole.

Coral Canyon Golf Course

St. George, Utah coralcanyongolf.com

Nutshell: The Scottish game

played across a John Wayne film scene. Overview: Coral Canyon, located about 10 miles northeast of St. George, and its fellow area courses are splashes of green painted across a flinty pink-and-orange landscape of amazing rock outcroppings. This area is a magnet for the golf savvy; an off-the-beaten-path nexus of inspired designs, which boast Zion National Park as a backdrop.

Seriously, It's True: "The charm of Coral Canyon is its setting, and how the course fits softly within its environment, like the holes have always been there, waiting to thrill." -Keith Foster, Coral Canyon designer.

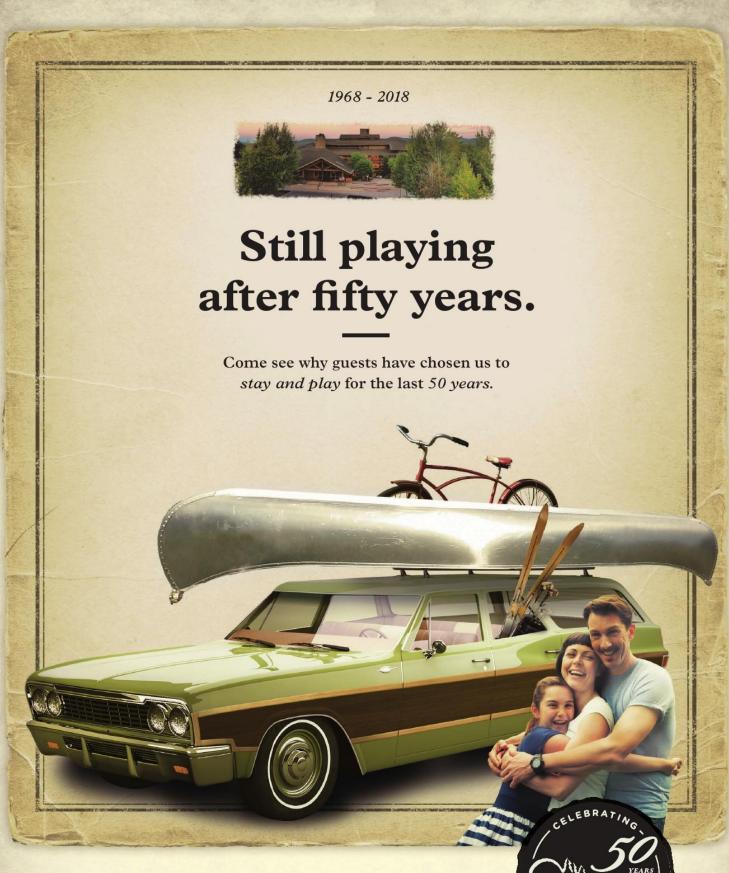
Double Your Pleasure: Have you ever seen bighorns scamper about ridge and slope? Sand Hollow Golf Course, about 10 miles south of Coral Canyon, asks players to tackle a layout that is nearly as geographically exciting and boasts its own amazing palette of natural colors.

Crosswater Club

Sunriver, Oregon crosswater.com

Nutshell: Perhaps Oregon's greatest course not on the Pacific Ocean.

Overview: Sitting on 600 acres, Crosswa-



Since 1968, we've been in the business of creating unforgettable experiences. From exploring over 40 miles of bike trails, to hitting the links on our four golf courses, to relaxing at Sage Springs Club & Spa, enjoying world-class dining, floating on the Deschutes River or taking in a trail ride — it's no wonder our guests have been coming back to stay and play for generations.

Plan your next vacation at Sunriver Resort.

866 785 0158 | SunriverResort.com





ter offers plenty of terra amazinga. Two rivers run through the layout; eagles nest above; wetlands abound; and snow-tipped mountains can be seen throughout. That is Crosswater.

Seriously, It's True: "Very few golf courses that exist anywhere can say [like Crosswater] that every single hole is memorable, challenging and beautiful. There are no ordinary holes, or views, on the entire golf course." -Drew Bledsoe, Bend resident and former Pro-Bowl NFL quarterback.

Double Your Pleasure: Brasada Canvons Golf Course, about 40 miles northeast of Crosswater, runs up, down and across a rocky butte, with many of Oregon's Cascade Mountain peaks in view.

Danzante Bay Golf Club

Loreto, Mexico

danzantebaygolfcourse.com

Nutshell: Scottsdale meets Pebble Beach on the Baja Peninsula.

Overview: Get-there-now-quality golf comes to Baja's eastern coast. If you like playing by the sea and on cliffs high above the sea-while playing through spectacular rocky desert landscape—welcome to nirvana.

Seriously, It's True: "Mother Nature steals the show at Danzante Bay, especially on

the golf course. Each hole builds toward the next as the geography changes and the drama unfolds." -Rees Jones, renowned course designer-including of Danzante.

Double Your Pleasure: Travel down to the tip of Baja at Cabo San Lucas and stay at one of the Pueblo Bonito Resorts properties so you can play the Quivira Golf Club. The course, which hugs the craggy coast, has become a top Cabo attraction.

Fairmont Chateau Whistler Golf Club

Whistler, B.C., Canada fairmont.com/whistler/golf

Nutshell: Now on the tee, a black bear and her three cubs. It happens on occasion at

Overview: Any number of golf coursesincluding a majority in the West-boast of mountain views. Whistler is of the mountain. It is hard-wired into a tableau of heave and swoop, braided with streams, cloaked in evergreens and studded with granite outcroppings.

Seriously, It's True: "You have all the different views, and you see Whistler Village. It's just a different feeling of a course. You have all the animals-the bears, the beavers and the deer. You are playing in the forest, you are playing in their home." — Yuki Tsubota, Whistler's own Winter Olympian and winner of the 2016 Slopestyle World Cup in Mammoth. Double Your Pleasure: Big Sky Golf Club, 20 miles north in Pemberton, adds to the mountain majesty by playing through a valley beneath a ring of soaring peaks.





Hello, Birdie!

When it comes to golf, variety is key. Choose from prestigious courses that challenge your long game or meticulously manicured greens for your short game. Whether you get a bogey or an eagle, the fun is playing on our peaceful greens. We invite you to experience our golf courses, wineries and breweries, just minutes from Portland.

Tualatin Valley

+1 800 537 3149 | tualatinvalley.org





Francis H. I'i Brown North and South Courses (Mauna Lani Resort)

Kohala Coast, Hawai'i Island, Hawai'i maunalani.com

Nutshell: This is one of the best lava-andwaves Hawaiian-golf experiences.

Overview: With two courses here, the best decision is just to play both. The North Course is more demanding off the tee, with stretches of threading stands of kiawe, a native tree. The South Course has, in my opinion, one of the singlegreatest over-ocean holes in existence: the par-3 15th.

Seriously, It's True: "The courses are in immaculate condition, and the South Course, in particular, provides some of the most stunning views you'll find on the island. The sunset views on the 13th and 15th are not to be missed." -Stephen Ames, a four-time PGA Tour winner.

Double Your Pleasure: Waikoloa's Beach Course, a few miles south of Mauna Lani, attracts golfers to the cresting Pacific at the reachable par-5 seventh, dubbed "Hemolele" or "Perfection." The inland Kings' Course is also a great play.

SilverRock Resort

La Quinta, California silverrock.org

Nutshell: Of the Coachella Valley's many compelling city-owned courses, Silver-

Rock is one of the most visually stunning. Overview: Designed to be a PGA Tourhosting venue (which it was for a time), and to meet the daily golf needs of residents and visitors, SilverRock succeeds with stark vertical relief. This takes a good bit of sleight of hand, given that the course is located in a pancake-flat part of the valley floor. The layout routes players around or over hazards and various collection areas, depending on ability.

Seriously, It's True: "With holes 14, 15, 16 and 17 running right along the base of the Santa Rosa Mountains, it is absolutely gorgeous coming home. And all the way around you have to hit the shots. With all the angles possible, it makes you think." -Tommy John, retired major league pitching great.

Double Your Pleasure:

Stop by Indian Wells Golf Resort, which is located a little more than 5 miles north of SilverRock. You will find Clive Clark's garden-in-the-desert Celebrity Course and John Fought's wellcrafted Players Course.

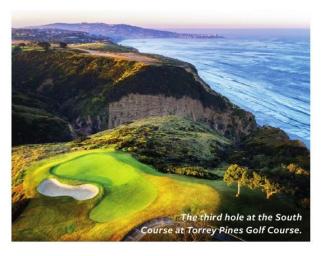
Torrey Pines Golf Course

La Jolla, California torreypinesgolfcourse.com Nutshell: A municipal facility that plays at the highest level of the game.

Overview: Who doesn't know of Torrey? Bluff top, Pacific blue, perfect San Diego weather, a guy with a torn-up leg and knee winning the Big One in 2008 (Tiger, U.S. Open). And it's tough play, in a good way, on both the North and South courses. Seriously, It's True: "It's always nice to play on the same courses where they've played Tour events and major championships. Yet it really has a local feel, where

it's a course that belongs to the city and the people who live here. You can get paired up with guys who have played here for 30 years, and they can teach you something new about the course every time." -Chad Coleman, head of social media,

Callaway Golf Company.



Double Your Pleasure: Less than 10 miles northeast of Torrey is The Grand Golf Club, a Tom Fazio layout with Daytonalike banking contours. It also offers that quintessential coastal tableau of rim and canyon.

Wigwam Golf Club, Gold Course

Litchfield Park, Arizona

wigwamarizona.com

Nutshell: A gimmick-free old-school parkland course in a state known for saguaro-and-canyon golf.

Overview: Course design goes through trends. A good chunk of America's best plays came from that midcentury school serving up minimal trickery and rewarding strategic acumen and some brawn. That's Gold.

In a touching gesture, the resort and course annually pay tribute to our fallen



and injured soldiers with the Patriot All-America Invitational, one of the pinnacle amateur events on the calendar.

Seriously, It's True: "If you are playing well, you can score. If you are struggling, it can be very difficult. It is tight off the tee; the greens are exacting; and you have to be sharp with your irons. It's a true classic design." —Braden Thornberry, 2015 Patriot All-America Invitational champion and currently the second-

ranked amateur in the world.

Double Your Pleasure: Wigwam is gracious enough to provide three courses.

However, while out here in Phoenix's
West Valley, also add Verrado Golf Club's
Founder's Course to your dance card.





Fast and Fun

Welk Resorts San Diego offers entertaining short tracks

Sure, we talk the talk about playing the long courses.

However, after burning through three sleeves of Callaway Chrome Softs, posting a score that reads like a Palm Springs weather report in August and spending five-plus hours doing so ... do we want to walk that same walk tomorrow? Hello, short courses.

Many of us came to the game via something other than monstrous 18-hole championship tracks. Those shorter courses are now back in vogue. If you find yourself in northern San Diego County, Welk Resorts gives you two examples of fine short layouts: the all-par-3 Oaks Course and the hit-every-club-in-the-bag Fountains Course, an executive routing pushing 4,000 yards.

"Almost 80 percent of golfers have higher than an 18 handicap," says Evan Biundo, the head golf professional for Welk Resorts. "That is the market we serve. It's



for players of whatever ability who want a friendly golf course, one they can enjoy, where they can post better scores, not lose a ton of balls and do it with time left to get on with the rest of their day."

Let's add that the \$49 price tag for a weekend round at the Fountains is nice, too.

Biundo says play has been increasing in recent years, and not every facility, of whatever length, can make that boast. He attributes this to the allure of playability, quick rounds, low costs and the club's instructional programs. Welk Resorts is also keeping up with the times, offering alt-golf activities such as FootGolf (a hybrid sport that combines soccer and golf) and a vibrant social scene, one that taps freely into the county's craft-beer culture. And the golf is real.

No parent ever favors one child over the other, but Biundo does tout Fountains' "genius layout," where even the most avid players won't have a diet of just wedges and short irons.

Says Biundo, "You will hit hybrids, you will hit long irons; and you can pull out your driver on seven holes."—*K.V.V.*



Now You Have Three Reasons to Book Your Stay at The Marcus Whitman.

Introducing, the only hotel with golf packages for all three of WallaWalla's area courses. Enjoy exclusive guest privileges at the Walla Walla Country Club. Play the exciting links-style course at Wine Valley Golf Club. Or, spend a relaxing afternoon on the fairways at Veterans Memorial Golf Course.

Tell our friendly golf-reservation staff when you'd like to play and for how many days—and they'll respond with a custom lodging & tee-time quote for your approval. It's that simple.

6 W ROSE STREET, WALLA WALLA, WA | 509.522.2200 | MARCUSWHITMANHOTEL.COM/GOLF-COURSES

WE'VE BEEN EXPECTING YOU.



Active just became energizing. Great just became spectacular. And amazing just became fabulous. Now, a bevy of dazzling new amenities makes the Valley's most vibrantly social club surely *the* club to call home. So, what are you waiting for?

TOUR TEN GORGEOUS SHOW HOMES OPEN EVERY DAY.
LUXURY HOMES & CUSTOM ESTATE HOMES FROM \$1.3M TO \$5M.
INDIAN WELLS, CA 760.772.7000 TOSCANACC.COM







A look at the latest gear By Ken Van Vechten

)) It is Masters Month, and that means it's time for everyone to tee it up. And as spring signals a fresh start, why not feel your best by taking that first swing with some new sticks and other equipment?

Marketing campaigns will have you believe that if your driver was born in 2017 or, heaven forbid, as far back as 2016, you're doing the equivalent of flying Wright Brothers Air while your buy-every-year buddy launches with Space X. Don't fall for this trap. Clubs don't go obsolete with the flip of a calendar.

However, the cycle does refresh, and if you've gone through numerous regrips, now is the time. I advise taking a look at Callaway Golf and its new Rogue driver. Proprietary internal structures, including Jailbreak technology, an aerodynamic design

assist from Boeing, lighter crown material and revised shape increase swing and ball speed, while also adding more forgiveness.

And for goodness' sake, get fitted for that new wonder stick. Even if you were fitted in the past, like fine wine, we change over time, and your specs might have changed. So don't get stuck in autopilot. The idea behind new gear is improved performance, and proper fit is an essential part of performance.

With multinational conglomerates entering and then leaving the golf industry, there's something comfortingly Sunday-supper-with-the-kinfolk about still-family-owned Ping. Golfers looking for new irons should go pound some orbs with a set of the Ping G700, noted for a high-launch, across-the-face>>> Sergio Garcia, the 2017 Masters champion, is hitting the Callaway Rogue driver, which uses new technology and an assist from Boeing to increase swing and ball speed.



abundant amenities, recreation and an authentic Oregon experience. Black Butte

Family Vacation, Stay & Play and Group Golf Experience Packages available.

Direct flights from Redmond (RDM) | 7 miles w of Sisters, OR | BlackButteRanch.com | 855.766.2479

Ranch





Titleist launched a new version of its Vokey Design SM7 family of wedges.

forgiving hollow-body design. The clubs also boast iron-alloy faces that act like cannons. Performance is what helps us score, but aesthetics do affect the gray matter. What's really cool about these irons is they don't look like backhoes, so you have a situation where the clubs perform and you also don't mind looking at them. What's really cool about the G700 series is that when you hit them, you'll be amazed at the forgiveness.

Titleist continues to tinker with this era's most popular family of wedges. New for 2018 is a raw version of the Vokey Design SM7. Raw-finish wedges are designed to rust or develop a time-honored patina, an aesthetic effect that is popular both on tour and with folks like us. New with this iteration is a heat treatment that increases the durability of the wedges. The series offers 23 combinations of loft, bounce and grind.

If you are drawn to data like Northwesterners to Palm Springs in winter, check out Cobra Connect, a

swing diagnostic system featuring Cobra Golf's KING F8 Irons and the Arccos tracking system. The Arccos sensors are embedded in each club in the entire KING F8 line, collecting real-time yardage stats and transmitting the information to your smartphone. Cobra includes additional Arccos sensors that screw into the end of your non-Connect clubs.

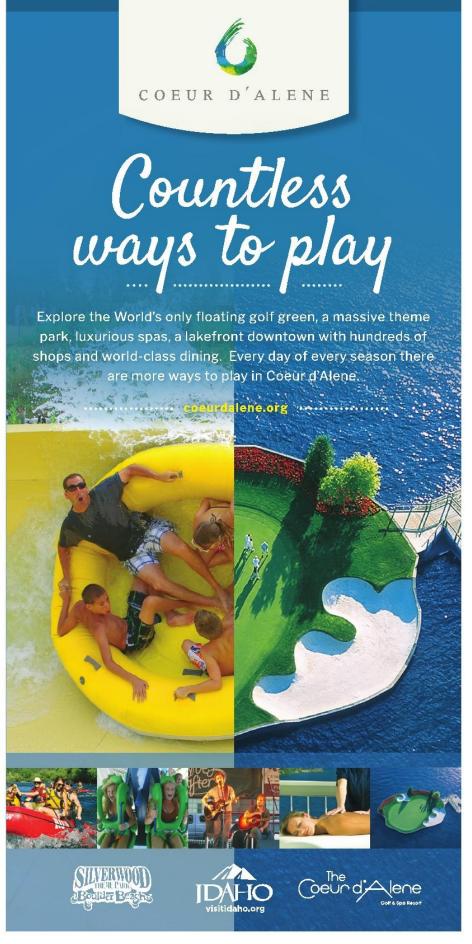
Danish company ECCO might not leave as large of a footprint as some other shoe manufacturers, but step into a pair of BIOM Hybrid 3 golf shoes and you'll know why this company is special. The cleatless

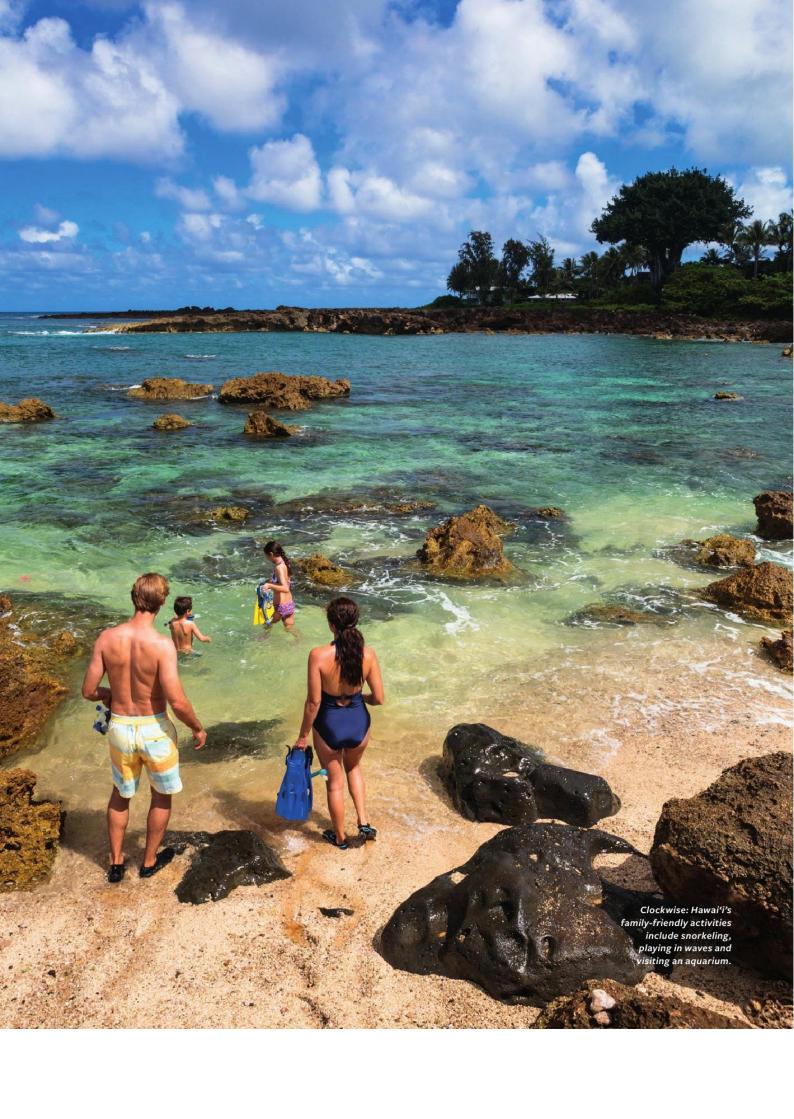


ECCO's new
BIOM Hybrid 3 golf
shoes offer support,
comfort and style.

kicks feature many of ECCO's stockin-trade features, including box-tofirst-wear-comfy yak-leather uppers; Gore-Tex; a flexible, natural, lower profile; and a new three-zone outsole to maximize walkability, durability, stability and playability. And the roomy forefoot is a toe-wiggling departure from the narrow dressshoe confinement of many brands.

Ken Van Vechten writes about golf from Central California.







Family Paradise

Hawai'i is the perfect place for people of all ages to play • by Ilima Loomis

"It's starting!"

My 10-year-old daughter grabbed my hand and tugged me along as we speed-walked past tanks of jewel-toned tropical fish and breezed through an exhibit of dreamily pulsating sea jellies, arriving at the aquarium's Open Ocean Exhibit just as a naturalist was beginning her shark talk.

We were at the Maui Ocean Center, an aquarium with a focus on displaying the marine life found in the Hawaiian Islands, including many species that live just feet away in the waters of Mā'alaea Bay. In addition to reef fish, eels, turtles and octopuses, the aquarium showcases about 20 sharks at a time in its 750,000-gallon Open Ocean tank.

We found spots in the bleacher-style seating in front of the large glass windows as one of the aquarium's divers joined the conversation from inside the tank, answering questions through a microphone in her special mask. The tank features a rotating variety of sharks—including blacktip, whitetip, sandbar, gray reef, scalloped hammerhead and the occasional tiger. As the talk ended with a rousing cry of "Alooooohha," the diver glided back up to the surface to get ready for the feeding presentation. Animals in the Open Ocean

tank are usually fed at 11 a.m. and 3 p.m., although staff may have them skip a meal if the animals are showing signs of overfeeding.

While sharks have a reputation as ravenous predators, they are actually picky eaters, we learned, and can go for days or weeks without food. Instead, as the fish meat was tossed into the tank,

it was actually the ulua-large, silvery schooling

fish popular with local sport fishers—

that darted forward to gobble up the

food. The sharks cruised by with what seemed to be aloof disinterest, while broad stingrays skimmed the tank floor, sucking up bits of fallen food.

The aquarium is just one of Hawai'i's many options for family-friendly experiences.

With a variety of beaches, you can find waves to challenge athletic boogie boarders or sheltered

paddle to their hearts' content. Interactive presentations on hula and traditional arts offer an opportunity for kids to learn about the Islands' rich cultural heritage. And nature lovers can take in Hawai'i's varied environments, from snorkeling coral reefs, to hiking in a rainforest, to watching a volcano erupt.

coves where toddlers can splash and

Here are some enjoyable activities for families in the Aloha State.



Oahu: Ala Moana Center • Outrigger Waikiki Beach Resort • Hilton Hawaiian Village Royal Hawaiian Hotel • Kahala Hotel & Resort Maui: Shops at Wailea • Whalers Village Big Island: Kings' Shops Kauai: St. Regis Princeville • Grand Hyatt Kauai Resort • Shops at Kukui'ula toririchard.com





Maui offers stunning views of breaching humpback whales, above, and spectacular sunsets at the summit of Haleakalā volcano, right.



Maui

Maui's Haleakalā volcano is justly famous for its sunrises. But after early-morning traffic jams led Haleakalā National Park to start requiring reservations for sunrise viewing last year, we decided to skip the crowds (and 3 A.M. wakeup call), and head to the summit for sunset instead.

Bundled up in fleeces and blankets (temperatures at night can dip into the 40s and below), we found a place to perch on a west-facing rock wall at the summit, and watched the sun slide beneath the sea. The show didn't end with sundown. As the last glow of twilight died away, and the night deepened, we looked up to take in a dizzying array of stars. Sky map in hand, we spent the next hours spotting constellations, planets and the Milky Way.

You can enjoy another natural wonder via a whale-watching cruise. Tours with the Pacific Whale Foundation are led by marine naturalists who explain whale biology and behavior, and the excursions include an onboard Junior Naturalist program for kids. Humpback whales migrate to Hawai'i from northern waters during the winter months, spending the season breeding, calving and raising their young. When whales aren't in season, you can get out on the water with a snorkel tour, a sunset cruise or a dolphin-watch tour, to see pods of spinner dolphins jump and frolic.

To play in the waves yourself, try surfing. Maui Surfer Girls offers two-hour surf lessons for men, women and kids, with private lessons for children under 10, at calm and quiet Ukumehame Beach Park, about 8 miles southeast of Lahaina. All of the classes include an orientation and practice session on the beach before participants hit the waves. For a more immersive experience, Maui Surfer Girls also offers empowering weeklong surf camps for women and teen girls.

Families looking for adventure and a bird's-eye view of Maui can take their visit to new heights with a helicopter tour. A Hana rainforest experience offered by Maverick Helicopters includes a







On Hawai'i Island, visitors can hike along cooled lava formations, above, and view active lava flow, top right.

flight along the spectacular cliffs and valleys of Maui's north shore, followed by a landing in the remote rainforest near the town of Hāna. Kids can take an up-close look at some of the area's natural vegetation and flowers, as well as taste freshpicked tropical fruits when they are in season.

There are several zipline tours on Maui that offer families another chance to soar. If you're intimidated by heights, skip the extreme tours and check out Maui Tropical Plantation for a fun ride that sends you zipping over a working farm. Visitors can also walk the plantation grounds or take a tram tour through the different crops, as well as stroll through a cheerful field of sunflowers that's become a popular backdrop for family photos.

Hawai'i Island

When my friend Stephanie made plans to visit Hawai'i Island with her family last year, she knew a visit to Hawai'i Volcanoes National Park was a must. And she's not alone. The park hosts more

than 1.8 million visitors per year, making it one of the most popular attractions in Hawai'i.

There are more than 150 miles of trails within the park, with hikes and walks for all ability levels, including paved walkways accessible to strollers or wheelchairs. Families can explore a lava tube, walk on a designated trail across the hardened (but still-steaming) Kīlauea Iki Crater lava lake, and take in the eerie stillness of Devastation Trail, which winds through a forest that was partially buried in cinders during a 1959 eruption.

Kids can also enjoy learning about volcanoes at the park visitor center and the nearby Jaggar Museum, which has an overlook of Kīlauea Caldera, formed by one of the world's most active volcanoes.

But for Stephanie and her family, no visit to the park would be complete without a chance to see flowing lava. Parking at the end of Chain of Craters Road, the group rented bikes to ride a mile or so farther, then hiked another mile using a designated route across cooled lava fields to view the active

HOT STUFF!

- Be extra careful around cliffs, cracks and
- Use caution when walking on lava, which

- Stay away from volcanic fumes, especially pregnant, or have young children or infants.
- Since the lava flow is constantly changing, check with park rangers about the best











Visitors can take a sunset tour to the summit of Maunakea, above, or snorkel in Kealakekua Bay, below.

flow from a safe distance. "The boys loved it," Stephanie says. "It's incredibly powerful to be standing there and watching the earth form."

Hawai'i Volcanoes National Park isn't the only opportunity to watch science in action. Hawai'i Island is also known as one of the top sites in the world for astronomy.

The 'Imiloa Astronomy Center, at the University of Hawai'i at Hilo, sits at an elevation of 250 feet and offers interactive exhibits on both Native Hawaiian and Western astronomy, as well as a planetarium and night-

time stargazing.

Maunakea's Visitors
Information Station, at an elevation of about 9,300 feet, provides free star gazing on
Tuesday, Wednesday, Friday and
Saturday evenings, with telescopes operated by Visitors Information Station guides.
Visitors can also take guided tours to the approximately 13,800-foot summit of Maunakea, provided by local companies such as Hawaii Forest & Trail—though children under 16, those with respiratory conditions and pregnant women should not visit the summit due to risk of altitude sickness.

For a guided excursion to some of Hawai'i Island's wild places, additional tours are offered by Hawaii Forest & Trail, such as a waterfall tour that features some off-road driving, a guided walk through a nature preserve and ancient Hawaiian taro farms, and swimming beneath one of seven pristine waterfalls. Older kids might enjoy a

bird-watching tour of the island's dryland forests.

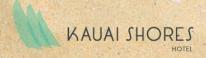
A snorkel tour lets you explore the world beneath the waves. The protected waters of Kealakekua Bay, south of Kona, are a dedicated Marine Life Conservation District, making the area one of the best places in the Islands to view reef fish, turtles and spinner dolphins. Fair Wind Cruises offers daily tours, with snorkel lessons and flotation devices

for less-confident swimmers. Reef-safe sunscreen is provided to guests to guard against UV rays while protecting the marine life from polluting chemicals.

At the Ocean Rider Seahorse Farm in north Kona, families can also observe and gently handle some of the ocean's most adorable and delicate creatures. This working aquaculture farm breeds









Your personal paradise awaits on the spectacular shores of Kaanapali Beach, under swaying palms at Coconut Grove, or atop rugged lava-lined Kona coasts. Our suite of distinctive properties on Maui, Kauai and the Island of Hawaii offers stunning views, prime locations and authentic Hawaiian hospitality with every visit.



Distinctive Properties, Island Values.



The royal 'Iolani Palace, right, features richly appointed interiors such as the throne room, below right.

more than 25 different species of seahorses, including the endemic Hawaiian dwarf species *Hippocampus fisheri*. Tours are offered Monday through Friday, excluding holidays.

0'ahu

Hawai'i's most populous island has been the seat of government for the archipelago since the 1840s, so on a recent trip to O'ahu, we decided to visit 'Iolani Palace.

The only royal residence in the United States, this stately landmark in the heart of downtown Honolulu is surrounded by landscaped grounds with expansive shade trees. The palace complex also includes a barracks and a coronation pavilion that is now used as a bandstand.

As we walked quietly through the throne room, which is decorated in crimson and gold, and the grand hall, which features a large staircase made of Hawaiian koa wood, we could imagine kings and queens of old Hawaii receiving visitors, ambassadors and dignitaries. In the state dining room, the



elegant table was set with china emblazoned with the royal crest, while upstairs we marveled at the ornate bedrooms once used by the king and queen.

Tours of the palace are held Tuesday through Saturday, or you can visit at your own pace with a self-guided audio tour, Monday through Saturday. The palace is considered sacred ground, so swimsuits are prohibited, and you will be required to cover your shoes with protective booties.

Culture and history lovers will find plenty of additional activities to immerse themselves in on

HONOLULU MUSEUMS

History and tradition are explored at

• Bernice Pauahi Bishop Museum:
Artifacts and antiquities from Hawaiian
and Polynesian cultures, as well as naturalhistory exhibits. a planetarium and a

Hawaiian garden that features endemic plants.

 Hawaii Children's Discovery Center:
 Interactive exhibits for younger kids, with themes such as the human body, cultures of Hawai'i and rainforests around the world.

• Honolulu Museum of Art: Large collec-

tion of European, Asian and Pacific art, from antiquity to the 20th century, in a beautiful historical building.

• Pacific Aviation Museum Pearl Harbor: A collection of historical military and civilian aircraft, plus educational videos and combat flight simulators. — *I.L.*





Oʻahu. The Polynesian Cultural Center, a 42-acre park in the town of Laie, around an hour's drive from Waikīkī, features demonstrations, dancing and artifacts from Hawaiʻi, Tahiti, Tonga, Aotearoa (Māori for New Zealand) and other Native peoples of Polynesia. Each cultural "village" offers handson activities, such as a chance to prepare bread-

fruit and other food for cooking in a traditional Samoan underground oven (and sample the feast).

Traditional Hawaiian arts such as lei making, stone carving and lauhala weaving are demonstrated on O'ahu's North Shore at the Waimea Valley nature park, where you can also tour a botanical garden and swim beneath a waterfall.



View dance performances, far left, and learn about traditional foods, left, at the Polynesian Cultural Center. Watch lauhala weaving at the Waimea Valley nature park, right.

Or visit Pearl Harbor to tour the U.S.S. Arizona Memorial and the Battleship Missouri Memorial, historic sites that mark the beginning and end of America's involvement in World War II.

For adventurous families, Climb Works Keana Farms offers a chance to soar through the treetops, with eight ziplines ranging from 500 to 2,400 feet long, along with two sky bridges and rappel courses. This 450-acre park is also a working farm: Tours include an informative talk about agriculture in the Islands and Native Hawaiians' sustainable system of living.

At Coral Crater Adventure Park, ziplining, ATV rides and an aerial obstacle course are just the start of the thrills. By night the park offers a Zombie Apocalypse game, in which participants armed with laser guns must rid a jungle village of zombies.

Honolulu may be a big city, but there are also plenty of opportunities to explore nature and get an up-close look at sea life. At Hanauma Bay Nature



Preserve, a marine preserve in a calm and protected bay, you can snorkel through reefs teeming with fish (the park is closed on Tuesdays).

To explore a deeper part of the sea—and stay dry-try a tour with Atlantis Submarines. The air-conditioned submarines dive to depths of around 100 feet and visit sunken ships and artifi-



cial reefs, where you can see turtles, fish, and sometimes sharks and rays.

Kaua'i

Kaua'i's south shore has plenty of sun-soaked beaches to choose from. The popular Po'ipū Beach Park, for instance, includes an eastern swimming area sheltered by a jetty that is known for having shallow waters where kids can splash around.

But for our family's minireunion on the Garden Island, we opted for a rental on the northern coast, within walking distance of enchanting Hanalei Bay. With its 2-mile stretch of sandy beach adjoined by a curtain of jagged green mountains, we felt like we were in Bali Ha'i. And no wonder—the bay was used as a backdrop for the 1958 film South Pacific.

While my brother- and sister-in-law paddled out to the surf break to catch some waves, the kids and grandparents played in the shore break on boogie boards.

To the southeast, at the mouth of the Wailuā









866.885.1344

There's no place like home. Away from home.

Honua Kai Resort & Spa on Maui's Kaanapali North Beach is known for its incredibly spacious studio, one, two and three-bedroom suites with all the comforts of home. A full gourmet kitchen. In-room washer/dryer. Large lanai (balcony). And a private bath in each room. But unlike your home, there's a 3-acre aquatic playground with towel service. A luxurious spa. Housekeeping every other day. And assistance from the front desk or concierge is just a phone call away. If only home was this amazing.





Kauaʻi's beautiful coastline includes Poʻipū Beach Park, left, and the Nāpali Coast, above.

River, standup paddleboards and kayak rentals offer a fun way to explore the wetlands.

There are many other ways to explore Kaua'i's beauty, and a cruise up the spectacular Nāpali Coast is a can't-miss. With Holo Holo Charters, you can opt for a "super tour" that includes a snorkel

TOMMY BAHAMA TIFFANY & CO. HONOLUA SURF CO SOHA LIVING GUCCI SAND PEOPLE LONGHI'S WAILEA PRADA ISLAND GOURMET MARKETS MARTIN & MACARTHUR NA HOKU GALLERIES AND MANY MORE. 3750 WAILEA ALANUI DR. OPEN DAILY 808.891.6770







stop off the coast of the Hawaiian "Forbidden Island" of Ni'ihau.

Capt. Andy's Kaua'i boat tours offer Nāpali trips aboard a selection of watercraft—from a 24-foot raft to a 65-foot yacht—with snorkeling and waterfall options and possible sightings of dolphins and whales, depending on the season and time of day.

Back at the Maui Ocean Center, as the aquarium shark feeding came to a close, my daughter and I drifted away from the show, taking a few minutes to watch rays swim overhead as we walked through the exhibit's 240-degree acrylic tunnel.



"Can we go back and look at the reef fish some more?" she asked, pulling me back toward one of the areas we'd rushed through earlier.

The sharks may not have been hungry today, but the visit had certainly whetted our appetites to see more of what these amazing islands have to offer.

Ilima Loomis is a Maui, Hawaiʻibased writer.

Alaska Airlines offers daily service to Oʻahu, Maui, Kauaʻi and Hawaiʻi Island (Kona). For information, visit alaskaair.com. Book a complete Alaska Airlines Vacations package to Hawaiʻi at alaskaair.com/vacations.

Island ACTIVITIES



Purchase open land, operating loans, line of credit, equipment purchase, truck or automobile purchase, livestock purchase, refinance a mortgage or an agreement of sale.

Both the Federal Land Bank Association of Hawaii, FLCA and Hawaii Production Credit Association can custom design a loan to meet your needs.

We Offer: Long term loans, short term loans, competitive interest rate programs, flexible repayment schedules, excellent loan servicing options, and many more. We also have programs for Young, Beginning, Small and Minority Farmers

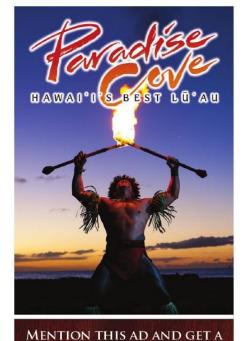
CALL ONE OF OUR LOAN OFFICERS AT:

ОАНИ ОFFICE: 99-860 Iwaena St., Suite A, Aiea, H1 96701 Ph: 808 836-8009 • Fax: 808 836-8610 • www.hawaiifarmcredit.com HILO OFFICE: 988 Kincole St., Hilo, H1 96720 Ph: 808 836-8009 • Fax: 808 961-5494 From: Neighbor Islands, Toll Free 1 800 894-4996





FCS of Hawaii, ACA is part of the form Credit System, a nationwide system of leading agricultural financial institutions which started in 1917. FCS of Hawaii, ACA has been daing business in Howaii since 1966 through its ubsidiary the Federal Land Bank Association of Hawaii, FLCA. The FCS of Hawaii, ACA is not a Federal Agency of the Federal Government. Registered with Nationwide Mortgage Licensing System INMLS 194 636(0).

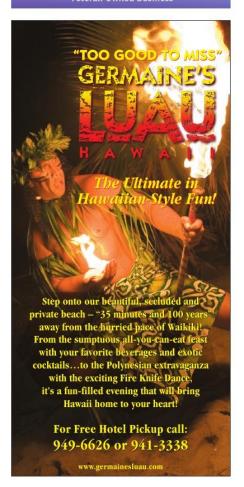












SAN DIEGO CIJITINA







AL

ENJOY ATTRACTIONS IN AREAS SUCH AS LITTLE ITALY AND KEARNY MESA

BY BARBARA BECKLEY



• Strolling to Little Italy's bustling Mercato Farmers' Market, I hear Italian being spoken by longtime residents chatting outside Filippi's Pizza Grotto restaurant/Cash & Carry Italian Foods market, a neighborhood staple since 1950. As I continue south, residents who have moved to San Diego from Italy in the past few years also speak Italian as they ready their new restaurants for a busy day.

Little Italy, part of the downtown area, has been the center of San Diego's Italian culture since the 1920s, when tuna fishermen emigrated from Sicily and made the neighborhood one of California's top tuna producers. The area's nautically themed landmark "Little Italy" sign, dating to the year 2000, pays tribute—via features such as blue lettering and portholes on the sign's pillars—to the early members of the community.

The nonprofit Little Italy Association of San Diego, established in 1996, works to preserve and cherish the neighborhood's heritage while also encouraging new businesses to open. The result has been a thriving mix of old and new that has made Little Italy one of San Diego's hottest destinations.

Establishing the Mercato in 2008 was one of the steps the association took to revitalize the neighborhood. The market now takes place every Saturday, year-round, from 8 A.M. to 2 P.M., currently on West Cedar Street between Kettner Boulevard and Front Street, although it expects to move to a different Little Italy location in May.

More than 150 vendor stands stretch for five blocks, and brim with artisanal and farm foods, and other products, reflecting a variety of world cultures. Live music from a street-corner singer

FIND NONSTOP FLIGHTS WITH ALASKA AIRLINES

G Ε J 0 S I H E R Z C J K U 0 Ι J Ε U Y Q W H H I W S N X T S 0 R В Q N Q C 0 Q S J W C R R C J P 0 E E В В Ι D J N M W C В K M E I 0 M N Z P L X H R F В I S Z T F G В S X Q U U S T I 0 F C Q E В V I U Ε R N D I N Ε S 0 T G Ι K Y Т I C E K T S Z P Q Q Ε Τ Α E T P Ε T Y C T 0 G I U K X Ι Z Ζ Ε Ν G N Q ٧ 0 D Ι S R L 0 J S I Н Н Q Ε U E L Ι Y I E R E T M S 0 0 T Q A T B Y N 0 A G D Л Ι T G C S 0 S T J Q H J 0 X M E A R 0 0 S Ι S В ٧ Q P P R P Н Q Н 0 0 I M M W K R D G S Q 0 J Ε Z S J C H ٧ N U 0 D D T G S E N 0 Q I D S E T D X W Ι J J K C G E Q S I U 0 T R N G Н E C K I E N Q J X E Y S Z T T Н C K ٧ L 7 Ε Ι Ε C D D 0 X Н H N E E G J G 0 C R Ι D U В 0 Υ Y L W Υ N Υ 0 J AHHC H W S В 7 C N C J X Н

Boston • Baltimore/Washington • Orlando • St Louis • Kansas City • Omaha • Minneapolis/St Paul Austin • Salt Lake City • Seattle • Everett Paine Field • Portland • Boise • Steamboat Springs/Hayden Sonoma/Santa Rosa • Sacramento • San Francisco • San Jose • Fresno • Monterey • Mammoth Lakes Los Cabos • Newark/New York • Puerto Vallarta • Honolulu • Kahului/Maui • Kona • Lihue Albuquerque • Dallas (Love Field)



Alaska Airlines brings you new nonstop flights from San Diego.

Direct flights mean you'll spend less time traveling and more time enjoying. That's how a vacation is supposed to be.

SAN.ORG

© 2018 San Diego County Regional Airport Authority. All rights reserved.

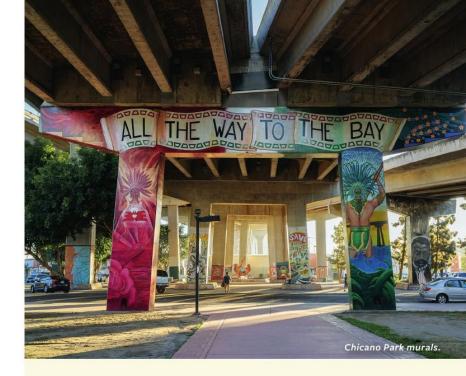
adds a festive ambiance during my visit.

The gourmet foods on display range from deep-dish pizzas to ice pops, and from giant porcini mushrooms to smallbatch mead (the honey-based drink of the Vikings). One sample taste of pistachio brittle at Linda's Brittles is all it takes for me to purchase an entire package. Sean Phillips says he uses his wife Linda's recipe to make the brittle, and he adds that with San Diego International Airport only about 2 miles from the Mercato, Alaska Airlines flight crews often drop by for purchases.

I also buy BēRuna Seed Salt—Black
Truffle, a mix handcrafted by Tamara Runa,
and beautiful handmade greeting cards
from Paul Mongkolpitaksuk and Mark Schafer, who own the company Some of Me. And
I admire hand-thrown ceramics by D. Collins Pottery, and woolen shawls made in
Nepal and offered by a Nepalese gentleman.

More in Little Italy

- Our Lady of the Rosary church (olrsd.org), built in 1925, has beautiful murals inside.
- Little Italy Legends plaques on historical buildings tell the stories of the fishing families who once occupied these sites.
- The Little Italy Summer Film Festival (littleitalysd.com/events/little-italy-summerfilm-festival), Saturday nights mid-June through August, screens Italian films with English subtitles in Amici Park Amphitheater.
- Piazza della Famiglia (littleitalysd.com/ explore/piazza-della-famiglia), a new 10,000square-foot Italian-style piazza, is a perfect place to relax and enjoy views of San Diego Bay, the home of the historical Little Italy tuna industry. In the coming months, four new restaurants are expected to open at the piazza, which also has retail and residential space.
- Popular restaurants already operating in the Little Italy neighborhood include Nonna Italian Comfort Food (nonnasd.com); Ironside Fish and Oyster (ironsidefishandoyster.com); Bencotto Italian Kitchen (lovebencotto.com), for upscale handcrafted Italian pasta; and the glamorous new Born & Raised steakhouse (bornandraisedsteak.com), where dishes such as housemade charcuterie and Burgundy snails complement the outstanding beef.



Additional San Diego-Area Cultural Attractions

African Museum Casa del Rey Moro (africanmuseumsandiego.com):
Displays 6,000 years of Africa-related history and addresses Africans' positive contributions throughout the world.

Awash Ethiopian Restaurant and Market (facebook.com/awashethiopian-restaurant-market-109351355880164): Sells foods from Africa, the Middle East and India.

Bali Hai Restaurant (balihairestaurant.com): The decor includes South Pacific artifacts and art, complementing a similarly themed menu, and a view of San Diego Bay.

Casa Valencia Gallery (valenciagallery.com): The Tijuana-based gallery presents three exhibitions a year, each on view for about two months, at different San Diego locations. The exhibitions feature works by artists from Baja California, Mexico.

Centro Cultural de la Raza

(balboapark.org/museums/centrocultural-de-la-raza): Features exhibits and programs on Chicano, Mexican, indigenous and Latino arts and culture.

Chicano Park, in the Barrio Logan neighborhood (chicano-park.com and chicanoparksandiego.com): The park, designated a National Historic Landmark in 2016, features nearly 90 impressive murals. Tour options include visits guided by Mario Torero (fuerzamundo.org), a founding member of Chicano Park and an artist with many murals there. Also in the neighborhood are art galleries such as La Bodega Gallery (labodegagallery. com) and the Bread & Salt Gallery complex (breadandsaltsandiego.com), which houses nearly a dozen community arts organizations. The food scene



Gourmet tacos at iSalud!.

is exceptional, too, including Las Cuatro Milpas (no website) and iSalud! (saludsd.com), while retail options include Piñatas Zarate (facebook.com/pinatas.zarate.3), a custom piñata maker. →













→ Manila Sunset Grille (manilasunset.com): Provides old-fashioned Filipino home cooking.

Mission Trails Regional Park Visitor Center (mtrp.org): Showcases information about the indigenous Kumeyaay, as well as others such as the Spanish, Mexicans and Americans who've been integral to San Diego's development.

Murals of La Jolla

(muralsoflajolla.com): Sixteen outdoor murals include Is All That It Proves (2015) by renowned Latin American artist Marcos Ramírez ERRE. The mural features a quote attributed to Thomas Paine: "If I do not believe as you believe, it proves that you do not believe as I believe, and that is all that it proves."

Red Ribbon Bakeshop (redribbonbakeshop.us), owned by a Philippines corporation, offers outstanding baked goods.

San Diego Chinese Historical Museum (sdchm.org): Features Chinese and Chinese-American heritage and art.

Spanish Village Art Center in Balboa Park (spanishvillageart. com): Hosts 200-plus artisans; also demos, classes and events.

Synergy Dance Zone

(synergydancezone.com): Make reservations for a salsa, tango, rumba or cha-cha class at this Latin-dance site. -B.B.



KEARNY MESA

Entering Zion Market, I feel as if I've been transported to Asia. Everywhere I look within this approximately 100,000square-foot space, Korean and other Asianlanguage signage and products greet me.

To my left, grocery-store aisles are filled with exotic products, along with produce, fresh seafood and meats. To my right, a collection of indoor shops features chic or fanciful Asian toys, jewelry, gift items and beauty products. Beyond the shops, eight restaurants form a food court, serving fresh-made Asian fare, from Korean to Vietnamese.



More in Kearny Mesa

- Top Asian cuisine choices include the Dumpling Inn & Shanghai Saloon (dumplinginn.com) for Chinese; RakiRaki Ramen & Tsukemen (rakirakiramen.com) for Japanese fare, and an assortment of Japanese beer and sake; Cross Street Chicken and Beer for Korean fried chicken (crossstreetcnb.com); and Taegukgi Korean BBQ House (tggsd.com) for an all-you-can-eat restaurant where you can grill your meat at the table.
- Happy Buddha Foot Reflexology Spa (hbreflexologyspa.com) may be a relaxing stop after a day of shopping.
- Hive (hivesandiego.com) offers Asian food (and also items such as burgers), as well as drinks and nightlife.
- The San Diego Night Market (sdnightmarket.com), June 23 this year, features Asian-inspired street food, traditional and modern dances, bands, live DJs and Asian cultural entertainment filling the streets.

Located about 10 miles north of downtown San Diego, the Kearny Mesa region has been known as a military and industrial area. In the second half of the 20th century, Chinese, Japanese, Korean, Thai and Vietnamese entrepreneurs began opening businesses here. Today, Zion Market, just off Convoy Street, is a top gathering spot, where locals come to buy their favorite products, chat and eat toWe look forward to a great 2018 and thank you for making last year a banner year! We

are grateful to our many loyal clients for helping us to become the most successful Broker team in Seattle. Whether buying or selling, please allow us to assist you with your next move so that we can demonstrate the extraordinary and sophisticated level of service and attention that is the

foundation of our continued success.



SEATTLE'S TOP REAL ESTATE
TEAM FOR 2017!







RANKED IN THE TOP 1% OF BROKERS IN THE U.S.

CITRONE-PARTNERS.COM | 206.369.6393

CALL OR TEXT

Realogics | Sotheby's



100% ELECTRIC GOING GREEN HAS NEVER BEEN THIS FUN



gether. The market also attracts visitors from other parts of San Diego, and from around the country, who enjoy discovering unique items.

I move on to shelves of items such as corn-silk tea, dried roots and sweet-potato stems. ... And I can't resist the panda-shaped plastic jar filled with jelly candies.

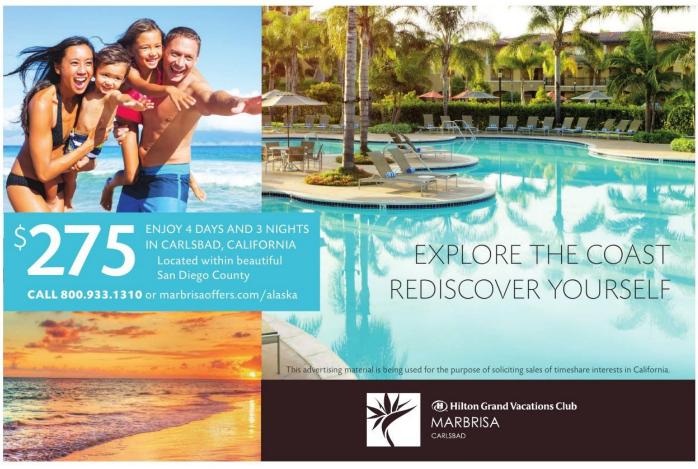
My first stop inside Zion Market is The Zion Jewelry Store, which has items such as jade bracelets and pearl bracelets at good prices, while the K-Pop Fancy shop offers items for kids, such as cute Asian character—themed goods.

Next I enter the grocery-store side of this mega marketplace. "Would you like to try?" A Korean woman at a tasting stand hands me a tasty crispy snack made with cuttlefish flavoring. I buy two packages before moving on to shelves of items such as corn-silk tea, dried roots and sweet-potato stems. The fresh produce is equally enticing. I buy three big round pears from Korea. And I can't resist the 12-inch-tall panda-shaped plastic jar filled with jelly candies. It includes a slit so that it can be used as a piggybank after the candy is eaten. ⊀

Barbara Beckley lives in Southern California. For more information on San Diego attractions, see sandiego.org.

Alaska Airlines (alaskaair.com) provides regular service to San Diego from numerous cities.









HISTORIC WASHINGTON, D.C.

Touring the National Mall and other sites in the nation's capital

By Andrea Poe

>> I wanted to be in the midst of Washington, D.C.'s National Mall as the day began, so I woke early for a morning run on this historic site.

I ran along the mall, a 1.9-mile-long park that features the U.S. Capitol on its eastern end and the Lincoln Memorial on its western end. In between are many monuments, memorials and nine of the Smithsonian Institution's 19 museums. The institution was founded by James Smithson, an Englishman who passed away in 1829. He never visited the United States, but bequeathed his estate to create an establishment in Washington for increasing and disseminating knowledge.

I jogged past the Washington Monument and north a few blocks to the White House, which I admired from the edge of Lafayette Square across the street. A family from Arkansas who asked me to take their picture in front of the White House marveled at how much smaller it was than they'd expected, and for good reason. Though impressive in its symmetry, the White House was deliberately designed to be the antithesis of the castles and palaces of Europe.

Later that day, I brought my 11-yearold daughter, Maxine, back with me to see the White House. Various groups had gathered to express their views on a variety of issues. I explained to her that one of the beauties of America is that people come here from all over the United States and even the world to make their voices heard. She was experiencing our right to freedom of speech firsthand.

Maxine's first inclination is to take a selfie. The background she chose? Not

NEAR&FAR_»





the White House, but the people who had gathered there. "The building will be here next time I come, but this whole scene is going to change," she explained.

And she was right. The White House, along with all the monuments and museums, will be here for generations, but the culture is ever evolving. Washington, D.C., with its grand buildings, iconic monuments and amazing museums has always been the nation's center of history, while also welcoming visitors with new ideas, energy and influences. That mix of the historical and the modern is one of the reasons Washington, D.C. has become one of America's most dynamic cities.

Must-See Sites

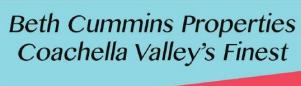
The best place to start exploring this city is by strolling the National Mall.

Here you'll find various memorials, including the moving Vietnam Veterans Memorial, and many of the Smithsonian's great museums, including the National Museum of Natural History and the National Museum of American History.

While there are bus tours and bike

>>> Clockwise from far left: The Tidal Basin in spring. The Smithsonian National Museum of Natural History has numerous informative displays. Visitors sit at an interactive exhibit at the National Museum of African American History and Culture. Two women pose on the National Mall.







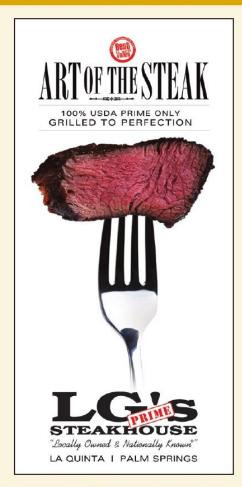
BETH CUMMINS

Let Beth help you find your Desert dream home!

Text/Call 636-248-3493 bethcummins@yahoo.com



Palm Springs Rancho Mirage LaQuinta Indian Wells
Palm Desert Indio Cathedral City







» NEAR & FAR WASHINGTON, D.C.

tours of the mall, I prefer walking tours led by historians through freetoursby-foot.com or walkofthetowndc.com, in which you can learn little-known facts about historical figures, such as George Washington's favorite animal (spoiler alert: the dog).

On my most recent visit, I dropped into the National Portrait Gallery, located a few blocks north of the National Mall, just after the official portraits of President Barack Obama and first lady Michelle Obama had been unveiled. Questions have been raised: Do the paintings lack gravitas? Are they worthy of their subjects and their importance in history?

To me, the Obama portraits are much like the other portraits of presidents and first ladies. All of them offer glimpses into their eras. The National Portrait Gallery features a fascinating mix of styles, genres and historical times. Within the same exhibit hall, you can see the life mask of Abraham Lincoln, while not far away is a family snapshot of Jacqueline Kennedy, John F. Kennedy and their daughter, Caroline.

Directly across the street from the National Portrait Gallery is The International Spy Museum, a must-visit and my daughter's favorite place in the city. The private museum whisks you into the life of spies, explaining how they committed espionage and the equipment they used. The museum discusses both real and fictional spies, and also offers information on scores of anonymous Cold War heroes. Bonus: At the gift shop you can pick up spy tradecraft, such as invisible ink and pens that can give a mild shock.

Other nearby attractions well worth exploring include the Newseum, located a few blocks southeast of the National Portrait Gallery. The museum is dedicated to the First Amendment, which, in part, protects freedom of speech and freedom of the press. The Newseum displays a history of news coverage, from the first newspapers to the television age.





>>> Above, President Barack Obama and first lady Michelle Obama stand next to their portraits at the Smithsonian's National Portrait Gallery. Left, The International Spy Museum is one of the city's most popular attractions.

Dining

■ Ambar: The Balkan restaurant is known for its authentic dishes, including traditional favorites such as ajvar, which includes roasted red pepper, eggplant and garlic spread, and smoked pork sausage



paired with homemade mustard. The dishes are served in small portions, perfect for sampling (ambarrestaurant.com).

Siren: Chef Robert
Wiedmaier earned his
reputation by delivering

some of the city's most enchanting cuisine. He's been a leader in making D.C. a culinary capital. In Siren, his creativity is on full display with seafood-centered bites such as savory caviar-filled macarons

and a hearty fisherman's stew that's topped with squid ink brittle (sirenbyrw.com).

■ The Oval Room: So named because of its proximity to the White House, the restaurant is a great place to possibly see a lawmaker. However, the real reason to dine here is the food. Standout dishes include duck confit studded with persimmon, dates and crunchy pepitas (pumpkin seeds) and linguine tossed with truffle shavings (ovalroom.com). —A.P.

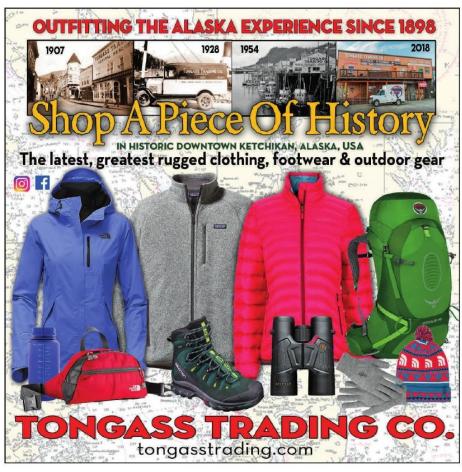
KETCHIKAN

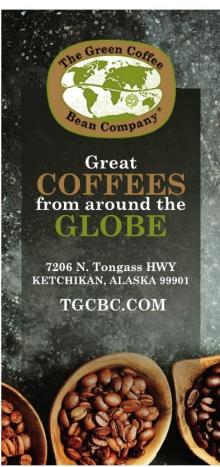
YOUR GATEWAY TO ALASKAN ARTS, CULTURE & THE GREAT OUTDOORS

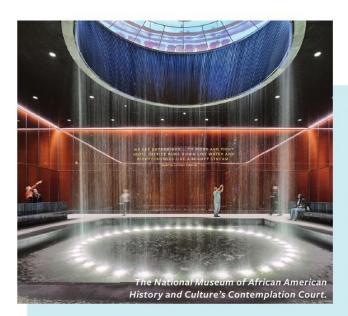












Exploring the African American Experience

The newest Smithsonian museum takes visitors on an important American journey.

■ The National Museum of African American History and Culture is a powerful experience that may change how you think about history.

The museum explores the American experience, from the days of slavery to the heroic Tuskegee Airmen to the effects of segregation and the civil rights movement. It

continues to the election of President Barack Obama.

"This museum will tell the American story through the lens of African American history and culture. This is America's story, and this museum is for all Americans," stated Lonnie G. Bunch III, founding director of the museum.

Visitors begin by taking an elevator 70 feet below ground to a dimly lit floor with narrow passages that takes you on an emotional walk through history. You encounter the remains of a slave ship, sale

used for slaves. Subsequent higher floors trace the era of segregation, the fight for civil rights and the continued push for equality. There are moving exhibits throughout the museum, including the casket of murder victim Emmett Till and a Greensboro, North Carolina, lunch counter that played a role in the push to desegregate restaurants. The top floors tell the uplifting story of the contributions African Americans have made to the nation in various ways, including literature, music, politics,

notices for human beings, photos of lynchings, a slave cabin and actual shackles

scientific research and sports. "As an African American, visiting this museum was powerful," says Brandon Knight, a project manager for Alaska Airlines. "The museum is so well done, and weaves together so much in one space. To experience this museum from the bottom floor to the very top is truly moving." —A.P.

>> NEAR & FAR WASHINGTON, D.C.



DID YOU KNOW?

The Lincoln Memorial was a long time in coming. Although Congress authorized the monument two years after Abraham Lincoln's assassination in 1865, construction on the project didn't kick off until 1914, almost 50 years after his death.

Across the Mall from the Newseum is The National Air and Space Museum, where Lindbergh's Spirit of St. Louis hangs overhead, and where the history of flight is documented from the Wright brothers to NASA's space program.

The United States Holocaust Memorial Museum is about a mile west. It is one of the world's greatest repositories of artifacts, photographs and oral histories of the Holocaust, and it stands witness to the sad truths about World War II.

To the south of the Holocaust Memorial Museum is the Thomas Jefferson Memorial. Our third president is standing in the middle of his circular open-air

memorial. On the walls are examples of his writings, and he is looking out at the Tidal Basin pond, which is surrounded by beautiful cherry trees. If you walk north along the west side of the Tidal Basin, you come to the Franklin Delano Roosevelt Memorial, which depicts major events during his presidency. Farther north is the inspiring Martin Luther King Jr. Memorial.

For many visitors, a highlight of the Mall is the Lincoln Memorial. It is anchored by a sculpture of the seated president. On the walls of the memorial are carved some of his most famous speeches.

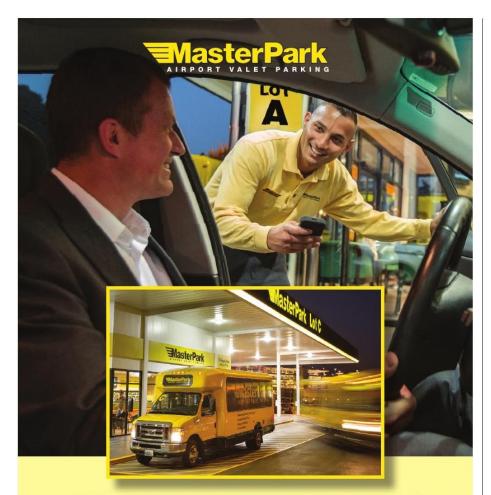
Looking out from the memorial toward

the Mall that stretches past the Washington Monument and on to the Capitol Building is one of the city's best views.

Beyond the National Mall

Memorials aside, D.C. also has earned a reputation as a culinary capital.

A few of the city's finest restaurants include Bourbon Steak in Georgetown, which is widely regarded as the city's best steakhouse. The Source by Wolfgang Puck is a two-story glass restaurant in the Newseum building that serves classic Asian cuisine such as lacquered duck bao buns. The restaurant is prized for its Saturday brunch featuring dim sum.



SPRING SPECIAL!

We know that air travel can be a trying experience. MasterPark's 4 Valet Parking locations and MPark Self-Parking provide SeaTac Airport's premier parking service. 24-hour shuttles provide the shortest time from your vehicle to airline departure gates. Avoid the high cost of airport terminal parking, MasterPark is the fast, easy, safe and reliable choice. Please visit masterparking.com

VALID APRIL 2018 ONLY!

Valid at all MasterPark Parking Locations. Must present coupon to receive discounted rate. Offer not valid in conjunction with any other offer.

- LOT A 18220 International Blvd.
- LOT B 2907 South 170th St.
- LOT C 16025 International Blvd.
 Garage 16826 International Blvd.

Code #2135

% **OFF** Valid thru April. 30, 2018

MAY-JUNE 2018

Starting May 1st, 2018. Valid at all MasterPark Parking Locations. Must present coupon to receive discounted rate. Offer not valid in conjunction with any other offer.

- LOT A 18220 International Blvd. LOT C 16025 International Blvd.
- LOT B 2907 South 170th St.
- Garage 16826 International Blvd.

Valid thru Aug. 31, 2018

Code #2131

Try MasterPark's New New Self Park Location. \$9.95 per day for long term and discount parking. For more information visit mparkseatac.com



>> NEAR & FAR WASHINGTON, D.C.

Lodging

- Four Seasons Hotel: This is one of the undisputed power hubs of D.C., where politicians, journalists and ballplayers gather. Superluxe suites can include dressing rooms, dining rooms and sitting rooms, and one has its own outdoor terrace (fourseasons.com/washington).
- The Darcy: This stylish boutique hotel offers large rooms, some with pullout sofas. It distinguishes itself with amenities such as a complimentary happy hour in the lobby. It is also home to Lil' B, a Southern-style coffee bar helmed by celebrity chef David Guas, where you will find the best beignets north of Louisiana (thedarcyhotel.com).

—A.P.

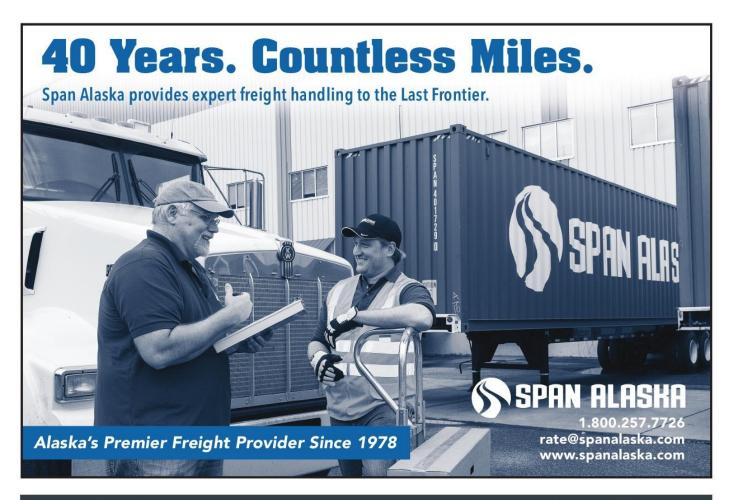
José Andrés' Jaleo restaurant is true to its Spanish roots, while retaining a sense of humor—such as chicken croquettes being served in a sneaker.

To sample local artisanal food, you can visit Union Market, in Northeast D.C., where indoor vendors offer everything from Korean tacos to Ethiopian veggie bowls.

Maxine and I find our own favorite place at Georgetown's cozy Eno Wine Bar, adjacent to the Four Seasons Hotel. We share a pot of chocolate fondue and watch the parade of people hurrying by, all adding their mark to the fabric of this city. And in this moment, we feel very much part of it, too. X

Andrea Poe writes from New York City.

Alaska Airlines offers regular service to Washington, D.C. For information on flights, visit alaskaair.com.



"If you don't know furs, know your furrier"

GREEN Master Furrier

"Alaska's Most Recommended Furrier Since 1922"



Monday thru Saturday 9:30 am to 6 pm East of Store



Proud Supporters of the Iditarod







Downtown Anchorage Between "A" & "B" Streets

VILNIUS THROUGH THE AGES

Lithuania's capital celebrates heritage, art and reinvention

By Donna Stonecipher

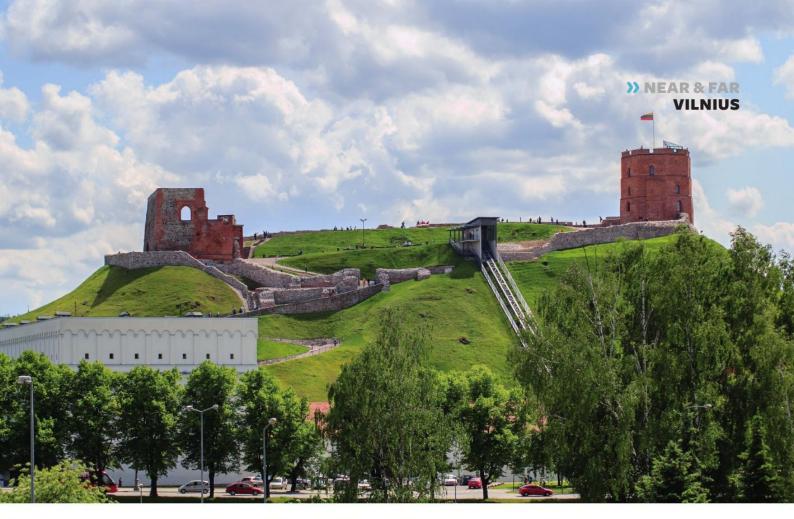
)) As I'm walking from the train station into Vilnius' Old Town, a young blond man stops and asks me something in Lithuanian. When I indicate that I don't understand, he asks again, this time in perfect English, whether I need any help with my suitcase. Delighted, I thank him, but assure him that it's very light. The young man smiles slightly and moves on. And just like that, Vilnius has revealed itself to me: old-world courtesy and new-world language skills, a city poised between a storied past and a bright future.

Vilnius is a city that abounds in architecture and art. Its Old Town was named a UNESCO World Heritage site in 1994, and I've long wanted to visit it. I'm entering the city on foot, and as I walk down Pilies Street, the traditional market street, my attention keeps being drawn to elaborate spires rising up in the near and far distance. As I pass Baroque church after Baroque church, each one uniquely beautiful, I understand the UNESCO honor. The Old Town is compact and easy to explore on foot, but the sheer number of architectural gems is simply spectacular.

After settling in at my hotel, I seek out the city's most hallowed entry point: the last remaining of the 10 original gates that led to the city, as part of its defensive fortifications. Called the Gates of Dawn, it houses a painting of the Madonna adorned in elaborate gold clothing and crowns. When I walk up the steps, I find a woman kneeling before the painting, which is said to have miraculous powers, praying fervently. Lithuania was one of the last European countries to adopt Christianity, in the late 14th century,











>>> Clockwise from top left: Visitors walk along the cobbled streets of Old Town. The Gediminas Castle Tower overlooks the city. Concerts are hosted inside the Church of St. Catherine. In the heart of Vilnius, the stunning Cathedral Square is an impressive sight.

but once it did, Catholicism became the dominant religion, and it still is today.

As I explore Lithuania's capital, every street curving off into the distance looks enticing. I'm intrigued by the ample courtyards that I glimpse beyond each facade. It's as if, behind the first city, there is an entire city that I can see only fragments of, in courtyards.

Walking down Didžioji Street and then

Pilies Street, I peek in the doors of the churches I pass. Many of the churches are Russian Orthodox and some are Polish, which can be explained by Vilnius' complicated history.

During the Polish-Lithuanian Commonwealth, which lasted from 1569 until the late 1700s, the Poles were the dominant influence. At the end of the 18th century, the commonwealth was divided

STATESIDE TO WORLDWIDE.

Fly Finnair to 100+ destinations in Europe via Helsinki and earn Alaska miles.



VILNIUS

you can find fascinating art and galleries in the Republic of Užupis artists community, right. The sophisticated business district, below, is home to banks and biotech companies.



among Russia, Prussia and Austria, and for the next 120 years, Lithuania was essentially absorbed into the Russian empire. Throughout the latter decades of the 19th century, there were attempts to emancipate, but it wasn't until 1918 that, taking advantage of the destabilized international situation created by World War I and the Russian Revolution, independence was declared in Lithuania. However, Polish troops occupied Vilnius, and the capital of Lithuania was moved to another city, Kaunas.

This complex history is detailed in the House of the Signatories, which I visit on Pilies Street, where the Act of Reinstating Independence of Lithuania was signed. There are also a number of personal effects of Jonas Basanavičius, one of the most important of the signatories, including a pair of his spectacles. Later, when I walk past the Presidential Palace, I see a big sign that reads "#LT100" placed in front of it, representing the centennial celebration of Lithuania's declaration of independence, which will last all year.

But the story doesn't end there. Then came World War II and occupation by the Germans, followed by Soviet Union occupation, which lasted until 1990, when Lithuania became the first Soviet bloc country to declare independence from a collapsing Soviet Union. In 2004, Lithuania joined the European Union. Despite—or perhaps

because of—this long history of occupation and struggle, Vilnius' sense of identity is strong. Its populace knows how precious independence is.

My next stop is the pink-and-peach Church of St. Casimir, one of the city's first Baroque churches. This church's history is fascinating. It was founded by the Jesuits in the early 17th century. When Napoleon marched through Vilnius in 1812, his troops used the church as a granary. Later in the 19th century, it became a Russian Orthodox church. During World War I, the German army used it as a Lutheran church. And, finally, during Soviet rule, it served as a museum

Food and Lodging

RESTAURANTS

- Given Lithuania's meat-based cuisine, there are a surprising amount of vegan and vegetarian restaurants in Vilnius. One great one is **Vegafé**, which offers vegetarian staples (I have homemade falafel), in a building that the waitress tells me used to house a monastery.
- On the higher end, Ertlio Namas offers historical Lithuanian dishes. Each dish is correspondingly labeled with the century in which it originated: For example, venison loin with saffron doughnuts, beans and brown bread sauce is a recipe from the 19th century.

HOTELS

- Set in a yellow Art Nouveau building from 1901, the **Radisson Blu Royal Astorija Hotel** sits at the top of Didžioji Street. Many of the rooms command stunning views of Old Town Vilnius.
- From the artwork by Lithuanian artists in each room to the carafe of charcoal-filtered water placed by the bed with two glasses, **Artagonist Art Hotel** has thoughtfully considered details to provide guests a one-of-akind accommodation. The location, right on Pilies Street, is also stellar.

—D.S.





of atheism. These days, it is a Catholic church again.

Across the street is the golden Basilian Gate designed by Jan Krzysztof Glaubitz (1700–1767), master of Vilnius Baroque. The gate leads to a former monastery. Down by the river, I marvel at Vilnius' spectacular Gothic-style Church of St. Anne, whose red-brick facade boasts more spires than I can count.

I pass all of these churches on my way to the heart of Vilnius: Cathedral Square. Here is the Vilnius Cathedral, the stunning separate snowwhite tower that holds a belfry, and the former lower castle, called the

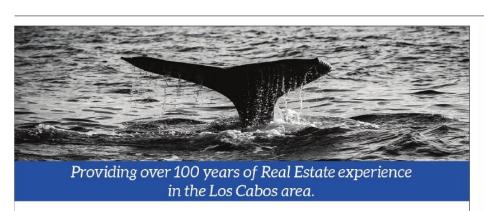
Palace of the Grand Dukes of Lithuania. It was once the abode of the Grand Dukes of Lithuania. The site is now a national museum.

What's left of the upper castle is a red bastion on the adjacent Gediminas Hill.

The upper castle is said to offer panoramic views of the city, and I would love to visit it, but I'm told that it's currently closed due to repairs, with a future reopening date to be determined.

The next best thing is the observatory in the Palace of the Grand Dukes of Lithuania, which offers a 360-degree view of the city. To the south, I recognize many of the spires of the churches I've just visited. Rising out of the city, they already look like old friends to me. In the other direction, I can see the blue and turquoise glass high-rises of Vilnius' new business district, gleaming across the Neris River. A number of Scandinavian banks have set up operations in the business district, and there's a strong biotech industry with many offices in the neighborhood.

The next day, I decide to walk to a cozy student cafe near Vilnius University,



- > Experienced buyers representatives for all resort communities <
 - Real knowledge about the local real estate market
- > Ethical, professional, dedicated and responsive team service <
 - Strong online international platform <</p>
 - Residential and commercial

Where dreams and reality become one...

Destination living



www.windermereloscabos.com (624) 131-3330 Local • 855-877-2226 Toll Free

Ariful Ashes



Your loved one's ashes memorialized within glass art





Greg and Christina Dale 206.409.0337 www.artfulashes.com Seattle, WA Est. 2012







Attractions

- Vilnius University: Vilnius is proud of its university, which was founded in 1579. The campus is a complex of 13 lovely courtyards that can be visited for a nominal entrance fee. The central courtyard leads to the stunning four-tiered facade of the butter-yellow Baroque church that honors two different biblical Johns: Saint John the Baptist and Saint John the Evangelist. Inside, an ensemble of 10 altars creates a powerful architectural effect.
- Church of St. Catherine:
 Administration of the church,
 which was originally a Benedictine convent when founded in
 the early 17th century, has
 been transferred to the Vilnius

Teachers' House. The church regularly hosts concerts and cultural events, such as the Guitar Fiesta, April 11 this year.

- TV Tower: Vilnius' distinctive TV Tower, set in a forested area, was the site of a dramatic clash between Lithuanians and Soviet tanks on January 13, 1991, as the country was striving to free itself from occupation. Today, the observation deck houses a restaurant and offers farreaching views that stretch about 30 miles on a clear day.
- Grūtas Park: About an hour and a half south of Vilnius, Grūtas Park makes an interesting day trip. The mini zoo displays sculptures of old

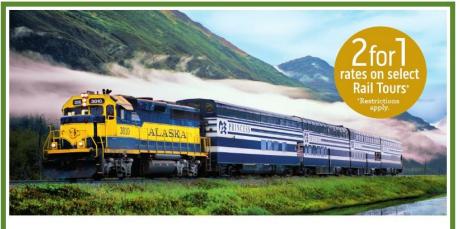


Soviet-era Socialist Realism castoffs. It's a singular experience to watch a llama grazing peacefully near the base of a statue of Karl Marx. There's also a kids' playground and rustic pub. —D.S.

The beautiful
Church of Sts. Johns is
located on the campus
of Vilnius University.







ALASKA'S NATURAL WONDERS

Princess welcomes the independent traveler with unmatched comfort in the midst of the grand Alaska wilderness. Awaken your sense of wonder and adventure by booking one of our five inviting Princess Lodges or a Denali Rail Tour in our glass-domed, luxury rail cars.

princesslodges.com • 800.426.0500



COPPER RIVER - DENALI - FAIRBANKS - KENAI - MT. MCKINLEY

For over 20 years, Dahlia Lounge has been the epicenter of Seattle's local, sustainable, and farm-focused food movement. Located in the heart of downtown Seattle, the Dahlia Lounge continues to be the quintessential Seattle dining experience.

DAHLIA

2001 4th Avenue, Seattle, WA 98121
206-682-4142 | www.dahlialounge.com

which was founded in 1579, to meet an acquaintance, a poet and translator named Rimas. Rimas is American, but his parents are Lithuanian; he moved to Lithuania as an adult and is now raising a family here.

After a delicious quince tea, we head over to a gallery, Meno Niša Galerija, which is showing an exhibition of paintings by Monika Furmana. The gallery is one of a host of galleries in a city that clearly values art and artists. I think of the artwork painted on the wall over the bed in my room at the Artagonist Art Hotel, made by Lithuanian artist Arturas Kavaliauskas, which reads "Space for Imagination" between two large hands, the width of the bed. I can already sense that Vilnius has this space in abundance.

That night, I meet another friend, Laurynas, a poet, for Lithuanian food at Forto Dvaras (which will be called Etno Dvaras as of mid-April). Over ramson (wild garlic) soup and beetroot salad with Lithuanian cheese curds and hazelnuts, Laurynas tells me that his family, like much of Lithuania, was not spared the Soviet machine: Just about every older male relative did time in a detention camp or had their lives made difficult otherwise. All the more reason to celebrate today.

Laurynas wants to take me to his favorite bar for a beer, and we walk over to the Republic of Užupis, an artists' community that declared independence in 1997 and that now encompasses several city blocks across the Vilnia River from the Old Town. On the way, we stop before one of the best-known artworks to emerge from Užupis: its paradoxical constitution. Reading the constitution, which is etched onto steel tablets in different languages, necessitates seeing yourself reflected in it.

>> NEAR & FAR VILNIUS

The constitution has been translated into 50 languages and counting, with new translations this year expected for Karaim, Korean, Armenian, Urdu, Portuguese and Esperanto. In addition to statements such as "A dog has the right to be a dog," there are dicta such as "Everyone has the right to understand nothing." Next to the plaques flies the Užupis flag, which has an open blue hand with a hole in it. The hole is symbolic of the idea that any money that arrives in the hand will fall through, and that the locals are open, with nothing to hide.

We stop at a tiny pub, Špunka, located on the main street of Užupis and opposite the republic's iconic Angel of Užupis, a statue of the archangel Gabriel blowing a trumpet. The evening is already in full swing. Laurynas orders us each a locally made pilsner from a handwritten menu on the wall behind the bartender. As we chat over drinks, Laurynas gestures to a man sitting at the table next to us and says he is an active community member of Užupis, which is striving to protect its individuality.

Donna Stonecipher is a writer based in Berlin, Germany.

Earn Mileage Plan miles when you visit Vilnius, Lithuania, on Alaska Global Partners airline Finnair. For information or to enroll in Mileage Plan, go to alaskaair.com.



AN ICELANDAIR STOPOVER EXPERIENCE IS JUST MILES AWAY



Start earning today with Icelandair and Alaska Airlines

Dreaming of flying to Iceland to see incredible landscapes, experience the northern lights, or catch one of Iceland's hottest bands?

Now is the perfect chance, with Icelandair's offer to take an Icelandair Stopover for up to seven nights at no additional airfare on your next journey across the Atlantic.

Even if only for 24 hours, you can do a lot during an Icelandair Stopover. Relax in the Blue Lagoon. Stroll through Reykjavík's cozy city center. Breathe in Icelandic nature and culture at every turn. Get even more from your adventure with the benefits of becoming an Alaska Airlines Mileage Plan™ and Icelandair Saga Club member:

- Mileage Plan members earn miles on Icelandair flights that count towards Mileage Plan elite status.
- MVP® Gold and Gold 75K members enjoy complimentary access to the Icelandair Saga Lounge at Keflavík International Airport, Icelandair's hub.
- Icelandair Saga Club members earn both Saga Points and Card Points when flying on Alaska Airlines.

+ Join us at www.icelandair.us







SEATTLE

PIONEER SQUARE

History and hip converge in this dynamic neighborhood

By Margo Vansynghel

)> I gaze intently at the ball. It's matchpoint for a game of pingpong with my husband at Occidental Square park. From the park's bright-green folding chairs, friends enjoy the sun trickling through London plane trees, and the sight of me frantically trying to best my seasoned opponent.

Located in the heart of Seattle's 91-acre Pioneer Square—Skid Road Historic District, listed on the National Register of Historic Places, the park bustles with activity thanks to the pingpong tables, bocce ball courts and a giant chessboard, as well as summer craft markets, food trucks, public concerts and other special events. If it weren't for the many historical structures—such as the early-1900s King Street Station, with a clock tower modeled after Venice's famous bell tower—it would be hard to believe Pioneer Square is the site of Seattle's original downtown core.

Duwamish and Suquamish peoples lived in the area for thousands of years before the Denny Party of pioneers began building cabins here in 1852. By the next year, Henry Yesler's steam-powered lumber mill was in full operation. The first plats for the town of Seattle—named for Chief Seattle (aka

Si'ahl, si?ał or Sealth), who had welcomed the new settlers—were filed that same year. The city was officially incorporated in 1869.

In the late 1880s, after a fire destroyed most structures, the city decided the rebuilding effort was a good opportunity to also raise the streets—up to 35 feet in some places—to deal with tide-related flooding. Today, Bill Speidel's Underground Tour takes people to some of the now below-ground spaces.

Digesting my pingpong defeat, I admire a nearby above-ground historical site: the 19th century brick-and-stone
Grand Central on the Park building, with its ivy-covered walls.
It was originally designed as an office building but was converted to the Grand Central Hotel during the late-1890s Klondike
Gold Rush, when Seattle was the supply gateway for people hoping to strike it rich in Canada's Yukon Territory.

The Seattle unit of the Klondike Gold Rush National Historical Park, a few blocks south of Occidental Square, tells the story of Seattle's role in the gold rush, with exhibits, films and, during summer, gold-panning demonstrations and

>>> Galleries, shops and restaurants along the Occidental Avenue pedestrian corridor in the Pioneer Square neighborhood. volunteer-led walking tours of Pioneer Square. Year-round, the park's "Trail to Treasure" map, available at the visitor center, is a great option for self-guided tours.

I use the map to take a 1-mile stroll to 14 historical highlights—or "treasures"— such as "Skid Road," now Yesler Way, the slope once used to skid trees down to the sawmill at the water's edge. The map also spotlights 522-foot-tall Smith Tower (completed in 1914 and Seattle's first skyscraper), and lovely Waterfall Garden Park (previously the site of a saloon in whose basement, in 1907, two teenagers launched the bicycle-delivery service that went on to become United Parcel Service). Another treasure is Pioneer Square park (aka Pioneer Place Park), with its iconic early-1900s ornamental iron pergola and a

marvelous Tlingit totem pole.

Pioneer Square is also home to one of the country's longest-running art walks, the First Thursday Art Walk, inaugurated in 1981. People flock to the many galleries, often after enjoying one of the neighborhood's numerous food options. These

range from Salumi Artisan Cured Meats (open varying hours, including till 3:30 p.m. most weekdays), to Indian food at Nirmal's, to fresh-shucked oysters at the Taylor Shellfish Oyster Bar, to dishes such as seared halibut at The London Plane. The restaurant also has a bake shop acclaimed for items such as the country-style loaf—order online for pickup.

Pioneer Square is popular with sports fans, too, thanks to the proximity of Safeco Field (Seattle Mariners baseball) and Century-Link Field (Seattle Seahawks football and Seattle Sounders soccer). As a Belgian transplant and U.S. sports novice, I opt for watching a game on TV, from the mustard-colored seats at fun, friendly bar/pinball room The



Meyer, which opened last year. Pioneer Square also has lauded craft-cocktail spots, such as The Sovereign, Good Bar and Intermezzo Carmine.

"Watching the game is just the first part of our evening," I remind a friend who joins me at The Meyer. We move on to The Comedy

Underground for "Seattle's Best Comedy," a weekly show featuring local comedians. I wonder if some

of them will become famous like Jerry
Seinfeld and Ellen
DeGeneres, who are among the many stars who have performed here, according to The

Underground's "Comedy Alumni" list. Performing April 19–22 will be Kelsey Cook, who made her *The Tonight Show Starring Jimmy Fallon* debut in March.

After the "Best Comedy," my friend and I run through our favorite jokes of the night over drinks at Damn The Weather, which was named after a Prohibition era gin cocktail. The restaurant and bar opened in 2014 on the lower floor of the late-1800s brick-

clad Terry-Kittinger Building.
I order the signature cocktail.
Savoring the gin, vermouth and salted-orange preserves from a vintage-style coupe glass, I think: In this neighborhood, old often becomes new.

Seattle writer Margo Vansynghel enjoys covering culture, arts and food.

A FEW PIONEER SQUARE FAVORITES

- Clementines (clementines.com):
 The shop offers an extensive selection of women's shoes, jewelry and apparel from up-and-coming designers. Other notable Pioneer Square shops include Magic Mouse Toys, a "fantasy emporium" with toys and games from around the world, and Arundel Books, a trove of rare and out-of-print books.
- Copal (copalseattle.com): For a laidback dining experience, visit this modern Latin American eatery for delicious guacamole and ice-cold margaritas.
 - Davidson Galleries and Prographica/
 KDR Gallery (davidsongalleries.com, prographicadrawings.com and koplindelrio.com): Look for exhibitions of contemporary and historical art at this multifaceted site with three galleries sharing the same space.
 - E. Smith Mercantile
- & Back Bar (esmithmercantile.com): Evoking a small-town mercantile, E. Smith has items such as dry goods, housemade bitters, bulk teas and candy. The Back Bar serves creative cocktails and small bites, while the Heritage Room hosts special events and classes. Scheduled in April are "Classics & Mixology Basics" and a "Rosé & Cheese Workshop."
- Nordo's Culinarium (cafenordo. com): Dinner theater ranges from mysteries to comedies to Westerns, paired with a four-course menu; vegetarian

options are available.

Zocalo (zocaloseattle. com): This chic restaurant, which opened last year, gives an upscale twist to Mexico Cityinspired fare, with handmade tortillas and an impressive list of tequilas. —M.V.



MUSICAL MOSAIC

"This," said Macklemore, "is our city."
Sitting on a stage during the inaugural
Upstream Music Fest + Summit in Pioneer
Square last May, the famous Seattle rapper
was enthusing about the importance of the
festival to the Puget Sound region, during a
talk titled "How Local Artists Go Global and
Global Artists Stay Local." He said he hoped
the music festival and its related musicindustry conference were here to stay.

Musicians, and the attendees who heard them perform, appeared to agree on the value of the festival, which was the brainchild of Microsoft co-founder Paul Allen, now a philanthropist, sports-team owner and hobby guitarist. The Upstream Music Fest + Summit will return to Pioneer Square, June 1–3 this year. Tickets are available now.

During 2017's successful first run, more than 30,000 attendees streamed through the neighborhood. Enjoying concerts by big names and local bands, music fans hopped from venues ranging from comedy clubs and music clubs to a congee restaurant and sports bars, some of which—such as Central Saloon and J&M Cafe—have been entertaining patrons with live music



Clockwise: Cut Copy, Valerie June, and Wayne Coyne of The Flaming Lips.

or dancing since Klondike Gold Rush days.

With more than 200 total performers, the festival will offer plenty of choices. World-renowned rock band The Flaming Lips is one of the headliners, along with groups such as Cut Copy, an Australian electronic-music band. And the guitar playing and versatile voice of folk/soul/blues/country/rock singer and songwriter Valerie June will likely draw a lot of applause. In addition to acclaimed headliners, the festival will include an impressive roster of emerging artists from the Northwest, including Seattle punk-rock quartet Tacocat.

Upstream Music Fest organizers have described the diverse lineup as a "musical mosaic." Discovering historical venues in the neighborhood is an added bonus. There also will be food trucks and a beer garden. See upstreammusicfest.com for more information. \checkmark —*M.V.*

>> HERE & NOW SEATTLE





CHERRY BLOSSOM FESTIVAL

By Michele Andrus Dill

The Japanese custom of hanami—viewing flowers to enjoy their beauty—reminds us to celebrate life, according to the nonprofit Seattle Cherry Blossom and Japanese Cultural Festival Committee. The annual festival, part of the Seattle Center Festál Series of 23 cultural events, commemorates Japan's gift of 1,000 cherry trees to Seattle in 1976 in conjunction with the U.S. Bicentennial, and in recognition of friendly relations between the people of Japan and Washington state. The trees were planted at various Seattle sites. The festival is

taking place April 20-22 this year at Seattle Center.

Pink petals may be floating on the breeze from blossoming cherry trees located between Seattle Center's KeyArena and Fisher Pavilion, while inside Seattle Center Armory, festival attendees can enjoy live performances, including taiko drumming, visual arts, games, food booths, and hands-on activities such as origami and shodo (Japanese calligraphy). Alaska Airlines is a sponsor of Seattle Center. For more information, see

cherryblossomfest.org. ⊀

GREAT PUGET SOUND-AREA HIKES

By Tami Asars

my sunglasses by turning them skyward to pinpoint the smudges. The owl's big persimmon eyes stared down at me from the branches of a western red cedar tucked tightly into a glen among some of the most manicured trails in Seattle. As I strolled the pathways of the Washington Park Arboretum, part of the University of Washington Botanic Gardens, I felt like I was a world away from the hustle and bustle of traffic and skyscrapers, yet, as the crow flies—or in this case, the owl—I was mere minutes from downtown.

You can download a map from uwbotanicgardens.org and wander up to 5 miles through a variety of foliage. Head north on the Azalea Way Trail for three-quarters of a mile to the Graham Visitors Center (also the departure site for free guided walks on some Saturdays and most Sundays). From there, stroll the Waterfront Trail, which has bridge boardwalks to Foster and Marsh islands in Lake Washington. Mallards, grebes and cormorants abound. Retrace your steps to the visitors center and



take the Lookout Loop to enjoy magnolias, maples and ash trees. If time allows, you may want to visit the Japanese Garden (admission charge), a delight for the senses.

Spring and summer are wonderful times for hiking in the Puget Sound area, and the following day-trip hikes from Seattle also are among my favorites, especially when I'm showing off the region to visiting family and friends. (Be sure to purchase any required passes; always follow hiking-safety guidelines; and for higher-elevation trails, check snow/trail conditions and access in advance.)

>>> Above: Enjoy a walk among beautiful flowers and other foliage at the Washington Park Arboretum. Facing page: Bald eagles are among the birds that might be spotted along the Padilla Bay Shore Trail.





>> HERE & NOW SEATTLE

Padilla Bay Shore Trail

Location: Mount Vernon/Skagit Valley. Roundtrip: 4.4 miles. Elevation gain: 30 feet (skagitcounty.net/departments/ parksandrecreation/parks/padilla.htm).

Bring the binoculars, the bird-identification book and your camera for a gentle walk along a tidal bay near the Padilla Bay National Estuarine



Research Reserve. Start at the southern trailhead and follow the crushed-gravel path past an old barn now taken over by graceful swallows. Keep your eyes open for great blue herons, bald eagles, dunlins, sandpipers and red-tailed hawks. After about a mile, a gentle rise offers a bench where you can sit and enjoy the view of Fidalgo Island, the Anacortes area and the tip of Mount Baker. To the north, the reserve also has an approximately 1-mile Uplands Trail loop. It leaves from the Breazeale Interpretive Center, where natural-history and ecological exhibits (including with live native marine life) and hands-on learning experiences educate guests about the importance of the bay.

Lena Lake

Location: Hoodsport/Olympic National Forest. Roundtrip: 7.2 miles. Elevation gain: 1,300 feet (www.fs.usda.gov/recarea/olympic/recarea/ ?recid=47865).

Hikers seeking a true Northwest woodland adventure will appreciate the forested climb to timber-lined, cerulean Lena Lake. The trail

starts on mixed soil and stone, and climbs gradually through the welcome shade of evergreens. At about a mile, the trail steepens slightly as conifers around a century and a half old are seen trailside, perhaps causing you to tip your head back and marvel at their size—more than 150 feet tall. Approximately 3 miles from where you started, the trail comes to a Y. Either branch will take you to the lake's shoreline, but the best is to the left (north), where a rocky perch provides a perfect spot to spread out a picnic and scan the lake for rising trout.

Sheep Lake

Location: Near Chinook Pass, just east of Mount Rainier National Park, in the Mt. Baker– Snoqualmie National Forest. Roundtrip: 3.6 miles. Elevation gain: 385 feet (www.fs.usda. gov/recarea/mbs/recarea/?recid=18154).

Set in a scenic basin in subalpine meadows, Sheep Lake, along the Pacific Crest Trail, pro-



Regenexx* Procedures are the world's most advanced stem cell and blood platelet procedures for treating orthopedic injuries, arthritis and other degenerative conditions.

Experience the Regenexx® difference and avoid costly surgery, medications, and downtime.





907.374.9460 | algonealaska.com



vides splendor for the eyes and respite for the soul. From the trailhead at the east end of a Pacific Crest Trail parking area that's located north of Chinook Pass, go north on the PCT, traversing the rocky path above State Route 410, amid wildflowers—peak bloom is July and August—and plants such as Cascade ash, lupine, aster and corn lily. Just shy of a mile, the trail climbs more steeply on a northern trajectory and plays hopscotch between evergreen thickets and wildflower meadows, winding back and forth until you pop out at the basin

housing Sheep Lake. Soak up the views by the lakeshore or, for a longer hike, continue steeply northbound on the PCT for 1.2 miles until you reach 6,410-foot-elevation Sourdough Gap and magnificent views to the south of Mount Adams and the Goat Rocks Wilderness.

Twin Falls

Location: North Bend/Twin Falls Natural Area/Olallie State Park. Roundtrip: 2.5 miles. Elevation gain: 825 feet (parks.state.wa.us/555/ Olallie).

Powerful waterfalls set deep within a mixed evergreen forest await your camera's shutter on this family-friendly hike. Start out in the western parking lot of the Twin Falls Natural Area (off I-90's Exit 34) in Olallie State Park, and walk along the wide dirt pathway near the rushing South Fork Snoqualmie River.

About eight-tenths of a mile from the trail-

head, a gradual ascent leads to a viewpoint of the 135-foot lower falls, where wooden benches provide a pleasant place to rest.

Continue on, now descending, to pass an old-growth Douglas fir called the Grandfather Tree (estimated to be 400 to 600 years old), before climbing again to a junction with a viewing platform for a closer look at the lower falls. When you get back on the trail, resume the ascent to a bridge crossing a narrow canyon. Here, upper falls plunge about 30 feet.

From the bridge, the trail continues another three-quarters of a mile to meet up with the Iron Horse State Park Trail, a 212-mile rails-to-trails pathway, providing an option to extend your hike. ******

Tami Asars is the author of several hiking guides to areas in Washington state (Mountaineers Books).

Does Your Hand Shake When You...

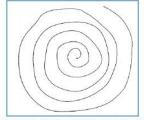
Drink a glass of water? Write a note? Dial a phone number?

If so, you may have a condition known as essential tremor.

Our team at the Swedish Radiosurgery Center has successfully treated hundreds of patients over the past five years — using Gamma Knife, a nonsurgical, FDA-approved approach to treat essential tremor.



DRAWING SAMPLE BEFORE TREATMENT



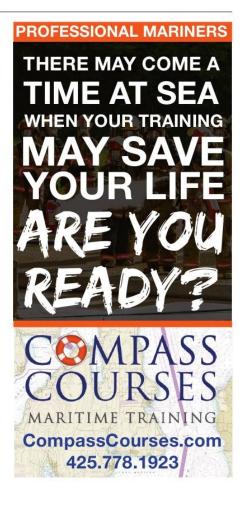
DRAWING SAMPLE AFTER TREATMENT

Learn more about essential tremor and find out if Gamma Knife treatment is right for you.

1-206-320-7187 www.swedish.org/essentialtremor Seattle, Washington, USA



Extraordinary care. Extraordinary caring.™



>> HERE & NOW SEATTLE

CAL FNDAR

The North American premiere of "Let Me Be Myself: The Life
Story of Anne Frank" is on view through May 30 at the Holocaust
Center for Humanity in downtown Seattle. The exhibit includes photos, interpretive text, a replica of Anne's diary, and a scale model of her hiding place. In addition, about a third of the exhibit is devoted to stories of exclusion and discrimination faced by today's young people, including film clips (holocaustcenterseattle.org).

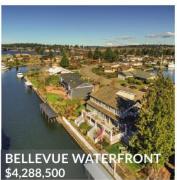
A new exhibit at the Bill & Melinda Gates Foundation Discovery Center, across the street from Seattle Center, focuses on global efforts to end disease. "Countdown to Zero: Defeating Disease" is on view through Aug. 18 (discovergates.org).

Restaurants ranging from
Anthony's Pier 66 on the Seattle
waterfront to Seastar Restaurant
and Raw Bar in Bellevue are offering three-course dinners for \$33
during Seattle Restaurant Week,
April 2–19. Sundays through Thursdays (excluding Easter Sunday),
more than 165 Seattle-area
restaurants will offer the special.
Alaska Mileage Plan is a presenting
sponsor of Seattle Restaurant
Week (srw.seattletimes.com).

Top national and regional artists will perform at the **Bellevue Jazz** & **Blues Festival**, east of Seattle. The festival, celebrating its 10th anniversary, will be May 30–June 3 (bellevuedowntown.com/events/jazz-and-blues-festival).









BETSY Q. TERRY 206.322.2840





exceptional people, extraordinary care



Come share your passion for healthcare with the people of Alaska's Bering Strait Region!

NOW HIRING: Physicians, Mid-Levels, RNs (ER, AC, & OB), Director of Nursing - LTC, Speech-Lang. Pathologist, Occupational Therapist, and Compliance Officer

- •Competitive Wages
- Hiring Bonuses
- Generous Benefits
- •Loan Repayment Eligibility

VISIT: www.nortonsoundhealth.org

APPLY NOW

877.538.3142

CONTACT ROSE MARIE: recruiter@nshcorp.org

NSHC is an equal opportunity employer affording Native preference under PL93-638. AA/M/F/D. We are a Drug Free Workplace and background checks are required for all positions.

SPRING WINGS

About 300 Pacific Flyway species migrate through Southeast Alaska

By Ken Marsh

Island was alive with birds that late April evening, proof that even here, in Southeast Alaska, no winter lasts forever. In the cedars away from the shoreline, varied thrushes trilled and Pacific wrens sang, while across the water a pair of common loons called in their high-pitched, howling way. Woodpeckers in the hills above the lake tapped rhythmically against dead spruces, and the sky seemed a country of its own where winged creatures passed in droves, honking, quacking and tweeting.

My friend Roy and I had taken a skiff down the lake to scout for fish, returning at dusk by the guiding light of a campfire that another friend, Tony, had built on the beach. The air smelled of skunk cabbage and wood smoke, and by the time we'd joined Tony at the fire, the stars had come out. Flights of geese passed low overhead as we settled around the coals, talking quietly. Even after midnight, when we entered our rented U.S. Forest Service cabin to sleep, the geese continued flying. We listened to them all night, as they yelped and whooped in the darkness.

I've traveled many times in April from my home in Anchorage to Southeast Alaska, always for the same reasons and always

with the same results: to search not for birds, but for spring steelhead—big, bright sea-run rainbow trout. Yet on every trip, birds—not fish—have proved the common denominator. Cued this time of year by the mild days of an advancing spring, birds descend upon local wetlands, coastlines and forests, often in startling numbers. On these trips, fly rod in hand, I've come to count on watching birds, listening to their calls and identifying as many species as I can, whether or not the tides bring fish.

Southeast Alaska extends some 600 miles from Icy Bay northwest of Yakutat to Prince of Wales Island's southernmost tip just north of Prince Rupert, British Columbia. A wet, temperate, coastal region where sunken mountain ranges off the mainland rise from the sea to form hundreds of islands and islets, Southeast encompasses about 35,000 square miles

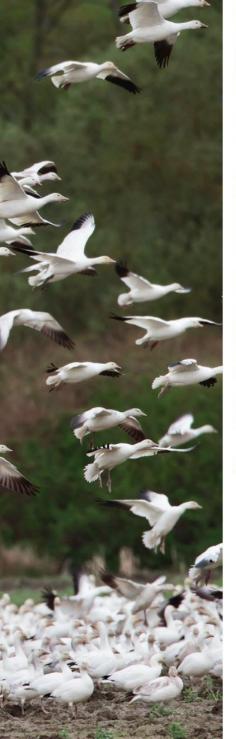


PLACES TO GO, WINGS TO SEE

Here are some locations, resources and events for great Southeast birding late March through early May.

Juneau: See the spring migration at sites such as the Mendenhall Wetlands State Game Refuge and Point Bridget State Park. For more, visit traveljuneau.com/things-to-do/whale-watching-wildlife-viewing/spring-bird-migration, alaska.org/destination/juneau/birding and juneau-audubon-society.org.

■ Yakutat: This area has one of the largest and southernmost known breeding colonies of Aleutian terns, and the Yakutat Tern Festival is





Din Southeast Alaska, birds such as snow geese, left, and bald eagles, above right, congregate in large numbers. Below, a rufous hummingbird glows like a shiny copper penny.

of land area and nearly 10,000 miles of shoreline. The region is home to the 17 million-acre Tongass National Forest—the largest national forest in the United States—and is a natural thoroughfare for more than 300 species of Pacific Flyway birds.

Waterfowl, seabirds, shorebirds, songbirds, raptors and even tiny hummingbirds arrive between late March and early May, many en route to breeding grounds a thousand miles farther north. Some stay to nest and raise young in Southeast's seaside bluffs, estuaries and rainforests. Mixed in with the snowbirds are familiar resident species such as bald eagles, great blue herons, Steller's jays and sooty grouse.

The migrants' return is a celebrated spring event in many Southeast communities. From Ketchikan's April-long Alaska Hummingbird Festival and Wrangell's Stikine River Birding Festival to the Yakutat Tern Festival

in late May and early June, the birds are welcomed, logged on checklists, and captured in pictures and art contests.

Back at Salmon Bay Lake the next morning, I sat outside our cabin, sipping tea in the sunlight. The geese had passed in the night, but thrushes still sang, and an early-rising woodpecker knocked on a nearby hollow spruce.

I'd pulled on my waders and leaned my steelhead rod against the cabin when a flash of color caught my eye.

Not 2 feet from my nose, a rufous hummingbird hovered, its metalliclike raspberry chin patch glowing in a sunbeam. Drawn by a splash of hot-pink embroidery on my ball cap, the diminutive bird paused on buzzing wings before breaking away and vanishing into the forest.

I can't recall whether I hooked a steelhead that morning; they're fickle fish, to be sure. But I've never forgotten the hummingbird. Perhaps that says something about me, that I'm more birder than angler. Or maybe it speaks to the power of Southeast Alaska and the spectacle of color and sound delivered here each spring on millions of splendid wings.

scheduled for May 31–June 3 (yakutatternfestival.org).

- **Ketchikan:** The monthlong Alaska Hummingbird Festival in April includes guided bird hikes (alaskacenters.gov/ event/hummingbird-festival).
- Wrangell: The Stikine River Delta is home to the largest springtime concentration of

bald eagles in
North America.
The Stikine River
Birding Festival is
April 26–28 (wrangell.com/
birdingfestival). Note, in the
fall, visit Haines to see eagles
gathering in large numbers.

■ **Sitka:** For birding information, visit Sitka Nature (sitkanature.org/sitka-birds). — *K.M.*



1-800-PAIN FREE

WWW.ARCTICCHIROPRACTIC.COM



ARCTIC CHIROPRACTIC

REHABILITATION AND PHYSICAL THERAPY

ALASKAN OWNED & OPERATED

Back Pain? Neck Pain? Muscle Stiffness? Headaches? In need of Rehab and Therapy? We can help!

VISIT US AT THESE LOCATIONS

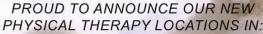




ARCTIC REHABILITATION AND PHYSICAL THERAPY

OFFERING PHYSICAL THERAPY WITH BOARD LICENSED PHYSICAL THERAPISTS

 ANCHORAGE 	907 277 3422
· BARROW	907 855 8910
• BETHEL	907 543 7601
· DELTA	907 895 5055
· FAIRBANKS	907 374 3000
·JUNEAU	907 790 3371
· KETCHIKAN	907 225 7246
· PALMER	907 746 7842



PALMER 907-746-7842 1734 PROSPECT DRIVE PALMER, AK 99645 KODIAK 907-512-0809 2975 MILL BAY RD. UNIT A KODIAK, AK 99615

Life Is Good When You're Pain FREE!

CHIROPRACTIC . MASSAGE . REHAB . PHYSICAL THERAPY







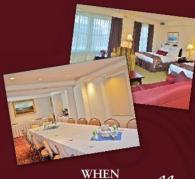




. classic charm. Modern Boutique.

The next time business or pleasure brings you to Anchorage, stay in the heart of downtown at the Historic Anchorage Hotel.

Exquisitely restored, the Historic Anchorage Hotel offers superior service and luxury accommodations – at a price you can afford.

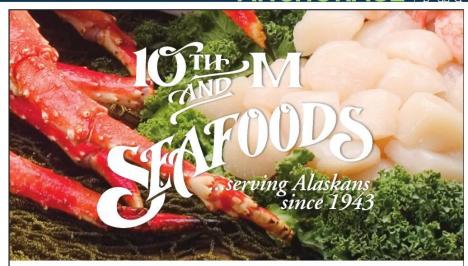


Business Calls

The hotel has two remodeled meeting spaces that can accommodate 125, and are perfect for business conferences, meetings and special events.

1-800-544-0988 www.HistoricAnchorageHotel.com 330 E Street (next door to the Hilton)

CON



A TASTE OF ALASKA

We offer the finest quality king crab, halibut, salmon, scallops, and shrimp, harvested from pristine ice-cold Alaska waters.

Use code AKFLY for an additional \$5 savings.

Order online at 10thandMseafoods.com or call 1.800.770.2722.





>>> Stroll along the beach behind San Diego's Hotel del Coronado, and you may come across a towering sandcastle with precisely crafted turrets and arches, battlements and drawbridges. Castles such as this, created by artist and former construction worker Bill Pavlacka, have become a fixture on this beach, surprising awestruck visitors and luring back those who have seen these magical works before.

They can be almost 10 feet tall and last "anywhere from 10 minutes to 10 days," depending on the weather and human effects, says Pavlacka, who's known as "The Sandcastle Man." Sometimes he is commissioned by people who want to propose beside a castle on the beach. Pavlacka will create personal inscriptions in the sand alongside a castle saying "Will you marry me?"

Five hundred miles up the coast, sand artist Ian Ross rides his bicycle on San Francisco's Ocean Beach while holding a rake. He uses one hand to steer the bike and the other to carve designs in the sand. When he is

finished creating patterns across hundreds of square yards of beach, he hops off his bike and touches up the edges. His work delights people who have come to watch the sunset or have a drink at the nearby Cliff House restaurant. And when the tide comes in or the winds kick up, the artwork vanishes.

"Anything beautiful that only lives for a few hours is bound to be impactful for those who get to enjoy that time," Ross says. "I love being present when the ocean takes back the work. It's such an awesome experience."

Ross, who also paints murals, and rakes patterns on other beaches, seeks to create art that complements the environment and enhances people's appreciation for natural surroundings. "It's easy to take something for granted when you see it every day," he says. "This work shows people a familiar place through a different lens, and that can have positive chain reactions."

Creating patterns on the beach is a way for Ross to express himself without making art to sell. "It belongs

>>> Artist Ian Ross, center, rakes intricate patterns into sand at California beaches such as the one at the San Francisco Marina, shown here.

>> HERE & NOW

CALIFORNIA

to the ocean and to everyone who has a chance to see something that may exist for just a moment," he says.

Another sand artist, Rusty Croft, who is based in Carmel-by-the-Sea, has become known in the sandart community as "one of the best there is," according to Gordon Summer, who organizes the U.S. Sand Sculpting Challenge, held in San Diego, this year from August 31 through September 3.

At the 2017 event, Croft placed third with Horse-power, a sand sculpture of a horse's head that showed cylinders and gears inside. Croft says he became hooked more than 20 years ago when he came upon a sand sculpture in San Diego. "It captured my imagination," he says. "It hit all the buttons—making something extraordinary out of something ordinary."

What truly ignited Croft's passion for sand art, though, was working on the project that he says was, in 1997, the world's tallest sand sculpture, the 69-foottall Lost City of Atlantis. Eighty-three sculptors from more than a dozen countries contributed to the work, built at Fiesta Island Park in San Diego's Mission Bay.

Like many sand artists, Croft makes more than simple beach castles. One of his sculptures, Home Is Where the Heart Is, was a cross section of a heart, containing a fully furnished living room, a bathroom with a tub, and a staircase to the attic. He also leads corporate team-building sand-art workshops, mostly in Silicon Valley, and hosted Travel Channel's Sand Masters TV show, which ran in 2011 and 2012.

Part of the reason sand art has such a visceral impact, says Croft, who grew up playing in the sand along rivers, is that it's "so tangible to the everyday person; it's so common. Everybody has an experience with sand at some point."

Morgan Rudluff is a fellow sand artist who works with Croft at his business, Sand Guys. In Rudluff's own sand art, she says, she employs "big shapes and sweeping lines." She describes her work as "feminine, bordering on the abstract" and tries to be "very pretty" with her lines. She hopes her work achieves a sense of grace as well as a sense of fun. It's sand art, after all, she says, not a painting hanging in a museum.

Yet there is serious craft to this art. Croft says it took him about seven years to feel he had gained a sense of mastery, though he'll never be done learning. Sand art is "very, very simple, but it's not very easy—like a lot of things in life," he says. "It's just sand and water. You pound it up from the bottom to the top, and then you start carving from top to bottom."





Rusty Croft creates detailed sculptures such as Restless Mind, above. The art of "Sandcastle Man" Bill Pavlacka is often found on the beach near San Diego's Hotel del Coronado, left.

Like Ross, he loves sand art's ephemeral nature. "Everything is temporary," Croft says. "Now I have my own kids, and I'm teaching them the art of letting go, creating something just to create it. Whether it lasts a moment, a day, a week or a year, it doesn't matter. The idea is that you've put something out into the world and transformed it. It's a magical medium."

Michael Shapiro writes from Petaluma, California.

BEACH ART EVENTS

Visit California beaches for artful attractions. Here are a few of the highlights.

- Sun & Sea Festival,
 July 14, Imperial Beach: Kid
 and adult sandcastle competitions, music and more
 (sunandseafestival.com).
- U.S. Sand Sculpting
 Challenge & Dimensional
 Art Exposition, Aug. 31–
 Sept. 3, Broadway Pier and
 Pavilion, San Diego: International master sand artists,
 an art show and sale, music,
 food and a kids' zone
 (ussandsculpting.com).
- Pacific Coast Fog Fest, Sept. 29–30, Pacifica: Arts, crafts, food, music, parade and a sandcastle project (pacificcoastfogfest.com).

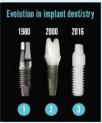
The Leader in Implant & Cosmetic Dentistry

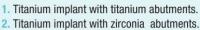


Dr Shawn Keller DDS

Dentists from around the country come to train with Dr. Shawn Keller, inventor of SAME DAY NEW SMILE™. With stem cell therapy and 3D imaging, healing is ultra fast and you can have your new smile on the same day!

A Closer Look at Metal Free Implants





3. CERAROOT Zirconia implant.

Traditional metal implants often show through the gums giving you that grey unpleasing appearance. In today's health conscious world, people are more mindful about what they put in their body, and there are valid concerns about metal implants.







Solution: Zirconia metal-free implants are white, strong and beautiful. They are undetectable and blend perfectly with any smile. 100% biocompatibility is one reason Dr. Shawn offers a lifetime guarantee. This is why people are flying to Washington for the future of implant dentistry.

Replacement of ALL teeth on 4 implants in 24 hours!

Say goodbye to loose dentures and failing dental work and enjoy your life again!





Upper or lower non-removable bridge on just 4 metal-free ceramic implants (greatly reducing cost).

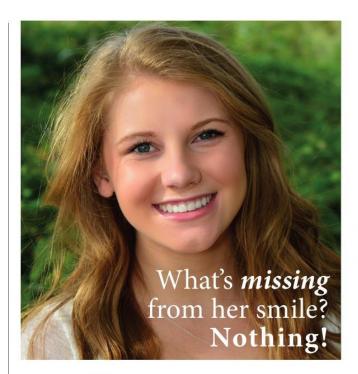
You will not only avoid the expensive painful failing dental work that comes as many of us age, but enjoy a beautiful new lifelong smile that can make you look and feel over 10 years younger. Dr. Shawn Keller uses his fountain of youth stem cell technology that creates a face-lift effect making most patients look about 10 years younger. Visit our website to see for yourself.











Jordan's Story

Jordan had been self-conscious about her smile. She knew she wanted to replace her missing tooth and that dental implants were an option.

Then she learned about Dr. Shawn Keller, the first dentist in Washington to offer CeraRoot metal-free implants. These ceramic zirconia implants are 100% metal-free and are as strong as they are beautiful. She was hesitant, having seen traditional implants with dark lines at the gum that did not look natural. She





also heard implants could be painful, took many visits and over 6 months to heal, and were expensive. Then she met with Dr. Shawn Keller. With many options offered, treatment was made affordable with a payment plan. Jordan wanted to improve the look of the rest of her smile and with Dr. Shawn's advanced sedation, she had the implant placed and cosmetic rejuvenation done at one visit, all while she slept peacefully. Thanks to the stem cell therapy used during the procedure, she had no discomfort and her beautiful smile was completed in the same day. Now Jordan is proud to smile with the peace of mind that her healthy new teeth will last a lifetime.

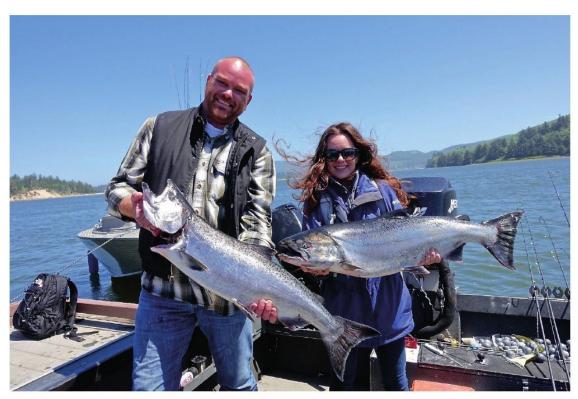
> "Dr. Keller changed my life!" - Iordan

Call today for a free consultation or attend our free seminars and learn more about all our amazing services we offer:

Same Day New Smile • Prettau Bridge • TMJ Veneers • Sedation Dentistry • Laser Dentistry Fountain of Youth Dentures • General Dentistry



shawnkellerdds.com 425.558.1515



AN OREGON SOJOURN

Catching a seafood bounty

By Drew Tyson

)) It's a little past 5 A.M., and the nine people who are seated with me around a banquet table at the Stephanie Inn, which overlooks Oregon's Cannon Beach, have had enough coffee to start introducing themselves.

I meet a middle-aged couple from Houston -two well-dressed men with laconic drawls who offer up a bit of banter in between bites of scrambled egg and muffin. As we playfully argue over who will catch the first fish or pull up the largest crab, I look out the window and notice the sky is lightening and our adventure is about to start.

The group is participating in one of the luxury hotel's inaugural sojourns, a "guestexperience program" featuring excursions and guided adventures led by the inn's chef, Aaron Bedard, and local artisans and outfitters. The small-group experience we are taking part in is "What a Catch!" in which we will hunt for three different local delicacies-Dungeness crab, softshell butter clams and Chinook salmon. It's one of the inn's more elaborate outings, with a full day of water activities, including digging for clams, placing crab pots and fishing for salmon in Nehalem Bay.

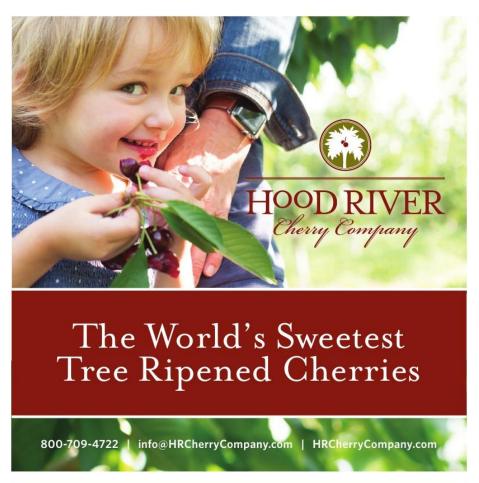
We climb into a van as bright-eyed cooks in starched whites load matching coolers. I join some of my new friends in the back of the van, hoping to catch a few winks before the action begins. As we drive, Bedard, a native of Oregon, tells us about growing up in La Grande, leaving for culinary school and then being hired by the inn in 2005. Over the years, he's developed friendships with local farmers, local fishing captains and local food artisans.

It's these relationships that led the Stephanie Inn to create the sojourn program—a way for visitors to experience the region's bounty. Upcoming Stephanie Inn Sojourns include a





From top: Stephanie Inn Chef Aaron Bedard and inn guest Jenn Stevenson hold newly caught Chinook salmon. The inn's restaurant offers superior seafood dishes. "What a Catch!" participants enjoy a delicious Oregon coast crab boil.









tour of some the Oregon coast's finest craft breweries on May 10. Brewer Will Leroux will be the guide as you visit various brewers before ending up back at the Stephanie Inn for a wonderful beer-pairing dinner.

This year's version of "What a Catch!" will be offered on August 21. Participants will travel 45 minutes north of the Stephanie Inn to the mouth of the Columbia River, where they will fish for Chinook salmon and catch Dungeness crab. They will bring it all back for a feast at the Stephanie Inn.

On this day, we arrive at a boat launch at Nehalem Bay, divide into three groups and board three waiting fishing boats. Joining me on my boat is Leroux, a previous Stephanie Inn chef who became the head brewer at the recently opened Public Coast Brewing Co., which is also owned by Ryan and Stephanie Snyder, the owners of the Stephanie Inn. Today, Leroux is enjoying the change of pace of being outside and fishing in the sunshine. Later in the day, he will serve his own beer.

Our first stop in the bay is to drop crab pots. We bait the baskets by attaching pieces of raw chicken to the insides and then lower them to the bottom of the bay. A colorful buoy is attached to each pot so we know where to find it. After placing a half-dozen pots, we head toward a sandbar up the bay to dig for clams, which is as easy as it sounds, but a lot muddier.

Once you spot a "clam show," a hole in the sand where a clam has withdrawn its neck or started to dig, you shovel down beside the clam and try to catch the bivalve before it digs deeper. We all enjoy seeing each other with our arms shoulder-deep in the mud. However, the feeling of victory when you emerge with a clam in hand is well worth the effort.

After about an hour, there are enough clams for the Stephanie Inn staff to send each of us a supply after careful cleaning.

We board the boats again and head out of the bay toward the ocean. It is time to go fishing. The water gets choppier as it deepens and we reach the mouth of the bay. We are fishing for Chinook, but our guide, David Johnson, tells us that if we happen to catch a coho salmon, we must release it unless it





SOCCER AND PORTLAND—A COMMUNITY LOVE AFFAIR

By Jim Moore

■ Portland residents have a deep and abiding love for professional soccer—in particular the Portland Timbers (the men's team) and Thorns (the women's team). The Timbers regularly sell out Providence Park's 21,000 seats, and a planned 4,000-seat expansion will barely dent the team's season-ticket waiting list. As for the Thorns, they average more than 17,000 fans to their home games, which is one of the highest average-attendance rates among women's soccer in the world.

Soccer scarves for both teams are considered fashion accessories, and fans wearing Timbers jerseys are allowed early boarding privileges on Alaska Airlines flights that originate in Portland.

All this fan love is happily returned. The Timbers and Thorns ownership group, Peregrine Sports, created the Stand Together program that embraces a year-round culture of giving. The annual Stand Together Week (June 9–15, 2018) is expected to bring out more than 1,000 volunteers to join with Timbers and Thorns players, coaches and staff members to work with dozens of nonprofit community organizations, focusing on programs benefiting youth and the environment. Since the Timbers joined MLS in 2011, and the Thorns were formed in 2012, members of the two clubs have volunteered at nearly 200 local projects.

Peregrine Sports has also donated more than \$4 million to local causes, including grants to almost 100 nonprofits and money to help create 15 new soccer fields and futsal courts (small, hard-surface soccer courts) in the area.

The teams name a "Community MVP" each year—the player who has had the most impact in the community. Last year, star players Diego Valeri, above right (the MLS 2017 Most Valuable Player), and Adrianna French, above left (NWSL Goalkeeper of the Year for the league-champion Thorns), were the Community MVPs. Valeri visited foster kids, made appearances at Special Olympics and Children with Cancer events and read to kids in schools. French volunteered with Habitat for Humanity and worked to beautify school grounds and build positive playground culture. "We are part of the fabric of the community in a way very few sports teams are anywhere," says Mike Golub, president of business for the Timbers FC and Thorns FC. "We recognize the responsibility."

>> HERE & NOW PORTLAND



Did you know that more than 70 percent of wishes granted involve travel? Make-A-Wish® needs 35 million air miles to provide airline travel for wish families in Alaska and Washington annually. That's nearly 900 round-trip tickets.

Donate your miles today! akwa.wish.org/alaskaair | 800.304.9474

Tablet friendly



While at home or during your travels, use your iPad or other tablet device to read our digital editions, which offer engaging, insightful travel articles to help you plan your next getaway, plus additional information from our advertisers.



alaskabeyondmagazine.com

comes from a hatchery. Such fish can be recognized by the small clipped adipose fin. If you fish on your own, check the Oregon Department of Fish and Wildlife regulations online, as fishing restrictions can change seasonally.

We bob in the channel for a while without a nibble, so we decide it's time to try the beer we've been saving to celebrate the first catch. Leroux opens a growler of '67 Blonde Ale (a nod to 1967, the year Oregon law-makers decreed that all of its beaches were public) as Johnson begins telling us fishing stories, including the one about the 80-year-old sturgeon he once hooked.

Suddenly, a nearby fishing line starts to flail wildly. "Grab your pole and start reeling!" says Johnson. Leroux takes the pole and starts reeling in the line. We see a giant Chinook salmon leap out of the water near our boat. Leroux continues fighting with the fish for a few minutes as Johnson motors the boat up and down the channel. Eventually, the fish tires, and I reach out with a net to scoop it up. It's a large Chinook that we guess weighs a good 30 pounds. With our clams and salmon in hand, we head back to check on the crab pots.

I volunteer to pull up the first pot. As I heave it, dripping, into the boat, we see that it is filled with Dungeness crabs of all sizes. We open the lid and start pulling them out. One by one, we turn them over to see if they have the telltale "lighthouse" shape on their underside that lets us know they're male. Females are gently placed back in the water. Meanwhile, our guide measures the males with calipers, making sure we keep only those of legal size—at least 5.75 inches across the back. After all the baskets are unloaded, we see there's enough crab for lunch, and for each of us to have whole crabs delivered to our homes.

We motor back to the boat launch and ride in the vans to the nearby Awtrey House—a bed-and-breakfast owned and operated by former NBA center Dennis Awtrey, who ended his career with the Portland Trail Blazers in 1981 and now lives

on the coast. Located on a bluff above Manzanita Beach, the beautiful home has amazing views of the ocean and an open and airy floor plan.

Outside, there is a long table covered in a white linen tablecloth, and Cannon Beach Distillery has set up a bar. As we mingle, eat snacks and admire the view, Bedard shows us how to shuck and eat raw oysters that he picked up in the Oregon beach town of Netarts, located down the coast.

Soon Awtrey and our fishing guides join our party and we all enjoy a late lunch of succulent seafood. The star of the meal is the traditional Oregon coast crab boil, featuring our fresh Dungeness crab and newly caught clams, along with tiger prawns, baby potatoes, corn and kielbasa from Olympia Provisions. The dessert is truly the cherry on top. Bedard serves his famous duck egg ice cream and pairs it with an Oregon Bing and Rainier cherry jubilee that he flambées in kirschwasser to everyone's delight.

Before too long, it's time to load up the vans and travel north about 15 miles along the coast to the Stephanie Inn. We're a little tired, very full and definitely sun-kissed, but we continue telling stories to each other until we say goodbye in the hotel lobby. I take a long soak in the hot tub in my room before enjoying a beachfront sunset. What a perfect day on the Oregon coast.

A couple of days later, a package arrives in the mail. Inside is a healthy portion of salmon, a few whole Dungeness crabs and plenty of chowder-prepped clam meat. Bedard's personal recipe for clam chowder is included, along with a handwritten card explaining that he's also enclosed a bottle of his homemade hot sauce.

Over the next few days, I eat the wonderful seafood. However, I use the hot sauce sparingly, hoping to savor it until I can get back to the coast and pick up another bottle. By the way, it goes great with Bedard's chowder recipe.

Flyer guide

Your overview of the Alaska experience.

TABLE OF CONTENTS

186 Everything Alaska

alaskaair.com Our 5-star mobile app Alaska Lounge Alaska's fleet

188 The Alaska experience

189 Beverages
First Class wines

190 Alaska Beyond Entertainment

Movies and TV on your own device Go online Rent a preloaded tablet 192 Mileage Plan

Welcome to a world of rewards

194 Global Partners

Travel the world with our airline partners

196 Where we fly
115+ destinations and counting

198 U.S. airport terminal maps

200 Global Airline Partner terminal maps

202 Customs and immigration

203 Your safety and comfort Contact us



Everything Alaska

A look at all we offer.

Start every trip at alaskaair.com.





- Always find our lowest fares, guaranteed
- Check out our weekly flight deals
- Plan your whole trip with hotel, car and vacation packages
- Manage your Mileage Plan[™] account and use miles
- Check in, print boarding passes and baggage tags
- **NEW**—Book Virgin America flights at alaskaair.com

Our app keeps you mobile on any device.

We have several mobile options to keep you moving when you're on the go: iPhone, Android and our mobile website at m.alaskaair.com.

- Find and book flights
- Check in from your phone
- No more paper—access mobile boarding pass and Alaska Lounge membership card
- Access Mileage Plan information
- Pre-reserve meals







The Alaska Lounge is your sanctuary.



Lounge members enjoy access to our six lounges in Seattle, Portland, Los Angeles and Anchorage, and more than 60 affiliated lounges worldwide. Warm pancakes at breakfast, and soups, salads and snacks are available throughout the day, plus a fully stocked bar and Starbucks® coffee. Get more details at alaskaair.com/lounge.



You'll find Boeing's new Space Bins, offering 48% more stowage space, on our 737-900ER aircraft.

B737-900/900ER

Number in fleet: 79 Range: up to 2,720 miles Seats: 178

B737-800

Number in fleet: 61 Range: 2,920 miles Seats: 159

B737-700

Number in fleet: 11 Range: 2,985 miles Seats: 124

B737-700F (freighter)

Number in fleet: 3 Range: 2,985 miles Capacity: 9–10 cargo containers

Alaska's regional fleet.





Bombardier Q400

Number in fleet: 49 Range: 1,114 miles Seats: 76 Operated by Horizon Air

Embraer E175

Number in fleet: 35 Range: 2,150 miles Seats: 76 Operated by Horizon Air and SkyWest Airlines

Virgin America's fleet.



Airbus A319

Number in fleet: 10 Range: 2,986 miles Seats: 119 Operated by Virgin America

Airbus A320

Number in fleet: 53 Range: 2,855 miles Seats: 146–149 Operated by Virgin America

Airbus A321neo

Number in fleet: 5 Range: 3,072 miles Seats: 185 Operated by Virgin America

Tell us how we're doing.

Visit alaskalistens.com.

Free to access in flight.

Our bag guarantee.

Delivered in 20 mins or less.

If we miss the mark, see an agent for a voucher.

Terms apply. See bit.ly/BagGuarantee for details.

The Alaska experience

Enjoy the journey.

Our three travel classes all feature great perks

What can you expect aboard an Alaska Airlines flight? You'll find a variety of comfortable seating choices and a tasty selection of food and drinks. We have power outlets to keep you charged, Wi-Fi to keep you connected, and entertainment options to captivate you. And as always, our warm, friendly flight crew is ready to help you however they can.



First Class

Choose First Class for spacious seating, plentiful food and beverage choices, and our dedicated flight attendants.

- ✓ Luxury at an affordable price
- Priority access for check-in and security lines
- Power outlets at every seat, on most aircraft
- Two bags checked free



Premium Class

More space, more perks and early boarding: Treat yourself to our Premium Class experience on your next flight.

- 4" more legroom than Main Cabin seats
- ✓ Board early and get settled
- Drinks are on us
- Power outlets that are easy to access



Main Cabin

Enjoy our Main Cabin seats with a complimentary snack and beverages.

- Power outlets at every seat, on most aircraft
- Over 200 free movies and TV shows on Alaska Beyond Entertainment
- Tom Douglas-inspired meals for purchase
- Award-winning service

Enjoy a drink

Refreshing selections, for free or for purchase.

COMPLIMENTARY BEVERAGES



Coca-Cola Coke Zero Diet Coke Sprite Sprite Zero Seagram's Ginger Ale Seagram's Seltzer Seagram's Tonic



Proudly serving Starbucks® Pike Place® Roast

Other

Bottled Water Orange Juice Tomato Juice Cranberry Juice Apple Juice

Our special blend of Passion, Orange and Guava (on flights to Hawai'i)

Bloody Mary Mix

Tazo® Awake® black tea

Tazo® Sweet Orange hot herbal tea (caffeine-free)

The menu card in your seatback pocket displays all our food and beverage options.

PREMIUM WINE



Canoe Ridge \$7 Exploration Red Blend

Canoe Ridge \$7 Exploration Sauvignon Blanc

La Marca \$8 Prosecco

All prices in U.S. dollars.





REER

Premium Beer \$7 Alaskan Amber

Alaskan Icy Bay IPA Kona Longboard Island Lager (to/from Hawai'i)

Modelo Especial (to/from Mexico) Imperial (to/from Costa Rica)

Domestic Beer \$6

Miller Lite Budweiser

LIQUOR

Spirits \$7

Woodford Reserve Bourbon Crater Lake Hazelnut Espresso Vodka Sauza Tequila Dewar's White Label Scotch Jack Daniel's Black Label Crown Royal Baileys Irish Cream



Tito's Handmade Vodka Cruzan Aged Rum **Tanqueray London Dry Gin**







First Class Wines

Featured wines this month.



Chateau Ste. Michelle Mimi Chardonnay

Washington, Horse Heaven

With a lightly oaked, elegant style, the wine offers apple and pear fruit character with bright natural acidity.



Chateau Ste. Michelle Indian Wells Red Blend

Washington, Columbia Valley

This wine reflects the rich, round powerful style of Washington fruit, highlighting seven varietals.

Beverage service may vary due to time of day and flight-segment time limitations. Items limited and based on availability. Individuals must be 21 years or older to consume alcoholic beverages. Government warning: According to the Surgeon General, women should not drink alcoholic beverages wiring pregnancy. Consumption of alcoholic beverages impairs your ability to drive a car or operate machinery, and may cause health problems. Pike Place is a registered trademark of The Pike Place Market PDA, used under license.

Movies, TV, Wi-Fi and more.

The choice is yours.

The "Movies & Wi-Fi" card in your seatback pocket has instructions on how to watch.

Kick back with over 200 Get Started: free movies and TV shows.

Nearly every flight offers Alaska Beyond Entertainment, our streaming entertainment system that features hit movies and episodes from your favorite TV networkslike HGTV and Food Network—as well as new discoveries, including new musicians on Seattle's independent record label, Sub Pop.



HIT MOVIES ON ALASKA BEYOND ENTERTAINMENT:

Download the app:

You'll need the Gogo Entertainment App to watch movies. Get it now at loadplayer.com.









Coco



Murder on the **Orient Express**



Blade Runner 2049



Three Billboards Outside Ebbing, Mo.

HERE'S A PEEK AT THE MOVIES RECENTLY ADDED TO OUR ALASKA BEYOND ENTERTAINMENT LINEUP:









- Battle of the Sexes
- Goodbye Christopher Robin
- Kingsman: The Golden Circle
- The Lego Ninjago Movie
- Frozen
- Valentine's Day
- The Notebook
- · Crazy, Stupid, Love.
- Never Been Kissed
- . Walk the Line

- One Fine Day
- Something Borrowed
- . The Great Gatsby
- Water for Elephants
- · Zootopia
- Finding Dory
- Wonder Woman
- · Captain Underpants: The First Epic Movie
- Batman and Harley Quinn

- Toy Story 2
- War for the Planet of the Apes
- · Big Trouble in Little China
- Johnny Dangerously
- Risky Business
- Caddyshack
- Gremlins
- Working Girl
- 9 to 5
- Aliens

For a complete movie/TV program listing, go to AlaskaWiFi.com while inflight.

Like our tunes?

Take a look at this month's boarding music playlist:

Artist Song High Highs Ocean to City Shout Out Louds Tumbo Tet The Revivalists Gold to Glass Jamie xx feat. Romy Loud Places Fever Fever Hypnotized The Revivalists Keep Going Yahtzel Someone Else Streets of Laredo Laying Low

Plus, check out our featured Sub Pop album of the month:

Frankie Cosmos

Vessel



New York native songwriter and composer Greta Kline is known for sharing a bounty of her innermost thoughts and experiences as a musician. Vessel is the third studio album by her indie pop outfit Frankie Cosmos.

You're now cleared for text-off.

Never miss a thing with Free Chat[™]. Text your friends and family from your smartphone using iMessage, Facebook Messenger and WhatsApp. Please keep in mind:

- Free Chat is designed for text-based messages only. Photos, video and SMS are not supported.
- Both you and your recipient must have one of the compatible apps.
- Free Chat is only available on flights with Gogo[®] Inflight Internet.

Inflight, go to AlaskaWiFi.com to get started.



Go online.

Gogo® Inflight Internet is available on all of our Boeing 737 and Embraer 175 aircraft, excluding five half cargo/half passenger aircraft.

- Inflight Internet is not available on flights to/from Hawai'i or when flying over Latin America.
- In the air or on the ground, visit alaskaair.com or gogoair.com to view flexible pricing options.

TIPS FOR MAKING THE MOST OF INFLIGHT WI-FI:

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

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

Rent one of our premium entertainment tablets.

On most flights over 3.5 hours, you can rent one of our inflight entertainment tablets featuring the newest movies onboard, plus recent hits. Each tablet is preloaded with 25 to 30 movies (depending on the month), plus TV shows, Xbox games, music and digital magazines.

Tablets are free in First Class, and available to rent for \$8-\$10, depending on flight length.



NEW MOVIES ON THE TABLET:



Star Wars: The Last Jedi



The Greatest Showman



Phantom Thread



Pitch Perfect 3



Ferdinand

Alaska Airlines Mileage Plan™

Welcome to a world of rewards.



Earn miles on hotel stays, car rentals, and everyday purchases, too.

See the world and earn miles doing it.

Earn or redeem miles on every Alaska flight and flights to more than 900 destinations worldwide with our airline partners.



























MVP











The more you fly, the richer the rewards.

Partner miles flown also count toward elite status qualification.

MVP

(20,000 miles flown on Alaska)

- Priority check-in
- Two free checked bags
- Eligible for complimentary First Class upgrades
- 50% bonus miles and more

MVP GOLD

(40,000 miles flown on Alaska)

All MVP® benefits, plus:

- Waived ticket change fees on Alaska
- Four annual guest upgrades
- 100% bonus miles and more

GOLD 75K

(75,000 miles flown on Alaska)

All MVP Gold benefits, plus:

- Complimentary inflight entertainment player
- Four Alaska® Lounge day
- 125% bonus miles and more

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







Carry the card for even more rewards.

Limited-time offer: Buy 1 ticket, get 1 for just the taxes and fees with Alaska's Famous Companion Fare $^{\text{TM}}$ offer.

- •30,000 bonus miles after qualifying purchases.
- •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.

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

Apply at AlaskaOffer.com or ask your flight attendant.

For information about rates, fees, other costs and benefits associated with the use of this card or to apply, visit the website referenced above. The Visa Signature® card benefits described herein are subject to certain restrictions, limitations and exclusions. This credit card program is issued and administered by Bank of America, N.A. Visa Signature is a registered trademark of Visa International Service Association, and is used by the issuer pursuant to license from Visa U.S.A. Inc. Platinum Plus is a registered trademark of Bank of America Corporation.

Big adventures for fewer miles.

You can now book nonrefundable one-way award travel within the continental United States and Canada starting at just 5,000 miles.*

Previous starting price*	Distance each way	Sample routes
7,500 miles	Less than 700 miles (intrastate)	San Jose-Orange County
12,500 miles	Less than 700 miles	Seattle-San Francisco
12,500 miles	701 to 1,400 miles	Los Angeles-Portland
12,500 miles	1,401 to 2,100 miles	Portland-St. Louis
12,500 miles	More than 2,101 miles	New York-Seattle
	price* 7,500 miles 12,500 miles 12,500 miles 12,500 miles	price* Distance each way 7,500 miles Less than 700 miles (intrastate) 12,500 miles Less than 700 miles 12,500 miles 701 to 1,400 miles 12,500 miles 1,401 to 2,100 miles

Visit alaskaair.com/ awardchart to explore our complete award charts.

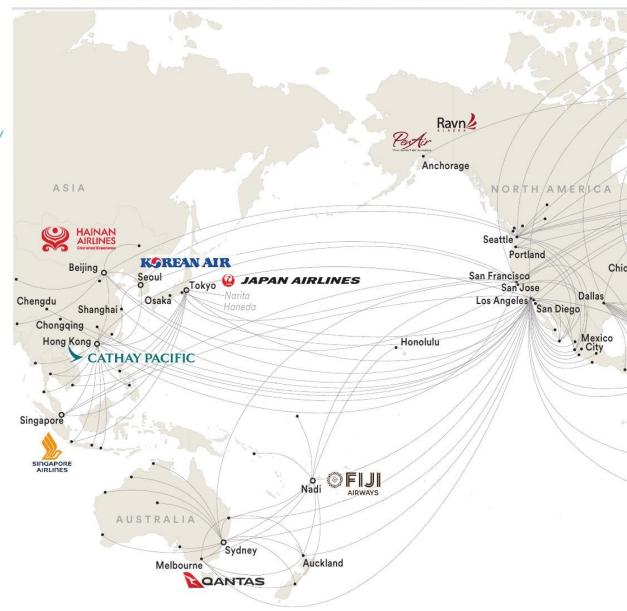
Join today and start getting rewarded. alaskaair.com/mileageplan

 $^{^{\}star}$ Plus taxes and fees from \$5.60 each way. Award availability and pricing may vary.

Mileage Plan gives you the world

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

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



Explore more with Mileage Plan.





Copenhagen, Denmark Finnair











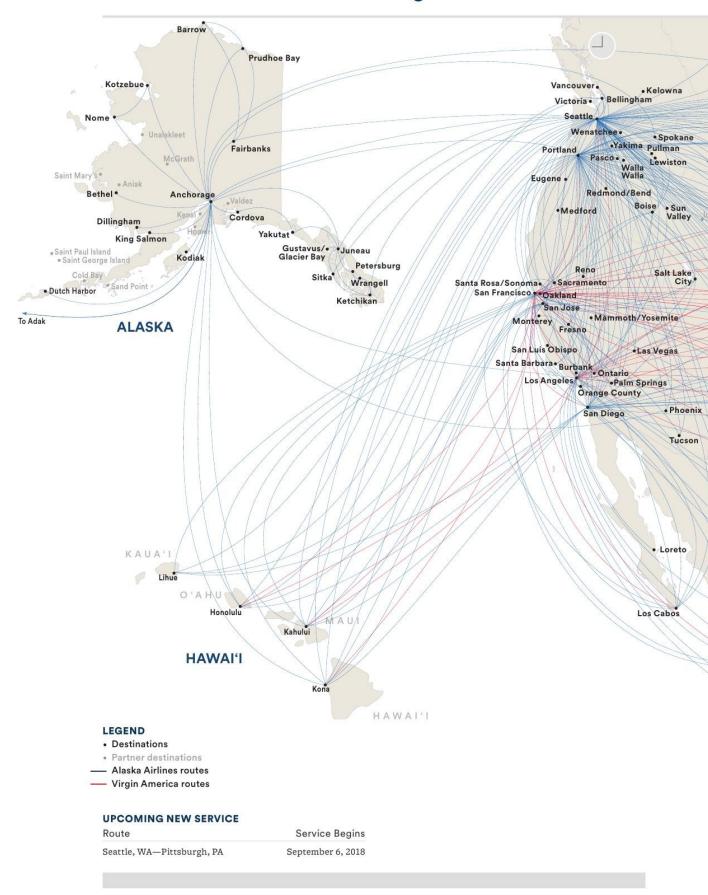
Seoul, South Korea Korean Air

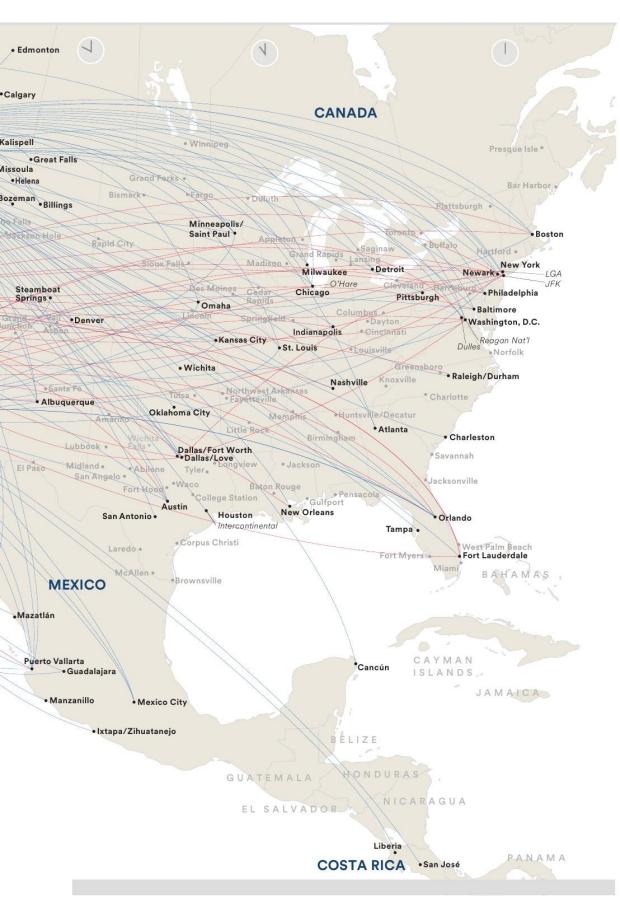
Dubai, UAE Emirates

FLYER GUIDE

Where we fly

115+ destinations and counting.





Some Alaska Airlines service operated by Virgin America, Horizon Air or SkyWest Airlines.

Some routes shown operate seasonally.

Airport terminal maps

SEA Seattle/Tacoma International Airport

1 Tip:

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

Tip:

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



Loop Trains

CONCOURSE A

Alaska Airlines

PDX Portland International Airport

Emirates

Icelandair

Korean Air

Hainan Airlines

S GATES

Alaska Airlines

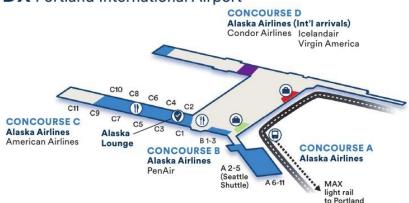
(Int'l arrivals)

British Airways

Condor Airlines

South Loop Train

A12



1 Tip:

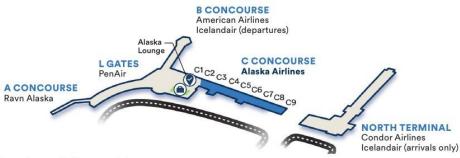
Alaska Lounge members have access to the Cathay Pacific Lounge at SFO when traveling on Alaska.



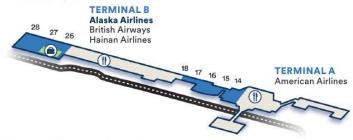
LAX Los Angeles International Airport



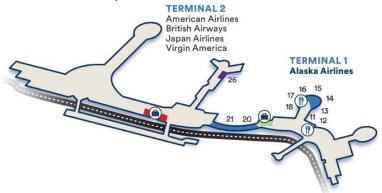
ANC Anchorage International Airport



SJC San Jose Mineta Airport



SAN San Diego International Airport



Global Airline Partner terminal maps

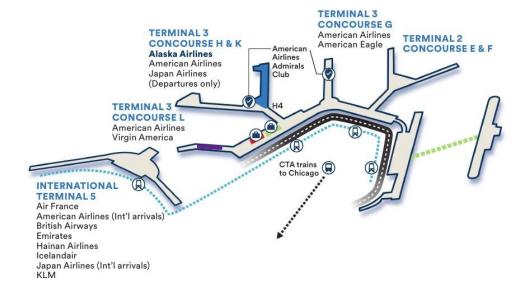
ORD Chicago O'Hare International Airport

American Airlines

From Chicago, American Airlines serves 122 destinations in 11 countries, with convenient connections to Europe from the West Coast.

Tip:

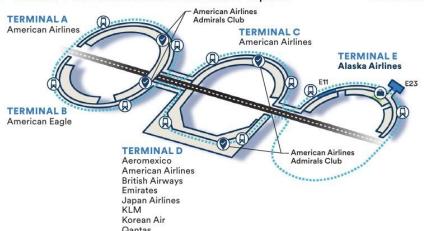
Alaska Lounge members receive access to most **American Airlines Admirals Clubs** when traveling on Alaska or American.



DFW Dallas/Fort Worth International Airport

American Airlines

Headquartered in Dallas, American serves 197 destinations in 29 countries including Latin America, the Caribbean and Europe from DFW.



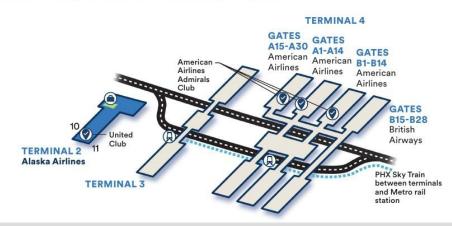
PHX Phoenix Sky Harbor International Airport

American Airlines

From Phoenix, American flies to 81 cities with over 300 flights.

Tip:

Alaska Lounge members have access to the **United Club** across from gate 10 at Sky Harbor when flying on Alaska.





British Airways' London hub offers convenient connections from the West Coast to cities throughout Europe.

Tip: MVP Gold & MVP Gold 75K members receive complimentary access to British Airways' Galleries Club Lounge in Terminal 5.

f Tip: **MVP** Gold and MVP Gold 75K members receive complimentary access to Icelandair's Saga Lounge.

Saga Lounge GATES 1-35 Icelandair

Icelandair's Reykjavík hub makes for easy connections to the airline's 20+ destinations throughout Europe. Icelandair offers free stopovers in Iceland.

DXB Dubai International Airport, Dubai, UAE **B GATES** A GATES Dubai Metro to Dubai 🐐 Emirates TERMINAL 1 **Emirates First** Class Lounge and Business Class Lounges TERMINAL 3

Emirates' Dubai hub offers connections to 100+ destinations on 6 continents, all featuring the airline's world-class service.

O Tip: MVP Gold and MVP Gold 75K members receive complimentary

lounges.



With gateways in Seattle and San Jose, earn miles traveling to Beijing, Shanghai and to other destinations throughout China.

Customs and immigration

Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

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



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

TO THE UNITED STATES

PASSPORT CONTROL KIOSKS

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

Helpful tips

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

U.S. CUSTOMS DECLARATION

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

Helpful tips

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

QUIOSCOS DE CONTROL DE PASAPORTES

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

Datos de ayuda

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

DECLARACION DE ADUANA

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

Datos de ayuda

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

INTERNATIONAL TRAVEL TIPS

TO MEXICO

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

TO COSTA RICA

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

CONSEJOS DE VIAJE INTERNACIONALES

A MEXICO

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

A COSTA RICA

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

Your safety and comfort

SEATS

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.

CARRY-ONS

- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

LAVATORY

 Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.

CREW SAFETY

• Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.

PETS

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

TRAVELING WITH INFANTS AND CHILDREN

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

DEVICES

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

ALCOHOL AND TOBACCO

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

OTHER PROHIBITED ITEMS

 Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, self-heating meals or beverages, air filters placed on overhead vents and personal airpurifying devices. The Federal
Aviation
Administration
(FAA) and
Alaska Airlines
have set these
rules and
regulations to
assure your safety
and comfort.

CONTACT US

Customer care: 800.654.5669 (Mileage Plan, Customer Care)

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

En Español: 800.858.5525 From Mexico: 001.800.252.7522

Alaska Airlines Vacations: 844.762.0087 vacations.alaskaair.com.

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

USING YOUR DEVICES

We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

Allowed on the ground and in the air

- Laptops (must be stowed for taxi/takeoff/landing)
- Tablets/smartphones (Airplane Mode after door closure)
- Wireless mouse/keyboard
- e-readers
- Media/CD/DVD players
- Noise-canceling and Bluetooth headphones
- Cellphones (prior to door closure only)

YOU'VE GOTTA BE KIDDING

23

50

55

79

94

104 105 106

118

122

32

39

51

56

80

60

)) GAMES **CROSSWORD**

30

54

83

110

121

125

84

103

ACROSS

- 1 Departs
- 5 Conduit
- 9 Was too fond
- 14 Capture
- 19 Can. province
- 20 ____ Wiesel
- 21 Zodiac sign
- 22 Promising one
- 23 Patty's kid
- 25 Danny's kid
- 27 Islamic honcho
- 28 Maine et al.
- 30 Vacation spot
- 31 Saratoga Springs, e.g.
- 34 Gloat
- 36 Double curve
- 37 Pink Floyd hit
- 38 Woven silk
- 40 Appraised
- 42 Biblical pronoun
- 43 For every
- 46 Solitary one
- 47 Equal
- 48 Rosary unit
- 49 Remove from print
- 50 Dill plant
- 51 Ryan's kid
- 54 Bandleader Shaw
- 55 Asian river
- 56 Colors
- 57 Song part
- 58 Archaic rewards
- 59 Of the eye
- 61 Appear
- 63 Extent
- 64 R.N.'s offering
- 66 Once again
- 68 Nebraska city
- 69 Cheerless
- 71 Oral-surgeon's abbr.
- 72 Backpacking
- 74 Apprehend
- 77 Wipe clean
- 79 A Musketeer
- 80 AbFab role
- Vaulted area 81
- 83
- 86 Malicious one
- 87 Jerry's kid
- 89 Litter's littlest
- 90 Missteps
- 91 Scottish philosopher
- 92 Shipshape
- 93 Uplift
- 94 Concorde, e.g.
- 95 Gull's kin
- Little's forte 96
- 98 Water fountain?
- Present
- 100 Tri-banded armadillo
- 101 Nanking nanny
- 103 Farmyard female
- 104 Burning
- 107 Blueblood, for short
- 109 Bivalve mollusk
- 111 Lloyd's kid

- 113 Gary's kid
- 118 Mooch
- 119 Operator singer
- 120 121 Watery fluids
- 122 Drive
- 123 Gremlins co-star
- 124 Notion
- 125 Look to be

DOWN

- 1 Petrol
- 2 Spanish cheer
- 3 JFK abbr.
- 4 Sound
- 5 Hankering
- 6 Excessive
- 7 DX/V
- Sawbucks
- 9 Harm
- 10 Spoke in public
- 11 Inner Hebrides island 12 Elongated fishes
- 13 Brit. decoration

14 Plot

119

123

- 15 Lasso loop
- 16 BBs et al. Yemeni seaport
 - 17 Bring up 18 Formerly, formerly
 - 24 Fossilized resin
 - 26 Attempted
 - 29 Clan symbol
 - 31 Spread out
 - 32 City in India
 - 33 June's kid
 - 35 Rub harshly
 - 37 German city
 - 39 Costume
 - 41 Entertain
 - 42 Ribbed
 - 43 Dom's kid 44 Slurred past,
 - as a vowel 45 Della's kin
 - 47 Gravy
 - 48 Floating ice
 - 49 Small remnant
 - 51 Noun, sometimes

Be a glutton

108

120

124

21

25

52

57

88

62

100

107

35

- 53 Dweebs One-celled protozoan
- 60 Strong-scented herb

102

- 62 Daybreaks
- 63 Brave one Connecticut river
- Metric units 65
- 67 Enter, as a stream
- Bowler's button 70
- 73 Charged atoms
- 75 Outer skin
- Former German coin Flower arrangement 78
- 80 Famed critic
- Desert floor Remove stitching 84
- 85 Cubic meter
- Like neon, e.g. 88 91 Recommend
- 93 Refurbished bldg.
- 95 Lumberjack's cry 96 Per
- 97 Comps

- 98 PbS
- 99 Measure
- 100 Slang 102 Kentucky city
- 104 Alphabet
- 105 Amazing deed 106 Load cargo
- 107 Spanish seaport
- 108 The Bionic Woman's town
- Bedraggle 110
- 112 Gov. agency 114 Tack on
- 115 Witness
- 116 Poetic preposition
- 117 Starchy root

SOLUTION ON PAGE 210.





Visit muckleshootcasino.com for details.

THE BIGGEST & BEST IN THE NORTHWEST

20 minutes from SEA-TAC International Airport I-5 South to WA 18 East . Auburn Way Enumclaw Exit





2402 Auburn Way South, Auburn WA 98002 800-804-4944 | muckleshootcasino.com



IT'S ALL ABOUT YOU



\$10 IN FREE PLAY

Code: PUBAKFP418

Present your airline ticket stub (paper or electronic) or bring this ad to the Players Club for your Free Play offer!



Limit one Free Play redemption per guest per month. Not to be combined with other publications, promotional offerings and holidays. Must be or become a Players Club member to participate. Membership is free! Offer expires April 30, 2018. Free Play may not be available on all machines. For Free Play limitations, rules and details, see Players Club. Promotions are subject to change without notice. Management reserves all rights.



LADDERGRAM

First, write the word that fits the first definition into space 1. Then drop one letter and rearrange the remaining letters to form the answer to definition 2. Drop one more letter, rearrange, and get the answer to definition 3. Put the first dropped letter into the box to the left of space 1 and the other dropped letter into the box next to space 3. When you have correctly solved the puzzle, the dropped letters on the left and right, when read down, will spell out related words.

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

DEFINITIONS

1. Desire strongly

2. Speed contest

3. Exist

4. Fictional Twist

5. Sweetheart

6. Wander aimlessly

7. Giving person

8. Strong scent

15. Oak, for one

9. Angler's pole

16. Theater platform

10. Baby's noisemaker

17. Sunrise direction

11. Subsequently

18. Perched on a chair

12. English nobleman

19. Most cherished

13. Warm up (leftovers)

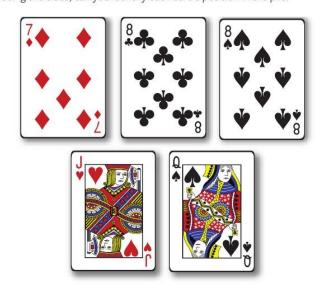
20. Grooved tire-sections

14. In that location

21. Baseball swap

CARD SENSE

Five playing cards were shuffled and put in a pile, one on top of another. Using the clues, can you identify each card's position in the pile?



- 1. The eights are not adjacent.
- 2. The black cards are adjacent.
- 3. The jack is directly above a spade.
- 4. The red cards are adjacent.

ANAGRAM MAZE

The diagram contains 36 words, 19 of which are anagrams of other everyday words. Start at the top arrow and anagram ROOM. While solving, move up, down, right, or left to the only adjacent word that can be anagrammed. Continue until you arrive at the bottom arrow. There is only one path through the maze.

1	2	3	4	5	6
GLEE	KIWI	HERE	FANG	ROOM	FURY
7	8	9	10	11	12
VOTE	LIFE	TUBA	FORK	ONCE	TELL
13	14	15	16	17	18
REAM	BAND	ADDS	BALD	ALMS	NODE
19	20 ROOF	21	22	23	24
ODES		TILL	BODY	HUNT	LEAK
25	26	27	28	29	30
SNIT	LOLL	ISLE	COAT	VEER	CHAR
31	32	33	34	35	36
LEFT	MATE	FILM	LAVA	HOWL	LESS

SOLUTIONS ON PAGE 211.

2018 PENNY PRESS, INC. © PENNYDELLPUZZLES.COM





CONNECT WITH OUR ADVERTISERS

AlaskaBeyondMagazine.com/Ads

ACCOMMODATIONS

BLACK BUTTE RANCH www.blackbutteranch.com

GRAND SOLMAR LAND'S END RESORT & SPA www.grandsolmar.com

HISTORIC ANCHORAGE HOTEL www.historicanchoragehotel.com

HOTEL CAPTAIN COOK

INN AT CREEK STREET—KETCHIKAN www.creekstreet.com

INN @ NORTHRUP STATION www.northrupstation.com

MARCUS WHITMAN HOTEL & CONFERENCE CENTER www.marcuswhitmanhotel.com

PINEAPPLE HOSPITALITY www.staypineapple.com

PORTLAND VILLA www.portlandvilla.com

PRINCESS LODGES www.princesslodges.com

PUFFIN INN OF ANCHORAGE www.puffininn.net

SUNRIVER RESORT www.sunriver-resort.com

TOP OF THE WORLD HOTEL www.tundratoursinc.com

VILLA DEL PALMAR LORETO www.villadelpalmarloreto.com

WELK RESORTS www.welkresorts.com

CASINOS

MUCKLESHOOT CASINO www.muckleshootcasino.com

NORTHERN QUEST RESORT & CASINO www.northernquest.com

RESTAURANTS

ANTHONY'S RESTAURANTS www.anthonys.com

THE CRAB POT SEATTLE www.thecrabpotseattle.com

ELLIOTT'S OYSTER HOUSE www.elliottsoysterhouse.com

FRANK'S PLACE AT INDIAN WELLS RESORT HOTEL www.indianwellsresort.com

IVORY JACKS www.ivoryjacksrestaurant.com

JOHN HOWIE STEAK www.johnhowiesteak.com

LAVELLE'S BISTRO www.lavellesbistro.com LG'S PRIME STEAKHOUSE

METROPOLITAN GRILL www.themetropolitangrill.com

SEASTAR RESTAURANT AND RAW BAR www.seastarrestaurant.com

TOM DOUGLAS RESTAURANTS www.tomdouglas.com

TRANSPORTATION

DAVE SMITH MOTORS www.davesmith.com

LYNDEN, INC. www.lynden.com

MATSON www.matson.com

SPAN ALASKA www.spanalaska.com

TOTE MARITIME ALASKA www.totemaritime.com

BUSINESS SERVICES

CONSTRUCTION MACHINERY

GCI

www.gci.com

NU FLOW ALASKA www.nuflowalaska.com

T-MOBILE www.t-mobile.com

FINANCIAL SERVICES

ALASKA AIRLINES VISA SIGNATURE CARD www.alaskaoffer.com

BECKER CAPITAL MANAGEMENT www.beckercap.com

www.becu.org

HOMESTREET BANK www.homestreet.com

RECRUITING

LOWER KUSKOKWIM SCHOOL DISTRICT www.lksd.org

NORTHWEST ARCTIC BOROUGH SCHOOL DISTRICT www.nwarctic.org/apply

NORTON SOUND HEALTH CORPORATION www.nortonsoundhealth.org

SOUTHEAST ALASKA REGIONAL HEALTH CONSORTIUM (SEARHC) www.searhc.org

TANANA CHIEFS CONFERENCE www.tananachiefs.org

PERSONAL ENRICHMENT

IT'S JUST LUNCH www.itsjustlunch.com

HAWAII

ALI'I KULA LAVENDER

ATLANTIS ADVENTURES

BLUE GINGER RESORTWEAR www.blueginger.com

FARM CREDIT SERVICES OF HAWAI'I, ACA www.hawaiifarmcredit.com

GERMAINE'S LU'AU www.germainesluau.com

GRAND WAILEA RESORT www.grandwailea.com

HAWAI'I TITANIUM RINGS www.hawaiititaniumrings.com

HAWAIIAN HOTELS AND RESORTS

HONUA KAI RESORT www.honuakai.com

ISLAND PET MOVERS www.islandpetmovers.com

KAʻANAPALI BEACH HOTEL www.kbhmaui.com

MAUNA LANI BAY HOTEL & BUNGALOWS www.maunalani.com

NA HOKU www.nahoku.com

PARADISE COVE LU'AU www.paradisecove.com

THE SHOPS AT WAILEA www.theshopsatwailea.com

TORI RICHARD www.toririchard.com

REAL ESTATE

BETH CUMMINS-WINDERMERE www.bethcummins.withwre.com

CITRONE PARTNERS www.citrone-partners.com

DANZANTE BAY AT THE ISLANDS OF LORETO www.bajahome.com

EWING & CLARK INC. ww.ewingandclark.com

HILTON GRAND VACATIONS CLUB AT MARBRISA marbrisaoffers.com/alaska

HUGHES MARINO, INC. www.hughesmarino.com

JOHN L. SCOTT— BELLEVUE www.johnlscott.com



CONNECT WITH OUR ADVERTISERS

>> AlaskaBeyondMagazine.com/Ads

REAL ESTATE

LUX APARTMENTS rentatlux.com

RANCHO SAN LUCAS www.ranchosanlucas.com

SOUTHPORT ON LAKE WASHINGTON www.southport.life

TERRIE COX, PC www.usa-relocate.com

VISTA PEARL www.liveinthepearl.com

VODA KIRKLAND www.rentvoda.com

WINDERMERE www.windermere.com

WINDERMERE LOS CABOS

WINDERMERE REAL ESTATE MIDTOWN www.windermere.com

EDUCATION

COMPASS COURSES MARITIME TRAINING www.compasscourses.com

DENALI EDUCATION CENTER www.denali.org/zerolandfill

FOSTER SCHOOL OF BUSINESS-UNIVERSITY OF WASHINGTON www.foster.washington.edu/emba

SAN DIEGO STATE UNIVERSITY www.sdsu.edu

HEALTH & BEAUTY

20|20 LIFESTYLES www.2020lifestyles.com

ALGONE ALASKA www.algonealaska.com

ARCTIC CHIROPRACTIC www.arcticchiropractic.com

CAPILLUS www.capillus.com

HAIR TRANSPLANT SEATTLE www.hairtransplantseattle.com

MY BEST 10 www.mybest1o.com

OLYMPUS SPA www.olympusspa.com

SCHICK SHADEL HOSPITAL

SEATTLE STEM CELL CENTER www.seattlestemcellcenter.net

SMILES BY DESIGN www.shawnkellerdds.com

STERN CENTER FOR AESTHETIC SURGERY www.sternctr.com

SWEDISH RADIOSURGERY CENTER— ESSENTIAL TREMOR www.swedish.org/essentialtremor

TRAVEL IDEAS

CARAVAN TOURS

CENTRAL OREGON VISITORS ASSOCIATION www.visitcentraloregon.com

COEUR D'ALENE CVB www.coeurdalene.org

COWLITZ COUNTY/MOUNT ST. HELENS www.discovermtsthelens.com

EXPLORE FAIRBANKS, ALASKA www.explorefairbanks.com

FRESNO YOSEMITE INTERNATIONAL AIRPORT www.flyfresno.com

ICELANDAIR w.icelandair.com

KETCHIKAN VISITORS BUREAU www.visit-ketchikan.com

MASTERPARK www.masterparking.com

PACWESTY www.pacwesty.com

SAN DIEGO INTERNATIONAL AIRPORT www.san.org

SOUTHERN IDAHO TOURISM www.visitsouthidaho.com

TRI-CITIES VISITOR & CONVENTION BUREAU

TUALATIN VALLEY, OREGON www.tualatinvalley.org

UTAH OFFICE OF TOURISM

VICTORIA CLIPPER www.clippervacations.com

VISIT ANCHORAGE www.anchorage.net

VISIT PORT ANGELES www.visitportangeles.com

WILLAMETTE VALLEY OREGON WINE COUNTRY oregonwinecountry.org

THINGS TO SEE & DO

ALASKA INTERNATIONAL SENIOR GAMES www.alaskaisg.org

COME FROM AWAY www.comefromaway.com

FAIRBANKS SYMPHONY ORCHESTRA www.fairbankssymphony.org

K1 SPEED INDOOR KART RACING www.k1speed.com

PALM SPRINGS AIR MUSEUM www.palmspringsairmuseum.org WHATCOM MUSEUM whatcommuseum.org

CULINARY CORNER

10TH AND M SEAFOODS www.1othandmseafoods.com

BROWN-FORMAN BRANDS www.woodfordreserve.com/derby

HOOD RIVER CHERRY COMPANY www.hrcherrycompany.com

WINE & WINERIES

NAKEDWINES.COM www.nakedwines.com

CIRCLING RAVEN GOLF CLUB www.cdacasino.com

CLASSIC CLUB GOLF www.classicclubgolf.com

SILVERROCK RESORT www.silverrock.org

TOSCANA COUNTRY CLUB www.toscanacc.com

GOOD IDEAS

ARTFUL ASHES www.artfulashes.com

SHOPPING

5TH AVENUE JEWELERS www.productsofalaska.com

www.alaskamint.com

BELLEVUE COLLECTION

DAVID GREEN MASTER FURRIER www.davidgreenfurs.com

THE GREEN COFFEE BEAN COMPANY www.tgcbc.com

OUIP NYC. INC. www.getquip.com/alaska

TONGASS TRADING COMPANY www.tongasstrading.com

UNTUCKIT www.untuckit.com

GIFT IDEAS

MOOSETIQUE www.loveditinalaska.com

OOMINGMAK MUSK OX www.qiviut.com



Complete each sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. Solutions on page 210.

DIFFICULTY: EASY

DIFFICULTY: MEDIUM

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

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

COPYRIGHT © 2018 PENNY PUBLICATIONS, LLC. VISIT PENNYDELLPUZZLES.COM

OUT 'N ABOUT PALM DESERT | PALM SPRINGS | INDIAN WELLS | LA QUINTA







RESIDENTIAL COMMERCIAL **INDUSTRIAL**

Fix Your Pipes From The Inside Half The Cost Of Pipe Replacement!



3" Water Main Before & After Epoxy Coated





Epoxy Lined 2"- 6" Waste Drain Lines

4" Cast Iron Before & After Epoxy Lined

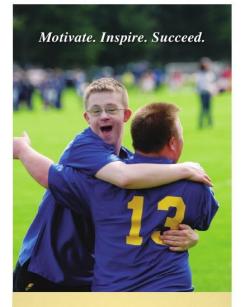
Why Replace? Our patented technology creates a new pipe within the original pipe restoring it to a "better than new" condition for a long-term solution - without digging or tearing up walls, ceilings or floors. 50-year life expectancy. Certified Green Technologies, NSF 61 & UL Classified.

Used in host pipes consisting of copper, clay, concrete metal, iron, clay, concrete, metal, iron, steel, PVC, and fiberglass. Pipe diameter applications range from 1/2" to 12". Applicable use in the following piping systems, in any infrastructure, in every market sector:

- Potable hot and cold drinking water lines
- · Potable water distribution mains
- · Industrial pressure applications
- Compressed air systems
- Process pipes
- · Hydronic systems (air & water) Heating and cooling lines
- · Fire suppression sprinkler systems
- Natural gas and petroleum product lines
 Electrical conduit
- Collection, Hold and Transfer (CHT) systems in maritime vessels
- . Water & distribution mains · Storm drains
- Rain and roof leaders
- Drain & sewer lines
 Vertical & vent stacks
- Industrial pressure applications
 Repair broken pipes

www.nuflowalaska.com phone: (907) 677-2145 fax: (907) 677-2566 info@nuflowalaska.com

www.nuflowsp.com phone: (808) 426-7924 fax: (808) 518-4555 info@nuflowsp.com



Volunteer or donate to Special Olympics Washington.

Visit sowa.org



Special Olympics Washington

Stay Breast Aware

I wanted to create a place where patients can come to receive breast imaging services with the latest technology and the highest possible quality of care. Our hand selected team is as passionate about breast health care as I am.

Marita acheson MD DIRECTOR AND FOUNDER OF BBIC

GRADUATE OF OXFORD UNIVERSITY, ENGLAND * UNIVERSITY COLLEGE MEDICAL SCHOOL, LONDON * RESIDENCY & FELLOWSHIP IN CHEST RADIOLOGY & MAMMOGRAPHY, UNIVERSITY OF WASHINGTON



CROSSWORD ON PAGE 204.

G	0	E	S		D	U	c	т		D	0	T	E	D		S	N	A	R	E
A	L	т	A		E	L	1	E		A	R	T	E	s		c	0	M	E	R
s	E	A	N	A	s	Т	1	N		м	A	R	L	0	Т	н	0	M	A	s
	2 7		E	M	1	R		S	т	A	Т	E	S		R	E	5	0	R	T
s	P	A		В	R	A	G	- 0	0	G	E	E		T	1	M	E		- 3	
P	0	N	G	E	E	-3	R	A	т	E	D		т	н	E	E		P	E	R
L	0	N	E	R		s	A	м	E			В	E	A	D		D	E	L	E
A	N	E	т		т	A	т	U	M	0	N	E	A	L		A	R	т	1	E
Y	A	L	υ		н	U	E	s		v	E	R	s	E		м	E	E	D	S
		0	P	т	1	c		E	M	E	R	G	E		D	E	G	R	E	E
т	L	c		A	N	E	w		0	R	D		D	R	A	В		D	D	S
н	1	K	T	N	G		A	R	R	E	s	т		E	R	A	S	E		
A	т	н	0	S		E	D	1	N	A		A	P	s	E		P	L	υ	s
M	E	A	N	Y		В	E	N	s	т	1	L	L	E	R		R	U	N	T
E	R	R	s		R	E	1	D			N	E	A	T		R	A	1	s	E
s	S	т		т	E	R	N		A	P	E	R	Y		G	E	Y	\$	E	R
			G	1	F	T		A	P	A	R		A	M	A	н		E	w	E
A	F	L	A	M	E		A	R	1	S	т	0		c	L	A	M			
В	E	A	U	В	R	Т	D	G	E	s		1	A	к	E	В	υ	s	E	Υ
c	Α	D	G	E		c	R	0	c	E		A	D	E	N		s	E	R	А
s	т	F	E	R		-	A	T	E	s			D	E	A		s		E	м

SUDOKU ON PAGE 209.

DIFFICULTY: EASY

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

DIFFICULTY: MEDIUM

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

PennyPress *

2018 PENNY PUBLICATIONS, LLC © VISIT PENNYDELLPUZZLES.COM

BRAIN BOOSTER PUZZLES ON PAGE 206.

LADDERGRAM

٧	1. CRAVE	2. RACE	3. ARE	С
L	4. OLIVER	5. LOVER	6. ROVE	L
N	7. DONOR	8. ODOR	9. ROD	0
Т	10. RATTLE	11. LATER	12. EARL	Т
Α	13. REHEAT	14. THERE	15. TREE	Н
G	16. STAGE	17. EAST	18. SAT	Е
E	19 DEAREST	20 TREADS	21. TRADE	S

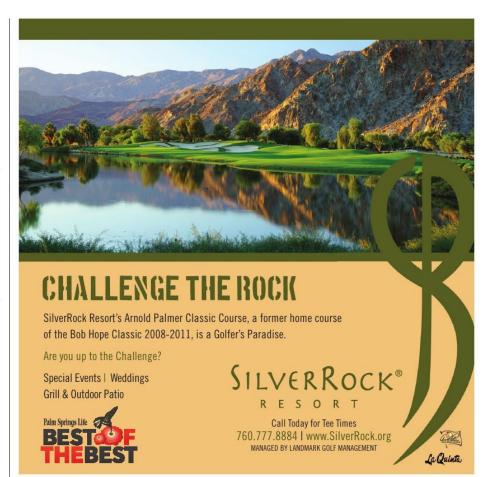
CARD SENSE

The black cards are adjacent (clue 2) but the eight of clubs and the eight of spades are not adjacent (clue 1); the queen of spades is directly between the eight of clubs and the eight of spades. The jack of hearts is directly above a spade (clue 3) and is adjacent to the seven of diamonds (clue 4), so the seven of diamonds is on top of the pile, the jack of hearts is second from the top, the eight of spades is third, the queen of spades is fourth from the top, and the eight of clubs is on the bottom. In summary, from top to bottom: seven of diamonds, jack of hearts, eight of spades, queen of spades, eight of clubs.

ANAGRAM MAZE

The path through the maze, with only one anagram given for each, is 5. moor; 11. cone; 17. slam; 18. done; 24. kale; 30. arch; 29. ever; 28. taco; 27. lies; 21. lilt; 15. dads; 9. abut; 8. file; 7. veto; 13. mare; 19. does; 25. tins; 31. felt; 32. team.

			+	
			5	
8	9		11	
	15		17	18
	21			24
	27	28	29	30
32				
		15 21 27	15 21 27 28	8 9 11 15 17 21 27 27 28 29





#IFLYALASKA



"Life's too short to only drink serious coffee," says Instagram user

Judiaann Woo (@Judiaann). "Whenever I travel for work, I always add extra time for
some local exploring. Getting up early to catch the first flight is so worth it for fun
discoveries, like this birthday cake latte at Home Cafe in San Francisco."

Tag your journey with $\# \mathsf{iFlyAlaska}$ so we can all share in your adventures.







Visit our blog: blog.alaskaair.com.



VORLD'S LARGEST

YSLER DODGE JEEP RAM DEA

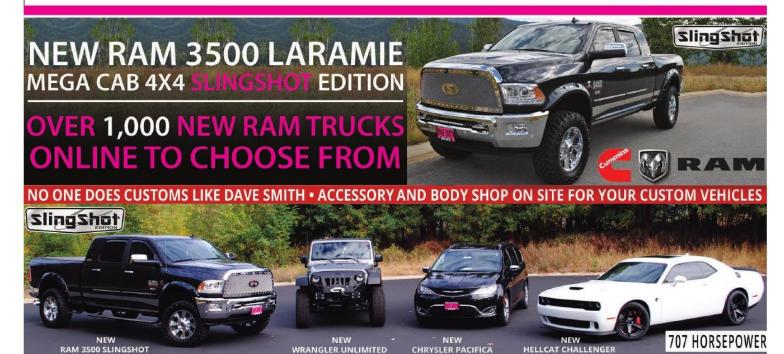








210 NORTH DIVISION, KELLOGG, IDAHO • DAVESMITH.COM • 800-635



ER SINCE 1994 ARGES1

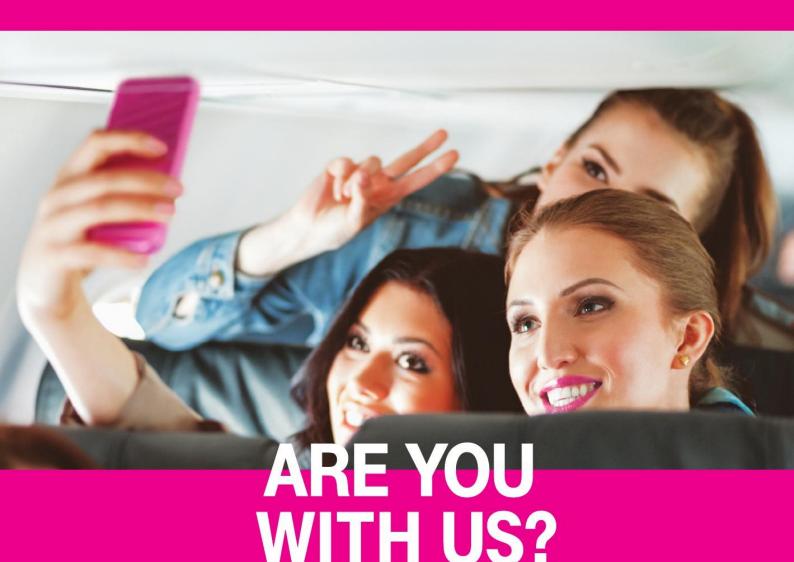




DAVESMITHS.COM • 800-635-8000 • 210 NORTH DIVISION STREET, KELLOGG, ID

UNLIMITED DATA ON THE GROUND FREE WI-FI IN THE SKY

Only America's Best Unlimited Network offers free Wi-Fi and unlimited in-flight texting on all Gogo®-equipped flights.



T··Mobile

1-800-T-MOBILE

T-Mobile.com

Video typically streams at DVD quality (480p). On all T-Mobile plans, during congestion, the small fraction of customers using >50GB/mo. may notice reduced speeds due to data prioritization. Unlimited while on our network.

Limited-time offers; subject to change. Qualifying plan & capable device required. Wi-Fi texting on Gogo®-equipped flights to, from or within the U.S. Wi-Fi calling functionality, valid e911 address, & 1 prior Wi-Fi call w/current SIM card required. Coverage not available in some areas. Network Management: Service may be slowed, suspended, terminated, or restricted for misuse, abnormal use, interference with our network or ability to provide quality service to other users, or significant roaming. On-device usage is prioritized over tethering usage, which may result in higher speeds for data used on device. See T-Mobile.com/OpenInternet for details. See Terms and Conditions (including arbitration provision) at www.T-Mobile.com for additional information. T-Mobile and the magenta color are registered trademarks of Deutsche Telekom AG © 2018 T-Mobile USA, Inc.